

October 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Tustin Area Senior Center 200 South "C" St. P.(714)573-3340 F.(714)544-7334 www.tustinca.org/parksrec/tasc.htm	1. \$Aerobics 8:30am Chair Exercise 10am Yoga 10:30am CTAP 10:30am Open Lab 1pm Senior Fitness 1:30pm Table Tennis 3:30pm Magic Needles 6pm	2. Walking Club 8am Table Tennis 8:30am Creative Needlepoint 9am \$Zumba Gold 9am Gary's Fitness Class 10am Tai Chi Chih 10:15am Bead Weaving 12pm Competitive Bridge 12:30pm Watercolor 1pm Tai Chi Ch'uan 1pm Balance and Strength 1:30pm \$MELT-Full Body 3pm Bead Weaving 6pm	3. Walking Club 8am Advanced Walking Club 8am \$Aerobics 8:30am Bridge Lessons 9am Competitive Bridge 9am Party Bridge 9am Needle Art Lab 9am Basic Chair Exercise 10am Yoga 10:30am Seminar: How to Make the Most of MD Visits 11am Wednesdays at the Movies 1pm \$Senior Bingo 1:30pm	4. Walking Club 8am Open Lab 8:30am \$Zumba Gold 9am Social Quilters 9am Gary's Fitness Class 9am HICAP 9:30am Let's Talk Sports 10am \$Line Dancing 10am Mild Chair Exercise 11am Competitive Bridge 12:30pm Tai Chi Ch'uan 1pm Oil Painting 1pm Senior Advisory Board Meeting 2pm \$Ballroom Dance 2:30pm OC Woodworkers 7pm	5. Table Tennis 8:30am \$Coffee and Computers 9am Longevity Stick Art 9am Stamp Collectors Club 9am Tustin Quilting Cut-Ups 9am Blood Pressure Screening 9am Basic Chair Exercise 10am Art Club 12:30pm Pinochle & Canasta 1pm Movie: Stand by Me 1pm Open Lab 1pm	6. Ping Pong 8am Walking Club 8am Open Lab 8am \$Aerobics Class 9am Jam Session 10am Country Workout 10am Let's Talk Sports 10am Movie 11am
	7.	8. \$Aerobics 8:30am Chair Exercise 10am Yoga 10:30am Open Lab 1pm Senior Fitness 1:30pm Table Tennis 3:30pm Magic Needles 6pm	9. Walking Club 8am Table Tennis 8:30am Creative Needlepoint 9am \$Zumba Gold 9am Gary's Fitness Class 10am Tai Chi Chih 10:15am Bead Weaving 12pm Competitive Bridge 12:30pm Watercolor 1pm Tai Chi Ch'uan 1pm Balance and Strength 1:30pm \$MELT-Full Body 3pm Alzheimer's Support 3:30pm Bead Weaving 6pm	10. Walking Club 8am Advanced Walking Club 8am \$Aerobics 8:30am Bridge Lessons 9am Competitive Bridge 9am Party Bridge 9am Needle Art Lab 9am HICAP Table 9:30am Basic Chair Exercise 10am Yoga 10:30am Wednesdays at the Movies 1pm \$Senior Bingo 1:30pm \$Evening Ballroom Dance 7:30pm	11. Walking Club 8am Open Lab 8:30am \$Zumba Gold 9am Social Quilters 9am Senior Grocery Program 9am Gary's Fitness Class 9am Let's Talk Sports 10am \$Line Dancing 10am Red Hatters 11am Mild Chair Exercise 11am Competitive Bridge 12:30pm Oil Painting 1pm Tai Chi Ch'uan 1pm \$Ballroom Dance 2:30pm	12. 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: Adrift 1pm Open Lab 1pm
14.	15. \$Aerobics 8:30am Chair Exercise 10am Yoga 10:30am Arthritis Support 11am Open Lab 1pm Senior Fitness 1:30pm Table Tennis 3:30pm Magic Needles 6pm	16. Walking Club 8am Table Tennis 8:30am Creative Needlepoint 9am \$Zumba Gold 9am Gary's Fitness Class 10am Tai Chi Chih 10:15am Bead Weaving 12pm Competitive Bridge 12:30pm Watercolor 1pm Tai Chi Ch'uan 1pm Food Distribution 1pm Balance and Strength 1:30pm \$MELT-Full Body 3pm Bead Weaving 6pm	17. Walking Club 8am Advanced Walking Club 8am \$Aerobics 8:30am Bridge Lessons 9am Competitive Bridge 9am Party Bridge 9am Needle Art Lab 9am Spanish Support Group 9:30am Basic Chair Exercise 10am Yoga 10:30am Seminar: MediCare 101 11am Wednesdays at the Movies 1pm \$Senior Bingo 1:30pm Tustana Africa Violet Society 6:30 pm	18. Walking Club 8am Open Lab 8:30am \$Zumba Gold 9am Social Quilters 9am Gary's Fitness Class 9am Let's Talk Sports 10am \$Line Dancing 10am Mild Chair Exercise 11am Competitive Bridge 12:30pm Tai Chi Ch'uan 1pm Oil Painting 1pm \$Ballroom Dance 2:30pm OC Woodturners 7pm	19. 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: Red Sparrow 1pm Open Lab 1pm	20. Ping Pong 8am Walking Club 8am Open Lab 8am \$Aerobics Class 9am Jam Session 10am Country Workout 10am Let's Talk Sports 10am



