

August



Senior Center Special Events

Great Courses Lecture Series

"The Other Side of History: Daily Life in the Ancient World" focuses on ordinary people, the poor, elderly, serfs, and slaves who influenced the flow of history and looks at people from a non-traditional perspective.

When: Mon., August 7 **Time:** 10:00am **Sign-up:** Volunteer Office

Paper Napkin Notecards

Use decorative paper napkins to make memorable notecards.

If you have a stash of unwanted printed napkins of any and all colors and designs, please drop them off in the Volunteer Office. See samples in the office.

When: Tues., August 15 **Time:** 10:00am **Sign-up:** Volunteer Office **Cost:** \$5

Beach Bum Bunco

Dig out that muumuu and tuck a hibiscus flower behind your ear! It's time to celebrate summer at the Beach Bum Bunco Party! No experience necessary.

Sign-ups required.

When: Mon., August 21 **Time:** 10:00am
Cost: \$2 buy-in **Sign-up:** Volunteer Office



Parks & Recreation



ACTIVITY UPDATES

Are You a Reader?

Roundtable Readers meet on the 2nd Tuesday of each month at 11am. We each report on a book we've read and enjoyed and hope that other readers might enjoy it as well! Please join us anytime!

Strength & Balance and Tai Chi:

No class 8/4. Classes will resume every Friday after.

Kathy's Craft Corner

No class will be held in August.

Craft class will resume 9/12 with the macrame project.

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 fill out the request form in the Volunteer Office so that we can send a card.

Medical Equipment

We do not accept any donations of medical equipment.

If you have equipment, you no longer need, you are welcome to post a notice on the board (Odds & Ends) in the coffee room.

SENIOR CENTER BOARD

President	Bill Donovan
Vice President	Cathy Marvier
Executive Secretary	Mary Vandenberg
Treasurer	Liz Murphy
Newsletter/Publicity	Vacant
Corresponding Sec'y	PJ Crawford
Historian	Louise Kier
Member-at-Large	Gillian Beadman
Member-at-Large	Jim Horner
Member-at-Large	Joyce Heddleson
Parks and Recreation	Hadley Clegg



GET INVOLVED

We need friendly, detail-oriented members to serve as office volunteers for regular weekly shifts and as substitutes in case of absence due to illness, vacation, or personal reasons. Responsibilities include greeting patrons, making coffee, counter duties, telephone, class sign-ups and member enrollment. Computer skills are desirable but not required. Orientation and training are provided. If you can help, please call (805) 781-7306 and leave your contact information.

Around the Town: Summer Edition

Join tours of local businesses and historic landmarks in SLO County.

Wed., August 2nd: Historic Price Park in Pismo Beach: Free

You will need to be able to provide your own transportation and sack lunch.

Bring a sack lunch to have a picnic at the Historic Park.

Wed., Sept 6th: SLO Museum of Art; Free

Sign up at the Senior Center or call/email Hadley Clegg.



SLO Walkers

Join other active adults and seniors in a social walking group. The group will meet in front of the SLO Senior Center and walk different routes provided by the Parks and Recreation Department.

When: Tuesdays Time: 8:30-10:00am Meeting Location: SLO Senior Center Parking Lot

SLO Hikers

For August the SLO Hikers will be going for walks and hikes at different beach locations. **Please contact Hadley Clegg for list of hikes and to sign-up.**

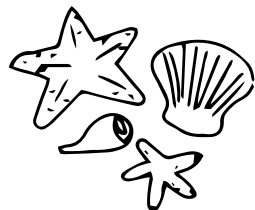
When: Thursdays Time: 8:30-10:30am Meeting Location: Various hikes



Stay Tuned:

Contact Hadley Clegg to stay on email lists for updates on activities and events.

September events will be scheduled soon!!



Call Hadley Clegg for more information or to sign-up for any of these programs.

(805) 781-7303 | hclegg@slocity.org

Sign the interest lists in the Senior Center!



AUGUST CALENDAR



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3	4	5
	8:30: <i>Walking Group</i> 10:00: *Chair Exercise 12:30:*Party Bridge 2:00:*Bereavement Group *	8:30:*Bingo 9:30:*Write your Memories 12:30: Mexican Train Dominoes	*8:30: <i>SLO Hikers*</i> 10:00: Chair Exercise 12:00:*HICAP 1:00: Mahjong	12:30: Duplicate Bridge 1:00: Pinochle	
7	8	9	10	11	12
10:25: Brain Aerobics 10:00: *Great Courses Lecture 12:30:*Duplicate Bridge	*8:30: <i>Walking Group*</i> 10:00: *Chair Exercise 11:00 Roundtable Readers 12:30:*Party Bridge 2:00:*Bereavement Group *	8:30:*Bingo 9:30:*Write your Memories 12:30: Mexican Train Dominoes	*8:30: <i>SLO Hikers*</i> 10:00: Chair Exercise 12:00:*HICAP 1:00: Mahjong	10:00:*Strength & Balance 11:00: *Tai Chi 12:30: Duplicate Bridge 1:00: Pinochle	
14	15	16	17	18	19
9:30:*Board Meeting 10:00: *Great Courses Lecture 12:30:*Duplicate Bridge	*8:30: <i>Walking Group*</i> 10:00: *Notecard Making 10:00: *Chair Exercise 12:30:*Party Bridge 2:00:*Bereavement Group	8:30:*Bingo 9:30:*Write your Memories 12:30: Mexican Train Dominoes	*8:30: <i>SLO Hikers*</i> 10:00: Chair Exercise 12:00:*HICAP 1:00: Mahjong	10:00:*Strength & Balance 11:00: *Tai Chi 12:30: Duplicate Bridge 1:00: Pinochle	
21	22	23	24	25	26
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28	29	30	31		
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CALENDAR ACTIVITY DESCRIPTIONS

***Monday:**

Bridge Tutorial: Meet before bridge at 11:00am to hone your skills.

Duplicate Bridge: Go to slobridge.com for more information.

Brain Aerobics: Presented by Dr. Sonja S. Glassmeyer, certified Gerontologist.

Executive Board Meeting: All members welcome, agenda items must be submitted 7 days in advance.

***Tuesday:**

Chair Exercise: Consists of sitting and standing activities with the support of a chair. All activities can be done sitting down. We've had members with canes, walkers, and wheelchairs, and with dementia (assisted by their caregiver). We stretch, breathe, use weights to strengthen and balls for agility and balance.

Party Bridge: Call Claudia Dignan (805) 544-0774 to sign up.

Bereavement Group: 2:00-3:00pm. Look for flyer in Senior center for more information.

***Wednesday:**

Bingo: Buy-in: \$4.50 (members), \$5.50 (non-members).

Write Your Memories: Meeting online.

***Thursday:**

HICAP (Health Insurance Counseling and Advocacy program): Free, unbiased Medicare Counseling. By appointment only, call (805) 928-5663.

***Friday:**

Strength and Balance: Fridays from 10:00-11:00am except first Friday of every month will be 10:30-11:00am.

Tai Chi- Based Movement "Moving for Better balance": 11:00-11:30am

Both led by Michelle Zulim-Clark, County of SLO Health Agency.

Programs with * have a description below.

Programs with * and italicized have description and locations on page 2.