THE PREZ SEZ
by Joan Drake
President, Executive Board

The Senior Center is governed by several documents—our recently extended Agreement with the City that outlines our mutual responsibilities as users/providers of the facility; Bylaws that define our purpose and deal with administrative matters; and House Rules that address day-to-day operational aspects and expectations regarding member behavior. We review these documents periodically to make sure that they remain current. In doing so recently, several changes were proposed to clarify the House Rules. These changes were adopted at the February Board meeting and must now be ratified by the membership. A copy of the revised House Rules (changes are in red) is posted in the Coffee Room. The ratification vote will take place at the beginning of this month’s General Membership Luncheon at noon on Wednesday, March 18. I hope you will be present for the vote. Please contact me if you have questions about these changes.

Also at the February Board meeting, Mary Vandenberg formally agreed to continue as Newsletter / Publicity chair for one more year, and Gillian Beadman was appointed to replace her in the vacant Member-At-Large position.

There’s lots going on this month. Some activities have very early registration deadlines—don’t miss out!

THE EXECUTIVE BOARD 2020

President: Joan Drake
Vice President: Cathy Marvier
Executive Sec’y: Kathleen Bellefontaine
Treasurer: Liz Murphy
Newsletter/Publicity: Mary Vandenberg
Corresponding Sec’y: PJ Crawford
Historian: Louise Kier
Member-at-Large: Jim Horner
Member-At-Large: Gillian Beadman
Parks & Rec Liaison: Dave Setterlund

Board meetings are open to all members. Agenda items must be submitted at least 7 days in advance.

2020 MEMBERSHIPS NOW ON SALE
$12 per person per calendar year

PARKING PERMIT
$2 per year, expires Jan. 15, 2021
Limit 1 per Member While Supplies Last

WE WELCOME VOLUNTEERS

The continued vitality of our Senior Center depends upon our volunteers.

We are always in need of substitutes to fill vacancies in our office due to illness, vacation, or personal reasons. Responsibilities include greeting patrons, making coffee, counter duties, telephone, class sign-ups and member enrollment. Orientation and training are provided. We also welcome volunteers with computer or other technical expertise. Our programs and activities are planned and facilitated by volunteers. We welcome your suggestions and involvement.

Please call (805) 781-7306 if you can help.

Our program is sponsored by the City of SLO Parks and Recreation Department.
www.slocity.org/parksandrecreation/seniors
Ongoing Activities at the SLO Senior Center

**Monday**

**Duplicate Bridge:** Weekly. Intermediate classes at 11:30 a.m. Games at 12:30 p.m. Go to slobridge.com for information.

**Brain Aerobics:** 1st Monday of the month (unless otherwise noted) at 10:25 a.m. Presented by Dr. Sonja S. Glassmeyer, Certified Gerontologist.

**Executive Board Meeting:** 2nd Monday of the month at 9:30 a.m. Open to all members.

**SLOCO Seniors:** 3rd Monday of the month (unless otherwise noted) at 10:00 a.m. Current topics on healthy aging.

**Book Club:** 4th Monday of the month (except December) at 11:00 a.m. Call (805) 781-7306 for information.

**Tuesday**

**Chair Exercise:** Weekly at 10:00 a.m.

**Chair Yoga:** Weekly at 10:45 a.m.

**Party Bridge:** Weekly at 11:30 a.m. Randy Murray, coordinator. Call 1-805-781-7306 to sign up.

**Writing Your Memories:** Weekly at 1:00 p.m.

**Food Bank:** 3rd Tuesday of the month from 9:00-10:00 a.m. Low income food distribution, Call 1-805-238-4664 or visit www.slofoodbank.org for eligibility requirements.

**Merry Q’s Quilters:** 3rd Tuesday of the month from 1:00—3:00 p.m.

**Choose & Tell:** 4th Tuesday of the month (except December) at 11:00 a.m.

**Cuesta Emeritus “Explorations in Art”:** Nine-week class from 1:00—3:00 p.m. Late registrations accepted.

**Wednesday**

**Bingo:** Weekly at 9:00 a.m. Buy-In: $2.50 members, $3.50 non-members. Please be prompt!

**American Mahjong:** 1st and 3rd Wednesdays of the month at 1:00 p.m.

**Mexican Train Dominoes:** 2nd and 4th Wednesdays of the month at 12:30 p.m.

**Duplicate Bridge:** Weekly at 6:15 p.m. Go to slobridge.com for information.

**Roundtable Readers:** 2nd Wednesday of the month at 7:00 p.m. Call 1-805-541-3520 for information.

**Thursday**

**Chair Exercise:** Weekly at 10:00 a.m.

**Mat Exercise:** Weekly at 11:00 a.m.

**HICAP (Health Insurance Counseling and Advocacy Program):** Weekly starting at 12:00 p.m. Free, unbiased Medicare counseling. By appointment only. Call 1-805-928-5663.

