

COMMUNITY LIVING • YOUR GUIDE FOR ACTIVITIES & COMMUNITY SERVICES • WINTER 2022

RANCHO SANTA MARGARITA CIVIC PLAZA



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**Parks
Make
Life
Better!**



www.cityofrsm.org



CONNECT WITH US

The Bell Tower Regional Community Center

22232 El Paseo
Rancho Santa Margarita, CA 92688
949-216-9700



Register today at
www.cityofrsm.org using the Class
Registration button!

Facility Rentals ext. 1251

Age Well Senior Services 949-709-7592

Boys & Girls Club 949-709-7595

Registration Questions ext. 0

Email recreation@cityofrsm.org

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Winter 2022

CITY SERVICES

LOW-COST ANIMAL VACCINATION CLINICS

First Wednesday evening of every month at the Bell Tower Regional Community Center.

- By appointment only.

Provided by Healthcare & Emergency Animal Rescue Team (HEART). For pricing and more information, call 714-993-9193 or email at heart4petsappointments@gmail.com, or visit www.heart4pets.org.

AMERICAN FLAG DISPOSAL BOX

Retire your American Flags at the Bell Tower Regional Community Center for a proper retirement ceremony by local Boy and Girl Scout Troops. A red, white and blue flag drop off box is located inside the lobby.

SHARPS/USED NEEDLE COLLECTION PROGRAM

Rancho Santa Margarita residents are eligible to receive one free SHARPS container kit per month from the City to dispose of SHARPS waste. Due to the demand, The City has prepared a waitlist for residents and will send a notification to residents on the list when the kits become available. For full program details, please visit: www.cityofrsm.org/386/Sharps.

BATTERY RECYCLING

Batteries are considered hazardous waste and are prohibited by State law to be thrown away in the garbage. The City provides two locations for proper battery disposal:

- City Hall (22112 El Paseo)

OCSO POLICE SERVICES in RANCHO SANTA MARGARITA

Report suspicious persons and activities.

Non-emergency Line: 949-770-6011.

Always call 911 in the event of an emergency.

All classes are located at The Bell Tower Regional Community Center unless otherwise noted in class/course descriptions.

The Bell Tower Regional Community Center will be closed on the following holidays: January 17, 2022 and February 21, 2022.

RANCHO SANTA MARGARITA CITY OFFICIALS

CITY COUNCIL

Mayor Anne D. Figueroa

Mayor Pro Tempore Jerry Holloway

Council Member L. Anthony Beall

Council Member Carol A. Gamble

Council Member Bradley J. McGirr

CITY MANAGER

City Manager Jennifer M. Cervantez

YOUTH CLASSES

Arts & Crafts

American Doll Sewing Fashions

\$168 • 4 Classes

Design, plan, and create your own doll fashions. Students will select fabrics and learn to follow a pattern while mastering basic sewing skills and will work on a complete outfit for an 18" doll. Girls are encouraged to bring their dolls to class for the fittings. No experience is necessary. All fabric, notions, and sewing machines supplied. \$35 cash materials fee due on the first day of class. Ages: 7.5y+.

Instructor: Linda Rush

Th	Feb 3-Feb 24	3:30-6:00pm
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Learn to Sew Kids/Teens

\$168 • 4 Classes

Students will learn sewing basics, including fabric selection, following a pattern, and several different machine stitches. Students have fun while building self-confidence by completing various sewing projects in class! Come join us! All fabrics, notions, and sewing machines are supplied. \$35 cash materials fee due on the first day of class. Ages: 8-17y.

Instructor: Linda Rush

Tu	Feb 1-Feb 22	3:30-6:00pm
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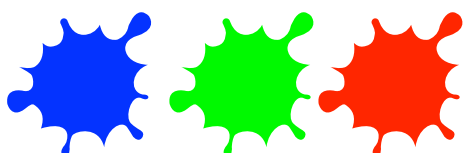
Paint, Paste, and Pour!

\$48 • 4 Classes

Watch your little ones explore and discover paint, glue, crayons, dough, and much more. They'll enjoy developmentally appropriate hands-on experiences with manipulative art and sensory materials. Put on your play clothes and share this special time with your little one. Each session has new and exciting activities. Parent Participation required. \$20 cash materials fee due on first class of the session. Ages: 18mo-6y.

