

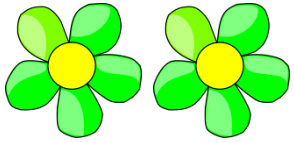
# The Mussell Messenger

Published by the Santa Maria Valley Senior Citizens Club  
510 East Park Avenue, Santa Maria, CA 93454

[www.smvsc.org](http://www.smvsc.org)

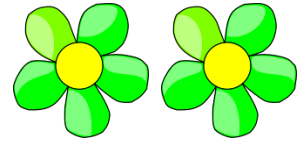
[smvseniors@gmail.com](mailto:smvseniors@gmail.com)

(805) 925-0951 ext. 2207



# May

# 2018



**Christel Kurth**

Something new and exciting is coming to Elwin Mussell Senior Center! Your Board of Directors voted to pay for Wi-Fi to be installed. The cost is a one-time fee of \$8,200 with no monthly charges. It will allow us to have tax services available next year and offer something for our tech-savvy seniors.

We have applied for a **grant from The Community Foundation of San Luis Obispo County** for \$10,000 and hope that we are fortunate enough to receive it again. These funds enable us to provide you with free monthly dances and the great tunes of the **Riptide Big Band**. We requested to use part of these grant funds for the Wi-Fi installation. We will have to have some fundraisers to cover the remainder of the cost. Perhaps we can have a pancake breakfast or a rummage sale.

Our monthly membership meetings are gaining popularity. We had 45 members sign up for the April dinner. Our guest speaker, Ron Butterfield, explained to us what it takes to be a beekeeper. It was amazing to learn so many facts about a beehive! Our caterer, **Jovi's Delight**, provided us with a delicious dinner. For only \$10 you receive a complete meal including a piece of cake for dessert, water, and coffee. If you buy a 50/50 opportunity ticket, you might even win some money. This month's lucky winners were Mary Johnson and Jo York.

**VOLUNTEER  
POWER!**

**I want to thank the volunteer helpers** with our dinner in April. **Jason Schellas** sold the 50/50 opportunity tickets and leads the prayer before dinner each month. Set-up: **Ruth & Herb Adams**, **Carolyn Cabrera**, and **Vicki McCulloch**. Servers: **Bruce Rodriquez**, **Jeanne Roemling**, **Donna Viadella**, and two high school students, **Isaac Nuno** and **Gabrielle Sepulveda** (and her father, **Allan Sepulveda**, who also delivers the food). Finally, **Grace Jarvis**, who brews our coffee, and **Angelika Stock**, who washes our tablecloths. Without all these volunteers, we would not be able to enjoy such wonderful evenings.

Our next Membership Dinner Meeting will be Monday, May 7 [see back page for details]. For the next four months, Dignity Health will supply us with speakers. Come and join us!

~ Christel Kurth, President

## Santa Maria Valley Senior Citizens Club

## Central Coast Active Adults!

### Our Mission:

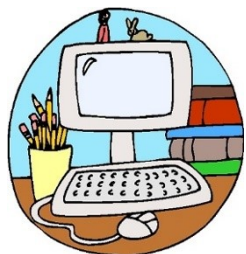
Our purpose is to promote the happiness of active adults 50+ so they may enjoy life to the fullest.

We provide fun and interesting activities, opportunities, and information.

We do this while espousing no political, religious, philanthropic, ideological, or social enterprise.

## 2018 Officers & Committee Chairpersons

President:	Christel Kurth	332-3328	kurth1313@comcast.net
1st Vice President:	Carolyn Cabrera	925-0769	ccabrera48@verizon.net
2nd Vice President:	Ray & Alice Torres	931-0305	pelon@charter.net
Treasurer:	Jason Schellas	354-0083	jschellas@comcast.net
Recording Secretary:	<b>OPEN</b>	<b>INTERESTED?</b>	<b>CONTACT CHRISTEL</b>
Member-at-Large:	Vicki McCulloch	287-9773	vicki.mcculloch@gmail.com
Newsletter Editor:	Laura Selken	406-9989	laura.selken@gmail.com
Receptionists:	Diane Bentley	925-0951, ext. 2207	
Statistics & Reports:	Charlotte Gaskill	934-2607	
Sunshine:	Simone Gillogly	925-6267	
Travel:	Kathy Doty	937-0314	dudoty@comcast.net
Recreation Coordinator:	Barbara Wiley	925-0951, ext. 2264	bwiley@cityofsantamaria.org



