

September

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 Holiday Closed	2 9:00 - Strength & Flexibility 9:00 - HICCAP 9:00 - Mah Jong 10:00 - Tech Support 10:30 - Transitions Class 11:45 - Lunch 1:00 - VA Social Group	3 9:00 - TOPS 10:00 - Caregiver Support 10:30 - Pantry 11:45 - Lunch 12:00 - Mah Jong 1:00- BINGO	4 9:00 - Strength & Flex 10:45- PEP4U 11:00 -Mexican Train 11:45 - Lunch 1:00 - Bridge	5 8:00 Coffee Chat 9:00 - Mah Jong 9:00 Spanish Club 10:00 Line Dancing 12:00 Music/Lunch	6
7	8 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	9 9:00 - Strength & Flexibility 9:00 - Mah Jong 10:00 - Tech Support 11:45 - Lunch 1:00 - Cards 1:00- Mindfulness	10 9:00 - TOPS 9:00 - Yoga 10:30 - Pantry 11:00 - CalFresh 11:45 - Lunch 12:00 - Mah Jong 1:00- BINGO	11 9:00 - Strength & Flex 10:45- PEP4U 11:00 -Mexican Train 11:45 - Lunch 1:00 - England 1:00 - Bridge	12 8:00 Coffee Chat 9:00 - Mah Jong 9:00 Spanish Club 10:00 Line Dancing 12:00 Music/Lunch SYMPHONY EVENT	13
14	15 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	16 9:00 - Strength & Flexibility 9:00 - Mah Jong 10:00 - Tech Support 10:30 - Transitions Class 11:45 - Lunch 1:00 - Cards	17 9:00 - TOPS 9:00 - Yoga 9:00 - Attorney 10:30 - Pantry 11:45 - Lunch 12:00 - Mah Jong 1:00- BINGO RENTAL	18 9:00 - Strength & Flex 10:45- PEP4U 11:00 -Mexican Train 11:45 - Lunch 1:00 - Bridge 1:00 - Hoag	19 8:00 Coffee Chat 9:00 - Mah Jong 9:00 Spanish Club 10:00 Line Dancing 12:00 Music/Lunch	20 RENTAL
21	22 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	23 9:00 - Strength & Flexibility 9:00 - Mah Jong 10:00 - Tech Support 10:15 - Dementia 101 11:45 - Lunch 1:00 - Cards	24 9:00 - TOPS 9:00 - Yoga 10:30 - Pantry 11:45 - Lunch 12:00 - Mah Jong 1:00- BINGO	25 9:00 - Strength & Flex 10:45- PEP4U 11:00 -Mexican Train 11:45 - Lunch 1:00 - Bridge	26 8:00 Coffee Chat 9:00 - Mah Jong 9:00 Spanish Club 10:00 Line Dancing 12:00 Music/Lunch	27
28	29 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	30 9:00 - Strength & Flexibility 9:00 - Mah Jong 10:00 - Tech Support 11:45 - Lunch 1:00 - Cards 2:00 -Chair Yoga				