

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



June 2023



President's Message:



Carolyn Cabrera

Thank you to all you wonderful SMVSCC members. Every time I am with you, you encourage and inspire me. You are so worth every minute of my time and energy!!! Keep coming to the Club events and to the Mussell Senior Center. Stay involved and keep moving forward! Give to others, don't withdraw but be kind to yourself, too! Exercise physically and mentally – strengthen your mind! Make new friends, but don't forget the old ones – they are priceless!

The next dance will take place on **Sunday, June 11**, with the **Riptide Big Band** performance featuring several vocalists from 1:30-4 p.m. The dance is **FREE** to everyone! See page 5 for more information. Just had to share the photo of our high school volunteers from the Senior Prom on May 7 (see below). Please note, there will not be a dance in July in order for the musicians to take a break, but they will return again on August 13.

Our monthly Dinner Meeting will be on **Monday, June 5, at 5 p.m.** We will be having our very own Mussell Center Ukulele group, under the direction of Anita Ritenour, perform for us! **PLEASE, RSVP and pay** for this, and all monthly dinners, by **NOON** on the Friday before. Thanks so much for your cooperation! See details of the meeting, including the delicious menu by Jovi's Delight, on page 8!

Be sure to read Wendy's column on page 3. The City is always planning new and creative activities for us to take part in. Take advantage of them, and be sure to bring your friends and neighbors!

~ See you at the 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 June Birthday!

Yolanda Ramos	2	Carol Compton	20
Rita Everling	3	Larry Peterson	20
Joe Mendoza	3	Katy Criman	21
Dixie Lowers	6	Phil Fee	21
John Simpson	6	Irene Carpenter	23
Jean Studer	6	Bea Goyette	23
Maria Najera	8	Anne Price	23
Doris McIntyre	12	Ludi Ruiz	25
Helen Razo	12	Sylvia Garcia	27
Nancy Chvala	13	Linda Peterson	29
Dale Iloff	13	Pauline Okerblom	30
Ellie Plumer	16	Rick Witkowski	30
Brigitte Morse	18	Happy Birthday!	



Becky Bracke & Alice Torres

Happy June Anniversary!

	Phil & Sue Park	6
	Mark & Bobbi Eggleston	9
	Floyd & Barb Snyder	16
	Phil & Wilma Fee	22

Welcome New & Rejoining Members!

Florenda Adversalo	Colleen Murr
Becky Bracke	Eileen Rios
Donna France	Cathy Ross
Arthur Hernandez	Rita Thompson

Sunshine Corner



Please, contact Simone about members or their loved ones who need a get well, thinking of you, or sympathy card sent. Please, leave your name and number when you call (805-925-6267).



GREETINGS FROM THE RECREATION & PARKS DEPARTMENT

Hello June! Let summer begin. Although June is not a warm month here on the Central Coast, there are still lots of fun outdoor activities we can enjoy with our families. A Santa Maria family favorite is the Elks Rodeo and Parade held the first week of June. We encourage all Mussell Center visitors to wear their favorite western wear and help kick off the Rodeo festivities here at the center.

Father's Day is a special day where families honor fathers, grandfathers, or the father figures in their lives. To the world, they may be a dad, but to their family they are the world. Celebrate this special day and recognize the contribution fathers and father figures have made in your family's life. June also features the longest day of the year with the Summer Solstice happening on Wednesday, June 21. Enjoy the long day and soak in the sun, by visiting a local city park with family or friends.

Here's what's happening at the Mussell Center in June:

- ☼ **Friday, June 2, 9:30–10:30 a.m. ~ Coffee & Conversation Boots & Bling Party** – Grab your boots and find your bling. Join us as we play fun western games! Prizes are awarded to the Best Dressed Boots and Bling participants!
- ☼ **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.
- ☼ **Tuesday, June 6, 1:00-3:00 p.m. ~ Bunco: Mussell's Most Wanted** – Get off your high horse and saddle on over for your chance to win the jackpot. Five cash prizes will be awarded.
- ☼ **Wednesdays, 1:30-2:30 p.m. ~ Line Dancing** – Saddle up and mosey on over and dance to your favorite western songs. No experience or partners needed.
- ☼ **Friday, June 9, 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. **Space is limited.** Followed by **Santa Barbara County Foodbank Distribution, 11:00 a.m.-12:00 p.m.** – Fresh produce and canned food will be ready for pickup. Please show your Foodbank card upon arrival.
- ☼ **Monday, June 12, 12:30-1:30 p.m. ~ Santa Maria Public Library Bookmobile** – The bookmobile – a branch of the local library on the go – offers all library services.
- ☼ **Wednesdays, June 14 & June 28, 9:00-10:00 a.m. ~ My Artistic Self Rock Painting** – We'll supply the rocks and paint – you supply the imagination! Create beautiful rock art by painting positive messages or create your own design. This art project is for all skill levels. **Reservations required.** Limited space available.
- ☼ **Friday, June 30, 10:00 a.m.-1 p.m. ~ Mobile Pet Wellness Clinic** – This pet wellness clinic offers low-cost vaccines for dogs & cats, dental care, and surgeries. **Call in advance for dental or surgical appointments** (Care-4-Paws at 805-968-2273). Visit care4paws.org for more information.