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>21.</p> <p>SeniorServ Lunch Program Monday - Friday Lunch Served at 12pm For more info call (714)573-3349</p>	<p>22.</p> <p>\$Aerobics 8:30am Chair Exercise 10am Yoga 10:30am Open Lab 1pm Senior Fitness 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 Gary's Fitness Class 10am Tai Chi Chih 10:15am Bead Weaving 12pm Competitive Bridge 12:30pm Tai Chi Ch'uan 1pm Watercolor 1pm Balance and Strength 1:30pm \$MELT-Full Body 3pm Bead Weaving 6pm</p>	<p>24.</p> <p>Walking Club 8am Advanced Walking Club 8am \$Aerobics 8:30am Competitive Bridge 9am Bridge Lessons 9am Needle Art Lab 9am Party Bridge 9am Basic Chair Exercise 10am OC Button Club 10am Yoga 10:30am Wednesdays at the Movies 1pm \$Senior Bingo 1:30pm \$Evening Ballroom Dance 7:30pm</p>	<p>25.</p> <p>Walking Club 8am Open Lab 8:30am \$Zumba Gold 9am Social Quilters 9am Senior Grocery Program 9am Gary's Fitness Class 9am HICAP 9:30am Let's Talk Sports 10am \$Line Dancing 10am Mild Chair Exercise 11am Competitive Bridge 12:30pm Oil Painting 1pm Tai Chi Ch'uan 1pm \$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 Blood Pressure Screening 9am TASC Garden Club 9:30am Basic Chair Exercise 10am Art Club 12:30pm Pinochle & Canasta 1pm Movie: A Wrinkle in Time 1pm Open Lab 1pm</p>	<p>27.</p> <p>Ping Pong 8am Walking Club 8am Open Lab 8am \$Aerobics Class 9am Jam Session 10am Country Workout 10am Let's Talk Sports 10am</p>
<p>28.</p>	<p>29.</p> <p>\$Aerobics 8:30am Chair Exercise 10am Yoga 10:30am Open Lab 1pm Senior Fitness 1:30pm Table Tennis 3:30pm Magic Needles 6pm</p>	<p>30.</p> <p>Walking Club 8am Table Tennis 8:30am Creative Needlepoint 9am \$Zumba Gold 9am Gary's Fitness Class 10am Tai Chi Chih 10:15am Bead Weaving 12pm Birthday Celebration 11:30am Competitive Bridge 12:30pm Watercolor 1pm Tai Chi Ch'uan 1pm Balance and Strength 1:30pm \$MELT-Full Body 3pm Bead Weaving 6pm</p>	<p>31.</p> <p>Walking Club 8am Advanced Walking Club 8am \$Aerobics 8:30am Bridge Lessons 9am Party Bridge 9am Needle Art Lab 9am Competitive Bridge 9am Basic Chair Exercise 10am Yoga 10:30am Halloween Luncheon and Halloween Howl 12pm Wednesdays at the Movies 1pm \$Senior Bingo 1:30pm</p>			

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

Mark Your Calendar

October 5 –7

Tustin Tiller Days

October 13

Art Walk

October 31

Halloween Luncheon and Halloween Howl