

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

MAY 2023

Editors Note:



Carolyn Cabrera

Hello members! As we reported last month, your recently elected President Bruce Rodriguez was on a leave of absence. He decided that, in the best interest of the Club, he would resign so that we could move forward with an active leader. As no one came forward after the announcement in the newsletter of the potential need, former club president **Carolyn Cabrera** was appointed by the board to take his place. In her new position as President, Carolyn nominated **Jolene Simons** to fill the position of **1st Vice President**. The board approved this nomination. So, at this time, we still have **two open positions**: the **Travel Committee Chairperson** (who serves on the board) and the newly opened position of **Member At Large**, formerly held by Carolyn. The duties of the Member At Large include inventory and management of monthly dinner supplies, receptionist supplies, annual membership cards, and other supplies as needed; attendance at the monthly dinner and other club (not Recreation and Parks) activities on a monthly basis; and serving as the Chair of the Receptionists Committee. **PLEASE**, consider serving the club by volunteering to be on the board!

Presidents Message:

What can I say to some of my most special friends in the world? The Club Board has elected me for another term as President. I could not deny what fun I have with all of you. Actually, Jolene Simons agreed to be First Vice-President if I would be President. That was a pretty strong incentive. So here we are to have some more fun together! Please, keep coming to the dinners, dances, bridge (beginning and duplicate), bingo, and hand and foot. Travel has been working hard on trips, so your support is very important. If you want to get involved call me, and we can see what fits. It does a person so much good to talk to others and be part of each other's lives.

The annual "Senior Prom" will take place on **Sunday, May 7**, with the **Riptide Big Band** "Puttin' on the Ritz" from 1:30-4 p.m. The dance is **FREE** to everyone! See page 5 for more information. Our monthly Dinner Meeting will be on **Monday, May 1, at 5 p.m.** and the cost will be \$15.00 per person. See details of the meeting on page 8!

As always, the city has some great activities to keep us active and strong. Try line-dancing or pickleball ~ two of my favorites. They are always planning something new!

~ See you at the Elwin Mussell Senior Center!!!

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:	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:	OPEN ~ Contact any board member listed here if you are interested		
Travel:	Kathy Doty	805-937-0314	dudoty@comcast.net
Sunshine:	Simone Gillogly	805-925-6267	[no email]

Recreation and Parks Department Staff & Phone Numbers:

Recreation Coordinator: Wendy Hudson, 805-925-0951, ext. 2351, whudson@cityofsantamaria.org
 Facility Specialist: Evelyn Marroquin, 805-925-0951, ext. 1635, emarroquin@cityofsantamaria.org
 Recreation and Parks Department Primary Office, 805-925-0951, ext. 2260

Happy May Birthday!

Alice Torres	3	Janet Sobottka	21
Sue Park	6	Sharon O'Neil	21
Elaine Anes	7	Yolanda Santana	21
Gloria Scozzari	8	Kathy Gutierrez	23
David Bringley	10	Dee Markstone	24
Patty Kirker	12	Cynthia Isorda	27
Peter Stonehewer	12	Ophie Cowett	27
Alma Rosas	14	Jennie Razo	28
Donald Koloze	20	Ofelia Tise	31

Happy May Anniversary!



Zen & Karen Nawrocik	5
Mavis & Elena Deparini	14

If a birthday or anniversary date is not listed or is incorrect, please email Laura at laura.selken@gmail.com or call or text her at 805-406-9989.

Welcome New & Rejoining Members!

Pauline Bishop	Maria Najera
Sarah Cortez	Henry & Ludi Ruiz
Cindi Cotton	Yolanda Santana
Jerry & Sharon Libsack	Mona Schafer

Sunshine Corner



Our Sympathy to the family of ...

John "Jack" Dillard Hamner

Get Well Soon Marie Miranda



Thinking of You Jo York

*Remember, if you are aware of any members who need some "sunshine" ~ not feeling well, hospitalized, experiencing a long-term recovery, going through a difficult time, or suffering the loss of a loved one, **PLEASE call Simone.** Leave your name and the best telephone number to reach you in case she needs to contact you for any reason. She may be reached at **805-925-6267.***







GREETINGS FROM THE RECREATION & PARKS DEPARTMENT

Some days, you need to create your own sunshine. Thankfully May isn't filled with many of those days since it offers us lots of natural sunshine. Enjoy time outdoors soaking up the sun with family and friends.



