

Summer is a good time for us to take a fresh look at our activities to be sure that they meet the expectations of our membership and our instructors. Here's a "reboot" of one of our most popular offerings.

What is BRAIN AEROBICS?

Brain Aerobics is a directed course of study for "well-aging" adults. The instructor, Dr. Sonja Glassmeyer, is a certified Gerontologist/Senior Health Specialist. Classes feature scientifically proven exercises that build a better brain. Each monthly lesson expands upon material covered in previous classes. **Brain Aerobics** is not a casual drop-in activity—it requires committed, regular attendance. The class generally meets for 90 minutes on the first Monday of the month.

Space is limited. Senior Center members who wish to participate in this course must pre-register, and attendance will be taken. Registrants who anticipate an absence must notify Dr. Glassmeyer by text or email no later than the prior Thursday in order to be able to obtain course materials from that session. Failure to pick up homework materials will incur a \$2 printing fee. Class materials may be proprietary or subject to copyright; they MAY NOT be shared with anyone who is not enrolled in the class.



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



Senior Center Closed:
Thursday, July 4

Senior Center Special Events



Blues Baseball Game

Join us at Sinsheimer Stadium to see the SLO Blues play the Walnut Creek Crawdads! 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: Saturday July 20th **Game Time:** 4:00 PM **Cost:** \$5

Sign-up: Volunteer Office

Coming Soon

Thursday August 1st: San Luis Obispo Wind Orchestra Concert

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.



Special Event: San Luis Obispo Wind Orchestra Concert

Please join us on Thursday, August 1st for a concert presented by the San Luis Obispo Wind Orchestra. This is a free event thanks to the generosity of SLO Winds. All are welcome! Bring a friend and enjoy the music!

Location: Senior Center Main Room **Time:** 4:00 - 5:30 pm **Date:** Thursday August 1st



Family Trivia

Trivia will be 5 rounds with 6 questions in each round. Each week the winning team or participant will win a small prize. Come on your own or come as a team of 2-6 people. One participant on each team must be 55+. Everyone is welcome!

Time: 4:30-5:30pm **Days:** Every Tuesday in July

Location: Senior Center Main Room



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/email Kacy LeSage for more details.

SLO Hikers will meet on the 2nd and 4th Thursday of each month.

