

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, 2nd, 9th, 16th & 23rd

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

Line Dancing—4th, 11th, 18th & 25th

Tuesday 1st—10:30 Transitions Class

Tuesday 1st— 1:00 Veterans Social Group

Wednesday 2nd—10:00 Caregiver discussion group

Wednesday 2nd—Chat with a Nurse

Friday 4th—Lunch music by Robin Gable

Tuesday 8th—HICAP appointments

Tuesday 8th—10:00—Tech Tuesday

Tuesday 8th—10:15 Will Rogers

Tuesday 8th—10:30 Paint and Pour

Friday 11th—Country & Western Party—Doug Houston

Tuesday 15th—Transitions Class 10:30

Wednesday 16th—Wills and Trusts by appt.

Thursday 17th—1:00 Hoag—Shoulder Pain

Friday 18th—Music by CBD Trio

Friday 18th—1:30—Sound Bath

Monday 21st—10:00 Ken—Medicare—Lobby

Tuesday 22nd—10:00 Tech Tuesday

Wednesday 23rd—Chat with a Nurse

Wednesday 23rd—10:30 Crafting with Carmen

Thursday 24th—10:15 Crafting with Diana

Friday 25th—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—**

Tuesday, September 8th

Senior Grocery Program

Wednesday 2nd & 16th

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

DOROTHY VISSER SENIOR CENTER

Upcoming Special Events & Activities

September 11th - Country Western Lunch
 Live music and line dancing

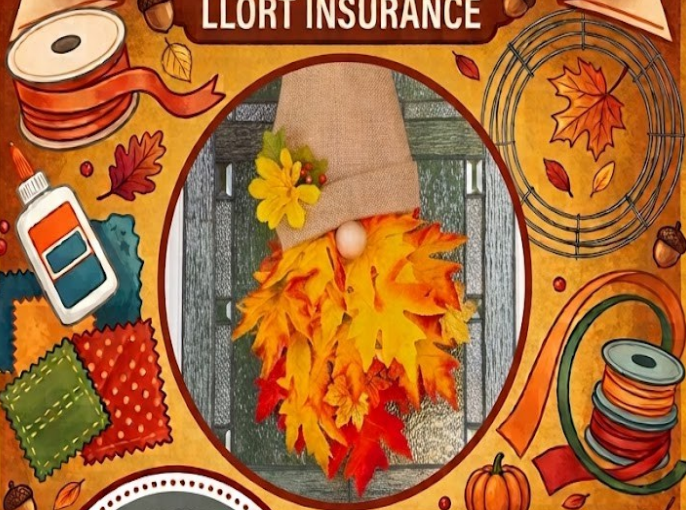
October 30th - Halloween Bash
 Costumes, festive treats,
 and spooky season fun

November 17th - Welcoming Fall
 Fall Flower Arrangement
 for Your Table

December 8th - Cookie and Caroling event
 Delicious holiday cookies
 and festive music

Sponsored By:
Cresta Villa, The Bluffs, and Seville

CRAFTING WITH CARMEN LLORT
Presented by
LLORT INSURANCE



 **Gnome Wreath Making Workshop**
 **Wednesday
September 23rd
at 10:30 AM**
 **117 Avenida Victoria,
San Clemente, CA**

CHINESE MAHJONG FRIDAYS



When: Fridays at 11:15 AM
**Where: Dorothy Visser Senior Center
117 Avenida Victoria,
San Clemente, CA**



