

4th OF July

"A Clubhouse for Big Kids"

1445 Santa Rosa St., San Luis Obispo

Hours of Operation: Monday-Friday | 9:00am-4:00pm

Phone Number: (805) 781-7306



Parks & Recreation

Senior Center Special Events

Senior Center Closed: Tuesday, July 4

Senior Center will be open: Monday, July 3 and Wednesday, July 5

Blues Baseball Game

Play Ball! Partnered with Parks and Recreation, join us at Sinsheimer Stadium to see the SLO Blues play. For \$5 you will get admission to the game and a \$10 meal voucher. Enjoy America's favorite pastime! Availability limited.

When: Sat., July 15 **Game Time:** 4:00pm **Cost:** \$5 **Sign-up:** Volunteer Office

Senior and Family BBQ July 21

Partnered with Parks and Recreation. Please go to page 04 for more information.

RSVP: Sign up on Senior Center Parks and Recreation's Cork Board or call Hadley Clegg (805)781-7303.

Fused Glass Class

Learn how to fuse glass to make a small bowl suitable for a pet dish, tea bag holder, spoon drip, or jewelry.

When: Mon., July 24 **Time:** 10:00am **Cost:** \$10 **Sign-up:** Volunteer Office

Mediterranean Cooking Class

Come taste different Olive oils before making a Mediterranean inspired lunch.

When: Tues., July 25 **Time:** 11:00am **Cost:** \$10 **Sign-up:** Volunteer Office

Coming Soon in August:

Beach Bum Bunco Party

Date: August TBD

Kathy's Craft Corner with Kathy Mulvey

Learn how to make a macrame hanging planter. All supplies provided!

When: Tues., August 1 **Time:** 11:00am **Sign-Up:** Volunteer Office

Paper Napkin Notecards

Using decorative paper napkins make memorable notecards. If you have a stash of unwanted printed napkins of any/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



ACTIVITY UPDATES

Strength and Balance and Tai Chi Update:

Classes will resume July 14th.

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!

Bridge Lite

Is bridge too much for you? Are you interested in playing spades at a weekly session at the Senior Center? Leave your name on the interest list in the volunteer office.

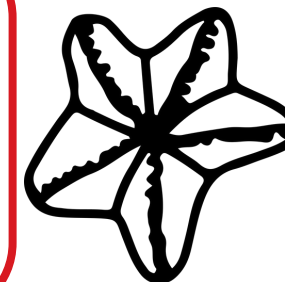
Keeping in Touch

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.



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.

*** Thurs., July 6th*: Historic Chapman Estate in Pismo Beach: \$5 per person**

There will be a private tour of the estate and tables set up in the courtyard with a view of the ocean for everyone to eat lunch together after the tour. You will need to be able to provide your own transportation and sack lunch.

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 Group Returns

The SLO Walkers are coming back as a social walking group. This group is for those who want to enjoy a stroll around downtown San Luis Obispo, meet new people, and get some exercise.

Coordinated by the Parks and Recreation Department.

Please sign the list in the Senior Center or call/email Hadley Clegg to join this group and stay updated on the routes and plan for each week.

Time: 8:30-10:30am **Days:** Tuesdays **Start Date:** July 11th **Location:** Front of Senior Center



Family Trivia

Trivia will be 5 rounds with 6 questions in each round. Stay up to date through email for different themes for each week. Treats will be served each week and free for anyone who attends!

Each week the winning team or participant will win a prize. Everyone is welcome!

Come on your own and enjoy trivia or come as a team, 2-6 people.

Please feel free to bring friends, siblings, children, and grandchildren!

Time: 4:30-5:30pm **Days:** Tues., July 11- July 25 **Location:** Senior Center Main Room



Coming Soon in August:

SLO Hikers: Summer Edition

In August, we will have a SLO Hikers program for every Thursday starting at 8:30am. We will be hiking and walking on paths at different beaches in SLO County! Stay tuned for July's Newsletter to find out the specific hikes. Expect hikes and walking trails in Pismo Beach, Montana De Oro, and Morro Bay!

