

# 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



# March 2023

## From the President:

**Happy St. Patrick's Day!** My wish is that we all have a very lucky month and maybe you will find a pot of gold! We will be Celebrating St. Patrick's with the Riptide Big Band at our regular dance on **Sunday March 12**, at the Mussell Senior Center. The dance is **FREE** to everyone and begins at 1:30 p.m. It is always a lot of FUN! Please, join us – give it a try if you haven't yet!

Our monthly Dinner Meeting will be on **Monday, March 6**, at 5 p.m. and the cost will be \$15.00 per person. We are sorry to have to raise the price, but as you know, the cost of everything is going up, up, up! Hopefully, this small increase will not keep you from attending. Our presenter will be Santa Barbara County Deputy District Attorney Vicki Johnson. Her fraud prevention presentation - **"Name that Tune, Stop That Scam"** - is a lot of fun and very educational! See back page for details!

Please welcome our newest member of the board – **Liz Regulski**! She was elected to serve as our Treasurer at our February meeting. We are thankful she stepped up to fill this important position! If you need to contact her for any reason, please reach out to me! Also, thank you for re-electing me, as your President, and the following members to serve again on the board: **Ray and Alice Torres as Co-2nd Vice Presidents, Christel Kurth as Recording Secretary, Laura Selken as Corresponding Secretary, and Carolyn Cabrera as Member At Large**. Unfortunately, the positions of 1st Vice President and Travel Committee Chairperson (who serves on the board) are still vacant. **PLEASE**, consider serving the club by volunteering to be on the board (and remember, either position can be shared – invite a friend to join you in the position)!

Our annual membership dues are **DUE NOW!** The cost is \$25.00 per person and must be paid **by March 15** to continue to receive the Mussell Messenger and go on any trips with the Travel Committee. You can drop off your payment at the Center (there is a drop-off box available, even if a receptionist with the Club is not on duty) or put your check in the mail to PO Box 6688, Santa Maria, 93456 – please include your personal information with payment when not giving it directly to a receptionist!

~ Stay safe & healthy!!!



**Bruce Rodriguez**

## 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.

## 2023 Officers & Committee Chairpersons

President:	Bruce Rodriguez	805-714-8699	brucerodriguez1951@gmail.com
1st VP:	<b>OPEN</b> ~ Contact any board member listed here if you are interested		
Co-2nd VPs:	Ray & Alice Torres	805-931-0305	pelon@charter.net
Treasurer:	Liz Regulski	805-714-8699	brucerodriguez1951@gmail.com
Recording Secretary:	Christel Kurth	805-332-3328	kurth1313@comcast.net
Corresponding Sec.:	Laura Selken	805-406-9989	laura.selken@gmail.com
Member at Large:	Carolyn Cabrera	805-448-0623	ccabrera48@verizon.net
Travel:	<b>OPEN</b> ~ Contact any board member listed here if you are interested		
Receptionists:	<b>OPEN</b> ~ Contact any board member listed here if you are interested		
Sunshine:	Simone Gillogly	805-925-6267	[no email]
Recreation Coordinator:	Wendy Hudson	805-925-0951, ext. 2351	whudson@cityofsantamaria.org



## SANTA MARIA VALLEY SENIOR CITIZENS CLUB presents

# Keeping It Green!

**FREE**

**Sunday, March 12, 2023**

Featuring the Central Coast's  
Favorite Dance Band

**1:30 - 4 p.m.**

**Elwin Mussell Senior Center  
510 E. Park Ave., Santa Maria**

**RIPTIDE  
Big Band**

with vocalists  
**Bob Nations &  
Mitch Latting**



**For more information,  
please contact Judy at  
775-813-5186 or visit**

**RiptideBB.com or  
Riptide Big Band on Facebook**

Funded by a grant from  
**THE Community  
FOUNDATION**  
SAN LUIS OBISPO COUNTY

This program is made possible  
with the support of the



**Have you renewed your membership yet???  
If not ... this could be your last issue!**

**Pay by MARCH 15 to keep receiving the Mussell Messenger!**

**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.**

**RENEW  
MEMBERSHIP**

**RENEW  
MEMBERSHIP**





## GREETINGS FROM THE RECREATION & PARKS DEPARTMENT

Spring Forward, Fall Back! Daylight Savings Time is upon us and begins Sunday, March 12th. I am sure everyone is tired of the short days of winter and are looking forward to the longer days the spring and summer months bring. The first day of Spring is March 20th! During March, embrace the call of spring, the vibrant and varied colors outdoors, and the warmth of good food and good company.

Here is a list of programs being offered in March. **All are free** except the services provided by the Care-4-Paws Mobile Pet Clinic.