**Level: All skill levels –
Beginners Welcomed!**



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SENIOR CENTER
FEATURED PRESENTATION OF THE MONTH

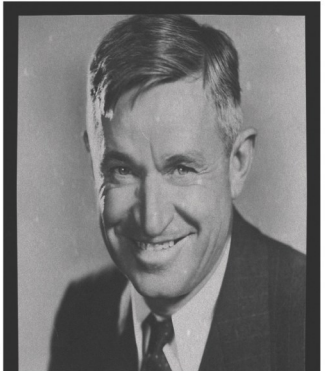
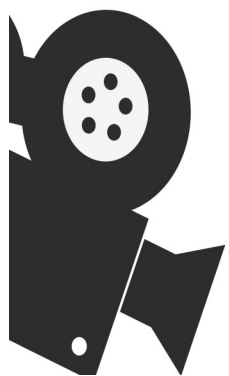
THE LIFE AND HUMOR OF
Will Rogers



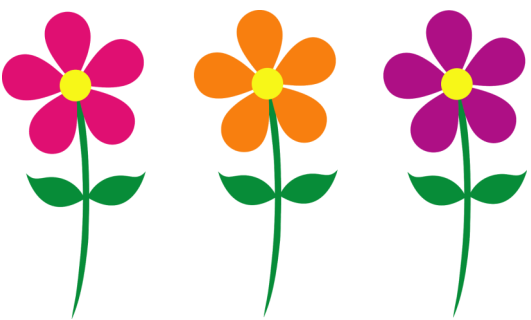
Join us for an entertaining and informative presentation celebrating the life, wit, and legacy of Will Rogers – one of America's most beloved humorists, writers, and performers.

Tuesday, September 8th at 10:15 am

Call (949) 498-3322 to reserve your space



Dorothy Visser Senior Center
117 Avenida Victoria, San Clemente



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



Friday, September 18th & October 23rd

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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In Partnership with Aetna

Create Something **UNIQUE!**

DECORATE YOUR OWN ZIPPER CANVAS POUCH Workshop!

A FUN & CREATIVE ACTIVITY!

Design your very own canvas pouch using colorful acrylic markers and stencils. Perfect for carrying essentials, gifts, or everyday use!

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



ALL SUPPLIES PROVIDED!

DATE: Thursday, September 24th

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



Diana Dillman Your Neighborhood Medicare Specialist

A FUN & PRACTICAL PROJECT!

- Use acrylic markers & stencils
- Personalize your own canvas pouch
- Great for gifts or just for you!
- Take home something you'll love to use
- No experience needed

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



September 21st Medicare Help 10:00 to 12:00 with Ken Samantha



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 Grief

September 8th 1:00 pm

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

Registration not required



Age Well

DOROTHY VISSER SENIOR 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

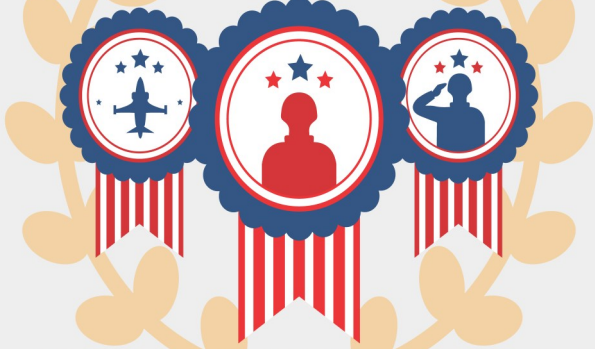


MemorialCare
Medical Group

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

Tuesday, September 1st

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

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



PEP 4U—Parkinson's Exercise Program

Thursday 10:45—11:45



Pour Paint
— with —
Monique

Join me for a
creative experience!

SEPTEMBER 8, 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>



**Treatment Options for
Shoulder Pain**
**Thursday, September
17th at 1:00 PM**
Speaker—Nicholas Stekas,



Join Hoag Orthopedic Institute sports medicine surgeon Dr. Nicholas Stekas for a discussion on arthritis of the shoulder and the latest treatment options, both surgical and non-surgical, for improved daily activity.

