



# San Luis Obispo Senior Center Newsletter



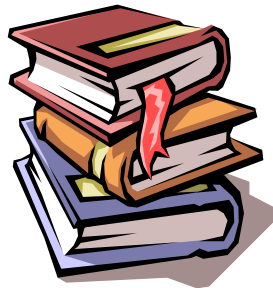
Mother's Day, May 13, 2012

Memorial Day, May 28, 2012

1445 Santa Rosa Street • San Luis Obispo, California 93401 • 805-781-7306  
Hours: 9:30 am – 4:00 PM • Monday through Friday

### LIBRARY NEWS

Those of you who can still play VHS tapes through your television are sure to appreciate the great job member Louise Kier did categorizing our VHS library. She has placed a legend on the wall next to the tapes designating the colored dots used to divide them into Westerns, Action, Comedies, Romance, Mysteries, Documentaries and Classics.



From the missing spaces on the shelves, it appears members are already using the newly organized library. Rosemary Baxter and Judy Seibert continue to sort and label our books. Once that is accomplished, they will re-divide part of the books to create the Mystery, Travel and Reference sections.

Please remember the cardinal rule of our libraries – **RETURN THE TAPES AND BOOKS WHEN YOU'RE FINISHED** so others can enjoy them too. If you don't know where they go on the shelves, place them in the bin next to the bookcases.

The new book club met April 23<sup>rd</sup> and discussed the "Guernsey Literary and Potato Peel Pie Society" – a book about the German occupation of the island off the coast of England. The next book is "Water for Elephants" by Sara Gruen. On April 1st, charter members have first option on the ten books from the SLO County Library. Others who have read the book or want to pick up their own copy are welcome to join the discussion on May 21st at 1 p.m. (the third Monday because of the Memorial Day holiday).



<b>President</b>	<b>Dick Rall</b>
<b>Vice President</b>	<b>Joan Drake</b>
<b>Executive Secretary</b>	<b>Dick Flanders</b>
<b>Treasurer</b>	<b>Betty Smeland</b>
<b>Newsletter</b>	<b>Paul Wilson</b>
<b>Corresponding Secretary</b>	<b>Carolyn Wheeler</b>
<b>Historian</b>	<b>Mary Vandenberg</b>
<b>Member-at-Large</b>	<b>Rosemary Baxter</b>
<b>Member-at-Large</b>	<b>Agatha Reardon</b>
<b>Parks &amp; Recreation Rep.</b>	<b>Meghan Burger</b>
<b>Activity Coordinator:</b>	<b>Maryanna Fitzgerald</b>

**Board meetings are open to all members.**  
**City of SLO Parks and Recreation**  
[www.slocity.org/parksandrecreation/seniors](http://www.slocity.org/parksandrecreation/seniors)

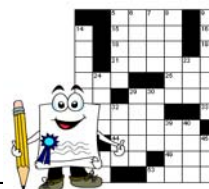
### MAY LUNCHEON

Wednesday, May 16, 2012,  
12 noon at the Senior Center  
The Menu: Green Salad, Spaghetti with Meat Sauce and/or Vegetarian Sauce, Seasoned Green Beans, Hot Buttered French Bread, Tiramisu Cake or Cook's Choice of Dessert.  
The Program: Kathleen Bellefontaine of the San Luis Obispo County Commission on Aging will present "Be Invisible No More! – Tips for People with Hearing Loss."  
Stop by the office or call in your reservation to 781-7306 no later than Friday, May 11. Early reservations are appreciated to help the caterer plan. Cost is \$8.00 for members; \$10 for non-members.




