



2024

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

Age Well

Monday	Tuesday	Wednesday	Thursday	Friday
3	4	5	6	7
10:00 Total Body Fitness Video	9:30 Bocce Ball	10:00 Paint and Plant - Make a Flower Pot with Simone	10:00 Tai Chi with Nosrat	9:30 Chair Exercise w/ Simone
12:00 Bell Tower Lunch 60+	10:00 Tai Chi Video	11:00 Coffee&Conversation	11:00 Coffee&Conversation	10:30 Line Dancing with Helen
12:45 BINGO	11:00 Coffee&Conversation	12:00 Bell Tower Lunch 60+ Lunch with the Law	12:00 Bell Tower Lunch 60+	12:00 Bell Tower Lunch 60+
	11:00 Salsa w/Michael Lemus and My Medicare Plan	12:00 Chess Club	12:00 Mahjong (Drop-In)	12:45 Card Games (Drop-In)
	11:00 Blood Pressure Clinic	12:00 Chess Club	12:45 Gentle Yoga w/ Jeanette	12:45 Friday Flicks: "About My Father"
12:00 Bell Tower Lunch 60+	12:00 Mahjong (Drop-In)			
		10	11	12
10:00 Total Body Fitness Video	9:30 Bocce Ball	12:00 Bell Tower Lunch 60+	10:00 Tai Chi with Nosrat	9:30 Chair Exercise Video
12:00 Bell Tower Lunch 60+	10:00 Tai Chi Video	1:00 Chess Club	11:00 Coffee&Conversation	10:30 Line Dancing with Helen
12:45 BINGO	11:00 Coffee&Conversation	12:00 Bell Tower Lunch 60+	11:00 Hula Dancing w/Laura	12:00 Father's Day Luncheon
	12:00 Bell Tower Lunch 60+	12:00 Mahjong (Drop-In)	12:00 Bell Tower Lunch 60+	12:00 Hula Dancing w/Laura
			12:00 Mahjong (Drop-In)	12:00 Card Games (Drop-In)
			12:45 Gentle Yoga w/ Jeanette	12:45 AlzOC Caregiver Support
			12:00 Card Games (Drop-In)	
			1:00 AlzOC Caregiver Support	
17	18	19	20	21
10:00 Total Body Fitness Video	9:30 Bocce Ball	10:30 Floral Arranging sponsored by Michael Lemus and My Medicare Plan	10:00 Tai Chi with Nosrat	9:30 Chair Exercise w/ Simone
12:00 Bell Tower Lunch 60+	10:00 Tai Chi Video	11:00 Coffee&Conversation	11:00 Coffee&Conversation	10:30 Line Dancing with Helen
12:45 BINGO	10:00 Coffee, Donuts&Medicare with Michael Lemus and My Medicare Plan	12:00 Bell Tower Lunch 60+	11:00 Hula Dancing w/Laura	12:00 Bell Tower Lunch 60+
	11:00 Coffee, Donuts&Medicare with Michael Lemus and My Medicare Plan	1:00 Chess Club	12:00 Bell Tower Lunch 60+	12:00 Card Games (Drop-In)
	11:00 Blood Pressure Clinic	12:45 Gentle Yoga w/ Jeanette	12:45 Gentle Yoga w/ Jeanette	12:15 Fall Prevention Seminar sponsored by MyMedicarePlan&Optum
	12:00 Bell Tower Lunch 60+			12:45 Friday Flicks: "Fathers and Daughters"
	12:00 Mahjong (Drop-In)			
24	25	26	27	28
10:00 Total Body Fitness Video	9:30 Bocce Ball	12:00 Bell Tower Lunch 60+	10:00 Tai Chi with Nosrat	9:30 Chair Exercise w/Simone
12:00 Bell Tower Lunch 60+	10:00 Tai Chi Video	1:00 Chess Club	11:00 Coffee&Conversation	10:30 Line Dancing with Helen
12:45 BINGO	11:00 Coffee&Conversation	12:00 Bell Tower Lunch 60+	11:00 Hula Dancing w/Laura	12:00 Card Games (Drop-In)
	12:00 Bell Tower Lunch 60+	12:00 Mahjong (Drop-In)	12:00 Bell Tower Lunch 60+	12:00 Bell Tower Lunch 60+
			12:00 Mahjong (Drop-In)	12:20 Monthly Birthday Party supported by RSM Cares
			12:45 Gentle Yoga w/ Jeanette	12:45 Friday Flicks: "Never Too Late For Love"
Father's Day is Sunday, June 16				Join us for our Father's Day Luncheon on Friday, June 14 at noon!