

Age Well

DOROTHY VISSER
SENIOR CENTER

July 2026

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, 15, 22nd and 29th

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

Line Dancing— 10th, 17th, 24th, and 31st. **We are closed the 3rd**

Wednesday 1st—10:00 Caregiver discussion group

Wednesday 1st—Chat with a Nurse

Monday 6th—HICCAP appointments

Monday 6th—Ken Samantha—Lobby

Tuesday 7th—10:30 Transitions Class

Tuesday 7th— 1:00 Veterans Social Group

Friday 10th—Lunch performance Doug Houston

Tuesday 14th—10:00—Tech Tuesday

Tuesday 14th—10:30 Paint and Pour

Tuesday 14th—1:00 MemorialCare—Social Worker

Thursday 16th—Wills and Trusts by appt.

Thursday 16th—1:00 Hoag—Aorta

Friday 17th—Music by CBD Trio

Friday 17th—1:30—Sound Bath

Monday 20th—10:00 Ken—Medicare—Lobby

Tuesday 21st—Transitions Class 10:30

Wednesday 22nd—Chat with a Nurse

Wednesday 22nd—10:30 Crafting with Carmen

Thursday 23rd—10:15 Crafting with Diana

Friday 24th—Birthday Lunch music by Robert Fields

Tuesday 28th—10:00 Tech Tuesday

Friday 31st— Lunch music by Tom Bagley



We are closed on July 3rd

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, July 6th

Senior Grocery Program

Wednesday 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

Hello, July!
Be a month
of peace
and love.



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

MemorialCare.
Medical Group

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

SYMPHONY ON THE GO *A Mobile Orchestra performance*



THURSDAY, SEPTEMBER 17th | 6:00 PM

BRING YOUR OWN CHAIR

Join us for a magical evening of classical music in the park!
We bring the orchestra to you. Perfect for all ages.

hoag.

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SENIOR CENTER
117 Avenida Victoria, San Clemente.
Concert is in the parking lot

MemorialCare.
Medical Group

LIVING SAFELY AT HOME

Join Christel Mitrovich, a licensed kinesiologist, for this fun & interactive workshop!

- ✓ **IMPROVE STRENGTH**
- ✓ **REDUCE RISK OF INJURY**
- ✓ **MAINTAIN INDEPENDENCE**

TUE JULY 28
10:15 AM



Presented by



**Friday, July 17th &
August 21st 1:30 pm**

Sponsored by

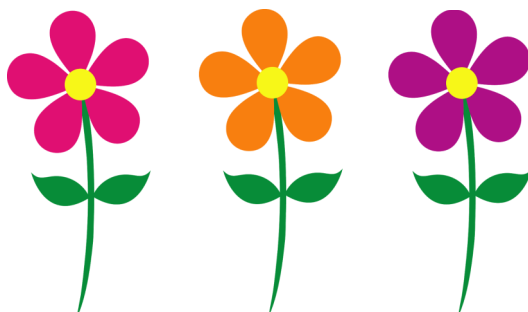
John Papapietro
Independent Insurance Agent

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**



Pour Paint with Monique

UNLEASH YOUR CREATIVITY. CREATE SOMETHING BEAUTIFUL.

Discover the joy of color, movement, and self-expression. Whether you're picking up a brush for the first time or returning to your creative passion, I'm here to inspire and guide you every step of the way.

Let's create together!

INSPIRING CLASSES
Fun and encouraging sessions for all skill levels.

CREATIVE TECHNIQUES
Explore fluid art, acrylics, mixed media and more!

SUPPORTIVE COMMUNITY
Connect, share, and grow with fellow creative souls.

FIND YOUR FLOW
Relax, have fun, and express yourself through paint.

JOIN ME FOR A CREATIVE PAINTING EXPERIENCE!

DATE: July 14, 2026
TIME: 10:30 am
LOCATION: Dorothy Visser Senior Center
117 Avenida Victoria, San Clemente

Let's make something beautiful!

FOLLOW ALONG
<https://www.facebook.com/rungeusa>

LEARN MORE & SIGN UP
949-498-3322

STAY IN TOUCH!
monique@moniquerunge.com

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.

Topic of the Month:

Coping with Change

July 14th 1:00 pm

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

registration not required

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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

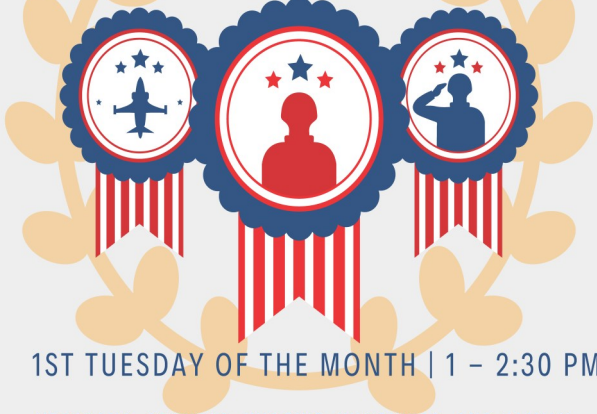


MemorialCare
Medical Group

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

July 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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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



July 20th Medicare Help

10:00 to 12:00

with Ken Samantha



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





Painting Stars

FUN CRAFT WORKSHOP

With Carmen from Llort Insurance

July 22nd

10:30 am

Dorothy Visser Senior Center

Sign up today, limited seating



The Aortic Center at Hoag:
Advancing Care Through
Collaboration
Thursday, July 16th
at 1:00 PM



