

SLO Senior Center Bulletin

January 2017



Vol. 39 No. 1

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



While the Center has been closed, the City has been sprucing up our building. We thank Andrew Collins and his staff for their hard work. At the same time, Board members have been busy scheduling programs and events. Our calendar is busy from the moment we reopen on January 3. Still, we are always looking for new ideas. If you have a suggestion, mention it to me or another Board member, or leave a note in the Suggestion Box.

Because we believe our Center is one of the best-kept secrets in town, one goal again this year is to grow our membership through increased publicity about our great facility. Of course, the best publicity is for our members to spread the word about what we have to offer. Please invite non-member friends to attend one of our activities and, if they enjoy it, encourage them to become members. Annual dues—still only \$1.00 per month—are less than the cost of a cup of coffee at most places in town (and free coffee is one of the benefits of membership). The Senior Center isn't just the best-kept secret, it's the best value!

If you haven't already done so, this is also a reminder that it's time for you, too, to enroll for your 2017 membership and, if needed, buy a parking pass.

I sincerely hope 2017 will be a good year for all of us. We look forward to seeing you soon.

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. Training is provided. **We also have a vacancy for Vice President on our Executive Board.** Please call 781-7306 and leave your contact information.

Happy New Year!

BUNCO PARTY

WEDNESDAY, JANUARY 4
1:00 p.m.

\$2 Members
\$3 Non-members

Door Prizes
Refreshments
Everyone Welcome

SCHEDULE CHANGES

Brain Aerobics will be held on the 2nd Monday (this month only) due to the holiday closure. **Mexican Train Dominoes** will now meet on the 2nd and 4th Wednesdays of the month.

The Senior Center will be
OPEN

Monday, January 16
Martin Luther King Jr. Day (observed)



♥ **SAVE THE DATE**
Sunday, February 12
"Magic in the Afternoon"
Watch for Details *♥*

MEMBERSHIP LUNCHEON
Wednesday, January 18, 2017
12 Noon

MENU: Chinese Year of the Rooster
Beef Chop Suey, White Rice,
Egg Roll with Sauce, Egg Foo
Young, Surprise Dessert

PROGRAM: VERN LUDWICK
The Bird Man

Cost: \$10 for members and \$12 for non-members. **Make your reservation** at the office or call 781-7306 **no later than Friday, January 13.** Please remember, if you make a reservation and don't cancel by Friday, January 13, you will still be expected to pay.

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.

JOIN NOW!

MEMBERSHIP

\$12 per person per calendar year

PARKING PERMIT

\$4 per year, expires Jan. 15, 2017

EXECUTIVE BOARD 2017

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
Membership	Dick Rall
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.

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: 2nd 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

Meals That Connect (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 Meals That Connect 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.

Happy Birthday!

JANUARY

Kathleen Copeland
Norma Fauset
Nan Harris
Carol Howard
Sheila Lawson
Mary Neal
John Odom
Jacqueline Rall
LaVerne Stafford
Sally Tartaglia

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 or by phone at 541-5221.

SLOCOA

The SLO County Commission on Aging (SLOCOA) advises the Board of Supervisors on Senior issues. The January meeting will be held on Friday, January 20.

Members of the public are invited to join us for this month's topic, "Are there affordable legal, home maintenance and health screening services?" Speakers are Grace McIntosh, Deputy Directory of Community Action Partnership of SLO County and Stephanie Barclay, Directing Attorney, Senior Legal Services Project.

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.

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 Tsunami"—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.

In Appreciation



Christine Pirruccello, LMFT, Mental Health Evaluation Team Manager for Sierra Mental Wellness Group, County of San Luis Obispo

Thank you, Christine, for your presentation on *Dealing with Difficult Situations*.



Thank you, *Kindred Spirits*, for a wonderful program of holiday choral music at the December luncheon.

Around the Town

FRIDAY, JANUARY 13, 2017
10:00 a.m.

Get a sneak preview of the **Food Bank** Coalition of San Luis Obispo's new facility at 1180 Kendall Road, located near the SLO County airport.

Sign up for this special tour by Wednesday, January 11. Parking is available and we will meet in front of the building.



The 2017 Executive Board was installed at the December luncheon. Pictured are (back row, l-r) Cathy Marvier, Kathleen Bellefontaine, PJ Crawford, Liz Murphy, Louise Kier, Mary Vandenberg, (front row, l-r) Joan Drake, Dick Rall, and Betty DeHaan.

CITY of SAN LUIS OBISPO 2017-2019 FINANCIAL PLAN

Every two years, the City establishes the top priorities to make San Luis Obispo an even better place to live, work and play. Then the City Council matches the resources to achieve these priorities through adopting the budget in June. As part of the process of developing its 2017-2019 financial plan, the City is soliciting community input to assist in establishing its priorities for the next two years.

Two public events will be held this month.

✦ **COMMUNITY FORUM** ✦
Tuesday, January 10, 2017
6:30-9:30 p.m.

Ludwick Community Center
864 Santa Rosa Street

Present ideas to the Council and discuss them with other community members.

✦ **GOAL-SETTING WORKSHOP** ✦
Saturday, January 28, 2017
8:30a.m.—4:30 p.m.

