


August 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Tustin Area Senior Center 200 South "C" St. P.(714)573-3340 F.(714)544-7334 www.tustinca.org/parksrec/tasc.htm</p>	<p>1. 2. 3. 4.</p> <h2>Week closed for maintenance</h2>					
<p>5.</p>	<p>6. Aerobics 8:30am Chair Exercise 10am CTAP 10:30am Open Lab 1pm Senior Fitness 1:30pm Table Tennis 3:30pm Magic Needles 6pm</p>	<p>7. Walking Club 8am Table Tennis 8:30am Creative Needlepoint 9am \$Zumba Gold 9am Fitness 10am Tai Chi Chih 10:15am Intro to Computer Basics 11:30am Bead Weaving 12pm Competitive Bridge 12:30pm Informal Watercolor 1pm \$Tai Chi Ch'uan 1pm Balance and Strength 1:30pm \$MELT-Full Body 3pm Bead Weaving 5pm</p>	<p>8. Walking Club 8am Advanced Walking Club 8am Bridge Lessons 9am Competitive Bridge 9am Party Bridge 9am Needle Art Lab 9am Basic Chair Exercise 10am Wednesdays at the Movies 1pm \$Senior Bingo 1:30pm</p>	<p>9. Walking Club 8am Open Lab 8:30am \$Zumba Gold 9am Social Quilters 9am Senior Grocery Program 9am Beejay's Fitness Class 9:30am HICAP 9:30am Let's Talk Sports 10am \$Line Dancing 10am \$iPhones Most Useful Secrets 10am Mild Exercise For Fitness 11am Competitive Bridge 12:30pm \$Tai Chi Ch'uan 1pm \$Ballroom Dance 2:30pm OC Woodworkers 7pm Movies in the Park: Coco 5:30pm</p>	<p>10. Table Tennis 8:30am \$Coffee and Computers 9am Longevity Stick Art 9am Tustin Quilting Cut-Ups 9am Blood Pressure Screening 9am Basic Chair Exercise 10am Luau Luncheon 12:00pm Art Club 12:30pm Pinochle & Canasta 1pm Movie: Peter Rabbit 1pm Open Lab 1pm</p>	<p>11. Ping Pong 8am Walking Club 8am Open Lab 8am \$Aerobics Class 9am \$Country Workout 10am Jam Session 10am</p>
<p>12.</p>	<p>13. Aerobics 8:30am Chair Exercise 10am Open Lab 1pm Senior Fitness 1:30pm Table Tennis 3:30pm Magic Needles 6pm</p>	<p>14. Walking Club 8am Table Tennis 8:30am Creative Needlepoint 9am \$Zumba Gold 9am Fitness 10am Tai Chi Chih 10:15am Intro to Computer Basics 11:30am Competitive Bridge 12:30pm Informal Watercolor 1pm \$Tai Chi Ch'uan 1pm Balance and Strength 1:30pm \$MELT-Full Body 3pm Alzheimer's Support 3:30pm</p>	<p>15. Walking Club 8am Advanced Walking Club 8am Bridge Lessons 9am Competitive Bridge 9am Party Bridge 9am Needle Art Lab 9am Basic Chair Exercise 10am Wednesdays at the Movies 1pm \$Senior Bingo 1:30pm \$Evening Ballroom Dance 7:30pm</p>	<p>16. Walking Club 8am Open Lab 8:30am \$Zumba Gold 9am Social Quilters 9am Beejay's Fitness Class 9:30am Let's Talk Sports 10am \$iPhones Most Useful Secrets 10am \$Line Dancing 10am Red Hatters 11am Mild Exercise For Fitness 11am Competitive Bridge 12:30pm \$Tai Chi Ch'uan 1pm \$Ballroom Dance 2:30pm</p>	<p>17. Table Tennis 8:30am \$Coffee and Computers 9am Longevity Stick Art 9am Tustin Quilting Cut-Ups 9am Blood Pressure Screening 9am TASC Garden Club 9:30am Basic Chair Exercise 10am Art Club 12:30pm Pinochle & Canasta 1pm Movie: Get Out 1pm Open Lab 1pm</p>	<p>18. Ping Pong 8am Walking Club 8am Open Lab 8am \$Aerobics Class 9am \$Country Workout 10am Jam Session 10am</p> <div data-bbox="2298 1372 2593 1567" style="text-align: center;">  </div>

