



# NEWSLETTER

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Cambria, CA 93428

805.927.3364

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<http://www.joslynrec.org>

Thanks once again to **Judy Butler** for creating the JRC scarecrows.



## PRESIDENT'S MESSAGE

Hello to all,

Love the Fall weather but can't wait for the needed rain! As we approach the end of the year it appears, barring any unforeseen events, that the members will succeed in reaching our goal of financial stability. Great job everybody! But don't sit back and relax the year isn't over yet.

Now is the time we need to give thought to next years elected Joslyn Board of Directors. The current Board has done an outstanding job this year and I am greatly appreciative of their performance. However, if any of you wish to run, or have someone you think should be on the board, please make your voice heard.

We are a Co-Op self governing, non-profit Corporation that relies on everybody's participation to be successful. The efforts by all of you, as well as the community, have put forth in the past and especially this year indicates that we really can support this facility. However new people on the board with new ideas are always welcome. Active participation by all members is encouraged and necessary for our continuing success.

Hats off to the Joslyn "Volunteer Maintenance Crew " as they have saved us considerable money this year by performing numerous tasks we formerly had to pay for.

Hope you all noticed that the carpet and all the chairs have been professionally cleaned. Spills and accidents are bound to happen but it really helps if we all make an effort to clean up or at least blot-up spills immediately.

Thanks again everyone for your continuing efforts!

Warm Regards,  
Wayne

**Grounds clean up for  
OCTOBER:  
BRIDGE CLUB**

**SAVE THE DATE**

**CCSD  
CANDIDATE  
FORUM  
OCTOBER 10  
4 - 6 PM**

**ANNUAL JARC  
MEMBERSHIP  
MEETING  
NOVEMBER 17**



**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**

**NEW**

**YOGA**

very gentle/restorative

with JOANNA BOBBITT  
Fridays

3:30 - 4:00 optional core class

4:00 - 5:00 Yoga

ALL LEVELS WELCOME

NEW STUDENTS - 1st class FREE.

Joanna has been teaching in Cambria and SLO County for 18 years.  
Trained at Kripalu Institute of Yoga & Health.  
Sports and injury massage therapist at Vyana Studios, Cambria.

"I teach very safe Yoga and work to assist you to be as comfortable and connected to your body as possible. I look forward to guiding you deeper into your body, heart and soul."  
Namaste, Joanna

Contact me: 805.440.5161 call or text; jbyogamom@icloud.com

**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.



**Dancercize**

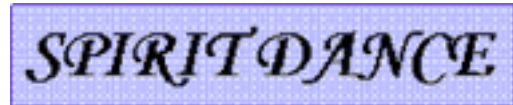
Dance Aerobics: (each session approx. 45 minutes)

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



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**



## 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).



## 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 Film Club

For more information, contact John Rohrbaugh - [jwr2626@yahoo.com](mailto:jwr2626@yahoo.com)

## 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!



## 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



## 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

## 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).



## 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.



**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 OCTOBER 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 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 MEMBERS TO “BRING A FRIEND”

Thursday, October 11th @ 2 P.M. “GENERAL MEETING – PC & MAC”

General Meetings focus on PC & MAC formats and includes handheld devices. “Problem Solving” Come with your questions and problems. We will work together to solve as many queries as time permits, no matter how small or complicated. Bring your smart phone, laptop or tablet. Meeting will be held at Pacific Premier Bank. Doors open at 1:30 pm. Any questions contact Dave Butner [dbbig23@charter.net](mailto:dbbig23@charter.net).

Thursday, October 25th @ 2 P.M. “NOVICE/PROBLEM SOLVING " – PC & MAC”

Meeting is held at the Pacific Premier Bank (doors open at 1:30). This is an open agenda meeting suited to meet the needs of all levels of expertise but especially the Novice user. Bring your problems, questions and ideas to share. If you have a specific problem with your computer technology, handheld device like tablet or smartphone, or software, come for assistance. Here is an opportunity to get help with new technologies and learn how to use them. 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. A second meeting is held at 2:00 p.m. the fourth Thursday with its focus on problem solving computer, tablet, mobile and software issues. Please note meeting venues above. Annual dues are \$10.

