

# June

# 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 – Yoga 9:00 - HICCAP 10:00 – Cards 10:15 - Dance 12:15 - Bridge 12:30 – Fresh Food Mon. 2:00 - Chair Yoga	2 9:00–Strength & Flexibility 10:15 – Nurse Presentation 10:30 – Transitions 10:30 - Cards 11:45 – Lunch 1:00 – Cards 1:00- VA Social 2:00 – Chair Yoga	3 9:00 – TOPS 10:00 – Caregiver Support 10:30 - Pantry 11:45 – Lunch 12:00 - Mah Jong 1:00- BINGO	4 9:00 –Strength & Flexibility 10:45- PEP4U 11:00 -Mexican Train 11:45 – Lunch 12:15 – Bridge 2:00 – Chair Yoga	5 8:00 Coffee Chat 9:00- Spanish Club 10:00- Line Dancing 12:00 -Music/Lunch 1:00 - Games	6
7	8 9:00 – Yoga 10:00 – Cards 10:15 - Dance 11:45 – Lunch 12:15 - Bridge 12:30 – Fresh Food Mon. 2:00 - Chair Yoga	9 9:00 –Strength & Flexibility 10:00 – Tech Tuesday 10:00 Art4Healing 10:30 – Pour and Paint 11:45 – Lunch 1:00 – Cards 1:00 – Social Worker 2:00 – Chair Yoga	10 9:00 – TOPS 10:30 - Pantry 11:45 – Lunch 12:00 - Mah Jong 1:00- BINGO	11 9:00 –Strength & Flexibility 10:45- PEP4U 11:00 -Mexican Train 11:45 – Lunch 12:15 – Bridge 2:00 – Chair Yoga	12 8:00 Coffee Chat 9:00- Spanish Club 10:00- Line Dancing 12:00 -Music/Lunch 1:00 - Games	13
14	15 9:00 – Yoga 10:00 – Cards 10:00 – Chioc – Lobby 10:00 – Ken Humana-Lobby 10:15 - Dance 11:45 – Lunch 12:15 - Bridge 12:30 – Fresh Food Mon. 2:00 - Chair Yoga	16 9:00 –Strength & Flexibility 10:30 - Transitions 10:30 - Cards 11:45 – Lunch 1:00- Flower Arranging 1:00 – Cards 2:00 – Chair Yoga	17 9:00 – TOPS 10:00 – Choic - Lobby 10:30 - Pantry 11:45 – Lunch 12:00 - Mah Jong 1:00- BINGO	18 9:00 –Strength & Flexibility 10:45- PEP4U 11:00 -Mexican Train 11:45 – Lunch 12:15 – Bridge 1:00 – Hoag - Heart 2:00 – Chair Yoga	19 8:00 Coffee Chat 9:00- Spanish Club 10:00- Line Dancing 12:00 -Music/Lunch 1:00 - Games	20
21	22 9:00 – Yoga 10:00 – Cards 10:15 - Dance 11:45 – Lunch 12:15 - Bridge 12:30 – Fresh Food Mon. 2:00 - Chair Yoga	23 9:00 - Strength & Flexibility 10:00 – Tech Tuesday 10:15 – Alzheimer – Brain 10:30 - Cards 11:45 – Lunch 1:00 – Cards 2:00 - Chair Yoga	24 9:00 – Nurse 9:00 – TOPS 10:30 – Crafting w/Carmen 10:30 - Pantry 11:45 – Lunch 12:00 - Mah Jong 1:00- BINGO	25 9:00 –Strength & Flexibility 10:15 – Crafting w/Diana 10:45- PEP4U 11:00 -Mexican Train 11:45 – Lunch 12:15 – Bridge 2:00 – Chair Yoga	26 8:00 Coffee Chat 9:00- Spanish Club 10:00- Line Dancing 12:00 -Music/Lunch 1:00 – Games 1:30 – Sound Bath	27
28	29 9:00 – Yoga 10:00 – Cards 10:15 - Dance 11:45 – Lunch 12:15 - Bridge 12:30 – Fresh Food Mon. 2:00 - Chair Yoga	30 9:00 - Strength & Flexibility 10:30 - Cards 11:45 – Lunch 1:00 – Cards 2:00 - Chair Yoga				