

Hello Spring!

APRIL



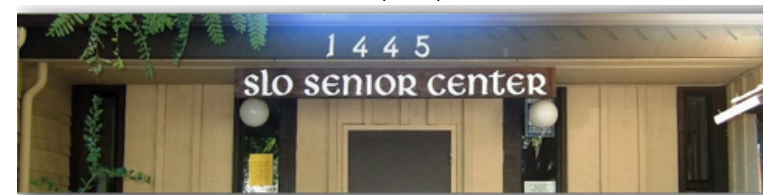
Parks & Recreation

"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



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.

Tai Chi Class Cancelled

The Friday Tai Chi class has been cancelled indefinitely.

Senior Center Special Events

Healthy Aging

Join a new class taught by Michelle Zulim-Clark, which will focus on keeping both brain and body active and healthy, fall prevention, nutrition, medication management and mental health.

When: Sun., April 4th & 11th **Time:** 11am

Sign-up: Not required **Cost:** None

Roundtable Readers

Explore literary adventures and tales with other insightful readers. Bring your recommendations for a good read or great author! Various authors, topics, and novels are discussed each month, giving the opportunity to critique and analyze wondrous and obscure pieces of literature.

When: Tues., April 16th **Time:** 11am

Sign-up: Not required **Cost:** None

Crafter Alert!

Kathy Mulvey will bring all the materials we need to make a beautiful succulent-filled birdhouse. Come out and create a home for our local birds!

When: Tues., April 16th **Time:** 1pm

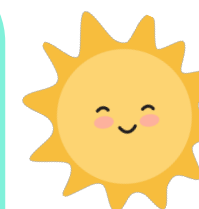
Cost: \$5 **Sign-Up:** In Volunteer Office

What events would you like to see? Share your ideas and suggestions with the office volunteer.



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.

2024 MEMBERSHIP

On Sale Now. Dues: \$12 per person
PARKING PERMIT \$2 per year, expires Jan. 15, 2025 Limit 1 per Member While Supplies Last **PAYABLE BY CHECK OR EXACT CHANGE ONLY, PLEASE**



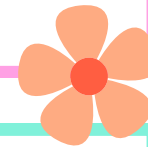


Parks & Recreation



Ongoing Construction

The City began construction in and around the BBQ area/parking in late February. This project is expected to last until about mid-April. Although street parking will be impacted, the Senior Center parking lot will still be available. However, the ADA ramp will not be accessible. Members who are unable to use the back steps will need to enter by the Santa Rosa Street entrance.



Coming Soon:

Legal Aid Presentation

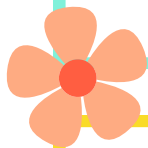
Topic: Medical Powers of Attorney, More information to come.

Shrooms

All about mushrooms, plus a cooking class! More information to come.

Other Upcoming Events:

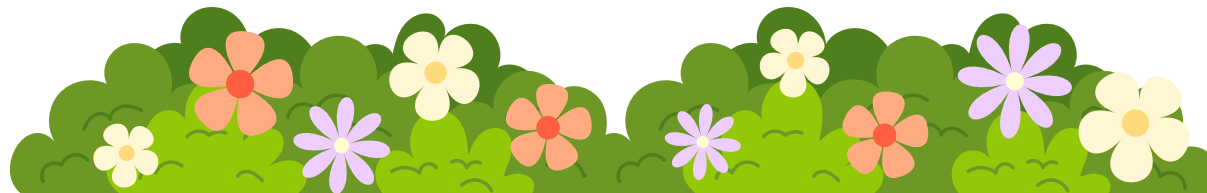
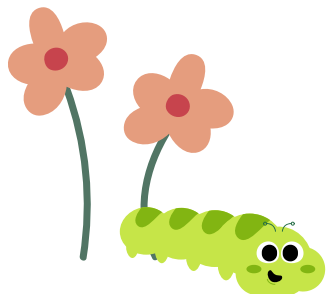
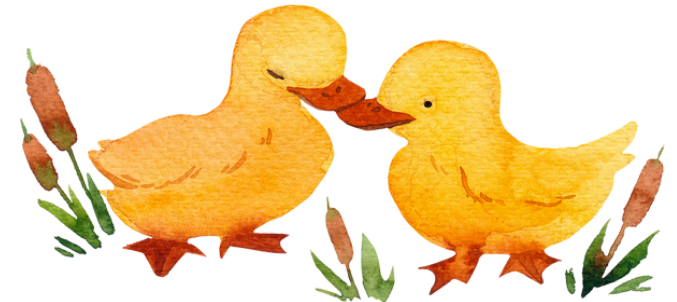
SLO City Farm Tour, May Luncheon, Cooking Class



What events would you like to see? Share your ideas and suggestions with the office volunteer.



Call Chris Woods for more information or to sign-up for any of these programs.
(805) 781-7305 | cwoods@slocity.org
Sign the interest lists in the Senior Center!





APRIL CALENDAR OF PROGRAMS AND EVENTS

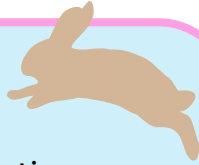


Monday	Tuesday	Wednesday	Thursday	Friday
1	2	3	4	5
10:25: Brain Aerobics 12:30: *Duplicate Bridge	10:00: *Chair Exercise 12:00: *Party Bridge 2:00: *Bereavement Group	8:30: *Bingo 9:30: *Write your Memories 12:30: Mexican Train Dominoes	10:00: Chair Exercise 11:00: Healthy Aging 12:00: Party Bridge 12:00: *HICAP 1:00: Mahjong	10:00: *Strength & Balance 12:30: Duplicate Bridge 1:00: Pinochle
8	9	10	11	12
9:00: Executive Board Meeting 12:30: *Duplicate Bridge	10:00: *Chair Exercise 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 11:00: Healthy Aging 12:00: Party Bridge 12:00: *HICAP 1:00: Mahjong	10:00: *Strength & Balance 12:30: Duplicate Bridge 1:00: Pinochle
15	16	17	18	19
12:30: *Duplicate Bridge	10:00: *Chair Exercise 12:00: *Party Bridge 11:00: Roundtable Readers 1:00: Birdhouse Crafting 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 12:30: Duplicate Bridge 1:00: Pinochle
22	23	24	25	26
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29	30			
12:30: *Duplicate Bridge	10:00: *Chair Exercise 12:00: *Party Bridge 2:00: *Bereavement Group			

If you have any questions or ideas, please call or email Chris Woods:

(805) 781-7305 | cwoods@slocity.org

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. **April 1st only.**

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:**

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.

