

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



April 2024

President's Message:



Carolyn Cabrera

Thoughts for your day ... My family is actually growing. I have three cats now. They are showing me that there are many personalities. The youngest one will find her coil toy, carry it around, play with it, and be very happy. The middle cat will not do that. She needs attention, making sure someone (usually me) picks up the toy and throws it so she can chase it. When I don't do this, she will not be interested or play. And finally, my older cat goes about her business and does what she wants to do, which is usually nap. What does this all mean? I see both interaction and no interaction, and how each type of behavior

affects them and me.

We all have the ability to be a person who moves forward. We need to work at making sure we are participating. We need to invest or discover answers and solutions for ourselves and not sit back and wait for someone else to make our lives move forward. You can do this! Life is worth living!

Our monthly meeting/dinner is just around the corner on **Monday, April 1** ~ April Fool's Day!!! We have a wonderful program lined up for you with a presentation by Rebecca Hendricks and Judy Zaretska with the **Bellissima Handbells**. They will include the history of the bells, play a medley of songs, with audience participation, and provide an opportunity to answer questions. Please make your dinner **reservations by NOON on Friday, March 29**.



Riptide Big Band will be performing on **Sunday, April 14**, playing your favorite songs that take you back to the memories of "where" and "when"! The dance begins at 1:30 p.m. and it's **FREE** thanks to grant money we receive from the Community Foundation San Luis Obispo County. Please join us and bring a friend!!!

At this time of year, our membership drops to drastically low numbers. In order to receive a discount on our bulk mailing of the newsletters, nearly all of you will be reading this in a paper version (in addition to an online version for some of you). This will continue until we are able to build up our membership numbers again. Please be patient with us during this transition. In the meantime ~ **INVITE A FRIEND TO JOIN!!!**

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 April Birthday!

Welcome New & Rejoining Members!!!

- Cindy Cozart
- Hope Cozart
- James & Sandra Patton
- Jose Luis Quintero
- Frank & Emma Rodriguez
- Susie Weaver
- Charlie Willcox

Donna Lamphier	3	James Marshall	14
Myriam Boucheneb	4	George Cowett	15
Frank Buckley	4	Fina Imperato	15
Marie Miranda	5	Phil Park	15
Donna Kuzminski	6	Linda Dutart	16
Janice Cooper	8	Ed Gutierrez	17
Alex Ahumada	9	Marty McGrath	20
Paul Silva	10	Gary Glasgow	23
Connie Holdredge	14	Robert Castillo	26

Happy April Anniversary!

- ♥ Art & Carol Thaler April 5
- ♥ Jerry & Donna Lamphier April 20
- ♥ Edward & Helen Canales April 23
- ♥ Les & Ruth Christiansen April 24
- ♥ George & Ophie Cowett April 28

Please, contact Laura if your birthday or your anniversary is missing or incorrect. Call or text her at 805-406-9989 or email laura.selken@gmail.com.

Sunshine Corner

Once again, the Sunshine Corner wishes to **THANK Grace Jarvis** for her invaluable assistance in supplying issues of the *Santa Maria Times* to keep information current.

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



Travel Opportunities

Santa Maria Senior Travel Committee



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

April 10 ~ Ronald Reagan Presidential Library & Museum

\$105



We'll be visiting the new exhibit, "Star Wars and SDI [Strategic Defense Initiative]: Defending America and the Galaxy," a fun and informative exhibition on Star Wars – both the real-world technology of SDI, as well as items from the movie phenomenon. The exhibition will include original items from SDI including an authentic Command Launch Equipment Console, as well as props, costumes, and concept art from the Star Wars franchise, including a Landspeeder made for *A New Hope*, master replicas of Luke Skywalker's lightsaber made from the original mold of *The Last Jedi*, and an original script signed by Dave Prowse (actor who portrayed Darth Vader in the original trilogy).

May 19-21 ~ Tachi Palace Casino Resort

\$230 dbl./\$330 sgl.



We will be spending two nights at the resort near Lemoore, CA. Book now to confirm your seat & ensure we are able to go! Stop by our office to learn more details! Visit tachipalace.com/.