- 🌸 **March 2: Indoor Pickleball Clinic** – 12:00-2:00 p.m. Join the pickleball craze! Instructors will be available to teach new players the game of Pickleball.
- 🌸 **March 3: Mobile Pet Clinic** – 9:00 a.m.-12:00 p.m. Care-4-Paws will be returning to the Mussell Center with their Mobile Pet Clinic. For more information and to schedule services call 805-968-2273 (*a fee based program*).
- 🌸 **March 3: Coffee & Conversation Poetry Hour** – 9:30-10:30 a.m. Join us for an hour of poetry. Share a poem of your own or one from your favorite poet! Refreshments provided.
- 🌸 **March 7: Outdoor Pickleball** – Instruction from 9:00-10:00 a.m. Pickleball Courts at Hagerman Sports Complex, 3300 Skyway Drive. Instructors available to assist new players. Early arrival is suggested. Equipment provided.
- 🌸 **March 7: Intro to Zumba Gold** – 1:00-2:00 p.m. This **FREE** introductory class is for beginners only that would like to see what Zumba Gold is about.
- 🌸 **March 7: Bunco** – 1:00-3:30 p.m. “Luck of the Mussell Center” St. Patrick’s Day Fun – Bunco will be **FREE** today.
- 🌸 **March 8: My Artistic Self Make & Take Class** – 9:00-10:00 a.m. Create a flower vase wall hanging. All supplies provided. Space is limited. Register at Front Desk.
- 🌸 **March 10: Adult Nutrition Program Cooking Class** – 9:30-10:30 a.m. Learn to cook easy, delicious, health-promoting, and affordable meals. All supplies are provided for this hands-on class by the Santa Barbara County Foodbank. Register at Front Desk.
- 🌸 **March 15: California Phones iPhone and Android Phone Training**. Attend a free training and learn how to make your smartphone work better for you. The iPhone class is from 10:00 a.m.–noon and the Android class is from 1:00-3:00 p.m. Register at the front desk. Space is limited!
- 🌸 **March 17: Coffee & Conversation** – 9:30-10:30 a.m. Celebrate your “Luck of the Irish” by wearing your favorite green outfit. Prizes will be awarded. Refreshments provided.
- 🌸 **March 27: Yappy Hour – A Pet Friendly Social** – 11:00 a.m.-noon Spend time outdoors with your pup on the patio as you soak up the sun and have some fun! Refreshments provided.

**Have a great March!**



## TRAVEL OPPORTUNITIES

### SANTA MARIA SENIOR TRAVEL COMMITTEE



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



#### March 12, 2023 ~ "Ring of Fire"

**\$85**

Join us as we take a day trip to the **San Luis Obispo Repertory Theatre** to see this special production featuring the music of Johnny Cash. Call or visit the travel office for more details.

#### April 10-13, 2023 ~ Laughlin, NV

**\$TBD**

We will be staying at the Riverside Hotel & Casino. Stay tuned for more details.

#### May 7, 2023 ~ "All Shook Up"

**\$TBD**

We will be taking a day trip to Roger Rocka's Dinner Theater in Fresno to see this musical featuring the music of Elvis Presley. Stay tuned for more details.

#### May 24, 2023 ~ Chablis Chowder Cruise ~ Morro Bay

**\$TBD**

Mark your calendars! More information to come!



#### June 18-26, 2023 ~ Colorado Rockies, Rails, & Western National Parks

**\$3849\* dbl./\$4974\* sgl.**

3 train experiences • 4 National Parks and 1 State Park • Denver • Durango • Colorado Springs • Grand Junction • Vail • Moab, Utah • Garden of the Gods • U.S. Air Force Academy; 5 nights first class hotels, 8 meals (5 breakfasts

& 3 dinners), tour director, motorcoach transportation, sightseeing per itinerary, and baggage handling at hotels. **Last day to pay for Colorado trip will be April 4, 2023.**

#### September 23-29, 2023 ~ Landscapes & Lighthouses of Coastal Maine

**\$3675\* dbl./\$4675\* sgl.**

Boston • Portland • Kennebunkport • York • Ogunquit • Boothbay Harbor • Coastal Maine Botanical Gardens • Boat Cruises • Lighthouse Tours • Lobster Clambake • 5 nights at ONE first-class hotel; includes 9 meals (6 breakfasts & 3 dinners), professional tour director, motorcoach transportation, admissions per itinerary, comprehensive sightseeing, baggage handling at hotels, and hotel transfers. **SIGN UP TODAY!**



\*Price reflects \$100 savings when making final payment by check.

**\*\*\* PLEASE do not wait until the last minute to sign up for trips! We often need to have a minimum number in advance of the "deadline." We don't want to have to cancel! \*\*\***

## Travel Committee Chairperson(s) NEEDED!

If you know anyone in the community (any age) who might be interested in this, PLEASE let any board member know. Let's keep our trips GOING this year!!

