

August 2025

Seaside Sounds

Age Well's Dorothy Visser Senior Center of San Clemente

117 Avenida Victoria * San Clemente, CA 92672 * (949) 498-3322

On-Going Senior Support Services: Call 949-498-3322 for appointments.

UPCOMING EVENTS

Lunch served M-Th 11:45—12:30, Friday 12:00-1:00

Bingo – Wednesday, 6th, 13th, 20th, 27th

1:00 pm cards go on sale, 1:30 Bingo begins.

Line Dancing— 1st, 8th, 15th, 22nd, 29th

Friday 1st—Lunch Music by Robin Gamble

Monday 4th—HICCAP appointments

Tuesday 5th—10:30 Transitions Class

Tuesday 5th— 1:00 Veterans Social Group

Tuesday 5th—Tech Support 10:00—11:30

Wednesday 6th —10:00 Caregiver discussion group

Friday 8th—Lunch Music by Doug Houston

Monday 11th—10:30 Blood Pressure

Tuesday 12th—Tech Support 10:00—11:30

Thursday 14th —1:00 Tour of Hawaii

Friday 15th—Lunch Music by CBD Trio

Tuesday 19th—Transitions Class 10:30

Tuesday 19th—Tech Support 10:00—11:30

Wednesday 20th—Wills and Trust Atty by appt.

Thursday 21st—1:00 - Employer Coverage to Medicare

Friday 22nd—Lunch Music by Tom Bagley

Tuesday 26th—Tech Support 10:00—11:30

Tuesday 26th—10:15 Continuum of care

Friday 29th—Music by Robert Fields

Saturday Night

B I N G O
L I V E

SAVE THE DATE

Our next BINGO is
October 4th, 2025



The Fitness Center Hours

M, T, Thu 8:30 - 3:30 Wednesday &

Friday 8:30—3:00

Strength and Flexibility Class

Tuesday and Thursday

9:00 —donation

Chair Yoga

2:00—Monday, Tuesday and Thursday
donation

Mike Ward Yoga -

9:00 every Mon. & Wed.—donation

Wednesday Bingo

1:00 Cards go on sale \$12

1:30 Bingo begins

PEP 4U—Parkinson's Exercise Program

Thursday 10:45—11:45

Medicare Questions?

**HICAP - unbiased FREE Medicare
counseling— Monday, August 4th
Call for an appointment.**

Senior Grocery Program

Wednesday 6th and 20th

10:30—12:30 Distribution



**TAKE OFF POUNDS
SENSIBLY**

Meets here on Wednesday at 9:00
am for weigh in, meeting starts at
9:15 for more information call

**Margi (949) 361-7791 or Sandy
(949) 492-9428**

Join Us for Line Dancing!

No partner required! Come learn some easy and fun line dances to get you moving!

\$5 donation per person
Fridays at 10:00

Carrie teaches all over South Orange County and makes it easy to stay active and have fun!

Carrie Wojo





Age Well | DOROTHY VISSER SENIOR CENTER
117 Avenida Victoria, San Clemente (949) 498-3322

July 5th

Speaker: Ben Shachman

VETERANS SOCIAL GROUP



1ST TUESDAY OF THE MONTH | 1 – 2:30 PM

VETERANS, SPOUSES, WIDOWS, WIDOWERS, AND FAMILY MEMBERS OF VETERANS ARE WELCOME TO SHARE THEIR STORIES OF MILITARY LIFE IN THIS MONTHLY SOCIAL GROUP. SHARING PHOTOS AND MEMORABILIA FROM YOUR EXPERIENCE IS WELCOMED. PIZZA IS PROVIDED

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Are you going through difficult changes in your life?

You are not alone!

TRANSITIONS SUPPORT

Join our Transitions Support Group, a welcoming environment for Seniors navigating the challenges of aging. Connect with others who understand your journey. Your journey matters—let’s walk it together!

The group will focus on Life Changes AND Losses which occur during the aging process.

Day: 1st and Third Tuesday of the month

Time: 10.30 am-12:00 pm

Place: San Clemente Senior Center

Blood Pressures taken by



Healthy at Home CAREGIVERS

(888) 391-3638

2nd Monday of the month at 10:00

HICAP

Medicare Health Insurance Counseling & Advocacy Program

Are you already on Medicare or turning 65?

Did You Know That

Health or drug plans change? Premiums or co-payments increase?

Health care providers change networks? Prescription drug formularies change?

Another plan might save you money?

HICAP Can Help You

Identify potential cost savings. Understand your health care choices.

Explore your plan options. Obtain a free, customized plan comparison and analysis.


