



NEWSLETTER

JUNE 2015

950 Main Street
Cambria, CA 93428

805.927.3364

joslyncenter@joslynrec.org

<http://www.joslynrec.org>

BINGO, ANYONE?

If interested, contact

Roberta Major at

927-5524

joslyncenter@joslynrec.org

PRESIDENT'S MESSAGE

June 2015

Greetings Joslyn members,

Chief Mark Miller, of the Cambria Fire Department, came to the Joslyn Center to discuss fire safety and preparedness. One of the things he suggested is to keep the front gate of the Joslyn unlocked whenever anyone is present at the Joslyn Center. This includes Lawn Bowlers and any club who uses the conference room.

In case of an emergency while you are at the Joslyn Center, the 2 safest places are on the Lawn Bowl court and inside the main hall (unless the building is on fire).

Thank you everyone for doing a great job keeping the Joslyn clean and looking good. When clubs schedule their monthly maintenance, please clean up within the first 10 days of the month. This will help facilitate one club not cleaning right after another.

At our May board meeting, it was voted to buy a vending machine to keep outside between the office front door and the main hall entrance. The price for this unit has gone up from \$6,300 to \$7,000; therefore, we are not moving forward with the vending machine at this time. Instead...

...a brand new "honor" donation snack-&-beverage setup will be available in the Main Hall. Donations of \$2 per item are requested. We look forward to your feedback on how it is working out.

The Pinderado Waffle breakfast is scheduled for Saturday September 5th. Please sign up at the office or send an email to volunteer. We need your help to make this event a delicious success. More info will be in the July newsletter.

Inner Rhythm made a very nice donation to the Joslyn – thank you.

Please use the suggestion box inside the entrance to the main hall or email me with any questions, comments, suggestions...

Wishing everyone a very safe and happy summer,

Lisa Tanzman
Lisa@InTheory.com

**Grounds clean up for JUNE:
FISHING CLUB**

**CLEAN UP SHOULD BE
COMPLETED BETWEEN THE
1ST OF EACH MONTH AND
THE 10TH OF THAT MONTH.**



Ecstatic Dance
Friday 7:30 - 9:00P

Inner Rhythm...

is a growing group of heart centered people who dance as a way to returning to ourselves 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 way or wrong way to move. We move to feel what is sacred through the movement of our bodies.

Inner Rhythm Dance...

is a non-verbal 90-120 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 quiet gentle stillness. \$5 Donation, \$10 for FuNraisers.

Please check our INNER RHYTHM page on Facebook for the latest announcements and special out-of-t own DJ's and facilitators....

Call Patti Schimberg 927.1661

YOGA
Monday, 4:45 PM
\$10 PER SESSION

Introducing Kristina Kangas...

...now teaching at the Joslyn Center. Kristina has been teaching yoga in Cambria for the last five years and practicing herself for over 20 years. Kristina completed Yoga Teacher Training at White Lotus Foundation in Santa Barbara, CA with Ganga White & Tracey Rich. She has also studied the Chinese Internal Exercises of Taoism, holds a BA in International Relations from the Univ. of Wisconsin and is fluent in Spanish.

Kristina emphasizes deep breath work & balance in her classes and simultaneously teaches to all levels. Kristina will be filling in for Patti Schimberg by helping to co-teach.



Have fun and get fit to your favorite dance tunes!

Mondays at 10:45A
Wednesdays at 8:30A
Fridays at 9:00A

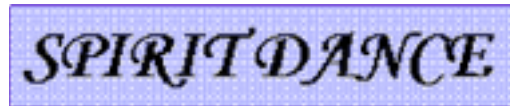
Coordinated by: Maryann Grau

WEIGHT LIFTING



Monday 10:00 AM
Wednesday 9:15 AM
Friday 9:45 AM

For more information, email
Maryann Grau
mgrau@sbcglobal.net



Enhance your BODY/MIND/SPIRIT connection through rhythm and dance. Be inspired by compelling international beats in a community of music lovers sharing their passion for our natural impulse to move and play.

