



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	
1		2		3		4		5	
10:00	Total Body Fitness Video	9:30	Bocce Ball					9:30	Chair Exercise Video
12:00	Bell Tower Lunch 60+	10:30	Tai Chi Video	12:00	Bell Tower Lunch 60+ Lunch with the Law	CLOSED		10:30	Line Dancing with Helen
12:45	BINGO	11:00	Coffee&Conversation	1:00	Chess Club			12:00	Independence Day Luncheon w/ Greg Widen sponsored by M.Lemus/My Medicare Plan and Optum
		11:00	Blood Pressure Clinic					12:00	Card Games (Drop-In)
		12:00	Bell Tower Lunch 60+			CLOSED			
		12:00	Mahjong (Drop-In)			11		12	
8		9		10		11		12	
10:00	Total Body Fitness Video	9:30	Bocce Ball			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	Make a Bead Bracelet with Simone	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	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)
		12:00	Bell Tower Lunch 60+			12:00	Mahjong (Drop-In)	12:45	Friday Flicks: "Queen Bees"
		12:00	Mahjong (Drop-In)			12:45	Gentle Yoga w/ Jeanette		
15		16		17		18		19	
10:00	Total Body Fitness Video	9:30	Bocce Ball	10:30	Balloon Volleyball	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) Sponsored by M.Lemus & Optum	10:30	Line Dancing with Helen
12:45	BINGO	10:00	Coffee, Donuts&Medicare with Michael Lemus	1:00	Chess Club	11:00	Coffee&Conversation	12:00	Bell Tower Lunch 60+
		11:00	Blood Pressure Clinic			11:00	Coffee&Conversation	12:00	Card Games (Drop-In)
		11:00	Coffee&Conversation			11:00	Hula Dancing w/Laura	12:45	Friday Flicks: "My Sailor, My Love"
		12:00	Bell Tower Lunch 60+			12:00	Bell Tower Lunch 60+		
		12:00	Mahjong (Drop-In)			12:45	Gentle Yoga w/ Jeanette		
22		23		24		25		26	
10:00	Total Body Fitness Video	9:30	Bocce Ball	10:30	Balloon Volleyball	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	BINGO	11:00	Coffee&Conversation	1:00	Chess Club	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)			12:00	Mahjong (Drop-In)	12:20	Monthly Birthday Party supported by RSM Cares
						12:45	Gentle Yoga w/ Jeanette	12:45	Friday Flicks: "The Intern"
29		30		31					
10:00	Total Body Fitness Video	9:30	Bocce Ball	10:30	Balloon Volleyball				
12:00	Bell Tower Lunch 60+	10:00	Tai Chi Video	12:00	Bell Tower Lunch 60+				
12:45	BINGO	11:00	Coffee&Conversation	1:00	Chess Club				
		12:00	Bell Tower Lunch 60+						
		12:00	Mahjong (Drop-In)						