

ATASCADERO SENIOR CENTER
 May 2026
 Activity Calendar
 (805) 466-4674 atascaderoseniorcenter.org

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
26	27	28	29	30	1
					9:30 to 10:30 Tai Chi Chih
					12:10 to 12:30 Singing at MTC
					12:45 Movie Time! "The Martian"
3	4	5	6	7	8
10:00 to 11:00 AA Serenity Sisters	9:30 to 10:30 Tai Chi Chih	9:00 to 12:00 Cribbage**	9:30 to 10:30 Tai Chi Chih	9:30 to 11:00 Qigong	9:30 to 10:30 Tai Chi Chih
	11:00 to 12:00 Walking at ASC	9:30 to 11:00 Chair Yoga & Wellness	10:45 to 11:30 Basic Spanish	10:00 Hiking Jim Green Trail	12:10 to 12:30 Singing at MTC
	12:00 to 1:00 Tech Help		11:45 to 12:40 Conversational Spanish	11:00 Walking at Lake Park	
	1:00 to 3:00 Bunco		12:45 to 3:00 Game Time!	3:30 to 5:00 *Healing through Writing	
	3:30 to 4:30 Tai Chi Chih				
10	11	12	13	14	15
10:00 to 11:00 AA Serenity Sisters	9:30 to 10:30 Tai Chi Chih	9:00 to 12:00 Cribbage**	9:30 to 10:30 Tai Chi Chih	9:30 to 11:00 Qigong	9:30 to 10:30 Tai Chi Chih
	11:00 to 12:00 Walking at ASC	10:00 to 11:00 Socrates Club	10:45 to 11:30 Basic Spanish	11:00 Walking at Lake Park	12:10 to 12:30 Singing at MTC
	12:00 to 1:00 Tech Help	11:30 - 12:30 Hook, Needle, & Thread	11:45 to 12:40 Conversational Spanish	1:00 to 2:30 *Our Good Lives	12:45 Movie Time! "Goldfinger 007"
	1:00 to 3:00 Bunco	1:00 to 2:30 Tech Help	12:45 to 3:00 Game Time!	3:30 to 5:00 *Healing through Writing	
	3:30 to 4:30 Tai Chi Chih				
17	18	19	20	21	22
10:00 to 11:00 AA Serenity Sisters	9:30 to 10:30 Tai Chi Chih	9:00 to 12:00 Cribbage**	9:30 to 10:30 Tai Chi Chih	9:30 to 11:00 Qigong	9:30 to 10:30 Tai Chi Chih
	11:00 to 12:00 Walking at ASC	11:00 Speaker***: Noor Foundation	10:45 to 11:30 Basic Spanish	11:00 Walking at Lake Park	10:45 to 11:45 Book Bunch
	12:00 to 1:00 Tech Help		11:45 to 12:40 Conversational Spanish	1:30 to 3:00 Arts & Crafts* Bouquets	12:10 to 12:30 Singing at MTC
	1:00 to 3:00 Bunco		12:45 to 3:00 Game Time!	3:30 to 5:00 *Healing through Writing	
	3:30 to 4:30 Tai Chi Chih				
24	25	26	27	28	29
10:00 to 11:00 AA Serenity Sisters	9:30 to 10:30 Tai Chi Chih	9:00 to 12:00 Cribbage**	9:30 to 10:30 Tai Chi Chih	9:30 to 11:00 Qigong	9:30 to 10:30 Tai Chi Chih
	11:00 to 12:00 Walking at ASC	10:00 to 11:00 Socrates Club	10:45 to 11:30 Basic Spanish	11:00 Walking at Lake Park	12:10 to 12:30 Singing at MTC
	12:00 to 1:00 Tech Help	11:30 - 12:30 Hook, Needle, & Thread	11:00 to 12:45 Tech Help		
	1:00 to 3:00 Bunco		11:45 to 12:40 Conversational Spanish	3:30 to 5:00 *Healing through Writing	
	3:30 to 4:30 Tai Chi Chih		12:45 to 3:00 Game Time!		

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Activity	Leader	Descriptions and Notes
Art and Crafts*	Sheila New Mary Rush	3rd Thursday, <u>every other month</u> , 1:30-3:00. Craft projects vary by session. This month: Bouquets with Chloe! 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.
Chair Yoga & Wellness*	Maryanne Nolin	1st Tuesday, 9:30-11:00. Chair Yoga and wellness exercises for health and healing, with safe movements.
Cribbage**	Randy Azelton	Tuesdays, 9:00-12:00. Location is usually Atascadero Colony Park. 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. Sign-ups closed.
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 Mtg	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 N.	1st and 3rd Fridays, 12:45. Light refreshments provided. Optional: Bring something to share. This month: <i>The Martian</i> and <i>Goldfinger 007</i> .
Our Good Lives*	Chloe Deskin Ashlynn Pierce	RSVP to apierc06@calpoly.edu or call Ashlynn 805 904 4906. For this one-time discussion on mortality.
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 MTC dining room behind the Senior Center.
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.
Speaker***	Vickie Rabourn	This month, Ted Malpass, Noor Foundations' Mobile Health Clinic Manager. Noor provides high-quality free medical, dental, and vision care to the area's uninsured.
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 Bob Schrempp Mike Quin	Mondays (No Apple), 12:00-1:00, 2nd Tuesdays 1:00-2:30, and 4th Wednesdays, 11:00-12:45. Get assistance with tech challenges or learn new skills.
Walking	Mike Chow	Mondays and Thursdays at 11:00. Meet in front of the Center on Mondays and at Lake Park's Faces of Freedom parking lot on Thurs. Rain cancels.