

The Mussell Messenger

Published by the Santa Maria Valley Senior Citizens Club (SMVSCC)

510 East Park Avenue, Santa Maria, CA 93454

www.smvsc.org • smvseniors@gmail.com • 805-349-0688



FEBRUARY 2024



Carolyn Cabrera

President's Message:

The January dinner at the Minami Center went well despite all our challenges. The Board was approved by the membership and installed by Park and Recreation Supervisor Stephanie Saucedo. Thank you to all who support our Club!

A New Year! What do you have planned? What new experience will you step forward and try? Maybe it is offering help to our club. Thank you to all the volunteers that give of their time ~ receptionists, club dinner servers, board members, helpers with our insurance, leads in our activities at the Center, and, of course, our very busy travel committee. It can be challenging to volunteer, but also very rewarding! Why not give it a try? Talk to any board member (see contact information on page 2) about how you can help out the Club. Thank you again to all who are already helping us, and to those who are thinking about stepping up! What have you got to lose?

Have you renewed your membership for 2024 yet? If not, we hope you will soon! Your dues are our primary source of revenue! I know I keep saying it, but I want to be sure you understand how important your dues are in keeping the Club going. They help pay for printing and mailing the monthly newsletter, some of the cost of the monthly dinners, liability insurance we have to have, office supplies, and so much more! The annual amount is \$25 per person. We're "back in business" at the Mussell Center, Monday through Friday, from 10 a.m. to 2 p.m., so come on down and renew in person, and check out the **NEW FLOORS!!** If you prefer, you can also mail a check to SMVSCC, PO Box 6688, Santa Maria, CA 93456. Be sure to include a self-addressed stamped envelope if you want your membership card mailed to you.

Our monthly meeting/dinner is back at the Mussell Center on our usual first Monday of the month. Jordan Larson will be speaking on building muscle over age 60 in three easy steps! Please make your **reservations by NOON on Friday, February 2.**

Riptide Big Band is back for a celebration dance on February 11! They have been entertaining thousands of people on the Central Coast for 10 years!! WOW!!! We are so fortunate to have them perform for us at our monthly dances. Of course, we are very grateful to the Community Foundation of San Luis Obispo County for providing us grant money for several years now, enabling us to offer these dances for FREE!!! And thanks to the City's Recreation & Parks Department for providing us the space!!!

Santa Maria Valley Senior Citizens Club *Central Coast Active Adults!*

MISSION: Our purpose is to promote the happiness of active adults 50+ so they may enjoy life to the fullest. We provide fun and interesting activities, opportunities, and information. We do this while espousing no political, religious, philanthropic, ideological, or social enterprise.

2024 Officers & Committee Chairpersons

President:	Carolyn Cabrera	805-448-0623	ccabrera48@verizon.net
1st VP:	Jolene Simons	661-203-9756	jsimons93309@gmail.com
Co-2nd VPs:	Ray & Alice Torres	805-931-0305	pelon@charter.net
Treasurer:	Liz Regulski	[contact Carolyn or Laura with questions]	
Recording Secretary:	Christel Kurth	805-332-3328	kurth1313@comcast.net
Corresponding Sec.:	Laura Selken	805-406-9989	laura.selken@gmail.com
Member at Large:	Liz Reynertson	661-317-2893	ereynert@gmail.com
Travel:	Diana Dodos	805-268-8288	diana.dodos@yahoo.com
Sunshine:	Simone Gillogly	805-925-6267	[no email]

Recreation and Parks Department Staff & Phone Numbers:

Recreation Supervisor: Stephanie Saucedo, 805-925-0951, ext. 2412, ssaucedo@cityofsantamaria.org
 Facility Specialist: Evelyn Marroquin, 805-925-0951, ext. 1635, emarroquin@cityofsantamaria.org
 Receptionist: 805-925-0951, ext. 2207 / Recreation & Parks Department Primary Office: ext. 2260

Happy February Birthday!

