

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! 1:00 to 3:00 Bunco			1:30 to 2:10 Laughter Yoga		
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 12:00 to 1:00 Tech Help	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!	
	1:00 to 3:00 Bunco	1:00 to 1:30 Speaker				
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 12:00 to 1:00 Tech Help	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	
	1:00 to 3:00 Bunco		12:45 to 3:00 Game Time!			
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		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 12:00 to 1:00 Tech Help		12:45 to 3:00 Game Time!		12:45 Movie Time!	
	1:00 to 3:00 Bunco					

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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: 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.
Cribbage**	Randy (909) 887-5893	Tuesdays, 9:00-12:00. Location is usually Atascadero Colony Park. For ACC Cribbage, contact Randy to participate.
Exercise!	Wesli Oeh	Learn 6 to 8 movements to assist in better balance, fall prevention, strength, and mobility.
Game Time!	Randy Azelton Marge Yarmuth Bob Schremp	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 Time	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	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. A fun combination of laughter and easy movements (no poses!) that boosts happy hormones and gives your heart and lungs an easy workout. No getting on the floor; no special clothing.
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. A mindful moving meditation with gentle movements to improve balance, reduce stress, and promote well-being.
Tech Buddies	Paloma Creek High School Students	Every six weeks, tech-savvy Paloma Creek High School students help with all tech questions, challenges, and skills on any device. Walk-ins welcome, but RSVPs are very much appreciated. Dates and times announced via email to members.
Tech Help	Suzan Barroso Mike Chow Bob Schremp	Mondays and 4th Wednesdays, all levels. Get help with smartphones, smartwatches, computers, and tablets. Learn a new skill or program. Bring your own device or use one of ours (laptops, iPads, iMac). Advanced sign-ups are not required, but if you let us know in advance what you need help with, our tutors can be prepared. You're also welcome to drop in during any Hang Out time to see if another member happens to be available to lend a hand with your tech challenges.
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.