

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 and 31st.

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

Line Dancing—5th, 12th, 19th, & 26th

Monday 1st—HICCAP appointments

Tuesday 2nd—10:30 Transitions Class

Tuesday 2nd— 1:00 Veterans Social Group

Tuesday 2nd—10:30—Crafting with Cameron

Wednesday 3rd —10:00 Caregiver discussion group

Thursday 4th—HICCAP appointments

Friday 5th—Lunch Music by Robin Gable

Monday 8th—10:00 Blood Pressures

Tuesday 9th—Tech Tuesday

Wednesday 10th—Wills and Trusts

Friday 12th—Cookies & Carols Music by Doug Houston

Tuesday 16th—Transitions Class 10:30

Thursday 18th—1:00 - Hoag

Friday 19th—Holiday lunch *Music by CBD Trio*

Tuesday 23rd—10:15 6 Pillars of Health—Alz

Wednesday 31st—New Years Eve music by Tom Bagley



We are closed December 25th and January 1st for the Holidays!

The Fitness Center Hours

M, T, Thu 8:30 - 3:30 Wednesday &

Friday 8:30—3:00

Strength and Flexibility Class - No class 12/25

Tuesday and Thursday

9:00 —donation

Chair Yoga

2:00—Monday

Tuesday and Thursday

donation

Mike Ward Yoga -

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—

Thursday, December 4th

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

PLEASE JOIN US FOR A
**HOLIDAY
LUNCHEON**
**Friday
December 19th
12:00pm - 1:00pm**
MUSIC, TREATS & FUN!
Wear an ugly sweater & enter
our ugly sweater contest!
117 Avenida Victoria, San Clemente
rsvp at 949-498-3322

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!

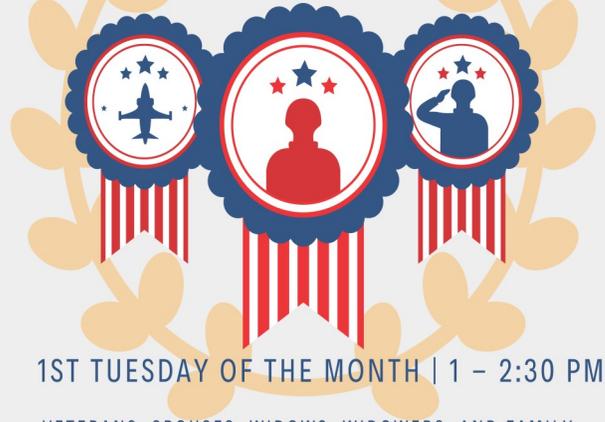
Carrie
Wojo



MemorialCare
Medical Group

Age Well | DOROTHY VISSER
SENIOR CENTER
117 Avenida Victoria, San Clemente (949) 498-3322

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

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

Age Well | DOROTHY VISSER
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117 Avenida Victoria, San Clemente, CA 92672 (949) 498-3322

Blood Pressures taken by



Healthy at Home
CAREGIVERS

(888) 391-3638

**2nd Monday of the
month at 10:00**



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





PLEASE JOIN US FOR A
HOLIDAY LUNCHEON

**Friday
 December 19th
 12:00pm - 1:00pm**

MUSIC, TREATS & FUN!

Wear an ugly sweater & enter our ugly sweater contest!

117 Avenida Victoria, San Clemente
 rsvp at 949-498-3322



Carols & Cookies

Join Us For Lunch!

Friday, December 12th

Enjoy lunch, music by Doug Houston and array of cookies

Age Well | DOROTHY VISSER SENIOR CENTER



**NEW YEAR
 2026**

Celebration Luncheon Party

WEDNESDAY, DEC 31ST

12:00 - 1:00 PM

Join us & celebrate the New Year. There will be music, dancing, food, and sparkling cider!

Call 949-498-3322 to make your reservation
 117 Avenida Victoria, San Clemente



Cookie exchange

Join Diana from Live Well for a holiday cookie exchange.

December 11th at 10:15

Bring 2 dozen cookies to share. Limited seating sign-up at the front desk.

