

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, 3rd, 10th, 17th and 24th

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

Line Dancing—5th, 12th, 19th, and 26th

Monday 1st—HICCAP appointments

Tuesday 2nd—10:00—Tech Tuesday

Tuesday 2nd—10:15—The Circle

Tuesday 2nd—10:30 Transitions Class

Tuesday 2nd—1:00 Veterans Social Group

Wednesday 3rd—10:00 Caregiver discussion group

Friday 5th—Lunch performance “The Princess In Me”

Tuesday 9th—10:00 Art 4 Healing

Tuesday 9th—10:30 Paint and Pour

Friday 12th—Music by Robin Gable

Monday 15th—10:00—1:30 CHIOC Table

Monday 15th—10:00 Ken—Humana—Lobby

Tuesday 16th—Medicare with Ken

Tuesday 16th—10:00 Tech Tuesday

Tuesday 16th—Transitions Class 10:30

Tuesday 16th—1:00—Flower Arranging

Tuesday 16th—1:00 MemorialCare—Social Worker

Wednesday 17th—10:00—1:30 CHIOC Table

Thursday 18th—Wills and Trusts by appt.

Thursday 18th—1:00 Hoag—Heart

Friday 19th—Lunch music by CBD Trio

Friday 19th—Lunch music by CBD Trio

Tuesday 23rd—10:15 Alz. Brain Health Plan

Wednesday 24th—Chat with a Nurse

Wednesday 24th—10:30 Crafting with Carmen

Thursday 25th—10:15 Crafting with Diana

Friday 26th—Birthday Lunch music by Doug Houston

Friday 26th—1:30—Sound Bath



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

Dance Exercise Class

10:15—Monday

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, June 1st

Senior Grocery Program

Wednesday 3rd and 17th

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

Saturday Night

BINGO LIVE

Saturday, July 11th, 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₍₁₈₊₎! \$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.



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 June 9th
10:00 am

Age Well | DOROTHY VISSER
SENIOR CENTER



FLOWER ARRANGING CLASS

Show your creativity in this class!

FREE CLASS

With
ROBIN



JUNE 16TH, 2026

1.00 pm

DOROTHY VISSER SENIOR CENTER

SIGN UP TODAY

117 Avenida Victoria, San Clemente
(949) 498-3322

Space is limited



Friday June 26th

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

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SYMPHONY on the go!

Mark your calendars for September, 17th 6:00 pm

The Pacific Symphony will be playing in our parking lot on their mobile stage. A wonderful concert under the stars.

Monday 15th & Wednesday 17th
10:00-1:30 at the Dorothy Visser Senior Center

FREE ENROLLMENT ASSISTANCE



COMMUNITY HEALTH INITIATIVE OF ORANGE COUNTY

APPLY FOR:

- ✓ Medi-Cal
- ✓ Covered California
- ✓ General Relief
- ✓ CalFresh (Food Stamps)
- ✓ CalWORKS (Cash Aid)

REQUIRED DOCUMENTS

(FOR SOME PROGRAMS)

- ✓ Proof of Income
- ✓ Birth Certificate
- ✓ Proof of Address
- ✓ Identification Card
- ✓ Proof of Citizenship
- ✓ Social Security Card
- ✓ Immunization Record
- ✓ Proof of Pregnancy

CHI OC is a Non-Profit Organization. DBA CHI OC Helping Families Insurance Agency #0M49070

FOR MORE INFORMATION, CALL:
1-855-927-8333

We thank our partners:



1505 E. 17th Street Suite #108 • Santa Ana, CA 92705 • help@chioc.org • www.chioc.org

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.

Coping with Change

June 16th 1:00 pm

If you have any questions on other topics, they are welcomed.

