



# NEWSLETTER

950 Main Street  
Cambria, CA 93428

805.927.3364

[joslyncenter@joslynrec.org](mailto:joslyncenter@joslynrec.org)

<http://www.joslynrec.org>

SUCCULENT SALE  
JUNE 29  
&  
JULY 6

IN THE GARDEN  
JARC FUND RAISER

THANKS FOR  
HELPING OUT



## PRESIDENT'S MESSAGE

Hello to all,

Summer fun, vacations, and lots of tourists. Hope you all have a fun summer planned.

It would be great if we could get all you club presidents at the Board meeting this month because we are going to receive mandatory training on the AED life saving equipment.

Happy to report that we are still doing well in the effort to improve finances thanks to all of you!

The Lions Club has budgeted a much larger financial commitment to Joslyn this year and we are very grateful for this development.

It's time to start planning for Pinedorado and we will be talking at the next meeting about ways for clubs to make money selling Lion Raffle tickets.

We also hope to enlist volunteers for the Pinedorado Waffle breakfast put on by our Joslyn Cub.

Warm Regards,  
Wayne

**Grounds clean up for JULY:  
CAMBRIA CHORALE**

**SAVE THE DATE!**

**RAISING FUNDS FOR JARC**

**SUCCULENT SALE**

**JUNE 29 & JULY 6**

**IN THE JARC GARDEN**

**BOARD MEETING**

**JULY 12TH**



**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**

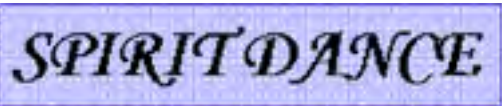
**Monday, 4:45 PM**  
**\$10 PER SESSION**

**YOGA continues each Monday with 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.



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**



Dance Aerobics: (each session approx. 45 minutes)

Mondays at 9 am AND 10:45 am  
Wednesdays at 8:30 am  
Fridays at 9:00 am

Strength Training (stretch, tone, weights, pilates) (each session approx. 1 hour)

Mondays at 9:45 am  
Wednesdays at 9:15 am  
Fridays at 9:45 am

Please contact Maryann Grau for more info.  
[mgrau@sbcglobal.net](mailto:mgrau@sbcglobal.net)  
924-1041

**— NEW YOGA CLASS —**  
**WEDNESDAYS 10:15 AM - 11:15 AM**  
**SEE PAGE 7 FOR MORE INFO.**



## 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](http://cambriafishingclub.com)

Would you like to go fishing with us?

Contact **MIKE** at 909-0315

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## TABLE TENNIS CLUB

**Welcome to Table Tennis at the Joslyn Center.**

All are invited to come and play any of several times a week. Come and get a little exercise with us. All skill levels are encouraged. Paddles and balls are supplied. Anyone can play twice with no commitment.

We play 4 times a week: Tuesday at 11:30AM, Thursday at 9AM, Friday 10:30AM and Sundays 1PM

**Call: John 924.1948**

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## LAWN BOWLS

**FREE LESSONS  
EQUIPMENT  
COOKIES  
COFFEE  
GREEN USE  
PARKING**

Call Sal at 927 3120 or just show up at 9:15 on Monday, Wednesday and Friday

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## Couples Dance & Social Club

### Couples Dance Club Invites Participants from Other Joslyn Clubs

Maybe you're maxed out with the fun activities at the Joslyn Center. But are you open to other things to do?

For example, the Dancercise group obviously has those in it who love to dance--though it's largely for exercise and sociability. The Couple Dance Club (which encourages singles, by the way, to attend--new policy) isn't so much about the exercise but about a fun monthly event that has you gliding on the dance floor to a live band AND working off a potluck dinner provided by the members! Best home-cooked food in town. Since you're already a Joslyn member, it's only \$10 a person per dance--and that's only after you've "tested us out" two times.

We found out that it's often only one partner, if you're coupled, who doesn't like to/want to dance--often the guy!--possibly because he/she doesn't dance well. Guess what--you can get out there at whatever level and you'll be accepted--as long as you don't step on anybody else's toes, haha...And there's lots of friendly people.

We send out attractive invitations every month, so email [billseavey@gmail.com](mailto:billseavey@gmail.com) and we'll send you one. As a guest initially, we do ask you to inform our hosts so there is enough food (and space) for all. Just sayin'...

Call [924-1719](tel:924-1719) if interested or email [billseavey@gmail.com](mailto:billseavey@gmail.com).

The Seaveys, co-presidents for 2018



We'd like to thank everyone who attended our concerts. Everyone seemed to enjoy hearing it as much as we enjoyed singing it. Wonderful music, and a wonderful audience!

There will now be a two month break, and we'll begin rehearsals again on the first Tuesday of August at 9:00 here at Joslyn. We are always happy to welcome new singers, so if you've ever considered joining us, we'd be delighted to see you.