Made with Love

Age Well | DOROTHY VISSER SENIOR CENTER

Thank you to our

Optum **Partners** **MemorialCare** Medical Group

hoag.  **scan**  **aetna** Healthier happens together[®]



Adopt a Senior for Christmas

This year, there will be a lot of seniors spending the holidays alone. We want to make sure that they get a holiday meal and some holiday cheer this season.

Your \$25 donation will provide each senior with:

- The makings for a holiday meal
- A personal note from you

You can add a small gift for your senior also.

If you can help us by adopting a senior please call the senior center at (949) 498-3322 and ask for Beth or Daniel.

Our meals on wheels drivers will be delivering the packages on December 23rd.

Your donation is tax deductible. Cash or check preferred.

For questions, please call the Age Well's Dorothy Visser Senior Center at (949) 498-3322.

117 Avenida Victoria, San Clemente Tax ID 93-1163563

Age Well DOROTHY VISSER SENIOR CENTER



Navigating the Holidays Without Derailing Your Health: Smart Strategies for Holiday Eating

Thursday, December 18th at 1:00 PM



Speaker—Mona Cabrera, MS, RD

Join Registered Dietitian Mona Cabrera, MS, RD, for an inspiring session on how to embrace joyful, balanced eating throughout the holiday season. Discover practical strategies to navigate common holiday challenges without feeling deprived. Learn how to savor your favorite foods guilt-free, make smart swaps, and master portion control that fits your lifestyle. Mona will also share easy, realistic plans for enjoying parties, family dinners, and festive gatherings with confidence and ease. If you want to enjoy the holidays while maintaining balance and wellness, this class is perfect for you!

For more information or to sign up please call (949) 498-3322. Walk Ins Welcomed.

Age Well | DOROTHY VISSER SENIOR CENTER
117 Avenida Victoria, San Clemente, CA 92672



December 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 |
|--|--|---|--|--|
| ITALIAN BEEF MEATBALL SUB SANDWICH Tuscan Bean Soup Orange Apple Sauce Milk 1 | CHICKEN WALDORF SANDWICH Cream of Broccoli Soup Cinnamon Baked Apple Milk 2 | GREEK CHICKEN SLIDER w/TZATSIKI SAUCE Greek Tomato Salad Cantaloupe Milk 3 | BEEF CHILI Roasted Potatoes Rainbow Salad Wheat Roll Cantaloupe Milk 4 | TERIYAKI CHICKEN Zucchini Squash Medley Macaroni Salad Mandarin Cup Oatmeal Raisin Cookie Milk 5 |
| BEEF MEATBALLS w/MARINARA French Bistro Salad Spaghetti Pineapple Cup Milk 8 | CHICKEN SHAWARMA Mediterranean Salad Pita Bread Orange Pound Cake Milk 9 | BEEF w/BEAN TACOS w/ TOMATILLO SLAW Corn Salad Spanish Rice Tropical Fruit Milk 10 | CHICKEN POT PIE Ranch Salad Mandarin Cup Milk 11 | CHICKEN TARRAGON SANDWICH Tomato Basil Soup Orange Juice Cantaloupe Milk 12 |
| CHICKEN KEBAB Moroccan Carrots Mediterranean Pasta Salad Orange Juice Pineapple Cup Milk 15 | TUSCAN SALMON Butter Green Beans Whole Wheat Pasta Orange Juice Oatmeal Raisin Cookie Milk 16 | SESAME CHICKEN Cauliflower Broccoli Soup Ginger Brown Rice Cinnamon Baked Apple Milk 17 | CHICKEN BANH MI SANDWICH Carrot Soup Tropical Fruit Cup Milk 18 | ROASTED TURKEY w/CRANBERRY SAUCE Garlic Mashed Potatoes & Gravy Corn Bread Stuffing Green Beans Pumpkin Pie; Milk 19 |
| BEEF STROGANOFF Steamed Green Beans Whole Wheat Penne Pasta Mandarin Cup Milk 22 | CILANTRO LIME CHICKEN Mediterranean Salad Lemon Thyme Brown Rice Orange Oatmeal Raisin Cookie Milk 23 | BBQ CHICKEN SLIDER Zucchini Apple Soup Orange Juice Chocolate Chip Cookie Milk 24 | CLOSED  25 | BEEF MEATLOAF Garlic Mashed Potatoes Sauté Peas & Carrots Wheat Roll: Orange Apple Sauce & Milk 26 |
| BEEF SLOPPY JOE Creamy Coleslaw Apple Sauce Orange Juice Milk 29 | CHIPOTLE CHICKEN SANDWICH Tomato Basil Soup Tropical Fruit Milk 30 | CREAMY LEMON CHICKEN Ranch Salad Penne Pasta Orange Oatmeal Raisin Cookie Milk 31 | SUGGESTED CONTRIBUTION - 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 500 - 700 calories | 60 YRS OR OLDER: \$5.50 |