Joe Razo	1	Dorothy Olevsky	13	Richard Santana	21
Carol Thaler	3	Carm Wyckoff	13	Slim Juhl	22
Karen Trapp	3	Elena Deparini	15	Beth Shurtleff	22
Louise Hawkins	5	Ruth Limon	16	Marilei Mendenhall	24
Gary Shaw	6	Herb Gerfen	17	Yoshio Mizoguchi	24
Alan Tarrant	6	Arthur Hernandez	17	Nancy Kunishige	25
Kathy Telleria	6	Jerry Libsack	18	Christel Kurth	25
Jane Bringley	7	Anita Ritenour	18	Ramon Chavez	26
Toni Loayza	8	Bobbi Eggleston	19	Jose Loayza	26
Pat Porter	9	Andrea Maidment	19	Vira Nicasio	26
Dru Haas	10	Bob Turner	19	Sharon Hoff	27
Mary Aguirre	11	Forestine Fambro	20	June Miller	27
Denise Sky	11	Virginia Harris	20	Sandy Mizoguchi	27
Hey Yib	11	Rosemary D'Amato	21	Terry Oberg	28

Happy February Anniversary!



Jose & Toni Loayza	10
Joe & Grace Mendoza	15
Bob & Freddie Newman	16
Art & Susan Rangel	24



Sunshine Corner

If you know of any members or their loved ones who need a "get well," "thinking of you," or sympathy card sent to them, **please**, be sure to contact Simone at 805-925-6267, and provide your name and number if you leave a message.



Welcome New/Rejoining Members!

Alex & Maria Ahumada	Sarah Ilenstine
Patricia Blythe	James & Marijane Marshall
Margie Cornejo	Al Ramos
Teri DeAngelo	Nancy Reitmeyer
Patti Dolengewicz	Margie Stokes
Virginia Harris	Lien Wong



TRAVEL OPPORTUNITIES

SANTA MARIA SENIOR TRAVEL COMMITTEE



Current Hours: Tues., Wed., Thurs., 12:30 – 3:30 p.m. / Office Phone: 805-349-0688


March 3, 2024 ~ Mystery Trip **\$105**
 We promise you're going to LOVE it! **Now taking names for a wait list!**

2024 ~ Tachi Palace Casino Resort **TBD**
 We're traveling to the Tachi Palace in Lemoore, California, for three days and two nights, probably the last full week in April. Stay tuned! tachipalace.com/

May 2024 ~ La Purisima Mission **TBD**
 We'll be exploring La Purisima Mission in early May with lunch on your own.

June 16, 2024 ~ Pantages Theatre ~ "Mrs. Doubtfire" **\$170**
 Join us as we travel to "Broadway in Hollywood" to see this new musical comedy! Everyone's favorite Scottish nanny is headed to Los Angeles in "a feel-good, family-friendly comedy that delivers." Based on the beloved film, it's "the lovable, big-hearted musical comedy we need right now."



October 4-9, 2024 ~ Albuquerque Balloon Fiesta **\$3375* dbl./\$4250* sgl.**
 Albuquerque International Balloon Fiesta • Old Town • Sante Fe • Indian Pueblo Cultural Center • Los Alamos Science Museum • Loretto Chapel • Taos & Taos Pueblo • 3 nights in Sante Fe; includes 7 meals (5 breakfasts & 2 dinners), motorcoach transportation, admissions per itinerary, comprehensive sightseeing, & baggage handling at hotels. *Please note this tour has an activity level of "3".* ***Save when paying by check!**

December 4-11, 2024 ~ Magical Christmas Markets **\$3049** dbl./\$3449** sgl.**
 Uncover the unique charms of Austria & Germany, & the incredible Christmas Market • Innsbruck • Seefeld • Salzburg • Oberammergau • Munich • 8 days with 5 nights in Innsbruck; includes 10 meals (6 breakfasts, 1 lunch, & 3 dinners). *Please note this tour has an activity level of "2".* ****Save \$400 per person when booked by June 5, 2024!**

SIGN UP FOR CHUMASH in the hall! When we have enough people, we'll GO!!!

