



APRIL 2023 JOSLYN RECREATION CENTER NEWSLETTER

Once again, a big thanks to all those returning members who have paid their dues for 2023. We are up to 307 paid members, hoping for around 400. A reminder for club presidents that club rosters are due, and this is a good time to check if your members have renewed their Joslyn memberships. Don't forget the easy ways to pay your dues: drop a check off in the office or the mail slot, or online with Paypal or credit card at Joslynrec.org.

FEATURED CLUB: CELEBRATING A DOZEN YEARS OF DANCERCIZE

Now it's one of the largest clubs at the Joslyn Center, but it started small back in 2011 when club founder Maryann Grau pioneered a high energy, fun and heart healthy dance exercise group with a great musical playlist. Maryann choreographed the routines, and over time other skilled leaders have joined in guiding the exercise. Dancercize meets in the main hall every M-W-F 9-9:45am, and you can see then how the group has grown, making it responsible for over 25% of the total of all club donations in 2021 based on a \$1 per session donation. There are no individual club dues, making Joslyn membership the only requirement.

Speaking of the playlist, Maryann has downloaded and choreographed more than 24 playlists from I-Tunes and her own CDs, comprising 330 individual songs. There are oldies, Latin, country, pop, jazz, soul and modern, literally something for everyone. As the members of dancercize know, it's an effective and fun way to stay fit.



Maryann Grau and the dancercizers 3/31/23

CLUB UPDATES

NOTE: EVENT IS MONDAY APRIL 3! Spirit Dance and Drum Club **FULL MOON DRUMMING CIRCLE** Join us even if you have never drummed before. Bring your own drum or use a loaner or buy one at the event. Bring a friend, and any snacks or drinks. No fee but donations to Joslyn Center are welcomed. Info call Francesca at 805-927-5528. **MONDAY APRIL 3 AT 6:30P** in the main hall.

POKER CLUB: Join us for fun and affordable poker! April Tournament will be Saturday April 15th at 6:15p in the main hall. Game will be Texas Hold 'em. Buy-in is \$20 and re-buys \$20 for a limited time. Bring your enthusiasm for some poker fun!

Remember, there is also a "dealer's choice" game every Thursday evening at 6:15p in the Joslyn conference room. Choose from a \$5 or \$25 table (buy in for an evening of play) and have a fun evening of poker. Questions? Contact Manya Brett 805 927-5000 call/text.

BRIDGE CLUB: Refresher bridge is looking for new bridge players, or experienced players who want to refresh rusty bridge skills. Every Tuesday afternoon, 1:00 to 4:00pm in the main hall. Contact Harriet Hankins at 805-203-5219



Friday Night Ecstatic Dance!

Inner Rhythm is a growing group of heart-centered-people who dance as a way of returning to our selves and to commune with each other.

For us the dance floor is a playground, a teacher, a healer.

There are no steps to follow, no right or wrong way to move, we dance to feel what is sacred through the movement of our bodies.

Inner Rhythm is a 70-90 minute dance journey. Every **Inner Rhythm** dance is different but the basic format is the same. We start with slower fluid rhythms, move into pulsing percussive beats, peak into wild chaos, then return with trance-like lyrical rhythms dissolving into a quiet gentle stillness.

We finish with a short closing circle.

Every Friday 7:30 pm - Joslyn Center, 950 Main St., Cambria

\$5.00 admission • Vist us on Facebook

APRIL CLEANUP CLUB: Investment Club and Spirit Dance and Drum

SEE you at the Joslyn, Dave Stiles 2023 JRC president