

# 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, 4th, 11th, 18th, and 25th.

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

Line Dancing—6th, 13th, 20th, and 27th

Monday 2nd—HICCAP appointments

Tuesday 3rd—10:30 Transitions Class

Tuesday 3rd—10:30—Crafting with Cameron

Tuesday 3rd—1:00 Veterans Social Group

Wednesday 4th —10:00 Caregiver discussion group

Wednesday 4th—Ask a Nurse English

Friday 6th—Lunch music by Robin Gable

Monday 9th—10:00 Blood Pressures

Tuesday 10th—10:00 Art4Healing

Tuesday 10th—1:00 MemorialCare—Social Worker

Tuesday 10th—Tech Tuesday

Wednesday 11th—10:30 Confidence in Motion

Thursday 12th—Crafting with Diana

Friday 13th—Lunch Music by CBD

**Monday 16th—Holiday—CLOSED**

Tuesday 17th—Transitions Class 10:30

Tuesday 17th—Flower Arranging 1:00

Wednesday 18th—Wills and Trusts

Wednesday 18th—CalFresh 11:30

Thursday 19th—1:00 Hoag—Over the counter

Medications

Friday 20th—Lunch music by Robert Fields

Tuesday 24th —10:15 Train your brain—Alz

Tuesday 24th—Tech Tuesday

Thursday 26th—Arm Chair Travel—Thailand

Friday 27th—Birthday Lunch music by Doug Houston



### The Fitness Center Hours

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

Friday 8:30—3:00

### Strength and Flexibility Class

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, February 2nd

### Senior Grocery Program

Wednesday 4th and 18th

10:30—12:30 Distribution

### SAVE THE DATE



Saturday Night Bingo

March 21st



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

**February 3rd**

**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





# Saturday Night

# BINGO LIVE

Saturday, March 21st, 2026

at the Dorothy Visser Senior Center

Sponsored by MemorialCare Medical Group  
\$100 Game Cash Prizes

50/50•Opportunity Drawing•Silent Auction

Fun for everyone<sub>(18+)</sub>! \$50 per person  
Includes dinner, 4 cards for each game and 2 drink tickets for  
your choice of wine, beer, soda or water

3:15 pm Doors Open

4:00 pm Bingo Begins

5:15 pm Dinner

6:30 pm Bingo Resumes

For more information and tickets call

(949) 498-3322



117 Avenida Victoria • San Clemente

All Proceeds Benefit the Dorothy Visser Senior Center Activities Program

Age Well | DOROTHY VISSER  
SENIOR CENTER



This project is funded in part through a grant from California Department of Aging and administered by the Orange County Office on Aging.

## hoag.

Over-the-Counter  
Medications: *What  
you need to know for  
safe pain relief*

Thursday, February  
19th at 1:00 PM

Speaker—Dr. Karim Fahmy

Join us for an informative and easy-to-understand presentation designed especially for older adults. Learn how common over-the-counter pain relievers work, how to use them safely, and what to watch for to avoid unwanted side effects or interactions with other medications. This session will help you make confident, informed choices about managing everyday aches and pains while protecting your health.

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

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SENIOR CENTER

117 Avenida Victoria, San Clemente, CA 92672



## Fridays Lunch Music

6th

Robin Gable performing

13th

CBD Trio performing

20th

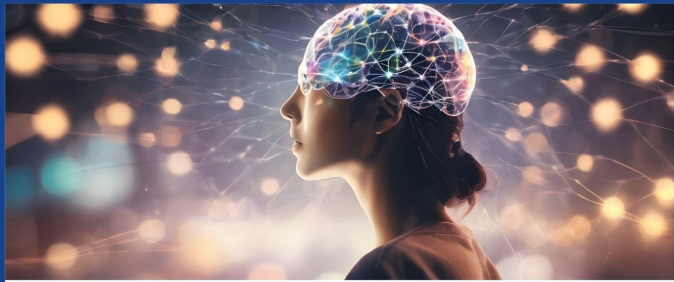
Robert Fields performing

27th

Doug Houston performing







## TRAIN YOUR BRAIN: FUN GAMES FOR BETTER FOCUS AND MEMORY

Tuesday, February 24th | 10:15 AM - 11:15 AM

**Dorothy Visser Senior Center  
117 Avenida Victoria, San Clemente**

Give your brain a workout! This lively and interactive class introduces fun, engaging games and exercises designed to strengthen memory, focus, attention, and problem-solving skills. Participants will learn how mental stimulation supports brain health, try out activities you can repeat at home, and discover easy ways to build brain-boosting habits into everyday life.

Call (949) 498-3322 to RSVP

Alzheimer's ORANGE COUNTY MEMORY SUPPORT SERVICES



## ART4HEALING WORKSHOP

*Would you like a restorative outlet to express your stress, anxiety, hopes, fears, grief, or other feelings in a safe environment using abstract painting?*

Hoag Faith Community Nursing offers such workshops through the Art4Healing program free of charge (all paints and supplies will be provided)!

Each session offers a unique theme, based on the interest and needs of the audience. Participants are led through a series of prompts designed to evoke feelings and encouraged to express these emotions through abstract painting on canvas. Individuals will then have the opportunity to share their thoughts and emotions with the group, should they choose.

