

# 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



## July 2023

### President's Message:



**Carolyn Cabrera**

It is wonderful to go on vacation, but it is so, so good to be back home – just ask my little girl cats who go with me in the R.V.!!! They are enjoying relaxing in the sunroom right now. Travel is getting in full swing now. Don't get left behind on a trip of a "lifetime." Come visit with a **Travel Committee** volunteer in the Conference Room at the Mussell Center Tuesday, Wednesday, and Thursday afternoons from 12:30 to 3:30 p.m. Ask questions, get involved, and sign up for a trip. Please note: **we need new Travel Leads and extra Travel Assistants!!** If you love to travel – this could be for you! If interested or would like more details, stop by during their office hours or let me know.

The Mussell Senior Center has a lot to offer! Drop by, have a cup of coffee, sit and read in the lobby, or bring your electronic device and enjoy **FREE WI-FI!!** There is always something for everyone, either offered by your Senior Club or by the city. Come on down on a day you may not usually be there and check out what's going on! You might be surprised!

Our monthly Dinner Meeting will be on **Monday, July 3, at 5 p.m.** We will have



**Marianne Greenelsh and Gary Benedetti** singing some "Americana" songs for us! It will be a great way to celebrate our nation's birthday!!! **PLEASE, RSVP and pay** for this, and all monthly dinners, by **NOON** on the Friday before. Thanks so much for your cooperation! See page 8 for more details and the delicious menu by Jovi's Delight! **And don't forget to come if your birthday is in July!!!**

Don't miss the Rec & Park column on page 3. The City has lots planned this month!! Be sure to bring your friends and neighbors!

Note, there will be no Riptide Big Band dance in July - but they'll be back on August 13 for a summer dance party!!!

**~ 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:	<b>OPEN</b> ~ 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 July Birthday!

Rosa Rivas	2	Neneth Perez	15
Cathy Ross	3	Brenda Montgomery	17
Colleen Murr	4	Karen O'Neil	17
Jim Wyckoff	5	Gina Robinson	18
Bruce Rodriguez	7	Marlene Miller	20
Anna Mae Beall	9	Louise Frye	21
Henry Ruiz	9	Gloria Davis	22
Arlene Dvorak	10	Tina Lopez	22
John Medeiros	12	Bob Newman	24
Lana Fleming	13	Valerie Schubert	25
Gloria Ramos	13	Cindi Cotton	29
Alzira Sarmiento	14	Donna Nisbet	29

# Happy July Anniversary!

Bob & Joyce Turner ~ July 24

## Welcome New & Rejoining Members!



Edna Duggins  
Diane Sheen



Contact Laura if your birthday or anniversary is missing/incorrect.

# Sunshine Corner



**Get Well Soon**  
**David & Jane Bringley**

**You are in our thoughts,**  
**Val Brose & Jo York**



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).



Monthly Membership

Meeting Report:

