

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 • 1-805-925-0951, ext. 2207



September 2019



President's Message ~



Carolyn Cabrera

I want to begin this message with a big **thank you** to all the Santa Maria Valley Senior Club members that helped with the **Celebration of Life luncheon** for the 90+ year old residents of our Central Coast area. You all worked so hard making the guests feel welcome and honored. Our table decorations were lovely with beautiful roses donated by **Eufhoria** in Nipomo. Thank you to this great floral company. Thank you to our 2nd Vice presidents Ray and Alice Torres for the help with this donation. The floral decoration was given to one of the guests at each table by raffle drawing. It was an exciting time and our Club Members made it even better.

I also want to thank **Herb Adams** [pictured at right, below] for providing entertainment at our August monthly meeting ... again! You are a hit every time you play and sing for us!!

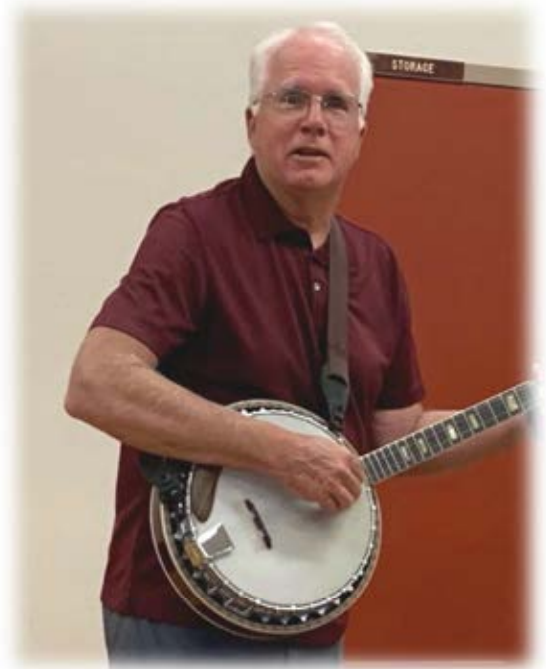
As we move into September, we will be looking toward the very busy **Active Aging Week** starting September 28th through October 5th. See Barbara Wiley's column for more information. A full schedule is available in the Mussell Center and hopefully included in next month's **Mussell Messenger**.

Please note that due to Labor Day, our **September Membership Meeting** will be **September 9th**. Remember, all reservations must be made and paid for by 2 p.m. on the Friday before the dinner. We have **James Merilice** returning to share more information about **AMTRAK** and Salisbury steak is on the menu!

Don't miss our **October dinner**! The program will feature a physical therapist who specializes in keeping seniors moving, and the meal will include a Filipino plate with **chicken adobo, rice, stir-fried veggies**, etc.!

We are rapidly moving into fall. I hope you are enjoying every moment!

~ Carolyn



Santa Maria Valley Senior Citizens Club *Central Coast Active Adults!*

Our 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.

2019 Officers & Committee Chairpersons

| | | | |
|-------------------------|--------------------|---------------------|-----------------------------|
| President: | Carolyn Cabrera | 805-448-0623 | ccabrera48@verizon.net |
| Co-1st Vice President: | Judy Garrett | 805-927-6807 | mrsclif1@gmail.com |
| Co-1st Vice President: | Annie Lawrence | 805-903-3170 | annieink@sbcglobal.net |
| Co-2nd Vice Presidents: | Ray & Alice Torres | 805-931-0305 | pelon@charter.net |
| Treasurer: | Christel Kurth | 805-332-3328 | kurth1313@comcast.net |
| Recording Secretary: | Judy Lindquist | 775-813-5186 | judybluenote@gmail.com |
| Corresponding Sec.: | Laura Selken | 805-406-9989 | laura.selken@gmail.com |
| Member-at-Large: | OPEN | Contact Carolyn | if you are interested |
| Receptionists: | OPEN | Contact Carolyn | if you are interested |
| Sunshine: | Simone Gillogly | 805-925-6267 | |
| Travel: | Kathy Doty | 805-937-0314 | dudoty@comcast.net |
| Recreation Coordinator: | Barbara Wiley | 925-0951, ext. 2264 | bwiley@cityofsantamaria.org |

Proposed Bylaws Change

Please see below a proposed amendment to the current bylaws. The original version is listed first followed by the proposed new version. It will be voted on by members at the **October** Membership Meeting.