Instructor: Rachel Westfall

W	Jan 5-Jan 26	10:00-10:45am
W	Feb 2-Feb 23	10:00-10:45am
W	Mar 9-Mar 30	10:00-10:45am



Education & Enrichment

Bionerds: Junior Doctors

\$141 • 6 Classes

Come and join this fun and hands-on biology workshop for kids! Learn about the incredible world of medicine and medical research! Your child will learn about cardiology, veterinary medicine, neurology and much more! Each class will highlight a career in the medical field. Your child will be up close with fresh/preserved specimens, perform some dissections, and engage in cool biology experiments using lab equipment/tools. \$36 materials fee due on the first day of the class. Ages: 5-12y.

Instructor: Bionerds Inc.

Tu	Jan 11-Feb 15	4:00-5:00pm
Tu	Feb 22-Mar 29	4:00-5:00pm

Reading Readiness Program

\$318 • MWF || \$218 • Tu Th

Learn to read before starting Kindergarten through this phonetics curriculum program with group settings. We work on kids reading and writing skills. Please bring a small snack. For more info, please call 323-216-9541 or email r.readiness@gmail.com. \$15 materials fee due on the first day of the session. Ages: 3-6y. No class 1/17, 2/21.

Instructor: RR Staff

MWF	Jan 3-Jan 28	9:30am-12:30pm
MWF	Jan 31-Feb 25	9:30am-12:30pm
MWF	Feb 28-Mar 25	9:30am-12:30pm
Tu, Th	Jan 4-Jan 27	9:30am-12:30pm
Tu, Th	Feb 1-Feb 24	9:30am-12:30pm
Tu, Th	Mar 1-Mar 24	9:30am-12:30pm

Interests & Hobbies

Academic Chess

\$156 • 6 Classes || \$130 • 5 Classes

Using a story-based curriculum this class will get children excited about the ancient game of chess. Lessons are tailored to the skill level of the students, meaning all chess levels are welcome! In each class, children receive a 30 minute lesson followed by 30 minutes of chess playing time! Chess teaches many life skills including sportsmanship, patience, strategic thinking, planning ahead, and working towards a goal. The class will end with a fun tournament where students have the opportunity to win trophies and prizes! Ages: 5-14y.

Instructor: Strategic Kids

F	Jan 7-Feb 11	4:00-6:00pm
F	Feb 18-Mar 18	4:00-6:00pm

Winter 2022

LEGO® Engineering

\$130 • 5 Classes || \$156 • 6 Classes

This class will have students working with LEGO® while teaching a wide variety of engineering topics. Students will learn organizational and fine motor skills, as well as team work and other life skills! Through LEGO® Engineering courses students will discover simple engineering concepts by engaging in fun activities and guided play all based around machines. Ages: 5-14y.

Instructor: Strategic Kids

Th	Jan 6-Feb 3	4:00-6:00pm
Th	Feb 10-Mar 17	4:00-6:00pm



Masters of the Field

\$130 • 6 Classes || \$130 • 5 Classes

In this outdoor program students will get moving by playing fun outdoor games while solving academic puzzles. Utilizing classic games such as Capture the Flag and Relay Races students will be challenged in a variety of subjects; such as math, spelling, science, history, and logic puzzles! These fun outside games allow children to learn strategy, teamwork, focus, and academic skills while getting a workout! Classes include stretching and warm ups - followed by a wide variety of games paired with new academic curriculum each week. Masters of the Field promotes students to gain confidence, build teamwork skills while encouraging sportsmanship, increasing academic knowledge, and learning testing different strategies. Ages: 5-14y.

Instructor: Strategic Kids

W	Jan 5-Feb 9	4:00-6:00pm
W	Feb 16-Mar 16	4:00-6:00pm



Sign up today at www.cityofrsm.org,
using the Class Registration button!

Music

Beginning Guitar

\$90 • 4 Classes || \$109 • 5 Classes

Experience interaction with other beginning guitarists in a supportive environment. This class aims to transform the novice into a self-reliant musician. Learn to play easy chords, fun melodies, strum styles and many popular songs. Instructor Ron has enjoyed teaching this class for the city of RSM for twelve years. Have a blast and bring your own guitar to class. Ages: 10y+. No class 1/17.