Have a wonderful June 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

June 11 ~ “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.



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.)

July 22 ~ Great American Melodrama “Gold Fever at the Rough & Ready”

\$60

This sensational show offers loads of opportunities to boo the villain, cheer the hero, and laugh yourself silly at the crazy antics of the colorful characters that inhabit the rough & tumble world of the California Gold Rush! This action packed show brings a mining camp roaring to life with heroic action, love, betrayal, deceit, and villainy.



August 6 ~ Cachuma Lake Cruise

\$46

Let us do the driving for you! Enjoy a pontoon tour of Cachuma Lake led by a park naturalist and view a great variety of wildlife and plants. (Lunch not included.)



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!** *Reflects \$100 savings when pay by check.

October 1 ~ Chumash Intertribal Powwow

TBA

Dancing, singing and drumming will be on display as Native American tribes from throughout North America descend on Santa Ynez to celebrate their heritage (bring your own chair).

TRAVEL PRESENTATIONS:

- ◆ **July 11, 2023 ~ Collette Travel – Costa Rica in 2024 & European Christmas Market in 2024** (both trips will be presented on the same day)
- ◆ **July 18, 2023 ~ Premier World Discovery – Albuquerque International Balloon Fiesta in October 2024**

SANTA MARIA VALLEY SENIOR CITIZENS CLUB PRESENTS



SPOTLIGHT ON VOCALISTS!



featuring

**Bob Nations, Mitch Latting,
& guests ~ Bo Prescott, Kathryn Loomis,
Melody Mize & Sandy Smallwood**



**JUNE 11, 2023
1:30-4:00 PM
ELWIN MUSSELL
SENIOR CENTER
510 E. Park Ave., Santa Maria**

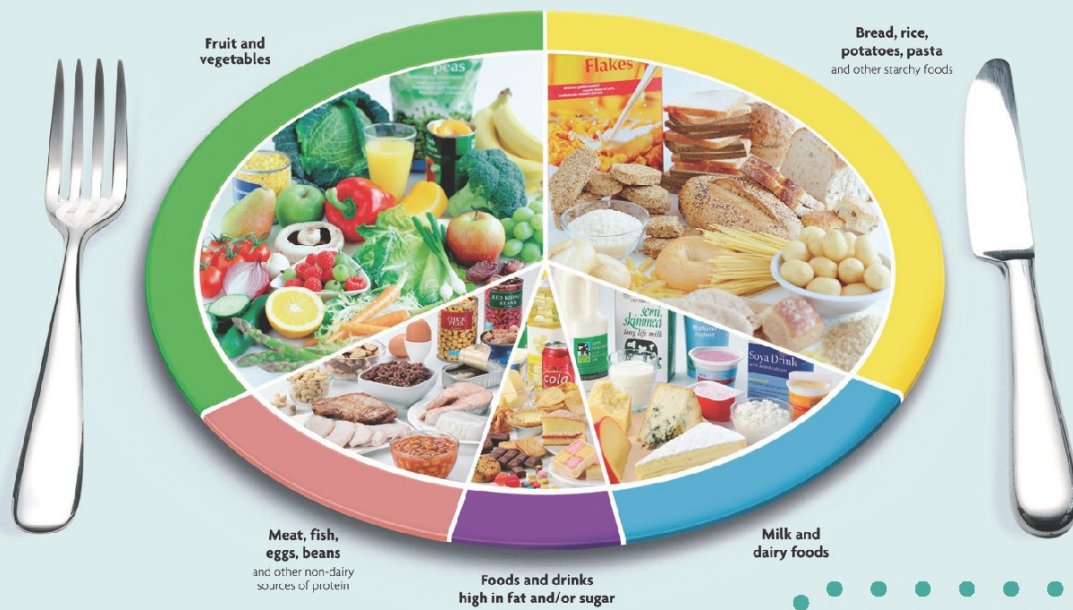


Central Coast Commission for Senior Citizens

*Come join us for food,
fun and friendship!*

Senior Nutrition Program

Any person aged 60 years or older is eligible



Benefits Include:

- Avoid missed meals*
- Socialize and have fun*
- Learn about good nutrition*
- Support your independence*

Reserve your spot
TODAY!