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



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.

- November 11 – Meet the Social Worker
- December 9 – Transportation Resources
- January 13 – Decluttering Tips
- February 10 – Meals on Wheels

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.



Fridays Lunch Music

5th

Robin Gable performing

12th

Doug Houston performing

19th

CBD Trio performing

Wednesday 31st

Tom Bagley 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.

Tech will be December 9th



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

The Century Club, the annual giving program to support the Dorothy Visser Senior Center

The Century Club

The Dorothy Visser Senior Center Century Club is an annual giving program that is part of an ongoing effort dedicated to securing financial support from friends of the San Clemente senior community. With a strong base of donors who are committed to providing annual gifts to the Center, we can maintain its current high level of programs and services, which include: Meals on Wheels, health and wellness programs, educational programs, community workshops, and a fully equipped computer lab which will provide teaching opportunities for high school students to tutor seniors.



Our Goal

Our goal is simple: by developing and nurturing a habit of giving among members of the San Clemente community, we will raise unrestricted funds and create annual support for the Center. A gift in any amount to the Century Club annual giving program is tax deductible, and will be directed to where the needs and opportunities are the greatest.

Reasons to Give

- ◆ Advances our mission to provide more services for more seniors
- ◆ Enriches the lives of the seniors in the San Clemente community
- ◆ Makes an investment in your community by ensuring a solid foundation of support for maintaining our state-of-the-art facility
- ◆ It is the single most important way you can help the Center continue to offer quality programs and services to seniors every year



Giving Opportunities

The Century Club annual giving program has established three annual giving levels. Membership at each level is for twelve months and is renewable every October. Donors receive yearly recognition at the Center, in our annual mailing to the membership and in our year end newsletter.

Bronze: \$100 - \$199
Silver: \$200 - \$499
Gold: \$500 +

Donate Now

Making an annual tax-deductible gift to the Century Club is EASY! Simply complete this pledge form and return it to the Dorothy Visser Senior Center in the enclosed envelope.

First name: _____

Last name: _____

Address: _____

Phone: _____

Email: _____

My gift is in memory/honor of: _____

I would like to pledge the following donation:

Bronze Silver Gold \$ _____

Enclosed is a check for my gift, payable to:
 Dorothy Visser Senior Center

Visa Mastercard Amex Discover

Cardholder name: _____

Account #: _____

Expiration date: _____

To learn more about the Century Club annual giving program, or to discuss other giving opportunities, please contact us at
949.498.3322

"Donations from the community are a critical part of our existence,"

Beth Apodaca, Director



We have a donation box here at the center



New Coats for Kids Drive
 NOVEMBER 13 - DECEMBER 19, 2025

Donate brand-new kids & teen coats to:

