

"A Clubhouse for Big Kids"

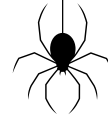
1445 Santa Rosa St., San Luis Obispo

Hours of Operation: Monday-Friday | 9:00am-4:00pm

Phone Number: (805) 781-7306



Parks & Recreation



October

2025 Senior Center Executive Board Election

The Senior Center Executive Board Election will be held next month. Please see the Slate of Officers will also be posted in the Coffee Room

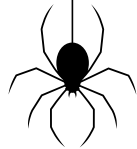
Nominations for Executive Board 2025

Slate of Officers 2025

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	Ling Wheatly
Member-at-Large	Gillian Beadman
Member-at-Large	Jim Horner
Member-at-Large	Joyce Heddleson



If you wish to become a candidate for any Board position, please give your contact information to Vice-President Cathy Marvier.



Senior Center Special Events

SLO Legal Assistance Bank Scam Presentation

A representative from SLO Legal Assistance will be presenting information about bank scams and how to avoid them. A Q&A session will follow the presentation.

When: Tuesday, October 15th **Time:** 11:00 **Cost:** Free

Sign-up: Volunteer office



Kathy's Krafters: Mushroom Garden Art



Come create your own Mushroom Garden Art! Participants will use their creativity to decorate 10" concrete mushrooms. All materials including paints, miniature figurines, succulents and moss will be provided. 12 spaces available.

When: Tuesday, October 22nd **Time:** 12:30 **Cost:** \$15

Sign-up: Volunteer Office by October 18th

"Boo"nco Party

Get into the Halloween spirit at our spooky Bunco Party! Bunco is an easy to learn dice game and you do not need prior experience to play!

Wear a costume, get a special prize!

When: Monday, October 28th **Time:** 10:00 **Buy-in:** \$2 members/\$3 non-members **Sign-up:** Volunteer office



Coming Soon...

November 23rd: The Great American Melodrama Holiday Extravaganza

Join a group of friends and celebrate the start of the holiday season with an afternoon bus ride to the Great American Melodrama. A limited number of tickets will be on sale starting October 21st. Tickets will be at a reduced rate thanks to Parks and Recreation.

Current Senior Center Members Only.



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! The Halloween themed Trivia Final will be on

October 29th!

When: Every Tuesday in October! **Time:** 4:30-5:30

Where: Senior Center Main Room



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

Time: 7:30-8:45 am **Where:** Senior Center Main Room

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



SLO Hikers

Looking for a new way to get outside and exercise? Come join the SLO Hikers group led by Kacy LeSage! This fall, SLO Hikers is meeting on the second Thursday of each month! Please sign the interest list in the Senior Center or call/email Kacy.

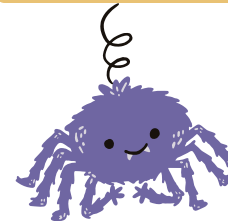
When: October 10th **Time:** 8:30-10:30 **Where:** Bob Jones Trail
Meet at the Bob Jones Trail Head Parking Lot/ 7009 Ontario Rd.

SLO Walkers

SLO Walkers is returning this fall on the third Thursday of every month. This group is for those who want to enjoy a stroll around downtown San Luis Obispo, meet new people, and get some exercise. This month, we will be going on a one mile walk around the Senior Center neighborhood to see the renovations at Cheng Park and to stand under a giant sequoia tree. Please sign the interest list in the senior center or call/email Kacy.

When: October 17th **Time:** 10:00- 11:00 a.m.

Where: Meet behind the Senior Center



HAPPY HALLOWEEN



Call Kacy LeSage for more information or to sign-up for any of these programs.
(805) 781-7303
klesage@slocity.org





Parks & Recreation

October Calendar of Programs and Events

Programs with * have a description below.

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

Monday	Tuesday	Wednesday	Thursday	Friday
	1 7:30: <i>Yoga</i> 10:00: *Chair Exercise 12:00: *Party Bridge 2:00: *Bereavement Group 4:30: <i>Family Trivia</i>	2 8:30: *Bingo 9:30: *Write your Memories 12:30: *Mexican Train Dominoes	3 7:30: Yoga 10:00: Chair Exercise 12:00: Party Bridge 12:00: *HICAP 1:00: Mahjong	4 10:00: *Strength & Balance 12:00: *Double Deck Pinochle 12:30: *Duplicate Bridge
7 12:30: *Duplicate Bridge	8 7:30: <i>Yoga</i> 10:00: *Chair Exercise 12:00: *Party Bridge 2:00: *Bereavement Group 4:30: <i>Family Trivia</i>	9 8:30: *Bingo 9:30: *Write your Memories 12:30: *Mexican Train Dominoes	10 7:30: Yoga 8:30: <i>SLO Hikers</i> 10:00: Chair Exercise 12:00: Party Bridge 12:00: *HICAP 1:00: Mahjong	11 10:00: *Strength & Balance 12:00: *Double Deck Pinochle 12:30: *Duplicate Bridge
14 9:00: *Executive Board Meeting 12:30: *Duplicate Bridge	15 7:30: <i>Yoga</i> 10:00: *Chair Exercise 11:00: Bank Scam Presentation 11:00: Roundtable Readers 12:00: *Party Bridge 2:00: *Bereavement Group 4:30: <i>Family Trivia</i>	16 8:30: *Bingo 9:30: *Write your Memories 12:30: *Mexican Train Dominoes	17 7:30: Yoga 10:00: <i>SLO Walkers</i> 10:00: Chair Exercise 12:00: Party Bridge 12:00: *HICAP 1:00: Mahjong	18 10:00: *Strength & Balance 12:00: *Double Deck Pinochle 12:30: *Duplicate Bridge
21 12:30: *Duplicate Bridge	22 7:30: <i>Yoga</i> 10:00: *Chair Exercise 12:00: *Party Bridge 12:30: Mustroom Garden Craft Class 2:00: *Bereavement Group 4:30: <i>Family Trivia</i>	23 8:30: *Bingo 9:30: *Write your Memories 12:30: *Mexican Train Dominoes	24 7:30: <i>Yoga</i> 10:00: Chair Exercise 12:00: Party Bridge 12:00: *HICAP 1:00: Mahjong	25 10:00: *Strength & Balance 12:00: *Double Deck Pinochle 12:30: *Duplicate Bridge
28 12:30: *Duplicate Bridge 10:00: "Boo"nco Party	29 7:30: <i>Yoga</i> 10:00: *Chair Exercise 12:00: *Party Bridge 2:00: *Bereavement Group 4:30: <i>Family Trivia</i>	30 8:30: *Bingo 9:30: *Write your Memories 12:30: *Mexican Train Dominoes	31 7:30: Yoga 10:00: Chair Exercise 12:00: Party Bridge 12:00: *HICAP 1:00: Mahjong	

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.

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

