

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 – 1<sup>st</sup>  
Wednesday 11am PR



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

ASAP Meeting – 2nd  
Wednesday – 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	4 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	11 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
14 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	22 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			