Instructor: Ron Gorman

M	Jan 3-Jan 31	5:00-6:00pm
M	Mar 21-Apr 18	5:00-6:00pm

Beginning Ukulele

\$90 • 4 Classes || \$109 • 5 Classes

Learn how to play the world's easiest string instrument in a small group setting. This class will provide all the fundamentals to be able to play songs on your own. Learn simple chords and melodies, strum styles, finger picking and a wide assortment of great songs. Instructor Ron has enjoyed teaching music classes for the city of RSM for twelve years. Bring your own ukulele to class and let's have some fun! Ages: 10y+. No class 1/17.

Instructor: Ron Gorman

M	Jan 3-Jan 31	4:00-5:00pm
M	Mar 21-Apr 18	4:00-5:00pm

Fitness

Karate

\$115 • Monthly

Beginning: 4:15-5:00pm.

This class covers basic blocking and self-defense. Class is conducted in a traditional manner with emphasis on protocol and etiquette. Ages: 5-12y.

Advanced: 5:00-5:45pm.

This class goes more in-depth in the study of Karate and will include traditional Karate as well as preparation for National and International competition for the students who want to compete. Placement in this class is at the discretion of the instructor. Ages: 8-12y.

Instructor: Sensei Robert McDonough

Tu, Th	Jan 4-Jan 27	4:15-7:00pm
Tu, Th	Feb 1-Feb 24	4:15-7:00pm
Tu, Th	Mar 1-Mar 31	4:15-7:00pm

ADULT CLASSES

Arts & Crafts

Learn to Sew

\$168 • 4 Classes

Learn sewing basics, fabric selection, how to follow a pattern and complete amazing projects in class! No prior experience needed. All fabric, notions and sewing machines are supplied. \$35 cash materials fee due on the first day of the class. Ages: 16y+.

Instructor: Linda Rush

Tu	Feb 1-Feb 22	7:00-9:00pm
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Fitness

I'm Not Flexible Enough for Yoga! with Roz

\$140 • 11 Classes

This beginners yoga class is ideal for those who have never tried yoga. Yoga meets you wherever you are at, increasing your flexibility, strength, and balance...so come and enjoy this class, which is designed for everybody. Clear, precise instructions will be given for poses, and to achieve maximum benefit from stretches. We will end the class with a short relaxation, to help you feel refreshed and rejuvenated. Bring a yoga mat, a firm blanket or pillow, and a strap to class. Ages: 16y+. No class 1/17, 2/21.

Instructor: Roz Maissy

M	Jan 3-Mar 28	5:00-5:45pm
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Yoga with Roz

Morning: \$165 • 13 Classes

Evening: \$140 • 11 Classes

This class provides a safe, supportive environment to explore the practice of yoga. You will build strength, flexibility, and balance while exploring the various postures. Connecting breath and movement brings calmness of mind, stress release and enables us to function better both on and off the mat. This is a great way to start your day; you will experience better clarity and ease. Ages: 18y+. No class 1/17, 2/21.

Instructor: Roz Maissy

M	Jan 3-Mar 28	6:00-7:00pm
W	Jan 5-Mar 30	9:00-10:00am

Winter 2022

Beginning Yoga with Simone

\$104 • 8 Classes || \$104 • 9 Classes

Join us for a gentle, calming and stress-reducing yoga with focus on combining breath with movement. Perfect for students experiencing yoga for the first time or recovering from injury. Bring a yoga mat, strap and blanket - yoga blocks are encouraged. Ages: 18y+.

Instructor: Simone Pannebaker

Tu	Jan 4-Feb 22	6:00-7:00pm
Tu	Mar 1-Apr 26	6:00-7:00pm



Karate

\$115 • Monthly

Adult Karate: 6:00-7:00pm.

This class will cover all aspects of Karate; the lecture portion of the class is designed for individuals ages 13y and up. Placement in this class is at the discretion of the instructor.

