

ATASCADERO SENIOR CENTER ACTIVITY CALENDAR

August 2026

5905 East Mall atascaderoseniorcenter.org (805) 466-4674

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
3	4	5	6	7	8
9:00-10:00 Walking/ASC*	9:00-12:00 Cribbage**	9:30-10:30 Tai Chi Chih	9:00-10:00 Walking/Lake Park	9:30-10:30 Tai Chi Chih	12:00-3:00 American Mahjong
9:30-10:30 Tai Chi Chih		10:45-11:30 Basic Spanish	9:30-11:00 Qigong	12:10-12:30 Singing at MTC***	
12:00-1:00 Tech Help		11:40-12:30 Conversational Spanish		12:45 – Movie Time! <i>Remarkably Bright Creatures</i>	
1:00-3:00 Bunco		12:45-3:00 Game Time!			
3:30-4:30 Tai Chi Chih					
10	11	12	13	14	15
9:00-10:00 Walking/ASC*	9:00-12:00 Cribbage**	9:30-10:30 Tai Chi Chih	9:00-10:00 Walking/Lake Park	9:30-10:30 Tai Chi Chih	12:00 Hang Out Time!
9:30-10:30 Tai Chi Chih	10:00-11:00 Socrates Club	10:45-11:30 Basic Spanish	9:30-11:00 Qigong	12:10-12:30 Singing at MTC***	
12:00-1:00 Tech Help	11:30-12:30 Hook, Needle, & Thread	11:40-12:30 Conversational Spanish	10:00 Hiking/Jim Green		
1:00-3:00 Bunco	1:00-2:30 Special Apple Workshop	12:45-3:00 Game Time!			
3:30-4:30 Tai Chi Chih					
17	18	19	20	21	22
9:00-10:00 Walking/ASC*	9:00-12:00 Cribbage**	9:30-10:30 Tai Chi Chih	9:00-10:00 Walking/Lake Park	9:30-10:30 Tai Chi Chih	12:00-3:00 American Mahjong
9:30-10:30 Tai Chi Chih	11:00-12:00 Speaker	10:45-11:30 Basic Spanish	9:30-11:00 Qigong	12:10-12:30 Singing at MTC***	
12:00-1:00 Tech Help		11:40-12:30 Conversational Spanish	1:30-3:00 Sunflower Collage on Canvas	12:45 Movie Time! <i>Song Sung Blue</i>	
1:00-3:00 Bunco		12:45-3:00 Game Time!			
3:30-4:30 Tai Chi Chih					
24	25	26	27	28	29
9:00-10:00 Walking/ASC*	9:00-12:00 Cribbage**	9:30-10:30 Tai Chi Chih	9:00-10:00 Walking/Lake Park	9:30-10:30 Tai Chi Chih	12:00 Hang Out Time!
9:30-10:30 Tai Chi Chih	10:00-11:00 Socrates Club	10:45-11:30 Basic Spanish	9:30-11:00 Qigong	10:45-11:45 Book Bunch	
12:00-1:00 Tech Help	11:30-12:30 Hook, Needle, & Thread	11:40-12:30 Conversational Spanish		12:10-12:30 Singing at MTC***	
1:00-3:00 Bunco		12:45-3:00 Game Time!			
3:30-4:30 Tai Chi Chih					
31	September 1	September 2	September 3	September 4	September 5
9:00-10:00 Walking/ASC*	9:00-12:00 Cribbage**	9:30-10:30 Tai Chi Chih	9:00-10:00 Walking/Lake Park	9:30-10:30 Tai Chi Chih	12:00-3:00 American Mahjong
9:30-10:30 Tai Chi Chih		10:45-11:30 Basic Spanish	9:30-11:00 Qigong	12:10-12:30 Singing at MTC***	
12:00-1:00 Tech Help		11:40-12:30 Conversational Spanish		12:45 Movie Time! <i>On the Town</i> (1949)	
1:00-3:00 Bunco		12:45-3:00 Game Time!			
3:30-4:30 Tai Chi Chih					

Activity	Leader	Descriptions and Notes
American Mahjong	Danna Stack	11:00-3:00, every other Saturday. Open to experienced American Mahjong players.
Apple Tech Help	Mike Quin	August 11-Apple Photos Workshop. Learn to take, edit, organize, and store photos on your iPhone and iPad. Discover practical uses such as copying documents, photographing belongings for insurance purposes, and using your device as a copy machine. Sign-ups appreciated.
Art & Crafts	Sheila New Mary Rush	3rd Thursday, <u>every other month</u> , 1:30-3:00. Craft projects vary by session. Meets August 20 this month. Craft is Sunflower Collage on Canvas . (See sample in receptionist office.) Must sign up.
Book Bunch (& Lunch?)	Vickie Rabourn	Last Friday, 10:45-11:45. Book discussion. Meets August 28 this month and the book is <i>Lessons in Chemistry</i> by Bonnie Garmus. 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.
Hiking	Lynn Berkeley	2nd Thursday, 10 a.m. 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.
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. August 7 – <i>Remarkable Bright Creatures</i> , run time 1 hr. 51 min.; August 21 – <i>Song Sung Blue</i> , run time 2 hr. 13 min.; September 4 – <i>On the Town</i> , 1949; run time 1 hr. 38 min.
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	Host Varies	2nd and 4th Tuesdays, 10:00-11:00. Discussion group, varying topics.
Spanish Basic	Suzan Barroso	Wednesdays, 10:45-11:30. Learn and practice basic Spanish.
Spanish Conversational	Suzan Barroso	Wednesdays, 11:40-12:30. Practice conversational Spanish.
Speaker	Barbara Alarcon	Tuesday, August 18, 11:00-12:00. Executive Director, Noor Foundation. Presentation about Noor Foundation's high-quality, free health, dental, and vision services for uninsured residents of San Luis Obispo County.
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 Mike Quin	Mondays (No Apple), 12:00-1:00 and 2nd Tuesdays 1:00-2:30. Get assistance w/tech challenges/learn new skills.
Walking	Mike Chow	Mondays and Thursdays at 9:00. Meet in front of the Center (ASC*) on Monday. Lake Park's Faces of Freedom parking lot on Thursday. Rain cancels.