

Senior Center
open Tues.,
Jan 2nd at 9:00am.

JANUARY



Parks & Recreation

Senior Center Special Events

Calling all Craftspeople

Join us for a new craft class! Start off the new year by making a driftwood and sea glass mobile. Hang it in your house or your garden where it'll provide some winter color!

Date: Tues., Jan 9 **Time:** 11:30am

Cost: \$5 (payable in class) **Sign-Up:** At the volunteer office

Happy Herb Year

Calling all gardeners and cooks.

Plant a mini herb garden with the direction of SLO Master Gardener volunteers. Bring your own 8" flower pot to fill, then take it home to harvest from this winter.

Date: Wed., Jan 10 **Time:** 10:00am

Cost: \$3 (Payable in class, cash preferred)

Max: 12 people **Sign-Up:** At the volunteer office ahead of time

Birthday Bunco

Bunco Players Unite!

Join us for a Birthday Bunco party celebrating and honoring member/player Norma Fauset on her 100th Birthday.

Date: Mon., Jan 29 **Time:** 10:00am

Cost: \$2 for members, \$3 for non-senior center members
(Payable in class, exact cash only)

Max: 16 people **Sign-Up:** By Fri., 1/26 At the volunteer office

Save the Date:

Did Santa bring you an unwanted item?

Bring it to the luncheon February 13th when we celebrate "Soup, Salad, Sandwich and Swap" with an opportunity to swap items after lunch.

Any item except clothing, please.

More information coming in the February newsletter.

ACTIVITY UPDATES

**No Bingo January 3rd and January 10th.
Bingo will resume on January 17th.**

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 (\$10 for non-senior center members) :
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
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Corresponding Sec'y	PJ Crawford
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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.



What's coming in 2024:

Around the Town:

Expand your knowledge of local businesses, cultural spots, and community activities while enjoying the company of like-minded individuals. Join us in this delightful exploration of the SLO area, where every outing becomes a chance to discover, connect, and appreciate the vibrant tapestry of your community.

Days: 1st Wednesday of the month **Time:** 12:00pm

Locations:

February 7: Historic Center Tour **March 6:** Cal Poly Arboretum

April 3: Fire Station #1 and Emergency Dispatch Tour

Get Smart with Smart Phones

Introducing our senior program designed specifically to empower individuals aged 55 and above with the knowledge and confidence to navigate the world of smartphones. In today's digital age, staying connected with loved ones, accessing vital information, and exploring new opportunities has become increasingly dependent on technological proficiency. Our program aims to bridge the generation gap by providing comprehensive and personalized training sessions catered specifically to the needs and interests of seniors.

February Session:

Days: Thurs., Feb 8-Feb 29 **Time:** 4:00-5:00pm **Location:** SLO Senior Center

SLO Walkers and Hikers

If you're looking to enrich your senior years with invigorating walks and the camaraderie of fellow outdoor enthusiasts, consider joining the SLO Hikers program. To learn more about this exciting venture, feel free to reach out to Hadley Clegg via email at hclegg@slocity.org or by phone at (805)-781-7303. Take the first step towards a healthier, more active lifestyle while building new friendships amidst the beauty of San Luis Obispo.

March: SLO Walkers on Tuesdays starting at 8:30am

April: SLO Hikers on Thursdays starting at 8:30am

Garden Delights: A Serene Senior Tea Party

Date: Thurs., March 28

More information to come.



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!

JANUARY 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
Senior Center Closed	10:00: *Chair Exercise 12:00:*Party Bridge 2:00:*Bereavement Group	9:30:*Write your Memories 12:30: Mexican Train Dominoes	10:00: Chair Exercise 12:00: Party Bridge 12:00:*HICAP 1:00: Mahjong	10:00:*Strength & Balance 11:00: *Tai Chi 12:30: Duplicate Bridge 1:00: Pinochle
8	9	10	11	12
9:00: Executive Board Meeting 10:25: Brain Aerobics 12:30:*Duplicate Bridge	10:00: *Chair Exercise 11:30:*Diftwood Craft Class* 12:00:*Party Bridge 2:00:*Bereavement Group	9:30:*Write your Memories 10:00:*Happy Herb Year Class* 12:30: Mexican Train Dominoes	10:00: Chair Exercise 12:00: Party Bridge 12:00:*HICAP 1:00: Mahjong	10:00:*Strength & Balance 11:00: *Tai Chi 12:30: Duplicate Bridge 1:00: Pinochle
15	16	17	18	19
9:30:*Bridge Lessons 12:30:*Duplicate Bridge	10:00: *Chair Exercise 11:00: Roundtable Readers 12:00:*Party Bridge 2:00:*Bereavement Group	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	10:00:*Strength & Balance 11:00: *Tai Chi 12:30: Duplicate Bridge 1:00: Pinochle
22	23	24	25	26
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29	30	31		
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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.

