

May

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
3	4 9:00 – Yoga 9:00 – HICCAP 10:00 – Hand & Foot 10:15 – Dance 11:45 – Lunch – May the 4th 12:15 – Bridge 12:30 – Fresh Food Mon. 2:00 – Chair Yoga	5 9:00 – Strength & Flexibility 10:30 – Crafts w/Cameron 10:30 – Transitions 11:45 – Lunch 1:00 – Cards 1:00 – VA Social	6 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	7 9:00 – Strength & Flexibility 10:45 – PEP4U 11:00 – Mexican Train 11:45 – Lunch 12:15 – Bridge 2:00 – Chair Yoga	8 8:00 Coffee Chat 9:00 – Spanish Club 10:00 – Line Dancing 12:00 – Music/Lunch Mother's Day 1:00 – Games	9
10	11 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	12 9:00 – Strength & Flexibility 10:00 – Tech Tuesday 11:45 – Lunch 1:00 – Social Worker 1:00 – Cards	13 9:00 – TOPS 10:30 – Pantry 11:45 – Lunch 12:00 – Mah Jong 1:00 – BINGO	14 9:00 – Strength & Flexibility 10:15 – Crafting with Diana 10:45 – PEP4U 11:00 – Mexican Train 11:45 – Lunch 12:15 – Bridge 2:00 – Chair Yoga	15 8:00 Coffee Chat 9:00 – Spanish Club 10:00 – NO Line Dancing 12:00 – Music/Lunch 1:00 – Games	16
17	18 9:00 – Yoga 10:00 – Hand & Foot 10:15 – Dance 11:45 – Lunch 12:15 – Bridge 12:30 – Fresh Food Mon. 1:30 – CHP class 2:00 – Chair Yoga	19 9:00 – Strength & Flexibility 10:00 – Medicare w/Ken 10:30 – Transitions 2:00 – Chair Yoga	20 9:00 – TOPS 9:00 – Atty 10:30 – Pantry 11:45 – Lunch 12:00 – Mah Jong 1:00 – BINGO RENTAL	21 9:00 – Strength & Flexibility 10:45 – PEP4U 11:00 – Mexican Train 11:45 – Lunch 12:15 – Bridge 1:00 – Hoag - Balance 2:00 – Chair Yoga	22 8:00 Coffee Chat 9:00 – Spanish Club 10:00 – Line Dancing 12:00 – Music/Lunch 1:00 – Games	23
24/31	25 CLOSED Memorial Day	26 9:00 – Strength & Flexibility 10:00 – Tech Tuesday 10:15 – Alzheimer - Brain 11:45 – Lunch 1:00 – Cards 2:00 – Chair Yoga	27 9:00 – TOPS 9:30 – Ask a Nurse - Spanish 10:30 – Pantry 10:30 – Crafting w/Carmen 11:45 – Lunch 12:00 – Mah Jong 1:00 – BINGO	28 9:00 – Strength & Flexibility 10:45 – PEP4U 11:00 – Mexican Train 11:45 – Lunch 12:15 – Bridge 2:00 – Chair Yoga	29 8:00 Coffee Chat 9:00 – Spanish Club 10:00 – Line Dancing 12:00 – Music/Lunch 1:30 – Sound Bath	30