Age	Well.
Orange	County's partner in aging

December

2025

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

*For special programs, priority is given to regular lunch participants. Monday Tuesday Wednesday Thursday Friday 9:30 Bocce Ball 10:00 Line Dancing w/Helen 9:30 Chair Exercise w/Simone 11:00 Coffee & Conversation 10:00 Tai Chi Video/Nosrat 10:00 Total Body Fitness Video 10:00 Tai Chi Video/Nosrat 10:00 Coffee, Donuts & Medicare 11:00 Coffee & Conversation 11:00 Coffee & Conversation 11:30 Age Well Lunch 60+ 11:00 Coffee & Conversation with Michael Lemus *Lunch with the Law 11:30 Age Well Lunch 60+ 11:00 Blood Pressure Clinic 11:00 Hula Dancing w/ Laura 10:30 Line Dancing w/Helen 12:45 BINGO 11:30 Age Well Lunch 60+ 11:30 Age Well Lunch 60+ 11:00 Coffee & Conversation 12:00 Mahjong (bring own tiles) 12:00 Mahjong (bring own tiles) 11:30 Age Well Lunch 60+ 12:45 Gentle Yoga w/Jeanette 12:45 Friday Flicks 12:30 Stav Sharp Puzzle It Out 12:30 Golden Gamers 1:00 AlzOC Caregiver Support 11 8 10:00 Total Body Fitness Video 9:30 Bocce Ball 10:00 Line Dancing w/Helen 10:00 Tai Chi Video/Nosrat 9:30 Chair Exercise w/Simone 10:30 Line Dancing w/Helen 11:00 Coffee & Conversation 10:00 Tai Chi Video/Nosrat 10:00 Holiday Flower Shoppe 11:00 Coffee & Conversation 11:00 Coffee & Conversation 11:00 Coffee & Conversation sponsor: Michael Lemus 11:00 Hula Dancing w/ Laura 11:30 Age Well Lunch 60+ 12:45 BINGO 11:30 Age Well Lunch 60+ 11:30 Age Well Lunch 60+ 11:30 Age Well Lunch 60+ 11:00 Coffee & Conversation 12:00 Mahjong (bring own tiles) 12:45 Friday Flicks 12:00 Mahjong (bring own tiles) 11:30 Age Well Lunch 60+ 12:30 Golden Gamers 12:45 Gentle Yoga w/Jeanette 12:30 Stay Sharp Puzzle It Out 15 17 18 19 16 Bocce Ball 10:00 Tai Chi Video/Nosrat 10:00 Tai Chi Video/Nosrat 9:30 Chair Exercise w/VIDEO 10:00 Total Body Fitness Video 10:00 Line Dancing w/Helen 11:00 Coffee & Conversation Coffee & Conversation 11:00 Coffee & Conversation 11:00 Coffee & Conversation 10:30 Line Dancing w/Helen 11:00 Blood Pressure Clinic 11:00 Hula Dancing w/ Laura 11:00 Coffee & Conversation 11:30 Age Well Lunch 60+ 11:00 RSM Library Resources 12:45 BINGO 11:30 Age Well Lunch 60+ **Holiday Luncheon** 12:00 Mahjong (bring own tiles) 12:30 Golden Gamers 12:00 Mahjong (bring own tiles) **Entertainer: Joe Ritkes** 12:45 Gentle Yoga w/Jeanette 12:30 Stay Sharp Puzzle It Out 22 23 24 25 26 **Age Well Senior Services Age Well Senior Services Age Well Senior Services** Age Well Senior Services **Age Well Senior Services** Closed Closed Closed Closed Closed Happy Hanukkah Merry Christmas 29 30 31 Age Well Senior Services Age Well Senior Services Age Well Senior Services CLOSED **CLOSED** Closed Closed Closed Happy New Year's Eve New Year