**Have you visited our NEW & IMPROVED Club website???**

**[smvscc.org](http://smvscc.org)**

**It contains all the newsletters from the past two years, PLUS SO MUCH MORE!!!**

**You'll find the current newsletter on the home page, along with other time sensitive information. Then, just click on the names of the different sections in the upper right area: activities calendar, special events, travel opportunities, and links to a variety of resources! Give it a try ~ and let us know what you think! There is an easy contact form at the bottom of the home page! **ENJOY!!****

## Save the Date!

The Santa Maria Valley Senior Citizens Club has some great Monthly Membership Meeting programs coming up this spring and summer! Thanks to Marian Regional Medical Center (Dignity Health), we will have speakers provide you with some very worthwhile information on the following topics:

- ✓ **JUNE** ~ Balance and Fall Prevention
- ✓ **JULY** ~ POLST (Physician Order Life Sustaining Treatment)
- ✓ **AUGUST** ~ Palliative Care ("Soothing the Symptoms Without Effecting a Cure")

## RECEPTIONISTS NEEDED!

The Senior Club is looking for more volunteer receptionists to welcome people who visit the Elwin Mussell Senior Center. The receptionists provide a valuable service and have fun while helping their fellow seniors. As part of our on-going arrangement with the City of Santa Maria, the Club must provide receptionists in the lobby every weekday from 9 a.m. – 4 p.m. To cover these hours, there are two shifts available: 9 a.m. – 12:30 p.m. or 12:30 – 4 p.m.



We are looking for people to help on a regular basis with a set schedule, as well as people who can fill in once in a while as a substitute receptionist. Working as an occasional substitute can help you learn more about what happens at the Center and can help you decide whether you'd want to help every week with a set schedule. Past customer service experience is helpful, but not required. Both women **AND** men are encouraged to volunteer. Please, stop by or call 925-0951 ext. 2207 and leave a message if you're interested.



# TRAVEL OPPORTUNITIES

## SANTA MARIA SENIOR TRAVEL COMMITTEE



Hours: Tues., Wed., Thurs., 12:30 – 3.45 p.m. / Office Phone: 349-0688

### FIRST DAY SALES ~ FIRST MONDAY MORNING OF THE MONTH!

**MAY 7<sup>TH</sup>** IS THE NEXT “FIRST DAY SALE” DATE. DOORS WILL OPEN AT 8:30 A.M. WITH THE SALE BEGINNING ABOUT 9 A.M. SALES CONTINUE UNTIL EVERYONE HAS BEEN HELPED, BUT NO LATER THAN NOON. THE FOLLOWING TRIP WILL BE ON SALE **MAY 7<sup>TH</sup>**:

#### **September 12 ~ Santa Cruz Follies**

**\$110**

We will be enjoying their presentation, “The Way We Were,” a sentimental journey honoring singers and songs of the past. After the 1 p.m. show, we will be eating at Pacific Grill (formerly Sea Harvest) in Moss Landing. Leave: 7 a.m./Home: 8:45 p.m. (note: return times are estimates)



### UPCOMING TRIPS BEING PLANNED:



#### **July or August ~ Mystery Trip**

**Price TBA**

I wish I could tell you more but ... it's a secret!! *Sale date TBA*

#### **October ~ M & M\* (\*Melodrama & Madonna Inn)**

**Price TBA**

Our annual luncheon to Madonna Inn along with a fun time at the Melodrama featuring “Scary Poppins.” *Sale date TBA*

#### **November 20-23 ~ Wonder Valley**

**Price TBA**

We have booked a trip to Wonder Valley and hope to have it available for “FIRST DAY SALES” in June. See the June *Mussell Messenger* for more details.



