

# The Mussell Messenger

Published by the Santa Maria Valley Senior Citizens Club (SMVSCC)

510 East Park Avenue, Santa Maria, CA 93454

[www.smvsc.org](http://www.smvsc.org) • [smvseniors@gmail.com](mailto:smvseniors@gmail.com) • 805-349-0688



# August 2023



## President's Message:



**Carolyn Cabrera**

Wow, the summer months are moving fast! Maybe it has something to do with all the fun things we have keeping us busy at the Mussell Senior Center. If you have not been around for a while, come and see what you've been missing! There is always something new being planned, and the Center is decorated with fun and flair by our amazing City staff!

We had great entertainment at our last Senior Club monthly dinner meeting and the food was very good! Come have dinner with us – let us do the cooking for you! The menu for August includes lemon chicken breast, rice pilaf, steamed vegetables, salad, and pistachio cake! Our guest speaker will be **Jim Gregory of the South County Historical Society**, sharing information about “places of interest” in South San Luis Obispo County.

The Travel Committee had a speaker on July 11 presenting two very interesting trips – one to **Costa Rica** and the other to the **European Christmas Market** (both for 2024). Then they had another presentation on July 18 sharing information on a trip to the **Albuquerque Hot Air Balloon Fiesta** (also in 2024). There are also day trips coming up this month and into the fall. Come visit the travel office and learn more about all the opportunities!

If you haven't heard, there is a **FREE Senior lunch program Monday through Friday** from 11:30 a.m.-12:30 p.m. You need to make reservations three business days in advance, so check out the menu and plan your schedule. Bring your own to-go container or two in case there is extra to take home for another meal!

Don't miss our **summer dance party** on **August 13!** It's great to have the Riptide

Big Band back after taking July off for a needed break!

Line dancing and pickleball are two of my favorite activities. Give them a try. The exercise is great! Come down and check out what is happening at the Mussell Center and make a new friend or two while you are at it!!!

**~ See you at the Center!!!**



## 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).*

## 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  
 Receptionist: 805-925-0951, ext. 2207 / Recreation & Parks Department Primary Office: ext. 2260

## Happy August Birthday!

Libby Kelly	3
Ruth Christiansen	5
Marie Peterson	8
Werner Zimmerman	9
Telly Afi	10
Dolores Armenta	15
Rita Furnberg	15
Susan Rauzi	15
Virginia Long	16
Lorraine Lopez	16
Jean Carroll	17
Edna Draper	17
James Perry	17
Eileen Trujillo	17
Lottie Villalobos	17
Herb Adams	18
Nancy Dewey	18
Cathy Buchert	19
Irene Castaneda	19
Ruth Adams	20
Kathy Waxman	20
Edward Canales	23
Sheila Hines	23
Eleanor Shade	23
Paula McMurray	25
Jackie Jones	26
Robert Gerber	28
Edna Duggins	30

## Happy August Anniversary!

Jim & Carm Wyckoff	12
Herb & Ruth Adams	26
Richard & Ana Santana	27
Leon & Madeline Permasse	28
Jason & Georgia Schellas	31

Please, call or text Laura at  
 805-406-9989 or email her at  
[laura.selken@gmail.com](mailto:laura.selken@gmail.com)  
 with additions or corrections.

## Welcome New and Rejoining Members!

Jean Carroll  
 Susan Clark  
 Hope Passidakis  
 James Perry  
 Rene Quintero  
 Judy Willcox

**Congratulations to our July Raffle Winners:**  
**Elaine Brown ~ \$40 & Leon Permasse ~ \$25**



**Brenda Montgomery, Rosa Rivas, & Jim Wyckoff**



## RECREATION & PARKS DEPARTMENT AUGUST 2023 ACTIVITIES

With summer in full swing, here's what's happening at the Mussell Center in August:

- ☼ **Tuesdays, starting August 1, 1:30-2:30 p.m. ~ Belly Dancing** – Awaken your inner Goddess and learn the essence of belly dancing. This class will teach participants iconic belly dancing techniques. No experience necessary. [\$12 for city residents / \$15 nonresidents]. **Participants must register in advance at [cityofsantamaria.org/city-government/departments/recreation-and-parks/activity-class-registration](https://cityofsantamaria.org/city-government/departments/recreation-and-parks/activity-class-registration).**
- ☼ **Wednesdays, August 9 & August 23, 9:00-10:00 a.m. ~ My Artistic Self Craft Class** – Learn to apply Mod Podge to create unique craft projects. Space is limited. **Register at the reception desk in advance.**
- ☼ **Wednesdays, August 9 & August 23, 3:30-5 p.m. ~ Sweet Treats Baking Classes** – Join Master Baker Monica of MnM's Sweet Treats and learn how to make chocolate covered strawberries (August 9th) and decorate cookies (August 23rd). [\$10 for city residents / \$12.50 nonresidents]. **Participants must register in advance at [cityofsantamaria.org/city-government/departments/recreation-and-parks/activity-class-registration](https://cityofsantamaria.org/city-government/departments/recreation-and-parks/activity-class-registration).**
- ☼ **Friday, August 11, 10:00-11:00 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.
- ☼ **Monday, August 21, 9:00 a.m.-1:00 p.m. ~ AARP Smart Drivers Training Class** – [\$20 for AARP Members / \$25 for non-members]. **Register at the reception desk in advance or call 805-925-0951, ext. 2207.**
- ☼ **Tuesday, August 22, 11:30 a.m.-12:30 p.m. ~ Puzzle Exchange** – Exchange puzzles with other puzzle enthusiasts or donate puzzles that you are no longer using!
- ☼ **Friday, August 25, 9:30-11:00 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, August 25, 10:00 a.m.-1 p.m. ~ Care 4 Paws 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](https://care4paws.org) for more information.
- ☼ **Friday, August 25 ~ California Phones iPhone & Android Training – 10:00 a.m.-12:00 p.m.** – iPhone training / **1:00-3:00 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.**

**Have a great rest of your summer! See page 5 for new programs coming soon!!!**

**Wendy Hudson • Recreation Coordinator • 805-925-0951 ext. 2351 • [whudson@cityofsantamaria.org](mailto: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

#### August 6 ~ Cachuma Lake Cruise (WAIT LIST) \$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.)

#### October 1 ~ Chumash Intertribal Powwow \$45



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 "lawn-type" chair which will be transported for you). **MUST MAKE YOUR RESERVATION BY SEPTEMBER 21!**

#### Date to be determined! ~ Chumash Casino Shuttle \$40

When do you want to go? Let the Travel Committee know what dates you are interested in and they'll see if others like that date, too!! (We have to have 22 people sign up!) Don't forget - you receive "free play" (equal to \$40), so it is really a FREE TRIP! We usually leave @ 10:45 a.m. **Must sign up in advance once the date is announced!**

#### February 12-20, 2024 ~ Tropical Costa Rica \$2919\* trpl./\$2949\* dbl./\$3649\* sgl.

San Jose • Coffee Plantation • Arenal Volcano • Cano Negro Refuge • Lake Arenal Cruise • Farm Tour & Lunch • Monteverde Cloud Forest • Guanacaste • and more; includes 14 meals (8 breakfasts, 1 lunch, & 5 dinners) and round-trip air from LAX; optional 4 days/3-night jungle adventure pre-tour extension available (see office for details). *Please note this tour has an activity level of "3" (able to walk/stand for 2-3 hours/up to 4 miles a day); able to traverse hills, uneven surfaces, up three flights of stairs; able to climb in & out of various modes of transportation; etc.).* **Final Payment due December 14, 2023!**



\*Reflects \$100 savings per person if booked by Aug. 12.