Raffle Winners ~

Toni Loayza - \$20.00

Bob Turner - \$13.00



## RECREATION & PARKS DEPARTMENT JULY 2023 ACTIVITIES

- ⚙️ **Wednesdays, July 12 & July 26, 9:00-10:00 a.m. ~ My Artistic Self “Candle Painting” Class** – Join in the fun by learning to paint with wax. Participants will learn to create their very own custom dried flower covered candle. Participants are asked to bring a 4” – 6” pillar candle on the day of class. All other supplies will be provided. Space is limited. **Register at the reception desk in advance.**
- ⚙️ **Wednesday, July 12, 10:30 a.m.-1:00 p.m. ~ Central Coast Commission for Senior Citizens “HICAP”** – A trained counselor from HICAP will be in the lobby to answer any questions you might have regarding any senior services.
- ⚙️ **Friday, July 14, 10:30-11:30 a.m. ~ Santa Barbara County Foodbank** – Distribution of fresh produce and canned food will be ready for pickup. Please show your Foodbank card upon arrival.
- ⚙️ **Friday, July 14 ~ California Phones iPhone & Android Training – 12:30-2:30 p.m.** – iPhone training / **3:00-5:00 p.m.** – Android training. Attend a FREE workshop and make your smartphone work better for you! Learn how to operate the basic functions of your smartphone, & much more! Space is limited! **Register now at the reception desk.**
- ⚙️ **Monday, July 17, 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.
- ⚙️ **Tuesday, July 18, 1:00-3:00 p.m. ~ Bunco: “Ice Cream for Bunco!”** – I scream! You scream! We all scream BUNCO! Join us for a fun afternoon of bunco, followed by an ice cream delight! No experience necessary.
- ⚙️ **Wednesday, July 19, 11:30 a.m.-1:00 p.m. ~ Santa Maria Terrace “Chillin’ & Grillin’ Summer Luncheon”** – Join us for a Summer Party, BBQ Style! There will be outdoor games on the patio and live entertainment by the Mussell Ukulele group. Limited seating available. **RSVP by Friday, July 14**, at the reception desk.
- ⚙️ **Thursday, July 20, 2:30-3:30 p.m. & Tuesday, July 25, 1:00-2:00 p.m. ~ Intro to Belly Dancing** – Awaken your inner Goddess and learn the essence of belly dancing. This free introductory class will teach participants iconic belly dancing techniques. No experience necessary. **Participants must RSVP at the reception desk.**
- ⚙️ **Friday, July 21, 9:30-10:30 a.m. ~ Coffee & Conversation “Christmas in July”** – ’Tis the season for summer holiday cheer! Cool off from the summer heat and join the conversation as we decorate summer Christmas Cookies! **Participants must RSVP at the reception desk!**
- ⚙️ **Friday, July 28, 9:30-11:30 a.m. ~ Loteria** – Join us for a fun-filled morning, playing good ol’ fashioned Loteria! No experience needed! Prizes and light refreshments will be provided. (*Lotería is a traditional Mexican game, similar to bingo, with illustrated cards depicting the Mexican aesthetic.*)
- ⚙️ **Friday, July 28, 10:00 a.m.-3 p.m. ~ Mobile Pet Wellness Clinic** – This pet clinic offers reduced-rate 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](http://care4paws.org) for more information.

**Lost and Found** ~ Did you leave a pair of glasses, sweater, jacket, or other items at the Mussell Center? Ask the front desk receptionist if your item is in the “Lost and Found” box. **Items will be discarded at the end of each month.**



# TRAVEL OPPORTUNITIES

## SANTA MARIA SENIOR TRAVEL COMMITTEE



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

### TRAVEL PRESENTATIONS:

- ◆ **July 11, 12 p.m. ~ Collette Travel – Costa Rica in 2024 & European Christmas Market in 2024** (both trips will be presented on the same day)
- ◆ **July 18, 12 p.m. ~ Premier World Discovery – Albuquerque International Balloon Fiesta in October 2024**

### 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.



**MUST MAKE YOUR RESERVATION BY JULY 13!**

### 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.) **MUST**

**MAKE YOUR RESERVATION BY JULY 27!**



### 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). **MUST MAKE YOUR RESERVATION BY SEPTEMBER 21!**

## Help Wanted with Travel Committee!!!



The **TRAVEL COMMITTEE** is in need of a new **CHAIRPERSON** as **soon as possible!!!** If you or anyone you know 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!!! **We also need additional TRAVEL LEADS!!!** The more volunteers we have the more trips we can plan!

Central Coast Commission  
for  
Senior Citizens

Come join us for food,  
fun and friendship!

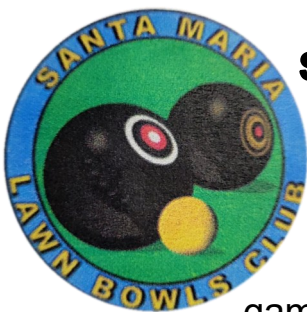
# Senior Nutrition Program

Any person aged 60 years or older is eligible

**FREE Lunches Have Started!**  
**Reservations Required**      **CALL 805-925-9554 - option 1**  
**3 business days in advance!**      **EMAIL [meals@centralcoastseniors.org](mailto:meals@centralcoastseniors.org)**

JULY 3	JULY 4	JULY 5	JULY 6	JULY 7
chicken patty, gravy, graham cracker sweet potatoes, brussel sprouts, & apple-sauce in a cup	<b>MUSSELL CENTER CLOSED FOR INDEPENDENCE DAY!</b>	meatloaf with BBQ sauce, slice of wheat bread, roasted potato cubes, homemade coleslaw, & diced peaches in a cup	sweet & sour meatballs, brown rice, broccoli, pickled beets, & apricots	Southwest chicken salad tostada (romaine, beans and corn), home-made carrot salad, & orange

**Visit [smvsc.org](http://smvsc.org) to see the full menu or pick one up at the Center.**  
*(milk is offered at all meals; bring your own container for leftovers)*



Who knew that bowling outside could be so much fun? With the **Santa Maria Lawn Bowls Club**, you can enjoy the outdoors while being active and enjoying this unique activity. This private club is sponsored by the City of Santa Maria Parks & Recreation Department, and features a 120 square foot lane made of green artificial turf ("one of the finest greens in the US" - imported from Australia).