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



## **CAMBRIA FORUM**

Please check calendar for meetings.

More information, contact Pat Hascall - [gandhascall@gmail.com](mailto:gandhascall@gmail.com)



The Joslyn Center has chosen to be a drop-off center for this program.

 **GOT YOUR BACK**   
Cambria Elementary School

In Cambria there are over 190 students (K-5) who receive free or reduced lunches, some 80% of the school census. These would include...

- Children sharing housing with parents or caregivers who are marginally or unemployed.
- Children living in motels, trailer parks or shelters.
- Children living in cars or substandard housing.
- Migrant children and families who are legal but fearful

These children receive free or reduced meals at the school Monday through Friday. For most of them, the school cafeteria is their primary source of nutrition all week.

**Unfortunately, many of them go the entire weekend with little or no food of any nutrition.**

This is where "Got Your Back" comes in. Together we can help alleviate hunger in our own backyard by sending home a backpack of food every weekend during the school year. The backpacks contain nutritious non-perishable food for breakfast, lunch and dinner, with additional snacks.

Please consider being part of the solution and join in the fight against childhood hunger by packing, delivering, shopping, holding food drives, raising awareness, and/or making a financial donations.

Questions/information/sign up—Bobby delancellotti  
Phone—805-305-5671      Email—bdelancellotti@gmail.com

**Make a forever difference for a child today!**

*"Got Your Back" is a program of the Cambria Coalition, a group of non-profits, businesses, churches, and community leaders. "GYB" is one part of the Cambria Nutrition Club, which also includes the summer breakfast bags and the summer lunch program. Call the number above for more information.*

Fighting childhood hunger in our own back yard

**FOOD DONATIONS**

If you would like to contribute food to Got Your Back please refer to this list:

- Healthy cereal
- Evaporated milk
- Canned fruit
- Dry fruit
- Canned vegetables
- Canned chicken, tuna, or beef
- Peanut butter and jelly
- Boxed mac and cheese
- Canned beans
- Instant rice
- Boxed juice
- Healthy snacks

**Food donations can be brought to**  
Cambria Connection, Community Presbyterian Church,  
Soto's Market, Gym One, or Joslyn Center

**FINANCIAL DONATIONS**

If you would like to contribute financial to Got Your Back please know that

- \$48 will feed a child for one month
- \$228 will feed a child for one semester
- \$456 will feed a child for the entire school year

Checks payable to the Cambria Connection (note: GYB)

