

THE MUSSELL MESSENGER

PUBLISHED BY THE SANTA MARIA VALLEY SENIOR CITIZENS CLUB (SMVSCC)

510 East Park Avenue
Santa Maria, CA 93454
smvseniors@gmail.com
805-349-0688

www.smvsc.org
Follow Us On Facebook @
facebook.com/SantaMariaValleySeniorCitizensClub

Club Receptionist Hours:
Monday - Friday
10 am - 2 pm

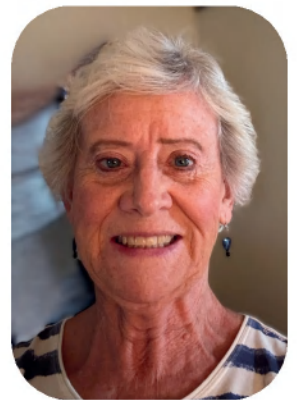
Travel Committee Hours:
Tuesday - Thursday
12:30-3:30 pm



From the President CONFIDENCE BUILDERS

What are confidence builders for you? I often have times when my confidence is low. I doubt myself. Certain tasks are no problem, but others give me doubts and make me nervous. Does this happen to you? I tell myself to get back on track ... get in the game ... you can do this! I am cautious and evaluate the task and where problems can occur. Then I move forward. When I am successful, it helps build my confidence for sure! Keep going! You can do this!

~ Carolyn Cabrera



Mission Statement

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.

JULY 2026 | VOLUME 32 ISSUE 7

02 WELCOME – WE ARE HERE TO SERVE YOU!

2026 Officers

President

Carolyn Cabrera
805-448-0623
ccabrera0048@gmail.com

First Vice President

Jolene Simons
805-266-8767
jsimons93309@gmail.com

Second Vice President

Sid Arellano
805-314-4963
sida7684@gmail.com

Treasurer

Liz Regulski

Recording Secretary

Christel Kurth
805-332-3328
kurth1313@comcast.net

Corresponding Secretary

Laura Selken
805-406-9989
laura.selken@gmail.com

Member At Large

Liz Reynertson
661-317-2893
ereynert@gmail.com

2026 Committee Chairs

Travel Committee

Nancy Andersen
805-260-9896
nbandersen1981@gmail.com

Sunshine Lady

Teri DeAngelo
805-698-6478
teriangelo@gmail.com

Rec & Parks Department Staff

Recreation Leader, Jenna

805-925-0951, ext. 2174

Recreation Receptionist

805-925-0951, ext. 2207

Primary Office

805-925-0951, ext. 2260



JOIN US!

**SANTA MARIA
VALLEY SENIOR
CITIZENS CLUB**

Stop into the Elwin Mussell Center

510 E Park Ave, Santa Maria

Monday-Friday, from 10 am-2 pm

Pay by cash, check, or credit card*

*(*plus an added \$1 processing fee)*

or send a check for \$25 per person to

PO Box 6688, Santa Maria, CA 93456

*(Be sure to include a stamped self-addressed envelope
If you wish to receive your membership card by mail.)*

Membership year runs January to December,

and is not prorated if you join later in the year.

*However, if you join in November or December, you will
not need to renew until the end of the following year.*

We Need Your Help!!!

Our membership numbers are not returning to what they usually are this time of year. This is causing serious financial issues. We are not filling our minimum number at the monthly dinners and number of mailed newsletters! Invite your friends to join, and **KEEP US ALIVE!!!**

**Thank you to all our members for your support,
especially those who volunteer their time and
make a difference one way or another!
You are awesome!**



Sid Arellano	1	Alzira Sarmento	14
Loretta Lemay	2	Nettie Silva	14
Rosa Rivas	2	Karen O'Neil	17
Robert Nikkels	5	Ann Cardona	20
Anna Mae Beall	9	Marlene Miller	20
Henry Ruiz	9	Eileen Wield	20
Arlene Dvorak	10	Valerie Schubert	25
Barbara Hohe	11	Jerry Willett	29

**HAPPY
ANNIVERSARY**

**Bob & Joyce Turner
July 24**



New/Rejoining Members

**Carmen Alejandro
Robert Nikkels
Kathleen O'Connell**

Please Note:

If any of the dates listed are inaccurate, or your name and special day is missing, please contact Laura @ 805-406-9989 or laura.selken@gmail.com,



Family owned and operated for over 90 years

Planning in Advance Provides...