Original Version:

ARTICLE VIII: COMMITTEES

Section 3. **Travel Committee** – This committee shall plan and arrange trips for Club members. All participants in the Club's travel activities must be members. The Travel Committee may waive this rule under the following condition: the member must give a Travel Committee representative a letter from his physician stating that he needs a caregiver to travel with him, and the member must pay the cost of the trip for himself and his responsible adult caregiver. It is understood that the members of the Travel Committee are not medically trained and cannot be expected to be caregivers. All funds collected and distributed shall be duly recorded and reported monthly to the Board of Directors.

New Proposed Version:

ARTICLE VIII: COMMITTEES

Section 3. **Travel Committee** – This committee shall plan and arrange trips for Club members. All participants in the Club's travel activities must be members. The Travel Com-

mittee may waive this rule under the following conditions:

- the member must give a Travel Committee representative a letter from his physician stating that he needs a caregiver to travel with him, and the member must pay the cost of the trip for himself and his responsible adult caregiver. It is understood that the members of the Travel Committee are not medically trained and cannot be expected to be caregivers.
- a member chooses to be accompanied by one (1) non-member under the age of 50 but not less than 40 years of age, and the member registers for the trip at the same time as this non-member no earlier than one full week after the first day of sales for said trip. Each trip is limited to a maximum of three (3) non-members, subject to space and availability, and no more than one non-member per family unit. The under-age non-member must pay the current rate of dues at time of trip registration as a travel fee. Club member is responsible for all actions of the under-age traveler. Final decision is at the discretion of the Travel Committee Chairperson.

All funds collected and distributed shall be duly recorded and reported monthly to the Board of Directors.



TRAVEL OPPORTUNITIES

SANTA MARIA SENIOR TRAVEL COMMITTEE



Hours: Tues., Wed., Thurs., 12:30 – 3:45 p.m. / Office Phone: 805-349-0688

First Day Sales ~ "First" Monday Morning of the Month

"First Day Sales" is scheduled for **SEPTEMBER 9TH** (due to Labor Day, the Mussell Center is closed on September 2nd). Doors will open at **9 A.M.** with the sale beginning shortly after. Sales continue until everyone has been helped, but no later than Noon. The following trip will be on sale:

➔ **Cambria Christmas Market - Festival of Lights ~ December 4**

\$45*

UPCOMING TRIPS SCHEDULED/UNDER CONSTRUCTION FOR 2019/2020:

September 23 ~ Spotlight on San Antonio TRIP PRESENTATION

\$TBA*

See below for details on this trip in April 2020. Presentation on 9/23/19 starts at **10 a.m.!**

October 16 ~ Cambria Scarecrow Festival (WAIT LIST)

\$32*

The Cambria Scarecrow Festival has grown into a community-wide event with hundreds of scarecrows bowling, bathing, painting, pedaling, fishing, and flying through Cambria, San Simeon, and Harmony. It is one of the most unique festivals of hand-crafted folk art in the U.S. **(possible 2nd bus if enough people register on the waiting list).**



October 30-November 7 ~ Branson, Memphis, & Nashville

FULL

November 11-14 ~ Laughlin, NV \$184* Dbl., \$226* Sgl.

Staying at the Edgewater Hotel/Casino Resort. (Riverview room is \$34 extra per room.)



December 4 ~ Cambria Christmas Market - Festival of Lights

\$45*



Enter a winter wonderland and be immersed in a world of twinkling lights, music and merriment. Shop in the vendor market, enjoy live music, taste traditional German foods, and more at this charming outdoor festival. **Limited to the first 20 people who sign up (possible 2nd bus if enough people sign up the first day).**

December 14? ~ Buck Owens' Crystal Palace - Bakersfield

\$TBA*

April 5-9, 2020 ~ Spotlight on San Antonio

\$TBA*

Mission San Jose • The Alamo • Paseo del Rio Cruise • LBJ Ranch • Fredericksburg • choice of South Texas Heritage Center or San Antonio Botanical Gardens • El Mercado • Olive Orchard ~ includes five days/four nights hotel accommodations and five meals.