Registration not required

Age Well | DOROTHY VISSER SENIOR CENTER
MemorialCare Saddleback Medical Center

For more information, contact Roneet Cooper at (949) 741-0032 or RCooper@memorialcare.org

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

June 2nd

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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SENIOR CENTER

117 Avenida Victoria, San Clemente (949) 498-3322

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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SENIOR CENTER
117 Avenida Victoria, San Clemente, CA 92672 (949) 498-3322



June 16th Medicare Help
10:00 to 12:00
with Ken from Humana




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



MY BRAIN HEALTH PLAN: CREATE YOUR PERSONALIZED ROADMAP

Tuesday, June 23rd | 10:15 am - 11:15 am



Take control of your cognitive health with this interactive class designed to help you build a personalized, custom brain health roadmap. Through guided activities and practical tools, you'll assess your current habits, identify areas for improvement, and create a clear, actionable plan.

Dorothy Visser Senior Center

117 Avenida Victoria
San Clemente, CA 92672

Call to RSVP
(949) 498-3322

Alzheimer's
ORANGE COUNTY | MEMORY SUPPORT SERVICES

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

hoag.

**Heart Health for Life:
Prevention, Awareness,
and Action**

**Thursday, June 18th
at 1:00 PM**



Speaker—Dr. Dennis Grewal

Heart disease is common as we age—but the good news is there is a lot we can do to protect our heart health. In this informative and easy-to-follow presentation, Dr. Dennis Grewal will discuss practical steps you can take to lower your risk of heart disease, including lifestyle habits, screenings, and knowing the warning signs. He will also explain treatment goals for those who already have cardiovascular disease and how proper care can help you stay active and maintain a good quality of life. The session will conclude with time for questions.

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

Age Well | DOROTHY VISSER
SENIOR CENTER

117 Avenida Victoria, San Clemente, CA 92672



**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

5th

Kids performing

12th

Robin Gable performing

19th

CBD Trio performing

26th

Doug Houston performing



Thank you to our

Partners

Optum

MemorialCare
Medical Group

hoag.



scan

Humana

aetna
Healthier happens together®



Join us on Friday, June 5th at lunch for a performance by these adorable kids.

12:00 Lunch and Performance

Lunch is:

Cheeseburger, Roasted Potatoes and Cantaloupe

Please remember to RSVP

2 days in advance



Singers Company*



Age Well | DOROTHY VISSER SENIOR CENTER
117 Avenida Victoria, San Clemente, CA 92672 (949) 498-3322



June 2026 Menu

SERVING TIMES: 11:30 AM - 12:30 PM



| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|---|---|--|--|
| CHICKEN KEBAB Moroccan Carrots Mediterranean Pasta Salad Orange Juice Pineapple Milk 1 | SESAME CHICKEN Cauliflower Broccoli Soup Ginger Brown Rice Cinnamon Baked Apple Milk 2 | TUSCAN SALMON Butter Green Beans Whole Wheat Pasta Orange Juice Oatmeal Raisin Cookie Milk 3 | CHICKEN BANH MI SANDWICH Carrot Soup Tropical Fruit Cup Milk 4 | CHEESEBURGER Rosemary Roasted Potatoes Cantaloupe Milk 5 |
| BEEF MEATLOAF Garlic Mashed Potatoes Sauté Peas & Carrots Wheat Roll Orange Apple Sauce & Milk 8 | CILANTRO LIME CHICKEN Mediterranean Salad Lemon Thyme Brown Rice Orange Oatmeal Raisin Cookie Milk 9 | BEEF STROGANOFF Steamed Green Beans Whole Wheat Penne Pasta Mandarin Cup Milk 10 | BBQ CHICKEN SLIDER Zucchini Apple Soup Orange Juice Chocolate Chip Cookie Milk 11 | CHICKEN MARSALA Rainbow Salad Linguine Tropical Fruit Cup Milk 12 |
| BEEF SLOPPY JOE Creamy Coleslaw Apple Sauce Orange Juice Milk 15 | CREAMY LEMON CHICKEN Ranch Salad Penne Pasta Orange Oatmeal Raisin Cookie Milk 16 | BUFFALO CHICKEN Honey Glazed Carrots Cilantro Lime Brown Rice Orange Chocolate Chip Cookie Milk 17 | CHIPOTLE CHICKEN SANDWICH Tomato Basil Soup Tropical Fruit Milk 18 | SALISBURY BEEF STEAK Garlic Mashed Potatoes Carrot Raisin Slaw Wheat Roll Orange Milk Happy Father's Day 19 |
| MONGOLIAN CHICKEN Asian Coleslaw Ginger Brown Rice Mandarin Cup Milk 22 | CHICKEN SALSA VERDE Mexican Coleslaw Spanish Rice Pineapple Cup Milk 23 | CHICKEN CACCIATORE Roasted Zucchini & Squash Italian Pasta Salad Orange Juice Pound Cake Milk 24 | GROUND BEEF PHILLY Tex Mex Soup Hoagie Roll Orange Chocolate Chip Cookie Milk 25 | CHIMICHURRI SALMON Green Bean Salad Linguine Cantaloupe Milk 26 |
| BEEF CHILI Roasted Potatoes Rainbow Salad Wheat Roll Cantaloupe Milk 29 | CHICKEN WALDORF SANDWICH Cream of Broccoli Soup Cinnamon Baked Apple Milk 30 | | SUGGESTED CONTRIBUTION 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 \$600 - 700 calories | - 60 YRS OR OLDER: \$5.50 |

