

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



President's Message ~

Life Can Be Exciting!



Carolyn Cabrera

Love, laugh, enjoy life! Love yourself! Enjoy sharing who you are and the world around you. You may be feeling stressed with all the political strife and turmoil our nation is experiencing right now, but you can create your own amazing safe space! Create beauty from what you have. I like to work in my yard. Joy overflows when I see my succulents grow in my flower beds, supporting my roses, geraniums, and other plants. I also enjoy planting native plants at my church, mixing in succulents and then watching them thrive even in the heat and very little water. Find and do something creative that brings YOU joy! There are plenty activities at the Mussell Center that can help with that! Remember – life can be exciting, but it is only what you make it to be!

Our next dinner will be on **Monday, July 14**, featuring **Jay Connor**. He will be speaking to us about **Honor Flight Central Coast California** and the local heroes they support. The menu includes Filipino chicken adobo, steamed white rice, fried vegetables and noodles, fried egg rolls, salad, and dessert. Your **PRE-PAID** reservations will be due by **Friday, July 11, at Noon**. It's very important to make your reservations in advance, rather than just "showing up" on Monday, so that we can order the correct amount of food. Thanks for your cooperation.

The **Riptide Big Band** is taking the month of July off for some much needed rest and relaxation, but they will be back in August for some **SUMMER FUN!** Mark your calendars, and don't miss their next dance on **Sunday, August 10, from 1:30 to 4 p.m.** at the Mussell Center. This **FREE** event is open to the public, thanks to the generous grant from the Community Foundation of San Luis Obispo County!

As you all know, we are always looking for volunteers ~ if you are fairly new (or a seasoned member!) and looking for something to do, we can use your help ... as a receptionist, with the travel office, at our monthly dinners, or even taking on a board position! If interested, please contact any board member listed on page 2!!!

As a reminder ~ I have recently changed my email address, so review it on page 2 with the others.

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.

2025 Officers & Committee Chairpersons

| | | | |
|---------------------|--------------------|---|--------------------------|
| President | Carolyn Cabrera | 805-448-0623 | ccabrera0048@gmail.com |
| 1st VP | Jolene Simons | 805-266-8767 | 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 | Nancy Andersen | 805-260-9896 | nbandersen1981@gmail.com |
| Sunshine | Teri DeAngelo | 805-698-6478 | teriangelo@gmail.com |

Recreation and Parks Department Staff & Phone Numbers:

| | | |
|------------------------|-------------------|-------------------------|
| Recreation Coordinator | Jeanette Blanco | 805-925-0951, ext. 2207 |
| Program Specialist | Cynthia Rodriguez | 805-925-0951, ext. 2207 |



Recreation & Parks Receptionist 805-925-0951, ext. 2207

Recreation & Parks Dept. Primary Office 805-925-0951, ext. 2260 (615 S. McClelland St.)

HAPPY JULY BIRTHDAY!

| | | | |
|-------------------|----|------------------|----|
| Sid Arellano | 1 | Nettie Silva | 14 |
| Rosa Rivas | 2 | Neneth Perez | 15 |
| Eileen Krienke | 5 | Karen O'Neil | 17 |
| Jim Wyckoff | 5 | Marie Heiden | 19 |
| Anna Mae Beall | 9 | Marlene Miller | 20 |
| Henry Ruiz | 9 | Eileen Wield | 20 |
| Arlene Dvorak | 10 | Gloria Davis | 22 |
| Mark Mante | 10 | Emma Rodriguez | 25 |
| John Medeiros | 12 | Valerie Schubert | 25 |
| Maureen La Grange | 14 | Kuna Gore | 30 |
| Alzira Sarmiento | 14 | | |

HAPPY JULY ANNIVERSARY!

Bob & Joyce Turner
July 24

WELCOME NEW & RETURNING MEMBERS:

Frank Drake

Jennifer Valen



If you know of any members of our club who are in need of a "get well," "thinking of you," or a sympathy card sent to them, **please** contact **Teri DeAngelo** at **teriangelo@gmail.com** or **805-698-6478**. She would rather be told twice than not at all!

*Please note: In order to maintain our bulk mailing rate for sending the newsletters, most of you will still receive a printed version of this newsletter. This will continue until we are able to build up our membership numbers again. This is taking longer than we anticipated. Thank you for your patience and understanding. **Please invite your friends and neighbors to join!***

In order to help cover the cost of fees, we are currently charging \$1 extra for all credit cards used for dinners & dues. Thank you for your understanding!

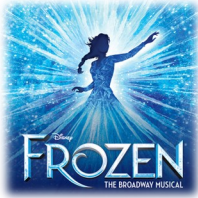


Travel Opportunities

Santa Maria Senior Travel Committee



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



July 19 ~ “Frozen” - The Broadway Musical, Thousand Oaks \$167

Sing along with Elsa, Anna, and the whole cast as they encounter magic that's out of control, weather that's fearsome, and Olaf, a snowman who melts your heart. (Fred Kavli Theatre, Bank of America Performance Arts Center) Departs: 9:30 a.m./Returns: 5:30 p.m.

