


OCTOBER 2017

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>2. Chair Exercise 10am \$Yoga 10:30am CTAP 10:30am \$For the Love of Music 12:30pm Open Lab 1pm Senior Fitness 1:30pm Table Tennis 3:30pm Magic Needles 6pm</p>	<p>3. Walking Club 8am Table Tennis 8:30am \$Zumba Gold 9am Creative Needlepoint 9am Tai Chi Chih 10:15am Intro to Computer Basics 11:30am Competitive Bridge 12:30pm \$Tai Chi Ch'uan 1pm \$Watercolor Painting 1pm \$MELT 3pm Tech Time 4pm Bead Weaving at 6pm</p>	<p>4. Walking Club 8am \$Broadway Dance 8:45am Bridge Lessons 9am Needle Art Lab 9am Basic Chair Exercise 10am \$Yoga 10:30am Wednesdays at the Movies 1pm \$Senior Bingo 1:30pm</p>	<p>5. Walking Club 8am \$Zumba Gold 9am Social Quilters 9am Beejay's Fitness 9:30am HICAP 9:30am Let's Talk Sports 10am Mild Exercise for Fitness 11am Competitive Bridge 12:30pm \$Tai Chi Ch'uan 1pm Oil Painting 1pm SAB Meeting 2pm \$Ballroom Dance 2:30pm OC Woodworkers Assn. 7pm</p>	<p>6. Stamp Club 8am Table Tennis 8:30am Blood Pressure Screening 9am Longevity Stick Art 9am \$Coffee & Computers 9am Quilting Cut-Ups 9am Basic Chair Exercise 10am Art Club 12:30pm Pinochle & Canasta 1pm Open Lab 1pm Movie: The Book of Henry 1pm Tustin Tiller Day's 4pm</p>	<p>7. Tiller Day's Parade 10:00 am Tustin Tiller Day's 11:00 - 11:00pm</p>
<p>8. Tustin Tiller Day's 11:00 am - 8:00pm</p>	<p>9. Chair Exercise 10am \$Yoga 10:30am \$For the Love of Music 12:30pm Open Lab 1pm Senior Fitness 1:30pm Table Tennis 3:30pm Magic Needles 6pm</p>	<p>10. Walking Club 8am Table Tennis 8:30am Creative Needlepoint 9am \$Zumba Gold 9am Tai Chi Chih 10:15am Intro to Computer Basics 11:30am Bead Weaving 12pm Competitive Bridge 12:30pm \$Tai Chi Ch'uan 1pm \$Watercolor Painting 1pm Alzheimer's Support Group 3pm \$MELT 3pm Bead Weaving at 6pm</p>	<p>11. Walking Club 8am \$Broadway Dance 8:45am Bridge Lessons 9am Competitive Bridge 9am Needle Art Lab 9am Basic Chair Exercise 10am \$Yoga 10:30am Wednesdays at the Movies 1pm \$Senior Bingo 1:30pm \$Evening Ballroom Dance 7:30pm</p>	<p>12. Walking Club 8am Social Quilters 9am \$Zumba Gold 9am Senior Grocery Program 9am Beejay's Fitness 9:30am Let's Talk Sports 10am Mild Exercise for Fitness 11am Rad Hatters 11am Competitive Bridge 12:30pm \$Tai Chi Ch'uan 1pm Oil Painting 1pm \$Ballroom Dance 2:30pm</p>	<p>13. Table Tennis 8:30am Longevity Stick Art 9am \$Coffee & Computers 9am Quilting Cut-Ups 9am Basic Chair Exercise 10am Art Club 12:30pm Pinochle & Canasta 1pm Open Lab 1pm Movie: RED 1pm</p>	<p>14.</p>
<p>15.</p>	<p>16. Chair Exercise 10am \$Yoga 10:30am Arthritis Support Group 11am \$For the Love of Music 12:30pm Open Lab 1pm Senior Fitness 1:30pm Table Tennis 3:30pm Magic Needles 6pm</p>	<p>17. Walking Club 8am Table Tennis 8:30am Creative Needlepoint 9am \$Zumba Gold 9am Tai Chi Chih 10:15am Intro to Computer Basics 11:30am Bead Weaving 12pm Competitive Bridge 12:30pm \$Tai Chi Ch'uan 1pm \$Watercolor Painting 1pm Food Distribution 1pm \$MELT 3pm Bead Weaving 6pm</p>	<p>18. Walking Club 8am Blood Pressure Screening 9am \$Broadway Dance 8:45am Bridge Lessons 9am Competitive Bridge 9am Needle Art Lab 9am Basic Chair Exercise 10am \$Yoga 10:30am Wednesdays at the Movies 1pm \$Senior Bingo 1:30pm Tustana African Violet 6:30pm</p>	<p>19. Walking Club 8am Social Quilters 9am \$Zumba Gold 9am Beejay's Fitness 9:30am HICAP 9:30am Let's Talk Sports 10am \$Line Dancing 10am Mild Exercise for Fitness 11am Competitive Bridge 12:30pm \$Tai Chi Ch'uan 1pm Oil Painting 1pm \$Line Dance 1:30pm \$Ballroom Dance 2:30pm OC Woodturners 7pm</p>	<p>20. Table Tennis 8:30am Longevity Stick Art 9am Blood Pressure Screening 9am \$Coffee & Computers 9am Quilting Cut-Ups 9am Basic Chair Exercise 10am Art Club 12:30pm Pinochle & Canasta 1pm Open Lab 1pm Movie: The Big Sick 1pm</p>	<p>21. Art Walk 12:00 - 5:00 p.m. Old Town Tustin  (OVER)</p>

