

August 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	2
3	4 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	5 9:00 - Strength & Flexibility 9:00 - Mah Jong 10:00 - Tech Support 10:30 - Transitions Class 11:45 - Lunch 1:00 - Cards 1:00 - VA Social Group 2:00 - Chair Yoga	6 9:00 - TOPS 9:00 - Yoga 10:00 - Caregiver Support 10:30 - Pantry 11:45 - Lunch 12:00 - Mah Jong 1:00 - BINGO	7 9:00 - Strength & Flex 10:45 - PEP4U 11:00 - Mexican Train 11:45 - Lunch 1:00 - Bridge 2:00 - Chair Yoga	8 8:00 Coffee Chat 9:00 Spanish Club 10:00 Line Dancing 12:00 Music/Lunch 1:00 - Mah Jong	9
10	11 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	12 9:00 - Strength & Flexibility 9:00 - Mah Jong 10:00 - Tech Support 11:45 - Lunch 1:00 - Cards 1:00 - MemorialCare 2:00 - Chair Yoga	13 9:00 - TOPS 9:00 - Yoga 10:30 - Pantry 11:45 - Lunch 12:00 - Mah Jong 1:00 - BINGO	14 9:00 - Strength & Flex 10:45 - PEP4U 11:00 - Mexican Train 11:45 - Lunch 1:00 - Arm Chair Travel 1:00 - Bridge 2:00 - Chair Yoga	15 8:00 Coffee Chat 9:00 Spanish Club 10:00 Line Dancing 12:00 Music/Lunch 1:00 - Mah Jong	16
17	18 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	19 9:00 - Strength & Flexibility 9:00 - Mah Jong 10:00 - Tech Support 10:30 - Transitions Class 11:45 - Lunch 1:00 - Cards 2:00 - Chair Yoga	20 9:00 - TOPS 9:00 - Yoga 9:00 - Atty 10:30 - Pantry 11:45 - Lunch 12:00 - Mah Jong 1:00 - BINGO	21 9:00 - Strength & Flex 10:45 - PEP4U 11:00 - Mexican Train 11:45 - Lunch 1:00 - Bridge 1:00 - Hoag 2:00 - Chair Yoga	22 8:00 Coffee Chat 9:00 Spanish Club 10:00 Line Dancing 12:00 Music/Lunch 1:00 - Mah Jong	23
24	25 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	26 9:00 - Strength & Flexibility 9:00 - Mah Jong 10:00 - Tech Support 10:15 - Alzheimer 11:45 - Lunch 1:00 - Cards 1:00 - MemorialCare 2:00 - Chair Yoga	27 9:00 - TOPS 9:00 - Yoga 10:30 - Pantry 11:45 - Lunch 12:00 - Mah Jong 1:00 - BINGO	28 9:00 - Strength & Flex 10:45 - PEP4U 11:00 - Mexican Train 11:45 - Lunch 1:00 - Bridge 2:00 - Chair Yoga	29 8:00 Coffee Chat 9:00 Spanish Club 10:00 Line Dancing 12:00 Music/Lunch 1:00 - Mah Jong	30