Call

805-925-9554 - Option 1

or email

Meals@CentralCoastSeniors.org

Opening at the Mussell Center
June 2023!

510 E Park Ave
Santa Maria

Call today to enroll and
reserve your spot.

(805) 925-9554 Option 1



June 2023



Monday	Tuesday	Wednesday	Thursday	Friday
<p align="center">Activity Contact Persons:</p> <p align="center">Duplicate Bridge ~ Alan, 408-499-5333</p> <p align="center">Beginning Bridge ~ Frank, 805-574-3237</p> <p align="center">Hand & Foot ~ Christel, 805-332-3328</p> <p align="center">Bingo ~ Marlene & John, 805-739-0468</p>			<p>9-4 Billiards* 1</p> <p>9-11 Table Tennis*</p> <p>9-10 BYOB*</p> <p>10:15 Yoga*</p> <p>10:30-12 OWL*</p> <p>12-2 Pickleball*</p> <p>12:30-3:30 Travel</p> <p>1-4 Hand & Foot</p> <p>2-3:30 Folk Dance*</p>	<p align="right">2</p> <p>9-4 Billiards*</p> <p>9 Zumba Gold*§</p> <p>9:30-10:30 Coffee & Conversation*</p> <p>10:15 Chairobics*§</p> <p>12-4 Mah Jongg*</p> <p>12:45-3:30 Bingo (50¢/card)</p>
<p>9-4 Billiards* 5</p> <p>9 Zumba Gold*§</p> <p>10-12 Scrabble*</p> <p>10:15 Chairobics*§</p> <p>10:30 Ukulele Jam*</p> <p>12 Duplicate Bridge</p> <p>1-2 Grief Support</p> <p>5 Member Dinner Meeting</p>	<p>9-4 Billiards* 6</p> <p>9-11 Table Tennis*</p> <p>9-10 BYOB*</p> <p>10:15 Yoga*</p> <p>10:30-12 OWL*</p> <p>12-2 Knit, Chat, and Crochet*</p> <p>12:30-3:30 Travel</p> <p>1-3:30 Bunco*</p>	<p>9 Bd. Meeting 7</p> <p>9-4 Billiards*</p> <p>9 My Artistic Self*</p> <p>9 Zumba Gold*§</p> <p>10:15 Chairobics*§</p> <p>10:30 Ukulele Jam*</p> <p>12-4 Mah Jongg*</p> <p>12:30-3:30 Travel</p> <p>1-4 Beg. Bridge</p> <p>1:30 Line Dancing*</p>	<p align="right">8</p> <p>9-4 Billiards*</p> <p>9-11 Table Tennis*</p> <p>9-10 BYOB*</p> <p>10:15 Yoga*</p> <p>10:30-12 OWL*</p> <p>12-2 Pickleball*</p> <p>12:30-3:30 Travel</p>	<p>9-4 Billiards* 9</p> <p>9 Zumba Gold*§</p> <p>9:30 OAN Cooking Class (Foodbank)</p> <p>10:15 Chairobics*§</p> <p>11 Foodbank Distribution</p> <p>12-4 Mah Jongg*</p> <p>12:45-3:30 Bingo</p>
<p>9-4 Billiards* 12</p> <p>9 Zumba Gold*§</p> <p>10-12 Scrabble*</p> <p>10:15 Chairobics*§</p> <p>10:30 Ukulele Jam*</p> <p>12 Duplicate Bridge</p> <p>12:30-1:30 SMPL Bookmobile</p> <p>1-2 Grief Support</p>	<p>9-4 Billiards* 13</p> <p>9-11 Table Tennis*</p> <p>9-10 BYOB*</p> <p>10:15 Yoga*</p> <p>10:30-12 OWL*</p> <p>12-2 Knit, Chat, and Crochet*</p> <p>12:30-3:30 Travel</p> <p>12:30-4 Pinochle*</p>	<p>9-4 Billiards* 14</p> <p>9 My Artistic Self*</p> <p>9 Zumba Gold*§</p> <p>10:15 Chairobics*§</p> <p>10:30 Ukulele Jam*</p> <p>12:30-3:30 Travel</p> <p>1-4 Beg. Bridge</p> <p>1:30 Line Dancing*</p>	<p>9-4 Billiards* 15</p> <p>9-11 Table Tennis*</p> <p>9-10 BYOB*</p> <p>10:15 Yoga*</p> <p>10:30-12 OWL*</p> <p>12-2 Pickleball*</p> <p>12:30-3:30 Travel</p> <p>1-4 Hand & Foot</p> <p>2-3:30 Folk Dance*</p>	<p>9-4 Billiards* 16</p> <p>9 Zumba Gold*§</p> <p>9:30-10:30 Coffee & Conversation*</p> <p>10:15 Chairobics*§</p> <p>12-4 Mah Jongg*</p> <p>12:45-3:30 Bingo (50¢/card)</p>