Senior Olympics

Although it is not an Olympics year, participate in SLO's Senior Olympics! There will be a week-long schedule of Senior focused activities provided by the City of SLO Parks and Recreation Department and SLO Senior Center. Register to receive your Senior Passport: Activities include Bocci Ball, Bingo, Cornhole, Hiking, and more.

Sign-ups are required to participate in this event.

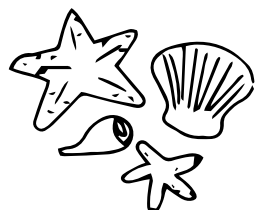
Sign-up in SLO Senior Center or contact Hadley Clegg.

Days: Mon.-Thurs. **Dates:** July 17-20

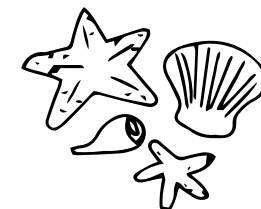
Senior and Family BBQ

All are welcome to join our Senior and Family Closing Ceremony BBQ. All meals are \$5 per person. Meals are free for anyone with a Senior Olympics Passport. RSVP for a tri-tip sandwich, ice cream, and drink. Games and music will be out for this Senior and Family BBQ.

Time: 12:00-3:00pm **Day:** Fri., July 21 **Location:** Mitchell Park



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!



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

CALENDAR ACTIVITY DESCRIPTIONS

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1
3	4	5	6	7	8
12:30:*Duplicate Bridge	SENIOR CENTER CLOSED Happy 4th of July!	8:30:*Bingo 12:30: Mexican Train Dominoes	9:30:*Write your Memories 10:00: Chair Exercise 12:00:*HICAP *12:00: <i>Around the Town*</i> 1:00: Mahjong	12:30: Duplicate Bridge 1:00: Pinochle	
10	11	12	13	14	15
9:00:*Board Meeting 10:00: Brain Aerobics 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 *4:30: <i>Family Trivia *</i>	8:30:*Bingo 12:30: Mexican Train Dominoes	9:30:*Write your Memories 10:00: Chair Exercise 12:00:*HICAP 1:00: Mahjong	12:30: Duplicate Bridge 1:00: Pinochle	*4:00: <i>SLO Blues Game*</i>
17	18	19	20	21	22
12:30:*Duplicate Bridge *SENIOR OLYMPICS WEEK BEGINS*	*8:30: <i>Walking Group*</i> 10:00: *Chair Exercise 12:30:*Party Bridge 2:00:*Bereavement Group *4:30: <i>Family Trivia *</i> *Senior Oympics Day 2*	8:30:*Bingo 12:30: Mexican Train Dominoes *Senior Olympics Day 3*	9:30: *Write your Memories 10:00: Chair Exercise 12:00: HICAP 1:00: Mahjong *Senior Olympics Day 4*	10:00:*Strength & Balance *12:00: <i>Senior & Family BBQ*</i> 12:30: Duplicate Bridge 1:00: Pinochle	
24	25	26	27	28	29
10:00:*Fused Glass Class 12:30:*Duplicate Bridge	*8:30: <i>Walking Group*</i> 10:00: *Chair Exercise 11:00:*Cooking Class 12:30:*Party Bridge 2:00:*Bereavement Group *4:30: <i>Family Trivia *</i>	8:30:*Bingo 12:30: Mexican Train Dominoes	9:30: *Write your Memories 10:00: Chair Exercise 12:00: HICAP 1:00: Mahjong	10:00:*Strength & Balance 12:30: Duplicate Bridge 1:00: Pinochle	
31					
12:30:*Duplicate Bridge					

***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.

***Wednesday:**
Bingo: Buy-in: \$3.50 (members), \$4.50 (non-members).

***Thursday:**
Bereavement Group: 2:00-3:00pm in conference room at Senior Center. Look for flyer in Senior center for more information.
Write Your Memories: Meeting online.
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.

