

December

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 9:00 - Yoga 9:00 - HICCAP 10:00 - Hand & Foot 10:00 - Jose MemorialCare 11:45 - Lunch 12:15 - Bridge 12:30 - Fresh Food Mon. 2:00 - Chair Yoga	2 9:00 - Strength & Flexibility 9:00 - Mah Jong 10:30 - Crafts 10:30 - Transitions 11:45 - Lunch 1:00 - Cards 1:00- VA Social	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 9:00 - HICCAP 10:45- PEP4U 11:00 -Mexican Train 11:45 - Lunch 12:15 - Bridge 2:00 - Chair Yoga	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 10:00 - Blood Pressures 10:15 - Games 11:45 - Lunch 12:15 - Bridge 12:30 - Fresh Food Mon. 2:00 - Chair Yoga	9 9:00 - Strength & Flexibility 9:00 - Mah Jong 11:45 - Lunch 1:00 - Cards 1:00 - Flower Arranging 1:00 - MemorialCare 2:00 - Chair Yoga	10 9:00 - TOPS 10:00 - Caregiver Support 10:30 - Pantry 11:45 - Lunch 12:00 - Mah Jong 1:00- BINGO	11 9:00 - Strength & Flex 10:00 Cookie Exchange 10:45- PEP4U 11:00 -Mexican Train 11:45 - Lunch 12:15 - Bridge 2:00 - Chair Yoga	12 8:00 Coffee Chat 9:00 - Mah Jong 9:00- Spanish Club 10:00- Line Dancing 12:00 -Music/Lunch	13
14	15 9:00 - Yoga 10:00 - Hand & Foot 10:15 - Games 11:45 - Lunch 12:15 - Bridge 12:30 - Fresh Food Mon. 2:00 - Chair Yoga	16 9:00 - Strength & Flexibility 9:00 - Mah Jong 10:30 - Transitions 11:45 - Lunch 1:00 - Cards 2:00 - Chair Yoga	17 9:00 - TOPS 10:00 - Caregiver Support 10:30 - Pantry 11:45 - Lunch 12:00 - Mah Jong 1:00- BINGO 5:00 - RENTAL	18 9:00 - Strength & Flex 10:45- PEP4U 11:00 -Mexican Train 11:45 - Lunch 12:15 - Bridge 1:00 - Hoag 2:00 - Chair Yoga	19 8:00 Coffee Chat 9:00 - Mah Jong 9:00- Spanish Club 10:00- Line Dancing 12:00 -Music/Lunch	20
21	22 9:00 - Yoga 10:00 - Hand & Foot 10:15 - Games 11:45 - Lunch 12:15 - Bridge 12:30 - Fresh Food Mon. 2:00 - Chair Yoga	23 9:00 - Strength & Flexibility 9:00 - Mah Jong 10:15 - Alz 11:45 - Lunch 1:00 - Cards 2:00 - Chair Yoga	24 9:00 - TOPS 10:00 - Caregiver Support 10:30 - Pantry 11:45 - Lunch 12:00 - Mah Jong 1:00- BINGO	25 CLOSED	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 12:15 - Bridge 12:30 - Fresh Food Mon. 2:00 - Chair Yoga	30 9:00 - Strength & Flexibility 9:00 - Mah Jong 11:45 - Lunch 1:00 - Cards 2:00 - Chair Yoga	31 9:00 - TOPS 10:00 - Caregiver Support 10:30 - Pantry 11:45 - Lunch/New Years 12:00 - Mah Jong 1:00- BINGO			

RENTAL