

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, 3rd, 10th, 17th, 24th

1:00 pm cards go on sale \$12, 1:30 Bingo begins.

Line Dancing– 5th, 12th, 19th, & 26th

Tuesday 2nd—HICCAP appointments

Tuesday 2nd—10:30 Transitions Class

Tuesday 2nd– 1:00 Veterans Social Group

Tuesday 2nd—Tech Support 10:00—11:30

Wednesday 3rd —10:00 Caregiver discussion group

Friday 5th—Lunch Music by Robin Gable

Monday 8th—10:30 Blood Pressure

Tuesday 9th—1:00 Mindfulness seminar

Tuesday 9th—Tech Support 10:00—11:30

Wednesday 10th—CalFresh booth

Thursday 11th —1:00 Tour of England

Friday 12th—Lunch Music by Doug Houston

Tuesday 16th—Transitions Class 10:30

Tuesday 16th—Tech Support 10:00—11:30

Wednesday 17th—Wills and Trust Atty by appt.

Thursday 18th—1:00 - All about Parkinson's

Friday 19th—Lunch Music by Tom Bagley

Tuesday 23rd—Tech Support 10:00—11:30

Tuesday 23rd—10:15 Alz

Friday 26th—Lunch Music by CBD Trio



**We will be closed Monday,
September 1st**

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 –
No T/Th classes until 9/30
donation

Mike Ward Yoga - No class on the 3rd

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– Tuesday, September
2nd. Call for an appointment.

Senior Grocery Program

Wednesday 3rd and 17th

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

Let's Celebrate Summer

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!

MemorialCare
Medical Group

For More Information

(949) 498-3322



Age Well | DOROTHY VISSER
SENIOR CENTER

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

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September 2nd
Speaker: Mat Richter, Founder BATTALION 22

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
117 Avenida Victoria, SC

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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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





What's on a Label

September 10th 11:30–1:30 pm

Stop by the information table and ask questions about how to read a label and other Cal Fresh Healthy Living programs.

The CalFresh Healthy Living Program supports healthy, active and nourished lifestyles by teaching Californians about good nutrition and how to stretch their food dollars, while also building partnerships in communities to make the healthy choice, the easy choice.

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DEMENTIA 101

Tuesday, September 23rd | 10:15 am - 11:15 am



Forgetting a name, misplacing keys, becoming momentarily confused—these can be byproducts of normal aging or the early symptoms of dementia. Not all dementia is Alzheimer's disease. Knowing the difference affects planning, management, and prognosis. Join us as we review the most common types of dementia.

Dorothy Visser Senior Center

117 Avenida Victoria
San Clemente, CA 92672

Call to RSVP
(949) 498-3322

Alzheimer's | MEMORY SUPPORT SERVICES
ORANGE COUNTY

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

Thank you
to our Partners

Optum



MemorialCare
Medical Group

hoag.

♥ aetna

Healthier happens together®



hoag.

All About Parkinson's Disease

Thursday, September 18th
1:00 PM

Speaker - Belinda Stewart-Berger



Belinda Stewart-Burger will provide a comprehensive overview of Parkinson's disease, including early warning signs, risk factors, and practical steps for early detection. Combining the latest research with real-world insights, she aims to empower attendees with the knowledge to support early intervention and improved quality of life. For more information or to sign up please call (949) 498-3322. Walk Ins Welcomed.

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Mindfulness Seminar



Join us for an educational discussion regarding emotional and mental wellbeing, breathing exercises, and what resources may be available through social work support and the local community.

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

When: Tuesday, September 9th at 1:00pm

Where: Dorothy Visser Senior Center

MemorialCare
Saddleback Medical Center

For more information, please contact our senior community liaison Reme Ataya at (949) 627-3565 or rataya@memorialcare.org



On-Site Social Work Support & Resources

Connect with a MemorialCare Saddleback Medical Center Social Worker

We are dedicated to helping you live independently with dignity and care by connecting you with community resources that may be eligible for you.

Roneet Cooper, L.C.S.W., will be hosting open discussions on the 2nd Tuesday of every month from 1pm - 2pm.



Roneet Cooper,
L.C.S.W.

October 14 – Meet the Social Worker

November 11 – Caregiver Resources

December 9 – Transportation Resources

Walk-ins are accepted, but appointments are encouraged. For more information or to schedule an appointment, please contact Roneet at 949-741-0032 or rcooper@memorialcare.org.

Learn more at
memorialcare.org.

