

January 2012

Seaside Sounds

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

Upcoming Events

Center Closed January 2nd

January 4th - Family Law & Wills

Call for an appointment

Tai Chi begins January 4th

January 6th 12-1 TGIF Party with

Global Affair

**Thursday January 12th - Chat with Pat –
10:30-11:30**

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. Appointment are not required.



Monarch HealthCare[®]
A MEDICAL GROUP, INC.



January 13th 12-1

Winter Wonderland Party

with Rick McClellan

Sponsored by San Clemente Villas by the Sea

**Saddleback Emeritus Classes begin
the week of January 9th**

HICAP – January 10th

Health Insurance Counseling and Advocacy Program.
By appointment only.

**Center Closed January 16th -
Martin Luther King Day**

Legal Aid

January 17th Call for an appointment

Commodities January 19th

January 20th 12-1pm TGIF Party with Ross Costa



**Thursday January 27th 12 -1
Birthday Celebration**

Harold's South Coast Dixie Jazz Band

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)

Novelty Band - Thursday • 1:00 p.m.

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*

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!***

January 11th • 11:30 -1:30

Creations by Dawn

Hand knitted items for sale
Hats, shawls, sweaters, gloves, etc.

*All proceeds benefit the Dorothy
Visser Senior Center*

**Saddleback Emeritus
Classes begin the week**

**of January 9th
To register go to:**

www.saddleback.edu/emertus/

For more information call
949-582-4835



**Tax appointment
scheduling, begin on
January 17th**



***All of us at the Dorothy Visser
Senior Center, staff and
volunteers, wish you and yours a
Very Happy New Year!***

*We will be closed
Monday, January 2nd.*

***A Big Thank you to everyone who helped make the
Holiday Season a little brighter for our seniors.***

NON-PROFIT
U.S. Postage
PAID
San Clemente, CA
PERMIT #78

San Clemente, CA 92672

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

117 Avenida Victoria