PR = Pool Room; DR = Dining Room; CR -= Classroom

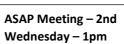
Blood Pressure check every Wednesday by appointment! Call ASC – 503-325-3231



A gathering of older men mtg – 1st Wednesday 11am PR



Dance Classes – in Classroom Beginners Wednesday 1pm Advanced Wednesday 2:30pm and Friday 1pm





ASTORIA SENIOR CENTER

AUGUST 2022

SUNDAY	MONDAY	TUESDAY.	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 9am – Exercise Class -CR 1pm Mah Jong -DR	2 9am Tai Chi - CR 12:30pm – Bridge Club CR 1pm Crochet Class– PR	3 9am – Exercise Class -CR 9:45am – Yoga Class – CR 1:15pm – Mah Jong – DR	9am -Tai Chi - CR 11:30am Bridge Club Bd Mtg - PR 12:30pm Bridge Club - CR 1:15pm Pinochle – DR 1:15pm Shang-Hai Rummy - DR	5 9am – Exercise Class - CR 1:30pm Bingo DR	6 OPENS 11am Movie 1pm
7 CLOSED	8 9am – Exercise Class -CR 1130 Bridge Club Bd mtg 1pm Mah Jong -DR	9 9am Tai Chi - CR 12:30pm – Bridge Club CR 1pm Crochet Class– PR	10 9am – Exercise Class -CR 9:45am – Yoga Class – CR 1:15pm – Mah Jong – DR	9am -Tai Chi - CR 12:30pm Bridge Club - CR 1:15pm Pinochle – DR 1:15pm Shang-Hai Rummy - DR	12 9am – Exercise Class - CR 1:30pm Bingo DR	13 OPENS 11am Movie 1pm
CLOSED	15 9am – Exercise Class -CR 1pm Mah Jong -DR	16 9am Tai Chi - CR 12:30pm – Bridge Club CR 1pm Crochet Class– PR	17 9am – Exercise Class -CR 9:45am – Yoga Class – CR 1:15pm – Mah Jong – DR	18 9am -Tai Chi - CR 12:30pm Bridge Club - CR 1:15pm Pinochle – DR 1:15pm Shang-Hai Rummy - DR	19 9am – Exercise Class - CR 1:30pm Bingo DR	20 OPENS 11am Movie 1pm
21 CLOSED	9am – Exercise Class -CR 1pm Mah Jong -DR	23 9am Tai Chi - CR 12:30pm – Bridge Club CR 1pm Crochet Class– PR	24 9am – Exercise Class -CR 9:45am – Yoga Class – CR 1:15pm – Mah Jong – DR	25 8:30am – Board Meeting 10am – Membership Mtg 12:30pm Bridge Club - CR 1:15pm Pinochle – DR 1:15pm Shang-Hai Rummy - DR	26 9am – Exercise Class - CR 12:30 August Birthday Party 1:30pm Bingo DR	27 OPENS 11am Movie 1pm
28 Closed	29 9am – Exercise Class -CR 1pm Mah Jong -DR	30 9am Tai Chi - CR 12:30pm – Bridge Club CR 1pm Crochet Class– PR	31 9am – Exercise Class -CR 9:45am – Yoga Class – CR 1:15pm – Mah Jong – DR			