

July 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-

UPCOMING EVENTS

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

Bingo – Wednesday, 2nd, 9th, 16th, 23rd and 30th

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

Line Dancing—4th, 11th, 18th, and 25th at 10:00 am

Tuesday 1st—10:30 Transitions Class

Tuesday 1st— 1:00 Veterans Social Group

Tuesday 1st—Tech Support 10:00—11:30

Wednesday 2nd —10:00 Caregiver discussion group

Thursday 3rd—4th of July Lunch—CBD Trio

Monday 7th—HICCAP appointments

Tuesday 8th—Brain Exercises

Tuesday 8th—Tech Support 10:00—11:30

Thursday 10th —10:30 PEARLS

Thursday 10th —1:00 Tour of Spain

Friday 11th—Lunch Music *by Robin Gable*

Monday 14th—10:30 Blood Pressure

Tuesday 15th—Transitions Class 10:30

Tuesday 15th—Tech Support 10:00—11:30

Wednesday 16th—Wills and Trust Atty by appt.

Thursday 17th—1:00 - Lower Back Pain

Friday 18th—Lunch Music *by Robert Fields*

Tuesday 22nd—Tech Support 10:00—11:30

Tuesday 22nd—10:15 Home Safety 101

Thursday 24th—1:00 - Keeping Senses Sharp

Friday 25th—Music *by Doug Houston*

Saturday Night BINGO LIVE

Saturday, July 12th, 2025

at the Dorothy Visser Senior Center

Sponsored by MemorialCare Medical Group

\$100 Game Cash Prizes

50/50•Opportunity Drawing•Silent Auction

Fun for everyone! \$50 per person
Includes dinner, 4 cards for each game and 2 drink tickets for
your choice of wine, beer, soda or water

3:15 pm Doors Open

4:00 pm Bingo Begins

5:15 pm Dinner

6:30 pm Bingo Resumes

For more information and tickets call
(949) 498-3322



117 Avenida Victoria • San Clemente
All Proceeds Benefit the Dorothy Visser Senior Center Activities Program
DOROTHY VISSER
SENIOR CENTER



This project is funded in part through a grant from the California Department of Aging and administered by the Orange County Office on Aging.

HAPPY 4TH OF JULY

The center will be closed on the 4th

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 and Tuesday
donation

Mike Ward Yoga - No Yoga 7/28 and 7/30

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, July 7th Call
for an appointment.

Senior Grocery Program

Wednesday 16th

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



MemorialCare
Medical Group

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

July 1st

Speaker: ERIC LONGABARDI

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

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

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


Age Well | DOROTHY VISSER
SENIOR CENTER
117 Avenida Victoria, San Clemente, CA 92672 (949) 498-3322

Blood Pressures taken by



Healthy at Home
CAREGIVERS
(888) 391-3638

2nd Monday of the month at 10:00



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



Neurobics Seminar – Exercises for the Brain



Join us for an educational discussion on how to prevent memory loss and practice brain exercises to increase mental fitness.

Seminar led by MemorialCare Saddleback Medical Center’s community outreach social worker, Roneet Cooper, LCSW.

When: Part 1 – Tuesday June 10th, at 1:00pm
Part 2 – Tuesday July 8th, at 1:00pm

Where: Community Room



RSVP (949) 498-3322
Dorothy Visser Senior Center
117 Avenida Victoria, San Clemente
For more information, please contact senior community liaison Reme Ataya at (949) 627-3565 or rataya@memorialcare.org



PEARLS

a Program of Council on Aging

You're Invited! PEARLS Program Workshop

Join us for a free workshop to learn about the PEARLS Program (Program to Encourage Active, Rewarding Lives) and how it can help improve your well-being

DATE: THURSDAY, JULY 10th, 2025
TIME: 10:30 – 11:00 AM
LOCATION: DOROTHY VISSER SENIOR CENTER

- ✓ Learn how PEARLS can help reduce stress and improve your mood
- ✓ Meet our friendly team and get your questions answered
- ✓ Enjoy an informative session
- ✓ Completely free – open to all older adults!

Call us today for more information: (714) 492-7249

(714) 492-7249

Lunch Music Fridays

3rd*
CBD Trio performing

11th
Robin Gable performing

18th
Robert Fields performing


28th
Doug Houston

** Thursday, closed Friday for Holiday*




HOME SAFETY 101

Tuesday, July 22nd | 10:15 am - 11:15 am



This class empowers caregivers with practical strategies to create a secure and comfortable environment. Learn how to: minimize hazards and prevent falls, maximize independence while ensuring safety, and create a calming atmosphere to reduce confusion. This class offers peace of mind and valuable tips for a smoother caregiving journey.