What to Bring to Your Appointment

Your Medicare card—if you have one Prescription drug card or HMO/PPO card

Current medications or a list of current medications with name, dosage and frequency

A HICAP Counselor is here at the senior center the first Monday of each month. Call for an appointment (949) 498-3322

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SOCGEMS
South Orange County GEM & MINERAL Society

SOUTH ORANGE COUNTY GEM AND MINERAL SOCIETY PRESENTS


Artistry in Adornment: The Arts & Crafts Jewelry Revolution

Presented by Judy Colbert - Graduate Gemologist and Former Manager of Visual Resources at GIA (Gemological Institute of America) for 30 years

THIRD WEDNESDAY OF THE MONTH
Wednesday, March 19, 2025
6:30 pm - Mix, Mingle Enjoy Refreshments, Gem, Jewelry and Raffle Tables
7:00 pm - Monthly Program
at the Dorothy Visser Senior Center, San Clemente

FREE ADMISSION - PUBLIC WELCOME - JOIN US!

FOR MORE INFORMATION
Visit SOCGEMS.com
or scan QR Code





Leaving Employer Coverage - How to Transition to Medicare

Thursday, August 21st

1:00 PM

Learn when and how to enroll in Medicare, how employer coverage affects Medicare eligibility, and the importance of timing to avoid penalties. We'll also review required documents, and the steps you'll need to take when transitioning from your employer-sponsored health plan to Medicare.

For more information or to sign up please call (949) 498-3322. Walk Ins Welcomed.

Age Well | DOROTHY VISSER
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A TASTE OF *Hawaii*

 Your Passport to Paradise - No Travel Required
Escape to the serene beauty and vibrant culture of the Hawaiian Islands
Immerse yourself in the melodies of Hawaiian music.
Taste of the Tropics: Tropical Fruit Skewers, Mini Coconut Macaroon Bites,
Refreshing "Aloha Punch" And more island delights!

DATE: THURSDAY, AUGUST 14TH, 2025
TIME: 1:00 PM - 2:00 PM
LOCATION: DOROTHY VISSER SENIOR CENTER

RSVP Required!
This is a FREE event, but space is limited.
Please RSVP by calling: 949-498-3322

Sponsored by


Save the Date!

Let's Celebrate

September 12th 2025

Join Us!

6:30 - 8:00 pm

DOROTHY VISSER SENIOR CENTER
SAN CLEMENTE CALIFORNIA
117 Avenida Victoria, San Clemente

music • friends

PLEASE BRING A CHAIR FROM HOME

6:30 PM PACIFIC SYMPHONY PERFORMS OUTSIDE

Please bring food and drink to enjoy during the concert

Arrive early to get a good seat.

CONCERT BY

SYMPHONY
on the go!



For More Information
(949) 498-3322

Age Well | DOROTHY VISSER
SENIOR CENTER

PLANNING THE NEXT STEPS:
CONTINUUM OF CARE

Tuesday, August 26th | 10:15 am - 11:15 am



Nursing home? Skilled Facility?
Assisted Living? Board & Care? Home
Health Care? Hospice? Join us for a
discussion that will help decode the
mysteries of levels of care, how they
are paid for, and when they are
necessary.

Dorothy Visser Senior Center
117 Avenida Victoria,
San Clemente, CA 92672
Call (949) 498-3322 to RSVP

Alzheimer’s | MEMORY SUPPORT SERVICES

Helpline: 844-373-4400 | www.alzoc.org

hoag
Speaker Series

Leaving Employer Coverage – How to Transition to Medicare
Thursday August 21st 1:00

All About Parkinson’s Disease
Thursday September 18th 1:00
Presented by Belinda Stewart – Burger, MSN, RN, CRRN, CNRN, SCR.N

Improve Your Mobility, Flexibility and Balance
Thursday October 16th 1:00
Presented by Rebecca Szostek, CHC-PT

Stroke is No Joke!
Thursday November 20th 1:00
Presented by - Justin Vechayiem, RN, BSN, SCR.N

Navigating the Holidays Without Derailing Your Health: Smart
Strategies for Holiday Eating
Thursday December 18th 1:00
Presented by Mona Cabrera, MS, RD