Instructor: Sensei Robert McDonough

Tu, Th	Jan 4-Jan 27	4:15-7:00pm
Tu, Th	Feb 1-Feb 24	4:15-7:00pm
Tu, Th	Mar 1-Mar 31	4:15-7:00pm



Chair Yoga with Simone

\$104 • 8 Classes

Join us for chair yoga, which is practiced sitting on a chair or standing while using the chair to support your movements. Improve your posture, complete your daily activities with ease, manage chronic pain, make new friends, and get moving again. Bring a blanket for seating support. Ages: 18y+.

Instructor: Simone Pannebaker

W	Jan 5-Feb 23	9:30-10:30am
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Sign up today at www.cityofrsm.org,
using the Class Registration button!

Intermediate Yoga with Simone

\$104 • 8 Classes

Designed for those who are familiar with basic yoga postures and would like to explore slightly more challenging postures and sequences. Classes are led in a vinyasa flow style. Wear comfortable clothing; bring a blanket and a yoga mat. Ages: 18y+. No class 4/7.

Instructor: Simone Pannebaker

Th	Jan 6-Feb 24	6:00-7:00pm
Th	Mar 3-Apr 28	6:00-7:00pm

Wednesday Night Yoga with Simone

\$104 • 8 Classes

In this slower-paced class, we will explore yoga poses and their variations with focus on alignment, breath and the restorative properties of yoga. Learn to be in the moment through visualization and meditation practices. Bring your pillows, bolsters, a blanket, and yoga blocks for support. Ages: 18y+.

Instructor: Simone Pannebaker

W	Jan 5-Feb 23	6:00-7:00pm
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Zumba with Tania

\$52 • 4 Classes || \$39 • 3 Classes

Zumba Gold is a low impact fitness program that utilizes combinations of exciting and motivating Latin and international rhythms to tone and strengthen your body. The program is designed for active older adults, the true beginner, or anyone interested in a low impact program that is effective and easy to follow. Ages: 12y+. No class 1/17 & 2/21.

Instructor: Tania Villabazo

M	Jan 3-Jan 31	7:00-8:00pm
M	Feb 7-Feb 28	7:00-8:00pm
M	Mar 7-Mar 28	7:00-8:00pm

Sign up today at www.cityofrsm.org, using the Class Registration button!

Interests & Hobbies

Intermediate Digital Photography

\$180 • 6 Classes

This class will focus on proper exposure, depth of field, composition, lighting and the challenges of shooting. Students must bring their own digital camera. \$20 material Fee due on first day of class. Ages: 18y+.

Instructor: Mandis Razavi

Tu	Mar 8-Apr 12	6:00-8:00pm
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Intro to Digital Photography

\$180 • 6 Classes

This class will focus on both technical and creative aspects of digital photography. It is designed to enhance your appreciation of the medium as well as provide you with the base of technical skills to express yourself through the creation of your images. Students must provide their own digital camera. \$20 material fee due on the first day of class. Ages: 18y+.

Instructor: Mandis Razavi

Tu	Jan 11-Feb 15	6:00-8:00pm
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Music

Beginning Guitar

\$90 • 4 Classes || \$109 • 5 Classes

Experience interaction with other beginning guitarists in a supportive, small group environment. The aim of the class is to transform the novice into a self reliant musician. Learn to play easy chords, fun melodies, strum styles and many popular songs. Instructor Ron Gorman has enjoyed teaching this class for the city of RSM for twelve years. Have a blast and bring your own guitar to class. Ages: 10y+. No class 1/17.

Instructor: Ron Gorman

M	Jan 3-Jan 31	5:00-6:00pm
M	Mar 21-Apr 18	5:00-6:00pm



Winter 2022

Beginning Ukulele

\$90 • 4 Classes || \$109 • 5 Classes

Enjoy learning how to play the world's easiest string instrument in a supportive, small group setting. This class will provide the fundamentals to be able to play songs on your own. Learn simple chords, easy melodies, strum styles, finger picking and an assortment of great songs. Instructor Ron G. has taught music classes for the city of RSM for twelve years. Bring your own ukulele to class and let's have some fun! Ages: 10y+. No class 1/17.

Instructor: Ron Gorman

M	Jan 3-Jan 31	4:00-5:00pm
M	Mar 21-Apr 18	4:00-5:00pm

Education & Enrichment

Knowledge is Power! Financial Strategies for Women

\$23 • 1 Class

This class will discuss four areas that can impact women's financial lives and offer some strategies to help: Address the income gap, plan for a longer lifespan, manage multiple roles and responsibilities at home, work, and in the community, and approach life changes and unexpected events. Ages: 18y+.