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

Join us for a Discussion About Pain, Stress, Poor Sleep, and How They are Connected

Pain Increases Stress

Stress Increases Pain

Stress Contributes to Poor Sleep

Poor Sleep Increases Stress and Pain

Let's talk about how to STOP this cycle!

WHEN: Tuesday, June 2nd, 2026

TIME: 10:15 – 11:00 AM

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



Group Facilitator – Julia Teal, RN, BSN, PHN, NC-BC
Hoag Community Nurse Navigator
Julia.teal@hoag.org 949-764-6977



In Partnership with Aetna

Bloom & Brighten CREATE YOUR OWN FLOWER POT Workshop!

A FUN & COLORFUL CRAFT!



Join us for a cheerful morning creating a beautiful flower pot filled with tissue paper flowers!
No experience needed.
All supplies provided.
Let your creativity bloom!

Date: Thursday, June 25th
Time: 10:15 AM
Location: Dorothy Visser Senior Center

LIMITED SPACES!

We want everyone to enjoy a personal and fun experience.

MAXIMUM 12 PARTICIPANTS

SIGN UP – SIGN-UP SHEET
at the Dorothy Visser Senior Center

A FUN & EASY ACTIVITY!

- All supplies provided
- Step-by-step guidance
- Take home your creations
- Great for gifts or home décor
- No experience needed



Diana Dillman ♥
Your Neighborhood
Medicare Specialist



HERE TO HELP YOU WITH:

- ✓ Medicare Plan Reviews
- ✓ Turning 65 / New to Medicare
- ✓ Plan Changes for 2026
- ✓ Benefits, Dental, Vision & More
- ✓ Provider & Prescription Checks

Questions?
I'm Here to Help! ♥
Call or Text
714-396-1701



NO COST ♥ NO OBLIGATION ♥ JUST HONEST, LOCAL MEDICARE GUIDANCE



Butterfly Diamond Stakes

FUN CRAFT WORKSHOP

With Carmen from Llort Insurance

June 24th

10:30 am
Dorothy Visser Senior Center



Sign up today, limited seating



**HAPPY
FATHER DAY**

LUNCHEON
JUNE 19TH 12:00 PM

MUSIC BY CBD TRIO
REMEMBER TO RSVP 2 DAYS IN ADVANCE.
(949) 498-3322

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.

Saturday Night BINGO LIVE

Saturday, July 11th, 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 (18+)! \$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
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Age Well | DOROTHY VISSER SENIOR CENTER



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BINGO Wednesdays

Cards go on sale 1:00 pm

\$12

1:30 Bingo begins

Join us for a fun afternoon



DONATIONS NEEDED

Dolly's Boutique is looking for:

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



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



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.

Sign up today!

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