

THE REALITY OF MORTALITY



"You're Dead, Now What??"

Session 1: Body Disposition Options in California



[HTTPS://MY805TIX.COM/E/
MORTALITY-BODY-OPTIONS](https://my805tix.com/E/MORTALITY-BODY-OPTIONS)

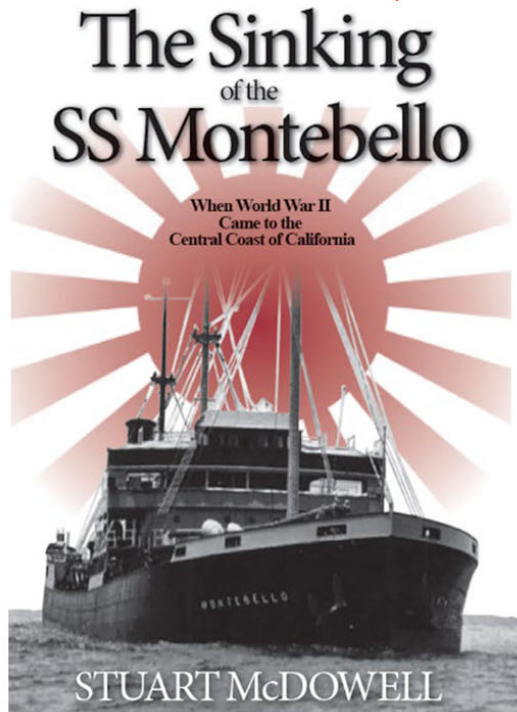
**SAT
AUG 8TH**

11AM



*Morro Bay Public Library
Community Room
625 Harbor Street
Morro Bay, CA 93442*

Central Coast Veterans Memorial Museum Presents:
Thursday, August 20, 2026 at 4:30 PM
Veterans Hall, 801 Grand Ave. San Luis Obispo



Author Stuart McDowell will return to the Central Coast to talk about how an I-15 type Japanese submarine launched a single torpedo and sunk the oil tanker SS *Montebello* off the coast of Cambria just 16 days after the attack on Pearl Harbor. Our museum features this story with a display at the entrance to the museum.

Stuart McDowell's *The Sinking of the SS Montebello* describes the dramatic events leading to the night of the attack, the firing of the torpedo and explosion, and the crew's desperate efforts to escape and survive. Join us for a fascinating telling of this little-known attack whose centerpiece lies ghost-like in the waters off our Central Coast.

Free to the public.

KINDNESS

an Art Show

Proceeds to benefit our food insecure neighbors



ART
CASA RAMOS
LOS OSOS, CA

August 2nd 1-5pm

**Casa Ramos Art Gallery +
Estero Bay Kindness Coalition**

1034 Los Osos Valley Rd, Los Osos, CA

ESTERO BAY
**KINDNESS
COALITION**

Prizes **Ice Cream Social & Mixer**
LO/BP CHAMBER MIXER
co-hosted by Rotary Club of Los Osos

**WEDNESDAY,
AUGUST 19TH, 2026
5:30 – 7 PM**

Community Build Your Own Sundae
Chamber Office
2141 Bush Drive, Suite D
Corner of Bush & LOVR
805.528.4884 | info@lobpchamber.org

LOS OSOS/BAYWOOD PARK
Established 1955
Chamber of Commerce

 *Save the date*



THE YOGA LAB
experiment • discover • grow

Saturday, August 22nd • 11:30 am
1204 2nd Street, Los Osos, CA



Join us as we celebrate the exciting expansion of
The Yoga Lab and its growing presence in the
Baywood Park community with a Ribbon Cutting!

Los Osos Library, 2075 Palisades Ave, Los Osos • 805-528-1862

These are the programs at the Los Osos Library for August 2026. All programs are free and listed in order of occurrence.

Storytime - Thursdays, 10:30 – 11:00am Stories, dance, and music for toddlers and preschoolers.

Paws to Read – Wednesday, August 5 and August 19, 3:00 – 4:00pm Come and read your favorite book to Lucy and Pauli! School age.

Fiber Arts Club - Thursday, August 6, 2:30-4:00pm Join us for our monthly Fiber Arts Club. Bring your project and enjoy camaraderie with like-minded sewers, stitchers, knitters, and anything fiber arts. Adults.

