

Atascadero Senior Center - March Activity Calendar - (805) 466-4674

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
2 10:00 to 11:00 AA Serenity Sisters	3 9:30 to 10:30 Tai Chi Chih 12:00 to 12:30 Walking 1:00 to 3:30 Bunco	4 9:00 to 12:00 Cribbage at Colony Park	5 9:30 to 10:30 Tai Chi Chih 12:00 to 12:30 Walking 1:00 to 2:45 Mexican Train	6 9:30 to 11:00 Qigong	7 9:30 to 10:30 Tai Chi Chih	8
9 10:00 to 11:00 AA Serenity Sisters	10 9:30 to 10:30 Tai Chi Chih 12:00 to 12:30 Walking 1:00 to 3:30 Bunco	11 9:00 to 12:00 Cribbage at Colony Park 10:00 to 11:00 Socrates Club	12 9:30 to 10:30 Tai Chi Chih 12:00 to 12:30 Walking 1:00 to 2:45 Mexican Train	13 9:30 to 11:00 Qigong 2:30 to 3:30 Laughter Yoga	14 9:30 to 10:30 Tai Chi Chih 12:45 to 2:30 Movie Time! – Happenstance	15
16 10:00 to 11:00 AA Serenity Sisters	17 9:30 to 10:30 Tai Chi Chih 12:00 to 12:30 Walking 1:00 to 3:30 Bunco	18 9:00 to 12:00 Cribbage at Colony Park 11:00 to 12:00 Board Meeting 12:30 to 1:30 General Membership	19 9:30 to 10:30 Tai Chi Chih 12:00 to 12:30 Walking 1:00 to 2:45 Mexican Train	20 9:30 to 11:00 Qigong 1:30 to 3:30 Arts and Crafts - Decoupage	21 9:30 to 10:30 Tai Chi Chih	22
23 10:00 to 11:00 AA Serenity Sisters	24 9:30 to 10:30 Tai Chi Chih 12:00 to 12:30 Walking 1:00 to 3:30 Bunco	25 9:00 to 12:00 Cribbage at Colony Park 10:00 to 11:00 Socrates Club	26 9:30 to 10:30 Tai Chi Chih 12:00 to 12:30 Walking 1:00 to 2:45 Mexican Train	27 9:30 to 11:00 Qigong 2:30 to 3:30 Laughter Yoga	28 9:30 to 10:30 Tai Chi Chih 10:45-11:45 Book Club – The Storied Life of A.J. Fikry. 12:45-2:45 Movie Time! – The Innocents	29
30 10:00 to 11:00 AA Serenity Sisters	31 9:30 to 10:30 Tai Chi Chih 12:00 to 12:30 Walking 1:00 to 3:30 Bunco	1 April 9:00 to 12:00 Cribbage at Colony Park 10:00 to 11:00 Socrates Club	2 April 9:30 to 10:30 Tai Chi Chih 12:00 to 12:30 Walking 1:00 to 2:45 Mexican Train	3 April 9:30 to 11:00 Qigong	4 April 9:30 to 10:30 Tai Chi Chih 10:45 to 11:45	5 April

Tai Chi Chih – Contact Carol Benton, 805-792-0983 – A mindful moving meditation to improve balance and reduce stress.

Bunco – Contact Sue Riding. Game starts at 1:00 (no later than 12:55 sign in), \$4 to play (guaranteed 6 winners), 20 min. refreshment break: Ends around 3:00 or so.

Qi Gong – Contact Carol Benton, 805-792-0983 – Exercises used to optimize energy and improve health and maintain well-being.

Socrates Club – Carol Benton and Andrea Leary, Contact Carol Benton, 805-792-0983 – Discussion group with varying topics.

Cribbage – Contact Randy at 909-887-5893 – Location Colony Park Recreation Center, 9:00 to 12:00. ***ACC Cribbage – contact Randy for additional days and times.**

Art and Crafts – Contact Senior Center (805)466-4674 to sign up. Shiela New, instructor.

Laughter Yoga – Contact Senior Center (805) 466-4674. A fun combination of laughter and easy movements that boosts happy hormones and gives your heart and lungs an easy workout.

Movie Time! – Laura and Denise, Contact Senior Center (805)466-4674. Join us for a movie, free to members, \$2 non-members, refreshments provided, or bring something to share!

Walking – Meet at the front of the Senior Center to join in on a casual walk or set your own pace. Mondays and Wednesdays at noon.

Book Club – Contact Senior Center (805)466-4674. Enjoyable book, with thoughtful discussion. Free to members, \$2 non-members. Last Friday of the month

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