

# SLO Senior Center Bulletin

November 2016



Vol. 38 No. 10

San Luis Obispo Senior Center—“A Clubhouse for Big Kids”  
Providing Social, Recreational, and Educational Opportunities for Boomers and Seniors

## THE PREZ SEZ

Joan Drake, President  
Executive Board



Election Day, November 8, is almost here. I hope you were able to attend the two events sponsored by the Senior Center to help you fill in your ballot: the City Council candidate forum and the League of Women Voters presentation on the ballot measures. We thank everyone who made these events possible.

68% of SLO County voters take advantage of the “vote by mail” option. Others vote at their polling place on Election Day. No matter whom you choose or whether you mark “yes” or “no” on the propositions, the most important thing is to exercise your right to vote. People in many parts of the world don’t have this option. Every vote does count, especially in local elections, where the number of voters casting ballots is smaller. As the results come in, some will cheer and some will moan at the outcome, but at least we each have the right to cast our vote.

Speaking of which... the election of officers for our Executive Board will be held at the membership luncheon on Wednesday, November 16. I hope you’ll come to vote, then stay to enjoy a traditional Thanksgiving feast and a presentation by local filmmaker Sky Bergman.

## ✦ EXECUTIVE BOARD 2016 ✦

President	Joan Drake
Vice President	
Executive Sec’y	Kathleen Bellefontaine
Treasurer	Liz Murphy
Newsletter/Publicity	Mary Vandenberg
Corresponding Sec’y	Cathy Marvier
Historian	Louise Kier
Member-at-Large	Betty De Haan
Member-at-Large	PJ Crawford
Parks & Rec Liaison	Dave Setterlund

Board meetings (2nd Monday, 9:30 a.m.) are open to all members.

Agenda items must be submitted at least 7 days in advance.



“FALL BACK”  
Daylight Savings Time  
ends Sunday, Nov. 6—  
set clocks back 1 hour.

Election Day is  
Tuesday,  
November 8



The Senior Center Will Be  
**OPEN**



**HOLIDAY  
WREATH  
WORKSHOPS**

Monday, November 21  
Monday, November 28

9:30—11:00 a.m.

✦ SEE PAGE 3 ✦

The Senior Center Will Be  
**CLOSED**  
THURSDAY, NOVEMBER 24  
FRIDAY, NOVEMBER 25



**MEMBERSHIP LUNCHEON**  
Wednesday, November 16, 2016  
12 Noon

✦ ELECTION OF OFFICERS ✦

**MENU: TRADITIONAL TURKEY DINNER**  
Mashed Potatoes and Gravy,  
Stuffing, Cranberry Sauce, Mixed  
Vegetables, Pumpkin Pie

**PROGRAM: Sky Bergman**  
“Lives Well Lived”

**Cost:** \$10 for members and \$12 for non-members. **Make your reservation** at the office or call 781-7306 **no later than Friday, November 11.** Reservations made after that date will incur a \$1 surcharge. We cannot accept reservations on the day of the luncheon. Please remember, if you make a reservation and don’t cancel by Friday, November 11, you will still be expected to pay. *We are required to guarantee a minimum of 25 reservations by the Friday prior to the luncheon, otherwise we will have to cancel.*

To-go orders are available for pick-up at 12 noon. Please let the office know when you make your reservation if you’re placing a “to-go” order.

**2017 MEMBERSHIPS**  
On Sale Beginning November 1

✦  
**MEMBERSHIP**  
\$12 per person per calendar year

✦  
**PARKING PERMIT**  
\$4 per year, expires Jan. 15, 2017

## GET INVOLVED!

The Senior Center is an all-volunteer program under the direction of the Executive Board. **We need friendly people to staff our Volunteer Office as on-call substitutes.** Responsibilities include greeting patrons, making coffee, counter duties, telephone, class sign-ups and member enrollment. Computer skills are not required. Orientation and training are provided. Please call 781-7306 and leave your contact information.

### GAMES

**Bingo:** Wednesdays at 9:00 a.m. Buy-in: \$2.50 for members, \$3.50 for non-members.

**Party Bridge:** Tuesdays at 12:30 p.m. Friendly bridge for intermediate level and above. Sign up at the Volunteer Office.

