

ATASCADERO SENIOR CENTER
MARCH 2026 ACTIVITY CALENDAR
(805) 466-4674 atascaderoseniorcenter.org

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Sat.
1	2	3	4	5	6	7
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 to 12:00 Spanish Language	11:30 Walking at The Lake Park	11:00 to 3:00 Chat with Wesli	
	11:00 to 12:00 Spanish Language		12:45 to 3:00 Game Time!		12:10 to 12:30 Singing at MTC	
	12:00 to 1:00 Tech Help				12:45 Movie Time!	
	11:00 to 3:00 Chat with Wesli					
	1:00 to 3:00 Bunco					
8	9	10	11	12	13	14
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	11:00 to 12:00 Spanish Language	10:00 Hiking: Jim Green Trail	12:10 to 12:30 Singing at MTC	
	12:00 to 1:00 Tech Help	11:30 - 12:30 Hook, Needle, & Thread	12:45 to 3:00 Game Time!	11:30 Walking at Lake Park		
	11:00 to 12:00 Wesli: Exercise!			1:30 to 2:10 Laughter Yoga		
	1:00 to 3:00 Bunco					
15	16	17	18	19	20	21
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 to 12:00 Board Meeting	11:00 to 12:00 Spanish Language	11:30 Walking at Lake Park	12:10 to 12:30 Singing at MTC	
	11:00 to 12:00 Spanish Language	12:30 to 1:00 General Meeting	12:45 to 3:00 Game Time!	1:30 to 3:00 Art & Crafts* HELP MAKE DÉCOR FOR THE DANCE!!!!	12:45 Movie Time!	
	12:00 to 1:00 Tech Help					
	1:00 to 3:00 Bunco	1:00 to 1:30 Speaker				
	3:30 to 4:30 Tai Chi Chih					
22	23	24	25	26	27	28
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	11:00 to 12:00 Spanish Language	11:30 Walking at Lake Park	10:45 to 11:45 Book Bunch	
	11:00 to 12:00 Spanish Language	11:30 - 12:30 Hook, Needle, & Thread	11:00 to 12:45 Tech Help	1:30 to 2:10 Laughter Yoga	12:10 to 12:30 Singing at MTC	
	12:00 to 1:00 Tech Help					
	1:00 to 3:00 Bunco		12:45 to 3:00 Game Time!			
	3:30 to 4:30 Tai Chi Chih					
29	30	31	1	2	3	4
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	11:00 to 12:00 Spanish Language	11:30 Walking at Lake Park	12:10 to 12:30 Singing at MTC	
	11:00 to 12:00 Spanish Language		12:45 to 3:00 Game Time!		12:45 Movie Time!	
	12:00 to 1:00 Tech Help					
	1:00 to 3:00 Bunco					
	3:30 to 4:30 Tai Chi Chih					

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Activity	Leader	Descriptions and Notes
Art and Crafts*	Sheila New Mary Rush	3rd Thursday, every other month , 1:30-3:00. Craft projects vary by session. This month: Please volunteer to help us with table decorations for the fundraiser dance!!! *Please call or come in to sign up in advance.
Book Bunch (and Lunch?)	Vickie Rabourn	Last Friday, 10:45-11:45. Book discussion. This month: <i>The Personal Librarian</i> by Marie Benedict and Victoria Christopher Murray. Copies are available for check-out at the front desk. After discussion, the group decides if and where to go for lunch together.
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, plus March 31st. Chair and Integrative Yoga for health and healing, with safe movements.
Cribbage**	Randy (909) 887-5893	Tuesdays, 9:00-12:00. Location is usually Atascadero Colony Park. For ACC Cribbage, contact Randy to participate.
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 book or puzzles to bring home. Any time the center is open. Please be respectful of activities in progress.
Hiking	Lynn Berkeley	2nd Thursday. Join us in hikes of various difficulty. Sunday newsletter will contain details. Rain cancels.
Hook, Needle, & Thread	Terrie Rombold-Smith	Knitting, crochet, and needlework. Learn or enhance your skills. Materials provided.
Laughter Yoga	Joy Kent	2nd & 4th Thurs, 1:30-2:10. No poses or floor work. Just plenty of laughter and deep breathing.
Mahjong	Marge Yarmuth	Wednesdays, 12:45-3:00. Mahjong, American Rules. All levels. Instruction booklets available.
Membership Meeting	Vickie Rabourn	3rd Tuesday, 12:30-1:00. Stay informed. Hear updates, give input, and discuss ASC activities, ideas, events, and concerns. Connect with fellow members. Refreshments served. Followed by a guest speaker at 1:00-1:30.
Mexican Train	Randy Azelton	Wednesdays, 12:45-3:00. Domino game. All levels welcome.
Movie Time!	Mike Chow Denise Nielsen	1st and 3rd Fridays, 12:45. Join us for a movie on a 65" screen with 4K resolution. Refreshments provided. Optional: Bring something to share. This month, <i>Bugonia</i> , and <i>Temple Grandin</i>
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 Meals That Connect dining room behind the Atascadero Senior Center.
Socrates Club	No Host	2nd and 4th Tuesdays, 10:00-11:00. Discussion group with varying topics.
Spanish Language	Suzan Barroso	Practice conversational Spanish.
Speaker	Vickie Rabourn	3rd Tuesday, 1:00-1:30. Follows General Membership meeting. This month, Kristen Grasso of Partners in Caring will be here.
Tai Chi Chih	Carol Benton	Mondays, Wednesdays, Fridays, 9:30-10:30. Mondays 3:30. 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 who visit every six weeks to help with tech challenges and teach new skills.
Tech Help	Suzan Barroso Mike Chow Bob Schrempp	Mondays and 4th Wednesdays, all levels. Get assistance with tech challenges or learn new skills.
Walking	Mike Chow	Mondays, 11:00 and Thursdays, 11:30. Meet in front of the Senior Center (ASC) on Mondays and at Lake Park's Faces of Freedom parking lot on Thurs. Rain cancels.