Guaranteed prearrangements securing services at today's cost

Flexible **payment plans** available

Remove the **burden** of decision making from your loved ones

Transferable - goes with you if you move

805-925-2753 | www.magnermaloney.com
600 East Stowell Road, Santa Maria, CA 93454



Advertise Here!

Contact Michelle Jacobs

mjacobs@4LPi.com
(800) 950-9952 x2215



Home of 'Santa Maria Style' Banking™
(805) 922-2900
www.yourcbsm.com



www.ziermanplumbing.com



Santa Maria • Orcutt
(805) 928-2511

Plumbing & Heating • Backflow Testing

Lic. # 898966



(805) 346-1791 *Serving Santa Maria Valley Since 1991*

MENTION THIS AD TO RECEIVE \$10 OFF YOUR SERVICE CALL!



COAST VALLEY CREMATIONS

Simple, Affordable, Local Cremations

CoastValleyCremations.com

Call 805 801-1546

SANTA MARIA ~ FD2374



For ad info. call 1-800-950-9952 • www.lpcommunities.com

Santa Maria Valley Senior Citizens Club, Santa Maria, CA

05-0874

04 TRAVEL OPPORTUNITIES



Space & Missile Technology Center \$24

JULY 13 | DEPART: 12:30 PM / RETURN 3:30 PM

We will have a guided tour of the Space and Missile Technology Center (SAMTEC) at the Vandenberg Space Force Base. From the early days of the Cold War to current non-classified advancements in military, commercial, and scientific space exploration, the Center provides a comprehensive narrative of Vandenberg's pivotal role in space history.



Mission San Luis Obispo de Tolosa \$38

AUGUST 14 | DEPART: 10:15 AM / RETURN 2:15 PM

Join us for a docent-guided tour of Mission San Luis Obispo. Learn how the Mission was built in stages over many years, who is buried in the floors of the church, and the story behind the centuries-old art that still hangs from the adobe walls. Discover an eclectic mix of crafts, jewelry, art, and books in the gift shop. Lunch at Firestone Grill (on your own).



"Murder On the Air"

SEPTEMBER 5 | TIMES & COST TO BE ANNOUNCED

We're heading to the Great American Melodrama in Oceano to see its production of "Murder on the Air"! In 1938, a live radio broadcast faces chaos with picketing musicians, a dwindling crew, and the rumored death of the leading lady, whose body has disappeared. The remaining staff must continue with various programs while solving the mystery all while staying on the air!!



Cape Cod & the Islands

SEPTEMBER 11-17 \$4214 PP DBL./\$5278 PP SGL.

A fall tour of seven days/six nights (five nights on Cape Cod); highlights include Boston City Tour • Martha's Vineyard Tour • Nantucket Island Visit • Plymouth Rock • Newport, RI • Mayflower II • New England Lobster Dinner • Cape Cod National Seashore • Cranberry Bog, and more! Hosted by Premier World Discovery.

Monthly Membership Dinner

MONDAY, JULY 13, 2026

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

Reserve and pay by Friday, July 10 @ Noon



Celebrate
your July
Birthday
with us!



Meals are catered by Jovi's Delight

Program: Kathy Mastako ~ "History of the Point San Luis Lighthouse"

Cost: \$17 per person

Menu: Filipino chicken adobo, steamed white rice, fried vegetables and noodles, fried egg rolls, green salad, and dessert.



Each month at our dinner, we honor those celebrating their birthday that month. Celebrate your special month with others!! Be sure to RSVP and pay during your birthday month!

Never miss our publication!

Get each new issue delivered straight to your inbox.

