

# 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) • 1-805-925-0951, ext. 2207



# September 2021



## President's Message ~



**Carolyn Cabrera**

We continue to move forward! Sometimes the steps are harder than we expect, but we push through, and we **will** make it together. The mask mandate is back, but we can still get together at the center. Just remember to **wear your mask until further notice!!!**

The dinner meeting on Monday, August 2, was another great time of celebration. It was very informative! Thanks to all who attended! Hope to see you at the next one. Due to Labor Day falling on the first Monday of the month, we have had to postpone our monthly dinner to the **SECOND Monday ~ September 13th**. Be sure to mark your calendars and make your reservation by September 10th. Due to the change of date, we are still searching for a speaker, but you know it will be interesting, no matter what!

I've been reading one of my books from the 1800s era. Made me think and reflect on what is happening in our lives. "We must accept change and make it work for us – move on." This is the advice that was given to a young woman that was angry and wanted to stop change and go back to the life she had been living. Change is something that will always happen. How do we respond? Enjoy what comes no matter what!! Like I said, **we can do this together!**

Love to you all!!

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**Visit our website: [smvsc.org](http://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 various sections in the upper right side, including a calendar of events, senior resources, & past newsletters.

Please, be patient as we update the website to reflect the various returning and new club events and city programs in the coming weeks and months. Thank you!

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## 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.

The Mussell Center is open from 8:00 a.m. – 4:00 p.m., Monday – Friday. Please enter the building during those hours only, unless there is a special event. This will enable the facility staff time before and after to tend to their daily maintenance tasks. The facility staff will unlock the front doors when the building is open. Thank you for your cooperation. ~ Rec & Parks

## 2021 Officers & Committee Chairpersons

President:	Carolyn Cabrera	805-448-0623	ccabrera48@verizon.net
Co-1st VP:	Annie Lawrence	805-903-3170	calligrapher.annie@gmail.com
Co-1st VP:	Bruce Rodriguez	805-714-8699	brucerodriguez1951@gmail.com
Co-2nd VPs:	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
Director of Purchasing:	George Tise	805-925-6322	gtot58@aol.com
Receptionists:	<b>OPEN ~ Contact Carolyn if you are interested in leading this group</b>		
Sunshine:	Simone Gillogly	805-925-6267	[no email]
Travel:	Kathy Doty	805-937-0314	dudoty@comcast.net
Recreation Coordinator:	Barbara Wiley	805-925-0951, ext. 2264	bwiley@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

**“FIRST DAY SALES” IS SCHEDULED FOR AUGUST 30 (DUE TO LABOR DAY). DOORS WILL OPEN AT 9 A.M. WITH THE SALE BEGINNING SHORTLY AFTER. SALES WILL CONTINUE UNTIL EVERYONE HAS BEEN HELPED, BUT NO LATER THAN NOON.**

**Welcome, Travelers!** We have scheduled a trip to **Riverside Casino in Laughlin**, NV. We are also looking into a trip in November, a day trip to the Melodrama, and hopefully, a trip to the Cambria Christmas Market and Lights. Watch this space!!!

**October 18-21 ~ Laughlin, NV**

We will be staying at the Riverside Casino!



**\$272 DbL., \$392 Sgl.\***

**\*All prices are per person**



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



**NOTE: Please only use the MAIN entrance of the Mussell Center when coming INTO the building (both exits are available when leaving).**



**We are planning to Walk in person this year!**

**Join us in your community!**



**Save the Date ~ Oct. 2, 2021!**



Register at [alz.org/walk](http://alz.org/walk)



