

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, 7th, 14th, 21st and 28th.

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

Line Dancing—2nd, 9th, 16th, 23rd and 30th

Friday 2nd—Lunch music by Robin Gable

Monday 5th—HICCAP appointments

Tuesday 6th—10:30 Transitions Class

Tuesday 6th—1:00 Veterans Social Group

Tuesday 6th—10:30—Crafting with Cameron

Wednesday 7th —10:00 Caregiver discussion group

Thursday 8th—Crafting with Diana

Friday 9th—Lunch Music by CBD

Monday 12th—10:00 Blood Pressures

Tuesday 13th—1:00 MemorialCare

Tuesday 13th—Tech Tuesday

Wednesday 14th—10:30 Literacy Club

Thursday 15th—1:00 Hoag

Friday 16th—Lunch music by Doug Houston

Monday 19th—Holiday—CLOSED

Wednesday 21st—Wills and Trusts

Tuesday 20th—Transitions Class 10:30

Wednesday 21st—Ask a Nurse English

Thursday 22nd—Arm Chair Travel—Thailand

Friday 23rd—Lunch music by Tom Bagley

Tuesday 27th—10:15 Sharpen you mind—Alz

Tuesday 27th—Tech Tuesday

Wednesday 28th—Ask a Nurse—Spanish

Friday 30th - Birthdays and Hot Chocolate



The Fitness Center Hours

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

Strength and Flexibility Class – no class 1/6 & 1/8

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—

Monday, January 5th

Senior Grocery Program

Wednesday 7th and 21st

10:30—12:30 Distribution

“The new year
stands before us, like
a chapter in a book,
waiting to be written”



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

January 6th

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

(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



SHARPEN YOUR MIND! MEMORY TIPS AND TRICKS

Tuesday, January 27th | 10:15 am - 11:15 am



Join us for a class that offers practical, easy-to-use strategies to improve focus, recall, and mental clarity. Learn helpful tools to support memory and keep the brain engaged 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

A TASTE OF Thailand

No Passport, No Problem - Your Thai Adventure Starts Here

Journey through golden temples and bustling, lantern filled streets. Immerse yourself in the soothing rhythms of traditional Thai music. Indulge in fragrant, flavorful Thai inspired delights!

DATE: THURSDAY, JANUARY 22ND, 2026
TIME: 1:00 PM - 2:00 PM
LOCATION: DOROTHY VISSER SENIOR CENTER

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

Sponsored by
FirstLight
HOME CARE



Join Diana from Live Well in making smoothies for the New Year.

January 8th at 10:15

You will get to take home your own fusion tumbler and measuring cups.



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CONFIDENCE IN MOTION

Expert tips for Living Safely and Independently in Your Home

WHAT YOU WILL LEARN:

- Simple exercises to improve strength, flexibility, and stability
- Move safely during daily activities at home & in the community
- Recognize early signs of balance or mobility issues
- Practical strategies to reduce fall risk

Wednesday, January 14 | **Dorothy Visser Senior Center**
opens at 10:30 AM | 117 Avenida Victoria, San Clemente

Renue Health
Christel Mitrovich, MS

Senior Helpers
Keyur Shah

Thank you to our

Partners

Optum

MemorialCare
Medical Group

hoag

scan

aetna
Healthier happens together®



Building Strength for Better Stability

Thursday, January 15th at 1:00 PM

Speaker—Rebecca Szostek, CHC-PT

As we age, maintaining strength and stability becomes essential to preserving independence, reducing the risk of falls and supporting overall health and wellness. This one-hour session will highlight the critical role strength training plays in building a strong foundation for balance and mobility in everyday life. We'll explore the many benefits of building muscle strength - from enhancing stability and mobility to boosting energy levels, as well as supporting better sleep. Participants will learn how even small improvements in muscle strength can lead to big changes.

Included will be a 15-minute demonstration of safe, practical strength exercises tailored to meet the needs of all levels of fitness (participation is optional).

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

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117 Avenida Victoria, San Clemente, CA 92672



Join us on January 30th for our monthly Birthday lunch.

