

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, 5th, 12th, 19th & 26th

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

Line Dancing—7th, 14th, 21st & 28th

Monday 3rd—HICCAP appointments

Tuesday 4th—10:30 Transitions Class

Tuesday 4th— 1:00 Veterans Social Group

Wednesday 5th—10:00 Caregiver discussion group

Wednesday 5th—Chat with a Nurse

Friday 7th—Lunch performance Hula Connection

Monday 10th—Ken Samantha—Lobby

Tuesday 11th—10:00—Tech Tuesday

Tuesday 11th—10:30 Paint and Pour

Friday 14th—Lunch CBD Trio performing

Tuesday 18th—Transitions Class 10:30

Wednesday 19th—Wills and Trusts by appt.

Thursday 20th—1:00 Hoag—Stroke is no joke

Friday 21st—Music by Robing Gable

Friday 21st—1:30—Sound Bath

Monday 24th—10:00 Ken—Medicare—Lobby

Tuesday 25th—10:00 Tech Tuesday

Wednesday 26th—Chat with a Nurse

Wednesday 26th—10:30 Crafting with Carmen

Thursday 27th—10:15 Crafting with Diana

Friday 28th—Birthday Lunch music by Robert Fields

SYMPHONY *on the go!*

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

**The Pacific Symphony will be
performing in our parking lot
on their mobile stage. A won-
derful concert under the stars.**



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, August 3rd

Senior Grocery Program

Wednesday 5th & 19th

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**

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.



Age Well | DOROTHY VISSER
SENIOR CENTER
117 Avenida Victoria, San Clemente.
Concert is in the parking lot



Hula Connection

Age Well | DOROTHY VISSER
SENIOR CENTER

ALOHA! HULA & LUNCH

AT THE SENIOR CENTER



WHEN: AUGUST 7TH
12:00 PM LUNCH & SHOW

**WHERE: DOROTHY VISSER
SENIOR CENTER**
117 AVENIDA VICTORIA, SAN CLEMENTE, CA

 **MAKE LUNCH RESERVATIONS:**
(949) 498-3322



Friday: August 21st & September 18th 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

In Partnership with Aetna

Let the Sunshine In!

CREATE YOUR OWN

SUN CATCHER

Workshop!

A FUN & COLORFUL CRAFT!

Join us for a relaxing morning creating a beautiful sun catcher using colorful acrylic markers and your own creative designs!

- No experience needed.
- All supplies provided.
- Let your creativity shine!

Date: Thursday, August 20th

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 & INSPIRING ACTIVITY!

- Design your own unique sun catcher
- Acrylic markers & all supplies provided
- Great for gifts or home decor
- Brighten your windows & your day!
- No experience needed

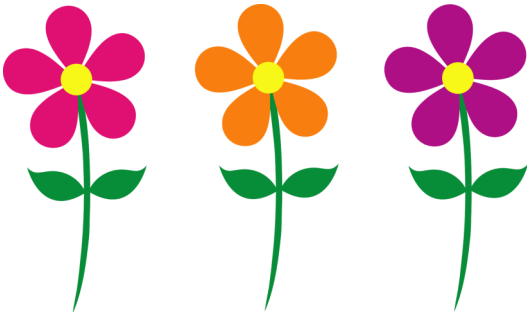
Dianna Dillman
Your Neighborhood Medicare Specialist
LiveWell

HERE TO HELP YOU WITH:

- Medicare Plan Reviews
- Turning 65 / New to Medicare
- Plan Changes for 2024
- Benefits, Costs, Values & More
- Preparer & Prescription Checks

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

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



SOCGEMS

South Orange County Gem & Mineral Society

MONTHLY MEETINGS WITH EXPERT SPEAKERS
on geology, jewelry making, fossils, specimen collecting, gemstones, mining, historic caches, and many other interesting topics!

- ROCKHOUNDING
- EXPERT SPEAKERS
- ROCK AND GEM SALES
- FIELD TRIPS
- LAPIDARY CLASSES
- LENDING LIBRARY
- FRIENDLY MEMBERS

SCAN HERE TO LEARN MORE!

GEOLOGY :: GEMSTONES :: FOSSILS :: ROCKS

MONTHLY MEETINGS ARE FREE AND OPEN TO THE PUBLIC AT THE DOROTHY VISSER SENIOR CENTER IN SAN CLEMENTE 3RD WEDNESDAY OF THE MONTH AT 6:30 PM

WE ARE AN ALL-VOLUNTEER ORGANIZATION
SOCGEMS IS A 501C3 NONPROFIT CORPORATION
JOIN US ON FACEBOOK AND INSTAGRAM @SOCGEMS

JOIN US!