SPIRIT MOVEMENT CLASS
Monday 6:00 - 7:00P

Optional instruction to enhance the experience of free form dance. Learn to interact with partners by sensing the flow of energy. Easy and fun. **Fee - \$5**

Instructor: **Francesca Bolognini**
Call **927.5528** to enroll.

SPIRIT DANCE TRANCE DANCE
Monday 7:30 - 9:00P

Free form solo or interactive moving meditation, done at your own pace, to international music utilizing the FIVE RHYTHMS (flowing, staccato, chaos, lyrical, stillness). No experience necessary. Free to Joslyn Center members, trial attendance encouraged.

Facilitator: **Francesca Bolognini**

JUNE 2015



LAWN BOWLS

COME BOWL WITH US!
Beginners always welcome!
Monday, Wednesday, Friday, Saturday



TABLE TENNIS CLUB

Free lessons for men & women:
Thursdays 8:30A - 12:00 noon

We welcome all skill levels:
Sundays 1:00P - 4:00P

ADDED TIMES: Fridays
10:30AM to 1:00PM

Have fun and keep in shape!

For more information call:
Al Abney - 927.0684



FISHING CLUB

The Fishing Club has a new website. See a slice of the fun and adventure and the fishers who bring in the fish for the annual fish fry. Please share this info with anyone who may be interested in joining our club. We meet on the first and third Tuesday of the month at 2 to 3 PM.

Site address: cambriafishingclub.com

Would you like to go fishing with us?

Contact **DON** at 909.7571

ROUGH WRITERS

We are a group of creative writers whose membership includes novelists, poets, playwrights, short story writers, memoirists, and traveloguers. We are dedicated to supporting each other through the trials and tribulations of the creative writing process. Our goal is to tell stories – true stories that might get lost and fictional stories that open the heart. Although we have many different styles and interests, we are united in our love of language and the power of the imagination. Mentored by local playwright and author Paula Cizmar, we meet each week to provide a supportive environment for members to try out their work. Mondays at 1PM.

If you would like to visit, please read "Visitors' Info" on our website, then contact John Lamb at roughwriters@sbcglobal.net to schedule a time.

For more on the Rough Writers, please see our website, www.RoughWriters.org.

CAMBRIA FORUM

Inquiries? Send to rayval2@sbcglobal.net or call 927-6736. We look forward to your participation.

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JUNE 2015



If you have questions, or would like more information, please contact Judy Steele, at judith42@gmail.com.



INVESTMENT CLUB

Meets First and Third Thursday of each month at 9:00am in the Conference Room.



Couples Dance & Social Club

We meet the 2nd and 4th Wednesdays from 6:00 - 9:00 pm.

A Potluck dinner precedes dancing to a live band. Music selections include ballroom, swing and rock & roll.



CAMBRIA WRITER'S WORKSHOP

For more than 35 years Cambria Writer's Workshop (CWW) has been dedicated to helping its members become better writers and supporting them along the path to publishing.

Our members, who live throughout San Luis Obispo County, meet at the Joslyn Center from 9:30 a.m. to 12 noon Wednesdays.

Guests are welcome.





POKER CLUB

The JRC Poker Club deals out fun every Thursday night. We gather by 6:15 and get cards in the air at 6:30pm. Both a 5-10-25-50 cent game and a slightly higher 25-50-\$1.00-\$3.00 are run if we have enough for two tables. We also have a once a month higher stakes game for all the high rollers out there. Monthly tournaments see three tables on average and we alternate between Texas Hold'em and Omaha 8. Never played before? Not a problem as we always welcome new players.