**Mahjong:** Weekly at 1:00 p.m. No experience needed.

**Silver Streaks Bulk Mail Prep:** 1st, 4th and 5th Thursdays (as needed) at 9:00 a.m. Call 1-805-781-7306 for information.

**Health Services (CAP Adult Wellness & Prevention Screening):** 2nd Thursday of the month at 9:30 a.m. FREE confidential blood pressure, cholesterol, diabetes, and anemia screenings. First come, first served.

**Friday**

**Pinochle (double deck):** Weekly at 11:30 a.m.

**Duplicate Bridge:** Weekly at 12:30 p.m. Go to slobridge.com for information.

SEE PAGE 3 FOR DETAILS ABOUT THIS MONTH’S SPECIAL EVENTS

Senior Center Lending Library

Honor system; please be sure to return Senior Center-labeled books and DVDs to our office volunteers, NOT to the SLO City/County Library!
March
Donald Alderman
Gerry Johnson
Janice Lynch
Donna Marshall
Regena Morton
Patricia Vandivort
Maarvin Weitzenhoffer
Beth Whitworth
Elaine Yeo

Did we miss your birthday?
Be sure to write the month and check “yes” on your enrollment form!

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 re-
quest form in the Volunteer Office so that we can send a card.

GENERAL MEMBERSHIP LUNCHEON
Wednesday, March 18, 2020
12 Noon

HOUSE RULES RATIFICATION VOTE

MENÚ: CORNED BEEF & CABBAGE DINNER
Red Garlic Potatoes, Soda Bread, Butter Dilled Carrots, Dessert

PROGRAM: Sing Along with Ralph & Roger

Cost: $5 per person. SEATING IS LIMITED. NO mail-in reservations; NO reservations will be accepted on the day of the luncheon. Make your reservation at the office or call 805-781-7306 no later than Friday, March 13. Please remember, if you make a reservation and don’t cancel by Friday, March 13, you are still expected to pay.

To-go orders are available for pick-up after 12 noon. Please let the office know when you make your reservation if you’re placing a “to-go” order.

CUESTA EMERITUS ECOL 434:
EXPLORATIONS in ART—MIXED MEDIA
9 Weeks continuing through April 21
Tuesdays from 1:00-4:00 p.m.
Late Registrations Accepted
As Space Allows

Activities Updates and Special Events

SMALL SAMPLES DINING CLUB
Thursday, March 4, 2020—12 Noon

DROP-IN SESSION: FORM 1040-SR (U.S. Tax Return for Seniors)
Thursday, March 5, 2020
10:30 a.m.—12:00 p.m.

Find out about this new tax form for taxpayers age 65 or older. Students from Cal Poly’s LITC (Low Income Taxpayer Clinic) will help you find out if this form’s for you. Come when you can.

TABOO
Friday, March 13, 2020
10:00 a.m.

Join a group of Taboo players for a Friday the 13th introduction to this fun word guessing game. This activity will meet regularly on the third Friday of each month beginning in April.

SLOCO SENIORS
Monday, March 16, 2020
10:00 a.m.

Cyndi Silva presents Medical QiGong: Self Defense for Stress and Aging.” QiGong combines movement, meditation and regulation of breathing to help reduce stress, build stamina, increase vitality, and enhance the immune system. Cyndi, a certified Medical QiGong practice leader, will demonstrate moves to help with strength and balance. Bring a friend!

PLANNING AHEAD

“HEADING SOUTH” DAY TRIP #1: Northern Santa Barbara County
Thursday, April 23, 2020
8:30 a.m.—5:00 p.m.

REGISTRATION DEADLINE: WEDNESDAY, MARCH 25

Our first stop is a ranger-led tour of La Purisima Mission State Historic Park in Lompoc to see California’s most extensively restored Spanish mission. Our second stop is Ostrichland USA in Solv-vang, where you’ll have the opportunity to feed ostriches and emus ($1 additional). Our final stop is a long break for lunch (brown bag okay) and sightseeing / “retail therapy” in Solvang.

Space for this trip is limited to 25 passengers. Bus transportation is provided by SLO Safe Rides. The cost of this trip for Senior Center members is $45, which covers all admissions and transportation. Non-members pay the full price of $55. You must pay when you register. The deadline for registrations is Wednesday, March 25 in order to avoid a cancellation fee with the bus company if not enough people sign up. There are no refunds unless the trip is canceled or your spot is filled by someone on the waiting list. Don’t delay.