### THESE TRIPS MAY STILL BE AVAILABLE:

#### **April 30-May 3 ~ Laughlin @ Riverside Hotel**

**\$182 Dbl., \$205 Sgl.**

**Riverview Room: \$199 Dbl., \$240 Sgl.**



#### **June 17 ~ “Joseph and the Amazing Technicolor Dreamcoat”**

**\$106**

Roger Rocka's Dinner Theater presentation of the Andrew Lloyd Webber/Tim Rice musical based on the Biblical story of Joseph. Presentation includes an Americana-style buffet. Leave: 7:00 a.m./Home: 7:00 p.m. (note: return times are estimates)

#### **October 9-17 ~ Niagara Falls/Heritage Tour**

**\$3055\* Dbl., \$3955 Sgl.**

Trip includes Niagara Falls; Lancaster, Gettysburg, & Philadelphia, PA; Washington, DC; Arlington Cemetery, Mount Vernon, & Colonial Williamsburg, VA. **Check office for availability!** Final payment due 7/26/18. Optional insurance available for \$225. \*Receive a \$100 discount paying by check.

We are still in need of more **VOLUNTEER TRAVEL TOUR LEADS** (TL). If you are interested in joining the “team,” please visit our travel office during open hours (see above). Any TL there can tell you about the position and give you information to peruse. In addition, a new **Co-chair** is desired as Kathy Doty would like to step down from her position. If anyone has experience in working with transportation companies, travel agencies, or touring businesses, or anything similar, we would love to talk to you!! If you know of anyone who might be interested, including non-members, give the tour office a call.



Check out our Facebook page: “[Santa Maria Senior Travel](#)”







## GREETINGS FROM THE RECREATION & PARKS DEPARTMENT

Have you heard about our new Healthy Aging Lecture Series? This program is part of a new partnership with the City of Santa Maria and the Center for Successful Aging. The Center for Successful Aging is a nonprofit organization based in Santa Barbara. This is the first time they have offered a program at the Mussell Center, and I hope you'll show them a warm "Santa Maria Style" welcome by joining us! The title of the series is "Healthy Aging: You Can Do It!" In a comfortable, friendly atmosphere, we will discuss positive steps to healthy aging, tips for accepting the aging process, dealing with challenging feelings, and how to cope with loss. Each topic is a "stand-alone" subject, so if you can't come to all the sessions, feel free to come when you can. Your feedback is vital so that I know whether this program was beneficial to our customers. The Lecture Series is Tuesdays from May 8 to May 29 from 1 – 2:30 p.m. in our Multi-Purpose Room. We scheduled the talks after lunch, so if you want to come early, eat lunch, and then stay for the talk. Just be sure to sign up for the lunch in advance. Remember, lunch is free for anyone aged 60+. Call 925-3010 for registration instructions from the Community Action Commission which runs the lunch program.

The Annual Senior (*Citizen's*) Prom is Sunday, May 6, from 1:30 – 4 p.m. The "Mad Hatter's Ball" will feature many colorful decorations with an Alice in Wonderland theme. The Riptide Band will once again entertain us with their big-band style. Lately, dance participants have been entering the rooms early ... even before everything is set up. This is happening more now that a church group rents the building on Sunday mornings. **Please note that the doors will open at 1:30 p.m. for this dance.** You may come earlier and relax in our lobby, but we do not expect to open the doors to dancers until 1:30 (band members and set-up staff will be permitted to come in prior). This event is being held in partnership with the Associated Student Body Officers from Orcutt Academy High School. We expect 20-30 teens to volunteer at this event, and I trust you will make them feel welcome!

