

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

Daily activities subject to change or cancellation without notice

## Wednesday Friday Mondav Tuesdav Thursday 3 1 2 4 9:30 Bocce Ball 10:00 Line Dance w/Helen 10:00 Tai Chi Video/Nosrat 10:00 Tai Chi Video 9:30 Chair Exercise w/Simone 11:00 Coffee & Conversation <sup>11:00</sup> Coffee & Conversation 11:30 Age Well Lunch 60+ 10:30 Line Dance w/Helen 11:00 Hula Dancing w/ Laura .... 11:00 Blood Pressure Clinic \*\*Lunch with the Law 11:30 Age Well Lunch 60+ 11:30 Age Well Lunch 60+ 11:30 Age Well Lunch 60+ 12:45 Friday Flicks 12:00 Mahjong (drop-in) 1:00 AlzOC Caregiver Support <sup>12:00</sup> Mahjong (drop-in) 12:45 Gentle Yoga w/Jeanette 12:30 Stay Sharp Puzzle It Out 8 11 9 10 9:30 Bocce Ball 10:00 Tai Chi Video/Nosrat 10:00 Total Body Fitness Video 10:00 Tai Chi Video 10:00 Line Dance w/Helen 9:30 Chair Exercise w/Simone 11:00 Coffee & Conversation 11:00 Coffee & Conversation 10:30 Line Dance w/Helen 11:00 Coffee & Conversation 11:30 Age Well Lunch 60+ 11:00 Hula Dancing w/ Laura 11:30 Age Well Lunch 60+ 12:45 Friday Flicks 12:45 **BINGO** 12:00 Mahjong (drop-in) 12:30 Golden Gamers 12:00 Mahjong (drop-in) 12:30 Stav Sharp Puzzle It Out 12:45 Gentle Yoga w/Jeanette 14 15 16 17 18 9:30 Bocce Ball 10:00 Tai Chi Video/Nosrat 10:00 Tai Chi Video 9:30 Chair Exercise w/Simone 10:00 Total Body Fitness Video 10:00 Line Dance w/Helen 11:00 Coffee & Conversation 10:00 Coffee & Donut Stress -11:00 Coffee & Conversation 10:30 Line Dance w/Helen <sup>11:30</sup> Age Well Lunch 60+ 11:00 Blood Pressure Clinic 11:00 Hula Dancing w/ Laura 11:30 Age Well Lunch 60+ About Medicare 11:30 Age Well Lunch 60+ 11:30 Age Well Lunch 60+ 12:45 **BINGO Sponsor: Michael Lemus** 12:45 Friday Flicks 11:30 Age Well Lunch 60+ 12:00 Mahjong (drop-in) 12:00 Mahjong (drop-in) 12:30 Golden Gamers 12:45 Gentle Yoga w/Jeanette 12:30 Stay Sharp Puzzle It Out 21 22 23 24 25 9:30 Bocce Ball 9:30 Chair Exercise w/Simone 10:00 Tai Chi Video/Nosrat 10:00 Total Body Fitness Video 10:00 Tai Chi Video 10:30 Line Dance w/Helen 10:00 Line Dance w/Helen 11:00 Coffee & Conversation 10:00 Flower Shop Arranging 11:00 Coffee & Conversation 11:30 Age Well Lunch 60+ 11:00 Hula Dancing w/ Laura 11:30 Age Well Lunch 60+ **RSVP** Required 11:30 Age Well Lunch 60+ 12:45 BINGO 12:30 Golden Gamers 11:30 Age Well Lunch 60+ Spring Fling Sponsor: M. Lemus MyMedicarePlan 12:00 Mahjong (drop-in) 11:30 Age Well Lunch 60+ \*Special entertainer 12:45 Gentle Yoga w/Jeanette <sup>12:00</sup> Mahjong (drop-in) 12:20 Monthly Birthday Party 12:30 Stay Sharp Puzzle It Out Sponsored by RSM Cares 28 29 30 9:30 Bocce Ball **RSVP REQUIRED at 949-709-7592** 10:00 Line Dance w/Helen 10:00 Total Body Fitness Video 10:00 Tai Chi Video 11:00 Coffee & Conversation Monday - Friday Age Well Lunch 60+ 11:00 Coffee & Conversation 11:30 Age Well Lunch 60+ April 22 - Flower Shop Arranging (20 Max.) 11:30 Age Well Lunch 60+ 11:30 Age Well Lunch 60+ April 25 - Spring Fling w/Entertainment 12:30 Golden Gamers 12:45 **BINGO** April 25 - Monthly Birthday Party 12:00 Mahjong (drop-in) 12:45 Estate Planning 12:30 Stay Sharp Puzzle It Out w/Richard Sprague, Esq