

SLO Senior Center Bulletin

December 2016



Vol. 38 No. 11

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



On behalf of the 2017 Executive Board, thank you for your vote of confidence. We will be sworn in at the Holiday Luncheon on December 14 (the second Wednesday of this month due to the annual closure for maintenance). This team takes on the leadership role for the Center, but as an all-volunteer organization we always need additional assistance. Please see me or leave a note if you're interested in helping. Many tasks require only a small amount of time, but they make a big difference in the running of our Center.

I want to draw your attention to a special informational event this month. Representatives from local public agencies will talk about how to effectively interact with people during difficult situations. Although this presentation was originally intended for Board members and office volunteers, anyone who is interested is welcome to attend.

Please note the dates of the annual closure. It begins when the doors are locked on Friday, December 16 and the Center will not reopen until Tuesday, January 3, 2017 at 9:00 a.m.

Wishing you the very best this holiday season. Stay safe and well, and join us in 2017 for lots more events and activities.

◆ 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.

Senior Center HOLIDAY SHUTDOWN

CLOSED

Friday, December 16, 2016
at 4:00 p.m.

›through‹

Monday, January 2, 2017

REOPENS

Tuesday, January 3 2017
9:00 a.m.



DEALING WITH DIFFICULT SITUATIONS

FRIDAY, DECEMBER 9
10:00 a.m.

Presented by
Representatives from
Local Public Agencies

EVERYONE IS
WELCOME!

NEW YEAR'S BUNCO PARTY

WEDNESDAY, JANUARY 4
1:00 p.m.

See flyer for details—
Sign up now!

MEMBERSHIP LUNCHEON Wednesday, December 14, 2016 12 Noon

MENU: ROAST PORK LOIN with
Homemade Apple Sauce,
Mashed Potatoes and Gravy,
Fresh Buttered Dilled Carrots,
Hot Roll and Butter,
Special Holiday Dessert

PROGRAM: Kindred Spirits

Cost: \$10 for members and \$12 for non-members. **Make your reservation** at the office or call 781-7306 **no later than Friday, December 9. 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, December 9, 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 NOW ON SALE

◆ MEMBERSHIP

\$12 per person per calendar year

◆ PARKING PERMIT

\$4 per year, expires Jan. 15, 2018

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 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 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. Contact them by phone at 541-0384 or 1-800-510-2020, or via Internet at 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.



It has become a tradition in the December newsletter to thank the many volunteers who donate their time to further the purpose of our organization: “to provide for the unmet social and referral needs of its members.” Updating it brings mixed feelings. There’s delight in adding new names and seeing how many people continue to serve; sadness in those who are no longer able to volunteer due to personal responsibilities or leaving the area. Any omissions are truly unintentional.

The Executive Board, listed on page 1, directs operations at the Senior Center and is responsible for providing its programs and activities. Every Board member has been diligent in representing the Center’s interests.

City of San Luis Obispo: Our sincere thanks go to Parks & Recreation Director Shelly Stanwyck, Recreation Manager Melissa (Mel) Mudgett, Community Services Supervisor/Senior Center Liaison David Setterlund, Parks and Recreation Facilities Supervisor Devin Hyfield, and all the other staff members who assist us; and Public Works Facilities Supervisor Andrew Collins and his staff.

Office Volunteers are the public face of the Senior Center: Kathleen Bellefontaine, Aurea Cruz, Pat Gordon, Doris Highland, Cecil Holzknicht, Jean Lardon, Teresa McMillan, Florence Qualseth, and Nancy Smith. Office Volunteer Chair Audrey Gendron coordinates this outstanding group.

Activities & Services: Around the Town—Joan Drake and Mary Vandenberg; Bingo—Kevin Casey and Norma Bettencourt; Book Club and Brain Aerobics—Rosemary Baxter; Bunco—Cathy Marvier; CAP Health Services health screening—Heather Murphy, RN; Chair Exercise—PJ Crawford and Sally Magnia; Choose & Tell—Kathleen Bellefontaine; HICAP counseling and classes—Scott Smith-Cooke and various staff members; Legal Services—attorneys Stephen Hosford and Valerie Hosford; Library Committee—Rosemary Baxter, Mary Ellen Cantrell, Virginia Shober and Paula Westbrook; Meditation—John Hupp and Jeanne Salter; Mexican Train Dominoes—Betty DeHaan; Roundtable Readers—Signe James; Silver Streaks—Mary Vandenberg and Jo Anne Howell; T’ai Chi—Gary West

Special Events and Classes: Cal Poly Low Income Tax Clinic—Phil Iacono; 3-part Tech Series—Elizabeth Jacobs of Parks & Recreation; Active Living Every Day 6-week course—Heather Murphy, RN/CAPSLO; SwingFest performed by the Yung Swingers and Cal Poly Swing Club dancers; Learn to Draw 6-session class—Zoe Walsh; Fall Floral Workshop—Melinda Lynch, Cal Poly/Floral Design; Rite Aid Flu Shot Clinic; City Council Candidate Forum; League of Women Voters ballot measures presentation—Sharon Whitney and Julianne McAdam; Fun ‘n’ Games at the Laguna Lake Golf Course—Chris Woods and Rich Ogden, Parks & Recreation; Holiday Wreath Workshops—Leona Fairchild.

