



NEWSLETTER

950 Main Street
Cambria, CA 93428

805.927.3364

joslyncenter@joslynrec.org

<http://www.joslynrec.org>

**THANKS TO ALL WHO HAVE JOINED
FOR 2017!!**

**IF YOU WISH TO JOIN FOR 2017,
PLEASE SEE PAGE 7
OR
COME BY THE OFFICE**

PRESIDENT'S MESSAGE

DEAR MEMBERS,

Here we are, deep in the depths of Winter, being subjected to the long awaited rains. Be careful of what you wish for because we got it! It's always interesting to see how Santa Rosa Creek changes course daily in this weather, and to see the seagulls floating down to the oceans edge then fly off up the creek to start all over again. Their very own amusement ride.

On to Joslyn things. The new Pinochle Club has started off on a successful note with three tables playing the first few weeks with interest rising. We wish them the best. Our St. Patrick's Day dinner is in the planning stages now, we think it will be well worth your time, just ignore the calories for a day.

"Give me six hours to chop down a tree and I will spend the first four sharpening the ax."- Abraham Lincoln

" We may have all come on different ships, but we're all in the same boat now."- Dr. Martin Luther King

Jim Major

**Grounds clean up for
FEBRUARY:
COUPLES DANCE CLUB**

**HEALTHY COOKING
FOR PEOPLE TOUCHED
BY ILLNESS
FEB 3
SEE PAGES 8 & 9**

**SAVE THE DATE!
ST. PATRICK'S DAY
CELEBRATION AT JRC.
WATCH THIS SPACE.**



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

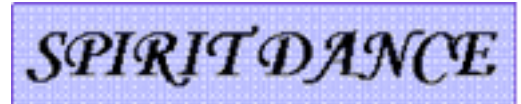
YOGA

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.



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**



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





TABLE TENNIS CLUB

Free lessons for men & women:
Thursdays 9:00A - 12:00 noon

We welcome all skill levels:
Sundays 1:00P - 3:00P

ADDED TIMES:

Fridays 10:30AM to 1:00PM
Tuesdays 11:00AM to 1:00PM

Have fun and keep in shape!

For more information call:
John 924.1948



LAWN BOWLS

Come Bowl with us!

Call Sal at 927 3120 or email at salmary1234@att.net.

Or just come visit on Monday, Wednesday Friday or Saturday at 9:00.



Watch this space for updates about Cambria Computer Club.
www.cambriacomputerclub.org



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



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cayucosseyeworks.com



The Chorale meets on Tuesday mornings from 9:00 – 11:00. We're working now on the music for our Spring concerts which will be the last Sunday in April and the second Sunday in May. If you like to sing and are interested in joining us, we'd love to have you. If you have any questions, contact Barbara MacDonough, 927-2989 or barmacd@charter.net.

If you have questions, please contact Barb Macdonough at barmacd@charter.net or 927-2989



The Cambria Film Club (CFC) announces our second series of international films: **Timbuktu** (Saturday, March 18); and **Mustang** (Saturday, May 20). Both films were nominated for **best foreign film** by the Academy, the British Academy, and the French Cesar. **A Separation** won the Academy Award in 2012.

In joining the CFC (January through June), members can reserve their seats in advance for all three films at either the 4:00 p.m. or 7:00 p.m. screening. Memberships are available for \$25 at the Joslyn Center office during regular business hours.

Please note: CFC films for 2017 will be shown in the Rabobank Community Room (1070 Main Street).



INVESTMENT CLUB

The Joslyn Investment Club has restructured in an effort to arouse interest in the STOCK MARKET and INVESTING for "NEW MEMBERS" in their future.

The buy-in/entry fee to the "Club" has been lowered by 65%.

The "Club" has three openings for new members. The "Club's Portfolio" continues to out perform the DOW & S&P 500 Indexes.

Please come and take a couple of looks at one of the "Club's" meeting.

The "Club" meets on the first and third Thursdays of the month.

Contact the "Club's President" Richard Lee (927-1981) for more information.



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.



K&K Cleaning
 Cambria, CA
 (805) 927-8809
 License #0663625

Mindy K Reed Bambi K Fields



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 and the third Tuesday 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



PINOCHLE CLUB

Meeting every Sunday
6:00PM to 9:00 PM

Contact Roberta Major at
927.5524



BRIDGE CLUB

Singles: Tuesday: 6:30 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:
Harriett Hankins at 203-5219.

YOU CAN ALWAYS JOIN IN!
Shale Hanson 924-1478

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!



CAMBRIA FORUM

THE SHERIFF'S COMING TO TOWN!

Join us at the Joslyn to hear Sheriff Ian Parkinson speak about "Sanctuary Cities" on March 23rd, Thursday at 2 p.m. Discuss how "Sanctuary Cities" affect our County. All are welcome.

Cambria Forum's spring series begins on Friday, March 31st at 10 a.m. with THE HISTORY OF FREEDOM. The many dimensions of freedom will be discussed for six meetings through May 5th.

Contact Pat Hascall, 027-0124 or gandphascall@gmail.com for more information.



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.

President: Mark Kantor, Ykanti@yahoo.com

ROUGHWRITERS

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. 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.

Bob Gayle

Reverse Mortgage Consultant
NMLS ID #582948

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DUES ARE NOT REFUNDABLE

Thank you for your support!