For more information:
Rusty Heyne 927.5155



BRIDGE CLUB

Singles: Tuesday: 7:00 PM (1st & 3rd)
Partners: All Thursdays: 6:30 PM
Duplicate: Wed: 1:00 PM (2nd & 4th)
Refresher Tuesday: 1:00 PM (2nd & 4th)

For Refresher Bridge call:
Elaine Crescenzi at 927-2285.

YOU CAN ALWAYS JOIN IN!
Shale Hanson 924-1478



Mah Jongg!



Classes

We will be starting beginners' classes early in the new year. If you know someone who would like to learn how to play Mah Jongg and/or if YOU would like to learn, please contact Sharon at 927-5155 to get your name on the list. We will begin the new class (Mondays at noon) when we have four or more people to make holding the class worthwhile.

Club Meetings

The Mah Jongg club holds games **every Monday at 1 to 4 pm**. Drop by and check us out. New players are always welcome. Only have an hour to play? Come on by! No sub to call – no week to “host” – just fun and lots of new friends waiting for you at the Joslyn. We ask for a one-dollar donation that goes to the center and bring a \$3.00 purse.

More information, Sharon 927-5155 or Judy 924-1944.

Recently added:

The JRC Mah Jongg club will be holding games on **Thursdays at 1 to 4 also!** So, now there are two days to choose from – come to one or both. Everyone is welcome!

Hope to see you there!





CAMBRIA COMPUTER and TECHNOLOGY CLUB
JUNE 2015 MEETING SCHEDULE

"MARK YOUR CALENDARS"

The CAMBRIA COMPUTER & TECHNOLOGY CLUB goal is for all participants to learn from presentations and other members, giving everyone an opportunity to network concerning both Mac & PC formats and today's handheld technologies. It is still the best technology education deal in the area. Club membership is only \$10 per year. Members are cordially invited to attend all meetings. There will be a question and answer session prior to the start of the meeting. Bring your devices, bring your questions, share your comments. Nonmembers may attend up to two meetings before joining.

Check out our website at www.cambriacomputerclub.org for more info.

WE ENCOURAGE ALL MEMBERS TO "BRING A FRIEND"

Thursday, June 11th @ 2 P.M. "GENERAL MEETING – Mac & PC"

This meeting will be held in the Joslyn Center Conference Room at 2:00pm (doors open at 1:30). Learn how to use your computer or handheld device to its maximum potential. Bring your questions and computer concerns. Get help from other Mac and PC users. Non-members may attend up to two meetings before joining. Any questions contact David Hills at oberonsd@gmail.com or Dave Butner dbbig23@charter.net.

Monday, June 22nd @ 7:00 P.M. "PROBLEM-SOLVING" – Mac & PC"

Evening Meeting held in the Joslyn Center Conference Room at 7:00pm (doors open at 6:30). This is an **Open Forum focusing on PROBLEM-SOLVING**. Bring questions concerning computer, mobile device, software or other computer-related technology problems. Open format of questions and exchange of ideas. Non-members may attend up to two meetings. Any questions contact David Hills at oberonsd@gmail.com or Dave Butner dbbig23@charter.net.

Don't forget to visit our web site at www.cambriacomputerclub.org. Membership information or email address changes send to Sharry Muller at sharryrae@gmail.com

Bob Gayle Reverse Mortgage Consultant NMLS ID #582948		
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fax	805.772.0149	
toll free	800.250.4959	
365 Quintana Rd., Suite E Morro Bay, CA 93442 email: service@reversepro.com website: www.BobGayle.com		 Specializing in Reverse Mortgages NMLS #98161

Always check with your organization
to make sure there are no schedule
changes.

