

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, 1st, 8th, 15th, 22nd, & 29th

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

Line Dancing—3rd, 10th, 17th & 24th

Wednesday 1st —10:00 Caregiver discussion group

Wednesday 1st—Ask a Nurse English

Friday 3rd—Lunch music by Robin Gable

Monday 6th—HICCAP appointments

Monday 6th -10:15 Dance Vision

Tuesday 7th—10:30 Transitions Class

Tuesday 7th—10:30 Crafting with Cameron

Tuesday 7th— 1:00 Veterans Social Group

Thursday 9th—10:15 Crafting with Diana

Friday 10th—Lunch Music by Robin Gable

Monday 13th—10:00 Ken—Humana—Lobby

Monday 13th—10:15 Dance Vision

Tuesday 14th—1:00 MemorialCare—Social Worker

Tuesday 14th—Tech Tuesday

Wednesday 15th—Wills and Trusts

Thursday 16th—1:00 Hoag—Tremors

Friday 17th—Noon Lunch music by CBD Trio

Friday 17th—1:30—Sound Bath

Monday 20th—10:15 Dance Vision

Tuesday 21st Transitions Class 10:30

Tuesday 21st—Flower Arranging 1:00

Wednesday 22nd—Chat with a Nurse

Thursday 23rd—Confidence in motion

Friday 24th—Lunch music by Doug Houston

Monday 27th—10:15 Dance Vision

Tuesday 28th—10:15 Alz Brain Boosting

Tuesday 28th—1:00 Embracing Technology



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, April 6th

Senior Grocery Program

Wednesday 1st and 15th

10:30—12:30 Distribution



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

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SENIOR CENTER
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April 7th

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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Flower Arranging

Tuesday, April 21st 1:00 pm

Limited Seating

RSVP (949) 498-3322





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



BRAIN BOOSTERS: EVERYDAY ACTIVITIES THAT BUILD COGNITIVE RESERVE

Tuesday, April 28th | 10:15 am - 11:15 am



Learn easy, science-backed habits that support memory, focus, and long-term brain health. Discover small changes you can make every day to protect and strengthen your mind.



Presented by:
Kim Bailey

Dorothy Visser Senior Center
117 Avenida Victoria,
San Clemente, CA 92672

To RSVP, please call
(949) 498-3322

Alzheimer's ORANGE COUNTY | MEMORY SUPPORT SERVICES

Helpline: 844-373-4400 | www.alzoc.org

hoag.

Tremor - Causes and Treatments

Thursday, April 16th
at 1:00 PM



Speaker—Dr. Neal Hermanowicz

Tremors are a common concern, particularly as we get older. While it is not always a sign of a serious condition, it should not be ignored. In this presentation, Dr. Hermanowicz will provide an overview of tremors, discuss possible causes, and share general approaches to evaluation and management.

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

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DANCE VISION FOUNDATION

New class starting in April
Mondays at 10:15

Dance Wellness

An energizing, music-filled experience that gets the whole body moving. Perfect for uplifting your mood, improving memory, and increasing circulation.

Science Says: Dance is the Answer!

Now that the data is in, we can definitively say that dancing, more than any other physical activity, improves cognitive function, happiness levels, and overall well being.

Move with Joy. Connect with Music.
Thrive with Dance.

A wellness program designed specifically for older adults.

Each class includes:

Gentle, low-impact movement
Music-driving choreography
Seating and standing options
Community connection and fun

Dorothy Visser Senior Center
117 Avenida Victoria, San Clemente, CA
(949) 498-3322



Fridays Lunch Music

3rd

Robin Gable performing

10th

Robin Gable performing

17th

CBD Trio performing

24th

Doug Houston performing



Thank you to our

Partners

Optum

MemorialCare
Medical Group

hoag.



scan

Humana

aetna
Healthier happens together



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



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South Orange County

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

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

Drive Safer Drive Longer



Want to know how to keep your driving skills sharp and stay in the driver's seat?

The California Highway Patrol experts have information to share on these topics:

- How health conditions impact driving
- Tips to avoid risky situations on the road
- Vehicle comfort and safety
- DMV licensing procedures and services
- Resources to promote safe driving

You will be provided with a certificate you can present to your auto insurance company.

May 14th at 1:00 pm
(949) 498-3322

Dorothy Visser Senior Center

117 Avenida Victoria, San Clemente, CA 92672

Funded by a grant from the California Office of Traffic Safety through the National Highway Traffic Safety Administration



TREDS
TRAINING, RESEARCH AND EDUCATION
FOR DRIVING SAFETY

Age Well | DOROTHY VISSER
SENIOR CENTER

aetnaSM



■ Wooden Flower Ornament Workshop ■

Create a beautiful wooden flower ornament to brighten your home for spring!

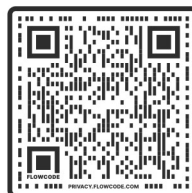
Join us for a fun and relaxing time of creativity and connection.

Thursday, April 16 • 10:15 AM

Maximum 12 Participants — Sign-Up Sheet Available — First Come, First Serve

All supplies included • Take home your ornament • No experience needed

Let's create something beautiful together!



Diana Dillman — Your Neighborhood Medicare Specialist

Call or Text: 714-396-1701

Join Us for an Informative Presentation: Embracing Technology: Digital Skills for Seniors



Technology can make life easier, safer, and more connected, and this fun, hands-on workshop will show you how. Join us to learn simple digital skills that help you stay in touch with loved ones, access important resources, and confidently use your smartphone or tablet.

Why Attend?

- ✓ Learn easy, practical smartphone and tablet skills
- ✓ Discover how to use video calling, photos, email, and essential apps
- ✓ Get safety tips to protect yourself from online scams and fraud
- ✓ Build confidence using everyday digital tools
- ✓ Enjoy hands-on help, friendly guidance, and time to practice

Location: Dorothy Visser Senior Center
117 Avenida Victoria, San Clemente, CA 92672

Date: 04/28/2026 Time: 1:00 - 3:00 pm

Empower yourself with the digital skills that make everyday life easier, safer, and more connected!

Who Should Attend?

- ✓ Seniors who want to feel more comfortable using their devices
- ✓ Adults who want to stay better connected with family and friends
- ✓ Caregivers supporting seniors who need digital confidence
- ✓ Anyone eager to learn simple tech skills in a relaxed, supportive setting

Step into the digital world with confidence, technology should work for you, not against you!



Friday, April 17th

1:30 pm

Sponsored by

John Papapietro

Independent Insurance Agent

Medicare Advantage, Medicare Supplement, PDP, Individual, and Small Group Plans

There is no cost for my services, and it may save you money.



949 887 1062 Cell

johnpapapietro@cox.net

License # 0G21475

Age Well | DOROTHY VISSER SENIOR CENTER



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.

Age Well | DOROTHY VISSER SENIOR CENTER



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 1st 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



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