

# 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, 5th, 12th, 19th, no bingo on the 26th

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

Line Dancing–7th, 14th, 21st, no dancing on the 28th

Monday 3rd—HICCAP appointments

Tuesday 4th—10:30 Transitions Class

Tuesday 4th— 1:00 Veterans Social Group

Tuesday 4th—10:30—Crafting with Cameron

Wednesday 5th —10:00 Caregiver discussion group

Friday 7th—Lunch Music by Robin Gable

Monday 10th—10:00 Blood Pressures

Tuesday 11th—CLOSED

Thursday 13th— Arm Chair Travel to Mexico

Friday 14th—Veterans Lunch Music by CBD Trio

Tuesday 18th—HICCAP Workshop 9-3

Tuesday 18th—Transitions Class 10:30

Wednesday 19th—Wills and Trusts

Thursday 20th—1:00 - Stroke No Joke

Friday 21st—Lunch Music by Tom Bagley

Tuesday 25th—10:15 Normal Aging vs. Dementia

Wednesday 26th—Thanksgiving Lunch—Tom Bagley



## Feast

Wednesday, November 26th

12:00 am- 1:00 pm

**Entertainment by  
Robert Fields**

### -Menu-

Roast Turkey with Cranberry Sauce, Corned Bread  
Stuffing, Garlic Mashed Potatoes and Gravy, Veggies,  
Sparkling Cider and Pumpkin Pie

Reserve your seat today (949) 498-3322

Dorothy Visser Senior Center, 117 Avenida Victoria, San Clemente

## We will be closed on



### The Fitness Center Hours

M, T, Thu 8:30 - 3:30 Wednesday &  
Friday 8:30—3:00

**Strength and Flexibility Class - No class 11/27**

Tuesday and Thursday  
9:00 —donation

**Chair Yoga - No yoga 11/27**

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—

Monday, November 3rd

## Senior Grocery Program

Wednesday 5th and 19th

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

**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

**November 4th**  
**Speaker: Keith Middleton**

**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**

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

**Blood Pressures taken by**



**Healthy at Home**  
CAREGIVERS

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

(888) 391-3638



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



# NORMAL AGING VS WARNING SIGNS OF DEMENTIA

Tuesday, November 25<sup>th</sup> | 10:15 am - 11:15 am



As we age, it's natural to experience some changes in memory and thinking—but how do you know what's “normal” and what could be a sign of something more serious?

### 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

Medicare Open Enrollment is October 15 - December 7



### Medicare Planning for 2026

It's time for all Medicare beneficiaries to review their health and drug plan needs for 2026.

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?

You can learn about 2026 Medicare Health and Drug Plans at our Health Insurance Counseling & Advocacy Program (HICAP) Annual Enrollment Clinics located throughout Orange County.

HICAP does not sell, endorse, or recommend insurance products.

### 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
- ▶ Prescription drug card or HMO/ PPO card
- ▶ Current medications or a list of current medications with name, dosage and frequency

### CALL FOR APPOINTMENT

Contact this site to schedule an appointment or call:

Dorothy Visser Senior Center  
Tuesday, November 18th, 2025  
(949) 498-3322  
9:00 am—4:00 pm

 **HICAP**  
a Program of Council on Aging

hoag.

## Stroke is No Joke

Thursday, November  
20th at 1:00 PM

Speaker—Justin Vechayiem, RN, BSN,



Stroke remains the 5th leading cause of death and #1 cause of disability in adults. In order to minimize the risk of death and long term disabling effects, we need to take stroke seriously! In this course, we will help you understand the different types of strokes, identifying your risk factors, how to optimize a healthy lifestyle, recognizing the signs and symptoms of stroke, and the importance of seeking immediate medical attention by activating emergency services. By calling 911 immediately upon recognizing any stroke like symptoms, a person can receive advanced treatments and interventions that may not only save their life, but also reduce any potential long term disability. The time to receive these life saving measures is limited however, so **STROKE IS NO JOKE!** 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