*These 2 hour workshops are limited to 12 participants, no previous experience or artistic talent is required.*

Plan to join us:  
**Dorothy Visser Senior Center  
117 Avenida Victoria, San Clemente**

**Tuesday February 10th  
10:00 am**

Age Well | DOROTHY VISSER SENIOR CENTER

hoag.



## 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
- ✔ Recognize early signs of balance or mobility issues
- ✔ Practical strategies to reduce fall risk

Wednesday, February 11 | Dorothy Visser Senior Center  
opens at 10:30 AM | 117 Avenida Victoria, San Clemente

Brought to you by community partners:

Renu Health

SENIOR HELPERS

## 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:

Transportation Resources

### When:

Tuesday, February 10, 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

Thank you to our

Partners

Optum

MemorialCare<sup>TM</sup>  
Medical Group

hoag.

scan<sup>TM</sup>

aetna<sup>®</sup>  
Healthier happens together<sup>®</sup>





South Orange County

February 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
<b>BEEF STROGANOFF</b> Steamed Green Beans Whole Wheat Penne Pasta Mandarin Cup Milk <b>2</b>	<b>CILANTRO LIME CHICKEN</b> Mediterranean Salad Lemon Thyme Brown Rice Orange Oatmeal Raisin Cookie Milk <b>3</b>	<b>BEEF MEATLOAF</b> Garlic Mashed Potatoes Sauté Peas & Carrots Wheat Roll: Orange Apple Sauce & Milk <b>4</b>	<b>CHICKEN MARSALA</b> Rainbow Salad Linguine Tropical Fruit Cup Milk <b>5</b>	<b>BBQ CHICKEN SLIDER</b> Zucchini Apple Soup Orange Juice Chocolate Chip Cookie Milk <b>6</b>
<b>BEEF SLOPPY JOE</b> Creamy Coleslaw Apple Sauce Orange Juice Milk <b>9</b>	<b>CREAMY LEMON CHICKEN</b> Ranch Salad Penne Pasta Orange Oatmeal Raisin Cookie Milk <b>10</b>	<b>CHIPOTLE CHICKEN SANDWICH</b> Tomato Basil Soup Tropical Fruit Milk <b>11</b>	<b>BUFFALO CHICKEN</b> Honey Glazed Carrots Cilantro Lime Brown Rice Orange Chocolate Chip Cookie Milk <b>12</b>	<b>SALISBURY BEEF STEAK</b> Garlic Mashed Potatoes Carrot Raisin Slaw Wheat Roll Orange Milk <b>13</b>
<b>CLOSED</b>  **** PRESIDENTS DAY	<b>GROUND BEEF PHILLY</b> Tex Mex Soup Hoagie Roll Orange Chocolate Chip Cookie Milk <b>17</b>	<b>CHICKEN CACCIATORE</b> Roasted Zucchini & Squash Italian Pasta Salad Orange Juice Pound Cake Milk <b>18</b>	<b>CHICKEN SALSA VERDE</b> Mexican Coleslaw Spanish Rice Pineapple Cup Milk <b>19</b>	<b>CHIMICHURRI SALMON</b> Green Bean Salad Linguine Cantaloupe Milk <b>20</b>
<b>BEEF CHILI</b> Roasted Potatoes Rainbow Salad Wheat Roll Cantaloupe Milk <b>23</b>	<b>CHICKEN WALDORF SANDWICH</b> Cream of Broccoli Soup Cinnamon Baked Apple Milk <b>24</b>	<b>ITALIAN BEEF MEATBALL SUB SANDWICH</b> Tuscan Bean Soup Orange Apple Sauce Milk <b>25</b>	<b>GREEK CHICKEN SLIDER w/TZATZIKI SAUCE</b> Greek Tomato Salad Cantaloupe Milk <b>26</b>	<b>TERIYAKI CHICKEN</b> Zucchini Squash Medley Macaroni Salad Mandarin Cup Oatmeal Raisin Cookie Milk <b>27</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 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	

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





You are invited to our

# Valentine's Day Luncheon

Friday **13** Feb. 2026

Join us for Music with CBD Trio

Call 949-498-3322 to make your lunch reservation

Dorothy Visser Senior Center  
117 Avenida Victoria, San Clemente



## 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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## Heart Health

**February 18th 11:30—1:30 pm**

Stop by the information table and ask questions about how to read a label and other Cal Fresh Healthy Living programs.

The CalFresh Healthy Living Program supports healthy, active and nourished lifestyles by teaching Californians about good nutrition and how to stretch their food dollars, while also building partnerships in communities to make the healthy choice, the easy choice.

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## DONATIONS NEEDED

**Dolly's Boutique is looking for:**

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



**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

## 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.**

**There is no charge,  
and you do not need to  
have Hoag insurance.**



**Participation is Free**

**WHEN:**

- ✓ Appointments in English are available the 1<sup>st</sup> Wednesday of the month from 9:30 a.m. to 11:30 a.m.
- ✓ Appointments in Spanish are available the 4<sup>th</sup> 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



## 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*