

July 2025

Age Well

DOROTHY VISSER
SENIOR CENTER

Age Well's Dorothy Visser Senior Center

117 Avenida Victoria, San Clemente (949) 498-3322

2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 9:00 - Strength & Flexibility 10:00 - Tech Support 10:30 - Transitions Class 11:45 - Lunch 1:00 - VA Social Group 2:00 - Chair Yoga	2 9:00 - TOPS 9:00 - Yoga 10:00 - Caregiver Support 10:30 - Pantry 11:45 - Lunch 12:00 - Mah Jong 1:00- BINGO	3 9:00 - Strength & Flex 10:45- PEP4U 11:00 -Mexican Train 11:45 - Lunch 1:00 - Bridge 2:00 - Chair Yoga	4 8:00 Coffee Chat 9:00 Spanish Club 10:00 Line Dancing 12:00 Music/Lunch 1:00 - Mah Jong	5
6	7 9:00 - HICCAP 9:00 - Yoga 10:00 - Hand & Foot 10:15 - Games 11:45 - Lunch 12:30 - Bridge 12:30 - Fresh Food Mon. 2:00 - Chair Yoga	8 9:00 - Strength & Flexibility 10:00 - Tech Support 11:45 - Lunch 1:00 - Memorial Care 2:00 -Chair Yoga	9 9:00 - TOPS 9:00 - Yoga 10:30 - Pantry 10:30 11:45 - Lunch 12:00 - Mah Jong 1:00- BINGO	10 9:00 - Strength & Flex 10:30 - Pearls 10:45- PEP4U 11:00 -Mexican Train 11:45 - Lunch 1:00 - Bridge 1:00 - Arm Chair Travel 2:00 - Chair Yoga	11 8:00 Coffee Chat 9:00 Spanish Club 10:00 Line Dancing 12:00 Music/Lunch 1:00 - Mah Jong	12
13	14 9:00 - Yoga 10:00 - Hand & Foot 10:00 - Blood Pressure 10:15 - Games 11:45 - Lunch 12:30 - Bridge 12:30 - Fresh Food Mon. 2:00 - Chair Yoga	15 9:00 - Strength & Flexibility 10:00 - Tech Support 10:30 - Transitions Class 11:45 - Lunch 2:00 -Chair Yoga	16 9:00 - TOPS 9:00 - Wills and Trusts 9:00 - Yoga 10:30 - Pantry 11:45 - Lunch 12:00 - Mah Jong 1:00- BINGO	17 9:00 - Strength & Flex 10:45- PEP4U 11:00 -Mexican Train 11:45 - Lunch 1:00 - Bridge 1:00 - Hoag 2:00 - Chair Yoga	18 8:00 Coffee Chat 9:00 Spanish Club 10:00 Line Dancing 12:00 Music/Lunch 1:00 - Mah Jong	19
20	21 9:00 - Yoga 10:00 - Hand & Foot 10:15 - Games 11:45 - Lunch 12:30 - Bridge 12:30 - Fresh Food Mon. 2:00 - Chair Yoga	22 9:00 - Strength & Flexibility 10:00 - Tech Support 10:15 - Alzheimer's 11:45 - Lunch 2:00 -Chair Yoga	23 9:00 - TOPS 9:00 - Yoga 10:30 - Pantry 11:45 - Lunch 12:00 - Mah Jong 1:00- BINGO	24 9:00 - Strength & Flex 10:45- PEP4U 11:00 -Mexican Train 11:45 - Lunch 1:00 - Keeping Seniors Sharp 1:00 - Bridge 2:00 - Chair Yoga	25 8:00 Coffee Chat 9:00 Spanish Club 10:00 Line Dancing 12:00 Music/Lunch 1:00 - Mah Jong	26
27	28 9:00 - NO Yoga 10:00 - Hand & Foot 10:15 - Games 11:45 - Lunch 12:30 - Bridge 12:30 - Fresh Food Mon. 2:00 - Chair Yoga	29 9:00 - Strength & Flexibility 10:00 - Tech Support 11:45 - Lunch 2:00 -Chair Yoga	30 9:00 - TOPS 9:00 - NO Yoga 10:30 - Pantry 11:45 - Lunch 12:00 - Mah Jong 1:00- BINGO	31 9:00 - Strength & Flex 10:45- PEP4U 11:00 -Mexican Train 11:45 - Lunch 1:00 - Bridge 2:00 - Chair Yoga		