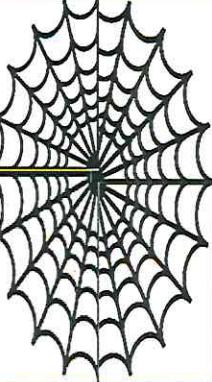
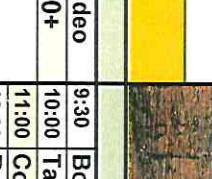
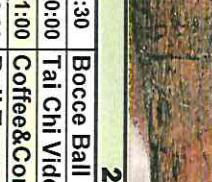
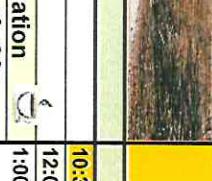




2024

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

Age Well

		1	2	3	4
		10:00 Total Body Fitness Video	9:30 Bocce Ball	10:30 Balloon Volleyball	9:30 Chair Exercise Video
10:00 Tai Chi Video	10:00 Bell Tower Lunch 60+	12:00 Bell Tower Lunch 60+ with the Law	11:00 Coffee&Conversation	12:00 Oktoberfest Celebration Luncheon 60+ at the Bell Tower	
11:00 Coffee&Conversation	11:00 Blood Pressure Clinic	11:00 Hula Dancing w/ Laura			
12:45 	12:00 Bell Tower Lunch 60+	12:00 Bell Tower Lunch 60+	12:00 Mahjong (Drop-In)	12:00 Card Games (Drop-In)	
12:00 Mahjong (Drop-In)			12:45 Gentle Yoga w/ Jeanette	12:45 Friday Flicks: "Are We There Yet"	
				1:00 AlzOC Caregiver Support	
	7	8	9	10	11
10:00 Total Body Fitness Video	9:30 Bocce Ball	10:00 Tai Chi with Nosrat	9:30 Chair Exercise Video		
12:00 Bell Tower Lunch 60+	10:00 Tai Chi Video	10:00 Advanced Planning (RSVP)	12:00 Oktoberfest Celebration Luncheon 60+ at the Bell Tower		
12:45 	11:00 Coffee&Conversation	10:00 Paint a Mini Pumpkin with Simone	12:00 Card Games (Drop-In)		
	12:00 Bell Tower Lunch 60+	11:00 Coffee&Conversation	12:15 11 Tips for Successfully Living Alone presented by Lauren Weiss for AlzOC		
	12:00 Mahjong (Drop-In)	12:00 Bell Tower Lunch 60+	12:45 Friday Flicks: "October Kiss"		
		1:00 Chess Club	12:00 Mahjong (Drop-In)		
			12:45 Gentle Yoga w/ Jeanette		
	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	11:00 Coffee&Conversation	11:00 Coffee&Conversation	12:00 Bell Tower Lunch 60+	
12:45 	11:00 Blood Pressure Clinic	11:00 Hula Dancing w/ Laura	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+	12:45 Card Games (Drop-In)	
	12:00 Mahjong (Drop-In)	1:00 Chess Club	12:45 Gentle Yoga w/ Jeanette	12:45 Friday Flicks: "Something Gotta Give"	
	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	
12:00 Bell Tower Lunch 60+	11:00 Coffee&Conversation	1:00 Chess Club	11:00 Hula Dancing w/ Laura	12:00 October Luncheon 60+ sponsored by Michael Lemus w/ My Medicare Plan & Optum	
12:45 	12:00 Mahjong (Drop-In)	12:00 Bell Tower Lunch 60+	12:00 Bell Tower Lunch 60+	12:00 Card Games (Drop-In)	
			12:45 Gentle Yoga w/ Jeanette	12:00 Card Games (Drop-In)	
				12:30 Monthly Birthday Party supported by RSM Cares	
	28	29	30	31	3
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	
12:00 Bell Tower Lunch 60+	10:00 Tai Chi Video	12:00 Bell Tower Lunch 60+	11:00 Coffee&Conversation	12:00 Oktoberfest Celebration Luncheon 60+ at the Bell Tower	
12:45 	11:00 Coffee&Conversation	1:00 Chess Club	11:00 Hula Dancing w/ Laura	12:00 Card Games (Drop-In)	
12:00 Mahjong (Drop-In)	12:00 Bell Tower Lunch 60+	12:00 Bell Tower Lunch 60+	12:00 Hallowen Luncheon at the Bell Tower 60+	12:00 Mahjong (Drop-In)	
				12:45 Gentle Yoga w/ Jeanette	
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