MemorialCare
Saddleback Medical Center

Saturday Night

BINGO

LIVE

Saturday, October 4th, 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
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



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

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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, SCRNP

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, SCRNP


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

September 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>CLOSED Labor Day Observance</div> <div></div> <div>HAPPY LABOR DAY</div> <div>★ ★ ★</div>	CHICKEN WALDORF SANDWICH Cream of Broccoli Soup Cinnamon Baked Apple Milk 2	ITALIAN BEEF MEATBALL SUB SANDWICH Tuscan Bean Soup Orange Apple Sauce Milk 3	GREEK CHICKEN SLIDER w/TZATZIKI SAUCE Greek Tomato Salad Cantaloupe Milk 4	TERIYAKI CHICKEN Zucchini Squash Medley Macaroni Salad Mandarin Cup Pound Cake Milk 5
CHICKEN PRIMAVERA PASTA Garden Salad Mandarin Cup Milk 8	CHICKEN FAJITAS w/LIME SALSA Mexican Coleslaw Tortillas Spanish Rice Pineapple Cup & Milk 9	CHICKEN CACCIATORE Roasted Zucchini & Squash Spinach Lemon Orzo Orange Juice Pound Cake Milk 10	BEEF BOURGUIGNON Green Bean & Radish Medley Wheat Roll Orange Chocolate Chip Cookie 11	ROAST SALMON TACOS w/ CHIMICHURRI SLAW Tex Mex Vegetable Soup Lemon Thyme Brown Rice Cantaloupe Milk 12
BEEF w/BEAN TACOS w/ TOMATILLO SLAW Corn Salad Spanish Rice Tropical Fruit Milk 15	CHICKEN SHAWARMA Mediterranean Salad Pita Bread Orange Pound Cake Milk 16	CHICKEN POT PIE Ranch Salad Tropical Fruit Milk 17	BEEF MEATBALLS w/MARINARA French Bistro Salad Spaghetti Pineapple Cup Milk 18	CHICKEN TARRAGON SANDWICH Tomato Basil Soup Orange Juice Cantaloupe Milk 19
CHICKEN KEBAB Moroccan Carrots Spinach Tomato Orzo Orange Juice Pound Cake Milk 22	SESAME CHICKEN Cauliflower Broccoli Soup Ginger Brown Rice Orange Juice Chocolate Chip Cookie Milk 23	TUSCAN SALMON Butter Green Beans Whole Wheat Pasta Peach Crisp Milk 24	CHICKEN BANH MI SANDWICH Carrot Soup Tropical Fruit Cup Milk 25	CHEESEBURGER Rosemary Roasted Potatoes Cantaloupe Milk 26
BEEF STROGANOFF Zucchini Apple Soup Whole Wheat Penne Pasta Mandarin Cup Milk 29	CILANTRO LIME CHICKEN Mediterranean Salad Lemon Thyme Brown Rice Orange Oatmeal Raisin Cookie Milk 30		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 600 - 700 calories	


 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

Sponsored by


Fridays Lunch Music

5th

Robin Gable performing

12th

Doug Houston performing

19th

Tom Bagley performing

26th

CBD Trio performing



BINGO Wednesdays

Cards go on sale 1:00 pm

\$12

1:30 Bingo begins

Join us for a fun afternoon



DONATIONS NEEDED

Dolly's Boutique is looking for:

Gently used dishware, knick-knacks, purses, shoes, jackets, lamps, home décor, pictures, jewelry, collectibles and clothing.



**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

Let's Celebrate Summer September 12th 2025

Join Us!

6:30 - 8:00 pm

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6:30 PM PACIFIC SYMPHONY PERFORMS OUTSIDE

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SYMPHONY
on the go!

For More Information

(949) 498-3322

 **scan** Medicare Advantage


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SENIOR CENTER

Fall Yoga Schedule

Floor Yoga with Mike Ward
on Monday and Wednesday
at 9:00 am will be resuming
on September 8th.


Chair Yoga on Tuesday and
Thursdays at 2:00 will be re-
suming on October 2nd

Chair Yoga on Mondays is
still ongoing at 2:00




PUBLIC INFO SESSION:

Join GM Rick Shintaku to learn about SCWD's proposed Doheny Ocean Desalination Project, hear the latest updates, and get your questions answered.



**DOHENY OCEAN
DESALINATION
PROJECT**
Local Water, Local Control.
Sponsored by South Coast Water District

**THURSDAY,
OCTOBER 2, 2025
AT 1:00 PM**
**DOROTHY VISSER
SENIOR CENTER**
117 Avenida Victoria,
San Clemente, 92672



**SOUTH COAST
WATER DISTRICT**
Partnering With The Community

💧 Opportunity for the first-ever local drinking water supply for San Clemente

💧 Hear what San Clemente residents said in our recent survey

💧 Up to 5 million gallons of drinking water per day

💧 Reliable, drought-proof, and affordable

Learn More:
SCWD.ORG/DohenyDesal