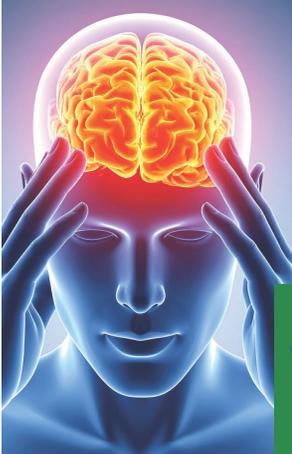
- | | |
|---|---|
| <p>ALISO VIEJO Aliso Viejo Community Center, 100 Park Avenue</p> <p>COSTA MESA Costa Mesa Senior Center, 695 W 19th Street Donald Dungan Library, 1855 Park Avenue Mesa Verde Library, 2969 Mesa Verde Drive East Costa Mesa Police Department, 99 Fair Drive</p> <p>DANA POINT Bella Bazaar at Dana Point Harbor, 34467 Golden Lantern Dr. Dana Point Senior Center, 34052 del Obispo Dana Point Library, 33841 Niguel Road Dana West Yacht Club, 24601 Dana Drive Dana Point Yacht Club, 24399 Dana Drive</p> <p>LADERA RANCH Ladera Ranch Library, 29551 Sienna Pkwy</p> <p>LAGUNA BEACH Laguna Beach Police Dept., 505 Forest Av Laguna Beach Library, 363 Glenneyre Street Laguna Beach Seniors (The Susi Q) 380 Third St.</p> <p>LAGUNA HILLS Florence Sylvester Senior Center, 23721 Moulton Parkway City Hall, 24035 El Toro Road</p> | <p>LAGUNA NIGUEL Laguna Niguel City Hall, 30111 Crown Valley Parkway Laguna Niguel Library, 30341 Crown Valley Parkway Sea Country Senior Community Center, 24602 Aliso Creek Rd.</p> <p>NEWPORT BEACH Newport Beach Library, 1000 Avocado Avenue OASIS Senior Center, 801 Narcissus Avenue</p> <p>RANCHO MISSION VIEJO Reata Glen, 2 Las Entrelas Loop</p> <p>SAN CLEMENTE Aquatic Center, 987 Avenida Vista Hermosa San Clemente Library, 242 Avenida Del Mar Age Well Dorothy Visser Senior Center, 117 Avenida Victoria</p> <p>SAN JUAN CAPISTRANO San Juan Capistrano Library, 31495 El Camino Real San Juan Capistrano Senior Center, 25925 Camino Del Avion</p> <p>SANTA ANA County Administration North Building, 400 W. Civic Center Drive County Administration South Building, 601 N. Ross Street</p> |
|---|---|



FOR MORE INFORMATION, PLEASE CALL (714)-834-3550 OR EMAIL KATRINA.FOLEY@OCGOV.COM

THE 6 PILLARS OF BRAIN HEALTH

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



Your brain is your most valuable asset, and it's never too early—or too late—to start caring for it. Join us for an uplifting and interactive class that explores the six essential pillars of brain health that help keep your mind sharp, resilient, and strong at any age.

Dorothy Visser Senior Center

117 Avenida Victoria
San Clemente, CA 92672

Call to RSVP
(949) 498-3322

Alzheimer's
ORANGE COUNTY | MEMORY SUPPORT SERVICES

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



The Holiday



Wish Tree



1. Select one of the beautifully handcrafted ornaments made by one of our Meals on Wheels Drivers.
2. Purchase a gift card or make a Meals on Wheels donation. Bring your gift to the senior center, take an ornament and hang on your tree to remind yourself of the joy you have given to a local senior

Gifts ideas: \$25 + donation to meals on wheels or \$25+ gift card to Ralphs, Target, Walmart or Trader Joes

For more information call (949) 498-3322

Dorothy Visser Senior Center, 117 Avenida Victoria, San Clemente, CA 92673

Age Well | DOROTHY VISSER
SENIOR CENTER



EMERITUS INSTITUTE

Sign up for the

Spring Semester NOW at the

Dorothy Visser Senior Center

. Balance and Mobility



*Happy Holidays
from all of us at the
Dorothy Visser
Senior Center*

Making The Holidays Brighter

Holiday DIY | Centerpiece Floral Workshop



Tuesday, December 9th
1:00pm - 2:00pm

Dorothy Visser Senior Center
117 Avenida Victoria,
San Clemente, CA 92672

Please call to RSVP

(949) 498-3322
Space is limited.

It's a wonderful time to gather and learn together!

We'll design and craft simple, beautiful holiday flower arrangements to bring home and enjoy. All materials will be provided. Fond memories, stories, and laughter welcome.