

# 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, 6th, 13th, 20th, & 27th

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

Line Dancing– 1st, 8th, 22nd & 29th

Friday 1st—Lunch music by Robin Gable

Monday 4th—May the 4th be with you lunch

Monday 4th—HICCAP appointments

Tuesday 5th—Cinco de Mayo Lunch

Tuesday 5th—10:30 Transitions Class

Tuesday 5th—10:30 Crafting with Cameron

Tuesday 5th—1:00 Veterans Social Group

Wednesday 6th—10:00 Caregiver discussion group

Wednesday 6th—Ask a Nurse English

Friday 8th—Mothers Day Luncheon

Music by Doug Houston

Monday 11th—10:00 Ken—Humana—Lobby

Tuesday 12th—1:00 MemorialCare—Social Worker

Tuesday 12th—Tech Tuesday

Thursday 14th—CHP driving class

Friday 15th—Lunch music by Robert Fields

Tuesday 19th—Medicare with Ken

Tuesday 19th—Transitions Class 10:30

Wednesday 20th—Wills and Trusts

Thursday 21st—10:15 Crafting with Diana

Thursday 21st—1:00 Hoag—Balance

Friday 22nd—Lunch music by CBD Trio

Tuesday 26th—10:15 Alz. Brain Health Plan

Wednesday 27th—Chat with a Nurse

Friday 29th—Birthday Lunch music by

Friday 29th—1:30—Sound Bath



**We will be closed on Monday,  
May 25th in observance of**

### Memorial Day

#### 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, April 6th

### Senior Grocery Program

Wednesday 1st and 15th

10:30—12:30 Distribution



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

TAKE OFF POUNDS  
SENSIBLY





*You're invited!*

# MOTHER'S DAY LUNCHEON

Friday, May 8<sup>th</sup>, 2026

12:00 pm

Entertainment, raffle prizes  
and gifts

Call (949) 498-3322 to make your  
reservations 2 days in advance.

Dorothy Visser Senior Center  
117 Avenida Victoria

*See you there!*

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



# MEMORIAL

# DAY



*Lunch*

*Friday, May 22nd*

*12:00pm*

*Entertainment by CBD Trio*

*Remember & Honor*

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



**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

**May 5th**

**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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**May 19th 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, May 26th | 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



**Improve Your  
Mobility**  
Thursday, May 21st  
at 1:00 PM



**Speaker—  
Rebecca Szostek, CHC-PT**

*As we age, maintaining strength and stability becomes essential to preserving independence, reducing the risk of falls and supports overall health and wellness. This one hour training session will highlight the critical role strength training plays*

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

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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

**1st**

**Robin Gable performing**

**8th**

**Doug Houston performing**

**15th**

**Robert Fields performing**

**22nd**

**CBD Trio performing**

**29th**



*Thank you to our*

*Partners*



scan™



# Join Us for an Epic Star Wars Lunch!

**Monday, May the 4th**

**11:45 am**

Whether you're a Jedi, Sith, or somewhere in between, all are welcome to join us for a Star Wars-themed lunch that promises to be out of this world.

## Highlights Include:

*Galactic Menu: "Yoda Soda," and "Sloppy Vaders"*

*Costume Contest: Dress as your favorite character for a chance to win a prize!*

*Trivia Challenge: Test your Star Wars knowledge for fun rewards.*

*Bring your light saber and your appetite, and may the fork be with you!*

RSVP by Friday, May 1st.

For more information call (949) 498-3322.

Don't miss out on this stellar event—join us for a lunch of fun, food, and fellowship!

Dorothy Visser Senior Center

117 Avenida Victoria, San Clemente

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



You're Invited!

# CINCO DE MAYO

## Lunch

Good vibes, great friends, and a Cinco de Mayo fiesta!

