

Senior Center Closed Starting December 8th.



Last Chance to Sign-up for Golden Decades Holiday Party!



December

Senior Center Special Events

2024 Membership on sale.

What to Expect in the New Year:

- Happy Herb Year: Master Gardener Classes
- Craft Classes: Driftwood/glass hangers
- Soup, Salad, Sandwiches Luncheon
- Cell Phone Classes

And many more exciting things for 2024!

A Big Thank you!

Thank you to all our office volunteers, activity leaders, and our Senior Executive Board members for such a memorable year. We would not be able to have programs, classes, luncheons, and activities for all our Seniors without the tremendous help we receive from our volunteers.

We can't wait for another exciting year at our SLO Senior Center.

Happy Holidays to all!

ACTIVITY UPDATES

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.

New Bridge Lessons Information:

Friendships have been forged at the bridge table for centuries, in an environment of comradery, cooperation and conundrums. It's played socially at friends' homes, or while competing for Life Master status at local venues, resorts, cruises and online.

So, whether you want to learn bridge from scratch or refresh your skills with supervised play, come join Gold Life Master, Tom Snow, for his \$7 Beginner Classes:

Mondays from 9:30am to noon, beginning January 15th, 2024, at the SLO Senior Center, 1445 Santa Rosa St.

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 | Cillian Beadman |
| Member-at-Large | Jim Horner |
| Member-at-Large | Joyce Heddleson |
| Member-at-Large | Ling Wheatley |
| 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.





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!

When: December 5 **Time:** 4:30-6:00pm **Location:** SLO Senior Center

Golden Decades Holiday Party

This December please join the Parks and Recreation Department with a new holiday event! 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.

\$10 for members and \$15 for non-members.

This includes dinner, dessert, raffle tickets, party favors and more!

When: Thurs., Dec 7 **Time:** 4:30-6:30pm

Location: Senior Center Main Room

Sign-Ups: Sign up at the Senior Center OR

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

RSVP for your spot by December 1st!



Do you have ideas and suggestions for events and programs you want to see after the holidays? Or have ideas for more places we can be promoting the new senior programs?
Call or email Hadley Clegg to share your ideas!
hclegg@slocity.org
(805)781-7303

Happy Holidays and Thank You All!

The Parks and Recreation Department would like to thank the Senior Center Executive Board, Office Volunteers, Activity Leaders, and each and every senior center member for a great year. We are so happy to provide programs and events that you all can enjoy. We are excited to have many more events and activities in 2024 that you will all enjoy.

Best,

Hadley Clegg and the SLO Parks and Recreation Department

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:**

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

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

Monday	Tuesday	Wednesday	Thursday	Friday
				1
				10:00:*Strength & Balance 11:00: *Tai Chi 12:30: Duplicate Bridge 1:00: Pinochle
4	5	6	7	8
9:00: Executive Board Meeting 10:25: Brain Aerobics 12:30:*Duplicate Bridge	10:00: *Chair Exercise 12:00:*Party Bridge 2:00:*Bereavement Group 4:30:*Family Trivia*	8:30:*Bingo 9:30:*Write your Memories 12:30: Mexican Train Dominoes	10:00: Chair Exercise 12:00: Party Bridge 12:00:*HICAP 1:00: Mahjong *4:30: Golden Decades Party*	12:30: Duplicate Bridge 1:00: Pinochle
11	12	13	14	15
Senior Center Closed Happy Holidays!	Senior Center Closed Happy Holidays!	Senior Center Closed Happy Holidays!	Senior Center Closed Happy Holidays!	Senior Center Closed Happy Holidays!
18	19	20	21	22
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25	26	27	28	29
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