Scan to subscribe on
[MyCommunityOnline.com](https://www.Lpicommunities.com)



06 JULY CALENDAR OF EVENTS

MONDAY	TUESDAY	WEDNESDAY
		1
 NEXT MONTHLY DANCE Sunday, August 9	FREE Rec & Park Activities: 9-4 Billiards* (Mon-Fri) 1:30-4 Table Tennis* (Mon) 9-10 Table Tennis* (Tue) 12-4 Pickleball* (Wed & Thu)	9 Board Meeting 9-10 Dance Fitness with Keith* 12:30-3:30 Travel 1-4 Beginning Bridge 1:30-3:30 Brushes & Beyond*
6	7	8
10-12 Scrabble* 12-4 Duplicate Bridge 1:30-4 Knit, Chat, & Crochet* (Bilingual every Monday)	10:30-11:30 OWL Program* 12:30-3:30 Travel 1-2 Grief Support Group* 1-3 Bunco* (\$3 donation) 1-3 Knit, Chat, & Crochet*	9-10 Dance Fitness with Keith* 12:30-3:30 Travel 1-4 Beginning Bridge 1:30-3:30 Brushes & Beyond*
13	14	15
10-12 Scrabble* 12-4 Duplicate Bridge 1:30-4 Knit, Chat, & Crochet* (Bilingual every Monday) 5 Membership Dinner (\$17)	10:30-11:30 OWL Program* 12-4 Double Deck Pinochle* 12:30-3:30 Travel 1-2 Grief Support Group* 1-3 Knit, Chat, & Crochet*	9-10 Dance Fitness with Keith* 12:30-3:30 Travel 1-3 Coffee, Convo & Treats* (bring a treat to share) 1-4 Beginning Bridge
20	21	22
10-12 Scrabble* 12-4 Duplicate Bridge 1:30-4 Knit, Chat, & Crochet* (Bilingual every Monday)	10:30-11:30 OWL Program* 12:30-3:30 Travel 1-2 Grief Support Group* 1-3 Bunco* (\$3 donation) 1-3 Knit, Chat, & Crochet*	9-10 Dance Fitness with Keith* 12:30-3:30 Travel 1-4 Beginning Bridge
27	28	29
10-12 Scrabble* 12-4 Duplicate Bridge 1:30-4 Knit, Chat, & Crochet* (Bilingual every Monday)	10:30-11:30 OWL Program* 12-4 Double Deck Pinochle* 12:30-3:30 Travel 1-2 Grief Support Group* 1-3 Knit, Chat, & Crochet*	9-10 Dance Fitness with Keith* 12:30-3:30 Travel 1-4 Beginning Bridge

JULY CALENDAR OF EVENTS 07

THURSDAY	FRIDAY
2	3
10:30–11:30 OWL Program* 12:30–3:30 Travel 1–4 Hand & Foot Card Game	9–10 Dance Fitness with Keith* 10–12 Scrabble* 12–4 Mah Jongg* 12–4 Bingo 1–4 Board Games*
9	10
10:30–11:30 OWL Program* 12:30–3:30 Travel 1:30–2:30 Sweet Treats: Strawberry Shortcake Cups	9–10 Dance Fitness with Keith* 9:30 FoodBank/Cooking Class 10–12 Scrabble* 12–4 Mah Jongg* 12–4 Bingo 1–4 Board Games*
16	17
10:30–11:30 OWL Program* 12:30–3:30 Travel 1–4 Hand & Foot Card Game	9–10 Dance Fitness with Keith* 10–12 Scrabble* 12–4 Mah Jongg* 12–4 Bingo 1–4 Board Games*
23	24
10:30–11:30 OWL Program* 12:30–3:30 Travel 2:30–4:30 Mussell Cinema* "Ladybugs"	9–10 Dance Fitness with Keith* 10–12 Scrabble* 12–4 Mah Jongg* 12–4 Bingo 1–4 Board Games*
30	31
10:30–11:30 OWL Program* 12:30–3:30 Travel	9–10 Dance Fitness with Keith* 10–12 Scrabble* 12–4 Mah Jongg* 12–4 Bingo 1–4 Board Games*

PLEASE NOTE:

Classes/activities may be changed or canceled as needed.

Activities shown with an **asterisk*** are hosted by the **City's Recreation & Parks Dept.** Advanced registration is required in most cases. Membership in the Senior Club is not needed. (See the City Receptionist or call 805-925-0951, ext. 2207 for assistance.)

Items in bold are Club activities, and a Club membership is required to participate (with the exception of Bingo). Non-members are welcome to attend events/dinner up to three times before joining (must still reserve and pay by the due date for the monthly dinner).