When: July 11th **Time:** 8:30-10:30am **Where:** Islay Hill

When: July 25th **Time:** 8:30-10:30am **Where:** South Hills



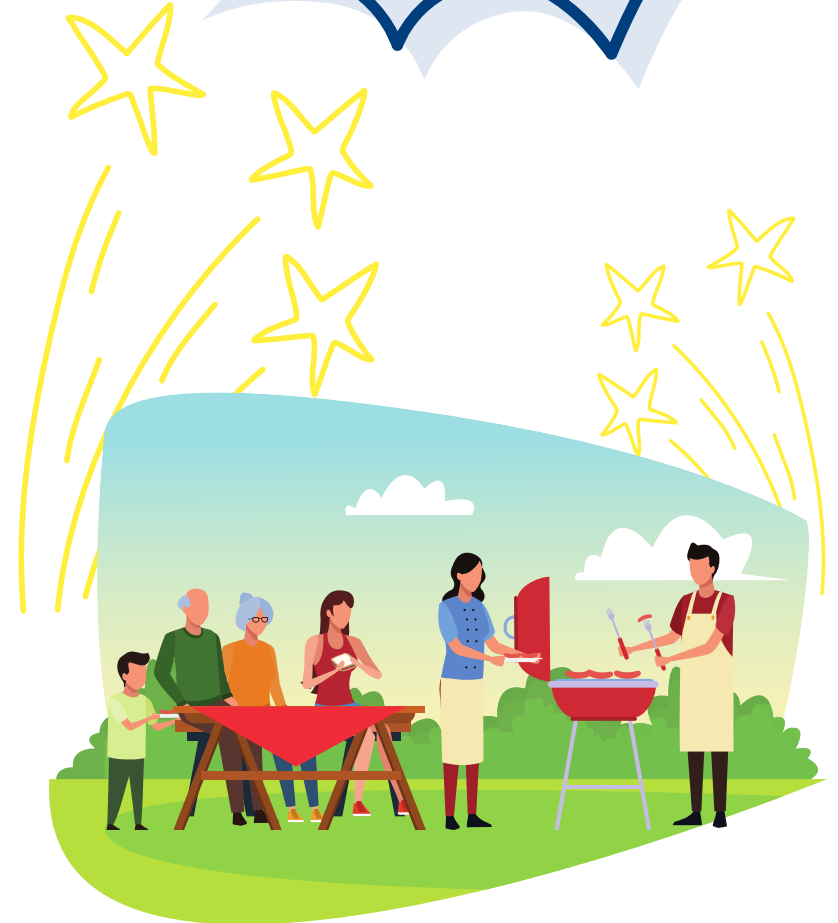
Around the Town

Join us for free tours of local businesses and historic landmarks in SLO. Please sign the interest list at the Senior Center. Alternatively, you can call or email Kacy at 805-781-7303 or KLeSage@slocity.org. Space is limited to 19 people.

July 10th: Cal Poly Arboretum **Start Time:** 12:00pm





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.



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 10:25: *Brain Aerobics 12:30: *Duplicate Bridge	2 10:00: *Chair Exercise 12:00: *Party Bridge 2:00: *Bereavement Group 4:30: <i>Family Trivia</i>	3 8:30: *Bingo 9:30: *Write your Memories 12:30: Mexican Train Dominoes	4 CLOSED Happy 4th of July! 	5 12:30: Duplicate Bridge 12:00: Pinochle	6
7	8 9:00: Executive Board Meeting 12:30: *Duplicate Bridge	9 10:00: *Chair Exercise 12:00: *Party Bridge 2:00: *Bereavement Group 4:30: <i>Family Trivia</i>	10 8:30: *Bingo 9:30: *Write your Memories 12:30: Mexican Train Dominoes 12:00: Around the Town	11 8:30: <i>SLO Hikers</i> 10:00: Chair Exercise 12:00: Party Bridge 12:00: *HICAP 1:00: Mahjong	12 10:00: *Strength & Balance 12:30: Duplicate Bridge 12:00: Pinochle	13
14	15 12:30: *Duplicate Bridge	16 10:00: *Chair Exercise 11:00: Roundtable Readers 12:00: *Party Bridge 2:00: *Bereavement Group 4:30: <i>Family Trivia</i>	17 8:30: *Bingo 9:30: *Write your Memories 12:30: Mexican Train Dominoes	18 10:00: Chair Exercise 12:00: Party Bridge 12:00: *HICAP 1:00: Mahjong	19 10:00: *Strength & Balance 12:30: Duplicate Bridge 12:00: Pinochle	20 4:00: <i>SLO Blues Baseball Game</i> 
21	22 12:30: *Duplicate Bridge	23 10:00: *Chair Exercise 12:00: *Party Bridge 2:00: *Bereavement Group 4:30: <i>Family Trivia</i>	24 8:30: *Bingo 9:30: *Write your Memories 12:30: Mexican Train Dominoes	25 8:30: <i>SLO Hikers</i> 10:00: Chair Exercise 12:00: Party Bridge 12:00: *HICAP 1:00: Mahjong	26 12:30: Duplicate Bridge 12:00: Pinochle	27
28	29 12:30: *Duplicate Bridge	30 10:00: *Chair Exercise 12:00: *Party Bridge 2:00: *Bereavement Group 4:30: <i>Family Trivia</i>	31 8:30: *Bingo 9:30: *Write your Memories 12:30: Mexican Train Dominoes			

CALENDAR ACTIVITY

Monday: DESCRIPTIONS

Duplicate Bridge: Go to slobridge.com for more information. On Monday and Friday.

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. On Tuesdays and Thursdays.

Round Table Readers: Book discussion on the 3rd Tuesday of each month.

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).

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 12:00pm.

ACTIVITY UPDATES

Strength and Balance:

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

Double Deck Pinochle:

The start time for Pinochle has been moved to 12:00 pm.