***All prices are per person**

Travel with us!!!



Check out our Facebook page: **Santa Maria Senior Travel**





GREETINGS FROM THE RECREATION & PARKS DEPARTMENT

Thank you to everyone who made the 15th Celebration of Life Luncheon a success! The best word that comes to mind when I think about the event is “joy.” How can we *not* feel joy when having lunch with 125 people ages 90+ and seven who were over 100 years of age? The Active Aging Committee, which is sponsored by the City and involves about a dozen agencies, worked very hard this year to bring back this event after a one-year hiatus. The Senior Club is a member of the Active Aging Committee, and they provided the floral centerpieces that also served as raffle prizes for the honorees. We sent out the call for volunteers for the luncheon, you heard our request, and answered the call. Thank you to all the volunteers! I trust you also felt joy during the event as you welcomed and served our very important honorees. Wendy Hudson did a marvelous job again with the event décor and helped make sure everything ran smoothly. I hope it was an event that will provide joyful memories for years to come!

Remember the old baseball movie, “Field of Dreams”? The catch phrase in that film was, “If you build it, they will come.” I am reminded about that phrase when I think of our newly **remodeled patio space at the Mussell Center**. Now that it’s ready for public use we invite you to enjoy the new outdoor furniture, sun umbrellas, and outdoor games. Here are some ideas of how you can enjoy this new area of the Mussell Center:

- ☼ Move your regular indoor activity to the outdoor area (card game, meeting, art circle, etc.).
- ☼ Organize a group of friends to bring their lunches and dine out on the patio.
- ☼ Meet up with some friends and order delivery food from a restaurant to enjoy on the patio. It’s more relaxing and less crowded than a busy restaurant!
- ☼ Try your hand with the new patio games: corn hole, ladder ball, and ring toss.
- ☼ Tell us what we can do to make this area even better. Is there something else we should put out there? Please let us know.
- ☼ And just to add to the fun ... show me a selfie of you and your group enjoying the patio, and you’ll be entered to win a prize!!



Be sure to pick up a copy of the **2019 Active Aging Week** schedule of events. The dates are **September 28-October 5**. We have added new events this year and hope you will make plans to join us. The weeklong observance led by the City of Santa Maria celebrates active aging adults and promotes the benefits of leading an active, healthier lifestyle. I am forming a team to walk at the **Alzheimer’s Association Memory Walk** on **Saturday, September 28**, and another team to walk in the new **Santa Maria Style Volksmarch** (non-competitive community walk) on **Saturday,**

October 5. Please contact me if you have your walking shoes ready and want to join the fun to improve your health!

I’ll see you at the Center!

~ **Barbara Wiley, Recreation Coordinator**
805-925-0951 ext. 2264
bwiley@cityofsantamaria.org

**Santa Maria Valley Senior Citizens Club
& Santa Maria Recreation & Parks Department
presents**

MOVIN' & GROOVIN'!

2019 Active Aging Dance

Sunday, September 29

1:30 - 4 p.m.

Elwin Mussell Senior Center

510 E. Park Ave., Santa Maria



Music by

Vocals by
Bob Nations

RIPTIDE
Big Band

FREE



**For more information, please contact
Santa Maria Recreation & Parks Dept. at 805-925-0951, ext. 2207
or Judy Lindquist at 775-813-5186
(or visit RiptideBB.com or [Facebook.com/RiptideBigBand](https://www.facebook.com/RiptideBigBand))**

This program is made possible
with the support of the



SUNSHINE CORNER



Alan Eft



Please, call Simone about any members or their loved ones who may need a get well, a sympathy, or a thinking-of-you card sent to them (1-805-925-6267). Please provide a phone number if you leave a message.