Our website, [www.cambriachorale.org](http://www.cambriachorale.org) is loaded with information about us; you can find us on Facebook, or contact Barb MacDonough at [barmacd@charter.net](mailto:barmacd@charter.net).



## 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.

Several members of the Rough Writers creative writing group will participate in the Cambria Historical Society's Celebration of Local Authors on Saturday, June 30, from 1:00 - 4:30 at the Vets Hall.

Proceeds from book sales benefit the Historical Society. Janice Stevens and Pat Hunter are the keynote speakers. This is a great opportunity to meet authors who live in Cambria and on the Central Coast.



## INVESTMENT CLUB

The Joslyn Investment Club's purpose is to research securities and to invest the assets of the Club in such securities for the education and benefit of the Members.

The buy-in/entry fee for a New Member has been significant reduced.

The "Club's Portfolio" continues to out perform the DOW & S&P 500 indexes.

The "Club" meets on the first and third Thursday of the month. Please come and take a look during one of the "Club's" meetings.

Contact the "Club's President" **David Stiles**([203-5174](tel:203-5174)) for more information.



## CAMBRIA FORUM

Cambria Forum's 4 week summer series begins on July 20<sup>th</sup>, a DVD "America and the World; A Diplomatic History" with Professor Marcus Stoler, University of Vermont.

David Azzerod of Heritage Foundation will be our Fall Series Speaker on September 27<sup>th</sup>.

All are invited to attend these events.

Information: Pat Hascall, 927-0124

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REAL ESTATE LENDER



### POKER CLUB

Come play with the JRC Poker Club at one of several nights each month. Low limit games are available every Thursday night. Higher limit games run most Thursdays, the first Wednesday of each month.

Come by no later than 6:15pm to start play at 6:30.

Monthly tournaments are held with varying formats and buy-ins on selected Saturdays.

It is recommended that you have a pretty good grasp of poker basics before sitting in on real money games but our \$5 game is a good place to practice and learn.

For more information:  
Call Sharon or Rusty Heyne at 927-5155

### ROUGHWRITERS

We are a group of novelists, poets, short story writers, memoirists, and traveloguers. We are dedicated to supporting each other throughout the creative writing process. Our goal is to tell stories – true stories that might get lost and fictional stories that move us.

Although we have many different styles and interests, we are united in our love of language and power of imagination. We meet Mondays at 1:00 PM to provide a supportive and collaborative environment for members to share their work.

If you would like to visit, please read "Visitors' Info" on our website, then contact John Lamb at [RoughWriters93428@icloud.com](mailto:RoughWriters93428@icloud.com) to schedule a time.

For more on the Rough Writers, please see our website, [www.RoughWriters.org](http://www.RoughWriters.org).



### BRIDGE CLUB

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

For Refresher Bridge call:  
**Harriett Hankins** at 203-5219.

**YOU CAN ALWAYS JOIN IN!**  
**Joan Berry** at 927.5332

### Mah Jongg!



#### Club Meetings

The Mah Jongg club holds games **every Monday and Thursday 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 \$5.00 purse.

More information, Sharon 927-5155 or Judy 924-1944.  
Hope to see you there!

**Bob Gayle**  
Reverse Mortgage Consultant  
NMLS ID #582948

office	805.772.3658
cell	805.748.7046
fax	805.772.0149
toll free	800.250.4959



365 Quintana Rd., Suite E  
Morro Bay, CA 93442  
email: [service@reversepro.com](mailto:service@reversepro.com)  
website: [www.BobGayle.com](http://www.BobGayle.com)

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Mindy K Reed                      Bambi K Fields

**CAMBRIA**  
**WINDOW**  
**CLEANING**  
927-8876



**Cambria Computer & Technology Club**  
 Go to our website to see activities  
 schedules & meeting dates  
[www.cambriacomputerclub.org](http://www.cambriacomputerclub.org)

**CAMBRIA COMPUTER and TECHNOLOGY CLUB  
 July 2018 MEETING SCHEDULE**

**"MARK YOUR CALENDARS"**

The CAMBRIA COMPUTER & TECHNOLOGY CLUB goal is for members to learn from presentations and other members, giving everyone an opportunity to network concerning both PC & MAC formats and today's handheld technologies. It is still the best technology education deal in the area. Club membership is only \$10 per year. (Membership at Joslyn Center recommended but not required.) Members are invited to attend all meetings. There will be a question and answer session prior to the start of each meeting. Bring your devices, bring your questions, and share your comments.

Check out our website at [www.cambriacomputerclub.org](http://www.cambriacomputerclub.org) for more info.