Club Activities

CONTACT PERSONS

Duplicate Bridge

Alan @ 408-499-5333

Beginning Bridge

Frank @ 805-574-3237

Hand & Foot

Christel @ 805-332-3328

Bingo

Loretta @ 805-264-7160



Santa Maria Valley Senior Citizens Club

presents a FREE

Sunshine & Sway Hawaiian Dance

featuring
RIPTIDE
Big Band

with
guest dancer
Yuka Freeman



**Sunday,
August 9
1:30-4 pm**

**Elwin Mussell
Senior Center
510 E Park Ave, Santa Maria**



and vocalist
Mitch Lutting

**Dress Hawaiian, learn to hula,
and enjoy some great dance band music!**

More info: Judy 775-813-5186



City of Santa Maria
Recreation & Parks
Department

THE *Community*
FOUNDATION
SAN LUIS OBISPO COUNTY

Assistive Technology Program

Access Central Coast (ACC) is dedicated to helping seniors and individuals with disabilities live independently and fully engage in their communities. One of their key services is the Assistive Technology Program, which connects people with tools and devices that make everyday tasks easier. These include communication and mobility aids, technology that supports learning and work, home modifications, and much more.

The program is often free of cost, and when fees do apply, financial assistance may be available. Services are open to residents of San Luis Obispo, Santa Barbara, and Ventura Counties. ACC staff work directly with individuals to explore different assistive technology options, understand what is available and how to use it, and connect with resources that improve independence and daily living.

Whether you or someone you know could benefit from assistive technology, ACC provides guidance and support every step of the way. Contact them at 805-963-0595. Learn more at <https://www.accesscentralcoast.org/>

Reach a hyperlocal audience.

An advertisement in this newsletter is a highly effective way to promote your business to our community.



Call 800.950.9952



10 SUNSHINE CORNER

Sunshine Corner

Sending our Deepest Sympathy to ...

- Mavis Deparini and family for the loss of her father, Vincent.
- The family of long-time member, Jackie Jones, who passed a month after Leroy.

If you know any members in need of a "get well," "thinking of you," or sympathy card, please get in touch with Teri DeAngelo at 805-698-6478 or teriangelo@gmail.com.



Help for
your pets
on the 4th
of July!

Drive
Through Pet
Relaxation
Clinic

(833) 422-8413

www.sbcanimalservices.org

Friday, July 3rd
10:00AM to 2:00PM

At the Santa Maria shelter:

548 W. Foster Rd.
Santa Maria, CA

- Exams for oral sedatives to assist with 4th of July noise and stress.

- FREE
- Crate Rentals
- Collars
- Tags/Identification
- Microchips

No Appointment Necessary

\$20 Exam Fee
(Suggested Donation)

For more information about 4th
of July preparation, visit:
www.sbcanimalservices.org/july4

Donations Accepted!



SANTA MARIA TERRACE
SENIOR LIVING



- Room Rates start at \$2,100
- On site Physical Therapist • Same day move in
- Call us regarding our Veterans program
- Independent Living, Assisted Living, Dementia care, End of Life, and Respite Stay

DAILY WALK-IN & VIRTUAL TOURS

Contact us Today! (805) 925-8713

1405 E. Main St, Santa Maria, CA 93454

www.santamariaterrace.net



Advertise Here!

Contact Michelle Jacobs

mjacobs@4LPi.com

(800) 950-9952 x2215

IF YOU LIVE ALONE

MDMedAlert!™

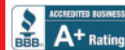
At HOME and AWAY!

STARTING AT
\$19⁹⁵
/mo.

✓ Ambulance ✓ Police ✓ Family

"STAY SAFE in the HOME YOU LOVE!" ✓ GPS & Fall Alert

CALL NOW!



800.809.3570

* md-medalert.com



Support Our Advertisers!

Recreation & Parks Department

WHAT'S HAPPENING IN JULY ~

We're inviting YOU to celebrate July with us! We have creative crafts and lively games, and of course treats and plenty of fun! We promise there is going to be something for everyone to enjoy. Come share the smiles, laughter, and excitement of the season as we welcome the height of summer!

