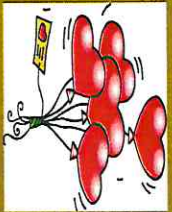




































# FEBRUARY

# 2024

Activities for Seniors 60+  
The Bell Tower Regional Community Center  
RSVP at 949-709-7592

# Age Well

Monday	Tuesday	Wednesday	Thursday	Friday
<p></p> <p><b>5</b></p> <p>10:00 Total Body Fitness Video</p> <p>12:00 Bell Tower Lunch 60+ Salsa w/Michael Lemus and My Medicare Plan</p> <p>12:45 </p>	<p></p> <p><b>6</b></p> <p>9:30 Bocce Ball</p> <p>10:00 Tai Chi with Nosrat</p> <p>12:00 Bell Tower Lunch 60+ Coffee &amp; Conversation</p> <p>11:00 Coffee &amp; Conversation</p> <p>11:00 </p> <p>14:00  Mahjong (Drop-In)</p>	<p></p> <p><b>7</b></p> <p>10:00 Line Dancing with Helen</p> <p>12:00 Bell Tower Lunch 60+ Lunch with the Law</p> <p>1:00 Chess Club</p> <p>   </p>	<p><b>8</b></p> <p>10:00 Tai Chi with Nosrat</p> <p>11:00 Coffee &amp; Conversation</p> <p>11:00 Hula Dancing w/ Laura</p> <p>12:00 Bell Tower Lunch 60+ Mahjong (Drop-In)</p> <p>12:45 Gentle Yoga w/ Jeanette</p>	<p><b>9</b></p> <p>9:30 Chair Exercise w/ Simone</p> <p>11:00 Line Dancing with Helen</p> <p>12:00 Bell Tower Lunch 60+ Friday Flicks: "Charming the Hearts of Men"</p> <p></p>
<p><b>12</b></p> <p>10:00 Total Body Fitness Video</p> <p>12:00 Bell Tower Lunch 60+ </p> <p>12:45 </p>	<p><b>13</b></p> <p>9:30 Bocce Ball</p> <p>10:00 Tai Chi with Nosrat</p> <p>11:00 Coffee&amp;Conversation</p> <p>12:00 Bell Tower Lunch 60+ Mahjong (Drop-In)</p> <p>12:00 </p>	<p><b>14</b></p> <p>10:00 Line Dancing with Helen</p> <p>12:00 Valentine's Luncheon 60+ with Greg Wideen sponsored by Michael LMy Medicare and Optum</p> <p>1:00 Chess Club</p> <p>   </p>	<p><b>15</b></p> <p>10:00 Tai Chi with Nosrat</p> <p>11:00 Coffee &amp; Conversation</p> <p>11:00 Hula Dancing w/ Laura</p> <p>12:00 Bell Tower Lunch 60+ Mahjong (Drop-In)</p> <p>12:45 Gentle Yoga with Jeanette</p>	<p><b>16</b></p> <p>10:00 Chair Exercise w/Simone</p> <p>11:00 Line Dancing with Helen</p> <p>12:00 Bell Tower Lunch 60+ Card Games (Drop-In)</p> <p>12:45 Friday Flicks: "All of my Heart: Inn Love"</p>
<p><b>19</b></p> <p></p>	<p><b>20</b></p> <p>9:30 Bocce Ball</p> <p>10:00 Tai Chi with Nosrat</p> <p>11:00 Coffee&amp;Conversation</p> <p>12:00 Bell Tower Lunch 60+ Mahjong (Drop-In)</p> <p>12:00 </p>	<p><b>21</b></p> <p>10:00 Line Dancing with Helen</p> <p>10:00 Floral Arranging sponsored by Michael LMy Medicare and Optum</p> <p>12:00 Bell Tower Lunch 60+ Chess Club</p> <p>   </p>	<p><b>22</b></p> <p>10:00 Tai Chi with Nosrat</p> <p>11:00 Hula Dancing w/ Laura</p> <p>11:00 Coffee &amp; Conversation</p> <p>12:00 Bell Tower Lunch 60+ Mahjong</p> <p>12:45 Gentle Yoga with Jeanette</p>	<p><b>23</b></p> <p>9:30 Chair Exercise w/ Simone</p> <p>11:00 Line Dancing with Helen</p> <p>12:00 Bell Tower Lunch 60+ Monthly Birthday Party supported by RSM Cares</p> <p>12:45 Friday Flicks: "Another Mother's Son"</p>
<p><b>26</b></p> <p></p> <p>CLOSED</p>	<p><b>27</b></p> <p></p>	<p><b>28</b></p> <p></p>	<p><b>29</b></p> <p>10:00 Tai Chi with Nosrat</p> <p>11:00 Hula Dancing w/ Laura</p> <p>11:00 Coffee &amp; Conversation</p> <p>12:00 Bell Tower Lunch 60+ Mahjong</p> <p>12:45 Gentle Yoga with Jeanette</p>	<p><b>29</b></p> <p></p>
<p>10:00 Total Body Fitness Video</p> <p>12:00 Bell Tower Lunch 60+ </p> <p>12:45 </p>	<p>9:30 Bocce Ball</p> <p>10:00 Tai Chi with Nosrat</p> <p>11:00 Coffee &amp; Conversation</p> <p>12:00 Bell Tower Lunch 60+ Mahjong (Drop-In)</p> <p>12:00 </p>	<p>10:00 Line Dancing with Helen</p> <p>12:00 Bell Tower Lunch 60+ Chess Club</p> <p>   </p>	<p>10:00 Tai Chi with Nosrat</p> <p>11:00 Hula Dancing w/ Laura</p> <p>11:00 Coffee &amp; Conversation</p> <p>12:00 Bell Tower Lunch 60+ Mahjong</p> <p>12:45 Gentle Yoga with Jeanette</p>	<p>9:30 Chair Exercise w/ Simone</p> <p>11:00 Line Dancing with Helen</p> <p>12:00 Bell Tower Lunch 60+ Monthly Birthday Party supported by RSM Cares</p> <p>12:45 Friday Flicks: "Another Mother's Son"</p>