**Additional Travel Leads are ALSO urgently needed!**  
**Come down to the office & learn more!**





**2023 Santa Maria Valley Senior Citizens Club Elected Board Members  
Liz Regulski, Carolyn Cabrera, Alice & Ray Torres, Christel Kurth, & Bruce Rodriguez**

**Not pictured: Laura Selken**

**Annie Lawrence with some of her monthly dinner crew! Thanks for your service!**



**Elly Block, Ray Torres, Jeanne Roemling, & Mary Treinen**

**Happy  
January  
Birthdays!**



# Happy March Birthday! Happy March Anniversary!

Otilia Costa	1	Cheri Page	18
Dea Cunningham	4	Judy Garrett	19
Kay Lawrence	4	Jo York	19
Joe Santana	7	Twyla Bohl	20
Raina Chambers	9	Nancy Chavez	20
Elaine Jackson	10	Donna Jenkins	20
Vicki McCulloch	10	John Regalado	23
Joe Andrade	11	Sonny Russell	24
Bob Viadella	11	Kay Hosepian	25
Malvina Cox	12	Dorothy Abel	27
Mary Harrison	12	Kathy Doty	27
Marty Mathisen	12	Peg Miller	27
Dana Scott	13	Thelma Parfett	27
Steve McGehee	14	Paula Brose	28
Diane Joseph	15	Deb Prestridge	28
Jeri Peterson	16	<b>Happy Birthday!</b>	

Tom & Patty Porcho	8
John Regalado & Neneth Perez	13

## Welcome New & Rejoining Members!

Joe Andrade	Brigitte Morse
Shirley Bailey	Angelo Passidakis
Irene Castaneda	Neneth Perez
Edna Draper	Jennie Razo
Nita Gomez	John Regalado
Betty Janes	Beth Shurtleff
Kay Lawrence	Lydia Vose
Tina Lopez	Dorothy Wright

If a birthday/ anniversary date is not correct or not listed, please call/text Laura at 805-406-9989 or at [laura.selken@gmail.com](mailto:laura.selken@gmail.com).

(Note: only those couples who are both members of the Club will have the date of anniversary listed.)



