


# MAY 2017

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><b>Tustin Area Senior Center</b>  <b>200 South "C" St.</b>  <b>P.(714)573-3340</b>  <b>F.(714)544-7334</b>  <a href="http://www.tustinca.org/parksrec/tasc.htm">www.tustinca.org/parksrec/tasc.htm</a></p>	<p><b>1.</b>            Basic Chair Exercise 9am            CTAP 10:30am            Open Lab 1pm            Senior Fitness 1:30pm            Table Tennis 3:30pm            Magic Needles 6pm</p>	<p><b>2.</b>            Walking Club 8am            Table Tennis 8:30am            Art Registration 9am            Creative Needlepoint 9am            \$Zumba Gold 9am            Tai Chi Chih 10:15am            Mild Exercise for Fitness 11am            Intro to Computer Basics 11:30am            \$Bead Weaving 12pm            Competitive Bridge 12:30pm            \$MELT-Full Body 3pm            Tech Time 4pm            \$Bead Weaving 7-9pm</p>	<p><b>3.</b>            Walking Club 8am            Bridge Lessons 9am            Needle Art Lab 9am            Basic Chair Exercise 9am            \$Broadway Dance 9am            Seminar: Arthritis &amp; Physical Activity 10:30am            \$Senior Bingo 1:30pm</p>	<p><b>4.</b>            Walking Club 8am            \$Zumba Gold 9am            Social Quilters 9am            HICAP 9:30am            Beejay's Fitness Class 9:30am            Let's Talk Sports 10am            Competitive Bridge 12:30pm            \$Ballroom Dance 2:30pm            OC Woodworkers 7pm</p>	<p><b>5.</b>            Table Tennis 8:30am            \$Coffee and Computers 9am            Longevity Stick Art 9am            Tustin Quilting Cut-Ups 9am            TASC Garden Club 9:30am            Chair Exercise 10am            Intro to Bocce Ball 10am            Art Club 12:30pm            Movie: Manchester By The Sea 1pm            Pinochle &amp; Canasta 1pm            Open Lab 1pm</p>	<p><b>6.</b></p>
<p><b>7.</b></p>	<p><b>8.</b>            Basic Chair Exercise 9am            Open Lab 1pm            Senior Fitness 1:30pm            Table Tennis 3:30pm            Magic Needles 6pm</p>	<p><b>9.</b>            Walking Club 8am            Table Tennis 8:30am            Creative Needlepoint 9am            \$Zumba Gold 9am            Tai Chi Chih 10:15am            \$Bead Weaving 12pm            Competitive Bridge 12:30pm            Mild Exercise for Fitness 11am            Intro to Computer Basics 11:30am            \$Watercolor Painting 1pm            \$MELT-Full Body 3pm            Alzheimer's Support Group 3:30pm            \$Bead Weaving 7-9pm</p>	<p><b>10.</b>            Walking Club 8am            Bridge Lessons 9am            Needle Art Lab 9am            Basic Chair Exercise 9am            \$Broadway Dance 9am            \$Senior Bingo 1:30pm            \$Evening Ballroom Dance 7:30pm</p>	<p><b>11.</b>            Walking Club 8am            \$Zumba Gold 9am            Social Quilters 9am            Senior Grocery Program 9am            Beejay's Fitness Class 9:30am            Let's Talk Sports 10am            Rad Hatters 11am            Competitive Bridge 12:30pm            \$Ballroom Dance 2:30pm</p>	<p><b>12.</b>            Table Tennis 8:30am            \$Coffee and Computers 9am            Longevity Stick Art 9am            Tustin Quilting Cut-Ups 9am            Chair Exercise 10am            Intro to Bocce Ball 10am  <b>Mother's Day Luncheon 12pm</b>            Art Club 12:30pm            Movie: Passengers 1pm            Pinochle &amp; Canasta 1pm            Open Lab 1pm</p>	<p><b>13.</b></p>
<p><b>14.</b></p>	<p><b>15.</b>            Basic Chair Exercise 9am            Open Lab 1pm            Senior Fitness 1:30pm            \$Line Dancing 1:30pm            Table Tennis 3:30pm            Magic Needles 6pm</p>	<p><b>16.</b>            Walking Club 8am            Table Tennis 8:30am            Creative Needlepoint 9am            \$Zumba Gold 9am            Tai Chi Chih 10:15am            \$Bead Weaving 12pm            Competitive Bridge 12:30pm            Mild Exercise for Fitness 11am            Intro to Computer Basics 11:30am            \$Watercolor Painting 1pm            Food Distribution 1pm            \$MELT-Full Body 3pm            Tech Time 4pm            \$Bead Weaving 7-9pm</p>	<p><b>17.</b>            Walking Club 8am            Bridge Lessons 9am            Needle Art Lab 9am            Basic Chair Exercise 9am            \$Broadway Dance 9am            Spanish Support Group for Family Caregivers 9:30am            \$Senior Bingo 1:30pm            Tustana African Violet Society 6:30pm</p>	<p><b>18.</b>            Walking Club 8am            \$Zumba Gold 9am            Social Quilters 9am            Beejay's Fitness Class 9:30am            HICAP 9:30am            Let's Talk Sports 10am            Competitive Bridge 12:30pm            Arthritis Support Group 1pm            \$Ballroom Dance 2:30pm            OC Woodturners 7pm</p>	<p><b>19.</b>            Table Tennis 8:30am            \$Coffee and Computers 9am            Longevity Stick Art 9am            Tustin Quilting Cut-Ups 9am            TASC Garden Club 9:30am            Chair Exercise 10am            Intro to Bocce Ball 10am            Art Club 12:30pm            Movie: Temple Grandin 1pm            Pinochle &amp; Canasta 1pm            Open Lab 1pm</p>	<p><b>20.</b></p>