Speaker—Dr. Matthew Wingo

Join Matthew Wingo, MD, as he shares how Hoag's Aortic Center is improving care for patients with aortic aneurysms and dissections. This talk will explain, in easy-to-understand terms, what the aorta does, common conditions that can affect it as we age, and how early detection and treatment can make a difference. Dr. Wingo will also highlight how new technology and close collaboration between heart and vascular specialists at Hoag lead to better outcomes, safer procedures, and more personalized care for patients. Time will be included 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

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



Age Well | DOROTHY VISSER
SENIOR CENTER

117 Avenida Victoria, San Clemente, CA

(949) 498-3322

Fridays Lunch Music

Thursday July 2nd

Robin Gable

10th

Doug Houston performing

17th

CBD Trio performing

24th

Robert Fields performing

31st

Tom Bagley performing



Thank you to our

Partners

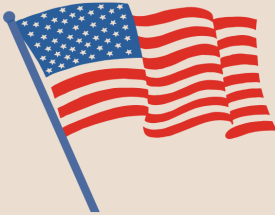


Healthier happens together®



AGE WELL DOROTHY VISSER
SENIOR CENTER

4TH OF
JULY



INDEPENDENCE DAY
LUNCH CELEBRATION

JULY 2ND AT NOON

MUSIC BY ROBIN
GABLE

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

HAPPY
Birthday
Lunch

Friday, July 24th
12:00 pm

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



South Orange
County

July 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 _____ or by calling _____. No special requests or menu substitutions. Menu subject to change without notice. Our menus, per meal, average 500 - 700 calories				 CLOSED FOR INDEPENDENCE DAY OBSERVANCE
BEEF w/BEAN TACOS w/ TOMATILLO SLAW Corn Salad Spanish Rice Tropical Fruit Milk 6	CHICKEN SHAWARMA Creamy Cauliflower Soup Pita Bread Orange Milk 7	GREEK CHICKEN SLIDER w/TZATZIKI SAUCE Tomato Feta Salad Pineapple Cup Chocolate Chip Cookie Milk 1	ITALIAN BEEF MEATBALL SUB SANDWICH Tuscan Bean Soup Orange Apple Sauce Milk 2	
BEEF w/BEAN TACOS w/ TOMATILLO SLAW Corn Salad Spanish Rice Tropical Fruit Milk 6	CHICKEN SHAWARMA Creamy Cauliflower Soup Pita Bread Orange Milk 7	BEEF MEATBALLS w/MARINARA French Bistro Salad Spaghetti Pineapple Cup Milk 8	BBQ CHICKEN SLIDER w/ WHOLE WHEAT BUN Ranch Salad Tropical Fruit Milk 9	CHICKEN TARRAGON SANDWICH Tomato Basil Soup Orange Juice Chocolate Chip Cookie Milk 10
CHICKEN KEBAB Moroccan Carrots Mediterranean Pasta Salad Pineapple Cup Milk 13	SESAME CHICKEN Garlic Edamame Medley Ginger Brown Rice Orange Milk 14	CREAMY SALMON Tuscan Bean Soup Whole Wheat Pasta Orange Juice Milk 15	TURKEY CHILI Mashed Potatoes Coleslaw Wheat Roll Tropical Fruit Cup Milk 16	CHEESEBURGER Rosemary Roasted Potatoes Orange Milk 17
BEEF STROGANOFF Balsamic Cabbage Whole Wheat Penne Pasta Pineapple Cup Milk 20	CILANTRO LIME CHICKEN Mediterranean Salad Lemon Thyme Brown Rice Orange Oatmeal Raisin Cookie Milk 21	BEEF MEATLOAF Garlic Mashed Potatoes Sauté Peas & Carrots Wheat Roll: Orange Apple Sauce & Milk 22	ASIAN TURKEY TACOS Ginger Carrot Soup Tortillas Tropical Fruit Cup Milk 23	MANGO CHICKEN SLIDER Zucchini Apple Soup Orange Juice Chocolate Chip Cookie Milk 24
BEEF SLOPPY JOE Creamy Coleslaw Apple Sauce Orange Juice Milk 27	CREAMY LEMON CHICKEN Ranch Salad Penne Pasta Orange Oatmeal Raisin Cookie Milk 28	CHIPOTLE CHICKEN SANDWICH Tomato Basil Soup Tropical Fruit Milk 29	BUFFALO CHICKEN Honey Glazed Carrots Cilantro Lime Brown Rice Orange Chocolate Chip Cookie Milk 30	SALISBURY BEEF STEAK Garlic Mashed Potatoes Carrot Raisin Slaw Wheat Roll Orange Milk 31

 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

♥ aetna® | LiveWell INSURANCE
In Partnership with Aetna

🌟 Create & Inspire 🌟 **BOOKMARK WORKSHOP!** 🌟

SUMMER READING EDITION!

Join us for a fun and creative morning decorating beautiful bookmarks using colorful acrylic markers, ribbons, and inspirational designs.

Create personalized bookmarks for:

- ♥ Your favorite books
- ♥ Bible studies
- ♥ Family and friends
- ♥ Thoughtful handmade gifts

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

DATE: Thursday, July 23rd
TIME: 10:15 AM
LOCATION: Dorothy Visser Senior Center

A FUN & INSPIRING ACTIVITY!

- ♥ Design multiple bookmarks
- ♥ Acrylic markers & ribbons provided
- ♥ Great for readers & Bible studies
- ♥ Perfect handmade gifts
- ♥ 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

BEGINNING AMERICAN MAH JONG

All Levels Welcome!

TUESDAYS, NOON - 3:30
AT THE DOROTHY VISSER SENIOR CENTER

ALL ARE WELCOME

LEARN A CLASSIC GAME! JOIN US!



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