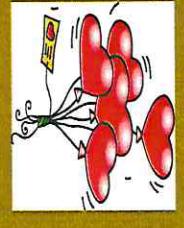
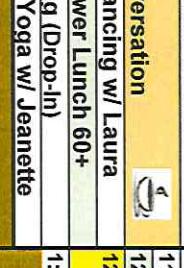
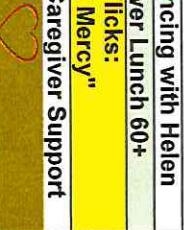


February 2024

Activities for Seniors 60+  
The Bell Tower Regional Community Center  
RSVP at 949-709-7592

Age Well

Monday	Tuesday	Wednesday	Thursday	Friday
				
				
				
				
				
5	6	7	8	9
10:00 Total Body Fitness Video	9:30 Bocce Ball	10:00 Line Dancing with Helen	10:00 Tai Chi with Nosrat	9:30 Chair Exercise w/ Simone
12:00 Bell Tower Lunch 60+	10:00 Tai Chi with Nosrat	12:00 Bell Tower Lunch 60+ with the Law	11:00 Coffee & Conversation	11:00 Line Dancing with Helen
12:30 Salsa w/Michael Lemus and My Medicare Plan	12:00 Bell Tower Lunch 60+	1:00 Chess Club	11:00 Hula Dancing w/ Laura	12:00 Bell Tower Lunch 60+
12:45 BINGO	11:00 Coffee & Conversation	C H E S S	12:00 Bell Tower Lunch 60+	12:45 Friday Flicks: "Love & Mercy"
	11:00 Blood Pressure Clinic	C L U B B A	12:00 Mahjong (Drop-In)	"Charming the Hearts of Men"
	12:00 Mahjong (Drop-In)		12:45 Gentle Yoga w/ Jeanette	
12	13	14	15	16
10:00 Total Body Fitness Video	9:30 Bocce Ball	10:00 Line Dancing with Helen	10:00 Tai Chi with Nosrat	10:00 Chair Exercise w/ Simone
12:00 Bell Tower Lunch 60+	10:00 Tai Chi with Nosrat	12:00 Valentine's Luncheon 60+ with Greg Wieden sponsored by Michael L/My Medicare and Optum	11:00 Coffee & Conversation	11:00 Line Dancing with Helen
12:45 BINGO	11:00 Coffee & Conversation	1:00 Chess Club	11:00 Hula Dancing w/ Laura	12:00 Bell Tower Lunch 60+
	12:00 Bell Tower Lunch 60+	C H E S S	12:00 Bell Tower Lunch 60+	12:45 Card Games (Drop-In)
	12:00 Mahjong (Drop-In)	C L U B B A	12:00 Mahjong (Drop-In)	Friday Flicks: "All of my Heart: Inn Love"
19	20	21	22	23
9:30 Bocce Ball	10:00 Line Dancing with Helen	10:00 Tai Chi with Nosrat	10:00 Chair Exercise w/ Simone	
10:00 Tai Chi with Nosrat	10:00 Floral Arranging sponsored by Michael L/My Medicare and Optum	11:00 Hula Dancing w/ Laura	11:00 Line Dancing with Helen	
11:00 Coffee&Conversation	12:00 Bell Tower Lunch 60+	11:00 Coffee & Conversation	12:00 Bell Tower Lunch 60+	
12:00 Bell Tower Lunch 60+	1:00 Chess Club	12:00 Bell Tower Lunch 60+	12:00 Bell Tower Lunch 60+	
12:00 Mahjong (Drop-In)	C H E S S	12:00 Mahjong	12:45 Gentle Yoga with Jeanette	
	C L U B B A	C H E S S		
CLOSED				
26	27	28	29	
10:00 Total Body Fitness Video	9:30 Bocce Ball	10:00 Line Dancing with Helen	10:00 Tai Chi with Nosrat	
12:00 Bell Tower Lunch 60+	10:00 Tai Chi with Nosrat	12:00 Bell Tower Lunch 60+	11:00 Hula Dancing w/ Laura	
12:45 BINGO	11:00 Coffee & Conversation	1:00 Chess Club	11:00 Coffee & Conversation	
	12:00 Bell Tower Lunch 60+	C H E S S	12:00 Bell Tower Lunch 60+	
	12:00 Mahjong (Drop-In)	C L U B B A	12:00 Mahjong	