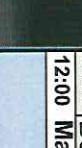


**2024**

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+	10:00 Tai Chi Video	12:00 Bell Tower Lunch 60+ 	Lunch with the Law	10:30 Line Dancing with Helen
12:45 	11:00 Coffee&Conversation	1:00 Chess Club 	12:00 <i>Independence Day Luncheon</i> w/ Greg Widenean sponsored by M.Lemus/My Medicare Plan and Optum	12:00 <i>Independence Day Luncheon</i> w/ Greg Widenean sponsored by M.Lemus/My Medicare Plan and Optum
	11:00 Blood Pressure Clinic			
	12:00 Bell Tower Lunch 60+			
	12:00 Mahjong (Drop-In)			
				12:00 Card Games (Drop-In)
8	9	10	11	CLOSED
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	11:00 Coffee&Conversation	10:30 Line Dancing with Helen	
12:45 	11:00 Coffee&Conversation with Simone	12:00 Hula Dancing w/Laura	12:00 Bell Tower Lunch 60+	
	11:00 Salsa w/Michael Lemus and My Medicare Plan	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 	10:00 Coffee, Donuts&Medicare with Michael Lemus	1:00 Chess Club 	12:00 Bell Tower Lunch 60+	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 	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 Friday Flicks: "The Intern"
29	30	31		
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 	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)		12:45 Gentle Yoga w/ Jeanette	



Happy Independence Day

