



Senior Center Special Events

Kathy's Kraft Korner with Kathy Mulvey

For May we will be exploring the wonderful world of broken plate mosaic. This will be the first in a series of mosaic projects that are progressively more challenging. Make a 7" round steppingstone using broken crockery.

When: Tues., May 2 **Time:** 11:30-1:30pm **Cost:** \$5 **Sign-up:** Volunteer Office

"The Aging Brain" Series

6 lectures and discussions through the "Great Courses" program.

Meets: May 5 & 12 **Time:** 9:00am **Cost:** Free **Sign-up:** Volunteer Office

Fused Glass Class

Enjoy the process of making Glass Plant Stakes from fused glass!

When: Mon., May 15 **Time:** 11:00am **Cost:** \$ 25-\$30 **Sign-up:** Volunteer Office

Sign Ups Open:

Melodrama Trip in Oceano on June 10

On May 1st, sign-ups are OPEN to join the trip to see "Under the Boardwalk" at the Great American Melodrama in Oceano. Members Only. Limited to 18 people.

NO refunds unless there's a waiting list to fill your empty seat.

Food available at the theater.

When: Sat., June 10 **Meeting Time/ Location:** 12:45pm at the Senior Center.

We'll be home by 5:00pm **Cost:** \$25.00 per ticket

Coming soon

SLO Blues ballgames this summer. Dates not set yet. Watch for notices.

ACTIVITY UPDATES

Bingo is now a buy-in of \$3.50 for members and \$4.50 for non-members.

Looking for members to start a Scrabble Group

Are you interested in playing Scrabble weekly on a Monday morning? If so, sign up on the interest sheet in the office. If there's enough interest, games might begin sometime in May.

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!



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 |

2023 MEMBERSHIP

On Sale Now.

Dues: \$12 per person

PARKING PERMIT

\$2 per year, expires Jan. 15,

2024

Limit 1 per Member

While Supplies Last

PAYABLE BY CHECK OR

EXACT CHANGE ONLY,

PLEASE

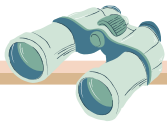
GET INVOLVED

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

Come join free tours of local businesses and historic landmarks in SLO. To reserve a spot please call or email Hadley Clegg. Space is limited so reserve a spot ASAP! April 5th tour is full. Here are the next 2 tour dates and locations:

May 3: Fire Station #1 **June 7:** Jack House Tour

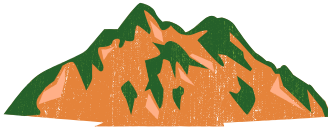


SLO Hikers

Looking for a new way to get outside and exercise? Come Join the SLO Hikers group led by Hadley Clegg and members of the SLO Ranger Service! Please sign the interest list in the senior center or call and email Hadley Clegg for more details and updates on this group.

SLO Hikers will meet every Thursday morning for the month of May.

Johnson Ranch | May 4 | 8:30-10:30 am
South Hills Trail | May 11 | 8:30-10:30 am
Miozzi Hike | May 18th | 8:30-10:30 am
Poly Canyon | May 25 | 8:30-10:30



Digital Discoveries

"What's App" with phones these days? Do you need refresher on how to use your smart phone?

Join City Employees give a presentation on the different apps and possibilities you could do with your phone. With a 30-minute presentation to remind you how to navigate your smart phone and 30 minutes of Question-and-Answer time, you will become a pro with your phone in no time! Come ready to learn about new apps that you may enjoy, basics on social media apps, and of course will help answer individual questions on apps you currently have.

May: 18th & 25th

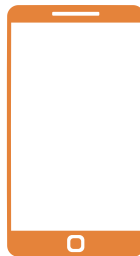
Time: 4-5pm

Location: Senior Center Main Room

Cost: FREE

Anyone is welcome to join!

Please contact the Senior Center or Hadley Clegg to sign up.



Coming Soon:

Family Trivia Nights Starting in June

Join the new weekly trivia group that will be hosted in the SLO Senior Center Main Room. Each time there will be a small prize for the winning team. Expect trivia questions that are a broad variety from history, math, science, pop culture, and more! Some weeks may be themed so please sign up to receive updates on the weekly trivia themes and expectations.