**Mexican Train Dominoes:** 1st and 4th Wednesdays at 1:00 p.m. Everyone welcome.

**Mahjong:** Thursdays at 1:00 p.m. New players are always welcome; no experience necessary!

**Pinochle (double deck):** Fridays at 11:30 a.m.

### ONGOING CLASSES and GROUPS

**Brain Aerobics:** 1st Monday at 10:25 a.m. A workout for your brain, presented by Dr. Sonja S. Glassmeyer, Certified Gerontologist.

**Book Club:** 4th Monday at 11:00 a.m. SLO Library "Book Club in a Box." Call 781-7306 for information.

**Chair Exercise:** Tuesdays and Thursdays at 10:00 a.m.

**"Choose and Tell":** 4th Tuesday at 11:30 a.m.

**Writing Your Memories:** Tuesdays at 1:00 p.m.

**Silver Streaks:** Bulk mail preparation for local non-profits. 1st, 4th, and 5th Thursdays at 9:00 a.m. Call 781-7306 for information.

**Duplicate Bridge:** Bring a partner—join us for stimulating mental exercise and fun! Go to [slobridge.com](http://slobridge.com) for information.

Mondays and Fridays—12:30 p.m. ✦ Wednesdays—6:15 p.m. ✦ 2nd Saturday—12:30 p.m.

Intermediate Classes—Mondays at 11:15 a.m.



**Roundtable Readers:** 2nd Wednesday at 7:00 p.m. Call Signe James at 541-3520 for information.

### FREE SERVICES at the Senior Center

**Lending Library:** Honor system; *please be sure to return Senior Center-labeled books to us, NOT to the SLO County Library!*

**Medical Equipment Loan:** Limited availability of walkers, wheel chairs, canes, and crutches. Inquire at the Volunteer Office.

**HICAP (Health Insurance Counseling and Advocacy Program):** Thursdays from 12 noon—3:30 p.m.

Free, unbiased assistance for anyone needing guidance with Medicare coverage: new enrollment, change plans, resolve claims problems, and counseling about Long Term Care Insurance. **By appointment only.** Call (805) 928-5663 to schedule.

**CAP Adult Wellness & Prevention Screening:** 2nd Thursday of the month, 9:30-11:30 a.m.

Free confidential blood pressure, cholesterol, diabetes, and anemia screenings. First come, first served.

**Legal Services:** Free 30-minute consultation, 2nd Friday of the month for **ages 60+.** *Does NOT cover Wills & Trusts, Divorce Issues, or Criminal Law.* **By appointment only.** Call Senior Legal Services Project at 543-5140 to schedule.

**Food Bank:** Low income food distribution, 3rd Tuesday of the month, 9:00—10:00 a.m. Call 238-4664 or visit [www.slofoodbank.org](http://www.slofoodbank.org) for eligibility requirements.

### In the COMMUNITY

The **Senior Nutrition Program of San Luis Obispo County** serves lunch weekdays at 11:30 a.m. at the Anderson Hotel, 955 Monterey Street and at the United Church of Christ (Congregational), 11245 Los Osos Valley Road. Suggested donation is \$2.75 per meal. Call the Senior Nutrition Program office (541-3312) at least two days prior to the date(s) on which you would like to attend to ensure that there are enough meals available.

**Bread and other food items** can be picked up in the front vestibule of the **Salvation Army**, located at the corner of Islay and Chorro Streets. Hours are Tuesdays, Wednesdays, Thursdays, and Fridays from 10:00 a.m.-12:00 noon and from 12:30-2:00 p.m.

**Senior Hotline (call 211)** provides information and referral for non-profit agencies within San Luis Obispo County.

**Rideshare (call 511)** provides information about transportation options when family or friends aren't available.

**Senior Connection** (Area Agency on Aging—Santa Maria) provides comprehensive information and assistance, follow-up and advocacy. More information is available at their website: [www.centralcoastseniors.org](http://www.centralcoastseniors.org). Contact them by phone at 541-0384 or 1-800-510-2020, or via Internet at [seniors@kcbx.net](mailto:seniors@kcbx.net).

