

ATASCADERO SENIOR CENTER
FEBRUARY 2026 ACTIVITY CALENDAR
(805) 466-4674 atascaderoseniorcenter.org

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Sat.
1	2	3	4	5	6	7
10:00 to 11:00 AA Serenity Sisters	9:30 to 10:30 Chi Chih	Tai 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 12:30 Hang Out Time	11:00 to 3:00 Hang Out Time	11:00 to 12:45 Hang Out Time	11:30 Walking at Lake Park	11:00 to 3:00 Hang Out Time	
	11:00 to 12:00 Walking at ASC 12:00 to 1:00 Tech Help**		11:00 to 12:00 Tech Help for Beginners**	11:15 to 3:00 Hang Out Time	11:00 to 3:00 Chat with Wesli	
	11:00 to 3:00 Chat with Wesli		11:00 AARP Tech Videos****		12:10 to 12:30 Singing at MTC	
	1:00 to 3:00 Bunco		12:45 to 3:00 Game Time!		12:45 Movie Time!	
8	9	10	11	12	13	14
10:00 to 11:00 AA Serenity Sisters	9:30 to 10:30 Chi Chih	Tai 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	11:00 to 12:45 Hang Out Time	11:30 Walking at Lake Park	11:00 to 3:00 Hang Out Time	
Come any time after 2:30. Kickoff is 3:30 <u>Super Bowl Party!!</u>	11:00 to 12:30 Hang Out Time 12:00 to 1:00 Tech Help**	11:15 to 3:00 Hang Out Time	11:00 to 12:00 Tech Help for Beginners** 11:00 AARP Tech Videos****	11:15 to 1:30 Hang Out Time	12:10 to 12:30 Singing at MTC 11:00 to 3:00 Chat with Wesli	
	11:00 to 3:00 Chat with Wesli 1:00 to 3:00 Bunco	1:00 to 3:00 Valentine Fun! Cookies & Cards*	12:45 to 3:00 Game Time!	1:30 to 2:10 Laughter Yoga	12:30 to 1:30 Senior Nutrition "You'll Never Taste the Difference!" with Wesli	
15	16	17	18	19	20	21
10:00 to 11:00 AA Serenity Sisters	11:00 to 12:00 Walking at ASC	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	
	1:00 to 3:00 Bunco	11:00 to 12:00 Board Meeting	11:00 to 12:45 Hang Out Time	11:30 Walking at Lake Park	11:00 to 3:00 Hang Out Time	
	CLOSED FOR PRESIDENTS' DAY (except for Walking and Bunco)	12:30 to 1:00 General Meeting	11:00 to 12:00 Tech Help for Beginners**	11:15 to 3:00 Hang Out Time	11:00 to 3:00 Chat with Wesli	
			11:00 AARP Tech Videos****			
		1:00 to 1:30 Speaker, John Torres of SLO Food Bank	12:45 to 3:00 Game Time!	1:30 to 3:00 Art & Crafts*	12:45 Movie Time!	
22	23	24	25	26	27	28
10:00 to 11:00 AA Serenity Sisters	9:30 to 10:30 Chi Chih	Tai 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	11:00 to 12:45 Hang Out Time	11:30 Walking at Lake Park	10:45 to 11:45 Book Bunch	
	11:00 to 12:30 Hang Out Time 12:00 to 1:00 Tech Help**	11:00 to 3:00 Hang Out Time	11:00 to 12:45 Tech Help for All Levels**	11:15 to 1:30 Hang Out Time	11:00 to 12:30 Hang Out Time 12:10 to 12:30 Singing at MTC	
	11:00 to 3:00 Chat with Wesli 1:00 to 3:00 Bunco	11:20 to 12:20 Tech Buddies from Paloma Creek High	12:45 to 3:00 Game Time!	1:30 to 2:10 Laughter Yoga	12:30 to 2:30 "Memory Lane" with Wesli	