Art Part – Friday, August 7, 2:30 – 4:30pm Unleash your creativity at our monthly art party! Use your imagination to make unique art pieces using paper, pens, pencils, scissors, glue & more. All materials provided - you bring the inspiration! Creative options available for ages 3-12.

Pokemon Card Trading – Saturday, August 8, 2:30 – 4:00pm Do YOU wanna be the very best like no one ever was? Then bring your Pokémon cards to meet, compete, and trade with other collectors your age! All attendees will receive 1 card of their choosing from the librarian, while supplies last.

Bears Book Club – Tuesday, August 11, 6:00 – 7:30pm
Sandwich, by Catherine Newman. Adult, drop in.

Make and Decorate Seashell Butterflies – Friday, August 14, 3:00 – 4:00pm
Decorate clam shells with sequins, baubles, and even more shells to transform them into beautiful butterflies. All materials provided! School age, Tween.

Snap Circuits – Friday, August 21, 2:30 – 4:30pm Hands on circuitry fun for kids! Come tinker with our Snap Circuits kits. For ages 5+.

Plant Swap – Friday, August 21, 1:00 – 5:00pm and Saturday, August 22, 1:00 – 4:00pm Bring a plant and take a plant! Or bring a plant and pick up some seeds, or don't bring anything and take a plant or some seeds! Anything goes at our popular Plant Swap.

Teen Advisory Board – Saturday, August 21, 3:00 – 4:00pm Calling all teens! Looking for volunteer or community service hours? Help Librarian Emily run the Teen Advisory Board! Participation can be listed on job, scholarship and college applications. Help plan teen events, create content for social media, create contest ideas, recommend books, movies and more. Tell me what rad stuff you want to see happen! There will be snacks. Teens 13-18.

Nintendo Switch – Friday, August 28, 2:30 – 4:30pm Master your gaming skills and make new friends with our Nintendo Switch! We will provide one Switch for up to 4 players at a time - feel free to bring your own too. Games include Mario Kart, Just Dance and Super Smash Bros. School Age, Tween, Teen.

MEALS THAT CONNECT

Open House



Friday, August 28

12 p.m. to 3 p.m.

South Bay Community Center

2180 Palisades Ave. Los Osos

- **Live jazz music**
- **Appetizers and refreshments**
- **Lunch prepared by the Meals That Connect Team**
- **Tours of our dining site**
- **Opportunities to meet staff, volunteers, and community partners**
- **Information about services available to older adults**
- **Open to the public, free of charge**

**Please RSVP by August 20 to
mmcshea@mealsthatconnect.org**



A promotional graphic for Grocery Outlet's 'Independence from Hunger' food drive. The background is a dark blue night sky with white stars. On the left, a white grocery bag is overflowing with various food items: a red apple, a green apple, a red bottle of juice, a blue carton of milk, and several carrots. The bag features the 'GROCERYOUTLET bargain market' logo at the top, a red and white banner with the text 'INDEPENDENCE from HUNGER' in the middle, and the text 'FOOD DRIVE ALL OF JULY' at the bottom. A hand is shown dropping a green \$5 bill into the bag. To the right of the bag, the text 'GIVE \$5 GET \$5' is written in large, bold, red letters with white outlines. Below this, a red rectangular button contains the text 'DONATE IN STORE!' in white. Underneath the button, the text 'OR ONLINE AT' is followed by the URL 'groceryoutlet.com/donate' in yellow. A hand is also shown holding a white receipt with a large '\$5 OFF' stamp and the 'GROCERYOUTLET bargain market' logo.

GIVE \$5 GET \$5

DONATE IN STORE!

OR ONLINE AT
groceryoutlet.com/donate

FOOD DRIVE ALL OF JULY

INDEPENDENCE from HUNGER

GROCERYOUTLET
bargain market



SAVE

THE DATE

30TH ANNUAL
MORRO BAY BIRD FESTIVAL

JANUARY 14-18, 2027

MORRO BAY, CALIFORNIA
REGISTRATION OPENS NOVEMBER 7, 2026

FOR MORE INFO:
WWW.MORROBAYBIRDFESTIVAL.COM