June 2015						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3	4	5	6
	8:30 Lawn Bowls		8:30 Lawn Bowls	8:00 Table Tennis	8:30 Lawn Bowls	8:30 Lawn Bowls
	10:00 Hand Weights		8:30 Dancercize	9:00 Investment Club (CR)	9:00 Dancercize	
	10:45 Dancercize	2:00 Fishing Club	9:00 Writers Wkshop (CR)		9:45 Hand Weights	
	12:00 Mah Jongg Class		9:15 Hand Weights	1:00 Mah Jongg	10:30 Table Tennis	
	1:00 Rough Writers (CR)	6:00 IOOF				
	4:45 Hatha Yoga	7:00 Singles Bridge		6:15 Poker (CR)		
	7:30 Spirit/Trance Dance			6:30 Partners Bridge	7:00 Inner Rhythm	
7	8	9	10	11	12	13
8:30 Lawn Bowls	8:30 Lawn Bowls		8:30 Lawn Bowls	8:00 Table Tennis	8:30 Lawn Bowls	8:30 Lawn Bowls
10:30 First Unity Church	10:00 Hand Weights		8:30 Dancercize	9:00 Elected Board (CR)	9:00 Dancercize	
	10:45 Dancercize		9:00 Writers Wkshop (CR)		9:45 Hand Weights	
	1:00 Mah Jongg	1:00 Refresher Bridge	9:15 Hand Weights	1:00 Mah Jongg	10:30 Table Tennis	
1:00 Table Tennis	1:00 Rough Writers (CR)		1:00 Duplicate Bridge	2:00 Computer Club (CR)		
4:00 Dance Lessons	4:45 Hatha Yoga			6:15 Poker (CR)		
	7:30 Spirit/Trance Dance	7:00 Lions (K)	6:00 Couples Dance (K)	6:30 Partners Bridge	7:00 Inner Rhythm	
14	15	16	17	18	19	20
8:30 Lawn Bowls	8:30 Lawn Bowls		8:30 Lawn Bowls	8:00 Table Tennis	8:30 Lawn Bowls	8:30 Lawn Bowls
10:30 First Unity Church	10:00 Hand Weights		8:30 Dancercize	9:00 Investment Club (CR)	9:00 Dancercize	
	10:45 Dancercize		9:00 Writers Wkshop (CR)		9:45 Hand Weights	
	12:00 Mah Jongg Class		9:15 Hand Weights	1:00 Mah Jongg	10:30 Table Tennis	5:00 Poker Tourney
1:00 Table Tennis	1:00 Rough Writers (CR)	1:30 Fishing Club				
4:00 Dance Lessons	4:45 Hatha Yoga		5:00 IOOF	6:15 Poker (CR)		
	7:30 Spirit/Trance Dance	7:00 Singles Bridge		6:30 Partners Bridge	7:00 Inner Rhythm	
21	22	23	24	25	26	27
8:30 Lawn Bowls	8:30 Lawn Bowls		8:30 Lawn Bowls	8:00 Table Tennis	8:30 Lawn Bowls	8:30 Lawn Bowls
10:30 First Unity Church	10:00 Hand Weights		8:30 Dancercize		9:00 Dancercize	
	10:45 Dancercize		9:00 Writers Wkshop (CR)		9:45 Hand Weights	
	1:00 Mah Jongg	1:00 Refresher Bridge	9:15 Hand Weights	1:00 Mah Jongg	11:00 Lawn Bowls visitation	
1:00 Table Tennis	1:00 Rough Writers (CR)		1:00 Duplicate Bridge			
4:00 Dance Lessons	4:45 Hatha Yoga			6:15 Poker (CR)		
	7:00 Computer Club (CR)	7:00 Lions (+K)	6:00 Couples Dance (K)	6:30 Partners Bridge	7:00 Inner Rhythm	
	7:30 Spirit/Trance Dance					
28	29	30				
8:30 Lawn Bowls	8:30 Lawn Bowls					
10:30 First Unity Church	10:00 Hand Weights					
	10:45 Dancercize					
	1:00 Mah Jongg					
1:00 Table Tennis	1:00 Rough Writers (CR)					
4:00 Dance Lessons	4:45 Hatha Yoga					
	7:30 Spirit/Trance Dance					