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Activity	Leader	Descriptions and Notes
AARP Tech Videos****	Suzan Barroso	Wednesdays at 11:00. Feb 4th: "Tech Basics for Caregiving", Feb 11th: Virtual Reality at a Glance, Feb 18th: Technology for Aging, Feb 25th, TBD.
Art and Crafts*	Sheila New Rush	3rd Thursday, <u>every other month</u> , 1:30-3:00. Craft projects vary by session. This month, embossed foil hearts. *Please call or come in to sign up in advance.
Book Bunch (and Lunch?)	Vickie Rabourn	Last Friday, 10:45-11:45. Book discussion. This month: <i>Montana, 1948</i> , by Larry Watson. Copies are available for check-out at the front desk. After discussion, the group decides if and where to go for lunch together.
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.
Cookies&Cards*	Paula Pacheco	We will be making Valentine cards and decorations. Bring some cookies to share, maybe the recipe, too, if you can :-) *Please call or come in to sign up in advance.
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 Time (+Tech Help?)	No Host	A casual time to socialize or enjoy alone time. Use our computers or tablets, read, write, draw, play a game, do a jigsaw puzzle, ride the stationary recumbent bike, etc. At this time, we also encourage members to help each other with tech.
Laughter Yoga	Joy Kent	2nd & 4th Thurs, 1:30-2:10. A fun combination of laughter and easy movements (no poses!) that boosts happy hormones and gives your heart and lungs an easy workout. No getting on the floor; no special clothing.
Mahjong	Marge Yarmuth	Wednesdays, 12:45-3:00. Mahjong, American Rules. Instruction books will be available for checkout. All levels welcome.
Membership Meeting	Vickie Rabourn	3rd Tuesday, 12:30-1:00. Stay informed. Hear updates, give input, and discuss ASC activities, ideas, events, and concerns. Connect with fellow members. Refreshments served. Followed by a guest speaker at 1:00-1:30.
"Memory Lane"	Wesli Oeh	ASC's Cal Poly intern, Wesli, is taking us on a trip down memory lane. This will be your opportunity to share stories and hear fellow members' memories, too. It will be a fun, casual activity.
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 with 4K resolution. Refreshments provided. Optional: Bring something to share. This month, <i>Hachi: A Dog's Tale</i> and <i>McFarland, USA</i>
Qigong	Carol Benton Kent	Thursdays, 9:30-11:00. Gentle exercises and deep breathing to optimize energy, improve health, enhance balance, reduce stress, and promote well-being.
"You'll Never Taste the Difference!"	Wesli Oeh	Wesli Oeh (pronounced "Oye") is a Cal Poly student with an internship at Atascadero Senior Center. Come join her as she will be bringing us her favorite healthy home-baked items and recipes as well as sharing easy ways to incorporate healthier ingredients into your own favorite recipes.
Singing	MTC	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.
Speaker	Vickie Rabourn	3rd Tuesday, 1:00-1:30. Follows General Membership meeting. This month, John Torres of SLO Food Bank will be here.
Tai Chi Chih	Carol Benton	Mondays, Wednesdays, 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	Every six weeks, tech-savvy Paloma Creek High School students help with all tech questions, challenges, and skills on any device. Walk-ins welcome, but RSVPs are very much appreciated. Dates and times announced via email to members.
Tech Help**	Suzan Barroso Mike Chow Bob Schrempp	Mondays, (all levels) and Wednesdays, (beginners only, except 4th Wednesday, which is all levels). Get help with smartphones, smartwatches, computers, and tablets. Learn a new skill or program. Bring your own device or use one of ours (laptops, iPads, iMac). Advanced sign-ups are not required, but if you let us know in advance what you need help with, our tutors can be prepared. You're also welcome to drop in during any Hang Out time to see if another member happens to be available to lend a hand with your tech challenges.
Walking	Mike Chow	Mondays, 11:00 and Thursdays, 11:30. Meet in front of the Senior Center (ASC) on Mondays and at Lake Park's Faces of Freedom parking lot on Thurs. Rain cancels.