# September 2021



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>*City of Santa Maria Recreation &amp; Parks Department Program</b> <b>§Participants must pre-register at Rec. &amp; Parks Department. No walk-ins allowed.</b>	<b>Contacts</b> Book Exchange: 805-354-0388 Bridge: (Alan) 408-499-5333 Folk Dancing ~ 805-925-5429	<b>9 Exec. Bd. Meeting 1</b> 9-3:45 Pool* 9-10 Zumba Gold*§ 10:15-11:15 Chairiobics*§ 12-4 Mah Jongg* 1-4 Beginning Bridge & Instruction	<b>2</b> 9-3:45 Pool* 9-10 BYOB*§ 10:15-11:15 BYOB*§ 11:30-12:30 Yoga*§ 11-12- Forever Young Band 2-3:45 Folk Dancing	<b>3</b> 9-3:45 Pool* 12-4 Mah Jongg* 12-3:45 Bingo
9-3:45 Pool* <b>6</b> 9-10 Zumba Gold*§ 10:15-11:15 Chairiobics*§ 11-12 Beginner Ukulele* 12-4 Duplicate Bridge <b>5 pm Monthly Membership Meeting</b>	<b>7</b> 9-3:45 Pool* 9-10 BYOB*§ 10:15-11:15 BYOB*§ 11:30-12:30 Yoga*§	<b>8</b> 9-3:45 Pool* 9-10 Zumba Gold*§ 10:15-11:15 Chairiobics*§ 11-12 Beginner Ukulele* 1-4 Beginning Bridge & Instruction	<b>9</b> 9-3:45 Pool* 9-10 BYOB*§ 10:15-11:15 BYOB*§ 11:30-12:30 Yoga*§ 11-12- Forever Young Band 1-4 Progressive Hand and Foot	<b>10</b> 9-3:45 Pool* 12-4 Mah Jongg* 12-3:45 Bingo
<b>13</b> 9-3:45 Pool* 9-10 Zumba Gold*§ 10:15-11:15 Chairiobics*§ 11-12 Beginner Ukulele* 12-4 Duplicate Bridge	<b>14</b> 9-3:45 Pool* 9-10 BYOB*§ 10:15-11:15 BYOB*§ 11:30-12:30 Yoga*§ 1-4 Double-Deck Pinochle	<b>15</b> 9-3:45 Pool* 9-10 Zumba Gold*§ 10:15-11:15 Chairiobics*§ 11-12 Beginner Ukulele* 12-4 Mah Jongg* 1-4 Beginning Bridge & Instruction <b>1-3 Book Exchange</b>	<b>16</b> 9-3:45 Pool* 9-10 BYOB*§ 10:15-11:15 BYOB*§ 11:30-12:30 Yoga*§ 11-12- Forever Young Band 2-3:45 Folk Dancing	<b>17</b> 9-3:45 Pool* 12-4 Mah Jongg* 12-3:45 Bingo
<b>20</b> 9-3:45 Pool* 9-10 Zumba Gold*§ 10:15-11:15 Chairiobics*§ 11-12 Beginner Ukulele* 12-4 Duplicate Bridge	<b>21</b> 9-3:45 Pool* 9-10 BYOB*§ 10:15-11:15 BYOB*§ 11:30-12:30 Yoga*§	<b>22</b> 9-3:45 Pool* 9-10 Zumba Gold*§ 10:15-11:15 Chairiobics*§ 11-12 Beginner Ukulele* 1-4 Beginning Bridge & Instruction	<b>23</b> 9-3:45 Pool* 9-10 BYOB*§ 10:15-11:15 BYOB*§ 11:30-12:30 Yoga*§ 11-12- Forever Young Band 1-4 Progressive Hand and Foot	<b>24</b> 9-3:45 Pool* 12-4 Mah Jongg* 12-3:45 Bingo
<b>27</b> 9-3:45 Pool* 9-10 Zumba Gold*§ 10:15-11:15 Chairiobics*§ 11-12 Beginner Ukulele* 12-4 Duplicate Bridge	<b>28</b> 9-3:45 Pool* 9-10 BYOB*§ 10:15-11:15 BYOB*§ 11:30-12:30 Yoga*§ 1-4 Double-Deck Pinochle	<b>29</b> 9-3:45 Pool* 9-10 Zumba Gold*§ 10:15-11:15 Chairiobics*§ 11-12 Beginner Ukulele* 1-4 Beginning Bridge & Instruction	<b>30</b> 9-3:45 Pool* 9-10 BYOB*§ 10:15-11:15 BYOB*§ 11:30-12:30 Yoga*§ 11-12- Forever Young Band	<b>Folk Dancing group needs music for their class (cassettes or CDs). Please call Betty if you have any they can use. 805-925-5429</b>





