

ATASCADERO SENIOR CENTER ACTIVITY CALENDAR

OCTOBER 2026

atascaderoseniorcenter.org

805/466-4674

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
September 28	September 29	September 30	1	2	3
9:00-10:00 Walking/ASC*	9:00-12:00 Cribbage**	9:30-10:30 Tai Chi Chih	9:00-10:00 Walking/Lake Park	9:30-10:30 Tai Chi Chih	12:00-3:00 American Mahjong
9:30-10:30 Tai Chi Chih	1:30-3:30 Atascadero City Council Candidates' Presentations	11:15-12:30 Conversational Spanish	9:30-11:00 Qigong	12:10-12:30 Singing at MTC***	
12:00-1:00 Tech Help		12:45-3:00 Game Time!	11:00-12:15 Tech Buddies	12:45 Movie Time! <i>Emma</i> (2020)	
1:00-3:00 Bunco			2:00-3:00 Better Together Support Group		
3:30-4:30 Tai Chi Chih					
5	6	7	8	9	10
9:00-10:00 Walking/ASC*	9:00-12:00 Cribbage**	9:30-10:30 Tai Chi Chih	9:00-10:00 Walking/Lake Park	9:30-10:30 Tai Chi Chih	12:00 Hang Out Time!
9:30-10:30 Tai Chi Chih		11:15-12:30 Conversational Spanish	9:30-11:00 Qigong	12:10-12:30 Singing at MTC***	
1:00-3:00 Bunco		12:45-3:00 Game Time!	10:00 Hiking/Jim Green Trailhead		
3:30-4:30 Tai Chi Chih		3:15-4:15 Conversations w/Ace			
12	13	14	15	16	17
9:00-10:00 Walking/ASC*	9:00-12:00 Cribbage**	9:30-10:30 Tai Chi Chih	9:00-10:00 Walking/Lake Park	9:30-10:30 Tai Chi Chih	CLOSED for Colony Days/Fall Fest
9:30-10:30 Tai Chi Chih	10:00-11:00 Socrates Club	11:15-12:30 Conversational Spanish	9:30-11:00 Qigong	12:10-12:30 Singing at MTC***	
12:00-1:00 Tech Help	11:30-12:30 Hook, Needle & Thread	12:45-3:00 Game Time!	12:30-2:30 Arts & Crafts Cute Ghost Nightlight	12:45 Movie Time! <i>The Greatest Showman</i> (2017)	
1:00-3:00 Bunco		3:15-4:15 Conversations w/Ace			
3:30-4:30 Tai Chi Chih					
19	20	21	22	23	24
9:00-10:00 Walking/ASC*	9:00-12:00 Cribbage**	9:30-10:30 Tai Chi Chih	9:00-10:00 Walking/Lake Park	9:30-10:30 Tai Chi Chih	12:00 Hang Out Time!
9:30-10:30 Tai Chi Chih	11:00-12:00 Speaker: Carol Dietrich LMFT	11:15-12:30 Conversational Spanish	9:30-11:00 Qigong	12:10-12:30 Singing at MTC***	
12:00-1:00 Tech Help	Navigating Life's Transitions	12:45-3:00 Game Time!		10:45-11:45 Book Bunch!	
1:00-3:00 Bunco		3:15-4:15 Conversations w/Ace			
3:30-4:30 Tai Chi Chih					
26	27	28	29	30	31
9:00-10:00 Walking/ASC*	9:00-12:00 Cribbage**	9:30-10:30 Tai Chi Chih	9:00-10:00 Walking/Lake Park	9:30-10:30 Tai Chi Chih	12:00-3:00 American Mahjong
9:30-10:30 Tai Chi Chih	10:00-11:00 Socrates Club	11:15-12:30 Conversational Spanish	9:30-11:00 Qigong	12:10-12:30 Singing at MTC***	
12:00-1:00 Tech Help	11:30-12:30 Hook, Needle & Thread	12:45-3:00 Game Time!			
1:00-3:00 Bunco		3:15-4:15 Conversations w/Ace			
3:30-4:30 Tai Chi Chih					

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Activity	Leader	Descriptions and Notes
American Mahjong	Danna Stack	Open to all levels of American Mahjong players. Every other Saturday. This month: October 3 and 31. Come observe if you don't yet know the game.
Art & Crafts	Sheila New Mary Rush	3rd Thursday <u>every other month</u> , 12:30-2:30. This month's craft: Cute Ghost Nightlight. Must sign up.
Better Together	Judy Hemenway	1st Thursday, 2:00-3:00. Peer support group for those facing health challenges. Share experiences, listen, and support one another.
Book Bunch (& Lunch?)	Vickie Rabourn	Change in date to October 23, 10:45-11:45. Book discussion. This month: <i>The Book Woman of Troublesome Creek</i> , Kim Michele Richardson. 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. Twenty-minute refreshment break.
Conversations with Ace	Aislyn "Ace" Ford	Wednesdays, 3:15-4:15. Cal Poly intern Ace leads a conversation on a different topic each week. Topics will be shared in advance.
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!	Randy Azelton Marge Yarmuth	Every Wednesday, 12:45-3:00. Randy leads Mexican Train; Marge leads Mahjong. Beginners welcome. Canasta players, too.
Hang Out Time!	No Host	Any time the Center is open. Come to socialize or enjoy alone time. Use our computers or tablets. Pick out books or puzzles to take home. Please be respectful of activities in progress.
Hiking	Lynn Berkeley	2nd Thursday, 10:00. 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, 11:30-12:30. 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. October 2- <i>Emma</i> (2020), run time 2 hr. 4 min.; October 16 – <i>The Greatest Showman</i> (2017), run time 1 hr. 45 min.
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 ASC*
Socrates Club	Host Varies	2nd and 4th Tuesdays, 10:00-11:00. Discussion group, varying topics.
Spanish Conversational	Suzan Barroso	Wednesdays, 11:15-12:30. Learn and practice conversational Spanish.
Speaker	Vickie Rabourn	October 20, 11:00-12:00. Carol Dietrich, LMFT - The Art of Embracing Change: Navigating Life's Transitions and Living with Uncertainty.
Special Activity	Vickie Rabourn	September 29, 1:30-3:30 Atascadero City Council Candidates' Presentations, ASC
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. October 1, 11:00-12:15. Please let us know if you're attending.
Tech Help	Mike Chow Mike Quin	Mondays (Mike Chow-No Apple), 12:00-1:00; 2nd and 4th Tuesdays (Mike Quin-Apple only) 1:00-2:30 canceled for October. Get assistance w/tech challenges/learn new skills. Dates may vary due to leader availability. Check calendar.
Walking	Mike Chow	Mondays and Thursdays at 9:00. Meet in front of the Center (ASC*) on Monday. Lake Park's Faces of Freedom parking lot on Thursday. Rain cancels.