FOR MORE INFORMATION VISIT SOCGEMS.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

August 11th 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

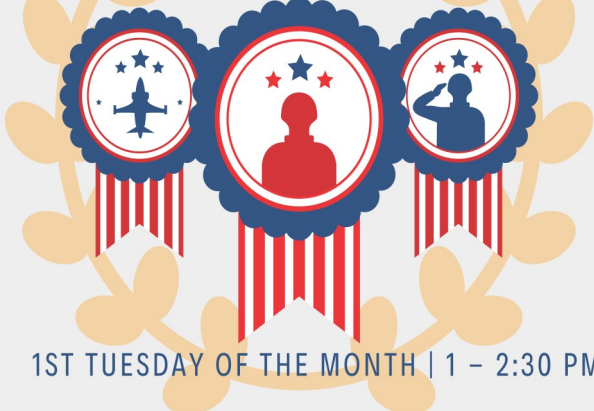


MemorialCare
Medical Group

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

Tuesday August 4th

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



August 24th Medicare Help 10:00 to 12:00 with Ken Samantha



PEP 4U—Parkinson's Exercise Program
 Thursday 10:45—11:45



Pour Paint

— with —
Monique

Join me for a
creative experience!

 **AUGUST 11, 2026**
 **10:30 AM**
 **DOROTHY VISSER SENIOR CENTER**
117 AVENIDA VICTORIA, SAN CLEMENTE

 LEARN MORE AND SIGN UP BY CALLING **949-498-3322**
 STAY IN TOUCH | monique@moniquerunge.com
 FOLLOW ALONG | <https://www.facebook.com/rungeusa>




Stroke is No Joke

**Thursday, August 20th
at 1:00 PM**

Speaker—Justin Vechayiem, RN, BSN,

Stroke remains the 5th leading cause of death and #1 cause of disability in adults. In order to minimize the risk of death and long term disabling effects, we need to take stroke seriously! In this course, we will help you understand the different types of strokes, identifying your risk factors, how to optimize a healthy lifestyle, recognizing the signs and symptoms of stroke, and the importance of seeking immediate medical attention by activating emergency services. By calling 911 immediately upon recognizing any stroke like symptoms, a person can receive advanced treatments and interventions that may not only save their life, but also reduce any potential long term disability. The time to receive these life saving measures is limited however, so **STROKE IS NO JOKE!** For more information or to sign up please call (949) 498-3322. Walk Ins Welcomed.

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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



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

Fridays Lunch Music

Thursday August 7th
Hula Connection
14th
CBD performing
21st
Robin Gable performing
28th
Doug Houston performing






Thank you to our Partners







Healthier happens together®



Lunch and Learn Special Event

Hoag Orthopedic Institute Presents

'What You Should Know About Osteoporosis'

In the United States today, more than 55 million people either already have osteoporosis or are at high risk due to low bone mass. Hoag Orthopedic Institute's team will discuss Osteoporosis, including:

- Facts and myths about osteoporosis
- The difference between osteopenia and osteoporosis
- Dietary sources for bone health
- Exercises for making bones and muscles stronger

Presented by

Marisa Swain, MSN, RN, ACBS-BC
Reema Kanda, RD

WHEN: Thursday, August 13th, 2026
WHERE: Dorothy Visser Senior Center
117 Avenida Victoria | San Clemente, CA
RSVP 949.498.3322
TIME: 1:00pm to 2:30 pm
RSVP: (949) 498-3322
Lunch Provided by Hoag
Department of Community Health





