

# ATASCADERO SENIOR CENTER

805-466-4674

## SEPTEMBER 2025 ACTIVITY CALENDAR

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>31</b> <b>10:00 to 11:00</b> AA Serenity Sisters	<b>1</b>  <b>CLOSED FOR LABOR DAY</b> (Except Bunco)  <b>1:00 to 3:00</b> **Bunco	<b>2</b> <b>9:00 to 12:00</b> Cribbage at Colony Park  <b>11:00 to 3:00</b> Hang Out Time	<b>3</b> <b>9:30 to 10:30</b> Tai Chi Chih  <b>11:00 to 12:45</b> Hang Out Time  <b>12:15 to 12:45</b> Singing at MTC  <b>12:45 to 3:00</b> Game Time!	<b>4</b> <b>9:30 to 11:00</b> Qigong  <b>11:00 **Walking at Lake Park</b>  <b>11:15 to 3:00</b> Hang Out Time	<b>5</b> <b>9:30 to 10:30</b> Tai Chi Chih  <b>11:00 to 3:00</b> Hang Out Time  <b>12:15 to 12:45</b> Singing at MTC  <b>12:45 Movie Time!</b> <b>Manon of the Spring</b>	<b>6</b>
<b>7</b> <b>10:00 to 11:00</b> AA Serenity Sisters  <b>12:00</b> **ACC Cribbage	<b>8</b> <b>9:30 to 10:30</b> Tai Chi Chih  <b>11:00</b> **Walking at ASC  <b>11:00 to 12:30</b> Hang Out Time  <b>1:00 to 3:00</b> **Bunco	<b>9</b> <b>9:00 to 12:00</b> Cribbage at Colony Park  <b>10:00 to 11:00</b> Socrates Club  <b>11:00 to 3:00</b> Hang Out Time	<b>10</b> <b>9:30 to 10:30</b> Tai Chi Chih  <b>11:00 to 12:45</b> Windows Upgrade Training  <b>12:15 to 12:45</b> Singing at MTC  <b>12:45 to 3:00</b> Game Time!	<b>11</b> <b>9:30 to 11:00</b> Qigong  <b>11:00 **Walking at Lake Park</b>  <b>11:15 to 2:30</b> Hang Out Time  <b>1:30 to 2:10</b> Laughter Yoga	<b>12</b> <b>9:30 to 10:30</b> Tai Chi Chih  <b>11:00 to 3:00</b> Hang Out Time  <b>12:15 to 12:45</b> Singing at MTC	<b>13</b>
<b>14</b> <b>10:00 to 11:00</b> AA Serenity Sisters	<b>15</b> <b>9:30 to 10:30</b> Tai Chi Chih  <b>11:00</b> **Walking at ASC  <b>11:00 to 12:30</b> Hang Out Time  <b>1:00 to 3:00</b> **Bunco	<b>16</b> <b>9:00 to 12:00</b> Cribbage at Colony Park  <b>11:00 to 12:00</b> Board Meeting  <b>12:30 to 1:00</b> General Membership Meeting  <b>1:00 **Speaker</b>	<b>17</b> <b>9:30 to 10:30</b> Tai Chi Chih  <b>11:00 to 12:45</b> Hang Out Time  <b>12:15 to 12:45</b> Singing at MTC  <b>12:45 to 3:00</b> Game Time!	<b>18</b> <b>9:30 to 11:00</b> Qigong  <b>11:00 **Walking at Lake Park</b>  <b>11:15 to 1:30</b> Hang Out Time  <b>1:30 to 3:30</b> **Art & Crafts	<b>19</b> <b>9:30 to 10:30</b> Tai Chi Chih  <b>11:00 to 3:00</b> Hang Out Time  <b>12:15 to 12:45</b> Singing at MTC  <b>12:45 Movie Time!</b>	<b>20</b>
<b>21</b> <b>10:00 to 11:00</b> AA Serenity Sisters	<b>22</b> <b>9:30 to 10:30</b> Tai Chi Chih  <b>11:00</b> **Walking at ASC  <b>11:00 to 12:30</b> Hang Out Time  <b>1:00 to 3:00</b> **Bunco	<b>23</b> <b>9:00 to 12:00</b> Cribbage at Colony Park  <b>10:00 to 11:00</b> Socrates Club  <b>11:00 to 3:00</b> Hang Out Time	<b>24</b> <b>9:30 to 10:30</b> Tai Chi Chih  <b>11:00 to 12:45</b> Hang Out Time  <b>12:15 to 12:45</b> Singing at MTC  <b>12:45 to 3:00</b> Game Time!	<b>25</b> <b>9:30 to 11:00</b> Qigong  <b>11:00 **Walking at Lake Park</b>  <b>11:15 to 3:00</b> Hang Out Time	<b>26</b> <b>9:30 to 10:30</b> Tai Chi Chih  <b>10:45 to 11:45</b> Book Bunch (and Lunch?)  <b>12:00 to 3:00</b> Hang Out Time  <b>12:15 to 12:45</b> Singing at MTC	<b>27</b>
<b>28</b> <b>10:00 to 11:00</b> AA Serenity Sisters  <b>12:00</b> **ACC Cribbage	<b>29</b> <b>9:30 to 10:30</b> Tai Chi Chih  <b>11:00</b> **Walking at ASC  <b>11:00 to 12:30</b> Hang Out Time  <b>1:00 to 3:00</b> **Bunco	<b>30</b> <b>9:00 to 12:00</b> Cribbage at Colony Park  <b>11:00 to 3:00</b> Hang Out Time	<b>1</b> <b>9:30 to 10:30</b> Tai Chi Chih  <b>11:00 to 12:45</b> Hang Out Time  <b>12:15 to 12:45</b> Singing at MTC  <b>12:45 to 3:00</b> Game Time!	<b>2</b> <b>9:30 to 11:00</b> Qigong  <b>11:00 **Walking at Lake Park</b>  <b>11:15 to 12:45</b> Hang Out Time  <b>1:00 to 3:00</b> **Flower Arranging	<b>3</b> <b>9:30 to 10:30</b> Tai Chi Chih  <b>11:00 to 3:00</b> Hang Out Time  <b>12:15 to 12:45</b> Singing at MTC  <b>12:45 Movie Time!</b>	<b>4</b>