THE SANTA MARIA VALLEY SENIOR CITIZENS CLUB TRAVEL COMMITTEE HAS ITS OWN [FACEBOOK](#) PAGE, ALONG WITH THE CLUB HAVING A [FACEBOOK](#) PAGE!! KEEP INFORMED OF WHAT'S HAPPENING WITH THE TRAVEL COMMITTEE AND THE SENIOR CLUB, AS WELL AS EVENTS AND ACTIVITIES AT THE MUSSELL CENTER HOSTED BY THE RECREATION & PARKS DEPARTMENT. COMMUNITY EVENTS YOU MIGHT BE INTERESTED IN ARE ALSO POSTED!

BE SURE TO LIKE/FOLLOW BOTH PAGES!!

TRAVEL COMMITTEE: [SANTA MARIA SENIOR TRAVEL](#)
 CLUB: [SANTA MARIA VALLEY SENIOR CITIZENS CLUB](#)





RECREATION & PARKS DEPARTMENT FEBRUARY 2024 EVENTS

- * **February 1-14, 9 a.m.-4 p.m. ~ Valentine Picture Booth** – looking for a cute Valentine’s Day gift or just want a lovely keepsake? Capture the love & book your session today! Limited space available. Participants will receive a Valentine gift bag which includes one framed picture and goodies! This program is free to participants. **All participants MUST sign up in advance at the reception desk or call 805-925-0951, ext. 2207!**
- * **Friday, February 2, 9:30-10:30 a.m. ~ Coffee & Conversation: A “GALentine” Scavenger Hunt** – join the fun as you engage in Valentine inspired games with your GALentines! During the hour, participants will have the chance to socialize with one another and make new friendships! Drop ins are welcome! Participants that sign up in advance will receive a Valentine goodie bag.
- * **Mondays & Thursday, 8:30-10:30 a.m. ~ New Program: A Matter of Balance** – an award-winning program designed to manage falls and increase activity levels. This program emphasizes practical strategies to manage falls. For more information or if you would like to register for our next workshop, please call Community Injury Prevention at 805-614-5658.
- * **Tuesday, February 6, 1-3 p.m. ~ It’s Bunco Time – For the Love of Bunco!** Who doesn’t LOVE to win cash money! Join as we celebrate with friends and loved ones by playing a fun game of BUNCO! Light refreshments will be available. Drop ins are welcome. No experience necessary. The cost is \$3.00 to participate.
- * **Wednesday, February 7, 9-10 a.m. ~ My Artistic Self: Fresh Flower Arrangement** – In this one-hour class, a visual demonstration will help guide participants to create a wonderful fresh flower arrangement for the Valentine holiday! All supplies will be available. Participants **must sign up in advance at the reception desk or call 805-925-0951, ext. 2207.**
- * **Thursdays, February 8 & February 22, 2-4 p.m. ~ Mussell Movies** Love is in the air! Join as we come together with friends and loved ones this month to watch two great romantic comedy movies (movie choices TBA). If you have any suggestions, please see Evelyn at the front office. To receive a movie goodie bag participants must sign up in advance. Early arrival suggested.
- * **Wednesday, February 14, Noon-1 p.m. ~ Yappy Hour: Smooch the Pooch** – Stop by with your fur baby to snap a photo in our Kissing Booth. This program is free to participants. Participants **must sign up in advance at the reception desk or call 805-925-0951, ext. 2207** to receive a valentine doggie bag!!!
- * **Wednesday, February 21, 9-10 a.m. ~ My Artistic Self: St. Patrick Wax Painted Candles** – In this one-hour class, a visual demonstration will help guide participants to decorate a wax candle for St. Patrick’s Day! All supplies will be available. Participants **must sign up in advance at the reception desk or call 805-925-0951, ext. 2207.**

For more information, contact Stephanie Saucedo, 805-925-0951, ext. 2412.

Don't forget to renew your membership!!!



**Stop into the Mussell Center from 10 a.m.-2 p.m.
or send your check for \$25 per person
to PO Box 6688, Santa Maria, CA 93456.**



**Note: If you send in your renewal by check, please include the full name and phone number of each member.
If you want your membership card mailed to you, you MUST include a self-addressed, stamped envelope.**

Happy January Birthday!



From Left: Ray Torres, Donna Viadella, Don Foss, Wanda Spenny, & Ruby Bowers

RECREATION & PARKS DEPARTMENT NEWS!