  
**(OVER)**



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>21.</p> <p><b>SeniorServ Lunch Program Monday - Friday Lunch Served at 12pm For more info. Call (714)573-3349</b></p>	<p>22.</p> <p>Basic Chair Exercise 9am Open Lab 1pm Senior Fitness 1:30pm \$Line Dancing 1:30pm Table Tennis 3:30pm Magic Needles 6pm</p>	<p>23.</p> <p>Walking Club 8am Table Tennis 8:30am Creative Needlepoint 9am \$Zumba Gold 9am Legal Assistance 9am Tai Chi Chih 10:15am Intro to Computer Basics 11:30am \$Bead Weaving 12pm Competitive Bridge 12:30pm Mild Exercise for Fitness 11am \$Watercolor Painting 1pm \$MELT-Full Body 3pm \$Bead Weaving 7-9pm</p>	<p>24.</p> <p>Walking Club 8am Bridge Lessons 9am Needle Art Lab 9am Basic Chair Exercise 9am \$Broadway Dance 9am OC Button Club 10am Seminar: Beware: "Cure-All", "Miracle Cure" 10:30am \$Senior Bingo 1:30pm \$Evening Ballroom Dance 7:30pm</p>	<p>25.</p> <p>Walking Club 8am \$Zumba Gold 9am Social Quilters 9am Senior Grocery Program 9am Beejay's Fitness Class 9:30am Let's Talk Sports 10am Competitive Bridge 12:30pm SAB Meeting 2pm \$Ballroom Dance 2:30pm</p>	<p>26.</p> <p>Table Tennis 8:30am \$Coffee and Computers 9am Longevity Stick Art 9am Tustin Quilting Cut-Ups 9am Chair Exercise 10am Intro to Bocce Ball 10am <b>Memorial Day Luncheon 12pm</b> Art Club 12:30pm Movie: Fences 1pm Pinochle &amp; Canasta 1pm Open Lab 1pm</p>	<p>27.</p>
<p>28.</p>	<p>29.</p> <p><b>Senior Center Closed</b></p> 	<p>30.</p> <p>Walking Club 8am Table Tennis 8:30am Creative Needlepoint 9am \$Zumba Gold 9am Tai Chi Chih 10:15am Mild Exercise for Fitness 11am Intro to Computer Basics 11:30am <b>Birthday Celebrations 12pm</b> \$Bead Weaving 12pm Competitive Bridge 12:30pm \$Watercolor Painting 1pm \$Tai Chi Ch'uan 1pm \$MELT-Full Body 3pm Tech Time 4pm \$Bead Weaving 7-9pm</p>	<p>31.</p> <p>Walking Club 8am Bridge Lessons 9am Needle Art Lab 9am Basic Chair Exercise 9am \$Broadway Dance 9am Seminar: Driver Safety 10:30am \$Film Genres 1pm \$Senior Bingo 1:30pm</p>			

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

**May 12  
May 26  
May 29**

**Mark Your Calendar**

**Mother's Day Luncheon  
Memorial Day Luncheon  
Memorial Day Center Closed**