People of any size, gender, or age are welcome. The object of the game is to roll a ball, known as a "bowl," toward a smaller stationary yellow ball, called a "jack," and have it be the closest to it when it comes to rest.

Membership is only \$50 a year. The Santa Maria Lawn Bowls Club is located at 420 So. McClelland Street, right across from the Santa Maria Public Library and right next door to the Natural History Museum. Games are played from around 9:45 a.m. to noon on Tuesdays, Wednesdays, and Fridays, but members can bowl almost any other time. Those interested in learning more about the game and the Club are encouraged to call 805-980-8673 or 805-929-2466. Club members are happy to give you free lessons at no charge! Give lawn bowling a try!



The City of Santa Maria  
Recreation and Parks Department and  
Santa Maria Terrace presents:

**Free!**

**For Ages 50 Yrs. & Up**

# Grillin' & Chillin'

## SENIOR LUNCHEON

**Wednesday, July 19, 2023**  
**11:30 a.m. - 1:00 p.m.**

**Elwin Mussell Center**  
**510 E. Park Avenue**



**Join us for a Summer Party, BBQ Style!**

**There will be outdoor games on the patio and  
live entertainment from our ukulele group.**

**Limited seating available.**

**RSVP by Friday, July 14, at the  
Elwin Mussell Center reception desk.**

**GAMES ON  
THE PATIO**

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

# July 2023

Monday	Tuesday	Wednesday	Thursday	Friday
<p>9-4 Billiards* <b>3</b>                      9 Zumba Gold*§                      10-12 Scrabble*                      10:15 Chairobics*§                      10:30 Ukulele Jam*                      12 Duplicate Bridge                      1-2 Grief Support  <b>5 Member Dinner Meeting</b></p>		<p><b>9 Bd. Meeting 5</b>                      9-4 Billiards*                      9 My Artistic Self*                      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>9-4 Billiards* <b>6</b>                      9-11 Table Tennis*                      9-10 BYOB*                      10:15 Yoga*                      10:30-12 OWL*                      12-2 Pickleball*                      12:30-3:30 Travel                      1-4 Hand &amp; Foot                      2-3:30 Folk Dance*</p>	<p><b>7</b>                      9-4 Billiards*                      9 Zumba Gold*§                      9:30-10:30 Coffee &amp; Conversation*                      10:15 Chairobics*§                      12-4 Mah Jongg*                      12:45-3:30 Bingo (50¢/card)</p>
<p><b>10</b>                      9-4 Billiards*                      9 Zumba Gold*§                      10-12 Scrabble*                      10:15 Chairobics*§                      10:30 Ukulele Jam*                      12 Duplicate Bridge                      1-2 Grief Support</p>	<p>9-4 Billiards* <b>11</b>                      9-11 Table Tennis*                      9-10 BYOB*                      10:15 Yoga*                      10:30-12 OWL*  <b>12 Collette Travel</b>                      12:30-3:30 Travel                      12:30-4 Pinochle*                      1-3 Knit, Crochet+*</p>	<p>9-4 Billiards* <b>12</b>  <b>9 My Artistic Self*</b>                      9 Zumba Gold*§                      10:15 Chairobics*§                      10:30 Ukulele Jam*  <b>10:30 HICAP in lobby</b>                      12:30-3:30 Travel                      1-4 Beg. Bridge                      1:30 Line Dancing*</p>	<p><b>13</b>                      9-4 Billiards*                      9-11 Table Tennis*                      9-10 BYOB*                      10:15 Yoga*                      10:30-12 OWL*                      12-2 Pickleball*                      12:30-3:30 Travel</p>	<p>9-4 Billiards* <b>14</b>                      9 Zumba Gold*§                      10:15 Chairobics*§  <b>10:30-11:30 Food-bank Distribution</b>                      12-4 Mah Jongg*  <b>12:30-5 California Phones</b>                      12:45-3:30 Bingo</p>
