

# ATASCADERO SENIOR CENTER 805-466-4674

## JANUARY 2026 ACTIVITY CALENDAR

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
28	29	30	31	1	2	3
				11:00 to 12:00 Walking at Lake Park	12:10 to 12:30 Singing at MTC	
4	5	6	7	8	9	10
10:00 to 11:00 AA Serenity Sisters	9:30 to 10:30 Tai Chi Chih	9:00 to 12:00 Cribbage at Colony Park	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 11:00-12:45 Hang Out Time	11:00 to 3:00 Hang Out Time	11:00 to 12:45 Hang Out Time	11:00 to 12:00 Walking at Lake Park	11:00 to 3:00 Hang Out Time	
	12:00 to 1:00 Tech Help**		11:00 to 12:00 Tech Help for Beginners**	11:15 to 1:30 Hang Out Time	12:10 to 12:30 Singing at MTC	
	1:00 to 3:00 Bunco		12:45 to 3:00 Game Time!	1:30 to 2:10 Laughter Yoga		
11	12	13	14	15	16	17
10:00 to 11:00 AA Serenity Sisters	9:30 to 10:30 Tai Chi Chih	9:00 to 12:00 Cribbage at Colony Park	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 12:45 Hang Out Time	11:00 Walking at the Lake Park	11:00 to 3:00 Hang Out Time	
	11:00 to 12:30 Hang Out Time 12:00 to 1:00 Tech Help**	11:15 to 3:00 Hang Out Time	11:00 to 12:00 Tech Help for Beginners**	11:15 to 3:00 Hang Out Time	12:10 to 12:30 Singing at MTC	
	1:00 to 3:00 Bunco		12:45 to 3:00 Game Time!	1:30 to 3:00 Art & Crafts* <b>NOT THIS MONTH</b>	12:45 Movie Time! The African Queen	
18	19	20	21	22	23	24
10:00 to 11:00 AA Serenity Sisters	9:30 to 10:30 Tai Chi Chih	9:00 to 12:00 Cribbage at Colony Park	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 12:45 Hang Out Time	11:00 Walking at the Lake Park	11:00 to 3:00 Hang Out Time	
	11:00 to 12:30 Hang Out Time 12:00 to 1:00 Tech Help**	12:30 to 1:00 <b>General Meeting</b>	11:00 to 12:00 Tech Help for Beginners**	11:15 to 1:30 Hang Out Time	12:10 to 12:30 Singing at MTC	
	1:00 to 3:00 Bunco	1:00 to 1:30 <b>Speaker: Seniors Helping Seniors</b>	12:45 to 3:00 Game Time!	1:30 to 2:10 Laughter Yoga		
25	26	27	28	29	30	31
10:00 to 11:00 AA Serenity Sisters	9:30 to 10:30 Tai Chi Chih	9:00 to 12:00 Cribbage at Colony Park	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 12:45 Hang Out Time	11:00 Walking at the Lake Park	10:45 to 11:45 Book Bunch	
	11:00 to 12:30 Hang Out Time 12:00 to 1:00 Tech Help**	11:00 to 3:00 Hang Out Time	11:00 to 12:45 Tech Help for All Levels**	11:15 to 3:00 Hang Out Time	11:00 to 3:00 Hang Out Time	
	1:00 to 3:00 Bunco		12:45 to 3:00 Game Time!		12:10 to 12:30 Singing at MTC	

# ATASCADERO SENIOR CENTER 805-466-4674

## JANUARY 2026 ACTIVITY CALENDAR

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. **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>Pachinko</i> . Copies are available for check-out at the front desk. After, 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.
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 Time (+Tech Help?)	No Host	A casual time to socialize or enjoy alone time. Use our computers or tablets, read, write, draw, play a game, do a jigsaw puzzle, ride the stationary recumbent bike, etc. At this time, we also encourage members to help each other with tech.
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. Instruction books will be available for checkout. All levels welcome.
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, The African Queen.
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.
Speaker	Vickie Rabourn	3rd Tuesday, 1:00-1:30. Follows General Membership meeting. This month, Ron Torres, co-owner of Seniors Helping Seniors will speak about their services.
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 Schrempp	Mondays, 12:00-1:00 (all levels) and Wednesdays, 11:00-12:00 (beginners only, except 4th Wednesday, 11:00-12:45, 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 and Thursdays at 11:00. Meet in front of the Senior Center (ASC) on Mondays and at the Lake Park Faces of Freedom parking lot on Thurs. Rain cancels.