

# March

## 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	2 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	3 9:00-Strength & Flexibility 10:30 - Crafts 10:30 - Transitions 11:45 - Lunch 1:00 - Cards 1:00- VA Social	4 9:00 - TOPS 9:30 - Ask a Nurse - English 10:00 - Caregiver Support 10:30 - Pantry 11:45 - Lunch 12:00 - Mah Jong 1:00- BINGO	5 9:00 -Strength & Flexibility 10:45- PEP4U 11:00 -Mexican Train 11:45 - Lunch 12:15 - Bridge 2:00 - Chair Yoga	6 8:00 Coffee Chat 9:00- Spanish Club 10:00- Line Dancing 12:00 -Music/Lunch	7
8	9 9:00 - Yoga 10:00 - Hand & Foot 11:45 - Lunch 12:15 - Bridge 12:30 - Fresh Food Mon. 2:00 - Chair Yoga	10 9:00 -Strength & Flexibility 10:00 - Tech Tuesday 11:45 - Lunch 1:00- Social Worker 1:00 - Cards	11 9:00 - TOPS 10:00 - Confidence in Motion 10:30 - Pantry 11:45 - Lunch 12:00 - Mah Jong 1:00- BINGO	12 9:00 -Strength & Flexibility 10:15 -Crafting with Diane 10:45- PEP4U 11:00 -Mexican Train 11:45 - Lunch 12:15 - Bridge 2:00 - Chair Yoga	13 8:00 Coffee Chat 9:00- Spanish Club 10:00- Line Dancing 12:00 -Music/Lunch	14
15	16 9:00 - Yoga 10:00 - Hand & Foot 11:45 - Lunch 12:15 - Bridge 12:30 - Fresh Food Mon. 2:00 - Chair Yoga	17 9:00 - Strength & Flexibility 10:00 Medicare Help 10:30 - Transitions 11:45 - Lunch - T. Patrick's 1:00 - Crafts with Carmen 2:00 - Chair Yoga	18 9:00 - TOPS 9:00 - Atty 10:30 - Pantry 11:45 - Lunch 12:00 - Mah Jong 1:00- BINGO <b>RENTAL</b>	19 9:00 -Strength & Flexibility 10:45- PEP4U 11:00 -Mexican Train 11:45 - Lunch 12:15 - Bridge 1:00 - Hoag - Tremors 2:00 - Chair Yoga	20 8:00 Coffee Chat 9:00- Spanish Club 10:00- Line Dancing 12:00 -Music/Lunch	21 <b>Saturday Night Bingo!</b>
22	23 9:00 - Yoga 10:00 - Hand & Foot 11:45 - Lunch 12:15 - Bridge 12:30 - Fresh Food Mon. 2:00 - Chair Yoga	24 9:00 - Strength & Flexibility 10:00 - Tech Tuesday 10:15 - Alzheimer 11:45 - Lunch 12:30 - Craft Water Color 1:00 - Cards 2:00 - Chair Yoga	25 9:00 - TOPS 9:30 -Ask a Nurse - Spanish 10:30 - Pantry 11:45 - Lunch 12:00 - Mah Jong 1:00- BINGO	26 9:00 - Strength & Flexibility 10:45- PEP4U 11:00 -Mexican Train 11:45 - Lunch 12:15 - Bridge 2:00 - Chair Yoga	27 8:00 Coffee Chat 9:00- Spanish Club 10:00- Line Dancing 12:00 -Music/Lunch 1:30 - Sound Bath	28
29	30 9:00 - Yoga 10:00 - Hand & Foot 11:45 - Lunch 12:15 - Bridge 12:30 - Fresh Food Mon. 2:00 - Chair Yoga	31 9:00 -Strength & Flexibility 11:45 - Lunch 1:00 - Cards				