





























FEBRUARY

2025

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

Age Well
Orange County's partner in aging

Monday		Tuesday		Wednesday		Thursday		Friday	
									
3		4		5		6		7	
10:00	Total Body Fitness Video	9:30	Bocce Ball			10:00	Tai Chi Video/Nosrat	9:30	Chair Exercise w/ Simone
12:00	Bell Tower Lunch 60+	10:00	Tai Chi with Video	12:00	Bell Tower Lunch 60+ Lunch with the Law	11:00	Coffee & Conversation	11:00	Coffee and Conversation
12:45		12:00	Bell Tower Lunch 60+					12:00	Bell Tower Lunch 60+
		11:00	Coffee & Conversation	1:00	Chess Club	11:00	Hula Dancing w/ Laura	12:45	Friday Flicks: On-Hold TBD
						12:00	Bell Tower Lunch 60+	1:00	AlzOC Caregiver Support
		11:00	Blood Pressure Clinic			12:00	Mahjong (Drop-In)		
		12:00	Mahjong (Drop-In)			12:45	Gentle Yoga w/ Jeanette		
10		11		12		13		14	
10:00	Total Body Fitness Video	9:30	Bocce Ball	11:00	Coffee & Conversation	10:00	Tai Chi Video/Nosrat	9:30	Chair Exercise w/Simone
10:00	Valentine Card Making with Stamps	10:00	Tai Chi Video			11:00	Coffee & Conversation	11:00	Coffee and Conversation
								12:00	Valentine's Luncheon 60+ with Greg Wideen sponsored by Michael Lemus/My Medicare
11:00	Coffee & Conversation	11:00	Coffee&Conversation	12:00	Bell Tower Lunch 60+	11:00	Hula Dancing w/ Laura	12:45	Friday Flicks: On-Hold TBD
		12:00	Bell Tower Lunch 60+	1:00	Chess Club	12:00	Bell Tower Lunch 60+		
12:00	Bell Tower Lunch 60+	12:00	Mahjong (Drop-In)			12:00	Mahjong (Drop-In)		
12:45						12:45	Gentle Yoga with Jeanette		
17		18		19		20		21	
		9:30	Bocce Ball	10:00	Medicare Donuts DoNut Stress about Medicare Micahael Lemus My Medicare Plan	10:00	Tai Chi Video/Nosrat	9:30	Chair Exercise w/ Simone
CLOSED		10:00	Tai Chi Video			11:00	Hula Dancing w/ Laura	11:00	Coffee and Conversation
		11:00	Coffee&Conversation	12:00	Bell Tower Lunch 60+	11:00	Coffee & Conversation	12:00	Bell Tower Lunch 60+
									
		11:00	Blood Pressure Clinic	1:00	Chess Club	12:00	Bell Tower Lunch 60+	12:45	Friday Flicks: On-Hold TBD
		12:00	Bell Tower Lunch 60+			12:00	Mahjong		
		12:00	Mahjong (Drop-In)			12:45	Gentle Yoga with Jeanette		
									
24		25		26		27		28	
10:00	Total Body Fitness Video	9:30	Bocce Ball	11:00	Coffee + Conversation	10:00	Tai Chi Video/ 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	Hula Dancing w/ Laura	11:00	Coffee and Conversation
12:45		10:00	Estate Planning 101 (RSVP) w/ Richard Sprague, Esq.	1:00	Chess Club	11:00	Coffee & Conversation	12:00	Bell Tower Lunch 60+
		11:00	Coffee & Conversation					12:20	Monthly Birthday Party supported by RSM Cares
						12:00	Bell Tower Lunch 60+		
		12:00	Bell Tower Lunch 60+			12:00	Mahjong		
		12:00	Mahjong (Drop-In)			12:45	Gentle Yoga with Jeanette	12:45	Friday Flicks: On-Hold TBD