On a personal note, thank you for the many expressions of sympathy I received with the recent passing of my mother, Joan Wiley. When I adopted my daughters last June, my mom spoke in court to encourage the judge to grant my petition of adoption. It was a very special moment. In some ways, she passed the torch to me since this is my first Mother's Day where I can say my four daughters are truly "mine." My mom will always be my inspiration for what a mother should be. Happy Mother's Day to all moms, including step-moms, foster moms, soon-to-be-moms, and extra hugs to all the women who wished to be moms and are not!

~ *Barbara Wiley, Recreation Coordinator*

### Healthy Aging

## You Can Do It!

FREE Lecture Series

Tuesdays, May 8-May 29, 2018 • 1:00-2:30 p.m.

Elwin Mussell Center

510 E. Park Ave., Santa Maria

The **Center for Successful Aging** in conjunction with the **City of Santa Maria Recreation and Parks Department** will be sponsoring a four-part series on how seniors can age successfully. Join us for this interactive informative series.

The **Center for Successful Aging** provides one-on-one peer counseling for seniors who would like someone to talk with about everyday challenges and concerns. Specially trained seniors meet with other seniors to provide guidance and support. Seniors discuss a variety of issues such as coping with loss, issues of aging, anxiety, depression, and family concerns. Fees are charged on a sliding scale. Call (805) 898-8080 for more information.



**ACTIVE LIVING**  
Program



*Don't be late for this very important date...*

# Mad Hatter's Ball

## **FREE** Senior Prom

**Sunday, May 6, 2018 • 1:30-4:00 p.m.**  
**Elwin Mussell Center, 510 E. Park Ave.**

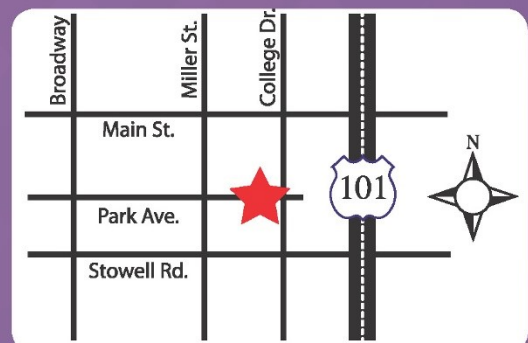
Active adults are invited to dress up and have some fun dancing to the sounds of the Rip Tide Band at the annual Senior Prom. It is never too late to make a date for a great Sunday afternoon. Enjoy light refreshments and visit with friends at this intergenerational event made possible by the Student Body Officers from Orcutt Academy High School.

