



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	Hula Dancing w/Laura	12:00	Bell Tower Lunch 60+
		11:00	Salsa w/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	12:45	Friday Flicks: "About My Father"
		12:00	Bell Tower Lunch 60+						
		12:00	Mahjong (Drop-In)						
10		11		12		13		14	
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			11:00	Hula Dancing w/Laura	12:00	Father's Day Luncheon with Roy Southland sponsored by Michael Lemus
		12:00	Bell Tower Lunch 60+			12:00	Bell Tower Lunch 60+	12:00	My Medicare Plan and Optum Card Games (Drop-In)
		12:00	Mahjong (Drop-In)			12:45	Gentle Yoga w/ Jeanette	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	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	Blood Pressure Clinic	1:00	Chess Club	12:00	Bell Tower Lunch 60+	12:00	Card Games (Drop-In)
		12:00	Bell Tower Lunch 60+			12:45	Gentle Yoga w/ Jeanette	12:15	Fall Prevention Seminar sponsored by MyMedicarePlan&Optum
		12:00	Mahjong (Drop-In)					12:45	Friday Flicks: "Fathers and Daughters"
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			11:00	Hula Dancing w/Laura	12:00	Card Games (Drop-In)
		12:00	Bell Tower Lunch 60+			12:00	Bell Tower Lunch 60+	12:00	Bell Tower Lunch 60+
		12:00	Mahjong (Drop-In)			12:45	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!	