

# ATASCADERO SENIOR CENTER

805-466-4674

## JULY 2025 ACTIVITY CALENDAR

| Sunday  | Monday   | Tuesday  | Wednesday   | Thursday   | Friday   | Saturday  |
|---|--|--|---|--|--|-----------|
|   |  | <b>1</b><br><b>9:00 to 12:00</b><br>Cribbage at Colony Park<br><br><b>11:00 to 3:00</b><br>Hang Out Time   | <b>2</b><br><b>9:30 to 10:30</b><br>Tai Chi Chih<br><br><b>11:00 to 1:00</b><br>Hang Out Time<br><br><b>12:15-12:45</b><br>Singing at MTC<br><br><b>1:00 to 3:00</b><br>Game Time!  | <b>3</b><br><b>9:30 to 11:00</b><br>Qigong<br><br><b>11:00</b><br>**Walking Lake Park<br><br><b>11:15 to 3:00</b><br>Hang Out Time   | <b>4</b><br><br><br><br><br><br><br><br><br><br><b>CLOSED FOR INDEPENDENCE DAY</b>   | <b>5</b>  |
| <b>6</b><br><b>10:00 to 11:00</b><br>AA Serenity Sisters<br><br><b>12:00</b><br>**ACC Cribbage  | <b>7</b><br><b>9:30 to 10:30</b><br>Tai Chi Chih<br><br><b>11:00</b><br>**Walking ASC<br><br><b>11:00 to 12:30</b><br>Hang Out Time<br><br><b>1:00 to 3:30</b><br>**Bunco  | <b>8</b><br><b>9:00 to 12:00</b><br>Cribbage at Colony Park<br><br><b>10:00 to 11:00</b><br>Socrates Club<br><br><b>11:00 to 3:00</b><br>Hang Out Time   | <b>9</b><br><b>9:30 to 10:30</b><br>Tai Chi Chih<br><br><b>11:00 to 1:00</b><br>Hang Out Time<br><br><b>12:15-12:45</b><br>Singing at MTC<br><br><b>1:00 to 3:00</b><br>Game Time!  | <b>10</b><br><b>9:30 to 11:00</b><br>Qigong<br><br><b>11:00</b><br>**Walking Lake Park<br><br><b>11:30 to 1:00</b><br>**Flower Arranging<br><br><b>2:30 to 3:15</b><br>Laughter Yoga | <b>11</b><br><b>9:30 to 10:30</b><br>Tai Chi Chih<br><br><b>11:00 to 3:00</b><br>Hang Out Time<br><br><b>12:15-12:45</b><br>Singing at MTC   | <b>12</b> |
| <b>13</b><br><b>10:00 to 11:00</b><br>AA Serenity Sisters                                       | <b>14</b><br><b>9:30 to 10:30</b><br>Tai Chi Chih<br><br><b>11:00</b><br>**Walking ASC<br><br><b>11:00 to 12:30</b><br>Hang Out Time<br><br><b>1:00 to 3:30</b><br>**Bunco | <b>15</b><br><b>9:00 to 12:00</b><br>Cribbage at Colony Park<br><br><b>11:00 to 12:00</b><br>Board Meeting<br><br><b>12:30 to 1:00</b><br>General Membership Meeting<br><br><b>1:00 Speaker:</b> Fall Prevention | <b>16</b><br><b>9:30 to 10:30</b><br>Tai Chi Chih<br><br><b>11:00 to 1:00</b><br>Hang Out Time<br><br><b>12:15-12:45</b><br>Singing at MTC<br><br><b>1:00 to 3:00</b><br>Game Time! | <b>17</b><br><b>9:30 to 11:00</b><br>Qigong<br><br><b>11:00</b><br>**Walking Lake Park<br><br><b>1:00-3:00</b><br>**Crafts: Watercolor greeting cards                                | <b>18</b><br><b>9:30 to 10:30</b><br>Tai Chi Chih<br><br><b>11:00 to 3:00</b><br>Hang Out Time<br><br><b>12:15-12:45</b><br>Singing at MTC<br><br><b>12:45</b> Movie Time! The Brand New Testament | <b>19</b> |
| <b>20</b><br><b>10:00 to 11:00</b><br>AA Serenity Sisters                                       | <b>21</b><br><b>9:30 to 10:30</b><br>Tai Chi Chih<br><br><b>11:00</b><br>**Walking ASC<br><br><b>11:00 to 12:30</b><br>Hang Out Time<br><br><b>1:00 to 3:30</b><br>**Bunco | <b>22</b><br><b>9:00 to 12:00</b><br>Cribbage at Colony Park<br><br><b>10:00 to 11:00</b><br>Socrates Club<br><br><b>11:00 to 3:00</b><br>Hang Out Time  | <b>23</b><br><b>9:30 to 10:30</b><br>Tai Chi Chih<br><br><b>11:00 to 1:00</b><br>Hang Out Time<br><br><b>12:15-12:45</b><br>Singing at MTC<br><br><b>1:00 to 3:00</b><br>Game Time! | <b>24</b><br><b>9:30 to 11:00</b><br>Qigong<br><br><b>11:00</b><br>**Walking Lake Park<br><br><b>11:15 to 2:30</b><br>Hang Out Time<br><br><b>2:30 to 3:15</b><br>Laughter Yoga      | <b>25</b><br><b>9:30 to 10:30</b><br>Tai Chi Chih<br><br><b>10:45 to 11:45</b> Book Bunch and Lunch<br><br><b>11:00 to 3:00</b><br>Hang Out Time<br><br><b>12:15-12:45</b><br>Singing at MTC       | <b>26</b> |
| <b>27</b><br><b>10:00 to 11:00</b><br>AA Serenity Sisters<br><br><b>12:00</b><br>**ACC Cribbage | <b>28</b><br><b>9:30 to 10:30</b><br>Tai Chi Chih<br><br><b>11:00</b><br>**Walking ASC<br><br><b>11:00 to 12:30</b><br>Hang Out Time<br><br><b>1:00 to 3:30</b><br>**Bunco | <b>29</b><br><b>9:00 to 12:00</b><br>Cribbage at Colony Park<br><br><b>11:00 to 3:00</b><br>Hang Out Time  | <b>30</b><br><b>9:30 to 10:30</b><br>Tai Chi Chih<br><br><b>11:00 to 1:00</b><br>Hang Out Time<br><br><b>12:15-12:45</b><br>Singing at MTC<br><br><b>1:00 to 3:00</b><br>Game Time! | <b>31</b><br><b>9:30 to 11:00</b><br>Qigong<br><br><b>11:00</b><br>**Walking Lake Park<br><br><b>11:15 to 3:00</b><br>Hang Out Time  | <b>1</b><br><b>9:30 to 10:30</b><br>Tai Chi Chih<br><br><b>11:00 to 3:00</b><br>Hang Out Time<br><br><b>12:15-12:45</b><br>Singing at MTC<br><br><b>12:45</b> Movie Time! Potiche                  | <b>2</b>  |

