

Hello Joslyn Members,

June 2022 – Joslyn Recreation Center Update

While our county is listed as a “low” Covid risk by the CDC ([details here](#)), we did have a couple of JRC members confirmed as Covid positive recently. Please refrain from entering the facility if you are feeling unwell (cold or flu symptoms) until you know your status. Individuals remain able to determine their need/desire to mask while in the building so expect to see some faces directly and some obscured for a while longer.

We are back up to 2021 membership levels and there is still time to add some people to the roster as they get back to activities at the Joslyn or new folks find a club to enjoy. Membership is a key part to being strong as a social/recreational organization.

Facility Updates

Things going on around the building include additional plumbing work (it’s always something!) and starting to look into two potential capital improvement efforts for the main hall: tinting the upper windows to reduce glare/UV, and chair replacement. Both of these projects represent fairly large chunks of our annual operating budget so will be considered carefully. The chairs especially need to be well researched as we would expect them to be around for many years (I think the existing blue chairs are about 20 years old), have to be somewhat comfortable for those who use them for long periods, and ideally would be easier to clean and handle than the current batch. Not a simple set of requirements since cost is also a decision driver. Look for updates on these topics in the months ahead (and maybe the chance to sit on a chair or two and help vote with your backside ;-).

Club Updates

From **Mah Jongg**: The Mah Jongg club is holding \$5 mini tournaments on many Thursdays this summer for experienced players who would like to practice for the big tournaments coming in the fall or for those who like fast fun play! Check the calendar for specific dates. Contact the Joslyn and leave your name if interested.

From **Strength Training**: Weight workouts are extremely beneficial for seniors over 50. It turns fat into muscle and increases metabolism for up to 3 days after workout, burning calories the whole time. Additionally, these workouts improve sleep. Maryann Grau has been offering strength training sessions since 2009, interrupted by Covid but now back on track 3x a week. Mats and weights are available, or bring your own. We train Monday, Wednesday and Friday at 9:45 offering these benefits: rebuilding muscle, recharging

metabolism, reducing fat, reducing resting blood pressure and more (see details from a recent article at the end of this newsletter!).

Cost is \$1.00 a session, which is donated to Joslyn Center. Give it a try. You'll feel so much better both physically and mentally.

From **Poker Club**: We gather every Thursday evening at 6:15P for "Dealer's Choice" poker in the Conference Room. Choose from a \$5 or \$25 BuyIn table and join us for some fun poker-play! On SAT JUNE 11th we will have our monthly tournament in the Main Hall. Come get your seat assignment at 6:15P and play Omaha 8; initial BuyIn = \$20 and ReBuys = \$20 (for a limited time). Questions? Contact Manya Brett at manyabrett@gmail.com or 805.927.5000.

From **Couples Dance**: We successfully returned to holding a dance and pot luck on May 25th. A good time was had by all. The next dance is Wednesday, June 22. Save the date!

From **Fishing Club**: The Cambria fishing club has awarded 18 scholarships to Cambria high school students this year. And we have had a great spring local fishing. Come, let's go fishing!



Hope you are well and ready to enjoy the summer months,

2022 President Mark K

+++++++ Weight Training Benefit Information from Maryann Grau +++++++

1. Rebuilding muscle. Dozens of studies have demonstrated that even a relatively brief program of resistance exercise (20 to 40 minutes per session, two or three days a week) can rebuild muscle tissue in people 50 to 90 years of age.
2. Recharging metabolism. Resistance training has a dual impact on a person's metabolic rate because it increases energy use during both the exercise session and the muscle recovery period—up to three days after each workout.
3. Reducing fat. Most people accumulate fat as they age, even if their eating patterns remain the same. Fortunately, the same strength training studies that showed a three- to four-pound increase in muscle also demonstrated a three- to four-pound decrease in fat weight.
4. Reducing resting blood pressure. Hypertension is a major risk factor for cardiovascular disease. Around one-third of American adults have high blood pressure. Numerous studies have shown significant reductions in resting blood pressure readings after two more months strength "training.
5. Plus, other benefits. Contact Maryann Grau for full article.