Humana will be serving Hot Chocolate and Marshmallows



January 2026 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
<p>SUGGESTED CONTRIBUTION COST - 59 YEARS OR YOUNGER: \$7.50</p> <p>Reservations are required & must be made by 12pm 2 business days in prior to reservation date.</p> <p>You can RSVP in person at [redacted] or by calling [redacted].</p> <p>No special requests or menu substitutions. Menu subject to change without notice. Our menus, per meal, average 500 - 700 calories</p>	<p>60 YRS OR OLDER: \$5.50</p>		<p>CLOSED</p> <p>Happy New Year 2026</p>	<p>\$ALISBURY BEEF STEAK Garlic Mashed Potatoes Carrot Raisin Slaw Wheat Roll Orange Milk</p>
<p>MONGOLIAN CHICKEN Asian Coleslaw Ginger Brown Rice Mandarin Cup Milk</p>	<p>GROUND BEEF PHILLY Tex Mex Soup Hoagie Roll Orange Chocolate Chip Cookie Milk</p>	<p>CHICKEN CACCIATORE Roasted Zucchini & Squash Italian Pasta Salad Orange Juice Pound Cake Milk</p>	<p>CHICKEN SALSA VERDE Mexican Coleslaw Spanish Rice Pineapple Cup Milk</p>	<p>CHIMICHURRI SALMON Green Bean Salad Linguine Cantaloupe Milk</p>
<p>BEEF CHILI Roasted Potatoes Rainbow Salad Wheat Roll Cantaloupe Milk</p>	<p>CHICKEN WALDORF SANDWICH Cream of Broccoli Soup Cinnamon Baked Apple Milk</p>	<p>ITALIAN BEEF MEATBALL SUB SANDWICH Tuscan Bean Soup Orange Apple Sauce Milk</p>	<p>GREEK CHICKEN SLIDER w/TZATZIKI SAUCE Greek Tomato Salad Cantaloupe Milk</p>	<p>TERIYAKI CHICKEN Zucchini Squash Medley Macaroni Salad Mandarin Cup Oatmeal Raisin Cookie Milk</p>
<p>CLOSED MARTIN LUTHER KING DAY</p>	<p>BEEF w/BEAN TACOS w/ TOMATILLO SLAW Corn Salad Spanish Rice Tropical Fruit Milk</p>	<p>CHICKEN POT PIE Ranch Salad Mandarin Cup Milk</p>	<p>CHICKEN SHAWARMA Mediterranean Salad Pita Bread Orange Pound Cake Milk</p>	<p>CHICKEN TARRAGON SANDWICH Tomato Basil Soup Orange Juice Cantaloupe Milk</p>
<p>CHICKEN KEBAB Moroccan Carrots Mediterranean Pasta Salad Orange Juice Pineapple Cup Milk</p>	<p>SESAME CHICKEN Cauliflower Broccoli Soup Ginger Brown Rice Cinnamon Baked Apple Milk</p>	<p>TUSCAN SALMON Butter Green Beans Whole Wheat Pasta Orange Juice Oatmeal Raisin Cookie Milk</p>	<p>CHICKEN BANH MI SANDWICH Carrot Soup Tropical Fruit Cup Milk</p>	<p>CHEESEBURGER Rosemary Roasted Potatoes Cantaloupe Milk</p>

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
Live Well. Live Independently.



Speaker



Roneet Cooper, LCSW
Community Outreach Social Worker

Join Us for an Empowering Community Session

Discover how to thrive on your own terms, with dignity, care, and confidence. This informative event will guide you through local resources and support programs you may qualify for, helping you stay independent and connected.

Let's build a stronger, more supportive community, together.

Topic of the Month:
Meet the Social Worker

When:
Tuesday, January 13, 1 pm – 2 pm

Where:
Dorothy Visser Senior Center

Registration not required

MemorialCare.
Saddleback Medical Center

For more information, contact Roneet Cooper at (949) 741-0032 or RCooper@memorialcare.org

Fridays Lunch Music

2nd

Robin Gable performing

9th

CBD Trio performing

16th

Doug Houston performing

23rd

Tom Bagley performing

30th

Robert Fields performing



DONATIONS NEEDED

Dolly's Boutique is looking for:

Gently used dishware, knick-knacks, purses, shoes, jackets, lamps, home décor, pictures, jewelry, collectibles and clothing.



BINGO Wednesdays

Cards go on sale 1:00 pm

\$12

1:30 Bingo begins

Join us for a fun afternoon



Tuesdays from

10:00—11:30

Appointments will be 30 minutes each.

Call for an appointment (949) 498-3322.

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Caregiver

Discussion Group

The first Wednesday of every month

10:30 am

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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

Chat With the Nurse

Cathy Patton and Julia Teal, Hoag Community Nurse Navigators, will conduct one-on-one, 60-minute sessions to help members address health concerns, collaborate on care planning, and receive health education to support overall health and well-being.

Sessions available in English and Spanish.

APPOINTMENT REQUIRED.



Participation is Free

WHEN:

- ✓ Appointments in English are available the 3rd Wednesday of the month from 9:30 a.m. to 11:30 a.m.
- ✓ Appointments in Spanish are available the 4th Wednesday of the month from 9:30 a.m. to 11:30 a.m.

WHERE: Age Well Dorothy Visser Senior Center
 117 Avenida Victoria, San Clemente, CA 92672

Please make appt with the Senior Center ~ Call 949-498-3322

Cathy Patton, RN, PHN Community Nurse Navigator cathy.patton@hoag.org 949-764-6977 (Spanish Speaking)
 Julia Teal, RN, PHN Community Nurse Navigator julia.teal@hoag.org 949-764-6977