

ATASCADERO SENIOR CENTER ACTIVITY CALENDAR

JULY 2026

atascaderoseniorcenter.org

805/466-4674

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3	4
		9:30-10:30 Tai Chi Chih	9:30-11:00 Qigong	9:30-10:30 Tai Chi Chih	CLOSED
		10:45-11:30 Basic Spanish	11:00-12:00 Walking/Lake Park	12:10-12:30 Singing at MTC***	
		11:45-12:40 Conversational Spanish		12:45-3:25 Movie Time! <i>Independence Day</i>	
		12:45-3:00 Game Time!			
6	7	8	9	10	11
9:30-10:30 Tai Chi Chih	9:00-12:00 Cribbage**	9:30-10:30 Tai Chi Chih	9:30-11:00 Qigong	CLOSED FOR TREE REMOVAL	
11:00-12:00 Walking/ASC*		10:45-11:30 Basic Spanish	10:00 Hiking/Jim Green Trailhead		4:00-5:30 Silver Singles Mingle
12:00-1:00 Tech Help		11:45-12:40 Conversational Spanish	11:00-12:00 Walking/Lake Park		
1:00-3:00 Bunco		12:45-3:00 Game Time			
3:30-4:30 Tai Chi Chih					
13	14	15	16	17	18
9:30-10:30 Tai Chi Chih	9:00-12:00 Cribbage**	9:30-10:30 Tai Chi Chih	9:30-11:00 Qigong	9:30-10:30 Tai Chi Chih	
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	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		12:45-3:05 Movie Time! <i>Jaws</i>	
1:00-3:00 Bunco	1:00-2:30 Tech Help	12:45-3:00 Game Time!			
3:30-4:30 Tai Chi Chih					
20	21	22	23	24	25
9:30-10:30 Tai Chi Chih	9:00-12:00 Cribbage**	9:30-10:30 Tai Chi Chih	9:30-11:00 Qigong	9:30-10:30 Tai Chi Chih	
11:00-12:00 Walking/ASC*	11:00-12:00 Speaker	10:45-11:30 Basic Spanish	11:00-12:00 Walking/Lake Park	12:10-12:30 Singing at MTC***	12:00-3:00 American Mahjong (for experienced players only)
12:00-1:00 Tech Help		11:00-12:45 Tech Help			
1:00-3:00 Bunco		11:45-12:40 Conversational Spanish			
3:30-4:30 Tai Chi Chih		12:45-3:00 Game Time!			
27	28	29	30	31	
9:30-10:30 Tai Chi Chih	9:00-12:00 Cribbage**	9:30-10:30 Tai Chi Chih	9:30-11:00 Qigong	9:30-10:30 Tai Chi Chih	
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	
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!			

ATASCADERO SENIOR CENTER ACTIVITY CALENDAR

JULY 2026

atascaderoseniorcenter.org

805/466-4674

Activity	Leader	Descriptions and Notes
American Mahjong	Danna Stack	Open to experienced American Mahjong players only. Every other Saturday. Bring your own drink and snacks.
Art & Crafts	Sheila New Mary Rush	3rd Thursday, every other month, next one August 20, 1:30-3:00. Craft projects vary by session.
Book Bunch (& Lunch?)	Vickie Rabourn	Last Friday, 10:45-11:45. Book discussion. This month Pulitzer Prize-winning novel: <i>Angle of Repose</i> by Wallace Stegner. 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! (includes all levels of Mahjong)	Randy Azelton Marge Yarmuth Bob Schrempp	Every Wednesday, 12:45-3:00. Randy leads Mexican Train; Marge leads Mahjong for any level. 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. July 3 – Independence Day , run time 2:25, July 17 – Jaws , run time 2:05
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.
Silver Singles Mingle	Bernadette Vinson	July 11, 4:00-5:30 p.m. at ASC* An opportunity for single seniors to meet, mingle, and enjoy an afternoon together with lively conversation, nostalgic music, activities, and refreshments. Free to members and non-members alike.
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, 11:45 - 12:40. Practice conversational Spanish.
Speaker	Allison Kokonas	Social Worker Supervisor II, SLO Co. Dept of Social Services, Adult Protective Services (APS). What APS does and doesn't do; how APS can help.
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 Bob Schrempp	Mondays (No Apple), 12:00-1:00, 2nd Tuesdays 1:00-2:30 (Apple), and 4th Wednesdays, 11:00-12:45 (Windows, PCs, iPhones). Get assistance with tech challenges and learn new skills.
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.