**Activities are free for members, \$2 Donation for non-members – Membership is \$10.00 per year**

**ATASCADERO SENIOR CENTER**  
**805-466-4674**  
**JULY 2025 ACTIVITY CALENDAR**

| Activity                   | Leader                                 | Description and Notes   |
|----------------------------|--|---|
| Tai Chi Chih               | Carol Benton                           | A mindful moving meditation to improve balance and reduce stress.   |
| Qigong                     | Carol Benton                           | Exercises used to optimize energy and improve health and maintain well-being.   |
| Laughter Yoga              | Joy Kent                               | A fun combination of laughter and easy movements that boosts happy hormones and gives your heart and lungs an easy workout.   |
| Bunco                      | 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.   |
| Mexican Train              | Randy Azelton                          | Mexican Train every Wednesday.  |
| Game Time!                 | Bob Schrempp,<br>Randy Azelton         | Mexican Train as well as board games. Last Wednesday of the month.  |
| Cribbage                   | Randy<br>909-887-5893                  | Location Colony Park Recreation Center. *ACC Cribbage – contact Randy to participate.   |
| Singing                    | MTC                                    | Location is Meals That Connect, behind the Atascadero Senior Center.  |
| Socrates Club              | Ann Marie<br>O'Connor, Andrea<br>Leary | Discussion group with varying topics.   |
| Art and Crafts             | Sheila New, Mary<br>Rush               | Craft projects vary by session. **Please sign up in advance.  |
| Floral Arranging           | Diana Reynolds-<br>Howell              | **Please sign up in advance.  |
| Movie Time                 | Laura Tinghino,<br>Denise Nielsen      | Join us for an international movie! Refreshments provided. This month, Brand New Testament.   |
| Walking                    | Mike Chow                              | **Meet at the front of Atascadero Senior Center (ASC) on Mondays, at the Lake Park Faces of Freedom parking lot on Thursdays.   |
| Book Bunch (and Lunch?)    | Vickie Rabourn                         | Enjoyable book, with thoughtful discussion. This month, "A Man Called Ove". Book kits available at the front desk. Members decide if they want to go out for lunch at a restaurant of their choosing. |
| Monthly Membership Meeting | Vickie Rabourn                         | Various discussion topics pertinent to our membership. All are welcome and encouraged to attend. Refreshments served.   |
| Speaker                    | Vickie Rabourn                         | Immediately following the General Membership meeting. This month: Fall Prevention.  |