#### October 4-9, 2024 ~ Albuquerque Balloon Fiesta \$3375\* dbl./\$4250\* sgl.



Albuquerque International Balloon Fiesta Dawn Patrol & Balloon Glow • Old Town Albuquerque • Sante Fe • Indian Pueblo Cultural Center • Los Alamos Science Museum • Loretto Chapel • Taos & Taos Pueblo • 3 nights in Sante Fe; includes 7 meals (5 breakfasts & 2 dinners), roundtrip airfare & transfers (LAX), professional tour director, motorcoach transportation, admissions per itinerary, comprehensive sightseeing, AND baggage handling at hotels. *Please note this tour has an activity level of "3"*

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

✈️ 🚗 🚚 🚚 🚚 **Travel with Us!!!** ✈️ 🚗 🚚 🚚 🚚

## 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 ~ Monday-Friday, 11:30 a.m.-12:30 p.m.!**

**Reservations required 3 business days in advance.**

**Call 805-925-9554 - option 1, or email [meals@centralcoastseniors.org](mailto:meals@centralcoastseniors.org)**

JULY 31	August 1	August 2	August 3	August 4
pork rib patty, graham cracker sweet potatoes, green beans, & tropical fruit blend in a cup	cheese ravioli in a marinara sauce with meat, CA blend vegetables, Italian blend vege- tables, & diced peaches in a cup	albondigas with potatoes & carrots, tortilla, broccoli, Capri blend vege- tables, & apricot halves	chicken sandwich with fixings, whole wheat bun, baked beans, cole slaw, & fruit blend in a cup	taco salad, romaine lettuce, tostada, home- made carrot salad, corn salad, & cantaloupe

**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)**

**WE NEED YOUR HELP WITH THE FREE LUNCHES! PLEASE CONTACT JOLENE SIMONS  
AT 661-203-9756 IF YOU CAN ASSIST IN ANY WAY ON ANY DAY!!! THANK YOU!!!**

## New Recreation & Parks Programs coming in September:

### EMSC Gardening Club

Do you love gardening? We are looking for gardeners that would like to join the new Mussell Center Gardening Club. Participants will have the opportunity to improve their skills along with learning new ones. **This program will utilize the flower beds on the patio.** If you would like to join, please **register at the reception desk.**

### Singles Social Club

If you are a single senior and are looking for other single seniors to talk and visit with let us know. The Singles Social Club will meet once per month starting in September. More information and date to be announced. **Register at the reception desk.**

## Calling All Current or Would-Be Bridge Players!

We are the group that meets every Wednesday from 1:00 to 4:00 p.m. We are looking for people who would like to learn or improve their bridge skills. We emphasize "duplicate" bridge skills. That is bidding the best that each individual hand can produce without worrying about partial scoring. If you are interested, **please contact Frank at 805-574-3237.**



