

February 2012

Seaside Sounds

Dorothy Visser Senior Center of San Clemente
117 Avenida Victoria • San Clemente, CA 92672 • (949) 498-3322

Upcoming Events

Wednesday, February 1st Family Law and Wills
by appointment only

Super Bowl Party— February 3rd
12:00 -1:00 pm - *Global Affair*



Chat with Pat – Thursday, February 9th
10:30 -11:30 pm

New to the area? Looking for a doctor who specializes in senior issues? Need information on health insurance resources? Chat with Pat Huckably, Senior Ambassador at Monarch HealthCare. *Appointments are not required.*



Monarch HealthCare®
A MEDICAL GROUP, INC.

Taxes Begin Thursday, February 9th
Call for appointments

Brown Bag - Friday, February 10th and 24th

Jerry & Friends – Friday, February 10th
12:00 – 1:00 pm

Sponsored by the San Clemente Villas by the Sea

HICAP – February 14th

Health Insurance Counseling and Advocacy Program
By appointment only



Valentines Party February 14th
11:45 – 12:30 pm
Sing along with Joann Udall

Commodities – Thursday, February 16th

President's Day Celebration – Friday,
February 17th 12:00-1:00 pm
Harold's South Coast Dixie Jazz Band



Center Closed – Monday, February 20th
for Presidents Day



Mardi Gras Celebration
Tuesday February 21st 11:45-12:30

Ash Wednesday, February 22nd

Come and enjoy a free massage. Thursday, 23rd -
10:00-11:30 *Sponsored by SCAN. No appointment necessary*



Friday, February 24th 12 -1
Birthday Celebration *Breakaway*

Monthly Activities and Classes

Lunch Monday-Friday • 11:45-12:30

Bingo - Wednesday • 1:00 p.m.

Bridge - Monday & Thursday • 1:00 p.m.

Improving Investment Performance Class—E
Tuesday 2:00 – 3:50 pm

History of Free Thought in the Western World—E
Thursday 10:30-12:20

Hand & Foot Card Game
Tuesday • 10:30 – 2:00 pm

Mah Jongg - Wednesday • 1:00 p.m.

Knitting - Wednesday • 9:30 a.m. – noon (fee)

Aerobics to Music- E
Wednesday/Friday • 10:00 – 11:00 a.m.

Yoga - E
Tuesday/Thursday • 9:00-10:00 am

Balance & Mobility Classes - E
Monday 9:00 – 9:50 a.m. • Thursday 3:00 – 3:50 p.m.

Beginning Watercolor - E
Monday • 10:00 –12:50 p.m.

Beginning Sketching - E
Monday • 1:30 - 4:20 p.m.

Wearable Art - E - Friday • 9:00 – 11:50

Pastel Painting - E - Tuesday 1:00 – 3:50

Strength, Flexibility and Balance Training
Tues. & Thurs. • 9:00 – 10:00 a.m. \$5 per class

Tai Chi Physical Fitness Class
Wednesday 9:00 – 10:00 a.m. fee

**E-Saddleback College Emeritus Classes*

Age Well
Senior Services
A NONPROFIT SERVING ORANGE COUNTY'S OLDER ADULTS

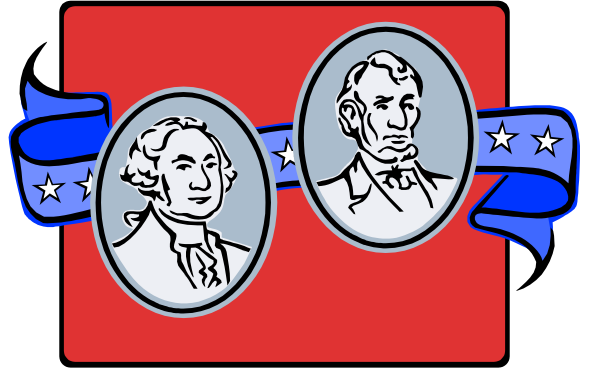
For More Information Call: (949) 498-3322

*Start your New Year
off right!*
**Fitness Center is
now OPEN!**

Monday - Friday
8:30 am - 4:30 pm



*Stop By
and Check
it Out!*



**The senior center is
closed Monday,
February 20th
for Presidents Day**



**Tax appointments begin
Thursday, February 9th.**
*Call for your
appointment today.*

Ukulele Class

A class is forming at the Dorothy Visser Senior Center. There will be an informational meeting on Tuesday, February 21st, from 10-11:30. All skill levels welcome.
Bring your ukulele with you.

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**Come and Enjoy a
Free Massage**
Thursday, February 23rd

10:00-11:30 am
Sponsored by SCAN
No appointment necessary



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