Brushes & Beyond

Wednesdays, July 1 & July 8 | 1:30-3:30 pm

Join us as we bring to life the prints we made in June with calming neuro-graphic lines and intuitive Zen doodle patterns. These marks add movement and depth, resulting in a set of richly patterned papers ready for transformation.



Activity #28764

Sweet Treats ~ Shortcake Cups

Thursday, July 9 | 1:30-2:30 pm

Join us as we make sweet treats: Shortcake Cups filled with love and creativity (and strawberries, too)!! Sign up at the City Receptionist's desk! (\$5 suggested donation)



Activity #28010

Coffee, Conversation & Treats

Wednesday, July 15 | 1-3 pm

Relax after lunch, enjoy coffee and sweet treats, and connect through friendly conversation. Please bring a baked good to share, and help create a warm sense of community in a welcoming space.



Activity #28774

Bunco ~ Watermelon Celebration

Tuesday, July 21 | 1:00-3:00 pm

Roll the dice and slice into fun at our Watermelon Bunco celebration! Prizes, laughter, and plenty of refreshing summer vibes await. Wear your favorite green, pink, or watermelon-inspired outfits and join us for a juicy, fun-filled time



Activity #28765

Mussell Cinema ~ "Ladybugs"

Thursday, July 23 | 2:30-4:30 pm

Join us as we watch "Ladybugs" ~ a fun, lighthearted comedy you won't want to miss!! Popcorn and light refreshments will be provided. Bring a friend, get comfortable, and relax as we enjoy a great film together!



Activity #28770

For more information about these and other City Recreation & Parks Department activities, and/or assistance with pre-registration, please visit the **city** receptionist desk Monday through Friday from 9 am to 4 pm, or you can call directly at 805-925-0951, **ext. 2207**.



Santa Maria Valley Senior Citizens Club

PO BOX 6688
Santa Maria, CA 93456-6688

NON-PROFIT ORGANIZATION
US POSTAGE PAID
SANTA MARIA, CA
PERMIT NO. 161

RETURN SERVICE REQUESTED

THE MUSSELL MESSENGER

Santa Maria Valley Senior Expo 2026

Presented by Community Partners in Caring

FREE for all attendees!

Presenting Sponsors

- Dignity Health. Marian Regional Medical Center
- COMMUNITY Partners IN Caring
- ALLAN HANCOCK COLLEGE CHANGING the ODDS

Friday, July 10
9:00 am - 12:00 pm
Allan Hancock College
Inside The Joe White Memorial Gymnasium
800 South College Drive, Santa Maria

Please park in lot 8
Accessible shuttle from the parking lot to the entrance provided by:

CARE CONNECTION
TRANSPORT • HOME CARE

Premier Sponsors

- MAGNER-MALONEY FURNITURE HOME AND CREMATORY
- CenCal HEALTH Local. Quality. Healthcare.
- Community West Bank
- Sun
- SANTA MARIA TIMES

Partner Sponsors

- NEW BEGINNINGS
- oasis
- fsa FAMILY SERVICE AGENCY
- SESLOC

Supporting Sponsors

- ACHILLES
- LEGAL AID
- Superior HOME HEALTH AND HOSPICE
- ALZHEIMER'S ASSOCIATION
- aetna

2nd & 4th Fridays through October

SBCAS
Santa Barbara County Animal Services

LOW COST VACCINE CLINIC

Friday, July 24, 2026
9:00 a.m. - 12 p.m.
Santa Maria Shelter
548 W. Foster Rd, Santa Maria

FREE

- Microchips
- DHAPP
- FVRCP

Other vaccines available for purchase:
Rabies
Bordetella
Flea Treatments
Worming

Get your dog Licensed & Vaccinated All in One Stop!

More resources!

- Legal Assistance
- Vision Checks
- Health Checks
- Senior Living
- Insurance
- Mobile Library
- Find free services
- AND MUCH MORE!

More Fun!

- Model A Ford Club cars
- Magic by Central Coast Conjurers
- Free haircuts by Cosmoton Academy
- Lots of great giveaways!

DOGS NEED TO BE LEASHED AND CATS IN CARRIERS

For information call:
Community Partners in Caring
(805) 925-8000
www.partnersincaring.org

Please do not call
Allan Hancock College