September 2019



| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SAT. |
|---|---|---|---|--|------------------|
| (Mussell Closed) 2  | 3 9-3:45 Pool* 9-10 BYOB*§ 10-11 Yoga*§ 1:30-4 Bunco* | 4 9-3:45 Pool* 9 Exec. Bd. Meeting 9-10 Chairobics*§ 9-11 Artists Meet* 10-11 Zumba Gold*§ 12-4 Mah Jongg* 12:30-3:30 Hand & Foot (regular) 1-3 Knit/Chat/Crochet* 1-4 Beginning Bridge | 5 9-3:45 Pool* 9-10 BYOB*§ 10-11 Yoga*§ 12-4 Duplicate Bridge 2:30-3:45 Folk Dancing* | 6 9-3:45 Pool* 12-4 Mah Jongg* 1-4 Bingo | 7 9-12 Pool* |
| 9-3:45 Pool* 9 10-11 Zumba Gold*§ 12-4 Duplicate Bridge 1-3 String Band 1-4 Party Bridge 5 pm Monthly Membership Mtg. 7-9 Folk Dance*§ | 10 9-3:45 Pool* 9-10 BYOB*§ 10-11 Yoga*§ 1-4 Double-Deck Pinochle* | 11 9-3:45 Pool* 9-10 Chairobics*§ 9-11 Artists Meet* 10-11 Zumba Gold*§ 12:30-3:30 Hand & Foot (regular) 1-3 Knit/Chat/Crochet/Color* 1-4 Beginning Bridge | 12 9-3:45 Pool* 9-10 BYOB*§ 10-11 Yoga*§ 12-4 Dup. Bridge 1-4 Progressive Hand & Foot 2:30-3:45 Folk Dancing* | 13 9-3:45 Pool* 12-4 Mah Jongg* 1-4 Bingo | 14 9-12 Pool* |
| 16 9-3:45 Pool* 10-11 Zumba Gold*§ 12-4 Duplicate Bridge 1-3 String Band 1-4 Party Bridge 7-9 Folk Dance*§ | 17 9-3:45 Pool* 9-10 BYOB*§ 10-11 Yoga*§ 1:30-4 Bunco* | 18 9-3:45 Pool* 9-10 Chairobics*§ 9-11 Artists Meet* 10-11 Zumba Gold*§ 12-4 Mah Jongg* 1-3 Book Exchange* 1-4 Beginning Bridge | 19 9-3:45 Pool* 9-10 BYOB*§ 10-11 Yoga*§ 12-4 Duplicate Bridge 2:30-3:45 Folk Dancing* | 20 9-3:45 Pool* 12-4 Mah Jongg* 1-4 Bingo | 21 9-12 Pool* |
| 23 9-3:45 Pool* 10-11 Zumba Gold*§ 12-4 Duplicate Bridge 1-3 String Band 1-4 Party Bridge 7-9 Folk Dance*§ | 24 9-3:45 Pool* 9-10 BYOB*§ 10-11 Yoga*§ 1-4 Double-Deck Pinochle* | 25 9-3:45 Pool* 9-10 Chairobics*§ 9-11 Artists Meet* 10-11 Zumba Gold*§ 12:30-3:30 Hand & Foot (regular) 1-3 Knit/Chat/Crochet/Color* 1-4 Beginning Bridge | 26 9-3:45 Pool* 9-10 BYOB*§ 10-11 Yoga*§ 12-4 Dup. Bridge 1-4 Progressive Hand & Foot 2:30-3:45 Folk Dancing* | 27 9-3:45 Pool* 12-4 Mah Jongg* 1-4 Bingo | 28 9-12 Pool* |
| 9-3:45 Pool* 30 10-11 Zumba Gold*§ 12-4 Duplicate Bridge 1-3 String Band 1-4 Party Bridge 7-9 Folk Dance*§ | NOTE: <i>Classes/activities may be canceled by the instructor, city, or Club as needed.</i> | Community Action Commission Lunch Monday - Friday 11:30 am MUST call & make reservation at least 24 hours in advance 1-805-925-3010 | | Cost Bingo: 50¢/card Bunco: \$3/day BYOB: \$27/mo.+ Chairobics: \$19/mo.+ Folk Dance: (Mon.) \$15.50/mo.+ Yoga: \$27/mo.+ Zumba Gold: \$27/mo.+ +Santa Maria Residents \$Must Register in Advance!! | |

Activity Contact Persons: Book Exchange ~ 1-805-937-8859 (Jane) / Pinochle ~ 1-805-934-2315 (Tuesdays)

Duplicate Bridge ~ 1-805-937-5691 (Mondays) & 1-805-922-5000 (Thursdays)

Bunco ~ 1-805-925-0951 ext. 2351 (Wendy) / Folk Dancing (Thursdays) ~ 1-805-925-5429 (Betty)

* City of Santa Maria Recreation & Parks Department Program

§ Participants must pre-register at Recreation & Parks Department. No walk-ins allowed.