Time: 4:30-5:30pm **Days:** Tues., June-July **Start Date:** June 6th **Location:** Senior Center Main Room

Team requirements:

One person on team must be 55 years or older.

Do not need to be a member of the Senior center to Participate.

Teams should consist of 2-6 team members.



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!

SLO Walkers Group Returns

The SLO Walkers is 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, the group will be provided with different routes around downtown SLO. But will not be led by a city employee. Please sign the list in the Senior Center or call/email Hadley Clegg to join this group.

Start Date: July 4th | **Meeting Times:** Tuesdays at 8:30 | **Location:** Front of Senior Center

Senior Olympics

Although it is not an Olympics year, come participate in San Luis Obispo's Senior Olympics! There will be a weeklong schedule of Senior focused activities provided by the City of SLO Parks and Recreation Department and SLO Senior Center. Stay tuned for the schedule of daily activities one can participate in. As the week draws to a close, come to Mitchell Park for the "Olympic Closing Ceremony" for awards, barbeque, ice cream, and fun for Seniors and their families to enjoy. RSVPs will be necessary for this week event

and Closing Ceremony Barbeque.

Dates: July 17-21

Stay Tuned for More Information

MAY CALENDAR



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

| Monday | Tuesday | Wednesday | Thursday | Friday |
|-----------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------|
| 1 | 2 | 3 | 4 | 5 |
| *Sign-ups for melodrama open* 10:25:*Brain Aerobics 12:30:*Duplicate Bridge | 10:00: Chair Exercise 11:30:*Kathy's Kraft Korner 12:30:*Party Bridge 2:00:*Bereavement Group | 8:30:*Bingo 12:00:*Around the Town #3* 12:30: Mexican Train Dominoes | *8:30 SLO Hikers* 9:30:*Write your Memories 10:00: Chair Exercise 12:00:*HICAP 1:00: Mahjong | 9:00:*Aging Brain Series #5 10:30:*Strength & Balance 11:00:*Tai Chi Movement 12:30: Duplicate Bridge 1:00: Pinochle |
| 8 | 9 | 10 | 11 | 12 |
| 9:30:*Board Meeting 12:30:*Duplicate Bridge | 10:00: Chair Exercise 11:00: Roundtable Readers 12:30:*Party Bridge 2:00:*Bereavement Group | 8:30:*Bingo 12:30: Mexican Train Dominoes | *8:30 SLO Hikers* 9:30:*Write your Memories 10:00: Chair Exercise 12:00:*HICAP 1:00: Mahjong | 9:00:*Aging Brain Series #6 10:00:*Strength & Balance 11:00:*Tai Chi Movement 12:30: Duplicate Bridge 1:00: Pinochle |
| 15 | 16 | 17 | 18 | 19 |
| 11:00:*Fused Glass Class 12:30:*Duplicate Bridge | 10:00: Chair Exercise 12:30:*Party Bridge 2:00:*Bereavement Group | 8:30:*Bingo 12:30: Mexican Train Dominoes | *8:30 SLO Hikers* 9:30:*Write your Memories 10:00: Chair Exercise 12:00:*HICAP 1:00: Mahjong *4:30: Digital Discoveries* | 10:00:*Strength & Balance 11:00:*Tai Chi Movement 12:30: Duplicate Bridge 1:00: Pinochle |
| 22 | 23 | 24 | 25 | 26 |
| 12:30:*Duplicate Bridge | 10:00: Chair Exercise 12:30:*Party Bridge 2:00:*Bereavement Group | 8:30:*Bingo 12:30: Mexican Train Dominoes | *8:30 SLO Hikers* 9:30: *Write your Memories 10:00: Chair Exercise 12:00: HICAP 1:00: Mahjong *4:30: Digital Discoveries* | 10:00:*Strength & Balance 11:00:*Tai Chi Movement 12:30: Duplicate Bridge 1:00: Pinochle |
| 29 | 30 | 31 | | |
| 12:30:*Duplicate Bridge | 10:00: Chair Exercise 12:30:*Party Bridge 2:00:*Bereavement Group | 8:30:*Bingo 12:30: Mexican Train Dominoes | | |



CALENDAR ACTIVITY DESCRIPTIONS

***Monday:**

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:**

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.

**If you have any questions or ideas,
 please call or email Hadley Clegg:
 (805) 781-7303 | hclegg@slocity.org**