

November

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 RENTAL
2	3 9:00 – Yoga 9:00 – HICCAP 10:00 – Hand & Foot 10:15 – Games 11:45 – Lunch 12:15 – Bridge 12:30 – Fresh Food Mon. 2:00 – Chair Yoga	4 9:00 - Strength & Flexibility 9:00 – Mah Jong 10:30 - Crafts 10:30 - Transitions 11:45 – Lunch 1:00 – Cards 1:00- VA Social 2:00 - Chair Yoga	5 9:00 – TOPS 10:00 – Caregiver Support 10:30 - Pantry 11:45 – Lunch 12:00 - Mah Jong 1:00- BINGO	6 9:00 - Strength & Flex 10:45- PEP4U 11:00 -Mexican Train 11:45 – Lunch 12:15 – Bridge 1:00 – MemorialCare 2:00 – Chair Yoga	7 8:00 Coffee Chat 9:00 – Mah Jong 9:00- Spanish Club 10:00- Line Dancing 12:00 -Music/Lunch	8
9	10 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	11 CLOSED	12 9:00 – TOPS 10:30 - Pantry 11:45 – Lunch 12:00 - Mah Jong 1:00- BINGO	13 9:00 - Strength & Flex 10:45- PEP4U 11:00 -Mexican Train 11:45 – Lunch 12:15 – Bridge 1:00 – Arm Chair Travel 2:00 – Chair Yoga	14 8:00 Coffee Chat 9:00 – Mah Jong 9:00 -Spanish Club 10:00 -Line Dancing 12:00 -Music/Lunch VETERANS Lunch	15
16	17 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	18 9:00 – 3:00 HICCAP 9:00 - Strength & Flexibility 9:00 – Mah Jong 10:30 - Transitions 11:45 – Lunch 1:00 – Cards 2:00 - Chair Yoga	19 9:00 – TOPS 9:00 - Atty 10:30 - Pantry 11:45 – Lunch 12:00 - Mah Jong 1:00- BINGO RENTAL	20 9:00 - Strength & Flex 10:45- PEP4U 11:00 -Mexican Train 11:45 – Lunch 12:15 – Bridge 1:00 – Stroke no Joke 2:00 – Chair Yoga	21 8:00 Coffee Chat 9:00 – Mah Jong 9:00 -Spanish Club 10:00 -Line Dancing 12:00 -Music/Lunch	22
23	24 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	25 9:00 - Strength & Flexibility 9:00 – Mah Jong 10:15 - Alz 11:45 – Lunch 1:00 – Cards 2:00 - Chair Yoga	26 9:00 – TOPS 10:30 – Pantry 11:45 – THANKSGIVING Lunch 12:00 - Mah Jong 1:00- NO BINGO	27 CLOSED	28 CLOSED	29