Joslyn Adult Recreation Center

950 Main Street
Cambria, CA 93428
805.927.3364

joslyncenter@joslynrec.org
www.joslynrec.org

2017 ANNUAL MEMBERSHIP DUES NOTICE

**The 2017 Annual Membership Dues are \$50.00 per member
and are due and payable on or before January 31, 2017.**

I (we) understand that application for membership of the Joslyn Adult Recreation Center (JARC) is made on the basis that the dues noted herein apply to the use of JARC's facility as outlined in the Center's Bylaws and are in addition to any fees charged for participation in any individual member club and that I(we) agree to abide by the appropriate bylaws and rules of the Center and its member clubs.

MEMBER 1
 Name: _____
 Address: _____
 City: _____ State: _____ Zip: _____
 Phone 1: _____ Phone 2: _____
 eMail: _____
 Amount: **\$50.00**

MEMBER 2
 Name: _____
 Address: _____
 City: _____ State: _____ Zip: _____
 Phone 1: _____ Phone 2: _____
 eMail: _____
 Amount: **\$50.00**

Total Due: \$ _____
By mail to address above / at the center weekdays 10am - 2pm / in the mail slot anytime.

Check this box if you wish to opt out of the printed version of the directory.

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

February 2017						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3	4
			9:00 Lawn Bowls	9:00 Table Tennis	9:00 Lawn Bowls	9:00 Lawn Bowls
			8:30 Dancercize		9:00 Dancercize	
			9:15 Hand Weights	9:15 Investment Club (CR)	9:45 Hand Weights	
			9:30 Writers Wkshop (CR)	1:00 Mah Jongg	10:30 Table Tennis	
				6:15 Poker (CR)	11:00 Wellness Cooking	
			6:00 Poker	6:30 Partners Bridge	1:00 Chorale	
					7:00 Inner Rhythm	
5	6	7	8	9	10	11
9:00 Lawn Bowls	9:00 Lawn Bowls	9:00 Chorale	9:00 Lawn Bowls	9:00 Table Tennis	9:00 Lawn Bowls	9:00 Lawn Bowls
10:30 First Unity Church	10:00 Hand Weights	1130 Table Tennis	8:30 Dancercize	9:00 Board Meeting (CR)	9:00 Dancercize	
1:00 Table Tennis	10:45 Dancercize	1:00 Refresher Bridge	9:15 Hand Weights		9:45 Hand Weights	
4:30 Dance Lessons	1:00 Mah Jongg	1:30Fishing Club	9:30 Writers Wkshop (CR)	1:00 Mah Jongg	10:30 Table Tennis	
6:00 Pinochle Club	1:00 Rough Writers (CR)	6:00 Oddfellows (CR)	1:00 Duplicate Bridge		1:00 Chorale	
	4:45 Hatha Yoga	7:00 Singles Bridge	4:00 Couples Dance	6:15 Poker (CR)		
	6:00 Spirit/Trance Dance			6:30 Partners Bridge	7:00 Inner Rhythm	
12	13	14	15	16	17	18
9:00 Lawn Bowls	9:00 Lawn Bowls	9:00 Chorale	9:00 Lawn Bowls	9:00 Table Tennis	9:00 Lawn Bowls	9:00 Lawn Bowls
10:30 First Unity Church	10:00 Hand Weights	1130 Table Tennis	8:30 Dancercize		9:00 Dancercize	
11:30 Poker (CR)	10:45 Dancercize	1:00 Refresher Bridge	9:15 Hand Weights	9:15 Investment Club (CR)	9:45 Hand Weights	
1:00 Table Tennis	1:00 Mah Jongg		9:30 Writers Wkshop (CR)	1:00 Mah Jongg	10:30 Table Tennis	6:00 Poker Tournament
4:30 Dance Lessons	1:00 Rough Writers (CR)	6:00 Poker	7:00 IOOF Dinner		1:00 Chorale	
6:00 Pinochle Club	4:45 Hatha Yoga	7:00 Lions		6:15 Poker (CR)		
	6:00 Spirit/Trance Dance			6:30 Partners Bridge	7:00 Inner Rhythm	
19	20	21	22	23	24	25
9:00 Lawn Bowls	HOLIDAY	9:00 Chorale	9:00 Lawn Bowls		9:00 Lawn Bowls	9:00 Lawn Bowls
10:30 First Unity Church	9:00 Lawn Bowls	1130 Table Tennis	8:30 Dancercize	9:00 Table Tennis	9:00 Dancercize	
1:00 Table Tennis	10:00 Hand Weights	1:30Fishing Club	9:15 Hand Weights		9:45 Hand Weights	
4:30 Dance Lessons	10:45 Dancercize		9:30 Writers Wkshop (CR)	1:00 Mah Jongg (CR)		
6:00 Pinochle Club	1:00 Mah Jongg	7:00 Singles Bridge	1:00 Duplicate Bridge		10:30 Table Tennis	
	1:00 Rough Writers (CR)		4:00 Couples Dance	6:15 Poker (CR)		
	4:45 Hatha Yoga			6:30 Partners Bridge	7:00 Inner Rhythm	
	6:00 Spirit/Trance Dance					
26	27	28				
9:00 Lawn Bowls	9:00 Lawn Bowls	9:00 Chorale				
10:30 First Unity Church	10:00 Hand Weights	1130 Table Tennis				
1:00 Table Tennis	10:45 Dancercize	1:00 Refresher Bridge				
4:30 Dance Lessons	1:00 Mah Jongg					
6:00 Pinochle Club	1:00 Rough Writers (CR)	7:00 Lions				
	4:45 Hatha Yoga					
	6:00 Spirit/Trance Dance					