City/County Library
Community Room

The Council will deliberate to set the *Major City Goals* and *Other Important Council Objectives* for the next two years.

CITY of SAN LUIS OBISPO ADVISORY BOARD RECRUITMENT

The City's Boards and Commissions, including Parks & Recreation, are accepting applications for voluntary positions through January 20, 2017. See the specific Advisory Body web pages (slocity.org) for general information concerning them, as well as links to Agendas and Minutes. For detailed information see the Advisory Body Handbook.

Applications are available at the City Clerk's Office, City Hall or by calling (805) 781-7100. You may also download applications from the City Clerk's Website at slocity.org/volunteer.

For 2017 appointments, return completed applications by January 20, 2017, before 5:00 p.m.

City Clerk's Office
990 Palm Street
San Luis Obispo, CA 93401

For more information call (805) 781-7100.



☞ This Month at the SLO Senior Center ☜

<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>
<p>OPEN January 16, 2017 M. L. King Jr. Day</p> <p>◆</p> <p>11:15 a.m. Duplicate Bridge Class</p> <p>◆</p> <p>12:30 p.m. Duplicate Bridge</p> <p>◆</p> <p>9:00 a.m. Executive Board Mtg. 2nd Monday January 9, 2017</p> <p>◆</p> <p>10:25 a.m. Brain Aerobics 2nd Monday (note change due to closure) January 9, 2017</p> <p>◆</p> <p>11:00 a.m. Book Club 4th Monday January 23, 2017 <i>The Unlikely Pilgrimage of Harold Fry</i> by Rachel Joyce</p>	<p>10:00 a.m. Chair Exercise</p> <p>◆</p> <p>12:30 p.m. Party Bridge</p> <p>◆</p> <p>1:00 p.m. Writing Your Memories</p> <p>◆</p> <p>9:00 a.m. Food Bank 3rd Tuesday January 17, 2017</p> <p>◆</p> <p>11:30 a.m. Choose & Tell 4th Tuesday, January 24, 2017</p>	<p>9:00 a.m. Bingo</p> <p>◆</p> <p>6:15 p.m. Duplicate Bridge</p> <p>◆</p> <p>1:00 p.m. BUNCO PARTY 1st Wednesday January 4, 2017</p> <p>◆</p> <p>1:00 p.m. Mexican Train 2nd Wednesday January 11, 2017</p> <p>◆</p> <p>4th Wednesday January 25, 2017</p> <p>◆</p> <p>7:00 p.m. Roundtable Readers 2nd Wednesday January 11, 2017 <i>The Unlikely Pilgrimage of Harold Fry</i> by Rachel Joyce</p> <p>◆</p> <p>12:00 noon Membership Luncheon 3rd Wednesday January 18, 2017 Chinese New Year Feast Program: Vern Ludwick "The Bird Man"</p>	<p>10:00 a.m. Chair Exercise</p> <p>◆</p> <p>12:00 p.m. HICAP <u>By Appointment</u></p> <p>◆</p> <p>1:00 p.m. Mahjong</p> <p>◆</p> <p>9:00 a.m. Silver Streaks 1st and 4th Thursdays</p> <p>◆</p> <p>9:30 a.m. CAP Health Screening First-come basis 2nd Thursday January 12, 2017</p>	<p>11:30 a.m. Pinochle</p> <p>◆</p> <p>12:30 p.m. Duplicate Bridge</p> <p>◆</p> <p>9:30 a.m. Legal Services <u>By Appointment</u> 2nd Friday, January 13, 2017</p> <p>◆</p> <p>10:00 a.m. Around the Town <i>SLO Food Bank</i> 2nd Friday January 13, 2017</p>
				<p><u>SATURDAY</u></p> <p>12:30 p.m. Duplicate Bridge 2nd Saturday January 14, 2017</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



The Chinese Presence in San Luis Obispo

Dating from about the mid-1800s, a thriving Chinatown once existed along Palm Street in San Luis Obispo, including various stores that were patronized by the laborers who built the railroad and the wharves at Port San Luis. Today the community is primarily acknowledged by the Ah Louis store in historic Chinatown, along with a brick real estate office that was once a candy store and Mee Heng Low noodle house. Some salvaged artifacts are on display at the Palm Street parking garage. Modern points of interest commemorating the Chinese presence in, and contributions to, San Luis Obispo are the LC YC Cheng Park at the corner of Marsh and Santa Rosa and the *Iron Road Pioneers* statue sculpted by Elizabeth MacQueen, located in the traffic circle (Railroad Avenue and Osos Street) near the Amtrak station. Sadly, archaeology about this community has yet to be completed.

Chinese New Year begins on January 28 this year. 2017 is the Year of the Fire Rooster. *Fire Rooster?* Apparently the Chinese zodiac may be a little more complicated than just the animals, in case you're bored and want to do a little research on this. The menu for our January membership luncheon on Wednesday, January 18, is reminiscent of Chinese New Year, and our speaker is bringing some birds (not roosters, however). Please join us in celebrating.

New Year happiness! New Year goodness! Pass the New Year well! Happiness and prosperity!