### LIKE TO WORK PUZZLES?

Work them on your computer.  
<http://puzzles.usatoday.com>  
Crosswords, Sudoku  
Mini Sudoku, Others



# May 2012

Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
		<p><b>1</b></p> <p>10:00am - Exercise 12:30pm - Party Bridge 1:30pm - Yoga 7:00pm - Gem &amp; Mineral</p>	<p><b>2</b></p> <p>8:40am - Bingo 6:15pm - Dupl. Bridge</p>	<p><b>3</b></p> <p>9:00am - Silver Streaks 10:00am - Exercise 1:30pm - Yoga</p>	<p><b>4</b></p> <p>12:30pm - Dupl. Bridge</p>	<p><b>5</b></p>
<b>6</b>	<p><b>7</b></p> <p>10:25am-Brain Aerobics 12:30pm - Dupl. Bridge</p>	<p><b>8</b></p> <p>8:30am - Brown Bag 10:00am - Exercise 12:30pm - Party Bridge 1:30pm - Yoga</p>	<p><b>9</b></p> <p>8:40am - Bingo 10:00am - Wii Games 12:30pm-Senior Cinema 6:15pm - Dupl. Bridge 7pm Roundtable Readers</p>	<p><b>10</b></p> <p>9:30am Health Services 10:00am - Exercise 1:00pm-Melodrama Trip (sold out) 1:30pm - Yoga</p>	<p><b>11</b></p> <p>12:30pm - Dupl. Bridge</p>	<p><b>12</b></p> <p>12:30pm Dupl. Bridge</p>
<p><b>13</b></p> <p>MOTHERS DAY </p>	<p><b>14</b></p> <p>10:00am- Board Meeting 12:30pm - Dupl. Bridge</p>	<p><b>15</b></p> <p>10:00am - Exercise 12:30pm - Party Bridge 1:30pm - Yoga</p>	<p><b>16</b></p> <p>8:40am - Bingo Noon Luncheon 6:15pm - Dupl. Bridge</p>	<p><b>17</b></p> <p>10:00am - Exercise 1:30pm - Yoga</p>	<p><b>18</b></p> <p>9:30am Legal Services (by appointment) 12:30pm - Dupl. Bridge</p>	<p><b>19</b></p>
<b>20</b>	<p><b>21</b></p> <p>10:25am - Senior Info "How's Your Driving" 12:30pm - Dupl. Bridge 1:00pm - Book Club</p>	<p><b>22</b></p> <p>8:30am - Brown Bag 10:00am - Exercise 12:30pm - Party Bridge 1:30pm - Yoga</p>	<p><b>23</b></p> <p>8:40am - Bingo 10:00am - Wii Games 2:45pm - Line Dancing 6:15pm - Dupl. Bridge</p>	<p><b>24</b></p> <p>9:00am - Silver Streaks 10:00am - Exercise 12:00pm - Genealogy 1:30pm - Yoga</p>	<p><b>25</b></p> <p>12:30pm - Dupl. Bridge</p>	<p><b>26</b></p>
<b>27</b>	<p><b>28</b></p> <p>MEMORIAL DAY 12:30pm - Dupl. Bridge</p>	<p><b>29</b></p> <p>10:00am - Exercise 12:30pm - Party Bridge 1:30pm - Yoga</p>	<p><b>30</b></p> <p>8:40am - Bingo 6:15pm - Dupl. Bridge</p>	<p><b>31</b></p> <p>9:00am - Silver Streaks 10:00am - Exercise 1:30pm - Yoga</p>	<p>Here is the test to find whether your mission on earth is finished. If you are alive, it isn't. <i>Richard Bach</i></p>	

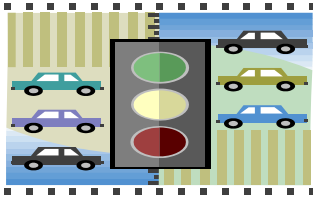


### BRAIN AEROBICS

MONDAY - MAY 7th - 10:25 am

SONJA J. GLASSMEYER, CERTIFIED GERONTOLOGIST

Strengthen and challenge the functioning power of your mind by using the wonderful techniques you will learn in this class.



