



MARCH 2023 JOSLYN CENTER NEWSLETTER

A Big Thank You to renewing Joslyn Members who have paid their dues. We're up to 265 paid members for 2023, roughly equal to the number at this time last year. We still have a long way to go to full enrollment, so don't forget the easy methods to pay your dues. It's \$50.00 per person, just like last year. Drop by or mail your check to the Joslyn office at 950 Main St. Pay by credit card / pay pal online at joslynrec.org. Club rosters are due in March, so it's time for Club Presidents to make an accurate and up to date list of membership with current addresses and contact information. It's also a convenient time to check dues status, and we'll help move that along any way we can. Turn in your rosters to Karren McKnight in the office or use the mail slot at the front corner of the building.



Sharon Heyne, past Joslyn Board President, knows when to hold 'em, and recorded a ROYAL FLUSH at the February Poker Club Tournament!! Congratulations Sharon! It's not too late to sign up for the March Tourney.

AED TRAINING: On February 11 and 15th we hosted Tim Benes, Director of Operations and Paramedics for CCHD in a training on the Automatic External Defibrillator in our Main Hall. He also brought with him three additional CCHD EMTs for hands-on expert demos and enactments. Approximately 50 of our members took the course, so a good percentage of our members have a basic grounding (no pun LOL) in use of the AED. A Huge shout out to Tim and the entire staff

at CCHD for a great program. If there is interest, they have expressed willingness to do a full CPR class, and also sessions on fall prevention and emergency wound treatment. If you would like to attend such a program, let us know at joslyncenter@joslynrec.org

CLUB UPDATES:



Friday Night Ecstatic Dance!

Inner Rhythm is a growing group of heart-centered-people who dance as a way of returning to our selves 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 or wrong way to move, we dance to feel what is sacred through the movement of our bodies.

Inner Rhythm 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 a quiet gentle stillness.

We finish with a short closing circle.

Every Friday 7:30 pm - Joslyn Center, 950 Main St., Cambria

\$5.00 admission • Vist us on Facebook

POKER CLUB: Our March Tournament will be held Saturday March 11 at 6:15p in the Main Hall at Joslyn Rec Center. The game will be Omaha 8 with a \$20 buy-in and re-buys (for a limited time) will be \$20. Remember, we also have weekly "Dealer's Choice" poker on Thursdays at 6:15p in the Conference Room at Joslyn. You can choose from a \$5 or \$25 buy-in table. Join us for lots of affordable poker fun! Questions: contact Manya 805-927-5000 cell/text.

ROUGH WRITERS: The group is pleased to announce a new member: Patrick England. They invite you to join them for writing discussion and support Mondays 12:45 to 4:00p in the Joslyn Conference room.

CAMBRIA LAWN BOWLS CLUB: Attention Sports Fans! CLBC is hosting the CAMBRIA OPEN RINKS TOURNAMENT 2023! In a fully sanctioned event, 16 Rinks teams will compete SATURDAY/SUNDAY MARCH 25-26 2023. These are top teams from throughout California, with nationally and internationally recognized players including the #1 US Bowls ranked men's player Charlie Herbert and #1 ranked women's player Anne Nunes. It's free to observe at the Joslyn Center Green, and a Saturday BBQ Dinner (\$22 featuring Tri-tip/chicken) will be available for spectators and participants at 6:00p on Saturday. Bowling will take place all day starting about

9:00 AM and concluding in the late afternoon. This is a rare opportunity to see world class bowling in Cambria. Even if you're unfamiliar with the sport, you'll leave impressed with the skill and athletic ability of these players. (Bowler pictured: World Bowls Team USA member and Cambria Lawn Bowls Club member Loren Dion)



MARCH Cleanup Club: TABLE TENNIS

DANCE AND SOCIAL CLUB: It's time for a Spring Celebration Dance on Wednesday March 22 from 5:30p to 8:00ish. Both singles and couples are welcome at the Joslyn Main Hall for this seasonal event with a dance band and potluck. For details contact : Pat Burbank (patburbank@att.net).

See you at the Joslyn, Dave Stiles 2023 Board President