**THANK YOU!**



**THANKS!**

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

October 2018		October 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>
	9:00 Lawn Bowls	9:00 Cambria Chorale	9:00 Lawn Bowls	9:00 Table Tennis	9:00 Lawn Bowls	9:00 Lawn Bowls
	9:00 Dancercize	11:30 Table Tennis	8:30 Dancercize		9:00 Dancercize	
	9:45 Strength Training	2:00 Fishing Club	9:45 Strength Training	9:15 Investment Club	9:45 Strength Training	
	10:45 Dancercize		9:30 Writers Wkshop (CR)	1:00 Mah Jongg	10:00 Cambria Forum (CR)	
	1:00 Mah Jongg	6:30 Singles Bridge	2:00 CAN Board		10:30 Table Tennis	
	1:00 Rough Writers (CR)	7:00 Oddfellows			1:00 Chorale Rehearsal	
	4:45 Hatha Yoga			6:15 Poker (CR)	3:00 Core & YOGA	
	6:00 Spirit/Trance Dance			6:30 Partners Bridge	7:00 Inner Rhythm	
<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>
9:00 Lawn Bowls	9:00 Lawn Bowls	9:00 Cambria Chorale	9:00 Lawn Bowls	9:00 Table Tennis	9:00 Lawn Bowls	9:00 Lawn Bowls
	9:00 Dancercize	11:30 Table Tennis	8:30 Dancercize		9:00 Dancercize	
	9:30 CAP SLO (CR)					
1:00 Table Tennis	9:45 Strength Training	1:00 Refresher Bridge	9:45 Strength Training	9:00 Board Meeting (CR)	9:45 Strength Training	
4:30 Dance Lessons	10:45 Dancercize		9:30 Writers Wkshop (CR)	1:00 Mah Jongg	10:00 Cambria Forum (CR)	
	1:00 Mah Jongg		1:00 Duplicate Bridge		10:30 Table Tennis	
	1:00 Rough Writers (CR)	4:30 Lions Board (CR)	4:00 CCSD Forum		1:00 Chorale Rehearsal	
	4:45 Hatha Yoga	7:00 Lions (Kitchen)		6:15 Poker (CR)	3:00 Core & YOGA	
	6:00 Spirit/Trance Dance			6:30 Partners Bridge	7:00 Inner Rhythm	
<b>14</b>	<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>
9:00 Lawn Bowls	9:00 Lawn Bowls	9:00 Cambria Chorale	9:00 Lawn Bowls	9:00 Table Tennis	9:00 Lawn Bowls	9:00 Lawn Bowls
	9:00 Dancercize	11:30 Table Tennis	8:30 Dancercize	9:15 Investment Club	9:00 Dancercize	
10:30 First Unity Church	9:45 Strength Training	2:00 Fishing Club	9:45 Strength Training	1:00 Mah Jongg	9:45 Strength Training	
1:00 Table Tennis	10:45 Dancercize	6:30 Singles Bridge	9:30 Writers Wkshop (CR)	2:00 Computer Club	10:00 Cambria Forum (CR)	
4:30 Dance Lessons	1:00 Mah Jongg				10:30 Table Tennis	
	1:00 Rough Writers (CR)			6:15 Poker (CR)	1:00 Chorale Rehearsal	
	4:45 Hatha Yoga			6:30 Partners Bridge	3:00 Core & YOGA	5:00 Poker Tournament
	6:00 Spirit/Trance Dance		7:00 Oddfellows		7:00 Inner Rhythm	
<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>
9:00 Lawn Bowls	9:00 Lawn Bowls	9:00 Cambria Chorale	9:00 Lawn Bowls	9:00 Table Tennis	9:00 Lawn Bowls	9:00 Lawn Bowls
	9:00 Dancercize	11:30 Table Tennis	8:30 Dancercize		9:00 Dancercize	
10:30 First Unity Church	9:45 Strength Training	1:00 Refresher Bridge	9:45 Strength Training	1:00 Mah Jongg	9:45 Strength Training	10:00 Health/Wellness (CR)
1:00 Table Tennis	10:45 Dancercize	4:30 Lions Board (CR)	9:30 Writers Wkshop (CR)		10:00 Cambria Forum (CR)	
4:30 Dance Lessons	1:00 Mah Jongg	7:00 Lions (Kitchen)	1:00 Duplicate Bridge		10:30 Table Tennis	12:00 UU Rehearsal
	1:00 Rough Writers (CR)		4:30 Couples Dance	6:15 Poker (CR)	1:00 Chorale Rehearsal	
	4:45 Hatha Yoga			6:30 Partners Bridge	3:00 Core & YOGA	
	6:00 Spirit/Trance Dance				7:00 Inner Rhythm	
<b>28</b>	<b>29</b>	<b>30</b>	<b>31</b>			
9:00 Lawn Bowls	9:00 Lawn Bowls	9:00 Cambria Chorale	9:00 Lawn Bowls			
	9:00 Dancercize	10:30 Table Tennis	8:30 Dancercize			
10:30 First Unity Church	9:45 Strength Training		9:45 Strength Training			
1:00 Table Tennis	10:45 Dancercize		9:30 Writers Wkshop (CR)			
4:30 Dance Lessons	1:00 Mah Jongg		1:00 UU Rehearsal			
	1:00 Rough Writers (CR)					
	4:45 Hatha Yoga					
	6:00 Spirit/Trance Dance					