**SANTA MARIA VALLEY SENIOR CITIZENS CLUB  
INVITES YOU TO "CHILL" WITH US!**

# SUMMER DANCE PARTY

***AUGUST 13***

**ELWIN MUSSELL CENTER**

**1:30 - 4:00 PM**

**510 E. PARK AVE. SANTA MARIA**



**RIPTIDE**

**Big Band**

**featuring  
Riptide Big Band  
with vocalists  
Bob Nations & Mitch Latting**

**FREE**

Info: Judy @ 775-813-5186

RiptideBB.com or on Facebook @RiptideBigBand



City of Santa Maria  
Recreation & Parks  
Department



# August 2023



Monday	Tuesday	Wednesday	Thursday	Friday
<b>Don't miss the</b>  <b>Dance on Aug. 13!</b>	9-4 Billiards* <b>1</b> 9-11 Table Tennis* 9-10 BYOB* 10:15 Yoga* 10:30-12 OWL* 12:30-3:30 Travel 1-3:30 Bunco* 1-3 Knit, Crochet+* <b>1:30 Belly Dancing\$</b>	<b>9 Bd. Meeting 2</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*	9-4 Billiards* <b>3</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 & Foot 2-3:30 Folk Dance*	<b>4</b> 9-4 Billiards* 9 Zumba Gold*\$ 9:30-10:30 Coffee & Conversation* 10:15 Chairobics*\$ 12-4 Mah Jongg* 12:45-3:30 Bingo (50¢/card)
9-4 Billiards* <b>7</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</b>	9-4 Billiards* <b>8</b> 9-11 Table Tennis* 9-10 BYOB* 10:15 Yoga* 10:30-12 OWL* 12:30-3:30 Travel 12:30-4 Pinochle* 1-3 Knit, Crochet+* <b>1:30 Belly Dancing\$</b>	9-4 Billiards* <b>9</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* <b>3:30 Baking Class\$</b>	<b>10</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	<b>11</b> 9-4 Billiards* 9 Zumba Gold*\$ 10:15 Chairobics*\$ <b>10-11 Foodbank Distribution</b> 12-4 Mah Jongg* 12:45-3:30 Bingo
<b>14</b> 9-4 Billiards* 9 Zumba Gold*\$ 10-12 Scrabble* 10:15 Chairobics*\$ 10:30 Ukulele Jam* 12 Duplicate Bridge 1-2 Grief Support	9-4 Billiards* <b>15</b> 9-11 Table Tennis* 9-10 BYOB* 10:15 Yoga* 10:30-12 OWL* 12:30-3:30 Travel 1-3 Knit, Crochet+* 1-3:30 Bunco* <b>1:30 Belly Dancing\$</b>	9-4 Billiards* <b>16</b> 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*	9-4 Billiards* <b>17</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 & Foot 2-3:30 Folk Dance*	<b>18</b> 9-4 Billiards* 9 Zumba Gold*\$ 9:30-10:30 Coffee & Conversation* 10:15 Chairobics*\$ 12-4 Mah Jongg* 12:45-3:30 Bingo (50¢/card)
<b>21</b> 9-4 Billiards* <b>9-1 AARP Smart Drivers Training</b> 9 Zumba Gold*\$ 10-12 Scrabble* 10:15 Chairobics*\$ 10:30 Ukulele Jam* 12 Duplicate Bridge 1-2 Grief Support	9-4 Billiards* <b>22</b> 9-11 Table Tennis* 9-10 BYOB* 10:15 Yoga* 10:30-12 OWL* <b>11:30 Puzzle Exch.</b> 12:30-3:30 Travel 12:30-4 Pinochle* 1-3 Knit, Crochet+* <b>1:30 Belly Dancing\$</b>	<b>23</b> 9-4 Billiards* <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* <b>3:30 Baking Class\$</b>	<b>24</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	<b>25</b> 9-4 Billiards* 9 Zumba Gold*\$ <b>9:30-11 Loteria*</b> <b>10-1 Pet Clinic</b> <b>10-3 California Phone Training*</b> 10:15 Chairobics*\$ 12-4 Mah Jongg* 12:45-3:30 Bingo
<b>28</b> 9-4 Billiards* 9 Zumba Gold*\$ 10-12 Scrabble* 10:15 Chairobics*\$ 10:30 Ukulele Jam* 12 Duplicate Bridge 1-2 Grief Support	<b>29</b> 9-4 Billiards* 9-11 Table Tennis* 9-10 BYOB* 10:15 Yoga* 10:30-12 OWL* 12:30-3:30 Travel 1-3 Knit, Crochet+* <b>1:30 Belly Dancing\$</b>	<b>30</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*	<b>31</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	<b>More Information</b> <b>City Events:</b> 805-925-0951, ext. 2207 or 2260 <b>Club Events:</b> 805-348-6608

**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, August 7, 2023



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

Lemon chicken breast, rice pilaf, steamed vegetables, salad, and pistachio cake

Reserve/Pay By:  
Friday, Aug. 4

\$15 per person

Catered by:  
Jovi's Delight



Places of Interest in South SLO County  
featuring

Jim Gregory of the South County Historical Society



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