

August

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
2	3 9:00 – Yoga 9:00 – HICCAP 10:00 – Cards 10:15 – Dance 12:15 – Bridge 12:30 – Fresh Food Mon. 2:00 – Chair Yoga	4 9:00–Strength & Flexibility 10:30 – Transitions 10:30 – Cards 11:45 – Lunch 12:00 – Beg Mah Jong 1:00 – Cards 1:00– VA Social 2:00 – Chair Yoga	5 9:00 – TOPS 9:00 – Nurse 10:00 – Caregiver Support 11:45 – Lunch 12:00 – Mah Jong 1:00– BINGO	6 9:00 –Strength & Flexibility 10:45– PEP4U 11:00 –Mexican Train 11:45 – Lunch 12:15 – Bridge 2:00 – Chair Yoga	7 8:00 Coffee Chat 9:00- Spanish Club 10:00- Line Dancing 12:00 -Hula/Luau 1:00 – Games	8
9	10 9:00 – Yoga 10:00 – Cards 10:00 – Ken Humana-Lobby 10:15 – Dance 12:15 – Bridge 12:30 – Fresh Food Mon. 2:00 – Chair Yoga	11 9:00–Strength & Flexibility 10:00 – Tech 10:30 – Cards 10:30 – Pour & Paint 11:45 – Lunch 12:00 – Beg Mah Jong 1:00 – Cards 2:00 – Chair Yoga	12 9:00 – TOPS 11:45 – Lunch 12:00 – Mah Jong 1:00– BINGO	13 9:00 –Strength & Flexibility 10:45– PEP4U 11:00 –Mexican Train 11:45 – Lunch 12:15 – Bridge 2:00 – Chair Yoga	14 8:00 Coffee Chat 9:00- Spanish Club 10:00- Line Dancing 12:00 -Music/Lunch 1:00 – Games	15
16	17 9:00 – Yoga 10:00 – Cards 10:15 – Dance 12:15 – Bridge 12:30 – Fresh Food Mon. 2:00 – Chair Yoga	18 9:00–Strength & Flexibility 10:15 – Craft 10:30 – Transitions 10:30 – Cards 11:45 – Lunch 12:00 – Beg Mah Jong 1:00 – Cards 2:00 – Chair Yoga	19 9:00 – TOPS 9:00 – Atty 11:45 – Lunch 12:00 – Mah Jong 1:00– BINGO	20 9:00 –Strength & Flexibility 10:15 – Craft with Diann 10:45– PEP4U 11:00 –Mexican Train 11:00 – Balance - Emeritus 11:45 – Lunch 12:15 – Bridge 1:00 – Stroke is no Joke 2:00 – Chair Yoga	21 8:00 Coffee Chat 9:00- Spanish Club 10:00- Line Dancing 12:00 -Music/Lunch 1:00 – Games 1:30 – Sound Bath	22
23/30	24/31 9:00 – Yoga 10:00 – Cards 10:15 – Dance 12:15 – Bridge 12:30 – Fresh Food Mon. 2:00 – Chair Yoga	25 9:00–Strength & Flexibility 10:00 – Tech 10:15 – Living Safely 10:30 – Cards 11:45 – Lunch 12:00 – Beg Mah Jong 1:00 – Cards 2:00 – Chair Yoga	26 9:00 – TOPS 9:00 – Nurse 10:30 – Crafting w/Carmen 11:45 – Lunch 12:00 – Mah Jong 1:00– BINGO	27 9:00 –Strength & Flexibility 10:45– PEP4U 11:00 –Mexican Train 11:00 – Balance - Emeritus 11:45 – Lunch 12:15 – Bridge 2:00 – Chair Yoga	28 8:00 Coffee Chat 9:00- Spanish Club 10:00- Line Dancing 12:00 -Music/Lunch 1:00 – Games	29