Instructor: Jeff Halbreich CFP®

W	Jan 19	6:00-7:00pm
W	Feb 16	6:00-7:00pm
W	Mar 16	6:00-7:00pm

FREE CLASSES

Women's Group...Let's Talk! Free • 6 Classes

Looking for a group of women to discuss some of life's deeper issues? This women's group will explore topics such as transitions in life, identifying our own meaning and purpose, our relationships with others, and looking at life balance. Topics will be presented each week, and participants are welcome to offer topics for discussion. The conversation will be moderated by Rob Maissy, MS Counseling. Ages: 18y+.

Instructor: Roz Maissy

W	Jan 5-Feb 9	10:30-11:30am
W	Feb 16-Mar 23	10:30-11:30am

SENIOR PROGRAMS & RESOURCES

The City of Rancho Santa Margarita and Age Well Senior Services are excited to announce the return of senior programming activities and events at the Bell Tower Regional Community Center.

Meals on Wheels (Ages 60+)

Meals on Wheels provides nutritious daily meals for seniors aged 60+ who are unable to shop or prepare meals for themselves. Deliveries run Mondays through Fridays and include one breakfast, one hot lunch, and one frozen dinner.



Congregate Lunch (Ages 60+)

Come down to the Bell Tower Regional Community Center to enjoy healthy and nutritious hot or cold lunches served daily while engaging in social interaction and making new friends. This meal is made possible by Age Well Senior Services. Event details:

- Noon - 1pm
- Monday-Friday (excluding holidays)
- Suggested Donation: \$5.50

WEEKLY ACTIVITIES

Monday:

- 10-11am Total Body Fitness
- 12-1pm Congregate Lunch (60+)
- 12-3pm Card Games
- 1-2pm BINGO (registration at 12:30pm)

Tuesday:

- 9:30-10:30am Bocce Ball
- 10:00-11:00am Coffee Bar & Conversation
- 10:00-11:00am Tai Chi
- 10:00-11:00am Blood Pressure Clinic
- 12-1pm Congregate Lunch (60+)
- 12-3pm Mahjong Games
- 1-2pm Art Club (bring your own supplies!)

Wednesday:

- 10-11am Line Dancing
- 12-1pm Congregate Lunch (60+)
- 1-2pm Chess Club

Thursday:

- 10:00-11:00am Tai Chi
- 12-1pm Congregate Lunch (60+)
- 12-3pm Mahjong Games
- 12-3pm Card Games
- 12:45-1:45pm Gentle Yoga

Friday:

- 10:00-11:00am Chair Yoga (1st Friday of the month)
- 12-1pm Congregate Lunch (60+)
- 12-1pm Mahjong
- 12:45pm Friday Flicks (Enjoy a movie with friends!)

For information about any of these programs, contact Age Well Senior Services, Rancho Santa Margarita directly at 949-709-7592.

FACILITY RENTALS

The Bell Tower Regional Community Center is the perfect venue for your special day.

Towering palm trees, blooming bougainvillea in terracotta pots and the backdrop of the Saddleback Mountains adorn the grounds of the Bell Tower Regional Community Center.

Whether you need a ballroom for a wedding or a gala event, a smaller room for a birthday party or baby shower, a conference or meeting room for a business meeting, the Bell Tower Regional Community center is here to serve you.

To submit a Facility Use Inquiry for 2022, scan the QR code using your smartphone's camera. Start your rental process today!

Please note: Community Services staff will contact you shortly after your Facility Use Inquiry has been reviewed.

For more information, call 949-216-9700 ext. 1251 or email Krystie Franco at FacilityRentals@cityofrsm.org.



REGISTRATION WEBSITE UPDATE

The City of Rancho Santa Margarita and its Community Services department are excited to announce a transition to a new registration website. The new website is expected to launch in February 2022.

All families who wish to sign up for any City programs or activities, or rent a facility, will need to create a new account. Staff is available to assist anyone who needs it. If you need assistance, please call 949-216-9700, or stop by the Bell Tower Regional Community Center.

The Spring 2022 Community Living Magazine will have instructions for how to create a new account.