

April

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 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	2 9:00 –Strength & Flexibility 10:45- PEP4U 11:00 -Mexican Train 11:45 – Lunch 12:15 – Bridge 2:00 – Chair Yoga	3 8:00 Coffee Chat 9:00- Spanish Club 10:00- Line Dancing 12:00 -Music/Lunch	4
5	6 9:00 – Yoga 9:00 - HICCAP 10:00 – Hand & Foot 10:15 - Dance 11:45 – Lunch 12:15 – Bridge 12:30 – Fresh Food Mon. 2:00 - Chair Yoga	7 9:00–Strength & Flexibility 10:30 - Crafts 10:30 - Transitions 11:45 – Lunch 1:00 – Cards 1:00- VA Social	8 9:00 – TOPS 10:30 - Crafts 10:30 - Pantry 11:45 – Lunch 12:00 - Mah Jong 1:00- BINGO	9 9:00 –Strength & Flexibility 10:45- PEP4U 11:00 -Mexican Train 11:45 – Lunch 12:15 – Bridge 2:00 – Chair Yoga	10 8:00 Coffee Chat 9:00- Spanish Club 10:00- Line Dancing 12:00 -Music/Lunch	11
12	13 9:00 – Yoga 10:00 – Hand & Foot 10:15- Dance 20:00 – Humana - Lobby 11:45 – Lunch 12:15 – Bridge 12:30 – Fresh Food Mon. 2:00 - Chair Yoga	14 9:00 –Strength & Flexibility 10:00 – Tech Tuesday 11:45 – Lunch 1:00- Social Worker 1:00 – Cards	15 9:00 – TOPS 9:00 - Atty 10:30 – Pantry 11:45 – Lunch 12:00 - Mah Jong 1:00- BINGO RENTAL	16 9:00 –Strength & Flexibility 10:15 -Crafting with Diane 10:45- PEP4U 11:00 -Mexican Train 11:45 – Lunch 12:15 – Bridge 1:00 – Hoag - Tremors 2:00 – Chair Yoga	17 8:00 Coffee Chat 9:00- Spanish Club 10:00- Line Dancing 12:00 -Music/Lunch 1:30 – Sound Bath	18
19	20 9:00 – Yoga 10:00 – Hand & Foot 10:15 - Dance 11:45 – Lunch 12:15 – Bridge 12:30 – Fresh Food Mon. 2:00 - Chair Yoga	21 9:00 - Strength & Flexibility 10:30 – Transitions 1:00 – Flower Arranging 2:00 - Chair Yoga	22 9:00 – TOPS 9:30 –Ask a Nurse - Spanish 10:30 - Pantry 11:45 – Lunch 12:00 - Mah Jong 1:00- BINGO	23 9:00 - Strength & Flexibility 10:45- PEP4U 11:00 -Mexican Train 11:45 – Lunch 12:15 – Bridge 1:00 – Balance Confidence 2:00 – Chair Yoga	24 8:00 Coffee Chat 9:00- Spanish Club 10:00- Line Dancing 12:00 -Music/Lunch	25
26	27 9:00 – Yoga 10:00 – Hand & Foot 10:15 – Dance 11:45 – Lunch 12:15 – Bridge 12:30 – Fresh Food Mon. 2:00 - Chair Yoga	28 9:00 - Strength & Flexibility 10:15 – Alzheimer - Brain 11:45 – Lunch 1:00 – Cards 1:00 – Embracing Tech. 2:00 - Chair Yoga	29 9:00 – TOPS 10:30 - Pantry 11:45 – Lunch 12:00 - Mah Jong 1:00- BINGO	30 9:00 - Strength & Flexibility 10:45- PEP4U 11:00 -Mexican Train 11:45 – Lunch 12:15 – Bridge 2:00 – Chair Yoga		