September Birthdays

| | | | |
|-------------------|--------|------------------|--------|
| Manuel Flores | 1-Sep | Carolyn Cabrera | 21-Sep |
| Judy McConnell | 2-Sep | Diane Bentley | 23-Sep |
| Liz Reynertson | 2-Sep | Les Christiansen | 23-Sep |
| Mavis Deparini | 3-Sep | Lee Diaz | 23-Sep |
| Lucy Osborn | 3-Sep | Nancy Dort | 24-Sep |
| Ron Johnson | 4-Sep | Patricia Grigg | 24-Sep |
| Spence Stimler | 4-Sep | Ann Kneer | 24-Sep |
| Sharon Moore | 7-Sep | Elaine Barnett | 25-Sep |
| Kathy Sherwood | 7-Sep | Elaine Beale | 26-Sep |
| Joyce South | 9-Sep | Marge Lipscomb | 27-Sep |
| Gloria Echavarria | 10-Sep | Sally Symonds | 27-Sep |
| Greg Rodriguez | 11-Sep | Ana Santana | 28-Sep |
| Dorothy Baer | 12-Sep | Bonnie Smith | 28-Sep |
| Jean Draeger | 13-Sep | Marilyn Tefft | 28-Sep |
| Ed Imperato | 14-Sep | Cherie Ahlquist | 29-Sep |
| Dale Felton | 15-Sep | Grace Jarvis | 29-Sep |
| Kathleen Marshall | 17-Sep | Jean Letman | 29-Sep |
| Karen Iliff | 20-Sep | Wilma Fee | 30-Sep |

September Anniversaries

| | | | |
|-----------------------|-------|------------------------|--------|
| Duane & Virginia Long | 3-Sep | Bill & Marilyn Stanley | 14-Sep |
| Mike & Juanita Rosas | 5-Sep | Rik & Diana Dodos | 21-Sep |
| Paul & Betty Cross | 8-Sep | David & Mary Johnson | 22-Sep |

New/Rejoining Members

Linda Cavenagh
George & Ophie Cowett
Alan & Donna Evans
Eleodora Fisher
Martha Garcia
Diane Kiss
Charlotte Martin
Sivert & Barbara Ross
Norm Rushing
Carol Schalla
Ginger Souza
Penny Thorup
Pam Wright

If a birthday/anniversary is not listed/inaccurate, please call or text Laura at 805-406-9989 or email her at laura.selken@gmail.com

Happy August Birthdays!



**Ruth Adams, Herb Adams,
Hope Cozart, & Ralph Foster**

Visit our website:
smvsc.org

You'll find the current month's newsletter on the home page, along with special events and important information. Explore other areas of the site by clicking on the various sections in the upper right.

Note: Your Club offers **FREE Wi-Fi** at the Center **plus** two laptops & several tablets are available to use in the lobby area **at NO CHARGE** thanks to the City of Santa Maria!

SMV SENIOR CITIZENS CLUB
PO BOX 6688
SANTA MARIA, CA 93456-6688
Vol. 25, Issue 8
September 2019
Monthly Newsletter



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CHANGE SERVICE REQUESTED

The Mussell Messenger

Santa Maria Valley Senior Citizens Club Newsletter



Monthly Membership Meeting



Monday ~ September 9

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

Salisbury steak, buttered noodles, steamed veggies, salad, & carrot cake

**Reserve & Pay by
Friday - September 6**

\$10 per person

**Catered by
Jovi's Delights!**

featuring

**James Merilice
sharing more about
AMTRAK**



**Elwin E. Mussell Senior Citizens Center, 510 E. Park Ave.,
Santa Maria, CA 93454 925-0951, Ext. 2207**