August 13 ~ Collette Presentation of “American Heritage”

1 pm

Learn all about this eight-day, seven-night trip, April 17-24, 2026. Highlights include Smithsonian Museums • Twilight Monument Tour • Arlington National Cemetery • The Greenbrier Resort (White Sulphur Springs, WV) • Monticello • Colonial Williamsburg • Mount Vernon. Brochures available.



August 17 ~ Dodgers vs Padres, Dodger Stadium

\$168

We're going to see the Dodgers in LA! Bring an adult friend or family member for \$25 more (\$193) per person! Departs: 8:45 a.m./Returns: 7:00 p.m.

September 13 ~ Great American Melodrama - 50th Anniversary Spectacular \$65

The Melodrama in Oceano will be celebrating a sampler of half a century of performances! The first course offers loads of opportunities to boo and cheer, and then they'll serve up two huge helpings of song, dance and comedy, highlighting some favorite numbers from past years along with terrific brand-new material! Departs: 12:30 p.m./Returns: 6:00 p.m.



October 5 [note date change!] ~ Philadelphia, Amish Country, & Brandywine Valley \$3325* pp dbl./\$4050* pp sgl.

Six-day, five-night trip; stay in one hotel in Philadelphia; includes Valley Forge National Historical Park • Tour of Philadelphia • Independence Hall & Liberty Bell • National Constitution Center • Two DuPont Mansions • Hershey's Chocolate World • Amish

Country, including Amish farm & house, and family style dinner. Hosted by Premier World Discovery. Brochures available. ***Save when paying by check!**

October 30 ~ Candlelight Concert Tribute to Adele, Santa Barbara \$75

A string quartet performs a mesmerizing take on some of Adele's most powerful songs in an intimate, candlelit atmosphere at the Music Academy of the West. Dinner will be on your own at the Santa Barbara Public Market. Departs: 3:00 p.m./Return: 9:30 p.m.



November 20 ~ “Cinderella” ballet, Clark Center, Arroyo Grande

\$80

A dazzling production by the World Ballet Company brings the beloved fairy tale to life with 40 international dancers! Departs: 6:00 p.m./Returns: 9:00 p.m.

Travel with Us!!!

***Note: All return times are approximate.



Are you ready to continue our *Summer Edition* programs this July? We've got a full lineup of *summer edition fun* coming your way. Who's ready to sit back, relax, and enjoy some of our favorite programs? Let's make this summer unforgettable! (Ask the City receptionist for help with registration, if needed!)

- For more information, registration assistance, and a complete list of events, please visit the city receptionist or call 805-925-0951, ext. 2207.**



It's important to follow all directions when provided to maintain safety at all times. We apologize for any inconvenience this may cause, but we hope you see the need and understand. Thanks for your patience while the work is being done.

For the latest information, please call the city's Mussell Center receptionist at **805-925-0951, ext. 2207**.



Happy June Birthday: Doris McIntyre!

Congratulations June Winners:

George Moore ~ \$24 / Christel Kurth ~ \$16



Elwin Mussell Center
510 E. Park Ave.

Activity #24259

Sweet Treats


Sweet Treats

Join us to make
some yummy edible
bouquets

Thursday, July 10th
1:30-2:30

\$5 Donation suggested

Must pre-register!!!



QUESTIONS MAY BE DIRECTED TO THE CITY OF SANTA MARIA RECREATION & PARKS DEPARTMENT AT 805-925-0951 EXT 2207

BE SURE TO LIKE AND/OR FOLLOW OUR FACEBOOK PAGES!!



CLUB: SANTA MARIA VALLEY SENIOR CITIZENS CLUB

TRAVEL COMMITTEE: SANTA MARIA SENIOR TRAVEL



Help needed with both pages! Please email Laura at laura.selken@gmail.com.

Calling All Current or Would-Be Bridge Players!

The bridge group that meets on Wednesdays at the Mussell Senior Center from 1:00-4:00 pm is at risk of being canceled due to poor attendance. If you or anyone you know would like to learn how to play, your attendance would help us to continue the group.

We emphasize teaching bidding to maximize the best that can be obtained from a hand without worrying about part scores as in "party bridge."

If interested, please contact Frank Buckley at 805-574-3237.





Santa Maria Valley
Senior Citizens Club

invites you to our

Summer Fun Dance

FREE

RIPTIDE
Big Band

Featuring
Riptide Big Band
Vocals by Bob Nations &
Mitch Latting

Sunday, August 10
1:30 - 4 p.m.

Elwin Mussell Senior Center
510 E Park Ave, Santa Maria

SAVE THE DATE!