**WE ENCOURAGE ALL MEMBERS TO "BRING A FRIEND"**

The Cambria Computer and Technology Club will be taking a summer hiatus during the month of July. No meetings are scheduled. Regular meetings scheduled on the second and fourth Thursday of every month will resume in August. Meetings are held at the Pacific Premier Bank, 2255 Main St. Annual dues are \$10. Check out our website at [www.cambriacomputerclub.org](http://www.cambriacomputerclub.org) for more info. Bring your devices, laptops, and questions to any of our monthly meetings. Any questions contact Dave Butner [dbbig23@charter.net](mailto:dbbig23@charter.net).

The Cambria Computer & Technology Club's General Meeting, featuring a presentation and opportunity for questions, meets at 2 p.m. on the second Thursday of each month. We also meet at 2 pm on the fourth Thursday when our focus centers on problem solving computer, tablet, mobile and software issues. Please note meeting venue above.

Visit our website at [www.cambriacomputerclub.org](http://www.cambriacomputerclub.org) for more info.

## Cambria Film Club



The CFC will begin the fifth series of international film screenings in July, marking the third year since our 2015 founding at the Joslyn Center. Current CFC members should renew their memberships with reserved seats at the Joslyn Center office. Good seats remain available for new CFC members for this next three-film series. Half-year CFC membership remains at \$25.

The upcoming film series will begin with *The Wonders*, a recent Grand Prize winning film at Cannes. *The Wonders* will be screened on **Saturday, July 21**, in the **Rabobank Community Room** (1070 Main Street). Even if you are not a CFC member, you can reserve seats in advance (\$10) at the Joslyn Center office during regular business hours for either the 4:00 p.m. or 7:00 p.m. screening. Tickets for any remaining seats will be sold at the door.

*The Wonders* tells the story of an Italian family that functions according to very particular rules. Gelsomina, at twelve years of age, practically runs the family. The strong and determined Gelsomina has a special talent for beekeeping, but the surrounding countryside is being affected by pesticides. With the traditional rural life falling apart, a TV show competition arrives from the city. *Critics consensus*: a charming coming-of-age tale that doubles as a quietly effective tribute to a vanishing way of life.

# YOGA



**JOSLYN CENTER**

**WEDNESDAY'S @ 10:15-11:15**

**YOGA WITH JEN WALLACE**  
\$10 PER CLASS

TO SHAPE YOUR MIND, BODY AND SOUL

CLASSES BEGIN JULY 11TH





BRING YOUR MAT, DRESS COMFORTABLE

**VISIT [WWW.THCCAMBRIA.COM](http://WWW.THCCAMBRIA.COM) FOR MORE INFO**



# 30<sup>th</sup> Anniversary Art & Adventure Dinner and Auction

Saturday, July 14, 2018  
Joslyn Center, Cambria 5 – 9:00 pm

-  Social Hour with Silent Auction
  -  Dinner and Live Auction featuring
  -  9 Fabulous Works by Local Artists
  -  9 Intriguing Adventures in
    - ...Regional Dining
    - ...San Francisco hotel stays
    - ...Natural/Cultural outings
    - ...Orcas Island Farmstay
- and a 10-day Galapagos Adventure with

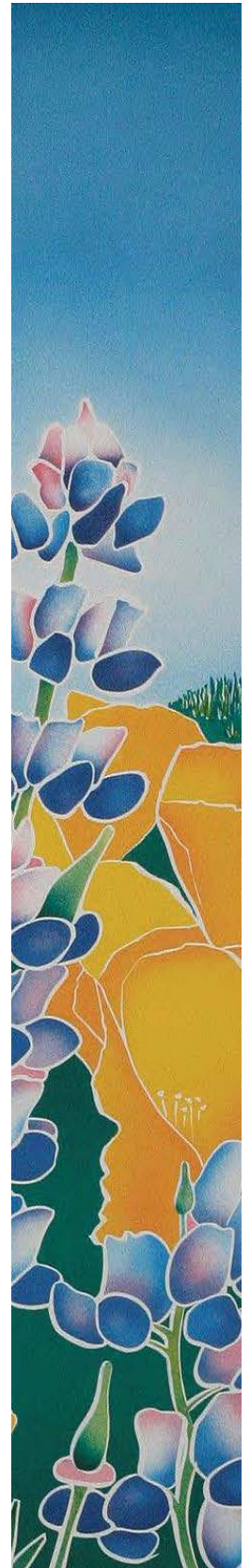


[www.expeditions.com/galapagos](http://www.expeditions.com/galapagos)

Lindblad Expeditions/National Geographic

Tickets \$100. (805) 927-2866

[info@greenspacecambria.org](mailto:info@greenspacecambria.org) [www.greenspacecambria.org](http://www.greenspacecambria.org)





