

**No Bingo Oct 11
instead there will
be a Volunteer
Luncheon.**



Parks & Recreation

Senior Center Special Events

Kathy's Craft Corner

This month's craft will be macramé plant holders. Sign up in the volunteer office.

When: Tues., Oct 3 **Time:** 11:00am **Cost:** \$5.00

Cell Phone Sessions

Cal Poly Business students will return for their popular cell phone workshops. Reserve a 20-minute session by calling the volunteer office. Limit of 1 individual session.

When: Thurs., & Fri, Oct 12-13 **Location:** Senior Center Conference Room **Time:** 10:00am

Legal Aid Sessions

The SLO Legal Assistance Foundation representative will be here to describe their free legal services such as wills, consumer affairs and powers of attorney. Individual appointments can be made for future private meetings.

When: Thurs., Oct 19 **Time:** 11:00am

Cambria Trip

Join us for an all-day bus jaunt to Cambria's scarecrow festival. We leave here at 8:30am and stop at the Joslin Senior Center for a lawn bowling lesson before stopping at both East and West Villages for lunch and shopping, followed by a stop at the Cambria Nursery. Home around 5pm. Wear comfortable shoes!

Sign up in the volunteer office space limited to 18.

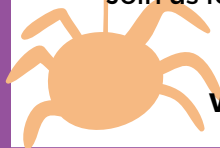
When: Tues., Oct 24 **Meet at Senior Center:** 8:30am **Drop off at Senior Center:** 5:00pm
Sign-up: Volunteer Office **Member Cost:** \$25

BOO-ncO Party

Join us for a Halloween themed game of BOO-ncO! No experience necessary. Costumes encouraged.

\$2.00 buy-in for members, \$3 for non-members.

When: Tue., Oct 31 **Time:** 10:00am **Sign-up:** Volunteer Office



NOMINATIONS FOR EXECUTIVE BOARD 2024

SLATE OF OFFICERS 2024

| | |
|-----------------------|-----------------|
| 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 |
| volunteer Coordinator | Ling Wheatley |



If you wish to become a candidate for any Board position, please give your contact information to Vice-President Cathy Marvier.

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:

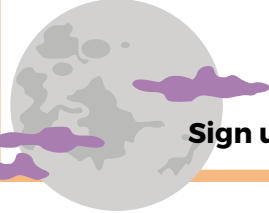
Join tours of local businesses and historic landmarks in SLO County. Tours begin at 12:00pm.

Expect the tours to be about an hour each.

Wed., Oct 4: Dallidet Adobe and Gardens

Wed., Nov 1: SLO Botanical Gardens

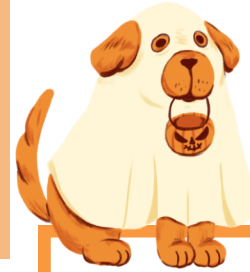
Sign up: call/email Hadley Clegg: hclegg@slocity.org | (805)781-7303



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!



Family Trivia

Trivia will be 5 rounds with 6 questions in each round. 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.

Stay up to date through email for different themes for each week.

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

Pizza will be served for each 1st Tuesday of the month.

When: Tues., Oct 2- Nov 28 **Time:** 4:30-5:30pm **Location:** SLO Senior Center

SLO Hikers

Please email to get on the email list for details and meeting spots for each of these hikes!

hclegg@slocity.org

Railroad Bike Path | 2.5 mi

Johnson Ranch Hike | 2.6 mi

Laguna Lakeside Trail | 1.5 mi

Lemon Grove Trail | 2.6 mi

When: Thurs., Oct 4- Oct 26 **Time:** 8:30-10:30am



Coming Soon:

Golden Decades Holiday Party

This December please join the Parks and Recreation Department with a new holiday event! Please join this Golden Decades party to jump back in time to poodle skirts, leather jackets, and your favorite music. To kick off the holiday season with a theme everyone can enjoy. Be ready for a classic '50s themed meal, holiday themed activities, and a few other surprises. Join us for the "Golden Decades Holiday Party" and relish the holiday season with a touch of nostalgia and creating new memories.

When: Thurs., Dec 7 **Time:** 4:30-6:30pm **Location:** Senior Center Main Room

Sign-Ups: Starting Now! Sign up at the Senior Center or call/email Hadley Clegg

Sign Up Now!

Seasonal Wreath Making Workshops

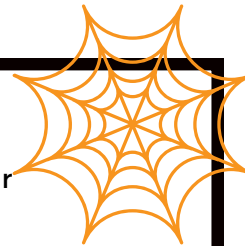
Join instructor Kendra Bowling in a step-by-step process of creating your own autumn and winter inspired wreaths for the holiday season.

Session 1: October TBD

Session 2: November TBD

Fee: \$20 all materials included **Time:** 4:00-5:15pm **Location:** Senior Center main Room

Sign-up in the Senior Center or Contact Hadley Clegg



CALENDAR ACTIVITY DESCRIPTIONS

| Monday | Tuesday | Wednesday | Thursday | Friday |
|--|---|---|---|---|
| 2 | 3 | 4 | 5 | 6 |
| 10:25: Brain Aerobics 10:00: Great Courses Discussion 12:30: *Duplicate Bridge | 10:00: *Chair Exercise 11:00: *Kathy's Craft Corner 12:30: *Party Bridge 2:00: *Bereavement Group * 4:30: *Family Trivia* | 8:30: *Bingo 9:30: *Write your Memories 12:00: *Around the Town* 12:30: Mexican Train Dominoes | 8:30: *SLO Hikers * 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 |
| 9 | 10 | 11 | 12 | 13 |
| 10:25: Brain Aerobics 10:00: Great Courses Discussion 12:30: *Duplicate Bridge | 10:00: *Chair Exercise 11:00: Round Table Readers 12:30: *Party Bridge 2:00: *Bereavement Group 4:30: *Family Trivia* | 9:30: *Write your Memories 12:30: Mexican Train Dominoes *Volunteer Luncheon* | 8:30: *SLO Hikers * 10:00: Chair Exercise 10:00: *Cell Phone Sessions 12:00: *HICAP 1:00: Mahjong | 10:00: *Strength & Balance 10:00: *Cell Phone Sessions 11:00: *Tai Chi 12:30: Duplicate Bridge 1:00: Pinochle |
| 16 | 17 | 18 | 19 | 20 |
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| 30 | 31 | | | |
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Programs with * have a description below.

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

*Monday:

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

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

Great Courses Lecture: We continue to learn how the ordinary person dealt with life in ancient times. Do join us for more revelations.

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.

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

