



MAY

The Senior Center will be open on Memorial Day (May 27th).



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 Special Events

Craft Workshop: Vintage Dish Flowers

Join Marlene Fissell for a fun afternoon where you can create a unique garden ornament using ceramic plates and a variety of decorative pieces. Space is limited. Sign up at the Volunteer Office.

When: Tues., May 14th Time: 1pm Cost: \$5 per project

Mushroom Mania

Calling all mushroom lovers! After an informative presentation by Werdless Farms, instructor Karen Prewett will help you make a tasty asparagus/mushroom quiche to bake at home. Bring your own individual 6-8 oz. custard cup or muffin tin. This class is limited to 12 members. Sign up at the Volunteer Office.

When: Tues., May 21st Time: 1pm Cost: \$10 per member

\* General Membership Meeting & Luncheon \*

You are invited to meet our new Parks & Recreation Community Services Coordinator / liaison, Kacy LeSage. Enjoy a delicious luncheon featuring sirloin tips with noodles, salad and dessert catered by Jean DuMong. Space is limited, so be sure to sign up and pay at the Volunteer Office by Friday, May 24.

When: Tues., May 28th Time: 12:00 noon Cost: \$5 per member

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



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
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.



COMING SOON

SLO Blues Game  
Date and time TBD  
SLO Rep Theatre

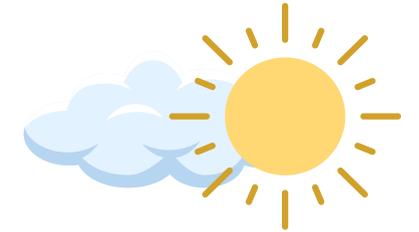
Dolly Parton's Nine to Five. Info to follow.





### Harvestly Produce Boxes

Would you like delicious, local foods delivered to your door on Friday afternoons? Consider signing up for Harvestly, a program that brings you soups, fruits, breads, jams, desserts, and even more! You may customize your order to choose the best products for you. Go to [harvestly.org](http://harvestly.org) or contact Taryn at 805.457.5818 | [taryn@harvestly.org](mailto:taryn@harvestly.org)



### Please welcome Kacy LeSage as the new Community Services Coordinator!



As of April 25th, Kacy LeSage is the newest addition to the Parks and Recreation team, stepping into the role of Community Services Coordinator.

Having previously been a part of the Parks and Recreation Team in the Youth Services Division, Kacy is excited to bring her experience and enthusiasm back into the culture of Parks and Recreation with the Community Services Division. Her enthusiasm, love for learning, and new ideas will make our work in Parks and Recreation even better.

Come meet Kacy at the Member Luncheon on May 28th!

#### A little about Kacy:



“I had the pleasure of growing up in San Luis Obispo. I worked for youth services from 2014 to 2020. I started as a childcare aide and worked my way up to a childcare head teacher. In my free time I enjoy art projects, cooking, being outdoors and traveling as much as possible.”



Call Kacy LeSage for more information or to sign-up for any of these programs.  
(805) 781-7303 | [klesage@slocity.org](mailto:klesage@slocity.org)  
Sign the interest lists in the Senior Center!



## MAY CALENDAR OF PROGRAMS AND EVENTS



Monday	Tuesday	Wednesday	Thursday	Friday
		1	2	3
		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
6	7	8	9	10
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 12:00: Party Bridge 12:00:*HICAP 1:00: Mahjong	10:00:*Strength & Balance 12:30: Duplicate Bridge 1:00: Pinochle
13	14	15	16	17
9:00: Executive Board Meeting 12:30:*Duplicate Bridge	10:00: *Chair Exercise 12:00:*Party Bridge 1:00: Craft Workshop 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
20	21	22	23	24
12:30:*Duplicate Bridge	10:00: *Chair Exercise 11:00: Roundtable Readers 12:00:*Party Bridge 1:00: Mushroom Mania 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
27	28	29	30	31
12:30:*Duplicate Bridge	10:00: *Chair Exercise 12:00: Member Luncheon 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 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](http://slobridge.com) for more information.

Executive Board Meeting: All members welcome, agenda items must be submitted 7 days in advance.

Brain Aerobics: Presented by Dr. Sonja S. Glassmeyer, certified Gerontologist.

### \*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).

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: Fridays from 10:00-11:00am.

Double Deck Pinochle: No experience needed, all are welcome. Fridays at 1:00pm.

If you have any questions or ideas, please call or email Kacy LeSage:  
(805) 781-7305 | [klesage@slocity.org](mailto:klesage@slocity.org)