



# 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	
1		2		3		4		5	
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+ Lunch with the Law	11:00	Coffee & Conversation	10:30	Line Dancing with Helen
12:45		11:00	Coffee & Conversation	1:00	Chess Club CHIBS CUBS	11:00	Hula Dancing w/ Laura	12:00	Bell Tower Lunch 60+
		11:00	Salsa w/Michael Lemus and Mr. Medicare Plan			12:00	Bell Tower Lunch 60+	12:45	Friday Flicks: "The Lost City"
		12:00	Bell Tower Lunch 60+			12:00	Mahiona (Drop-In)	1:00	AlZOC Caregiver Support
		12:00	Mahjong (Drop-In)			12:45	Gentle Yoga w/ Jeanette		
8		9		10		11		12	
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	10:00	Spring Flower Pompons & Paper Flowers (RSVP)	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	Bell Tower Lunch 60+
		12:00	Bell Tower Lunch 60+	1:00	Chess Club CHIBS CUBS	12:00	Bell Tower Lunch 60+	12:45	Friday Flicks: "The Art of Racing in the Rain"
		12:00	Mahjong (Drop-In)			12:00	Mahiona (Drop-In)		
SOLAR ECLIPSE 									
15		16		17		18		19	
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 Video
12:00	Bell Tower Lunch 60+	10:00	Tai Chi Video	10:30	Floral Arranging sponsored by Michael L/MY Medicare and Optum	11:00	Coffee & Conversation	10:30	Line Dancing with Helen
12:45		10:00	Coffee, Donuts, Medicare with Michael Lemus	12:00	Bell Tower Lunch 60+	11:00	Hula Dancing w/ Laura	12:00	Bell Tower Lunch 60+ w/ the Island Dancers of RSM and Harvey Leong and Friends
		11:00	Blood Pressure Clinic	1:00	Chess Club CHIBS CUBS	12:00	Bell Tower Lunch 60+		
		12:00	Bell Tower Lunch 60+			12:00	Mahiona (Drop-In)		
		12:00	Mahjong (Drop-In)			12:45	Gentle Yoga with		
22		23		24		25		26	
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 Video
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 CHIBS CUBS	12:00	Bell Tower Lunch 60+	12:00	Bell Tower Lunch 60+ Comedy Magic Show
		12:00	Bell Tower Lunch 60+			12:00	Mahiona		
		12:00	Mahjong (Drop-In)			12:45	Gentle Yoga with		
29		30							
10:00	Total Body Fitness Video	9:30	Bocce Ball						
12:00	Bell Tower Lunch 60+	10:00	Tai Chi Video						
12:45		11:00	Coffee & Conversation						
		12:00	Bell Tower Lunch 60+						
		12:00	Mahjong (Drop-In)						