

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





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