<p>9-4 Billiards* <b>17</b>                      9 Zumba Gold*§                      10-12 Scrabble*                      10:15 Chairobics*§                      10:30 Ukulele Jam*                      12 Duplicate Bridge  <b>12:30-1:30 SMPL Bookmobile</b>                      1-2 Grief Support</p>	<p>9-4 Billiards* <b>18</b>                      9-11 Table Tennis*                      9-10 BYOB*                      10:15 Yoga*                      10:30-12 OWL*  <b>12 Premier Travel</b>                      12:30-3:30 Travel  <b>1-3:30 Bunco*</b>                      1-3 Knit, Crochet+*</p>	<p>9-4 Billiards* <b>19</b>                      9 My Artistic Self*                      9 Zumba Gold*§                      10:15 Chairobics*§                      10:30 Ukulele Jam*  <b>11:30 BBQ Luncheon</b>                      12:30-3:30 Travel                      1-4 Beg. Bridge                      1:30 Line Dancing*</p>	<p>9-4 Billiards* <b>20</b>                      9-11 Table Tennis*                      9-10 BYOB*                      10:15 Yoga*                      10:30-12 OWL*                      12-2 Pickleball*                      12:30-3:30 Travel                      1-4 Hand &amp; Foot                      2-3:30 Folk Dance*  <b>2:30 Belly Dancing</b></p>	<p>9-4 Billiards* <b>21</b>                      9 Zumba Gold*§  <b>9:30-10:30 Coffee &amp; Conversation* "Christmas in July"</b>                      10:15 Chairobics*§                      12-4 Mah Jongg*                      12:45-3:30 Bingo (50¢/card)</p>
<p><b>24</b>                      9-4 Billiards*                      9 Zumba Gold*§                      10-12 Scrabble*                      10:15 Chairobics*§                      10:30 Ukulele Jam*                      12 Duplicate Bridge                      1-2 Grief Support</p>	<p>9-4 Billiards* <b>25</b>                      9-11 Table Tennis*                      9-10 BYOB*                      10:15 Yoga*                      10:30-12 OWL*  <b>1-2 Belly Dancing*</b>                      12:30-3:30 Travel                      12:30-4 Pinochle*                      1-3 Knit, Crochet+*</p>	<p>9-4 Billiards* <b>26</b>  <b>9 My Artistic Self*</b>                      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><b>27</b>                      9-4 Billiards*                      9-11 Table Tennis*                      9-10 BYOB*                      10:15 Yoga*                      10:30-12 OWL*                      12-2 Pickleball*                      12:30-3:30 Travel</p>	<p><b>28</b>                      9-4 Billiards*                      9 Zumba Gold*§  <b>9:30-10:30 Loteria</b>  <b>10-3 Pet Clinic</b>                      10:15 Chairobics*§                      12-4 Mah Jongg*                      12:45-3:30 Bingo (50¢/card)</p>
<p><b>31</b>                      9-4 Billiards*                      9 Zumba Gold*§                      10-12 Scrabble*                      10:15 Chairobics*§                      10:30 Ukulele Jam*                      12 Duplicate Bridge                      1-2 Grief Support</p>	<p><b>Activity Contact Persons:</b>                      Duplicate Bridge ~ Alan, 408-499-5333                      Beginning Bridge ~ Frank, 805-574-3237                      Hand &amp; Foot ~ Christel, 805-332-3328                      Bingo ~ Marlene &amp; John, 805-739-0468</p>		<p>Rec &amp; Park is in need of volunteers to help in a variety of areas. If you are interested, reach out to Wendy!</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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RETURN SERVICE REQUESTED

# The Mussell Messenger

## Santa Maria Valley Senior Citizens Club Newsletter

 **Monthly Membership Meeting**   
**Monday, July 3, 2023**  
**Doors Open: 5 p.m. ~ Dinner: 5:15 p.m.**

Alaska pollock white fish, oven-roasted garlic herb potatoes, California blend steamed vegetables, salad & chocolate mousse cake

**Reserve/Pay By: Friday, June 30**    **\$15 per person**    **Catered by: Jovi's Delight**



**Songs from the American Song Book**

featuring

**Marianne Greenelsh & Gary Benedetti**



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