The month of May hosts several days that are reasons for celebration. There's May Day on May 1st, celebrated in a variety of ways around the world. Cinco de Mayo on May 5th celebrates Mexican culture. May 14th is Mother's Day, where we honor mothers, grandmothers, and the mother figures in our lives. And of course, May 29th is Memorial Day, the day we pay homage to all those who fought for our freedom and did not make it home.

We are conducting a senior center survey and would like to encourage you to submit a response. The forms are located at the front desk and once completed can be placed in the marked wire rack outside our office door. We are always working on new programs and ways to improve existing programs, so what better way to get input and ideas than from **YOU**, the people that make our programs successful. Here are some of the **new** and ongoing programs happening in May, but be sure to check out our May calendar for a complete list of all the programs offered.

- ☼ **Mondays, 10:00 a.m.–noon ~ It's Scrabble Time!** – Calling all word lovers! Have fun while challenging others to exercise their vocabulary and crossword skills. 
- ☼ **Mondays, 1:00-2:00 p.m. ~ Grief Support Group** – Support each other and share experiences to help alleviate the feeling of isolation. Remember you are not alone. This program is led by a trained facilitator.
- ☼ **Tuesdays & Thursdays, 10:30-11:30 a.m. ~ OWL (Older Wiser Living) Community Interaction Program** – This program offers individuals over 50 years of age with intellectual disabilities the opportunity to learn valuable social skills, become more independent, and learn more about the resources available to them as they age. 
- ☼ **Friday, May 5, 9:30-11:30 a.m. ~ Cinco de Mayo Loteria** – Join us for a festive game of Loteria and chances to win prizes. This program is **FREE**. Refreshments will be served.
- ☼ **Monday, May 8, 12:30-1:30 p.m. ~ Santa Maria Public Library Bookmobile** – The bookmobile will be at the EMSC with books available for seniors to check out and return. 
- ☼ **Friday, May 12, 9:00 a.m.-noon ~ Mobile Pet Wellness Clinic** – This pet wellness clinic offers low-cost vaccines, spay, neutering, and medical services. Call Care-4-Paws at 805-968-2273 for more info and/or to **make an appointment**.
- ☼ **Friday, May 12, 9:30-10:30 a.m. ~ OAN Cooking Program** – Learn how to cook quick, healthy meals. Program is **FREE** and cooking supplies will be provided. 

Have a wonderful May, everyone!!!

Wendy Hudson • Recreation Coordinator • 805-925-0951 ext. 2351 • whudson@cityofsantamaria.org



TRAVEL OPPORTUNITIES

SANTA MARIA SENIOR TRAVEL COMMITTEE



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

April 25, 2023 ~ Chumash Casino Shuttle

\$40

Receive “free play” (equal to \$40)! Leave @ 10:45 a.m. **Must sign up in advance!**

May 24, 2023 ~ Chablis “Chowder Cruise” ~ Morro Bay

\$90

Reserve your spot today on this popular cruise by Big Rock Charters! We will be departing at 10:30 a.m.



June 11, 2023 ~ “All Shook Up”

\$125

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. We will leave at 7:30 a.m. (**Note the change of date**, as the previous date was Mother’s Day.)



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. (Check the travel office for availability on this trip.)

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. **Final payment due July 10! 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! ***

Upcoming 2024 Trips being planned:

 **Costa Rica**

 **European Christmas Market**

 **Your suggestions???**

Travel with Us!

We are planning new & different day trips, such as the Santa Barbara Mission, but we want your input! Share your ideas! Where do **YOU** want to go!?! Call or stop by the office with your suggestions!



FREE

PUTTIN' ON THE RITZ SENIOR PROM

SUNDAY, MAY 7, 2023



1:30-4 P.M.



**FEATURING VOCALISTS
BOB NATIONS & MITCH LATTING**

ELWIN MUSSELL CENTER 510 E. PARK AVE., SANTA MARIA



FOR MORE INFORMATION:

JUDY @ 775-813-5186,

VISIT US ONLINE AT RIPTIDEBB.COM OR

FIND US ON FACEBOOK AT [RIPTIDE BIG BAND](https://www.facebook.com/RIPTIDEBIGBAND)



THIS PROGRAM IS MADE POSSIBLE WITH THE SUPPORT OF THE CITY OF SANTA MARIA RECREATION & PARKS DEPARTMENT, THE COMMUNITY FOUNDATION OF SAN LUIS OBISPO COUNTY, THE SANTA MARIA VALLEY SENIOR CITIZENS CLUB, & RIPTIDE BIG BAND!!!