**For more information  
please call the receptionists' desk  
at (805) 925-0951 ext. 2207.**

**Funding for live musical entertainment provided by  
The Community Foundation San Luis Obispo County**



ORCUTT ACADEMY  
HIGH SCHOOL







Monday	Tuesday	Wednesday	Thursday	Friday	Sat.
<b>COSTS</b> Bingo: 50¢/card Bunco: \$3/day BYOB: \$25/mo. Folk Dance: (Mondays) \$15/mo. Yoga: \$15/mo. Zumba: \$18-\$25/mo.	<b>1</b> 9-3:45 Pool* 9-10 BYOB*§ 10-11 Yoga*§ 1:30-4 Bunco*	<b>2</b> 9-3:45 Pool* 9 Exec. Bd. Meeting 9-10 Zumba Chair*§ 9-11 Artists Meet* 10-11 Zumba Gold*§ 12-4 Mah Jongg* 12:30-3:30 Hand & Foot (regular) 1-3 Knit/Crochet/Color* 1-4 Beginning Bridge	<b>3</b> 9-3:45 Pool* 9-10 BYOB*§ 12-4 Duplicate Bridge 2:30-3:45 Folk Dancing*	<b>4</b> 9-3:45 Pool* 12-4 Mah Jongg* 1-4 Bingo	<b>5</b> 9-12 Pool* 9 am-1 pm Duplicate Bridge
<b>7</b> 9-3:45 Pool* 10-11 Zumba Gold*§ 12-4 Duplicate Bridge 1-4 Party Bridge 5:30 Monthly Membership Mtg. 7-9 pm Folk Dance*§	<b>8</b> 9-3:45 Pool* 9-10 BYOB*§ 10-11 Yoga*§ 1-2:30 Healthy Aging Lecture: "Positive Steps" 1-4 Double-Deck Pinochle*	<b>9</b> 9-3:45 Pool* 9-10 Zumba Chair*§ 9-11 Artists Meet* 10-11 Zumba Gold*§ 12:30-3:30 Hand & Foot (regular) 1-3 Knit/Chat/Crochet/Color* 1-4 Beginning Bridge	<b>10</b> 9-3:45 Pool* 9-10 BYOB*§ 12-4 Duplicate Bridge 1-4 Progressive Hand & Foot 2:30-3:45 Folk Dancing*	<b>11</b> 9-3:45 Pool* 12-4 Mah Jongg* 1-4 Bingo	<b>12</b> 9-12 Pool* 9 am-1 pm Duplicate Bridge
<b>14</b> 9-3:45 Pool* 10-11 Zumba Gold*§ 12-4 Duplicate Bridge 1-4 Party Bridge 7-9 pm Folk Dance*§	<b>15</b> 9-3:45 Pool* 9-10 BYOB*§ 10-11 Yoga*§ 1-2:30 Healthy Aging Lecture: "Accept Process" 1:30-4 Bunco*	<b>16</b> 9-3:45 Pool* 9-10 Zumba Chair*§ 9-11 Artists Meet* 10-11 Zumba Gold*§ 12-4 Mah Jongg* 1-3 Book Exchange* 1-4 Beginning Bridge	<b>17</b> 9-3:45 Pool* 12-4 Duplicate Bridge 2:30-3:45 Folk Dancing*	<b>18</b> 9-3:45 Pool* 12-4 Mah Jongg* 1-4 Bingo	<b>19</b> 9-12 Pool* 8:30-1 pm Siamese Mah Jongg* 9 am-1 pm Duplicate Bridge
<b>21</b> 9-3:45 Pool* 10-11 Zumba Gold*§ 12-4 Duplicate Bridge 1-4 Party Bridge 7-9 pm Folk Dance*§	<b>22</b> 9-3:45 Pool* 9-10 BYOB*§ 10-11 Yoga*§ 1-2:30 Healthy Aging Lecture: "Deal w/ Feelings" 1-4 Double-Deck Pinochle*	<b>23</b> 9-3:45 Pool* 9-10 Zumba Chair*§ 9-11 Artists Meet* 10-11 Zumba Gold*§ 12:30-3:30 Hand & Foot (regular) 1-3 Knit/Chat/Crochet/Color* 1-4 Beginning Bridge	<b>24</b> 9-3:45 Pool* 9-10 BYOB*§ 12-4 Duplicate Bridge 1-4 Progressive Hand & Foot 2:30-3:45 Folk Dancing*	<b>25</b> 9-3:45 Pool* 12-4 Mah Jongg* 1-4 Bingo	<b>26</b> 9-12 Pool* 9 am-1 pm Duplicate Bridge
<b>Memorial Day</b> Don't forget to remember Some Gone, None Forgotten 	<b>29</b> 9-3:45 Pool* 9-10 BYOB*§ 1-2:30 Healthy Aging Lecture: "Healthy Grieving" 10-11 Yoga*§	<b>30</b> 9-3:45 Pool* 9-10 Zumba Chair*§ 9-11 Artists Meet* 10-11 Zumba Gold*§ 1-4 Beginning Bridge	<b>31</b> 9-3:45 Pool* 9-10 BYOB*§ 12-4 Duplicate Bridge 2:30-3:45 Folk Dancing*	<b>Note: Some classes may be canceled by instructor or leader at their own discretion.</b>	Register for City classes <a href="#">online</a> or at office: 615 South McClelland

**Activity Contact Persons:** Book Exchange ~ Jane Bringley ( 937-8859)  
 Duplicate Bridge ~ 937-5691 (Mondays) ~ 922-5000 (Thursdays) ~ 925-6350 (Saturdays)  
 Pinochle ~ 934-2315 (Tuesdays) / Folk Dancing (Thursdays) ~ Betty Anthony (925-5429)  
 \* City of Santa Maria Recreation & Parks Department Program  
 § Participants must pre-register at Recreation & Parks Department. No walk-ins allowed.

