

September

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–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	2 9:00 – TOPS 9:00 - Nurse 10:00 – Caregiver Support 11:45 – Lunch 12:00 - Mah Jong 1:00- BINGO	3 9:00 –Strength & Flexibility 10:45- PEP4U 11-1 – Balance Class E 11:00 -Mexican Train 11:45 – Lunch 12:15 – Bridge 2:00 – Chair Yoga	4 8:00 Coffee Chat 9:00- Spanish Club 10:00- Line Dancing 12:00 -Hula/Luau 1:00 - Games	5
6	7 HOLIDAY	8 9:00–Strength & Flexibility 10:00 – Tech 10:00 – Will Rogers 10:30 – Paint & Pour 10:30 - Cards 11:45 – Lunch 12:00 – Beg Mah Jong 1:00 – Cards 2:00 – Chair Yoga	9 9:00 – TOPS 11:45 – Lunch 12:00 - Mah Jong 1:00- BINGO	10 9:00 –Strength & Flexibility 10:45- PEP4U 11-1 – Balance Class E 11:00 -Mexican Train 11:45 – Lunch 12:15 – Bridge 2:00 – Chair Yoga	11 8:00 Coffee Chat 9:00- Spanish Club 10:00- Line Dancing 12:00 -Hula/Luau 1:00 - Games	12
13	14 9:00 – Yoga 9:00 - HICCAP 10:00 – Cards 10:15 - Dance 12:15 - Bridge 12:30 – Fresh Food Mon. 2:00 - Chair Yoga	15 9:00–Strength & Flexibility 10:15 – Tin Can Decorating 10:30 – Transitions 10:30 - Cards 11:45 – Lunch 12:00 – Beg Mah Jong 1:00 – Cards 12:00 – Chair Yoga	16 9:00 – TOPS 9:00 - Attorney 11:45 – Lunch 12:00 - Mah Jong 1:00- BINGO	17 9:00 –Strength & Flexibility 10:45- PEP4U 11-1 – Balance Class E 11:00 -Mexican Train 11:45 – Lunch 12:15 – Bridge 1:00 - Hoag 2:00 – Chair Yoga	18 8:00 Coffee Chat 9:00- Spanish Club 10:00- Line Dancing 12:00 -Hula/Luau 1:00 – Games 1:30 – Sound Bath	19
20	21 9:00 – Yoga 9:00 - HICCAP 10:00 – Cards 10:00 – Ken Lobby 10:15 - Dance 12:15 - Bridge 12:30 – Fresh Food Mon. 2:00 - Chair Yoga	22 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	23 9:00 – TOPS 9:00 - Nurse 10:30 – Crafting w/Carmen 11:45 – Lunch 12:00 - Mah Jong 1:00- BINGO	24 9:00 –Strength & Flexibility 10:15 Crafting w Diann 10:45- PEP4U 11-1 – Balance Class E 11:00 -Mexican Train 11:45 – Lunch 12:15 – Bridge 2:00 – Chair Yoga	25 8:00 Coffee Chat 9:00- Spanish Club 10:00- Line Dancing 12:00 -Hula/Luau 1:00 - Games	26
27	28 9:00 – Yoga 9:00 - HICCAP 10:00 – Cards 10:15 - Dance 12:15 - Bridge 12:30 – Fresh Food Mon. 2:00 - Chair Yoga	29 9:00–Strength & Flexibility 10:30 - Cards 11:45 – Lunch 12:00 – Beg Mah Jong 1:00 – Cards 2:00 – Chair Yoga	30 9:00 – TOPS 11:45 – Lunch 12:00 - Mah Jong 1:00- BINGO			