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

JULY 2018

July 2018		July 2018				
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	Thursday	Friday	Saturday
<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>
9:00 Lawn Bowls	9:00 Lawn Bowls		HAPPY 4TH!	9:00 Table Tennis	9:00 Lawn Bowls	9:00 Lawn Bowls
	9:00 Dancercize	10:30 Table Tennis	OFFICE CLOSED	9:15 Investment Club		
10:30 First Unity Church	9:45 Strength Training		9:00 Lawn Bowls		9:00 Dancercize	10:00 Health Seminar (CR)
	10:45 Dancercize	2:00 Fishing Club	8:30 Dancercize	1:00 Mah Jongg	9:45 Strength Training	
1:00 Table Tennis	1:00 Mah Jongg		9:15 Strength Training			
4:30 Dance Lessons	1:00 Rough Writers (CR)	6:30 Singles Bridge	9:30 Writers Wkshop (CR)		10:30 Table Tennis	
	4:45 Hatha Yoga	7:00 Oddfellows	6:00 Poker	6:15 Poker (CR)		
	6:00 Spirit/Trance Dance			6:30 Partners Bridge	7:00 Inner Rhythm	
<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>
9:00 Lawn Bowls	9:00 Lawn Bowls	9:30 CAP SLO	9:00 Lawn Bowls	9:00 Table Tennis	9:00 Lawn Bowls	9:00 Lawn Bowls
	9:00 Dancercize	10:30 Table Tennis	8:30 Dancercize	9:00 Board Meeting (CR)		
10:30 First Unity Church	9:45 Strength Training	1:00 Refresher Bridge	9:15 Strength Training	10:00 AED refresher	9:00 Dancercize	
1:00 Table Tennis	10:45 Dancercize		9:30 Writers Wkshop (CR)	1:00 Mah Jongg	9:45 Strength Training	5:00 Greenspace Dinner
4:30 Dance Lessons	1:00 Mah Jongg	4:30 Lions Board (CR)	10:15 Yoga			
	1:00 Rough Writers (CR)	7:00 Lions (Kitchen)	1:00 Duplicate Bridge		10:30 Table Tennis	
	4:45 Hatha Yoga		4:30 Couples Dance	6:15 Poker (CR)		
	6:00 Spirit/Trance Dance			6:30 Partners Bridge	7:00 Inner Rhythm	
<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>
9:00 Lawn Bowls	9:00 Lawn Bowls		9:00 Lawn Bowls	9:00 Table Tennis	9:00 Lawn Bowls	9:00 Lawn Bowls
	9:00 Dancercize	10:30 Table Tennis	8:30 Dancercize	9:15 Investment Club		
10:30 First Unity Church	9:45 Strength Training	2:00 Fishing Club	9:15 Strength Training	1:00 Mah Jongg	9:00 Dancercize	9:00 Mah Jongg
1:00 Table Tennis	10:45 Dancercize		9:30 Writers Wkshop (CR)		9:45 Strength Training	
4:30 Dance Lessons	1:00 Mah Jongg		10:15 Yoga		10:00 Cambria Forum (CF)	4:00 & 7:00 FILM CLUB
	1:00 Rough Writers (CR)	6:30 Singles Bridge		6:15 Poker (CR)	10:30 Table Tennis	AT RABOBANK
	4:45 Hatha Yoga		7:00 Oddfellows	6:30 Partners Bridge		
	6:00 Spirit/Trance Dance				7:00 Inner Rhythm	
<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>
9:00 Lawn Bowls	9:00 Lawn Bowls		9:00 Lawn Bowls	9:00 Table Tennis	9:00 Lawn Bowls	9:00 Lawn Bowls
	9:00 Dancercize	10:30 Table Tennis	8:30 Dancercize	9:15 Investment Club		
10:30 First Unity Church	9:45 Strength Training	1:00 Refresher Bridge	9:15 Strength Training	1:00 Mah Jongg	9:00 Dancercize	5:00 Poker Tournament
1:00 Table Tennis	10:45 Dancercize	2:00 Fishing Club	9:30 Writers Wkshop (CR)		9:45 Strength Training	
4:30 Dance Lessons	1:00 Mah Jongg		10:15 Yoga		10:00 Cambria Forum (CF)	
	1:00 Rough Writers (CR)	4:30 Lions Board (CR)		6:15 Poker (CR)	10:30 Table Tennis	
	4:45 Hatha Yoga	7:00 Lions (Kitchen)	1:00 Duplicate Bridge	6:30 Partners Bridge		
	6:00 Spirit/Trance Dance				7:00 Inner Rhythm	
<b>29</b>	<b>30</b>	<b>31</b>				
9:00 Lawn Bowls	9:00 Lawn Bowls					
	9:00 Dancercize	10:30 Table Tennis				
10:30 First Unity Church	9:45 Strength Training					
1:00 Table Tennis	10:45 Dancercize					
4:30 Dance Lessons	1:00 Mah Jongg					
	1:00 Rough Writers (CR)					
	4:45 Hatha Yoga					
	6:00 Spirit/Trance Dance					