*Thank you  
to our Partners*

Optum

  
MemorialCare™  
Medical Group

hoag.

 aetna®

Healthier happens together®

 scan™



**November 26th—30th**  
**We will open again on**  
**Monday, December 1st.**

*Happy Thanksgiving!*



## 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

## hoag. Speaker Series

**Leaving Employer Coverage – How to Transition to Medicare**  
Thursday August 21<sup>st</sup> 1:00

**All About Parkinson's Disease**  
Thursday September 18<sup>th</sup> 1:00  
Presented by Belinda Stewart – Burger, MSN, RN, CRRN, CNRN, SCRN

**Improve Your Mobility, Flexibility and Balance**  
Thursday October 16<sup>th</sup> 1:00  
Presented by Rebecca Szostek, CHC-PT

**Stroke is No Joke!**  
Thursday November 20<sup>th</sup> 1:00  
Presented by - Justin Vechayiem, RN, BSN, SCRN

**Navigating the Holidays Without Derailing Your Health: Smart Strategies for Holiday Eating**  
Thursday December 18<sup>th</sup> 1:00  
Presented by Mona Cabrera, MS, RD

**Age Well** | DOROTHY VISSER SENIOR CENTER  
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## November 2025 Menu

SERVING TIMES: 11:30 AM – 12:30 PM



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>CHICKEN KEBAB</b> Moroccan Carrots Mediterranean Pasta Salad Orange Juice Pound Cake Milk <b>3</b>	<b>TUSCAN SALMON</b> Butter Green Beans Whole Wheat Pasta Orange Juice Oatmeal Raisin Cookie Milk <b>4</b>	<b>SESAME CHICKEN</b> Cauliflower Broccoli Soup Ginger Brown Rice Cinnamon Baked Apple Milk <b>5</b>	<b>CHICKEN BANH MI SANDWICH</b> Carrot Soup Tropical Fruit Cup Milk <b>6</b>	<b>CHEESEBURGER</b> Rosemary Roasted Potatoes Cantaloupe Milk <b>7</b> 
<b>BEEF STROGANOFF</b> Buttered Green Beans Whole Wheat Penne Pasta Mandarin Cup Milk <b>10</b>	<b>CLOSED</b>  <b>11</b>	<b>CHICKEN MARSALA</b> Rainbow Salad Linguine Tropical Fruit Cup Milk <b>12</b>	<b>BEEF MEATLOAF</b> Garlic Mashed Potatoes Sauté Peas & Carrots Wheat Roll: Orange Apple Sauce & Milk <b>13</b>	<b>BBQ CHICKEN SLIDER</b> Zucchini Apple Soup Orange Juice Chocolate Chip Cookie Milk <b>14</b>
<b>BEEF SLOPPY JOE</b> Creamy Coleslaw Apple Sauce Orange Juice Milk <b>17</b>	<b>CHIPOTLE CHICKEN SANDWICH</b> Tomato Basil Soup Tropical Fruit Milk <b>18</b>	<b>CREAMY LEMON CHICKEN</b> Ranch Salad Penne Pasta Orange Oatmeal Raisin Cookie Milk <b>19</b>	<b>BUFFALO CHICKEN</b> Honey Glazed Carrots Cilantro Lime Brown Rice Orange Chocolate Chip Cookie Milk <b>20</b>	<b>SALISBURY BEEF STEAK</b> Garlic Mashed Potatoes Carrot Raisin Slaw Wheat Roll Orange Milk <b>21</b>
<b>MONGOLIAN CHICKEN</b> Asian Coleslaw Ginger Brown Rice Mandarin Cup Milk <b>24</b>	<b>CHICKEN CACCIATORE</b> Roasted Zucchini & Squash Italian Pasta Salad Orange Juice Pound Cake Milk <b>25</b>	<b>ROASTED TURKEY w/CRANBERRY SAUCE</b> Garlic Mashed Potatoes & Gravy Corn Bread Stuffing Green Beans Pumpkin Pie; Milk <b>26</b>	<b>CLOSED</b>  <b>27</b>	<b>CLOSED</b>  <b>28</b>
			<b>SUGGESTED CONTRIBUTION - 60 YRS OR OLDER: \$5.50</b> <b>COST - 59 YEARS OR YOUNGER: \$7.50</b> Reservations are required & must be made by 12pm 2 business days 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	