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

# ATASCADERO SENIOR CENTER

805-466-4674

## SEPTEMBER 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, Joy Kent	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 minute refreshment break. Ends around 3:00 or so.
Game Time!	Randy Azelton, Marge Yarmuth, Bob Schrempp	Mexican Train, Mahjong, as well as board games. Bob Schrempp leads board games on last Wednesday of the month.
Mexican Train	Randy Azelton	Mexican Train every Wednesday.
Mahjong	Marge Yarmuth	Mahjong, American Rules. Instruction books will soon be available for checkout at the front desk.
Cribbage	Randy 909-887-5893	Location is Atascadero Colony Park. *ACC Cribbage – contact Randy to participate.
Singing	MTC	Location is Meals That Connect, behind the Atascadero Senior Center.
Socrates Club	Andrea Leary	Discussion group with varying topics.
Art and Crafts	Sheila New Mary Rush	Craft projects vary by session. **Please sign up in advance. This month: Paper wire art sculpture
Floral Arranging	Diana Reynolds Howell	**NO FLORAL ARRANGING IN SEPTEMBER. Will return in October.
Movie Time	Laura Tinghino, Denise Nielsen	Join us for a movie! Refreshments provided.
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	Book discussion. This month, The Rosie Project. Copies are available for check out at the front desk. The group decides if and where to go for lunch together.
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: Ponderosa. Non-profit Helping Homesteads. Free home repairs.
Windows Upgrade Training	Mike Chow	Learn how to upgrade your Microsoft Windows software from version 10 to 11.