



OCTOBER 2023 JOSLYN CENTER NEWSLETTER

This September marked the return of the Joslyn Waffle Breakfast the morning of the Pinedorado Parade. It was a great success, raising about \$1300 (and a lot of fun). Thanks to all the many volunteers and attendees!

BACK BY POPULAR DEMAND: Hands Only (no mouth to mouth) CPR and AED (defibrillator) Class, given by Tim Benes, Director of Operations/Administrator, Paramedic at Cambria Community Health District. This class (given twice in February) was informative, to the point and very well received. Unexpected cardiac arrest, usually with no trauma involved, is the 3rd leading cause of death in the USA, striking over 350,000 people. This class is for everyone, and every club should have trained people in their group. The program lasts about an hour or so:

1. Wednesday October 4, at 1:00p in JRC Main Hall
2. Wednesday October 18, at 1:00p in JRC Main Hall

This class will also feature a segment on “Stop the Bleed” and fall protection and rescue. Make plans to attend and mark your Calendar!

CLUB UPDATES:

DANCERCISE/STRENGTH TRAINING: Reminder to pick up and remove any stored mats or equipment from the Lockers 1,2,3 or 4 in the JRC Main Hall storage area. Any personal items not removed will be discarded as room is needed for the club equipment, and for safety reasons. Thanks!

POKER CLUB: Have fun playing poker—Affordably! Thursday evenings in the JRC Conference room there’s Dealer’s Choice poker at 6:15p. There are \$5 or \$25 table buy-ins for the evening. The October tournament is Saturday October 14 at 6:15p in the Main Hall. The game is Texas Hold’em with a \$20 buy-in and re-buys \$20 are available for a limited time.

DANCE AND SOCIAL CLUB: A busy October is planned with TWO dances! Please join us for one or both events! Singles or couples welcome, all skill levels are welcome even if you just enjoy social time . Listen to live music and enjoy great potluck selections.

OCTOBER 11 step back to the 50’s and celebrate the timeless joy of swing and dance. 1950’s fashions and food are

encouraged. 5:30p in the Main Hall. RSVP with potluck item to Nancy Ragsdale nrags531@gmail.com

OCTOBER 25 is the annual Halloween festival. Costumes are not required, but appreciated, and prizes will be awarded. RSVP with your potluck selection to Pat Burbank Pat@patburbank.com





Dance and Social Club participants in their Halloween attire above

SPIRIT DANCE AND DRUM CLUB: Join us for a drum circle, no experience needed. Bring your own drum/ rhythm maker or borrow one of ours! Our monthly Full Moon Drumming will take place on Monday October 30 starting at 6:30 pm. This will be Halloween Eve, so costumes are welcome!

ROUGH WRITERS: Rough Writers members Jennifer Franco Smith, Maryann Grau, and John Lamb will be speakers at the Central Coast Writers Conference at Cuesta College on October 14, 2023.

FISHING CLUB: Our own Joslyn Fishing Club caught highest honors for their entry in the Pinedorado Parade. Congratulations!



CAMBRIA CHORALE: Save the Dates for the two upcoming Cambria Chorale holiday season concerts. They will be held on December 10 and 17th at 2:00p at the Community Presbyterian Church, 2250 Yorkshire Dr. Cambria. Ticket Info and program details will follow.

CLEANUP CLUB: October is Bridge Club Month



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

See you at the Joslyn, Dave Stiles '23 Board President