### Senior Information Series

MONDAY- MAY 21st-10:25 am

### How's your driving?

Al Sauvador of California Highway Patrol

Solutions for senior driving problems and tips on maintaining your driving skills.  
Don't drive anymore? Be a good back seat driver!

*Gayle Cuddy, a writer and author will conduct a class*

### *"Writing from life"*

*Tuesdays, April 24-May22, 1:45 pm—3:45 pm*

*This five week series will help you transform your thoughts into the written word.*

*To register contact Gayle at (805) 489-1026 or email [nightengayles@aol.com](mailto:nightengayles@aol.com)*

*Requested donation \$35.00*

## SENIOR CINEMA

2nd Wednesday - May 9th - 12:30pm

Bring Your Lunch to Enjoy During the Movie

Free Popcorn



### LINE DANCE CLASS

Wednesday — MAY 23rd — 2:45pm

Ellie Ripley/Instructor

Put on your dancing shoes and join this exciting new class. Good exercise, great fun and no partner necessary. Simple dances, some original to the instructor.

Suitable for active seniors



*Mother's Day  
Concert*

**PURSES**  
*on parade*

Historic Jack House and Gardens  
SAN LUIS OBISPO

Sunday, May 13  
1 p.m. to 4 p.m.  
*Jack House & Gardens*  
536 Marsh Street  
All mothers receive a complimentary flower.

Historic Jack House Tours  
\$5 to tour the Historic Jack House  
Children 12 & Under are Free  
Tours are Free to families with three generations present.

Music in the Gardens by the Quiet Knights  
Photos by the Buggy (\$5)  
Vintage Purses on Display  
Refreshments

city of san luis obispo  
parks and recreation department

For more information contact the City of San Luis Obispo Parks and Recreation Department at (805) 781-7300 or visit the City's website at [www.slocity.org/parksandrecreation](http://www.slocity.org/parksandrecreation)

**MY MOTHER TAUGHT ME ABOUT...**

1. My Mother taught me about **ANTICIPATION**  
"Just wait until your father gets home."
2. My Mother taught me about **RECEIVING...**  
"You are going to get it when we get home!"
3. My Mother taught me about **MEETING A CHALLENGE...**  
"What were you thinking? Answer me when I talk to you! Don't talk back to me!"
4. My Mother taught me about **LOGIC...**  
"If you fall out of that swing and break your neck, you're not going to the store with me."
5. My Mother taught me **MEDICAL SCIENCE...**  
"If you don't stop crossing your eyes, they are going to freeze that way."
6. My Mother taught me **TO THINK AHEAD...**  
"If you don't pass your spelling test, you'll never get a good job."
7. My Mother taught me how to **BECOME AN ADULT...**  
"If you don't eat your vegetables, you'll never grow up."
8. My Mother taught me about **GENETICS...**  
"You're just like your father."
9. My Mother taught me about my **ROOTS...**  
"Do you think you were born in a barn?"
10. My Mother taught me about **WISDOM OF AGE...**  
"When you get to be my age, you will understand."
11. My Mother taught me about **JUSTICE...**  
"One day you'll have kids, and I hope they turn out just like you.... Then you'll see what it's like!"

**SENIOR BREAKFAST**

If you are a senior you will understand this one. If you deal with seniors this should help you understand them a little better; and if you are not a senior yet.....God willing, someday you will be...

**The 2.99 Special**

We went to breakfast at a restaurant where the 'seniors special' was two eggs, bacon, hash browns and toast for \$2.99.

"Sounds good," my wife said. "But I don't want the eggs."

"Then I'll have to charge you \$3.49 because

you're ordering a la carte," the waitress warned her.

"You mean I'd have to pay for not taking the eggs?" my wife asked incredulously.

"YES!" stated the waitress.

"I'll take the special then," my wife said.

"How do you want your eggs?" the waitress asked.

"Raw and in the shell," my wife replied. She took the two eggs home and baked a cake.

**DON'T MESS WITH SENIORS!!! WE'VE** been around the block more than once!