Brain Aerobics: Thank you, Dr. Sonja Glassmeyer, for providing us with a top-notch mental workout each month. Our nomination of this class was awarded “Senior Citizen Program of the Year” from the Area Agency on Aging.

Luncheon: Caterer Jean DuMong and crew Pat Bergman and Kathy LePage, coordinator Colleen Hess, decorations courtesy of Mary Vandenberg, and speakers and entertainers: Misty Wycoff—Friends of the Elephant Seal; sing-along with Ralph Battles & Roger Jump; Celtic harpists Doris Highland and Kathleen Pennington; Bob Isenberg—Pacific Coast Peregrine Watch; Dan Krieger—The Tribune; SLO Police Chief Dana Cantrell; Dave Congalton—KCEV radio; and Sky Bergman—Lives Well Lived. Kindred Spirits will perform this month.

Around the Town Hosts: SLO Museum of Art; SLO Police Department; Laguna Lake Golf Course; J Carroll; Harmony Lavender Farm; Atascadero City Hall; SLO Aquatics; Rose Float Lab, Cal Poly; Achievement House

ACBL Unit 540 Contract Bridge: Thank you for your continuing financial support; it is greatly appreciated.

Last, but certainly not least, our thanks go to every member who pays dues to help cover expenses, participates in events and activities, and offers suggestions about how to improve the Center. If it weren’t for all of you, the Center wouldn’t exist. Thanks to everyone and please continue to help make our “clubhouse for big kids” a success in 2017.



Happy Birthday!

DECEMBER

David Crampton	Terrie MoffaElinor
Frank Deleissigues	Murray
Esther Droege	Emma Odom
Laura Emerson	Felix Rusnak
Verna Gladstone	Phyllis Schimling
Richard Jameson	Helma Smulders
Lorraine Kenney	Laurice Sommers
Jean Lardon	Adrian Vandenberg
Kathy Lotfi	



In Appreciation

Thank you, Sky Bergman, for previewing your film “Lives Well



Lived” at the November luncheon. Sky’s film is still being shown at film festivals; find out when the full-length version will be in general release at lives-well-lived.com.



Thank you, Leona Fairchild, for leading two holiday wreath-making workshops last month. Nancy Smith is putting the finishing touches on her wreath. Look for a sample on display in the Coffee Room.



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 or by phone at 541-5221.

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



This Month at the SLO Senior Center

<p><u>MONDAY</u></p> <p>11:15 a.m. Duplicate Bridge Class ◆ 12:30 p.m. Duplicate Bridge</p> <p>◆</p> <p>10:25 a.m. Brain Aerobics <u>1st Monday</u> December 5, 2016</p> <p>◆</p> <p>9:30 a.m. Executive Board Mtg. <u>2nd Monday</u> December 12, 2016</p>	<p><u>TUESDAY</u></p> <p>10:00 a.m. Chair Exercise ◆ 12:30 p.m. Party Bridge ◆ 1:00 p.m. Writing Your Memories</p>	<p><u>WEDNESDAY</u></p> <p>9:00 a.m. Bingo ◆ 6:15 p.m. Duplicate Bridge</p> <p>◆</p> <p>1:00 p.m. Mexican Train <u>1st Wednesday</u> December 7, 2016</p> <p>◆</p> <p>12:00 noon Membership Luncheon <u>2nd Wednesday</u> December 14, 2016 Roast Pork Loin Program: Kindred Spirits</p> <p>◆</p> <p>7:00 p.m. Roundtable Readers <u>2nd Wednesday</u> December 14, 2016 <i>Free Choice</i></p>	<p><u>THURSDAY</u></p> <p>10:00 a.m. Chair Exercise ◆ 12:00 p.m. HICAP <u>By Appointment</u> ◆ 1:00 p.m. Mahjong</p> <p>◆</p> <p>9:00 a.m. Silver Streaks <u>1st Thursday</u> ◆ 9:30 a.m. CAP Health Screening First-come basis <u>2nd Thursday</u> December 8, 2016</p>	<p><u>FRIDAY</u></p> <p>11:30 a.m. Pinochle ◆ 12:30 p.m. Duplicate Bridge</p> <p>◆</p> <p>10:00 a.m. Dealing with Difficult Situations <u>2nd Friday</u> December 9, 2016</p>
				<p><u>SATURDAY</u></p> <p>12:30 p.m. Duplicate Bridge <u>2nd Saturday</u> December 10, 2016</p>

**The Senior Center will be CLOSED for annual maintenance
Friday, December 16, 2016 @ 4:00 p.m. —Tuesday, January 3, 2017 @ 9:00 a.m.**

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



“Around the Town” goes to Achievement House

In November we visited Achievement House, located on the grounds of historic Camp San Luis Obispo. Their friendly staff greeted us with refreshments and took us on a tour of their various enterprises, which include regular and hydroponic greenhouses, e-waste recycling, shredding services, and a large thrift store.

Achievement House is accredited through the Commission on Accreditation of Rehabilitation Facilities in community employment services, employment support, job development and organizational employment services. For a complete list of services and additional information go to achievementhouse.org.



Rona, Mark and Renee outside the greenhouse



Workers disassembling recycled computers and other e-waste



Hydroponic produce available at local stores and at Achievement House



Shredded, baled paper