Dorothy Visser Senior Center
117 Avenida Victoria,
San Clemente, CA 92672

Call to RSVP
(949) 498-3322

Alzheimer's
ORANGE COUNTY

MEMORY SUPPORT SERVICES

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

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




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


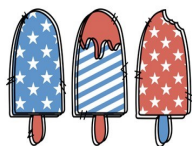


Join Us on July 3rd for a
4th of July Lunch

Patriotic Music

Give A Ways

Wear your Red, White and Blue



A TASTE OF

Spain



No Passport, No Problem- Just Pure Iberian Charm

Journey through picturesque cities and breathtaking countryside.

Immerse yourself in the soulful rhythms of Spanish music.

Indulge in delicious Spanish-inspired treats: Authentic Tapas Bites

Refreshing Sangria-inspired Mocktails, and Savory Spanish Olives

DATE: THURSDAY, JULY 10TH, 2025

TIME: 1:00 PM - 2:00 PM

LOCATION: DOROTHY VISSER SENIOR CENTER

RSVP Required!

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Sponsored by



hoag. Treating Lower Back Pain

Thursday, July 17th

1:00 PM

Speaker - Michael W. Eng, MD



Is your back constantly hurting? Are you feeling increased pain or discomfort from simple tasks like walking or driving? Join Hoag Orthopedic Institute affiliated spine doctor Michael Eng, MD, as he discusses treatment options for chronic low back pain, including minimally invasive treatment and surgical options. Dr. Eng will wrap-up with a Q&A session to address individual issues or questions.

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

Age Well | DOROTHY VISSER
SENIOR CENTER

117 Avenida Victoria, San Clemente, CA 92672

Join Us for an
Informative Session on
The Surprising Truth
About Keeping Seniors
Sharp! - The Secret
Formula for a Sharper
Mind



Forget everything you thought you knew about keeping the mind sharp! New research reveals that brain health in seniors depends on much more than puzzles—movement, social interaction, and daily purpose are just as essential.

Empower yourself with the knowledge to protect and boost cognitive health as you age.

Why Attend?

- ✓ Learn how to protect and boost cognitive health as you age
- ✓ Discover easy, daily habits that support a sharper mind
- ✓ Understand how home care services can improve quality of life and brain function

Who Should Attend?

- ✓ Seniors interested in staying mentally fit and independent
- ✓ Adult children and family caregivers supporting aging loved ones
- ✓ Community center, church, or assisted living residents and staff
- ✓ Anyone curious about brain health and aging

Location: Dorothy Visser Senior Center
117 Avenida Victoria San Clemente CA 92672

Date: 07/24/2025
Time: 1:00 to 2:00 p.m.

www.assistinghandsdanapoint.com



Strength and Flexibility Class

Tuesday and Thursday

9:-00 —10:00 donation based

Saturday Night

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LIVE

Saturday, July 12th, 2025

at the Dorothy Visser Senior Center

Sponsored by MemorialCare Medical Group

\$100 Game Cash Prizes

50/50•Opportunity Drawing•Silent Auction

Fun for everyone(18+)! \$50 per person

Includes dinner, 4 cards for each game and 2 drink tickets for your choice of wine, beer, soda or water

3:15 pm Doors Open

4:00 pm Bingo Begins

5:15 pm Dinner

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For more information and tickets call (949) 498-3322



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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, SCRNI

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, SCRNI

Navigating the Holidays Without Derailing Your Health: Smart Strategies for Holiday Eating

