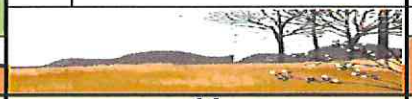
September 2024

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

Age Well

Monday	Tuesday	Wednesday	Thursday	Friday
2 	**3** 9:30 Bocce Ball 10:00 Tai Chi Video 11:00 Coffee&Conversation 11:00 Blood Pressure Clinic 12:00 Labor Day Luncheon 60+ at the Bell Tower 12:00 Mahjong (Drop-In)	**4** 10:30 Balloon Volleyball 12:00 Lunch with the Law 60+ at the Bell Tower 1:00 Chess Club 	**5** 10:00 Tai Chi with Nosrat 11:00 Coffee&Conversation 11:00 Hula Dancing w/ Laura 12:00 Bell Tower Lunch 60+ 12:00 Mahjong (Drop-In) 12:45 Gentle Yoga w/ Jeanette	**6** 9:30 Chair Exercise Video 12:00 Bell Tower Lunch 60+ 12:00 Card Games (Drop-In) 1:00 AlzOC Caregiver Support
9 10:00 Total Body Fitness Video 12:00 Bell Tower Lunch 60+ 12:45 BINGO 	**10** 9:30 Bocce Ball 10:00 Tai Chi Video 10:00 Medicare Seminar with Michael Lemus and My Medicare Plan 11:00 Coffee&Conversation 12:00 Bell Tower Lunch 60+ 12:00 Mahjong (Drop-In)	**11** 10:00 Make Button Tree Pictures with Simone 12:00 Bell Tower Lunch 60+ 12:30 Root Beer Float Social (RSVP) 1:00 Chess Club	**12** 10:00 Tai Chi with Nosrat 10:30 Advanced Planning (RSVP) Informational Workshop with Doula Loretta Goodloe 11:00 Hula Dancing w/Laura 12:00 Bell Tower Lunch 60+ 12:00 Mahjong (Drop-In) 12:45 Gentle Yoga w/ Jeanette	**13** 9:30 Chair Exercise w/ Simone 12:00 Hawaiian Day Luncheon 60+ at the Bell Tower 12:45 Friday Flicks: "Play the Game" 12:00 Card Games (Drop-In)
16 10:00 Total Body Fitness Video 12:00 Bell Tower Lunch 60+ 12:45 BINGO 	**17** 9:30 Bocce Ball 10:00 Tai Chi Video 10:00 Estate Planning 101 (RSVP) w/ Richard Sprague, Esq. 11:00 Blood Pressure Clinic 11:00 Coffee&Conversation 12:00 Bell Tower Lunch 60+ 12:00 Mahjong (Drop-In)	**18** 10:30 Balloon Volleyball 12:00 Bell Tower Lunch 60+ 1:00 Chess Club 	**19** 10:00 Tai Chi with Nosrat 10:00 Art for All Ages Sponge Painting Class*(RSVP required) Sponsored by M.Lemus & Optum 12:00 Bell Tower Lunch 60+ with The Island Dancers of RSM 12:00 Mahjong (Drop-In) 12:45 Gentle Yoga w/ Jeanette	**20** 9:30 Chair Exercise w/ Simone 12:00 Bell Tower Lunch 60+ 12:00 Card Games (Drop-In) 12:45 Friday Flicks: "Food for the Heart"
23 10:00 Total Body Fitness Video 12:00 Bell Tower Lunch 60+ 12:45 BINGO 	**24** 9:30 Bocce Ball 10:00 Tai Chi Video 11:00 Coffee&Conversation 12:00 Bell Tower Lunch 60+ 12:00 Mahjong (Drop-In) 	**25** 10:30 Balloon Volleyball 12:00 Bell Tower Lunch 60+ 1:00 Chess Club 	**26** 10:00 Tai Chi with Nosrat 11:00 Coffee&Conversation 11:00 Hula Dancing w/Laura 12:00 Autum Luncheon 60+ and Tea Party with Christine Alicia 12:00 Mahjong (Drop-In) 12:45 Gentle Yoga w/ Jeanette	**27** 9:30 Chair Exercise w/Simone 12:00 Bell Tower Lunch 60+ 12:00 Card Games (Drop-In) 12:20 Monthly Birthday Party supported by RSM Cares 12:45 Friday Flicks: "Then Came You"
30 10:00 Total Body Fitness Video 12:00 Bell Tower Lunch 60+ 12:45 BINGO 		**Fall is Here!** The Equinox is on September 22, 2024		