The **Cal Poly Low Income Taxpayer Clinic (LITC)** represents low-income taxpayers involved in tax controversies with the Internal Revenue Service, at no charge (not a tax preparation service). Phone 1-877-318-6772 for more information. <http://www.cob.calpoly.edu/litc/>

**Please check the bulletin boards and display racks in the Coffee Room for information about other activities, events, support groups and community services in and around SLO.**

# Happy Birthday!

## NOVEMBER

- Wayne Branin
- Phyllis Davies
- Lyn Flanders
- Brunillda Francis
- Jo Anne Howell
- James Lewis
- Robert Mulrooney
- Barbara Pfister
- Sandra Stallings
- Carolyn Wheeler

Did we miss your birthday? Be sure to write the month and check "yes" on your enrollment form!

## KEEPING IN TOUCH



Do you know of any members or their family who are ill, are in the hospital, or have passed away? If so, please contact Corresponding Secretary Cathy Marvier by email at [cmarvier@hotmail.com](mailto:cmarvier@hotmail.com) or by phone at 541-5221.

## SLOCOA

The SLO County Commission on Aging (SLOCOA) advises the Board of Supervisors on Senior issues. The November meeting will be held on Friday, November 18.

Members of the public are invited to join us for this month's topic, "The County Mental Health Continuum of Care for Adults." Presenting the program is Judy Vick, MS, LMFT. Judy is the Division Manager of Adult Mental Health Services.

SLOCOA meetings are held at the SLO Veterans Memorial Building, 801 Grand Avenue, on the third Friday of the month (except December) at 10:00 a.m. Handicap accessible, hearing friendly as much as possible, public welcome. For more information, call 235-5779 or visit [www.slocounty.ca.gov/coa.htm](http://www.slocounty.ca.gov/coa.htm).

The Commission provides a forum for seniors to voice their concerns and is an advisory board to the Board of Supervisors. If you care about how the County is preparing for the "Silver Tsumani"—Aging in Place, Transport, Assisted Living when you need it—the Commission has openings and is taking Applications. Come to a meeting or call the Chair at the number above to learn more.

**2017 MEMBERSHIPS  
On Sale Beginning  
November 1**

# In Appreciation



Thank you, Sharon Whitney (l.) and Julianne McAdam from the League of Women Voters, for presenting the pros and cons of the ballot measures on Oct. 18.



Thank you to our wonderful P&R staffers Chris Woods (l.) and Rich Ogden for cooking up the delicious tri-tip at our recent Laguna Lake Golf Course barbecue dinner. Thanks also go to marshal Larry Ostini for conducting golf cart tours of the grounds.



Many thanks to members of the Cal Poly Rose Float club for giving us a tour of the lab. The picture they're holding is the design for the 2017 float "A New Leaf" and they're standing in front of the framework for "Rocky"—you can see the finished product on January 2. Pictured are (l-r) vice president Margaret Kennedy, construction team member Tyler Couvrette, decorations chair Belen Castillo, assistant construction chair Ali Harake (back row), vice president Jocelyn Baird, and president Philippe Napaa. Thanks also go to program advisor Josh D-Acquisto.



Thank you to local KCEV radio personality Dave Congalton for an entertaining program at the October luncheon.

# Around the Town



Friday, October 14, 2016  
10:00 a.m.

**ACHIEVEMENT HOUSE**  
3003 Cuesta College Road

Our final 2016 "Around the Town" is a tour of the various enterprises at Achievement House at Cuesta College. We'll visit their hydroponic and regular greenhouses, shredding facility, thrift shop, and electronic waste recycling (here's your opportunity to dispose of old computers, TVs, and other e-waste after the tour).

Take Hwy. 1 to Education Drive—that's the stop light opposite the County Office of Education, at the northern end of campus. Once you're inside, turn right onto Cuesta College Road. Follow the road to the large gate where you see the Achievement House sign. Continue on the two-lane road until you reach the Achievement House parking lot. Meet in front of the Administration Building. Some walking is involved, so wear comfortable shoes. Car pooling is encouraged.

## PARTY BRIDGE RETURNS

Are you looking for a friendly, low-key game of bridge? If you're at least intermediate level, join us on Tuesdays at 12:30 p.m. Sign up at the Volunteer Office. For more information call coordinator Randy Murray at 544-3037. See you there!

## MAKE A "SHEET MUSIC" HOLIDAY WREATH

Just in time for the holidays—Leona Fairchild will lead you through the steps to make this fun holiday wreath. Two 90-minute workshops will be offered: Monday, November 21 and again on Monday, November 28 at 9:30 a.m. The cost of \$5 includes all materials. Eight spaces are available for each of these workshops, which are limited to Senior Center members.