## May Birthdays

Alice Torres	3-May
Rosalie Foster	4-May
Don Eames	6-May
Mirlin Ozaeta	6-May
Sue Park	6-May
Diane Morrill	8-May
Gloria Scozzari	8-May
David Bringley	10-May
Dana Epps	10-May
Gil Alzaga	11-May
Ethel Holmes	12-May
Jennie Payne	12-May
Peter Stonehewer	12-May
Bill Richards	13-May
Lorraine Pregozen	15-May
Al Castaneda	20-May
Rose Devine	20-May
Virginia Cunningham	21-May
Jeannie Lobo	21-May
Esperanza Nunez	21-May
Sharon O'Neil	21-May
Janet Sobottka	21-May
Mary Zepeda	21-May
Gabriela Alexandru	23-May
Kathy Gutierrez	23-May
Dee Markstone	24-May
Marilyn Zamora	26-May
Mary Johnson	28-May
Jennie Razo	28-May
Marian Stephens	28-May
Norm Stewart	28-May
Mike Stadnick	30-May
Fran Sobisky	31-May
Ofelia Tise	31-May

## WELCOME New & Former Members!

- Gabriela Alexandru
- Frank Buckley
- Dolores Byron
- Jean Cook
- Lori Goss
- David Lawler
- Rose Mary Rosas
- Richard & Ana Santana
- Gary Shaw
- Laverne Venable
- Ed & Britta Wenglowski
- Mary Zepeda

Happy  
April  
Birthday!



Bill Roemling

## Sunshine Corner



In Sympathy to ...

the family of **Mary Law**

Mary was our Senior Club

recording secretary from 2014-2016.

Her dedication and hard work  
was very appreciated!



## May Anniversaries

Bruce & Aracelis Rodriguez	1-May
John & Carmen Solorio	2-May
LeeRoy & Dee Sinor	11-May
Mavis & Elena Deparini	14-May
Don & Irene Carpenter	16-May
Al & Irene Castaneda	22-May
Kenneth & Diane Eaton	26-May
Angelo & Hope Passidakis	28-May

*Please contact Simone (925-6267) about any members or their loved ones who need a get well, thinking of you, or sympathy card sent to them. When you call her, she would greatly appreciate it if you would leave your name and telephone number in case she needs to call you back. Thank you!*

*If your birthday or anniversary is not listed here or is incorrect, please contact Editor Laura at 406-9989.*

SMV SENIOR CITIZENS CLUB  
PO BOX 6688  
SANTA MARIA, CA 93456-6688  
Vol. 24, Issue 4  
May 2018  
Periodical



Non-profit Organization  
US Postage Paid  
Santa Maria, CA  
Permit No. 161

CHANGE SERVICE REQUESTED

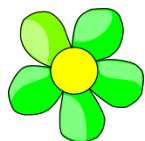
# The Mussell Messenger

## Santa Maria Valley Senior Citizens Club Newsletter

### Monthly Membership Meeting

Monday, May 7

Doors Open: 5:30 p.m. / Dinner: 6 p.m.



Salisbury Steak with Mushroom Gravy, Mashed Potatoes, Mixed Vegetables, and Red Velvet Cake

Reserve and Pay  
by May 3

**\$10 per person**

featuring

Catered by  
Jovi's Delights

Kirsten Featherstone,

RN & Clinical Nurse Specialist:

**Understanding Strokes 101**



Elwin E. Mussell Senior Citizens Center, 510 E. Park Ave.,  
Santa Maria, CA 93454 925-0951, Ext. 2207