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>22.</p> <p>SeniorServ Lunch Program Monday - Friday Lunch Served at 12pm For more information Call (714)573-3349</p>	<p>23.</p> <p>Chair Exercise 10am \$Yoga 10:30am \$For the Love of Music 12:30pm Open Lab 1pm Senior Fitness 1:30pm Chair Volleyball 3pm Table Tennis 3:30pm Magic Needles 6pm</p>	<p>24.</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 \$Tai Chi Ch'uan 1pm \$Watercolor Painting 1pm \$MELT 3pm Bead Weaving 6pm</p>	<p>25.</p> <p>Walking Club 8am \$Broadway Dance 8:45am Bridge Lessons 9am Competitive Bridge 9am Needle Art Lab 9am Spanish Support Group 9:30 Basic Chair Exercise 10am Button Club 10am \$Yoga 10:30am Wednesdays at the Movies 1pm \$Senior Bingo 1:30pm</p>	<p>26.</p> <p>Walking Club 8am Social Quilters 9am Car Fit 9am Senior Grocery Program 9am Beejay's Fitness 9:30am \$Zumba Gold 9am Let's Talk Sports 10am \$Line Dancing 10am Mild Exercise for Fitness 11am Competitive Bridge 12:30pm \$Tai Chi Ch'uan 1pm Oil Painting 1pm \$Line Dance 1:30pm \$Ballroom Dance 2:30pm</p>	<p>27.</p> <p>Table Tennis 8:30am Longevity Stick Art 9am \$Coffee & Computers 9am Quilting Cut-Ups 9am Basic Chair Exercise 10am Art Club 12:30pm Pinochle & Canasta 1pm Open Lab 1pm Movie: Allied 1pm</p>	<p>28.</p>
<p>29.</p>	<p>30.</p> <p>Chair Exercise 10am \$Yoga 10:30am \$For the Love of Music 12:30pm Open Lab 1pm Senior Fitness 1:30pm Table Tennis 3:30pm Magic Needles 6pm</p>	<p>31.</p> <p>Walking Club 8am Table Tennis 8:30am Creative Needlepoint 9am \$Zumba Gold 9am Tai Chi Chih 10:15am Intro to Computer Basics 11:30am Birthday Celebrations 12pm Bead Weaving 12pm Birthday Celebrations 12pm Halloween Luncheon 12pm Competitive Bridge 12:30pm \$Tai Chi Ch'uan 1pm \$Watercolor Painting 1pm \$MELT 3pm Bead Weaving 6pm</p>				

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

October 6 - 8
October 21
October 31
October 31

Mark Your Calendar
Tustin Tiller Day's
Art Walk
Halloween Luncheon
Halloween Howl