Thursday December 18th 1:00

Presented by Mona Cabrera, MS, RD

Age Well

DOROTHY VISSER SENIOR CENTER

117 Avenida Victoria, San Clemente, CA 92672



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

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



South Orange County

July 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
<p>SUGGESTED CONTRIBUTION</p> <p>- 60 YRS OR OLDER: \$5.50</p> <p>COST - 59 YEARS OR YOUNGER: \$7.50</p>	<p>SESAME CHICKEN</p> <p>Cauliflower Broccoli Soup</p> <p>Ginger Brown Rice</p> <p>Orange Juice</p> <p>Chocolate Chip Cookie</p> <p>Milk</p> <p>1</p>	<p>TUSCAN SALMON</p> <p>Butter Green Beans</p> <p>Whole Wheat Pasta</p> <p>Peach Crisp</p> <p>Milk</p> <p>2</p>	<p>CHEESEBURGER</p> <p>Rosemary Roasted Potatoes</p> <p>Cantaloupe</p> <p>Milk</p> <p>3</p>	 <p>CLOSED FOR INDEPENDENCE DAY OBSERVANCE</p>
<p>BEEF STROGANOFF</p> <p>Zucchini Apple Soup</p> <p>Whole Wheat Penne Pasta</p> <p>Mandarin Cup</p> <p>Milk</p> <p>7</p>	<p>CILANTRO LIME CHICKEN</p> <p>Mediterranean Salad</p> <p>Lemon Thyme Brown Rice</p> <p>Orange</p> <p>Oatmeal Raisin Cookie</p> <p>Milk</p> <p>8</p>	<p>BEEF MEATLOAF</p> <p>Garlic Mashed Potatoes</p> <p>Sauté Peas & Carrots</p> <p>Wheat Roll:</p> <p>Orange</p> <p>Apple Sauce & Milk</p> <p>9</p>	<p>CHICKEN MARSALA</p> <p>Rainbow Salad</p> <p>Tomato Rice & Bell Pepper</p> <p>Mandarin Cup</p> <p>Milk</p> <p>10</p>	<p>BBQ CHICKEN SLIDER</p> <p>Butter Green Beans</p> <p>Orange Juice</p> <p>Chocolate Chip Cookie</p> <p>Milk</p> <p>11</p>
<p>MEXICAN BEEF LASAGNA</p> <p>Mexican Coleslaw</p> <p>Apple Sauce</p> <p>Orange Juice</p> <p>Milk</p> <p>14</p>	<p>LEMON BUTTER SHRIMP</p> <p>Ranch Salad</p> <p>Linguine</p> <p>Orange</p> <p>Oatmeal Raisin Cookie</p> <p>Milk</p> <p>15</p>	<p>CHIPOTLE CHICKEN SANDWICH</p> <p>Tomato Basil Soup</p> <p>Tropical Fruit</p> <p>Milk</p> <p>16</p>	<p>BUFFALO CHICKEN</p> <p>Honey Glazed Carrots</p> <p>Cilantro Lime Brown Rice</p> <p>Orange</p> <p>Chocolate Chip Cookie</p> <p>Milk</p> <p>17</p>	<p>SALISBURY BEEF STEAK</p> <p>Garlic Mashed Potatoes</p> <p>Carrot Raisin Slaw</p> <p>Wheat Roll</p> <p>Orange</p> <p>Milk</p> <p>18</p>
<p>BEEF CHILI</p> <p>Roasted Potatoes</p> <p>Rainbow Salad</p> <p>Wheat Roll</p> <p>Cantaloupe</p> <p>Milk</p> <p>21</p>	<p>CHICKEN WALDORF SANDWICH</p> <p>Cream of Broccoli Soup</p> <p>Cinnamon Baked Apple</p> <p>Milk</p> <p>22</p>	<p>ITALIAN BEEF MEATBALL SUB SANDWICH</p> <p>Tuscan Bean Soup</p> <p>Orange</p> <p>Apple Sauce</p> <p>Milk</p> <p>23</p>	<p>GREEK CHICKEN SLIDER w/TZATZIKI SAUCE</p> <p>Greek Tomato Salad</p> <p>Cantaloupe</p> <p>Milk</p> <p>24</p>	<p>TERIYAKI CHICKEN</p> <p>Zucchini Squash Medley</p> <p>Macaroni Salad</p> <p>Mandarin Cup</p> <p>Pound Cake</p> <p>Milk</p> <p>25</p>
<p>CHICKEN FAJITAS w/LIME SALSA</p> <p>Mexican Coleslaw</p> <p>Tortillas</p> <p>Spanish Rice</p> <p>Pineapple Cup & Milk</p> <p>28</p>	<p>BEEF BOURGUIGNON</p> <p>Green Bean & Radish Medley</p> <p>Wheat Roll</p> <p>Orange</p> <p>Chocolate Chip Cookie</p> <p>Milk</p> <p>29</p>	<p>CHICKEN CACCIATORE</p> <p>Roasted Zucchini & Squash</p> <p>Spinach Lemon Orzo</p> <p>Orange Juice</p> <p>Pound Cake</p> <p>Milk</p> <p>30</p>	<p>CHICKEN PRIMAVERA PASTA</p> <p>Garden Salad</p> <p>Mandarin Cup</p> <p>Milk</p> <p>31</p>	<p>Reservations are required & must be made by 12pm 2 business days in prior to reservation date. You can RSVP in person at [redacted] or by calling [redacted]. No special requests or menu substitutions. Menu subject to change without notice. Our menus, per meal, average 500 - 700 calories</p>



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.