







Senior Activities at  
The Bell Tower Regional Community Center  
949-709-7592



Monday	Tuesday	Wednesday 1	Thursday 2	Friday 3
		10:00 Line Dancing with Helen 12:00 Bell Tower Lunch 60+ 12:00 Lunch with the Law Hosted by OCSD  1:00 Chess Club <b>CITIZENS CLUB</b>	10:00 Video Tai Chi 12:00 Coffee & Conversation 12:00 Bell Tower Lunch 60+ 12:00 Mahjong (Drop-In) 12:00 Card Games (Drop-In) 12:45 Gentle Yoga	10:00 Chair Exercise with Simone 12:00 Bell Tower Lunch 60+ 12:45 Friday Flicks: The Glass Castle 1:00 AlzOC Caregiver Support Group
6	7	8	9	10
10:00 Total Body Fitness (Video) 12:00 Bell Tower Lunch 60+ 12:00 Card Games (Drop-In) 12:30 <b>BINGO</b>	9:30 Bocce Ball 10:00 Video Tai Chi 12:00 Coffee & Conversation 12:00 Bell Tower Lunch 60+ 12:00 Mahjong (Drop-In)	10:00 Line Dancing with Helen 12:00 Bell Tower Lunch 60+ 1:00 Chess Club <b>CITIZENS CLUB</b>	10:00 Video Tai Chi 12:00 Coffee & Conversation 12:00 Bell Tower Lunch 60+ 12:00 Mahjong (Drop-In) 12:00 Card Games (Drop-In) 12:45 Gentle Yoga	10:00 Chair Exercise with Simone 12:00 Bell Tower Lunch 60+ 12:00 Memorial Care Tech Talk 
13	14	15	16	17
10:00 Total Body Fitness with Ben 12:00 Bell Tower Lunch 60+ 12:00 Card Games (Drop-In) 12:30 <b>BINGO</b>	9:30 Bocce Ball 10:00 Tai Chi with Bing Luh Hosted by SCAN & Optum Care 12:00 Coffee & Conversation 12:00 Bell Tower Lunch 60+ 12:00 Mahjong (Drop-In)	10:00 Line Dancing with Helen 12:00 Bell Tower Lunch 60+ 1:00 Chess Club <b>CITIZENS CLUB</b>	10:00 Video Tai Chi 10:00 Fall Prevention Info Session with SCAN & Optum  12:00 Bell Tower Lunch 60+ 12:00 Mahjong/Card Games (Drop-In) 12:45 Gentle Yoga	10:00 Chair Exercise with Simone 12:00 Bell Tower Lunch 60+ 12:45 Friday Flicks: Bombshell
20	21	22	23	24
10:00 Total Body Fitness with Ben 12:00 Bell Tower Lunch 60+ 12:00 Card Games 12:30 <b>BINGO</b>	9:30 Bocce Ball 10:00 Video Tai Chi 12:00 Coffee & Conversation 12:00 Bell Tower Lunch 60+ 12:00 Mahjong (Drop-In) 1:00 Art Club	10:00 Line Dancing with Helen 12:00 Bell Tower Lunch 60+ 1:00 Chess Club <b>CITIZENS CLUB</b>	10:00 Video Tai Chi 12:00 Coffee & Conversation 12:00 Bell Tower Lunch 60+ 12:00 Mahjong (Drop-In) 12:00 Card Games (Drop-In) 12:45 Gentle Yoga	10:00 Chair Exercise with Simone 12:00 Bell Tower Lunch 60+ & Month End Birthday Party  12:45 Friday Flicks: Before I Go To Sleep
27	28	29	30	
10:00 Total Body Fitness with Ben 12:00 Bell Tower Lunch 60+ 12:00 Card Games (Drop-In) 12:30 <b>BINGO</b>	9:30 Bocce Ball 10:00 Tai Chi with Bing Luh Hosted by SCAN & Optum Care 12:00 Coffee & Conversation 12:00 Bell Tower Lunch 60+ 12:00 Mahjong (Drop-In)	10:00 Line Dancing with Helen 12:00 Bell Tower Lunch 60+ 1:00 Chess Club <b>CITIZENS CLUB</b>	10:00 Video Tai Chi 12:00 Coffee & Conversation 12:00 Bell Tower Lunch 60+ 12:00 Mahjong (Drop-In) 12:00 Card Games (Drop-In) 12:45 Gentle Yoga	