 Meal contains sodium over 1000mg

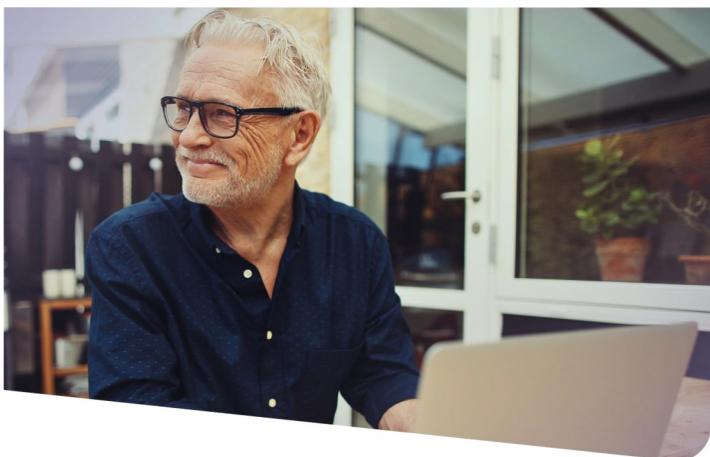
All meals comply with the Dietary Guidelines for Americans (DGA) 2020-2025 & Dietary Reference Intakes (DRI) for older adults as determined by the California Dept. of Human Services Agency & the U.S. Dept. of Agriculture. Age Well may substitute a menu with equal nutritional value due to food price or 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 2<sup>nd</sup> 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](http://memorialcare.org).



## Fridays Lunch Music

**7th**

**Robin Gable performing**

**14th**

**CBD Trio performing**

**21st**

**Tom Bagley performing**

**Wednesday 26th**

**Robert Fields 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 returning in  
December/January**



**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

# A TASTE OF *Mexico*

**✈️ No Passport, No Problem- Just Pure South-of-the-Border Bliss**

Journey through ancient ruins and vibrant, sun-drenched streets. Immerse yourself in the lively melodies of Mariachi and folk music. Indulge in delicious Mexican-inspired treats

**DATE: THURSDAY, NOVEMBER 13TH, 2025**  
**TIME: 1:00 PM - 2:00 PM**  
**LOCATION: DOROTHY VISSER SENIOR CENTER**

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This event is for the +55 community  
 RSVP- 949-669-7320

Sponsored by  
**FirstLight**  
 HOME CARE

\*\*\* Thank You \*\*\*

# VETERANS

HONORING ALL WHO SERVED

**Join us on Friday, November 14th**  
**At 12:00 pm to celebrate all of our Veterans.**

**Entertainment by CBD Trio**  
**Cake provided by Home Instead**  
**Please RSVP at the front desk**



## Crafting with Cameron

**Halloween**  
 Tuesday, October 28th 12:30—1:30

**Fall**  
 Tuesday, November 4th 10:30—11:30

**Holidays**  
 Tuesday, December 2nd 10:30—11:30

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



**November 3rd—MemorialCare Table 10:00—11:30**

**November 6th—Hoag Medicare Table 1:00—2:00**

**November 6th—MemorialCare 1:00—2:00**

**November 17th—MemorialCare Table 10:00—11:30**

**November 18th—HICCAP Day (by appointment) 9:00—3:00**

**December 1st—MemorialCare Table 10:00—11:30**

**Humana— Select Tuesdays from 10:00 - 12:00**

