

Atascadero Senior Center

805-466-4674

June 2025 Activity Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 JUNE 10:00 to 11:00 AA Serenity Sisters 12:00 **ACC Cribbage	2 JUNE 9:30 to 10:30 Tai Chi Chih 11:00 Walking 1:00 to 3:30 Bunco	3 JUNE 9:00 to 12:00 Cribbage at Colony Park	4 JUNE 9:30 to 10:30 Tai Chi Chih 12:15-12:45 Singing at MTC 1:00 to 3:00 Game Time!	5 JUNE 9:30 to 11:00 Qigong 11:00 Walking 1:00 ** Floral Arranging	6 JUNE 9:30 to 10:30 Tai Chi Chih 12:15-12:45 Singing at MTC 12:45 Movie Time! - Force Majeure	7 JUNE
8 JUNE 10:00 to 11:00 AA Serenity Sisters 12:00 **ACC Cribbage	9 JUNE 9:30 to 10:30 Tai Chi Chih 11:00 Walking 1:00 to 3:30 Bunco	10 JUNE 9:00 to 12:00 Cribbage at Colony Park 10:00 to 11:00 Socrates Club - Pets	11 JUNE 9:30 to 10:30 Tai Chi Chih 12:15-12:45 Singing at MTC 1:00 to 3:00 Game Time!	12 JUNE 9:30 to 11:00 Qigong 11:00 Walking 2:30 to 3:15 Laughter Yoga	13 JUNE 9:30 to 10:30 Tai Chi Chih 12:15-12:45 Singing at MTC	14 JUNE
15 JUNE 10:00 to 11:00 AA Serenity Sisters	16 JUNE 9:30 to 10:30 Tai Chi Chih 11:00 Walking 1:00 to 3:30 Bunco	17 JUNE 9:00 to 12:00 Cribbage at Colony Park 11:00 to 12:00 Board Meeting 12:30 to 1:30 General Membership Mtg Speaker: Rideshare	18 JUNE 9:30 to 10:30 Tai Chi Chih 12:15-12:45 Singing at MTC 1:00 to 3:00 Game Time!	19 JUNE 9:30 to 11:00 Qigong 11:00 Walking 1:30-3:30 **Crafts Watercolor greeting cards	20 JUNE 9:30 to 10:30 Tai Chi Chih 12:15-12:45 Singing at MTC 12:45 Movie Time! – TBD	21 JUNE
22 JUNE 10:00 to 11:00 AA Serenity Sisters	23 JUNE 9:30 to 10:30 Tai Chi Chih 11:00 Walking 1:00 to 3:30 Bunco	24 JUNE 9:00 to 12:00 Cribbage at Colony Park 10:00 to 11:00 Socrates Club – Certainty / Doubt	25 JUNE 9:30 to 10:30 Tai Chi Chih 12:15-12:45 Singing at MTC 1:00 to 3:00 Game Time!	26 JUNE 9:30 to 11:00 Qigong 11:00 Walking 2:30 to 3:15 Laughter Yoga	27 JUNE 9:30 to 10:30 Tai Chi Chih 10:45 to 11:45 Book Bunch– Guernsey Literary and Potato Peel Pie Society 12:15-12:45 Singing at MTC	28 JUNE
29 JUNE 10:00 to 11:00 AA Serenity Sisters 12:00 **ACC Cribbage	30 JUNE 9:30 to 10:30 Tai Chi Chih 11:00 Walking 1:00 to 3:30 Bunco					

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

Atascadero Senior Center

805-466-4674

June 2025 Activity Calendar

Tai Chi Chih – Contact Carol Benton, 805-792-0983 – A mindful moving meditation to improve balance and reduce stress.

Qi Gong – Contact Carol Benton, 805-792-0983 – Exercises used to optimize energy and improve health and maintain well-being.

Laughter Yoga – Contact Senior Center (805) 466-4674. A fun combination of laughter and easy movements that boosts happy hormones and gives your heart and lungs an easy workout.

Bunco – Sue Riding. Contact Contact Senior Center with questions (805) 466-4674. 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.

Game Time! Contact Senior Center (805) 466-4674. Mexican Train every week as well as board games.

Cribbage – Contact Randy at 909-887-5893 – Location Colony Park Recreation Center. ***ACC Cribbage – contact Randy to participate**

Singing – Contact Senior Center (805)466-4674 with any questions. Held at Meals that Connect, behind the Senior Center.

Socrates Club – Ann Marie O'Connor and Andrea Leary, Contact Senior Center (805)466-4674 – Discussion group with varying topics.

**** Art and Crafts – Please sign up in advance. Contact Senior Center (805)466-4674 to sign up.** Mary Rush and Sheila New, instructors.

**** Floral Arranging - Please sign up in advance. Contact Senior Center (805)466-4674 to sign up.** Diane Reynolds-Howel, instructor.

Movie Time! – Laura and Denise, Contact Senior Center (805)466-4674. Join us for an international movie, refreshments provided, or bring something to share! This month, “Force Majeure”, then TBD

Walking – Mike Chow. Contact Senior Center with questions (805)466-4674. Meet at the front of the Senior Center to join in on a casual walk or set your own pace.

Book Bunch – Contact Senior Center (805)466-4674. Vickie Rabourn. Enjoyable book, with thoughtful discussion. This month, *The Guernsey Literary and Potato Peel Pie Society*.

Monthly Membership Meeting – 3rd Tuesday of the month. This month’s speaker: “Know how to Go” coordinator from SLOCOG’s Rideshare, Senior Transportation Information Program.