

Happy Valentine's Day!



"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



Board Announcements

Goat Milk Soap Making Class

It's bath time!! We're going to have a demonstration of goats' milk soap making and you'll have the chance to personalize your own bar of soap. Pre-made soaps and lotions will also be available in a variety of colors and scents.

When: Tuesday, 2/14 at 1:00pm

Cost: \$10. Space is limited. Sign up in the office.

February Luncheon

Tired of dusting that ugly vase you inherited from your great-aunt Gertrude? Are you allergic to the scented candle you received for Christmas? Did your neighbor give you a potted plant you don't have room for?

Well, bring them with you to the **"Soups, Sandwich, Salad and Swap" luncheon**. Swap them out for someone else's discards. There's a limit of 3 "swaps". (No clothing, please.)

When: Tuesday, 2/21 from 12-2pm

Cost: \$10 for members only. No takeout. Sign up in the office.

Coming soon! Keep an eye out for these upcoming events! A St. Patrick's Day luncheon, a day trip up the North Coast with 3 stops, cell phone workshops, a craft class designing front door décor, and a succulent workshop.

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.

Hadley's Departure



Dear everyone,

It is with a heavy heart that I bid farewell to the wonderful community at the San Luis Obispo Senior Center. Serving as the Recreation Coordinator for Senior Programming has truly been an enriching experience.

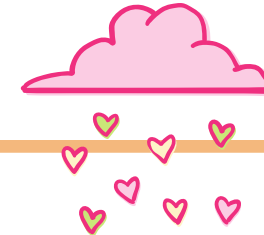
I want to express my heartfelt gratitude for the warm reception and unwavering support you have extended to me over the past year and a half. Collaborating with you to develop and implement new programs and events has been a highlight of my time here.

The memories created at the Senior Center will forever hold a special place in my heart, and the experience gained will undoubtedly shape my future endeavors. Your patience and support have been instrumental in my growth in this role, and I am genuinely thankful for the camaraderie we've shared.

As I embark on this new chapter, I carry the spirit of our time together.

Thank you all for being an integral part of my journey as a Coordinator with the SLO Parks and Recreation Department.

Wishing all the best to each and every one of you,
Hadley Clegg



What Comes Next

Due to Hadley's departure, all the Parks and Recreation events and programs for the Winter season will be postponed until a new coordinator is hired. The Parks and Recreation Department will continue to help the Senior Center Board with their events and classes in the meantime. Please go to the SLO Parks and Recreation Website to see events and activities that will start back up in the Spring and Summer. All of your favorite activities will come back we just ask for a little patience as the department finds an amazing replacement for Hadley. The newsletters will continue to be mailed and sent out each month by the Parks and Recreation Department.

Thank you so much!

FEBRUARY CALENDAR

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
29-Jan	30	31	1	2	3	4
	12:30: *Duplicate Bridge	10:00: Chair Exercise 11:00: Needle Time 12:30: *Party Bridge	8:30: *Bingo 12:00: *Around the Town #1* 12:30: Mexican Train Dominoes	9:30: *Write your Memories 10:00: Chair Exercise 12:00: *HICAP 1:00: Mahjong	10:30: *Strength & Balance 11:00: *Tai Chi Movement 12:30: Duplicate Bridge 1:00: Pinochle	
5	6	7	8	9	10	11
	10:25: *Brain Aerobics 12:30: *Duplicate Bridge	10:00: Chair Exercise 11:00: Needle Time 11:00: Roundtable Readers 12:30: *Party Bridge	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 11:00: *Tai Chi Movement 12:30: Duplicate Bridge 1:00: Pinochle	
12	13	14	15	16	17	18
9:30: *Board Meeting 10:30: *Boomer Volleyball* 12:30: *Duplicate Bridge	10:00: Chair Exercise 11:00: Needle Time 12:30: *Party Bridge 1:00: Soap Making Class	8:30: *Bingo 12:30: Mexican Train Dominoes	9:30: *Write your Memories 10:00: Chair Exercise 12:00: *HICAP 1:00: Mahjong 4:00: Social Media Class #1	10:00: *Strength & Balance 11:00: *Tai Chi Movement 12:30: Duplicate Bridge 1:00: Pinochle	SLOREP: Ring of Fire	
19	20	21	22	23	24	25
10:30: *Boomer Volleyball* 12:30: *Duplicate Bridge	10:00: Chair Exercise 11:00: Needle Time 12:30: *Party Bridge February Luncheon	8:30: *Bingo 12:00: Mended Hearts 12:30: Mexican Train Dominoes	9:30: *Write your Memories 10:00: Chair Exercise 12:00: *HICAP 1:00: Mahjong 4:00: Social Media Class #2	10:00: *Strength & Balance 11:00: *Tai Chi Movement 12:30: Duplicate Bridge 1:00: Pinochle		
26	27	28	1-Mar	2	3	
10:30: *Boomer Volleyball* 12:30: *Duplicate Bridge	10:00: Chair Exercise 11:00: Needle Time 12:30: *Party Bridge	8:30: *Bingo 12:00: *Around the Town #2* 12:30: Mexican Train Dominoes	8:30: *SLO Hikers* 9:30: Write your Memories 10:00: Chair Exercise 12:00: HICAP 1:00: Mahjong	10:00: *Strength & Balance 11:00: *Tai Chi Movement 12:30: Duplicate Bridge 1:00: Pinochle		

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.

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: \$2.50 (members), \$3.50 (non-members).

***Thursday:**

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

