



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	
									
7		8		9		10		11	
10:00	Total Body Fitness Video	9:30	Bocce Ball	10:00	(RSVP) Paint a Mini Pumpkin 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	10:00	Chess Club	10:00	Advanced Planning (RSVP) with Doula Loretta Goodloe	12:00	Bell Tower Lunch 60+
12:45		11:00	Coffee&Conversation	12:00	Chess Club	11:00	Coffee&Conversation	12:00	Card Games (Drop-in)
		12:00	Bell Tower Lunch 60+	12:00	Bell Tower Lunch 60+	12:00	Bell Tower Lunch 60+	12:15	11 Tips for Successfully Living Alone presented by Lauren Weiss for AlzOC
		12:00	Mahjong (Drop-in)	12:00	Chess Club	12:00	Mahjong (Drop-In)	12:45	Friday Flicks: "October Kiss"
14		15		16		17		18	
10:00	Total Body Fitness Video	9:30	Bocce Ball	10:00	Medicare Comparison with 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	10:00	Bell Tower Lunch 60+	11:00	Coffee&Conversation	12:00	Bell Tower Lunch 60+
12:45		11:00	Coffee&Conversation	10:30	Balloon Volleyball	12:00	Hula Dancing w/ Laura	12:00	Card Games (Drop-In)
		11:00	Blood Pressure Clinic	12:00	Bell Tower Lunch 60+	12:00	Bell Tower Lunch 60+	12:45	Friday Flicks: "Something Gotta Give"
		12:00	Bell Tower Lunch 60+	1:00	Chess Club	12:45	Gentle Yoga w/ Jeanette		
21		22		23		24		25	
10:00	Total Body Fitness Video	9:30	Bocce Ball	10:30	Balloon Volleyball	10:00	Tai Chi with Nosrat	9:30	Chair Exercise Video
11:00	MAKE HALLOWEEN CARDS WITH STAMPS	10:00	Tai Chi Video	12:00	Bell Tower Lunch 60+	11:00	Coffee&Conversation	12:00	October Luncheon 60+ with Danny Jacobson sponsored by Michael Lemus w/ My Medicare Plan & Optum
12:00	Bell Tower Lunch 60+	11:00	Coffee&Conversation	1:00	Chess Club	11:00	Hula Dancing w/ Laura		
12:45		12:00	Bell Tower Lunch 60+			12:00	Bell Tower Lunch 60+	12:00	Card Games (Drop-In)
		12:00	Mahjong (Drop-In)			12:45	Gentle Yoga w/ Jeanette	12:30	Monthly Birthday Party supported by RSM Cares
28		29		30		31		31	
10:00	Total Body Fitness Video	9:30	Bocce Ball	10:30	Balloon Volleyball	10:00	Tai Chi with Nosrat		
12:00	Bell Tower Lunch 60+	10:00	Tai Chi Video	12:00	Bell Tower Lunch 60+	11:00	Coffee&Conversation		
12:45		11:00	Coffee&Conversation	1:00	Chess Club	11:00	Hula Dancing w/ Laura		
		12:00	Bell Tower Lunch 60+			12:00	Halloween Luncheon at the Bell Tower 60+		
		12:00	Mahjong (Drop-In)			12:45	Mahjong (Drop-In)		
							Gentle Yoga w/ Jeanette		