Sign up and pay the materials fee by Monday, November 14.

## HOLIDAY TREE TRIMMING TUESDAY, NOVEMBER 29

11:30 a.m.

Come one, come all!  
String popcorn, add a link to our holiday wish chain, and hang decorations.



**This Month at the SLO Senior Center**

<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>
<p>11:15 a.m. <b>Duplicate Bridge Class</b> ◆ 12:30 p.m. <b>Duplicate Bridge</b></p> <p>◆</p> <p>10:25 a.m. <b>Brain Aerobics</b> <u>1st Monday</u> <b>November 7, 2016</b> ◆</p> <p>9:30 a.m. <b>Executive Board Mtg.</b> <u>2nd Monday</u> <b>November 14, 2016</b> ◆</p> <p>9:30 a.m. <b>Holiday Wreath Workshops</b> <u>3rd Monday</u> <b>November 21, 2016</b> <u>4th Monday</u> <b>November 28, 2016</b> ◆</p> <p>11:00 a.m. <b>Book Club</b> <u>4th Monday</u> <b>November 28, 2016</b> <i>A Man Called Ove</i> by Fredrik Backman</p>	<p>10:00 a.m. <b>Chair Exercise</b> ◆ 12:30 p.m. <b>Party Bridge</b> ◆ 1:00 p.m. <b>Writing Your Memories</b></p> <p>◆</p> <p>9:00 a.m. <b>Food Bank</b> <u>3rd Tuesday</u> <b>November 15, 2016</b> ◆</p> <p>11:30 a.m. <b>Choose &amp; Tell</b> <u>4th Tuesday</u> <b>November 22, 2016</b> ◆</p> <p>11:30 a.m. <b>Tree Trimming</b> <u>5th Tuesday</u> <b>November 29, 2016</b></p>	<p>9:00 a.m. <b>Bingo</b> ◆ 6:15 p.m. <b>Duplicate Bridge</b></p> <p>◆</p> <p>1:00 p.m. <b>Mexican Train</b> <u>1st Wednesday</u> <b>November 2, 2016</b> <u>4th Wednesday</u> <b>November 23, 2016</b> ◆</p> <p>7:00 p.m. <b>Roundtable Readers</b> <u>2nd Wednesday</u> <b>November 9, 2016</b> <i>Girl Waits with Gun</i> By Amy Stewart ◆</p> <p>12:00 noon <b>Membership Luncheon</b> <b>Election of Officers</b> <u>3rd Wednesday</u> <b>November 16, 2016</b> Turkey Dinner Speaker: Sky Bergman</p>	<p>10:00 a.m. <b>Chair Exercise</b> ◆ 12:00 p.m. <b>HICAP</b> <u>By Appointment</u> ◆ 1:00 p.m. <b>Mahjong</b></p> <p>◆</p> <p>9:00 a.m. <b>Silver Streaks</b> <u>1st and 4th Thursdays</u> ◆ 9:30 a.m. <b>CAP Health Screening</b> First-come basis <u>2nd Thursday</u> <b>November 10, 2016</b></p> <p>◆</p> <p><b>CLOSED</b> <b>NOVEMBER 24</b> <b>THANKSGIVING HOLIDAY</b></p>	<p>11:30 a.m. <b>Pinochle</b> ◆ 12:30 p.m. <b>Duplicate Bridge</b></p> <p>◆</p> <p>9:30 a.m. <b>Legal Services</b> <u>By Appointment</u> <u>2nd Friday</u> <b>November 11, 2016</b> ◆ 10:00 a.m. <b>Achievement House</b> <u>2nd Friday</u> <b>November 11, 2016</b></p> <p>◆</p> <p><b>CLOSED</b> <b>NOVEMBER 25</b> <b>THANKSGIVING HOLIDAY</b></p>
				<p><u>SATURDAY</u></p> <p>12:30 p.m. <b>Duplicate Bridge</b> <u>2nd Saturday</u> <b>November 12, 2016</b></p>

We welcome your ideas for new activities, classes, and trips.  
Our program is sponsored by the City of SLO Parks and Recreation Department. [www.slocity.org/parksandrecreation/seniors](http://www.slocity.org/parksandrecreation/seniors)



Rose float chassis



"Rocky" hydraulics



Cutting flowers for "Rocky" skin