



NEWSLETTER

JANUARY 2015

950 Main Street
Cambria, CA 93428

805.927.3364

joslyncenter@joslynrec.org

<http://www.joslynrec.org>

NEW GATE



PRESIDENT'S MESSAGE

January 2015

I hope everyone had a wonderful holiday season filled with peace, love, health and happiness.

Maryann Grau and her Dancersize and Weight groups donated over \$4,000 to the Joslyn Center in 2014 – largest club donation in our history (I think). AMAZING.....!!!!!!!

The Joslyn Center was cleaned up in time for the holiday parties. A big thank you to Chef Eric, of Centrally Grown, for not only catering many of the center's parties, but for also orchestrating the painting of our interior doors and cleaning of the walls and baseboards. Chef, you and your team are a wonderful asset to the Joslyn Center – my most humble gratitude.

We only had a couple of instances where a club did not leave the center in tip top shape after a gathering in December. We were all doing so well...☺ Please pay extra attention to how you leave the Joslyn Center because we all need to do our best at keeping the center clean so when we walk in the door it is a beautiful place to be.

Our discounted dues, for 2015 dues paid by 12/31/14, was a huge success. Members who have not paid for your 2015 dues please do so no later than February 14th (\$35 per person – check made payable to JARC or Joslyn Center). Please come by the office M – F 10 to 2 (free candy) or put your check through the mail slot to the left of the office before you enter the gate or pop it in the mail: 950 Main St. Cambria, CA 93428. If anyone is unable to pay your dues but would like to stay on as a member please contact me @ 927-3364 or Lisa@InTheory.com

Please let me know your thoughts about a once a month Saturday morning drop in at the Joslyn for coffee. We have a really nice community center, thanks to all of our members, volunteers and most importantly office staff (THANKS PATTY!!!!).

Warmest Regards,

Lisa Tanzman
President

Grounds clean up for JANUARY:
POKER CLUB

PLEASE!
SUBMIT ITEMS FOR **FEBRUARY**
NEWSLETTER NOT LATER THAN
JANUARY 15.
THANKS

PLEASE!
Pay Annual membership dues
not later than
February 15th
Thank you!



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 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 quiet gentle stillness.

Call Patti Schimberg 927.1661

YOGA

Monday, 4:45 PM
\$5 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.



Dancercize

Have fun and get fit to your favorite dance tunes!

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

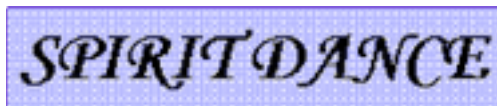
Coordinated by: Maryann Grau

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**

SPIRIT DRUM AND DANCE CIRCLE

1ST WEDNESDAY OF EACH MONTH

Facilitated recreational drum circle with dancing and potluck munchies/non-alcoholic beverages. Some drums and percussion instruments provided to play in circle or purchase. No experience necessary. **Fee - \$5.00.**

Facilitator: **Francesca Bolognini**

JANUARY 2015



LAWN BOWLS

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



TABLE TENNIS CLUB

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

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

Have fun and keep in shape!

For more information call:
Jim Major - 927.5524



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.

Thanks to Jim Webb for developing the site.

Site address: cambriafishingclub.com
That's all one word folks.

Would you like to go fishing with us?

Contact **Jordan** at 772-1929

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

For further information you may contact Valerie Hopkins at 927-6736 or Mike Weakley at 927-1777.

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We will have three new officers next year. Judy Steele will be taking over as President, Belinda Swartzman as Recording Secretary and Ruth Fleming as 1st VP.

We'll be re-convening August 12, so if you're interested in joining us, please come to the Joslyn Center at 9:00am.

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.

CATERING EXCELLENCE



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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
Refresher: Wednesday: 1:00 PM (1st & 3rd)
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

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. Class members will be expected to join the Joslyn and become members in our club.

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.



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CAMBRIA
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**CAMBRIA COMPUTER and TECHNOLOGY CLUB
JANUARY 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, January 8th @ 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). The topic will address useful tips and assistance for both Mac and Window platforms. Learn and share information about programs and APPS and what they can do to create friendly technology. Non-members may attend up to two meetings before joining. Any questions contact David Hills at oberonsd@gmail.com.

Monday, January 26th @ 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.

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

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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

2015 ANNUAL MEMBERSHIP DUES NOTICE

**The 2015 Annual Membership Dues are \$35.00 per member
and are due and payable on or before January 1, 2015.**

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: **\$35.00**

MEMBER 2
 Name: _____
 Address: _____
 City: _____ State: _____ Zip: _____
 Phone 1: _____ Phone 2: _____
 eMail: _____
 Amount: **\$35.00**

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.

All events are in Main Hall unless otherwise noted.