July 17 ~ Morro Bay Chowder Cruise

\$105

Two-hour cruise includes lunch on the boat, including award-winning chowder! Take in the stunning sites of the Morro Bay area and enjoy a drink at the full-service bar. This is a popular trip! Sign up early!!

June 16 ~ 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 4-10 ~ 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. *This tour has an activity level of "3"*.

***Save when paying by check!**

SIGN UP FOR CHUMASH and when we have 25 people, we'll GO!!!
Travel Leads & office helpers are needed!
Come down to the office & learn more!



City of Santa Maria
Recreation & Parks
Department

RECREATION & PARKS DEPARTMENT

APRIL 2024 EVENTS

- * **Mondays, 8:30-10:30 a.m. ~ A Matter of Balance** – an award-winning program designed to manage falls and increase activity levels. This 8-week 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.
- * **Tuesdays, April 2 & 16, 1-3 p.m. ~ Spring Into Bunco!** Start this spring season right. Spring over to play some Bunco. This social game is perfect if you like winning cash prizes! Bring your friends ... and your friend's friends! The goal this month is to bring all the Bunco players together to have 8 tables full for a chance to have a pizza party in May! Drop-ins are welcome. The cost is \$3.00 to participate.
- * **April 8-19, 9 a.m.-4 p.m. ~ Pop-Up Card Couture** – Card Couture will be in the lobby for two weeks to showcase the wonderful works of trading cards! You will be able to create and add cards to be traded in the Card Couture Program. The purpose of this pop-up is to create awareness where members can be reminded how a simple card of artwork can change your day just with an encouraging word or saying!
- * **Wednesday, April 10, 9:30-10:30 a.m. ~ My Artistic Self: Rock Painting** – “Kindness” is growing by the week at the Mussell Center. Come and check out how long “Kindness” (the snake) has gotten! Members are asked to leave one for encouragement, take one for motivation, share one for inspiration, or add one to the pile and join us in spreading kindness. We provide the rocks, and you paint your own positive message and design. Then, add to “Kindness” where someone can be inspired. Participants must sign up in advance with the city receptionist. Limited space available.
- * **Friday, April 19, 9:30-10:30 a.m. ~ Coffee & Conversation: Poetry Hour** – Do you have a poem or a story you would like to share? Join as we give our ears and snaps (instead of claps) to you as we listen to your poem or story! Each performer will need to sign up in advance and readings must be pre-approved by Evelyn before performance. Everyone is welcome to come listen.
- * **Wednesday, April 24, 9:30-11 a.m. ~ My Artistic Self: Mini Garden Party** – Spring has sprung and colors are everywhere! Let's dig in and create a miniature masterpiece for you to enjoy this spring. Participants will create multiple small projects that can be added to any garden or given as a gift. All supplies will be provided to make each mini garden except for gloves. Wear appropriate gardening attire. Sign up with the city receptionist. Limited space available.
- * **Thursday, April 25, 2:30-4 p.m. ~ Mussell Cinema** – We'll be watching the American musical fantasy film, “Wizard of Oz”! Time to bring friends or enjoy some “me”





Happy March Birthday!

Kathy Doty & Mona Schafer

Congratulations to the March raffle winners from our monthly dinner event:
Wanda Spenny ~ \$25
Liz Regulski ~ \$16

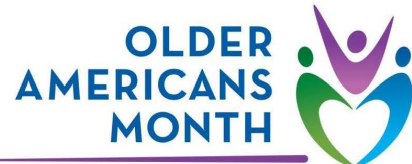
WE NOW HAVE OUR OWN FACEBOOK PAGES!!
BE SURE TO LIKE/FOLLOW BOTH PAGES!!
CLUB: SANTA MARIA VALLEY SENIOR CITIZENS CLUB
TRAVEL COMMITTEE: SANTA MARIA SENIOR TRAVEL

RECREATION & PARKS DEPARTMENT APRIL 2024 EVENTS (cont.)

time at the Mussell Cinema. To add to the fun this month, dress up in as any “Wizard of Oz” character and be entered for a door prize. Sign up in advance with the city receptionist to receive a movie goodie bag. Early arrival suggested.