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>19.</p> <p>SeniorServ Lunch Program Monday - Friday Lunch Served at 12pm For more info call (714)573-3349</p>	<p>20.</p> <p>\$Aerobics 8:30am Chair Exercise 10am Arthritis Support 11am Open Lab 1pm Senior Fitness 1:30pm Salsa Dancing 2:00pm Table Tennis 3:30pm Magic Needles 6pm</p>	<p>21.</p> <p>Walking Club 8am Table Tennis 8:30am Creative Needlepoint 9am \$Zumba Gold 9am Fitness 10am Tai Chi Chih 10:15am Intro to Computer Basics 11:30am Birthday Celebration 12pm Competitive Bridge 12:30pm Food Distribution 1pm Informal Watercolor 1pm Balance and Strength 1:30pm \$MELT-Full Body 3pm</p>	<p>22.</p> <p>Walking Club 8am Advanced Walking Club 8am Competitive Bridge 9am Bridge Lessons 9am Needle Art Lab 9am Party Bridge 9am Spanish Support Group for Family Caregivers 9:30am Basic Chair Exercise 10am Wednesdays at the Movies 1pm \$Senior Bingo 1:30pm Tustana Africa Violet Society 6:30 pm</p>	<p>23.</p> <p>Walking Club 8am Open Lab 8:30am \$Zumba Gold 9am Social Quilters 9am Senior Grocery Program 9am Beejay's Fitness Class 9:30am Let's Talk Sports 10am \$Line Dancing 10am \$iPhones Most Useful Secrets 10am Mild Exercise For Fitness 11am Competitive Bridge 12:30pm \$Ballroom Dance 2:30pm OC Woodturners 7pm</p>	<p>24.</p> <p>Table Tennis 8:30am \$Coffee and Computers 9am Longevity Stick Art 9am Tustin Quilting Cut-Ups 9am Blood Pressure Screening 9am Basic Chair Exercise 10am Art Club 12:30pm Pinochle & Canasta 1pm Movie: Three Billboards Outside Ebbing, Missouri 1pm Open Lab 1pm Blooming with Flowers 2pm</p>	<p>25.</p> <p>Ping Pong 8am Walking Club 8am Open Lab 8am \$Aerobics Class 9am \$Country Workout 10am Jam Session 10am</p>
<p>26.</p>	<p>27.</p> <p>\$Aerobics 8:30am Chair Exercise 10am Open Lab 1pm Senior Fitness 1:30pm Table Tennis 3:30pm Magic Needles 6pm</p>	<p>28.</p> <p>Walking Club 8am Table Tennis 8:30am Creative Needlepoint 9am \$Zumba Gold 9am Legal Assistance 9am Fitness 10am Tai Chi Chih 10:15am Intro to Computer Basics 11:30am Competitive Bridge 12:30pm Informal Watercolor 1pm Balance and Strength 1:30pm \$MELT-Full Body 3pm</p>	<p>29.</p> <p>Walking Club 8am Advanced Walking Club 8am Bridge Lessons 9am Party Bridge 9am Needle Art Lab 9am Competitive Bridge 9am Basic Chair Exercise 10am OC Button Club 10am Seminar: Medicare 101 11am Wednesdays at the Movies 1pm \$Senior Bingo 1:30pm \$Evening Ballroom Dance 7:30pm</p>	<p>30.</p> <p>Walking Club 8am Open Lab 8:30am \$Zumba Gold 9am Social Quilters 9am Beejay's Fitness Class 9:30am HICAP 9:30 am Let's Talk Sports 10am \$Line Dancing 10am \$iPhones Most Useful Secrets 10am Mild Exercise For Fitness 11am Competitive Bridge 12:30pm \$Ballroom Dance 2:30pm</p>	<p>31.</p> <p>Table Tennis 8:30am \$Coffee and Computers 9am Longevity Stick Art 9am Tustin Quilting Cut-Ups 9am Blood Pressure Screening 9am TASC Garden Club 9:30am Basic Chair Exercise 10am Art Club 12:30pm Pinochle & Canasta 1pm Movie: The Commuter 1pm Open Lab 1pm</p>	

**Please Note:
All classes
subject to
change and/or
cancellations**

Mark Your Calendar

July 30 - August 3	Closed for Annual Maintenance
August 10	Luau Luncheon