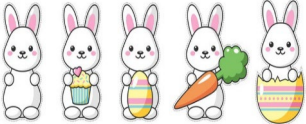


Age Well April 2025

Orange County's partner in aging

Activities Calendar
Bell Tower Regional Community Center
22232 El Paseo, Rancho Santa Margarita
RSVP 949-709-7592

Monday	Tuesday	Wednesday	Thursday	Friday
	1	2	3	4
	9:30 Bocce Ball 10:00 Tai Chi Video 11:00 Coffee & Conversation 11:00 Blood Pressure Clinic 11:30 Age Well Lunch 60+ 12:00 Mahjong (drop-in) 12:30 Stay Sharp Puzzle It Out	10:00 Line Dance w/Helen 11:30 Age Well Lunch 60+ **Lunch with the Law 	10:00 Tai Chi Video/Nosrat 11:00 Coffee & Conversation 11:00 Hula Dancing w/ Laura 11:30 Age Well Lunch 60+ 12:00 Mahjong (drop-in) 12:45 Gentle Yoga w/Jeanette	9:30 Chair Exercise w/Simone 10:30 Line Dance w/Helen 11:30 Age Well Lunch 60+ 12:45 Friday Flicks 1:00 AlzOC Caregiver Support
7	8	9	10	11
10:00 Total Body Fitness Video 11:30 Age Well Lunch 60+ 12:45 BINGO	9:30 Bocce Ball 10:00 Tai Chi Video 11:00 Coffee & Conversation 11:30 Age Well Lunch 60+ 12:00 Mahjong (drop-in) 12:30 Stay Sharp Puzzle It Out	10:00 Line Dance w/Helen 11:00 Coffee & Conversation 11:30 Age Well Lunch 60+ 12:30 Golden Gamers	10:00 Tai Chi Video/Nosrat 11:00 Coffee & Conversation 11:00 Hula Dancing w/ Laura 11:30 Age Well Lunch 60+ 12:00 Mahjong (drop-in) 12:45 Gentle Yoga w/Jeanette	9:30 Chair Exercise w/Simone 10:30 Line Dance w/Helen 11:30 Age Well Lunch 60+ 12:45 Friday Flicks
14	15	16	17	18
10:00 Total Body Fitness Video 11:30 Age Well Lunch 60+ 12:45 BINGO	9:30 Bocce Ball 10:00 Tai Chi Video 11:00 Coffee & Conversation 11:00 Blood Pressure Clinic 11:30 Age Well Lunch 60+ 12:00 Mahjong (drop-in) 12:30 Stay Sharp Puzzle It Out	10:00 Line Dance w/Helen 10:00 Coffee & Donut Stress - About Medicare Sponsor: Michael Lemus 11:30 Age Well Lunch 60+ 12:30 Golden Gamers	10:00 Tai Chi Video/Nosrat 11:00 Coffee & Conversation 11:00 Hula Dancing w/ Laura 11:30 Age Well Lunch 60+ 12:00 Mahjong (drop-in) 12:45 Gentle Yoga w/Jeanette	9:30 Chair Exercise w/Simone 10:30 Line Dance w/Helen 11:30 Age Well Lunch 60+ 12:45 Friday Flicks
21	22	23	24	25
10:00 Total Body Fitness Video 11:30 Age Well Lunch 60+ 12:45 BINGO	9:30 Bocce Ball 10:00 Tai Chi Video 10:00 Flower Shop Arranging RSVP Required Sponsor: M. Lemus MyMedicarePlan 11:30 Age Well Lunch 60+ 12:00 Mahjong (drop-in) 12:30 Stay Sharp Puzzle It Out	10:00 Line Dance w/Helen 11:00 Coffee & Conversation 11:30 Age Well Lunch 60+ 12:30 Golden Gamers	10:00 Tai Chi Video/Nosrat 11:00 Coffee & Conversation 11:00 Hula Dancing w/ Laura 11:30 Age Well Lunch 60+ 12:00 Mahjong (drop-in) 12:45 Gentle Yoga w/Jeanette	9:30 Chair Exercise w/Simone 10:30 Line Dance w/Helen 11:30 Age Well Lunch 60+ Spring Fling *Special entertainer 12:20 Monthly Birthday Party Sponsored by RSM Cares
28	29	30	RSVP REQUIRED at 949-709-7592 Monday - Friday Age Well Lunch 60+ April 22 - Flower Shop Arranging (20 Max.) April 25 - Spring Fling w/Entertainment April 25 - Monthly Birthday Party Daily activities subject to change or cancellation without notice	
10:00 Total Body Fitness Video 11:30 Age Well Lunch 60+ 12:45 BINGO	9:30 Bocce Ball 10:00 Tai Chi Video 11:00 Coffee & Conversation 11:30 Age Well Lunch 60+ 12:00 Mahjong (drop-in) 12:30 Stay Sharp Puzzle It Out	10:00 Line Dance w/Helen 11:00 Coffee & Conversation 11:30 Age Well Lunch 60+ 12:30 Golden Gamers 12:45 Estate Planning w/Richard Sprague, Esq		

