

"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



Parks & Recreation



SEPTEMBER

Senior Center

Closed:

Labor Day

Monday,

September 2nd

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

Get Involved: Volunteers Needed

We need friendly, detail-oriented members to serve as office volunteers for regular weekly shifts and as substitutes. Additionally, we seek volunteers to help with special events and to lead activities. If interested, please leave your information in the volunteer office or call (805) 781- 7306.

Senior Center Special Events

City Farm SLO Tour

Join us for a tour of City Farm SLO. Arrive at 12:00 p.m. and bring a lunch to enjoy in the garden or join us at 1:00 p.m. for the tour. Space is limited.

Please sign up by Friday, September 6th.

When: Tuesday, September 10 **Tour Start Time:** 1:00 **Cost:** \$5

Where: 1221 Calle Joaquin **Sign-up:** Volunteer office

Transit information and Bus Pass Pop Up

A representative from San Luis Obispo Council of Governments will be at the Senior Center to answer questions about local public transit and to sign eligible seniors up for free VIP Gold Bus Passes. The VIP Gold Pass is for seniors 80+ and permits unlimited free bus rides.

When: Wednesday, September 11th **Time:** 11:00-1:00

Mosaic Rock Art Craft Class

Make a sparkly yard ornament using painted rocks and mirror mosaic tiles. Use a provided pattern or make your own design.

All materials will be provided.

Please sign up by Monday, September 9th.

When: Thursday, September 12th **Time:** 12:30 **Cost:** \$10

Sign-up: Volunteer office

Thank You Dr. Sonja Glassmeyer

We regret to announce that Brain Aerobics will no longer be offered due to lack of enrollment. Our sincere thanks go to Dr. Sonja Glassmeyer for providing this outstanding program since September 2011.



Around the Town

Join us for a free tour of the San Luis Obispo Museum of Art. Following the 30–45-minute docent led museum tour, Amanda Grieshop, the city’s Public Art Coordinator, will be giving a tour of nearby sights. To sign up, contact Kacy at 805-781-7303 or KLeSage@slocity.org. Alternatively, you can sign the interest sheet at the Senior Center.

September 4th: SLO Museum of Art **Start Time:** 12:00



Bocce Ball Workshops

Join us to learn how to play Bocce Ball. We will learn the rules, play the game, and learn a bit about the history of Bocce Ball along the way. Bocce Ball is easy to learn and lots of fun!

Where:

Mitchell Park behind the Senior Center

When:

Monday, September 9th	Time: 10:30-12:00
Wednesday, September 18	Time: 2:00-3:30
Tuesday, September 24	Time: 11:00-12:30



Yoga for Longevity

Start the day off with movement and join certified Yoga Instructor, Lynn Souza, for an early morning yoga class. The class will focus on mobility, flexibility, and stability. The ability to exercise using a floor mat and to stand up from the ground using a chair for stability is required. Yoga mats and supplies will be provided by Parks and Recreation. Bring your own equipment if you prefer.

When: Tuesdays and Thursdays starting September 10th

Time: 7:30-8:15 am **Where:** Senior Center Main Room

Price: First Class Free / \$40 pass for 10 classes

The first week of class will be free.



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.

When: August 8th **Time:** 8:30-10:30 **Where:** Terrace Hill / Bishop St. Trail Head

Family Trivia Fall Series

Come test your knowledge at Family Trivia Nights. Each week there will be a different theme. There will be 5 rounds of 6 questions and a small prize for the winning team! Bring a friend, family member, or join a group when you arrive. All are welcome!

When: Tuesdays from September 24th to October 29th

Time: 4:30-5:30 **Where:** Senior Center Main Room



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

(805) 781-7303

klesage@slocity.org



September Calendar of Program and Events

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

Monday	Tuesday	Wednesday	Thursday	Friday
2 CLOSED Labor Day	3 10:00: *Chair Exercise 12:00: *Party Bridge 2:00: *Bereavement Group	4 8:30: *Bingo 9:30: *Write your Memories 12:00: <i>Around the Town</i> 12:30: *Mexican Train Dominoes	5 10:00: Chair Exercise 12:00: Party Bridge 12:00: *HICAP 1:00: Mahjong	6 10:00: *Strength & Balance 12:00: *Double Deck Pinochle 12:30: *Duplicate Bridge
9 9:00: *Executive Board Meeting 10:30: <i>Bocce Ball Workshop</i> 12:30: *Duplicate Bridge	10 7:30: <i>Yoga</i> 10:00: *Chair Exercise 12:00: *Party Bridge 1:00: City Farms SLO Tour 2:00: *Bereavement Group	11 8:30: *Bingo 9:30: *Write your Memories 11:00: Bus Pass Pop Up 12:30: *Mexican Train Dominoes	12 7:30: <i>Yoga</i> 8:30: <i>SLO Hikers</i> 10:00: Chair Exercise 12:00: Party Bridge 12:00: *HICAP 12:30: Mosaic Rock Craft Class 1:00: Mahjong	13 12:00: *Double Deck Pinochle 12:30: *Duplicate Bridge
16 12:30: *Duplicate Bridge	17 7:30: <i>Yoga</i> 10:00: *Chair Exercise 11:00: Roundtable Readers 12:00: *Party Bridge 2:00: *Bereavement Group	18 8:30: *Bingo 9:30: *Write your Memories 12:30: *Mexican Train Dominoes 2:00: <i>Bocce Ball Workshop</i>	19 7:30: <i>Yoga</i> 10:00: Chair Exercise 12:00: Party Bridge 12:00: *HICAP 1:00: Mahjong	20 10:00: *Strength & Balance 12:00: *Double Deck Pinochle 12:30: *Duplicate Bridge
23 12:30: *Duplicate Bridge	24 7:30: <i>Yoga</i> 10:00: *Chair Exercise 11:00: <i>Bocce Ball Work Shop</i> 12:00: *Party Bridge 2:00: *Bereavement Group 4:30: <i>Family Trivia</i>	25 9:30: *Write your Memories 12:30: *Mexican Train Dominoes	26 7:30: <i>Yoga</i> 10:00: Chair Exercise 12:00: Party Bridge 12:00: *HICAP 1:00: Mahjong	27 10:00: *Strength & Balance 12:00: *Double Deck Pinochle 12:30: *Duplicate Bridge
30 12:30: *Duplicate Bridge				

CALENDAR ACTIVITY DESCRIPTIONS

Monday:

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

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: Friday mornings from 10:00-11:00am. No class September 13th.

Double Deck Pinochle: No experience needed; all are welcome. Mondays and Fridays at 12:00pm.

ACTIVITY UPDATE

Strength and Balance:
No class on September 13th.
Bingo:
No Bingo on September 25th.