The City of Santa Maria Recreation and Parks Department and the Public Works Department are excited to announce the installation of new flooring throughout Elwin Mussell Senior Center! All programs were canceled except for morning exercise classes which were held at the Abel Maldonado Youth Center and the daily Senior Nutrition Programs held at the Minami Center. Construction took place from January 8-19, 2024.



The Public Works Department moved right along schedule as they replaced old carpets that were put down in the 1980s with a new flooring called "Sport Court." Sport Court is a new and innovative synthetic surface that reduces shock, offers great traction, and is simple to maintain. This new flooring design will be easier on joints and provide much better support for all activities including Line Dancing, Indoor Pickleball, and the Senior Club's monthly dances. The Elwin Mussell Senior Center reopened on Monday, January 22, with all programs in full effect for participants to enjoy!



SANTA MARIA VALLEY SENIOR CITIZENS CLUB

INVITES YOU TO

CELEBRATE WITH RIPTIDE

10 Years of Making Music!



FREE

February 11, 2024 ~ 1:30 - 4:00 pm

ELWIN MUSSELL SENIOR CENTER

510 PARK AVE, SANTA MARIA



Bring your "Valentine" or
your neighbor or your best friend!
Let's raise a glass to life, love, & music!
Dance to a 16-piece big band with
vocalists Bob Nations & Mitch Latting!