South Orange County

August 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
MONGOLIAN CHICKEN Garlic Edamame Medley Ginger Brown Rice Tropical Cup Milk 3	GROUND BEEF PHILLY Tex Mex Soup Hoagie Roll Orange Chocolate Chip Cookie Milk 4	CHICKEN CACCIATORE Zucchini Apple Soup Italian Pasta Salad Orange Juice Oatmeal Raisin Cookie Milk 5	KOREAN BEEF MEATBALLS Creamy Cauliflower Medley Lemon Thyme Rice Pineapple Cup Milk 6	CHIMICHURRI SALMON Balsamic Red Cabbage Spanish Rice Orange Milk 7
BEEF CHILI Roasted Potatoes Coleslaw Wheat Roll Orange Milk 10	CHICKEN WALDORF SANDWICH Split Pea Soup Cinnamon Baked Apple Milk 11	ITALIAN BEEF MEATBALL SUB SANDWICH Tuscan Bean Soup Orange Apple Sauce Milk 12	GREEK CHICKEN SLIDER w/TZATZIKI SAUCE Tomato Feta Salad Pineapple Cup Chocolate Chip Cookie Milk 13	TERIYAKI CHICKEN Sesame Cabbage Medley Ginger Rice Orange Juice Oatmeal Raisin Cookie Milk 14
BEEF w/BEAN TACOS w/TOMATILLO SLAW Corn Salad Spanish Rice Tropical Fruit Milk 17	CHICKEN SHAWARMA Creamy Cauliflower Soup Pita Bread Orange Milk 18	BEEF MEATBALLS w/MARINARA French Bistro Salad Spaghetti Pineapple Cup Milk 19	BBQ CHICKEN SLIDER w/ WHOLE WHEAT BUN Ranch Salad Tropical Fruit Milk 20	CHICKEN TARRAGON SANDWICH Tomato Basil Soup Orange Juice Chocolate Chip Cookie Milk 21
CHICKEN KEBAB Moroccan Carrots Mediterranean Pasta Salad Pineapple Cup Milk 24	SESAME CHICKEN Garlic Edamame Medley Ginger Brown Rice Orange Milk 25	CREAMY SALMON Tuscan Bean Soup Whole Wheat Pasta Orange Juice Milk 26	TURKEY CHILI Mashed Potatoes Coleslaw Wheat Roll Tropical Fruit Cup Milk 27	CHEESEBURGER Rosemary Roasted Potatoes Orange Milk 28
BEEF STROGANOFF Balsamic Cabbage Whole Wheat Penne Pasta Pineapple Cup Milk 31			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 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	



Meal contains sodium over 1000mg

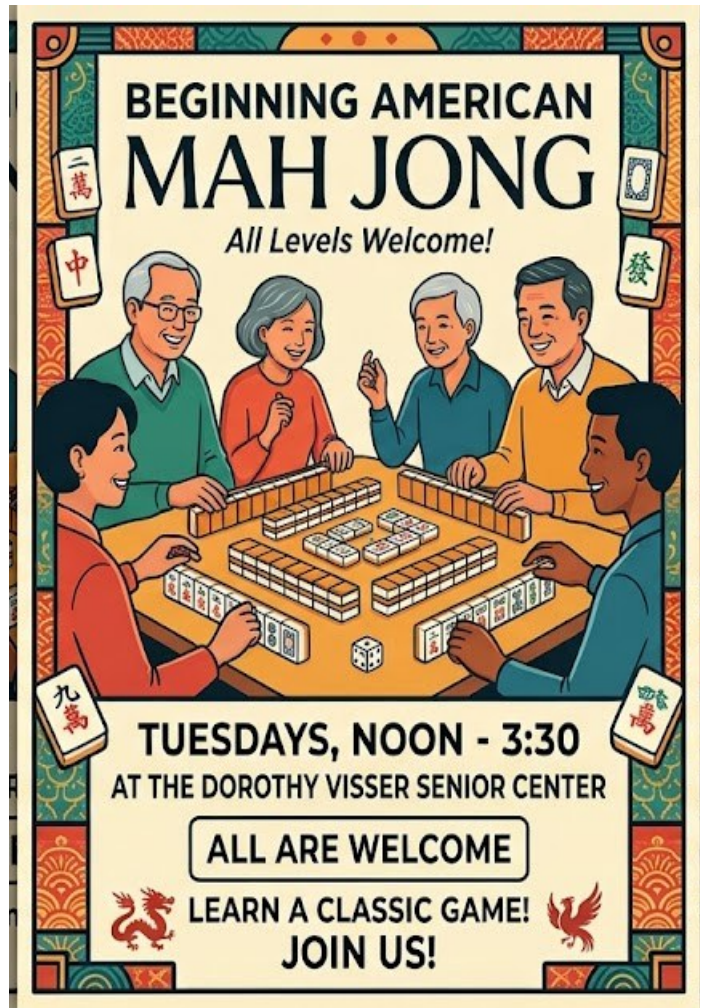
All meals comply with the Dietary Guidelines for Americans (DGA) 2020-2025 & Dietary Reference Intakes (DRI) for older adults as determined by the California Dept. of Human Services Agency & the U.S. Dept. of Agriculture. Age Well may substitute a menu with equal nutritional value due to food price or 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



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