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South Orange
County

August 2025 Menu
SERVING TIMES: 11:30 AM – 12:30 PM

Age Well®
Orange County’s partner in aging
CHRIS HERNANDEZ RDN

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<div>SUGGESTED CONTRIBUTION - 60 YRS OR OLDER: \$5.50 COST - 59 YEARS OR YOUNGER: \$7.50 Reservations are required & must be made by 12pm 2 business days in prior to reservation date. -You can RSVP in person at _____ or by calling _____ No special requests or menu substitutions. Menu subject to change without notice. Our menus, per meal, average \$400 - 700 calories</div>				<div>ROAST SALMON TACOS w/ CHIMICHURRI SLAW Tex Mex Vegetable Soup Lemon Thyme Brown Rice Cantaloupe Milk 1</div>
<div>BEEF w/BEAN TACOS w/ TOMATILLO SLAW Corn Salad Spanish Rice Tropical Fruit Milk 4</div>	<div>CHICKEN SHAWARMA Mediterranean Salad Pita Bread Orange Pound Cake Milk 5</div>	<div>CHICKEN POT PIE Ranch Salad Tropical Fruit Milk 6</div>	<div>BEEF MEATBALLS w/MARINARA French Bistro Salad Spaghetti Pineapple Cup Milk 7</div>	<div>CHICKEN TARRAGON SANDWICH Tomato Basil Soup Orange Juice Cantaloupe Milk 8</div>
<div>CHICKEN KEBAB Moroccan Carrots Spinach Tomato Orzo Orange Juice Pound Cake Milk 11</div>	<div>SESAME CHICKEN Cauliflower Broccoli Soup Ginger Brown Rice Orange Juice Chocolate Chip Cookie Milk 12</div>	<div>TUSCAN SALMON Butter Green Beans Whole Wheat Pasta Peach Crisp Milk 13</div>	<div>CHICKEN BANH MI SANDWICH Carrot Soup Tropical Fruit Cup Milk 14</div>	<div>CHEESEBURGER Rosemary Roasted Potatoes Cantaloupe Milk 15</div>
<div>BEEF STROGANOFF Zucchini Apple Soup Whole Wheat Penne Pasta Mandarin Cup Milk 18</div>	<div>CILANTRO LIME CHICKEN Mediterranean Salad Lemon Thyme Brown Rice Orange Oatmeal Raisin Cookie Milk 19</div>	<div>BEEF MEATLOAF Garlic Mashed Potatoes Sauté Peas & Carrots Wheat Roll: Orange Apple Sauce & Milk 20</div>	<div>CHICKEN MARSALA Rainbow Salad Tomato Rice & Bell Pepper Mandarin Cup Milk 21</div>	<div>BBQ CHICKEN SLIDER Butter Green Beans Orange Juice Chocolate Chip Cookie Milk 22</div>
<div>MEXICAN BEEF LASAGNA Mexican Coleslaw Apple Sauce Orange Juice Milk 25</div>	<div>LEMON BUTTER SHRIMP Ranch Salad Linguine Orange Oatmeal Raisin Cookie Milk 26</div>	<div>CHIPOTLE CHICKEN SANDWICH Tomato Basil Soup Tropical Fruit Milk 27</div>	<div>BUFFALO CHICKEN Honey Glazed Carrots Cilantro Lime Brown Rice Orange Chocolate Chip Cookie Milk 28</div>	<div>SALISBURY BEEF STEAK Garlic Mashed Potatoes Carrot Raisin Slaw Wheat Roll Orange Milk 29</div>

Meal contains sodium over 1000mg


All meals comply with the Dietary Guidelines for Americans (DGA) 2020-2025 & Dietary Reference Intakes (DRI) for older adults as determined by the California Dept. of Human Services Agency & the U.S. Dept. of Agriculture. Age Well may substitute a menu with equal nutritional value due to food price or food availability. This project is funded in part through a grant from the California Department of Aging, as allocated by the Orange County Board of Supervisors & administered by the Office on Aging.



Strength and Flexibility Class

Tuesday and Thursday

9:-00 —10:00 donation based




A TASTE OF england

✈️ Tea, Tales, & Top Sights- Without Crossing the Pond
Take a Scenic Tour to the sights of London's city streets, and the picturesque English countryside.
A "Spot of Tea" & Treats Including: mini scones with Jam & Cream, tea sandwiches, proper English tea, and other assortments

DATE: THURSDAY, SEPTEMBER 11TH, 2025
TIME: 1:00 PM - 2:00 PM
LOCATION: DOROTHY VISSER SENIOR CENTER

RSVP Required!
This is a FREE event, but space is limited.
Please RSVP by calling: 949-498-3322

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Fridays Lunch Music

1st
Robin Gable performing

8th
Doug Houston performing

15th
CBD Trio performing

22nd
Tom Bagley performing

29th
Robert Fields performing





Tea, Bingo and Taste of Spain





Tuesdays from 10:00—11:30

*Appointments will be
30 minutes each.*

Call for an appointment (949) 498-3322.

Age Well | DOROTHY VISSER
SENIOR CENTER



Caregiver Discussion Group

The first Wednesday of
every month
10:30 am

Age Well | DOROTHY VISSER
SENIOR CENTER

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