January 2015

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

January 2015							February 2015						
S	M	T	W	T	F	S	S	M	T	W	T	F	S
				1	2	3	1	2	3	4	5	6	7
4	5	6	7	8	9	10	8	9	10	11	12	13	14
11	12	13	14	15	16	17	15	16	17	18	19	20	21
18	19	20	21	22	23	24	22	23	24	25	26	27	28
25	26	27	28	29	30	31							

Monday	Tuesday	Wednesday	Thursday	Friday	Sat/Sun
			January 1, 2015	2	3
			Check w/ Club for schedule	8:30 AM Lawn Bowls 9:00am Dancercize 9:45am Hand Weights 1:00pm Chorale 7:00pm Inner Rhythm	8:30 AM Lawn Bowls
					4
					8:30 AM Lawn Bowls 10:30am First Unity Church 12:30pm Private event (main hall) 4:00pm Dance Lessons
5	6	7	8	9	10
8:30 AM- Noon Lawn Bowls 10:00am Hand Weights 10:45am Dancercize 12:00pm MahJonggClass 1:00pm MahJonggGames 1:00pm Rough Writers* 4:45pm Hatha Yoga 7:30pm SpiritDance TranceDance	2:00pm Fishing Club 5:00pm Bridge Lessons 7:00pm Singles Bridge / IOOF*	8:30 AM Lawn Bowls 8:30am Dancercize 9:00am Writers Workshop* 9:15am Hand Weights 1:00pm Refresher Bridge 7:00pm SpiritDrum&DanceCircle	8:00am TableTennis 9:00am Board Directors* 2:00pm Computer Club* 6:15pm Poker* 6:30pm PartnersBridge	8:30 AM Lawn Bowls 9:00am Dancercize 9:45am Hand Weights 1:00pm Chorale 7:00pm Inner Rhythm	8:30 AM Lawn Bowls
					11
					8:30 AM Lawn Bowls 10:30am First Unity Church 1:00pm TableTennis 4:00pm Dance Lessons 4:00pm Dance Lessons
12	13	14	15	16	17
8:30 AM- Noon Lawn Bowls 10:00am Hand Weights 10:45am Dancercize 12:00pm MahJonggClass 1:00pm MahJonggGames 1:00pm Rough Writers* 4:45pm Hatha Yoga 7:30pm SpiritDance TranceDance	8:30am Cambria Chorale 1:00pm Refresher Bridge 4:30pm *Lions Board Meeting 7:00pm Lions**	8:30 AM Lawn Bowls 8:30am Dancercize 9:00am Writers Workshop* 9:15am Hand Weights 1:00pm Duplicate Bridge 6:00pm CouplesDance**	8:00am TableTennis 6:15pm Poker* 6:30pm PartnersBridge	8:30 AM Lawn Bowls 9:00am Dancercize 9:45am Hand Weights 1:00pm Chorale 2:00pm CAN Board* 7:00pm Inner Rhythm	8:30 AM Lawn Bowls
					18
					8:30 AM Lawn Bowls 10:30am First Unity Church 1:00pm TableTennis 4:00pm Dance Lessons 4:00pm Dance Lessons
19	20	21	22	23	24
8:30 AM- Noon Lawn Bowls 10:00am Hand Weights 10:45am Dancercize 12:00pm MahJonggClass 1:00pm MahJonggGames 1:00pm Rough Writers* 4:45pm Hatha Yoga 7:30pm SpiritDance TranceDance	8:30am Cambria Chorale 1:30pm Fishing Club 5:00pm IOOF (Main Hall) 7:00pm Bridge	8:30 AM Lawn Bowls 8:30am Dancercize 9:00am Writers Workshop* 9:15am Hand Weights 1:00pm Refresher Bridge	8:00am TableTennis 6:15pm Poker* 6:30pm PartnersBridge	8:30 AM Lawn Bowls 9:00am Dancercize 9:45am Hand Weights 1:00pm Chorale 7:00pm Inner Rhythm	8:30 AM Lawn Bowls 9:00am ART & WINE (main hall)
					25
					8:30 AM Lawn Bowls 10:30am First Unity Church 1:00pm TableTennis 4:00pm Dance Lessons 4:00pm Dance Lessons
26	27	28	29	30	31
8:30 AM- Noon Lawn Bowls 10:00am Hand Weights 10:45am Dancercize 12:00pm MahJonggClass 1:00pm MahJonggGames 1:00pm Rough Writers* 4:45pm Hatha Yoga 6:30pm Computer Club* 7:30pm SpiritDance TranceDance	8:30am Cambria Chorale 1:00pm Refresher Bridge 4:30pm Lions** 4:30pm Lions Board Meeting*	8:30 AM Lawn Bowls 8:30am Dancercize 9:00am Writers Workshop* 9:15am Hand Weights 1:00pm Duplicate Bridge 6:00pm CouplesDance**	8:00am TableTennis 6:15pm Poker* 6:30pm PartnersBridge	8:30 AM Lawn Bowls 9:00am Dancercize 9:45am Hand Weights 1:00pm Chorale 7:00pm Inner Rhythm	8:30 AM Lawn Bowls 9:00am Art & Wine

*Conference Room
**Uses Kitchen

Lawn Bowls outdoors unless otherwise noted.