



JOSLYN RECREATION CENTER NEWSLETTER AUGUST 2023

CALL FOR VOLUNTEERS!

Volunteers needed for the 2023 Pinedorado Waffle Breakfast

If you can spare 90 minutes or so on Saturday, September 2 we have shifts starting at 6:00am, 6:45am and 8:00am. All helpers will finish in time to see this year's Pinedorado Parade. Contact Karren in the office to get added to the volunteer roster, and make sure you have a memorable and happy Pinedorado!



CLUB UPDATES:

BRIDGE CLUB: Need to tune up your rusty bridge game? Refresher Bridge meets every Tuesday from 1:00-4:00p in the Main Hall with openings for new players, or

people who have played but not so recently. See the calendar for sessions of Duplicate or Partners bridge throughout the week in the main hall. BRIDGE CLUB JUST DONATED \$800 TO JOSLYN CENTER! Contact: Deanna Straugh 310-995-0744

Cambria Community Chorale: The Cambria Community Chorale will start its 2023/24 season on Tuesday, August 22nd at 9AM in the Main Hall of the Joslyn Center. New and returning members are welcome! No auditions or in-depth musical experience required – just a love of singing! Chorale membership dues are \$17.50 for the Fall/Winter 2023 session. Joslyn Center membership dues for the remainder of the year are \$25 for any new member. Questions? Call Dianne Anderson at 408-221-9650



FISHING CLUB: A fun time was had by all at the Cambria Fishing Club Summer Picnic at Shamel Park! Bill Liston won this year's casting contest.



JOSLYN INVESTMENT CLUB: Investment Club has an opening for a new member to bring our roster up to the 20 maximum members. The club meets twice a month at 9:30am on the 1st and 3rd Thursday of the month. The goal of the club is to discuss stocks and financial issues, and to beat the averages. There is a buy-in equal to the current value of 1/20th of the club's portfolio. Contact Mark Berry mvberry76@gmail.com

POKER CLUB: Join us for enjoyable and affordable poker fun at our monthly Tournament Saturday August 19 in the main hall. \$20 buy-in, with re-buys available for a limited time. Time: 6:00 to 11:00pm Saturday the 19th. Dealer's choice poker every Thursday evening in the JRC Conference Room, 6:15 to 9:30pm, with \$20 or \$5 buy-ins. Contact: Manya Brett 805-927-5000

PILATES FOR SENIORS: Join rapidly growing group of Pilates enthusiasts at the Joslyn Center. The club meets Mondays and Thursdays from 10:30 – 12:00pm in the Main Hall. Contact: Midge Firenzi 408-313-4724

SPIRIT DANCE AND DRUM CIRCLE: Our Full Moon Drumming Circle will start at 6:30pm on Monday August 28th. Join us even if you have never drummed before! You can bring your own drum or use a loaner drum. Better yet, buy a drum or

rhythm maker at the event! Bring a friend, and any snacks or drinks. No fee, but donations to the Joslyn Center are welcomed. Contact: Francesca Bolognini at 805-927-5528



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

AUGUST IS DANCERCIZE CLEAN UP MONTH

See you at the Joslyn (especially at the Waffle Breakfast Sept 2!)

Dave Stiles 2023 JARC Board President