

January

Age Well

DOROTHY VISSER
SENIOR CENTER

Age Well's Dorothy Visser Senior Center

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

2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 CLOSED <i>Happy New Years!</i>	2 8:00 Coffee Chat 9:00 – Mah Jong 9:00- Spanish Club 10:00- Line Dancing 12:00 -Music/Lunch	3
4	5 9:00 – Yoga 9:00 – HICCAP 10:00 – Hand & Foot 11:45 – Lunch 12:15 – Bridge 12:30 – Fresh Food Mon. 2:00 – Chair Yoga	6 9:00 - Strength & Flexibility 9:00 – Mah Jong 10:30 - Crafts 10:30 - Transitions 11:45 – Lunch 1:00 – Cards 1:00- VA Social	7 9:00 – TOPS 10:00 – Caregiver Support 10:30 - Pantry 11:45 – Lunch 12:00 - Mah Jong 1:00- BINGO	8 9:00 - Strength & Flex 10:15 -Smoothies with Diane 10:45- PEP4U 11:00 -Mexican Train 11:45 – Lunch 12:15 – Bridge 2:00 – Chair Yoga	9 8:00 Coffee Chat 9:00 – Mah Jong 9:00- Spanish Club 10:00- Line Dancing 12:00 -Music/Lunch	10
11	12 9:00 – Yoga 10:00 – Hand & Foot 11:45 – Lunch 12:15 – Bridge 12:30 – Fresh Food Mon. 2:00 – Chair Yoga	13 9:00- Strength & Flexibility 9:00 – Mah Jong 11:45 – Lunch 1:00 – Cards 1:00 - MemorialCare 2:00 - Chair Yoga	14 9:00 – TOPS 10:00 – Literacy Club 10:30 - Pantry 11:45 – Lunch 12:00 - Mah Jong 1:00- BINGO	15 9:00 - Strength & Flex 10:45- PEP4U 11:00 -Mexican Train 11:45 – Lunch 12:15 – Bridge 1:00 - Hoag 2:00 – Chair Yoga	16 8:00 Coffee Chat 9:00 – Mah Jong 9:00- Spanish Club 10:00- Line Dancing 12:00 -Music/Lunch	17
18	19 CLOSED	20 9:00 - Strength & Flexibility 9:00 – Mah Jong 10:30 - Transitions 11:45 – Lunch 1:00 – Cards 2:00 - Chair Yoga	21 9:00 – TOPS 9:30 – Ask a Nurse - English 10:30 - Pantry 11:45 – Lunch 12:00 - Mah Jong 1:00- BINGO 5:00 - RENTAL	22 9:00 - Strength & Flex 9:00 – HICCAP 10:45- PEP4U 11:00 -Mexican Train 11:45 – Lunch 12:15 – Bridge 1:00 – Arm Chair Travel 2:00 – Chair Yoga	23 8:00 Coffee Chat 9:00 – Mah Jong 9:00- Spanish Club 10:00- Line Dancing 12:00 -Music/Lunch	24
25	26 9:00 – Yoga 10:00 – Hand & Foot 11:45 – Lunch 12:15 – Bridge 12:30 – Fresh Food Mon. 2:00 – Chair Yoga	27 9:00 - Strength & Flexibility 9:00 – Mah Jong 10:15 - Alz 11:45 – Lunch 1:00 – Cards 2:00 - Chair Yoga	28 9:00 – TOPS 9:30 – Ask a Nurse -Spanish 10:30 - Pantry 11:45 – Lunch 12:00 - Mah Jong 1:00- BINGO	29 9:00 - Strength & Flex 9:00 – HICCAP 10:45- PEP4U 11:00 -Mexican Train 11:45 – Lunch 12:15 – Bridge 2:00 – Chair Yoga	30 8:00 Coffee Chat 9:00 – Mah Jong 9:00- Spanish Club 10:00- Line Dancing 12:00 -Music/Birthday Lunch	31