City of Santa Maria
Recreation & Parks
Department



THE *Community*
FOUNDATION
SAN LUIS OBISPO COUNTY



JULY 2025

| Monday | Tuesday | Wednesday | Thursday | Friday |
|--|--|--|--|--|
| Additional Activities: Tues & Thurs 10:30 am - OWL Tuesdays 1 pm - Matter of Balance | 9-4 Billiards* 1 9 Table Tennis* 9 BYOB* 10:15 Yoga* 11:30 60s Dance* 12:30-3:30 Travel 1 Grief Support* 1-3 Knit, Crochet+* 1-3:30 Bunco* | 9-4 Billiards* 2 9 Bd. Meeting 9 Dance Fitness* 10 Line Dancing* 12:30-3:30 Travel 12-4 Pickleball* 1-4 Beg. Bridge 1:30 -3:30 Brushes and Beyond* | 9-4 Billiards* 3 9 BYOB* 10:15 Yoga* 12-4 Pickleball* 12:30-3:30 Travel 1p Hand & Foot | |
| 9-4 Billiards* 7 10 Line Dancing* 10-12 Scrabble* 10 Ukulele Jam* 12 Duplicate Bridge 1:30 Table Tennis* | 9-4 Billiards* 8 9 Table Tennis* 9 BYOB* 10:15 Yoga* 11:30 60s Dance* 12-4 Pinochle* 12:30-3:30 Travel 1 Grief Support* 1-3 Knit, Crochet+* | 9-4 Billiards* 9 9 Dance Fitness* 10 Line Dancing* 12:30-3:30 Travel 12-4 Pickleball* 1-4 Beg. Bridge 1:30 -3:30 Brushes and Beyond* | 9-4 Billiards* 10 9 BYOB* 10:15 Yoga* 12-4 Pickleball* 12:30-3:30 Travel 1:30 Sweet Treats* | 9-4 Billiards* 11 9 Dance Fitness* 9:30 Foodbank Cooking Class & Food Distribution 10-12 Scrabble 12-4 Mah Jongg* 12-4 Board Games 12:45-3:30 Bingo |
| 9-4 Billiards* 14 10 Line Dancing* 10-12 Scrabble* 10 Ukulele Jam* 12 Duplicate Bridge 1:30 Table Tennis* 5 Member Dinner | 9-4 Billiards* 15 9 Table Tennis* 9 BYOB* 10:15 Yoga* 11:30 60s Dance* 12:30-3:30 Travel 1 Grief Support* 1-3 Knit, Crochet+* 1-3:30 Bunco* | 9-4 Billiards* 16 9 Dance Fitness* 9-11:30 Mussell on the Move* 10 Line Dancing* 12:30-3:30 Travel 12-4 Pickleball* 1-4 Beg. Bridge | 9-4 Billiards* 17 9 BYOB* 10:15 Yoga* 12-4 Pickleball* 12:30-3:30 Travel 1p Hand & Foot | 9-4 Billiards* 18 9 Dance Fitness* 10-12 Scrabble 12-4 Mah Jongg* 12-4 Board Games 12:45-3:30 Bingo |
| 9-4 Billiards* 21 10 Line Dancing* 10-12 Scrabble* 10 Ukulele Jam* 12 Duplicate Bridge 1:30 Table Tennis* | 9-4 Billiards* 22 9 Table Tennis* 9 BYOB* 10:15 Yoga* 11:30 60s Dance* 12-4 Pinochle* 12:30-3:30 Travel 1 Grief Support* 1-3 Knit, Crochet+* | 9-4 Billiards* 23 9 Dance Fitness* 10 Line Dancing* 12-4 Pickleball* 12:30-3:30 Travel 1-4 Beg. Bridge | 9-4 Billiards* 24 9 BYOB* 10:15 Yoga* 12-4 Pickleball* 12:30-3:30 Travel 1-2 Loteria* 2:30 Mussell Cinema* "Lilo & Stitch" | 9-4 Billiards* 25 9 Dance Fitness* 10-12 Scrabble 12-4 Mah Jongg* 12-4 Board Games 12:45-3:30 Bingo |
| 9-4 Billiards* 28 10 Line Dancing* 10-12 Scrabble* 10 Ukulele Jam* 12 Duplicate Bridge 1:30 Table Tennis* | 9-4 Billiards* 29 9 Table Tennis* 9 BYOB* 10:15 Yoga* 11:30 60s Dance* 12:30-3:30 Travel 1 Grief Support* 1-3 Knit, Crochet+* | 9-4 Billiards* 30 9 Dance Fitness* 10 Line Dancing* 12-4 Pickleball* 12:30-3:30 Travel 1-4 Beg. Bridge | 9-4 Billiards* 31 9 BYOB* 10:15 Yoga* 12-4 Pickleball* 12:30-3:30 Travel | |

For more information, additional activities & events, and registration assistance, please visit the city receptionist or call 805-925-0951, ext. 2207.

NOTE: Classes/activities may be changed or canceled by the instructor, city, or Club as needed.

*City of Santa Maria Rec & Parks Dept. Program / Register in advance in most cases (see City Receptionist)

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, July 14, 2025

Doors Open: 5 pm / Dinner: 5:15 pm



Filipino chicken adobo, steamed white rice, fried vegetables and noodles, fried egg rolls, salad, and dessert

Reserve/Pay By:
Friday, July 11

\$15 per person

Catered By:
Jovi's Delight



Jay Connor
Honor Flight

Central Coast California



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