SILVER STREAKS NEEDS VOLUNTEERS

For over 30 years, Silver Streaks volunteers have provided bulk mail preparation services for local non-profits. Our group meets at the Senior Center on the first and last Thursday mornings each month, depending on demand. If you’re a “handy” person with a few spare hours once or twice a month, this group is for you. Please call or stop by and ask the office volunteer on duty to forward your contact information to Silver Streaks coordinator Mary Vandenberg.

The Senior Center is an all-volunteer program under the direction of the Executive Board.
We welcome your ideas for new activities, classes, and trips.
COMMUNITY RESOURCES

Meals That Connect (Senior Nutrition Program of SLO County) serves lunch weekdays at 11:30 a.m. at the Anderson Hotel, 955 Monterey Street and at the United Church of Christ (Congregational), 11245 Los Osos Valley Road. Voluntary suggested donation is $2.75 per meal. Call 1-805-541-3312 at least two days prior to the date(s) on which you would like to attend to ensure that enough meals are available.

Free Home Repairs for ages 60+, sponsored by Community Partnership of San Luis Obispo County, Inc. Funding for this program is provided by Area Agency on Aging—Central Coast Commission for Senior Citizens. Phone 1-805-541-4122. www.capslo.org

2-1-1 provides free, confidential, multilingual information and referrals 24/7. Call 1-800-549-8989, or search online at www.211slo.org.

Senior Go! / SLO Regional Rideshare provides low-cost transportation for ages 65+, M-F 9 a.m.-5 p.m. Call 5-1-1 or visit SLOSeniorGo.org.

Legal Services: Free 30-minute consultation for SLO County residents ages 60+. Does NOT cover Wills & Trusts, Divorce Issues, or Criminal Law. By appointment only. Call Senior Legal Services Project at 1-805-543-5140 to schedule.

The Cal Poly Low Income Taxpayer Clinic (LITC) represents low-income taxpayers involved in tax controversies with the Internal Revenue Service, at no charge (this is not a tax preparation service). Phone toll-free 1-877-318-6772 or visit www.cob.calpoly.edu/litc/

Need information about other community services? Ask for a FREE copy of the SENIOR INFORMATION GUIDE. For other activities, events, and support groups in and around SLO, check the bulletin boards in the Coffee Room and the display racks near the office.

The Parks and Recreation Commission (PRC) advises the City Council on park development and recreation programs and provides general guidance to the Parks and Recreation Department. All interested persons are invited to attend Advisory Body meetings, which are held on the first Wednesday at 5:30 p.m. The agenda will be made available at the Parks & Recreation Department office at 1341 Nipomo Street and on the City’s website at www.slocity.org.

The SLO County Commission on Aging (SLOCOA), an advisory body to the Board of Supervisors, provides a forum for Seniors to voice their concerns. Meetings are held on the third Friday of the month (except December) from 10:00 a.m. to 12 noon at the San Luis Obispo Veterans Building, 801 Grand Avenue, SLO. Members of the public are welcome to attend and provide input. For information visit www.slocounty.ca.gov/coa.

HVAC RIBBON CUTTING CEREMONY
January 30, 2020

After enduring many years of sweltering conditions, Senior Center members can finally be comfortable on even the hottest of days. Member Bill Donovan (l.) went before City Council to advocate for this improvement and followed up throughout the process of getting the work completed. The new HVAC system was donated by Tri-Counties Sheet Metal Workers’ Labor Management Cooperative Committee and installed by contractor J. R. Barto with efforts from the Sheet Metal Union and SLO City’s Public Works Department. Many, many thanks to all who worked on this project.

SLO FIRE DEPT: PREPAREDNESS & SAFETY
February 20, 2020

We want to thank the SLO firefighters from Fire Station 1 who came for an emergency preparedness Q&A session and walkthrough. Here are some important things that everyone using the Senior Center should know.

- Where is our Emergency Procedures poster located?
- Where are the nearest exits if the Senior Center needs to be evacuated? Does your group have an accountability plan?
- Where is our evacuation area meeting place?
- Where is our AED (Automated External Defibrillator with audible prompts for use in a cardiac emergency) located?
- Where are our fire extinguishers located? Do you know how to use them?

Watch for a handout with important safety information—coming soon.

Wherever you go and whatever you do, May the luck of the Irish be there with you.

Mayor Heidi Harmon gets ready to cut the ribbon on the Senior Center’s new air conditioning system.

(l-r) Captain Steve Gonzalez, Engineer Gene Hicks, firefighter/paramedic Luke Doolin, Engineer Ryan Mason

Photo Courtesy of Sahvanna Ettestad