September 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, 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

l^et's Clebrate

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 MemorialCare...

on the go! **For More Information**

(949) 498-3322 Age Well | DOROTHY VISSER SENIOR CENTER

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



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



SENSIBLY



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

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

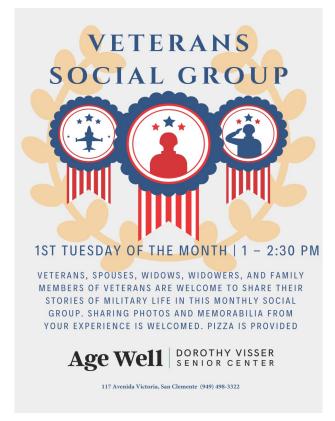




2nd Monday of the

September 2nd

Speaker: Mat Richter, Founder BATTALION 22





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

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

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



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

month at 10:00



What's on a Label

September 10th 11:30–1:30 pm

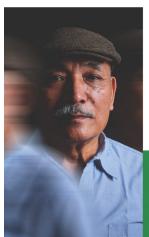
Stop by the information table and ask questions about how to read a label and other Cal Fresh Healthy Living programs.

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

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

Thank you to our Partners

ptum







Healthier happens together





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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117 Avenida Victoria, San Clemente, CA 92672





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



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



October 14 – Meet the Social Worker er 11 – Caregiver Rese

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.

MemorialCare.



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 enefit the Dorothy Visser Senior Center Activities Progr.

Age Well | DOROTHY VISSER | SENIOR CENTER

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, SCRN

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, SCRN

Navigating the Holidays Without Derailing Your Health: Smart

Strategies for Holiday Eating

Thursday December 18th 1:00

Presented by Mona Cabrera, MS, RD



117 Avenida Victoria, San Clemente, CA 92672

South Orange County

September 2025 Menu



MONDAY

SERVING TIMES: 11:30 AM - 12:30 PM

WEDNESDAY

CLOSED Labor Day Observance HAPPY LABOR DAY * * *	CHICKEN WALDORF SANDWICH Cream of Broccoli Soup Cinnamon Baked Apple Milk 2	ITALIAN BEEF MEATBALL SUB SANDWICH Tuscan Bean Soup Orange Apple Sauce Milk A 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	CHICKEN CACCIATORE Roasted Zucchini & Squash Spinach Lemon Orzo Orange Juice Pound Cake Milk	BEEF BOURGUIGNON Green Bean & Radish Medley Wheat Roll Orange Chocolate Chip Cookie	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 CHICKEN SHAWARMA Mediterranean Salad Pita Bread Milk 16	CHICKEN POT PIE Ranch Salad Tropical Fruit Milk	BEEF MEATBALLS w/MARINARA French Bistro Salad Spaghetti Pineapple Cup Milk 18	CHICKEN TARRAGON SANDIWICH Tomato Basil Soup Orange Juice Cantaloupe Milk
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 COST - 59 YEARS OR YOUNG Reservations are required & must be reservation date. You can RSVP in person at No special requests or menu substitut notice. Our menus, per meal, average	ER: \$7.50 hade by 12pm 2 business days in prior to or by calling ons. Menu subject to change without

Meal contains sodium over 1000mg

eals 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. Depart. of Agriculture.
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 Crange County Board of Supervinitated by the Cran



Strength and Flexibility Class

Tuesday and Thursday 9:-00 —10:00 donation based



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





BINGO Wednesdays

Cards go on sale 1:00 pm \$12

1:30 Bingo begins

Join us for a fun afternoon



Tuesdays from

10:00-11:30

Appointments will be 30 minutes each.

Call for an appointment (949) 498-3322.

Age Well | DOROTHY VISSER

Fridays Lunch Music

Robin Gable performing 12th

Doug Houston performing 19th

Tom Bagley performing

CBD Trio performing





DONATIONS NEEDED

Dolly's Boutique is looking for:

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



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 Clebrate

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.

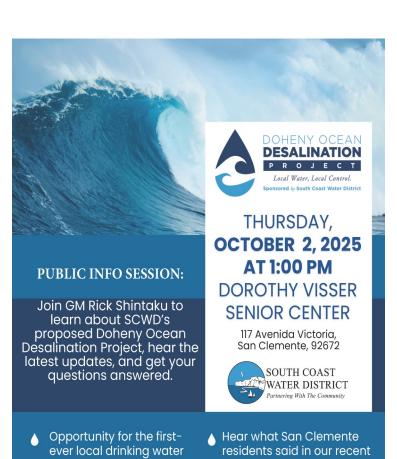
CONCERT BY





For More Information (949) 498-3322

DOROTHY VISSER SENIOR CENTER



Learn More: SCWD.ORG/DohenyDesal

Reliable, drought-proof, and affordable

supply for San Clemente

♦ Up to 5 million gallons of

drinking water per day

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 resuming on October 2nd

Chair Yoga on Mondays is still ongoing at 2:00