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**

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

September 4th
Robin Gable
11th
Country & Western
Doug Houston
18th
CBD Trio
25th
Robert Fields



Optum *Thank you to our*
hoag *Partners*

 **Regal
Medical Group**  **scan™** **Humana**  **MemorialCare™
Medical Group**  **aetna®**
Healthier happens together®

Friday September 11th 12:00 pm



Country and Western Lunch



- Music
- Line Dancing
- Photo Opportunities
- And much more



RSVP

by Wednesday, September 9th

(949) 498-3322

Dorothy Visser Senior Center

117 Avenida Victoria, San Clemente

Saturday Night

BINGO

LIVE

Costumes Welcomed

Saturday, October 17th, 2026

at the Dorothy Visser SeniorCenter

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 WellDOROTHY 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.

South Orange County

September 2026 Menu

Age Well

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

	ASIAN TURKEY TACOS Ginger Carrot Soup Tortillas Ginger Thyme Brown Rice Tropical Fruit Cup Milk1	BEEF MEATLOAF Garlic Mashed Potatoes Sauté Peas & Carrots Wheat Roll: Orange Apple Sauce & Milk2	CILANTRO LIME CHICKEN Mediterranean Salad Lemon Thyme Brown Rice Orange Oatmeal Raisin Cookie Milk3	MANGO CHICKEN SLIDER Zucchini Apple Soup Orange Juice Chocolate Chip Cookie Milk4
CLOSED Labor Day Observance  HAPPY LABOR DAY ★ ★ ★	CREAMY LEMON CHICKEN Ranch Salad Penne Pasta Orange Oatmeal Raisin Cookie Milk8	BUFFALO CHICKEN Honey Glazed Carrots Cilantro Lime Brown Rice Orange Chocolate Chip Cookie Milk9	CHIPOTLE CHICKEN SANDWICH Tomato Basil Soup Tropical Fruit Milk10	SALISBURY BEEF STEAK Garlic Mashed Potatoes Carrot Raisin Slaw Wheat Roll Orange Milk11
MONGOLIAN CHICKEN Garlic Edamame Medley Ginger Brown Rice Tropical Cup Milk14	KORAN BEEF MEATBALLS Creamy Cauliflower Medley Lemon Thyme Rice Pineapple Cup Milk15	CHICKEN CACCIATORE Zucchini Apple Soup Italian Pasta Salad Orange Juice Oatmeal Raisin Cookie Milk16	GROUND BEEF PHILLY Tex Mex Soup Hoagie Roll Orange Chocolate Chip Cookie Milk17	CHIMICHURRI SALMON Balsamic Red Cabbage Spanish Rice Orange Milk18
BEEF CHILI Roasted Potatoes Coleslaw Wheat Roll Orange Milk21	CHICKEN WALDORF SANDWICH Split Pea Soup Cinnamon Baked Apple Milk22	ITALIAN BEEF MEATBALL SUB SANDWICH Tuscan Bean Soup Orange Apple Sauce Milk23	GREEK CHICKEN SLIDER w/TZATZIKI SAUCE Tomato Feta Salad Pineapple Cup Chocolate Chip Cookie Milk24	TERIYAKI CHICKEN Sesame Cabbage Medley Ginger Rice Orange Juice Oatmeal Raisin Cookie Milk25
BEEF w/BEAN TACOS w/ TOMATILLO SLAW Corn Salad Spanish Rice Tropical Fruit Milk28	CHICKEN SHAWARMA Creamy Cauliflower Soup Pita Bread Orange Milk29	BEEF MEATBALLS w/MARINARA French Bistro Salad Spaghetti Pineapple Cup Milk30	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 \$300 - 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



SEPTEMBER BIRTHDAY LUNCH

DATE:
Wednesday, Sept 25th

TIME:
NOON

MUSIC BY:
Robert Fields

RSVP by:
Wednesday, Sept 23rd

LOCATION:
117 Avenida Victoria,
San Clemente



BEGINNING AMERICAN MAH JONG

All Levels Welcome!

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

ALL ARE WELCOME

Beginning & Intermediate
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.

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**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