Christel Kurth, Val Brose, and Toni & Jose Loayza

## Sunshine Corner



**Get Well Soon**  
**Grace Jarvis**  
**Madeline Permasse**  
**Joe York**



**Our Sympathy**  
**to the Family of ...**  
**Dottie Slater**

**PLEASE, remember to call Simone at 805-925-6267 to have her send a card to a member who needs some sunshine!**



# March 2023



Monday	Tuesday	Wednesday	Thursday	Friday
<b>Don't miss the</b>  <b>Dance on March 12!</b>	<b>March 12 @ 2 a.m.</b> 	<b>9 Bd. Meeting 1</b> 9-4 Billiards* 9-10:30 Art Studio* 9-10 Zumba Gold*\$ 10:15 Chairobics*\$ 10:30 Ukulele Jam*\$ 12-4 Mah Jongg* 12:30-3:30 Travel 1-4 Beg. Bridge	9-4 Billiards* <b>2</b> 9-11 Table Tennis* 9-10 BYOB* 10:15-11:15 Yoga* <b>12-2 Pickleball Clinic*</b> 12:30-3:30 Travel 1-4 Hand & Foot 2-3:30 Folk Dance*	9-4 Billiards* <b>3</b> 9 Zumba Gold*\$ <b>9-12 Pet Clinic*</b> <b>9:30-10:30 Coffee &amp; Conversation*</b> 10:15 Chairobics*\$ 12-4 Mah Jongg* 12-3:45 Bingo (50¢/card)
9-4 Billiards* <b>6</b> 9-10 Zumba Gold*\$ 10:15-11:15 Chairobics*\$ 10:30-11:30 Ukulele Jam*\$ 12:30 Duplicate Bridge <b>5 pm Member Dinner Meeting</b>	9-4 Billiards* <b>7</b> 9-11 Table Tennis* 9-10 BYOB* <b>9-10 Pickleball* @ Hagerman Complex</b> 10:15-11:15 Yoga* 12-2 Knit, Chat, and Crochet* 12:30-3:30 Travel <b>1-2 Intro to Zumba*</b> <b>1-3:30 FREE Bunco*</b>	<b>8</b> 9-4 Billiards* <b>9-10:30 Art Studio* "Make &amp; Take" Class</b> 9-10 Zumba Gold*\$ 10:15 Chairobics*\$ 10:30 Ukulele Jam*\$ 12:30-3:30 Travel <b>1-2 Dignity Health Presentation*</b> 1-4 Beg. Bridge	<b>9</b> 9-4 Billiards* 9-11 Table Tennis* 9-10 BYOB* 10:15-11:15 Yoga* 12-2 Pickleball* 12:30-3:30 Travel	<b>10</b> 9-4 Billiards* 9-10 Zumba Gold*\$ <b>9:30 Cooking Class (Foodbank)</b> 10:15 Chairobics*\$ <b>11:30 Foodbank</b> 12-4 Mah Jongg* 12-3:45 Bingo
<b>13</b> 9-4 Billiards* 9-10 Zumba Gold*\$ 10:15-11:15 Chairobics*\$ 10:30-11:30 Ukulele Jam*\$ 12:30 Duplicate Bridge	<b>14</b> 9-4 Billiards* 9-11 Table Tennis* 9-10 BYOB* 10:15-11:15 Yoga* 12-2 Knit, Chat, and Crochet* 12:30-3:30 Travel 12:30-4 Pinochle*	<b>15</b> 9-4 Billiards* 9-10:30 Art Studio* 9-10 Zumba Gold*\$ <b>10-3 California Phones Training*</b> 10:15 Chairobics*\$ 10:30 Ukulele Jam*\$ 12-4 Mah Jongg* 12:30-3:30 Travel 1-4 Beg. Bridge	<b>16</b> 9-4 Billiards* 9-11 Table Tennis* 9-10 BYOB* 10:15-11:15 Yoga* 12-2 Pickleball* 12:30-3:30 Travel 1-4 Hand & Foot 2-3:30 Folk Dance*	<b>17</b> 9-4 Billiards* 9-10 Zumba Gold*\$ <b>9:30-10:30 Coffee &amp; Conversation*</b> 10:15 Chairobics*\$ 12-4 Mah Jongg* 12-3:45 Bingo (50¢/card)
<b>20</b> 9-4 Billiards* 9-10 Zumba Gold*\$ 10:15-11:15 Chairobics*\$ 10:30-11:30 Ukulele Jam*\$ 12:30 Duplicate Bridge	<b>21</b> 9-4 Billiards* 9-11 Table Tennis* 9-10 BYOB* 10:15-11:15 Yoga* 12-2 Knit, Chat, and Crochet* 12:30-3:30 Travel 1-3:30 Bunco*	<b>22</b> 9-4 Billiards* 9-10:30 Art Studio* 9-10 Zumba Gold*\$ 10:15 Chairobics*\$ 10:30 Ukulele Jam*\$ 12:30-3:30 Travel 1-4 Beg. Bridge	<b>23</b> 9-4 Billiards* 9-11 Table Tennis* 9-10 BYOB* 10:15-11:15 Yoga* <b>11 Alzheimer's Association Workshop*</b> 12-2 Pickleball* 12:30-3:30 Travel	<b>24</b> 9-4 Billiards* 9-10 Zumba Gold*\$ 10:15 Chairobics*\$ 12-4 Mah Jongg* 12-3:45 Bingo (50¢/card)
<b>27</b> 9-4 Billiards* 9-10 Zumba Gold*\$ 10:15-11:15 Chairobics*\$ 10:30-11:30 Ukulele Jam*\$ <b>11-12 Yappy Hour*</b> 12:30 Dup. Bridge	<b>28</b> 9-4 Billiards* 9-11 Table Tennis* 9-10 BYOB* 10:15-11:15 Yoga* 12-2 Knit, Chat, and Crochet* 12:30-3:30 Travel 12:30-4 Pinochle*	<b>29</b> 9-4 Billiards* 9-10:30 Art Studio* 9-10 Zumba Gold*\$ 10:15 Chairobics*\$ 10:30 Ukulele Jam*\$ 12:30-3:30 Travel 1-4 Beg. Bridge	<b>30</b> 9-4 Billiards* 9-11 Table Tennis* 9-10 BYOB* 10:15-11:15 Yoga* 12-2 Pickleball* 12:30-3:30 Travel	<b>31</b> 9-4 Billiards* 9-10 Zumba Gold*\$ 10:15 Chairobics*\$ 12-4 Mah Jongg* 12-3:45 Bingo (50¢/card)

**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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RETURN SERVICE REQUESTED

# **The Mussell Messenger**

## **Santa Maria Valley Senior Citizens Club Newsletter**

### **Monthly Membership Meeting**

**Monday - March 6**

**Doors Open: 5 p.m. - Dinner: 5:15 p.m.**

**Pork roast, rice pilaf, buttered green beans, salad & strawberry cake**

**Reserve/Pay By:**  
**Friday, March 3**

**\$15 per person**

**Catered by:**  
**Jovi's Delight**



**"Name that Tune,  
Stop that Scam!"**

**featuring**

**Santa Barbara County District Attorney's Office**

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



**805-349-0688**