



2024

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

Age Well

Monday		Tuesday		Wednesday		Thursday		Friday	
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4		5		6		7		8	
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 Video	12:00	Bell Tower Lunch 60+	11:00	Coffee & Conversation	10:30	Line Dancing with Helen
12:45		11:00	Coffee&Conversation	1:00	Lunch with the Law	11:00	Hula Dancing w/ Laura	12:00	Bell Tower Lunch 60+
		11:00	Blood Pressure Clinic		Chess Club	12:00	Bell Tower Lunch 60+	12:45	Friday Flicks: "The Lost City"
		12:00	Bell Tower Lunch 60+			12:00	Mahiona (Drop-In)		
		11:00	Salsa w/Michael Lemus and My Medicare Plan			12:45	Gentle Yoga w/ Jeanette		Time changes on Sunday, March 10
		12:00	Mahjong (Drop-In)						
11		12		13		14		15	
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 Video
12:00	Bell Tower Lunch 60+	10:00	Tai Chi Video	10:00	Rock Painting Social	11:00	Coffee & Conversation	10:30	Line Dancing with Helen
12:45		11:00	Coffee&Conversation	12:00	Bell Tower Lunch 60+	11:00	Hula Dancing w/ Laura	12:00	Saint Patrick's Day Luncheon with Roy Southerland
		12:00	Bell Tower Lunch 60+	1:00	Chess Club	12:00	Bell Tower Lunch 60+		sponsored by Michael Lemus /My Medicare and Optum
		12:00	Mahjong (Drop-In)			12:00	Mahiong (Drop-In)		
						12:45	Gentle Yoga w/ Jeanette	12:00	Card Games (Drop-In)
18		19		20		21		22	
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 Video	12:00	Bell Tower Lunch 60+	10:00	Art for All Ages Sponge Painting Class*(RSVP required)	10:30	Line Dancing with Helen
12:45		10:00	Coffee, Donuts&Medicare with Michael Lemus	1:00	Chess Club	11:00	Hula Dancing w/ Laura	12:00	Bell Tower Lunch 60+
		11:00	Blood Pressure Clinic			12:00	Bell Tower Lunch 60+	12:45	Friday Flicks: "Long Shot"
		12:00	Bell Tower Lunch 60+			12:00	Mahiong		
		12:00	Mahjong (Drop-In)			12:45	Gentle Yoga w/ Jeanette		
		12:00	Spring Spring						
25		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	9:30	Chair Exercise w/Simone
12:00	Bell Tower Lunch 60+	10:00	Tai Chi Video	12:00	Bell Tower Lunch 60+	11:00	Hula Dancing w/ Laura	10:30	Line Dancing with Helen
12:45		11:00	Coffee & Conversation	1:00	Chess Club	11:00	Coffee&Conversation	12:00	Bell Tower Lunch 60+
		12:00	Bell Tower Lunch 60+			12:00	Bell Tower Lunch 60+	12:20	Monthly Birthday Party supported by RSM Cares
		12:00	Mahjong (Drop-In)			12:00	Braile Institute Present. Presentation on Vision Loss		
		12:00	Mahjong (Drop-In)			12:00	Mahiong	12:45	Friday Flicks: "I Can Only Imagine"
						12:45	Gentle Yoga w/ Jeanette		EASTER WEEKEND