FREE



Grief Support Group

FOR ADULTS 50 YRS. & UP

Mondays, 1:00 -2:00 pm
Elwin Mussell Center
510 E. Park Avenue

Join us as we support each other and discuss some of the ways the loss of someone significant can affect our lives. The purpose of this group is to provide information about the grief process, to share experiences, and to alleviate the feeling of isolation. This free program is led by a trained facilitator.

Remember you are not alone.

RSVP at the Reception Desk.

Questions may be directed to the City of Santa Maria Recreation and Parks Department (805) 925-0951 ext. 2260

FREE

FOR ADULTS AGES 50 YRS. & UP



Tuesdays and Thursdays
10:30 AM-12:00 PM

Elwin Mussell Center, 510 E. Park Avenue

Drop-ins are welcomed.

The OWL Program will provide hands-on support to adults ages 50 years and up with intellectual disabilities. Participants are given the opportunity to learn valuable social skills, become more independent, engage with others in the community, and learn more about resources that are available as they age.



Questions may be directed to the City of Santa Maria Recreation and Parks Department (805) 925-0951 ext 2260



Monthly Membership Meeting Report

Raffle Drawing Winner ~
Alice Torres - \$20

Sadly, for the second month in a row, we did not have ANY members attend the month of their birthday.

Note: to maintain the current cost of the monthly dinner, we need to have better participation by members.

Craft Supplies Needed!

Wendy Hudson, our Recreation Coordinator at the Mussell Senior Center, is asking our membership for the donation of any unwanted or extra craft supplies (material, yarn, etc.) for future projects. For more information, please call her at 805-925-0951, ext. 2351.



The **TRAVEL COMMITTEE** is searching for a new **CHAIRPERSON** as soon as possible! 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, please let the Travel Committee people know. Let's keep our trips going!!!



