

11:00 Coffee & Conversation

11:30 Age Well Lunch 60+

12:45 BINGO

11:00 Coffee & Conversation

12:00 Mahjong (bring own tiles)

12:30 Stay Sharp Puzzle It Out

11:30 Age Well Lunch 60+

## September 2025

## **Activities Calendar**

**Bell Tower Regional Community Center** 

22232 El Paseo, Rancho Santa Margarita

**General info and lunch reservation: 949-709-7592** 

\*For special programs, priority is given to regular lunch participants.

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Monday	Tuesday	Wednesday	Thursday	Friday
1	2	3	4	5
CLOSED for Labor Day	9:30 Bocce Ball 10:00 Tai Chi Video/Nosrat 11:00 Coffee & Conversation 11:00 Blood Pressure Clinic 11:30 Age Well Lunch 60+ 12:00 Mahjong (bring own tiles) 12:30 Stay Sharp Puzzle It Out	10:00 Line Dancing 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 (bring own tiles) 12:45 Gentle Yoga w/Jeanette	9:30 Chair Exercise w/Simone 10:30 Line Dancing w/Helen 11:00 Coffee & Conversation 11:30 Age Well Lunch 60+ 12:45 Friday Flicks 1:00 AlzOC Caregiver Support
8	9	10	11	12
10:00 Total Body Fitness Video 11:00 Coffee & Conversation 11:30 Age Well Lunch 60+ 12:45 BINGO	9:30 Bocce Ball 10:00 Tai Chi Video/Nosrat 11:00 Coffee & Conversation 11:30 Age Well Lunch 60+ 12:00 Mahjong (bring own tiles) 12:30 Stay Sharp Puzzle It Out	10:00 Line Dancing 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 (bring own tiles) 12:45 Gentle Yoga w/Jeanette	9:30 Chair Exercise to VIDEO 10:30 Line Dancing w/Helen 11:00 Coffee & Conversation 11:30 Age Well Lunch 60+ 12:45 Friday Flicks
15	16	17	18	19
10:00 Total Body Fitness Video 11:00 Coffee & Conversation 11:30 Age Well Lunch 60+ 12:45 BINGO	9:30 Bocce Ball 10:00 Tai Chi Video/Nosrat 11:00 Coffee & Conversation 11:00 Blood Pressure Clinic 11:30 Age Well Lunch 60+ 12:00 Mahjong (bring own tiles) 12:30 Stay Sharp Puzzle It Out	10:00 Line Dancing w/Helen 11:30 Age Well Lunch 60+ 12:30 Golden Gamers	10:00 Tai Chi Video/Nosrat  10:00 Art for All Ages RSVP Required  Sponsor: M. Lemus MyMedicarePlan  11:00 Hula Dancing with Laura  11:30 Age Well Lunch 60+  12:00 Mahjong (bring own tiles)  12:45 Gentle Yoga w/Jeanette	9:30 Chair Exercise w/Simone 10:30 Line Dancing w/Helen 11:00 Coffee & Conversation 11:30 Age Well Lunch 60+ 12:45 Friday Flicks
22	23	24	25	26
10:00 Total Body Fitness Video 11:00 Coffee & Conversation 11:03 Age Well Lunch 60+ 12:45 BINGO	9:30 Bocce Ball 10:00 Tai Chi Video/Nosrat 11:00 Coffee & Conversation 11:30 Age Well Lunch 60+ 12:00 Mahjong (bring own tiles) 12:30 Stay Sharp Puzzle It Out	10:00 Line Dancing 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 with Laura 11:30 Age Well Lunch 60+ 12:00 Mahjong (bring own tiles) 12:45 Gentle Yoga w/Jeanette	9:30 Chair Exercise w/Simone 10:30 Line Dancing w/Helen 11:00 Coffee & Conversation 11:30 Age Well Lunch 60+ Luau Luncheon with The Island Dancers of RSM 12:20 Monthly Birthday Party Sponsored by RSM Cares
29	30	SPECIAL HIGHLIGHTS		
10:00 Total Body Fitness Video	9:30 Bocce Ball 10:00 Tai Chi Video/Nosrat	and sole	RSVP Require	d 949-709-7592

RSVP Required 949-709-7592
Thursday, September 18th Art for All Ages
Friday, September 26 Luau Luncheon

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