

ATASCADERO SENIOR CENTER
 April 2026
 Activity Calendar
 (805) 466-4674 atascaderoseniorcenter.org

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Sat. |
|---------------------------------------|--------------------------------------|---------------------------------------------------|---------------------------------------------|------------------------------------------------------------------------------------------------|-----------------------------------------|-----------------------|
| 29 | 30 | 31 | 1 | 2 | 3 | 4 |
| 10:00 to 11:00 AA Serenity Sisters | 9:30 to 10:30 Tai Chi Chih | 9:00 to 12:00 Cribbage** | 9:30 to 10:30 Tai Chi Chih | 9:30 to 11:00 Qigong | 9:30 to 10:30 Tai Chi Chih | |
| | 11:00 to 12:00 Walking at ASC | 9:30 to 11:00 Chair Yoga & Wellness | 10:45 to 11:30 Spanish Basic | 11:30 Walking at Lake Park | 12:10 to 12:30 Singing at MTC | |
| | 12:00 to 1:00 Tech Help | | 11:45 to 12:40 Spanish | | 12:45 Movie Time! "The Notebook" | |
| | 1:00 to 3:00 Bunco | | 12:45 to 3:00 Game Time! | | | |
| Buy dance party tickets! | 3:30 to 4:30 Tai Chi Chih | Buy dance party tickets! | Buy dance party tickets! | Buy dance party tickets! | Buy dance party tickets! | |
| 5 | 6 | 7 | 8 | 9 | 10 | 11 |
| 10:00 to 11:00 AA Serenity Sisters | 9:30 to 10:30 Tai Chi Chih | 9:00 to 12:00 Cribbage** | 9:30 to 10:30 Tai Chi Chih | 9:30 to 11:00 Qigong | 9:30 to 10:30 Tai Chi Chih | |
| | 11:00 to 12:00 Walking at ASC | 9:30 to 11:00 Chair Yoga & Wellness | 10:45 to 11:30 Spanish Basic | 10:00 Hiking Jim Green Trail | 12:10 to 12:30 Singing at MTC | |
| | 12:00 to 1:00 Tech Help | | 11:45 to 12:40 Spanish | 11:30 Walking at Lake Park | | |
| | 1:00 to 3:00 Bunco | | 12:45 to 3:00 Game Time! | | | |
| Buy dance party tickets! | 3:30 to 4:30 Tai Chi Chih | Buy dance party tickets! | Buy dance party tickets! | Buy dance party tickets! | Buy dance party tickets! | |
| 12 | 13 | 14 | 15 | 16 | 17 | 18 |
| 10:00 to 11:00 AA Serenity Sisters | 9:30 to 10:30 Tai Chi Chih | 9:00 to 12:00 Cribbage** | 9:30 to 10:30 Tai Chi Chih | 9:30 to 11:00 Qigong | 9:30 to 10:30 Tai Chi Chih | Dance Party!!! |
| | 11:00 to 12:00 Walking at ASC | 10:00 to 11:00 Socrates Club | 10:45 to 11:30 Basic Spanish | 11:30 Walking at Lake Park | 12:10 to 12:30 Singing at MTC | |
| | 12:00 to 1:00 Tech Help | 11:30 - 12:30 Hook, Needle, & Thread | 11:45 to 12:40 Conversational Spanish | 1:30 to 3:00 Arts & Crafts* Help complete decorations for the dance party fundraiser. | 12:45 Movie Time! "Roman Holiday" | |
| | 1:00 to 3:00 Bunco | | 12:45 to 3:00 Game Time! | | | |
| Buy dance party tickets! | 3:30 to 4:30 Tai Chi Chih | Buy dance party tickets! | Buy dance party tickets! | Buy dance party tickets! | Buy dance party tickets! | |
| 19 | 20 | 21 | 22 | 23 | 24 | 25 |
| 10:00 to 11:00 AA Serenity Sisters | 9:30 to 10:30 Tai Chi Chih | 9:00 to 12:00 Cribbage** | 9:30 to 10:30 Tai Chi Chih | 9:30 to 11:00 Qigong | 9:30 to 10:30 Tai Chi Chih | |
| | 11:00 to 12:00 Walking at ASC | 10:30 to 12:00 Speaker: | 10:45 to 11:30 Basic Spanish | 11:30 Walking at Lake Park | 10:45 to 11:45 Book Bunch | |
| | 12:00 to 1:00 Tech Help | Susan Quinones, RN End of Life Options | 11:45 to 12:40 Conversational Spanish | | 12:10 to 12:30 Singing at MTC | |
| | 1:00 to 3:00 Bunco | | 11:00 to 12:45 Tech Help | 3:30 to 5:00 Healing through Writing | | |
| | 3:30 to 4:30 Tai Chi Chih | | 12:45 to 3:00 Game Time! | | | |
| 26 | 27 | 28 | 29 | 30 | 1 | 2 |
| 10:00 to 11:00 AA Serenity Sisters | 9:30 to 10:30 Tai Chi Chih | 9:00 to 12:00 Cribbage** | 9:30 to 10:30 Tai Chi Chih | 9:30 to 11:00 Qigong | 9:30 to 10:30 Tai Chi Chih | |
| | 11:00 to 12:00 Walking at ASC | 10:00 to 11:00 Socrates Club | 10:45 to 11:30 Basic Spanish | 11:30 Walking at Lake Park | 12:10 to 12:30 Singing at MTC | |
| | 12:00 to 1:00 Tech Help | 11:30 - 12:30 Hook, Needle, & Thread | 11:45 to 12:40 Conversational Spanish | 3:30 to 5:00 Healing through Writing | 12:45 Movie Time! | |
| | 1:00 to 3:00 Bunco | | 12:45 to 3:00 Game Time! | | | |
| | 3:30 to 4:30 Tai Chi Chih | | | | | |