**TUESDAY MAY 5TH**

11:45 am  
Dorothy Visser Senior Center

**Age Well** | DOROTHY VISSER SENIOR CENTER

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South Orange County

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY


## May 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
<b>SUGGESTED CONTRIBUTION - 60 YRS OR OLDER: \$5.50</b> <b>COST - 59 YEARS OR YOUNGER: \$7.50</b> 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				<b>BBQ CHICKEN SLIDER</b> Zucchini Apple Soup Orange Juice Chocolate Chip Cookie Milk <span style="float: right;">1</span>
<b>BEEF SLOPPY JOE</b> Creamy Coleslaw Apple Sauce Orange Juice Milk <span style="float: right;">4</span>	<b>BUFFALO CHICKEN</b> Honey Glazed Carrots Cilantro Lime Brown Rice Orange Chocolate Chip Cookie Milk <span style="float: right;">5</span>	<b>CHIPOTLE CHICKEN SANDWICH</b> Tomato Basil Soup Tropical Fruit Milk <span style="float: right;">6</span>	<b>SALISBURY BEEF STEAK</b> Garlic Mashed Potatoes Carrot Raisin Slaw Wheat Roll Orange Milk <span style="float: right;">7</span>	<b>CREAMY LEMON</b> Ranch Salad Penne Pasta Orange Oatmeal Raisin Cookie Milk <span style="float: right;">8</span>
<b>MONGOLIAN CHICKEN</b> Asian Coleslaw Ginger Brown Rice Mandarin Cup Milk <span style="float: right;">11</span>	<b>GROUND BEEF PHILLY</b> Tex Mex Soup Hoagie Roll Orange Chocolate Chip Cookie Milk <span style="float: right;">12</span>	<b>CHICKEN CACCIATORE</b> Roasted Zucchini & Squash Italian Pasta Salad Orange Juice Pound Cake Milk <span style="float: right;">13</span>	<b>CHICKEN SALSA VERDE</b> Mexican Coleslaw Spanish Rice Pineapple Cup Milk <span style="float: right;">14</span>	<b>CHIMICHURRI SALMON</b> Green Bean Salad Linguine Cantaloupe Milk <span style="float: right;">15</span>
<b>TERIYAKI CHICKEN</b> Zucchini Squash Medley Macaroni Salad Mandarin Cup Oatmeal Raisin Cookie Milk <span style="float: right;">18</span>	<b>CHICKEN WALDORF SANDWICH</b> Cream of Broccoli Soup Cinnamon Baked Apple Milk <span style="float: right;">19</span>	<b>ITALIAN BEEF MEATBALL SUB SANDWICH</b> Tuscan Bean Soup Orange Apple Sauce Milk <span style="float: right;">20</span>	<b>GREEK CHICKEN SLIDER w/TZATZIKI SAUCE</b> Greek Tomato Salad Cantaloupe Milk <span style="float: right;">21</span>	<b>BEEF CHILI</b> Roasted Potatoes Rainbow Salad Wheat Roll Cantaloupe Milk <span style="float: right;">22</span>
<b>CLOSED</b> 	<b>BEEF w/BEAN TACOS w/TOMATILLO SLAW</b> Corn Salad Spanish Rice Tropical Fruit Milk <span style="float: right;">26</span>	<b>CHICKEN SHAWARMA</b> Mediterranean Salad Pita Bread Orange Pound Cake Milk <span style="float: right;">27</span>	<b>BEEF MEATBALLS w/MARINARA</b> French Bistro Salad Spaghetti Pineapple Cup Milk <span style="float: right;">28</span>	<b>CHICKEN TARRAGON SANDWICH</b> Tomato Basil Soup Orange Juice Cantaloupe Milk <span style="float: right;">29</span>

 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 18th at 1:30 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



Age Well | DOROTHY VISSER SENIOR CENTER

♥ aetna®

LiveWell INSURANCE

In Partnership with Aetna

## Rock Painting WORKSHOP

♥ Create. Relax. Have Fun! ♥

Join us for a fun and relaxing morning painting rocks! No experience needed. All supplies provided. Let your creativity shine!



**Date:** Thursday, May 14th



**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

LiveWell INSURANCE

### 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



**Friday, May 29th**  
**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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 SENIOR CENTER



**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 1<sup>st</sup> Wednesday of the month from 9:30 a.m. to 11:30 a.m.
- ✓ Appointments in Spanish are available the 4<sup>th</sup> 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*