- * **Friday, April 26, 9-11 a.m. ~ Dodgers Loteria** – ¡Azul y blanco! Vamos esquivos Los Dodgers de Los Angeles! (Blue and White! Go Dodgers!) At this month’s Loteria we will be learning some new Spanish Lingo – vocabulary related to the Los Angeles Dodgers! In this bingo-like game, you will play and interact with others by using Spanish terms. Prizes will be awarded. No experience needed. All are welcome! Must sign up with the city receptionist. Limited space available. Prize for best Dodger attire!!!

For more information: 805-925-0951, ext. 2207



POWERED BY CONNECTION: MAY 2024

Help Us Find Special People in Santa Barbara County!

The Area Agency on Aging - Advisory Council will honor deserving people and one senior program in the following categories:

- Senior Citizen of the Year
- Senior Worker of the Year
- Caregiver of the Year
- Senior Program of the Year

For full details and to obtain a nomination form, please visit: www.centralcoastseniors.org or call (805) 925-9554. Nominations must be received Monday, April 15, 2024.

Virtual Celebration and Award Presentations via Zoom: May 22, 2024 at 1pm.

Meeting ID: 897 1853 2055

Pass Code: 829246

Santa Maria Valley Senior Citizens Club

presents

FREE

Bringing back the memories ...

of days gone by!

with

RIPTIDE
Big Band



featuring vocalists
**Bob Nations &
Mitch Latting**

Listen and dance to
the music that brings
back memories of
"where" & "when"!

Sunday, April 14 ~ 1:30 - 4:00 pm

Elwin Mussell Senior Center

510 Park Ave, Santa Maria

info: Judy @ 775-813-5186

Visit RiptideBB.com or Riptide Big Band on Facebook



April 2024

Monday	Tuesday	Wednesday	Thursday	Friday
8:30 Balance* 1 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* 2 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 3 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*	9-4 Billiards* 4 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* 5 9 Zumba Gold*§ 9:30-10:30 Coffee & Conversation* 10:15 Chairobics*§ 12-4 Mah Jongg* 12:45-3:30 Bingo
8:30 Balance* 8 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*	9-4 Billiards* 9 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* 10 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*	9-4 Billiards* 11 9-10 BYOB* 10:15 Yoga* 10-11 OWL* 12-2 Pickleball* 12:30-3:30 Travel	9-4 Billiards* 12 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* 15 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*	9-4 Billiards* 16 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* 17 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*	9-4 Billiards* 18 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* 19 9 Zumba Gold*§ 9:30-10:30 Coffee & Conversation* 10:15 Chairobics*§ 12-4 Mah Jongg* 12:45-3:30 Bingo
8:30 Balance* 22 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*	9-4 Billiards* 23 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* 24 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*	9-4 Billiards* 25 9-10 BYOB* 10:15 Yoga* 10-11 OWL* 12-2 Pickleball* 12:30-3:30 Travel	9-4 Billiards* 26 9 Zumba Gold*§ 10-11 Loteria* 10:15 Chairobics*§ 12-4 Mah Jongg* 12:45-3:30 Bingo
8:30 Balance* 29 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*	9-4 Billiards* 30 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+*	<p>Activity Contact Persons:</p> <p>Duplicate Bridge ~ Alan, 408-499-5333</p> <p>Beginning Bridge ~ Frank, 805-574-3237</p> <p>Hand & Foot ~ Christel, 805-332-3328</p> <p>Bingo ~ Marlene & John, 805-739-0468</p>		

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
PO BOX 6688
SANTA MARIA, CA 93456-6688
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RETURN SERVICE REQUESTED

The Mussell Messenger

Santa Maria Valley Senior Citizens Club Newsletter



MONTHLY MEMBERSHIP MEETING

Monday, April 1, 2024



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

Chicken Alfredo, buttered spaghetti noodles, Italian vegetable medley, salad, & pineapple mandarin orange cake

Reserve/Pay By:
Friday, March 29

\$15 per person

Catered By:
Jovi's Delight



Rebecca Hendricks and Judy Zaretska:

Bellissima Handbells



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