Info: Judy @ 775-813-5186

visit RiptideBB.com or Riptide Big Band on Facebook



FEBRUARY 2024



Monday	Tuesday	Wednesday	Thursday	Friday
<p>Activity Contact Persons: Duplicate Bridge ~ Alan, 408-499-5333 Beginning Bridge ~ Frank, 805-574-3237 Hand & Foot ~ Christel, 805-332-3328 Bingo ~ Marlene & John, 805-739-0468</p>			8:30 Matter of 1 Balance* 9-4 Billiards* 9-10 BYOB* 10:15 Yoga* 10-11 OWL* 12-2 Pickleball* 12:30-3:30 Travel 1-4 Hand & Foot 2 Folk Dance*	9-4 Billiards* 2 9 Zumba Gold*§ 9:30-10:30 Coffee & Conversation* A "GALentine Scavenger Hunt 10:15 Chairobics*§ 12-4 Mah Jongg* 12:45-3:30 Bingo
8:30 Balance* 5 9-4 Billiards* 9 Zumba Gold*§ 10-12 Scrabble* 10:15 Chairobics*§ 10:30 Ukulele Jam* 12 Duplicate Bridge 1-2 Grief Support 1:30 Line Dancing* 5 Member Dinner	9-4 Billiards* 6 9-11 Table Tennis* 9-10 BYOB* 10:15 Yoga* 10-11 OWL* 12:30-3:30 Travel 1-3 Knit, Crochet+* 1-3:30 Bunco*	9 Bd. Meeting 7 9-4 Billiards* 9 My Artistic Self* 9 Zumba Gold*§ 10:15 Chairobics*§ 12-1 Card Couture* 12:30-3:30 Travel 1-4 Beg. Bridge 1:30 Line Dancing*	8:30 Matter of 8 Balance* 9-4 Billiards* 9-10 BYOB* 10:15 Yoga* 10-11 OWL* 12-2 Pickleball* 12:30-3:30 Travel 2 Mussell Movie*	9-4 Billiards* 9 9 Zumba Gold*§ 9:30 Foodbank Cooking Class & Food Distribution 10:15 Chairobics*§ 12-4 Mah Jongg* 12:45-3:30 Bingo
8:30 Balance* 12 9-4 Billiards* 9 Zumba Gold*§ 10-12 Scrabble* 10:15 Chairobics*§ 10:30 Ukulele Jam* 12 Duplicate Bridge 12:30 Bookmobile 1-2 Grief Support 1:30 Line Dancing*	9-4 Billiards* 13 9-11 Table Tennis* 9-10 BYOB* 10:15 Yoga* 10-11 OWL* 12:30-3:30 Travel 12:30-4 Pinochle* 1-3 Knit, Crochet+*	9-4 Billiards* 14 9 My Artistic Self* 9 Zumba Gold*§ 10:15 Chairobics*§ 12-1 Card Couture* 12-1 Yappy Hour* 12:30-3:30 Travel 1-4 Beg. Bridge 1:30 Line Dancing*	8:30 Matter of 15 Balance* 9-4 Billiards* 9-10 BYOB* 10:15 Yoga* 10-11 OWL* 12-2 Pickleball* 12:30-3:30 Travel 1-4 Hand & Foot 2 Folk Dance*	9-4 Billiards* 16 9 Zumba Gold*§ 9:30-10:30 Coffee & Conversation* 10:15 Chairobics*§ 12-4 Mah Jongg* 12:45-3:30 Bingo
8:30 Balance* 19 9-4 Billiards* 9 Zumba Gold*§ 10-12 Scrabble* 10:15 Chairobics*§ 10:30 Ukulele Jam* 12 Duplicate Bridge 12:30 Bookmobile 1-2 Grief Support 1:30 Line Dancing*	9-4 Billiards* 20 9-11 Table Tennis* 9-10 BYOB* 10:15 Yoga* 10-11 OWL* 12:30-3:30 Travel 1-3 Knit, Crochet+* 1-3:30 Bunco*	9-4 Billiards* 21 9 My Artistic Self* 9 Zumba Gold*§ 10:15 Chairobics*§ 12-1 Card Couture* 12:30-3:30 Travel 1-4 Beg. Bridge 1:30 Line Dancing*	8:30 Matter of 22 Balance* 9-4 Billiards* 9-10 BYOB* 10:15 Yoga* 10-11 OWL* 12-2 Pickleball* 12:30-3:30 Travel 2 Mussell Movie*	9-4 Billiards* 23 9 Zumba Gold*§ 10-11 Loteria* 10:15 Chairobics*§ 12-4 Mah Jongg* 12:45-3:30 Bingo
8:30 Balance* 26 9-4 Billiards* 9 Zumba Gold*§ 10-12 Scrabble* 10:15 Chairobics*§ 10:30 Ukulele Jam* 12 Duplicate Bridge 12:30 Bookmobile 1-2 Grief Support 1:30 Line Dancing*	9-4 Billiards* 27 9-11 Table Tennis* 9-10 BYOB* 10:15 Yoga* 10-11 OWL* 12:30-3:30 Travel 12:30-4 Pinochle* 1-3 Knit, Crochet+*	9-4 Billiards* 28 9 My Artistic Self* 9 Zumba Gold*§ 10:15 Chairobics*§ 12-1 Card Couture* 12:30-3:30 Travel 1-4 Beg. Bridge 1:30 Line Dancing*	8:30 Matter of 29 Balance* 9-4 Billiards* 9-10 BYOB* 10:15 Yoga* 10-11 OWL* 12-2 Pickleball* 12:30-3:30 Travel	9-4 Billiards* 1 9 Zumba Gold*§ 10:15 Chairobics*§ 12-4 Mah Jongg* 12:45-3:30 Bingo

NOTE: Classes/activities may be changed or canceled by the instructor, city, or Club as needed.

*City of Santa Maria Rec & Parks Dept. Program §Participants must pre-register at Rec. & Parks Dept. No walk-ins.

SMV SENIOR CITIZENS CLUB
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SANTA MARIA, CA 93456-6688
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Monthly Newsletter



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The Mussell Messenger

Santa Maria Valley Senior Citizens Club Newsletter



MONTHLY MEMBERSHIP MEETING
MONDAY, FEBRUARY 5, 2024



DOORS OPEN: 5 PM - DINNER: 5:15 PM

Chicken cordon bleu, mashed potatoes & gravy, mixed vegetables, salad, rolls, & chocolate mousse cake

Reserve/Pay By:
FRIDAY, FEB. 2

\$15 PER PERSON

Catered by:
JOVI'S DELIGHT



*Jordan Larson from
Active Healing Center:
How to build muscle over age 60!*



**Elwin E. Mussell Senior Citizens Center, 510 E. Park Ave.,
Santa Maria, CA 93454 805-349-0688**