May 2023



Monday	Tuesday	Wednesday	Thursday	Friday
<p>1</p> <p>9-4 Billiards* 9 Zumba Gold*§ 10 Scrabble* 10:15 Chairobics*§ 10:30 Ukulele Jam*§ 12 Duplicate Bridge 1 Grief Support 5 Member Dinner Meeting</p>	<p>2</p> <p>9-4 Billiards* 9-11 Table Tennis* 9-10 BYOB* 10:15 Yoga* 10:30 OWL* 12-2 Knit, Chat, and Crochet* 12:30-3:30 Travel 1-3:30 Bunco*</p>	<p>3</p> <p>9 Bd. Meeting 9-4 Billiards* 9-10:30 Art Studio* 9 Zumba Gold*§ 10:15 Chairobics*§ 10:30 Ukulele Jam*§ 12-4 Mah Jongg* 12:30-3:30 Travel 1-4 Beg. Bridge 1:30 Line Dancing*</p>	<p>4</p> <p>9-4 Billiards* 9-11 Table Tennis* 9-10 BYOB* 10:15 Yoga* 10:30 OWL* 12-2 Pickleball* 12:30-3:30 Travel 1-4 Hand & Foot 2-3:30 Folk Dance*</p>	<p>5</p> <p>9-4 Billiards* 9 Zumba Gold*§ 9:30-10:30 Cinco de Mayo Loteria* 10:15 Chairobics*§ 12-4 Mah Jongg* 12:45-3:45 Bingo (50¢/card)</p>
<p>8</p> <p>9-4 Billiards* 9 Zumba Gold*§ 10 Scrabble* 10:15 Chairobics*§ 10:30 Ukulele Jam*§ 12 Duplicate Bridge 12:30-1:30 SMPL Bookmobile 1 Grief Support</p>	<p>9</p> <p>9-4 Billiards* 9-11 Table Tennis* 9-10 BYOB* 10:15 Yoga* 10:30 OWL* 12-2 Knit, Chat, and Crochet* 12:30-3:30 Travel 12:30-4 Pinochle*</p>	<p>10</p> <p>9-4 Billiards* 9-10:30 Art Studio* 9 Zumba Gold*§ 10:15 Chairobics*§ 10:30 Ukulele Jam*§ 12:30-3:30 Travel 1-4 Beg. Bridge 1:30 Line Dancing*</p>	<p>11</p> <p>9-4 Billiards* 9-11 Table Tennis* 9-10 BYOB* 10:15 Yoga* 10:30 OWL* 12-2 Pickleball* 12:30-3:30 Travel</p>	<p>12</p> <p>9-4 Billiards* 9 Zumba Gold*§ 9-12 Pet Clinic 9:30 OAN Cooking Class (Foodbank) 10:15 Chairobics*§ 11:30 Foodbank 12-4 Mah Jongg* 12:45-3:45 Bingo</p>
<p>15</p> <p>9-4 Billiards* 9 Zumba Gold*§ 10 Scrabble* 10:15 Chairobics*§ 10:30 Ukulele Jam*§ 12 Duplicate Bridge 1 Grief Support</p>	<p>16</p> <p>9-4 Billiards* 9-11 Table Tennis* 9-10 BYOB* 10:15 Yoga* 10:30 OWL* 12-2 Knit, Chat, and Crochet* 12:30-3:30 Travel 1-3:30 Bunco*</p>	<p>17</p> <p>9-4 Billiards* 9-10:30 Art Studio* 9 Zumba Gold*§ 10:15 Chairobics*§ 10:30 Ukulele Jam*§ 12-4 Mah Jongg* 12:30-3:30 Travel 1-4 Beg. Bridge 1:30 Line Dancing*</p>	<p>18</p> <p>9-4 Billiards* 9-11 Table Tennis* 9-10 BYOB* 10:15 Yoga* 10:30 OWL* 12-2 Pickleball* 12:30-3:30 Travel 1-4 Hand & Foot 2-3:30 Folk Dance*</p>	<p>19</p> <p>9-4 Billiards* 9 Zumba Gold*§ 9:30-10:30 Coffee & Conversation* 10:15 Chairobics*§ 12-4 Mah Jongg* 12:45-3:45 Bingo (50¢/card)</p>
<p>22</p> <p>9-4 Billiards* 9 Zumba Gold*§ 10 Scrabble* 10:15 Chairobics*§ 10:30 Ukulele Jam*§ 12 Duplicate Bridge 1 Grief Support</p>	<p>23</p> <p>9-4 Billiards* 9-11 Table Tennis* 9-10 BYOB* 10:15 Yoga* 10:30 OWL* 12-2 Knit, Chat, and Crochet* 12:30-3:30 Travel 12:30-4 Pinochle*</p>	<p>24</p> <p>9-4 Billiards* 9-10:30 Art Studio* 9 Zumba Gold*§ 10:15 Chairobics*§ 10:30 Ukulele Jam*§ 12:30-3:30 Travel 1-4 Beg. Bridge 1:30 Line Dancing*</p>	<p>25</p> <p>9-4 Billiards* 9-11 Table Tennis* 9-10 BYOB* 10:15 Yoga* 10:30 OWL* 11 Alzheimer's Assoc. Program* 12-2 Pickleball* 12:30-3:30 Travel</p>	<p>26</p> <p>9-4 Billiards* 9 Zumba Gold*§ 10:15 Chairobics*§ 12-4 Mah Jongg* 12:45-3:45 Bingo (50¢/card)</p>
<p>Always remember those who made the ultimate sacrifice for our country Happy Memorial Day</p>	<p>30</p> <p>9-4 Billiards* 9-11 Table Tennis* 9-10 BYOB* 10:15 Yoga* 10:30 OWL* 12-2 Knit, Chat, and Crochet* 12:30-3:30 Travel</p>	<p>31</p> <p>9-4 Billiards* 9-10:30 Art Studio* 9 Zumba Gold*§ 10:15 Chairobics*§ 10:30 Ukulele Jam*§ 12:30-3:30 Travel 1-4 Beg. Bridge 1:30 Line Dancing*</p>	<p>Activity Contact Numbers: Duplicate Bridge ~ 408-499-5333 Beginning Bridge ~ 805-574-3237 Hand & Foot ~ 805-332-3328 Bingo ~ 805-739-0468 or Call Carolyn @ 805-448-0623</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
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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 ~ May 1

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

Baked spaghetti, ground beef meatballs, marinara meat sauce, parmesan cheese, steamed vegetables, & double fudge cake

Reserve/Pay By:
Friday, April 28

\$15 per person

Catered by:
Jovi's Delight

featuring

Sandy Peterson

President, Santa Maria Valley Genealogical Society

Family histories & resources in the Santa Maria area

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

