



Senior Center Special Events

SLO Legal Assistance Foundation Presentation/Q&A Session

A representative from the SLO Legal Assistance Foundation will be presenting information about medical powers of attorney followed by a Q&A session.

When: Tuesday., June 11 **Time:** 11:00am **Cost:** Free **Sign-up:** Volunteer Office

Craft Workshop: String Art

Transform a blank piece of wood into a stunning piece of art. Outline your design using nails. Then bring your piece to life by weaving yarn and string around the nails. Please bring pliers and a hammer if you have them.

When: Tuesday., June 11 **Time:** 1:00am **Cost:** \$5 **Sign-up:** Volunteer Office

Blues Baseball Game

Join us at Sinsheimer Stadium to see the SLO Blues play against the San Fransico Seagulls. For \$5 you will get admission to the game and a \$10 meal voucher. Look for other Senior Center Members along the first baseline.

Members Only

When: Sat., June 22 **Game Time:** 4:00pm **Cost:** \$5 **Sign-up:** Volunteer Office

Dolly Parton's 9 to 5 - A Musical Production by SLO REP

Join us at the SLO REP theater to enjoy the production of "9 to 5" featuring music by Dolly Parton. Sign up is required. No refunds available unless there is a waitlist to fill your seat.

Members Only. Limited to 24 people.

When: Sat., June 24 **Show Time:** 2:00pm **Cost:** \$20 **Sign-up:** Volunteer Office

Coming Soon:

City Fam SLO Tour



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

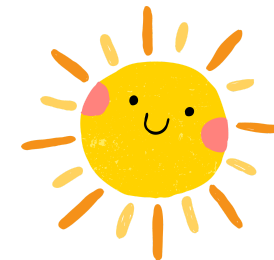


GET INVOLVED

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.

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
Member-at-Large	Ling Wheatley
Parks and Recreation	Kacy LeSage



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.

Volunteer Needed

Volunteer needed to help with Senior Center Library reshelving. If interested, please leave your information in the volunteer office.



Family Trivia Nights Returns in June

Join us for the return of Family Trivia hosted in the SLO Senior Center Main Room. Each time there will be a small prize for the winning team. Expect trivia questions that are a broad variety from history, geography, pop culture, and more! The game will promptly start at 4:30, so please arrive 15-20 minutes early!

Days: Tues., June-July **Start Date:** June 18th **Time:** 4:30-5:30pm

Location: Senior Center Main Room

Team requirements:

One person on team must be 55 years or older.

You do not need to be a member of the Senior Center to participate.

Teams should consist of 2-6 team members.



Around the Town

Join free tours of local businesses and historic landmarks in SLO. To reserve a spot please call or email Kacy LeSage. Space is limited so reserve a spot ASAP! Please sign the list at the Senior center. Alternatively, you can call or email Kacy at 805-781-7303 or KLeSage@slocity.org.

June 4th: Central Coast Veterans Memorial Museum **Start Time:** 12:00pm



SLO Hikers

Looking for a new way to get outside and exercise? Come Join the SLO Hikers group led by Kacy LeSage! Please sign the interest list in the senior center or call and email Kacy LeSage for more details and updates on this group.

SLO Hikers will meet on the 2nd and 4th Thursday of each month starting in June and continuing through August.

When: June 13th **Time:** 8:30-10:30am **Where:** Johnson Ranch

When: June 27th **Time:** 8:30-10:30am **Where:** Eagle Rock (El Chorro Park)

El Chorro Park: Meet at the parking lot just passed the dog park near the gate to the trail head.

SLO Parks and Rec Community Event: Monday Meet Up

Food Trucks, Games, and Music! Bring your appetites, chairs, and blankets. Enjoy delicious food from local food trucks while listening to music. Games and activities will be provided.

5:30 - 7:30 PM
6/17 Meadow Park
7/1 Throop Park
7/15 French Park
7/29 Emerson Park
8/12 De Vault Park



Call Kacy LeSage for more information or to sign-up for any of these programs.

(805) 781-7303

klesage@slocity.org

Sign the interest lists in the Senior Center!





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



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1
3	4	5	6	7	8
10:25: *Brain Aerobics 12:30: *Duplicate Bridge	10:00: *Chair Exercise 12:00: *Party Bridge 2:00: *Bereavement Group 12:00: <i>Around the Town</i>	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	12:30: Duplicate Bridge 1:00: Pinochle	
10	11	12	13	14	15
9:00: Executive Board Meeting 12:30: *Duplicate Bridge	10:00: *Chair Exercise 11:00: SLO Legal Aid 12:00: *Party Bridge 1:00: Craft Workshop: String Art 2:00: *Bereavement Group	8:30: CANCELED: Bingo 9:30: *Write your Memories 12:30: Mexican Train Dominoes	8:30: <i>SLO Hikers</i> 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	
17	18	19	20	21	22
12:30: *Duplicate Bridge	10:00: *Chair Exercise 11:00: Roundtable Readers 12:00: *Party Bridge 2:00: *Bereavement Group 4:30: <i>Family Trivia</i>	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	4:00: SLO Blues Baseball Game
24	25	26	27	28	29
12:30: *Duplicate Bridge	10:00: *Chair Exercise 12:00: *Party Bridge 2:00: *Bereavement Group 4:30: <i>Family Trivia</i>	8:30: *Bingo 9:30: *Write your Memories 12:30: Mexican Train Dominoes	8:30: <i>SLO Hikers</i> 10:00: Chair Exercise 12:00: Party Bridge 12:00: *HICAP 1:00: Mahjong	12:30: Duplicate Bridge 1:00: Pinochle	2:00: "9 to 5" the Musical at the SLO REP

CALENDAR ACTIVITY DESCRIPTIONS

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:
Chair Exercise: Consists of sitting and standing activities with the support of a chair. We stretch, breathe, use weights to strengthen and balls for agility and balance. On Tuesdays and Thursdays.
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: \$3.50 (members), \$4.50 (non-members). **NO Bingo on June 12th.**
Write Your Memories: Meeting online.
Mexican Train Dominoes: No experience needed; all are welcome.
Thursday:
HICAP (Health Insurance Counseling and Advocacy program): Free, unbiased Medicare Counseling. By appointment only, call (805) 928-5663.
Party Bridge: Call Rick Diel at (805) 610-7843 to sign up.
Mahjong: No experience needed; all are welcome.
Friday:
Strength and Balance: Second and third Friday of the month from 10:00-11:00am.
Double Deck Pinochle: No experience needed, all are welcome. Fridays at 1:00pm.

Strength and Balance Update:
Strength and Balance class will only meet on the 2nd and 3rd Friday of June and July. The regular weekly schedule will resume on August 2.

ACTIVITY UPDATES
Bingo
Bingo will NOT be held on June 12th.

Are You a Reader?
Roundtable Readers meet on the 2nd Tuesday of each month at 11am. We each report on a book we've read and enjoyed and hope that other readers might enjoy it as well! Please join us anytime!