<p align="right">19</p> <p>9-4 Billiards*</p> <p>9 Zumba Gold*§</p> <p>10-12 Scrabble*</p> <p>10:15 Chairobics*§</p> <p>10:30 Ukulele Jam*</p> <p>12 Duplicate Bridge</p> <p>1-2 Grief Support</p>	<p>9-4 Billiards* 20</p> <p>9-11 Table Tennis*</p> <p>9-10 BYOB*</p> <p>10:15 Yoga*</p> <p>10:30-12 OWL*</p> <p>12-2 Knit, Chat, and Crochet*</p> <p>12:30-3:30 Travel</p> <p>1-3:30 Bunco*</p>	<p>9-4 Billiards* 21</p> <p>9 My Artistic Self*</p> <p>9 Zumba Gold*§</p> <p>10:15 Chairobics*§</p> <p>10:30 Ukulele Jam*</p> <p>12-4 Mah Jongg*</p> <p>12:30-3:30 Travel</p> <p>1-4 Beg. Bridge</p> <p>1:30 Line Dancing*</p>	<p align="right">22</p> <p>9-4 Billiards*</p> <p>9-11 Table Tennis*</p> <p>9-10 BYOB*</p> <p>10:15 Yoga*</p> <p>10:30-12 OWL*</p> <p>12-2 Pickleball*</p> <p>12:30-3:30 Travel</p>	<p align="right">23</p> <p>9-4 Billiards*</p> <p>9 Zumba Gold*§</p> <p>10:15 Chairobics*§</p> <p>12-4 Mah Jongg*</p> <p>12:45-3:30 Bingo (50¢/card)</p>
<p align="right">26</p> <p>9-4 Billiards*</p> <p>9 Zumba Gold*§</p> <p>10-12 Scrabble*</p> <p>10:15 Chairobics*§</p> <p>10:30 Ukulele Jam*</p> <p>12 Duplicate Bridge</p> <p>1-2 Grief Support</p>	<p>9-4 Billiards* 27</p> <p>9-11 Table Tennis*</p> <p>9-10 BYOB*</p> <p>10:15 Yoga*</p> <p>10:30-12 OWL*</p> <p>12-2 Knit, Chat, and Crochet*</p> <p>12:30-3:30 Travel</p> <p>12:30-4 Pinochle*</p>	<p>9-4 Billiards* 28</p> <p>9 My Artistic Self*</p> <p>9 Zumba Gold*§</p> <p>10:15 Chairobics*§</p> <p>10:30 Ukulele Jam*</p> <p>12:30-3:30 Travel</p> <p>1-4 Beg. Bridge</p> <p>1:30 Line Dancing*</p>	<p align="right">29</p> <p>9-4 Billiards*</p> <p>9-11 Table Tennis*</p> <p>9-10 BYOB*</p> <p>10:15 Yoga*</p> <p>10:30-12 OWL*</p> <p>12-2 Pickleball*</p> <p>12:30-3:30 Travel</p>	<p align="right">30</p> <p>9-4 Billiards*</p> <p>9 Zumba Gold*§</p> <p>10-1 Pet Clinic</p> <p>10:15 Chairobics*§</p> <p>12-4 Mah Jongg*</p> <p>12:45-3:30 Bingo (50¢/card)</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, June 5



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

Filipino chicken adobo, steamed white rice, stir fried vegetable noodles, 2 fried egg rolls, salad, & coconut cream cake

Reserve/Pay By:
Friday, June 2

\$15 per person
featuring

Catered by:
Jovi's Delight



Mussell Senior Center
Ukulele Group
Directed by Anita Ritenour



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