



Age Well **JULY** 2025

Orange County's partner in aging

Activities Calendar

Bell Tower Regional Community Center
22232 El Paseo, Rancho Santa Margarita

RSVP at 949-709-7592

Monday	Tuesday	Wednesday	Thursday	Friday
	1	2	3	4
*Please note - for special programs, priority is given to regular lunch participants.	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	11:30 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+ Independence Day Lunch 12:00 Mahjong (drop-in) 12:45 Gentle Yoga w/Jeanette	CLOSED 
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	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 10:45 Line Dance w/Helen 11:30 Age Well Lunch 60+ 1:00 AlzOC Caregiver Support
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 Coffee, Donuts & Medicare with Michael Lemus 11:30 Age Well Lunch 60+ 12:30 Golden Gamers	10:00 Tai Chi Video/Nosrat 10:00 Art for All RSVP Required Sponsor: M. Lemus MyMedicarePlan 11:00 Hula Dancing w/Laura 11:30 Age Well Lunch 60+ 12:00 Mahjong (drop-in) 12:45 Gentle Yoga w/Jeanette	Chair Exercise CANCELED 10:45 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 11:00 Coffee & Conversation 11:30 Age Well Lunch 60+ 12:00 Mahjong (drop-in) 12:30 Stay Sharp Puzzle It Out	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	Chair Exercise CANCELED 10:45 Line Dance w/Helen 11:30 Age Well Lunch 60+ 12:20 Monthly Birthday Party Sponsored by RSM Cares 12:45 Friday Flicks
28	29	30	31	
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	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	RSVP Required Mon - Fri Age Well Lunch 60+ July 3 Independence Day Lunch July 17 Art for All