



## Mr. Theodore A. Ofstedahl Jr.

September 17, 1962 - December 1, 2025

Ted Ofstedahl Jr.

09/17/1962-12/01/2025

"I live my life one day at a time. grateful for family and friends. My key to life:  
Trust,  
Acceptance, and Love"

Ted Ofstedahl Jr., 63, passed away peacefully on December 1st in San Luis Obispo.

Ted was born and raised in Phoenix, AZ where he was a lightweight wrestler in highschool. He then went on to 4 years in the banking industry. He also served in the National Guard 161st Air Refueling Wing for several years post graduation.

Ted lived and worked in beautiful settings over the years from Avila Beach, CA, Prescott, AZ, Old Orchard Beach, Maine, Tucson, AZ, and most recently Arroyo Grande, CA.

After enduring health challenges in 2016 Ted has built a peaceful life in Arroyo Grande and thrived on the vastness of the ocean. His dogs Speckles the wonder dog and the mighty Thor added joy to his days. He enjoyed some long term friendships over the years and engaged in local fellowship communities

where he was appreciated for his wisdom and kindness. He sought out spiritual wisdom in many traditions that deepened his inner life and a knowing that he is loved.

Ted is survived by his Stepmother Sherrill Ofstedahl, Sisters Cindy Knowlton (Willis), and Debby London (Wendy), along with Aunts, Uncles, Niece and Nephews, and Cousins who love him dearly. We will all miss you Ted!

# Tribute Wall

SB

“ I mostly knew my Cousin Ted as a young boy who was always so darn sweet! I still can hear his cute voice! But, in recent years I've had the privilege to get to know him more as an adult. I have such fond memories of that! I'm sending all of Ted's family my love. You have been there and loved him through his entire life ❤️. Sue Besser

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**Sue Besser** - December 03, 2025 at 01:22 PM

DL

“ Miss you brother! So grateful to know you are experiencing new life wherever you are. Hope Speckles and our parents are your greeters. Love you💕💕

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**Debby London** - December 02, 2025 at 10:49 PM

BR

“ We've always had a special place in our hearts for Ted that be there forever - the memories of good times together & quiet conversations. Love & Peace Ted.  
Aunt Lou & Uncle Bob

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**Bob & Lou Rueff** - December 02, 2025 at 07:00 PM