

ATASCADERO SENIOR CENTER ACTIVITY CALENDAR

June 2026

atascaderoseniorcenter.org

805/466-4674

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6
9:30-10:30 Tai Chi Chih	9:00-12:00 Cribbage*	9:30-11:30 Tai Chi Chih	9:30-11:00 Qigong	9:30-11:30 Tai Chi Chih	11:10 Talk Time!
11:00-12:00 Walking/ASC*		10:45-11:30 Basic Spanish	11:00-12:00 Walking/Lake Park	12:10-12:30 Singing at MTC***	
12:00-1:00 Tech Help		11:45-12:40 Conversational Spanish	3:30-5:00 Healing Through Writing*	12:45 Movie Time! <i>Erin Brockovich</i>	
1:00-3:00 Bunco		12:45-3:00 Game Time!			
3:30-4:30 Tai Chi Chih					
8	9	10	11	12	13
9:30-10:30 Tai Chi Chih	9:00-12:00 Cribbage**	9:30-11:30 Tai Chi Chih	9:30-11:00 Qigong	9:30-11:30 Tai Chi Chih	11:10 Talk Time!
11:00-12:00 Walking/ASC*	10:00-11:00 Socrates Club	10:45-11:30 Basic Spanish	10:00 Hiking/Jim Green Trailhead	12:10-12:30 Singing at MTC***	
12:00-1:00 Tech Help	11:30-12:30 Hook, Needle & Thread	11:45-12:40 Conversational Spanish	11:00-12:00 Walking/Lake Park		
1:00-3:00 Bunco	1:00-2:30 Tech Help^	12:45-3:00 Game Time!	3:30-5:00 Healing Through Writing*		
3:30-4:30 Tai Chi Chih					
15	16	17	18	19	20
9:30-10:30 Tai Chi Chih	9:00-12:00 Cribbage**	9:30-11:30 Tai Chi Chih	9:30-11:00 Qigong	9:30-11:30 Tai Chi Chih	11:10 Talk Time!
11:00-12:00 Walking/ASC*	11:15-12:00 Speakers#	10:45-11:30 Basic Spanish	11:00-12:00 Walking/Lake Park	12:10-12:30 Singing at MTC***	
12:00-1:00 Tech Help		11:45-12:40 Conversational Spanish	1:30-3:00 Arts & Crafts Decoupage Clam Shells	12:45 Movie Time! <i>The Wizard of Oz 1939</i>	
1:00-3:00 Bunco		12:45-3:00 Game Time!			
3:30-4:30 Tai Chi Chih					
22	23	24	25	26	27
9:30-10:30 Tai Chi Chih	9:00-12:00 Cribbage**	9:30-11:30 Tai Chi Chih	9:30-11:00 Qigong	9:30-11:30 Tai Chi Chih	11:10 Talk Time!
11:00-12:00 Walking/ASC*	10:00-11:00 Socrates Club	10:45-11:30 Basic Spanish	11:00-12:00 Walking/Lake Park	10:45-11:45 Book Bunch	1:00-3:00 Ice Cream Social
12:00-1:00 Tech Help	11:15-12:00 Speakers#	11:00-12:45 Tech Help		12:10-12:30 Singing at MTC***	
1:00-3:00 Bunco	11:30-12:30 Hook, Needle & Thread	11:45-12:40 Conversational Spanish			
3:30-4:30 Tai Chi Chih		12:45-3:00 Game Time!			
29	30				
9:30-10:30 Tai Chi Chih	9:00-12:00 Cribbage**				
11:00-12:00 Walking/ASC*					
12:00-1:00 Tech Help					
1:00-3:00 Bunco					
3:30-4:30 Tai Chi Chih					

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Activity	Leader	Descriptions and Notes
Art & Crafts	Sheila New Mary Rush	3rd Thursday, <u>every other month</u> , 1:30-3:00. Craft projects vary by session. This month: Decoupage Clam Shells. Must sign up.
Book Bunch (& Lunch?)	Vickie Rabourn	Last Friday, 10:45-11:45. Book discussion. This month: <i>Anxious People</i> . 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.
Cribbage**	Randy Azelton	Tuesdays, 9:00-12:00. Location usually Atascadero Colony Park. Open to all skill levels. For ACC Cribbage, contact Randy to participate. (909) 887-5893
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 books or puzzles to take home. Any time the center is open. Please be respectful of activities in progress.
Healing through Writing	Brian "B.K." Bergman	Eight-week course designed to help work through life's challenges.
Hiking	Lynn Berkeley	2nd Thursday, 10:00. 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.
Ice Cream Social	Vickie Rabourn	Let's get together, hang out, and enjoy some ice cream.
Membership Meeting	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.
Movie Time!	Mike Chow Denise Nielsen	1st and 3rd Fridays, 12:45. Light refreshments provided. Optional: Bring a snack to share.
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	MTC***	Fridays, 12:10-12:30 at the Meals That Connect*** dining room behind ASC*
Socrates Club	No Host	2nd and 4th Tuesdays, 10:00-11:00. Discussion group, varying topics.
Basic 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.
Speakers#	Michelle Zulim-Clark Paige Anderson	June 16, 11:15-12:00. Personal and road safety workshop June 23, 11:15-12:00. Group walk, strength, and balance workshop Health Education Specialist, SLO Co. Public Health Rideshare Program Coord., SLO Council of Governments
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.
Talk Time!	No Host	Saturdays, 11:10. Chat, share stories, and make connections.
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 Mike Quin Bob Schrempp	Mondays (No Apple), 12:00-1:00, 2nd Tuesdays 1:00-2:30, and 4th Wednesdays, 11:00-12:45. get assistance w/tech challenges/learn new skills. June 9, 1:00-2:30^ - Mike Quin, iPad Workshop. Techniques and tools for easy transition from desktop or laptop; get the most out of your personal iPad.
Walking	Mike Chow	Mondays and Thursdays at 11:00. Meet in front of the Center (ASC*) on Monday. Lake Park's Faces of Freedom parking lot on Thursday. Rain cancels.

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