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| Activity | Leader | Descriptions and Notes |
|----------------------------|------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Art and Crafts* | Sheila New Mary Rush | 3rd Thursday, <u>every other month</u> , 1:30-3:00. Craft projects vary by session. This month: Please call or come in to sign up to help us with table decorations for the Fundraiser Dance Party!!! |
| Book Bunch (and Lunch?) | Vickie Rabourn | Last Friday, 10:45-11:45. Book discussion. This month: <i>Anxious People</i> . Copies are available for check-out at the front desk. After discussion, we may go out for lunch. |
| Bunco | Sue Riding | Mondays. Sign-in by 12:55 for 1:00 start. \$4 to play. Cash prizes are guaranteed for six winners. 20-minute refreshment break. |
| Chair Yoga & Wellness | Maryanne Nolin | 1st Tuesday, 9:30-11:00. Chair Yoga and wellness exercises for health and healing, with safe movements. |
| Cribbage** | Randy (909) 887-5893 | Tuesdays, 9:00-12:00. Location is usually Atascadero Colony Park. For ACC Cribbage, contact Randy to participate. |
| Game Time! | Randy Azelton Marge Yarmuth Bob Schrempp | Every Wednesday, 12:45-3:00. Randy leads Mexican Train; Marge leads Mahjong. On the last Wednesday of the month, Bob leads board or card games. |
| Hang Out | No Host | A casual time to socialize or enjoy alone time. Use our computers or tablets. Pick out book or puzzles to bring home. Any time the center is open. Please be respectful of activities in progress. |
| Healing through Writing | Brian "B.K." Bergman | Eight-week pen-to-paper writing course designed to help work through life's challenges such as loss, grief, addiction, abuse, low self-esteem, and depression. Limited to 10 participants. Must sign up. |
| Hiking | Lynn Berkeley | 2nd Thursday, 10 a.m. This month, meet at the Jim Green Trailhead parking lot at the end of Cortez Ave. Rain cancels. |
| Hook, Needle, & Thread | Terrie Rombold-Smith | 2nd and 4th Tuesdays 11:30. Knitting, crochet, and needlework. Learn or enhance your skills. Materials provided or bring your own. |
| Mahjong | Marge Yarmuth | Wednesdays, 12:45-3:00. Mahjong, American Rules. All levels. Instruction booklets available. |
| Membership Meetings | Vickie Rabourn | Dates to be announced. Stay informed. Hear updates, give input, and discuss ASC activities, ideas, events, and concerns. Connect with fellow members. Refreshments served. |
| Mexican Train | Randy Azelton | Wednesdays, 12:45-3:00. Domino game. All levels welcome. |
| Movie Time! | Mike Chow Denise Nielsen | 1st and 3rd Fridays, 12:45. Join us for a movie on a 65" screen. Light refreshments provided. Optional: Bring something to share. This month: <i>The Notebook</i> and <i>Roman Holiday</i> . |
| Qigong | Carol Benton Joy Kent | Thursdays, 9:30-11:00. Gentle exercises and deep breathing to optimize energy, improve health, enhance balance, reduce stress, and promote well-being. |
| Singing | Meals That Connect | Fridays, 12:10-12:30 at the Meals That Connect dining room behind the Atascadero Senior Center. |
| Socrates Club | No Host | 2nd and 4th Tuesdays, 10:00-11:00. Discussion group with varying topics. |
| Basis Spanish | Suzan Barroso | Wednesdays, 10:45 - 11:30. Learn and practice basic Spanish. |
| Conversational Spanish | Suzan Barroso | Wednesdays, 11:45 - 12:40. Practice conversational Spanish. |
| Speaker | Vickie Rabourn | This month, Susan Quinones, RN, on CA's End of Life Options Act and aid in dying. April 21, 10:30-noon. |
| Tai Chi Chih | Carol Benton | Mondays, 9:30-10:30 and 3:30-4:30. Wednesdays and Fridays, 9:30-10:30. A mindful moving meditation with gentle movements to improve balance, reduce stress, and promote well-being. |
| Tech Buddies | Paloma Creek High School Students | Tech-savvy Paloma Creek HS students visit every six weeks to help with tech challenges and teach new skills. Please let us know you're coming. |
| Tech Help | Mike Chow Bob Schrempp | Mondays, 12:00-1:00 and 4th Wednesdays, 11:00-12:45. Get assistance with tech challenges or learn new skills. |
| Walking | Mike Chow | Mondays, 11:00 and Thursdays, 11:30. Meet in front of the Center on Mondays and at Lake Park's Faces of Freedom parking lot on Thurs. Rain cancels. |