## GREETINGS FROM THE RECREATION & PARKS DEPARTMENT

Do you have children or grandchildren who are going back to class this month? Who says just children go back to school this time of year? It might be time for **YOU** to take a class this fall, and the City of Santa Maria Recreation and Parks Department has some wonderful new options for you to consider! *For details of classes listed, visit [www.cityofsantamaria.org/register](http://www.cityofsantamaria.org/register).*

This month we are proud to welcome **Julia Wells, a new fitness instructor** from the East Coast who recently located to Santa Maria. Julie has created several new classes that are designed to help get people up off the couch and get them exercising again. Starting Saturday, September 11, Julie will lead a **Rise and Shine outdoor fitness class** from 9:30 – 10:30 a.m. at Rotary Centennial Park. This class is ideal for a beginner who wants to be part of a regular, balanced activity group. The workouts will develop cardiovascular health, musculoskeletal strength, balance, and flexibility.

If crafting is more your style, we have a quick and easy craft featured at the next **Make and Take Class**. In about an hour, participants will make a custom candy dish suitable for use at **Halloween** or year-round. We also have some fun holiday crafts planned for November and December. These classes fill up quickly so early registration is recommended.

Los Flores Ranch will host a new **solar cooking class** on Saturday, September 18, from 10:30 a.m. to 12:00 p.m. Participants will learn how to build their own solar oven and how to cook with the natural energy of the sun!

The next **Serve Santa Maria Day** is also planned for Saturday, September 18, from 8:30 a.m. until 1:00 p.m. Serve Santa Maria is a volunteer event with multiple beautification projects happening in the City. If you want to join this effort, please meet at the Mussell Center at 8:30 that morning to receive your work assignment from the Serve Santa Maria Leadership Team Members.

Our last **Concert in the Park** for this year is scheduled from 1-3 p.m. on Sunday, September 26, at the beautiful, new Acquistapace Park located at 1921 South Western Avenue. The concert features the Steppin' Out band who plays top 40 dance music from the 1970s to today's hits. It's a great way to visit a new park and enjoy the great outdoors!

**Active Aging Week** is slated for October 2 – 8, and we plan to have both virtual and in-person events. We are recruiting people for the **Walk to End Alzheimer's** on Saturday, October 2. We have an Active Aging Team formed and walkers may walk on their own from home or at Rotary Centennial Park. If you're interested, please contact me at 805-925-0951, ext. 2264 or at [bwiley@cityofsantamaria.org](mailto:bwiley@cityofsantamaria.org).

I do have some great news to announce this month! **Wendy Hudson** has been promoted to a full-time Recreation Coordinator, overseeing the areas of special events and adult sports. She has worked part-time at the Recreation and Parks Department for more than fifteen years and is well versed in many program areas. While she will not be officially assigned to senior programs, you may still see her at the Mussell Center helping out when our team needs her support and creativity! I am very grateful for all of Wendy's help in the three years she has been working at the Mussell Center! A familiar face around the Center – **Evelyn Marroquin** – will be taking her place as Program Specialist of Senior Programs upon her return from maternity leave in a few months.

I look forward to seeing you at the Mussell Center!

~

Barbara Wiley • Recreation Coordinator • 805-925-0951 ext. 2264 • [bwiley@cityofsantamaria.org](mailto:bwiley@cityofsantamaria.org)



# THE SANTA MARIA VALLEY SENIOR CITIZENS CLUB presents

## A "Maskerade" Dance

**FREE** Sunday, September 19, 2021

Featuring the Central Coast's  
Favorite Dance Band

**RIPTIDE**  
Big Band

with vocalist Bob Nations!

**1:30 - 4:00 p.m.**

Doors Open at 1 p.m.

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

Decorated  
Mask Contest  
with PRIZES!

Best  
Bedazzled!

Funniest!

Most  
Unique!

Most  
Creative!

*Please note, we will be dedicating this dance to all those  
who have passed during the past couple of years.*

(No political masks, please!)

This program is made possible  
with the support of the



Funded with a grant from  
**THE Community FOUNDATION**  
SAN LUIS OBISPO COUNTY  
20 YEARS OF IMPACT

For more information, please contact  
Judy at 775-813-5186, or visit **RiptideBB.com**  
or on Facebook: @RiptideBigBand

## Sunshine Corner

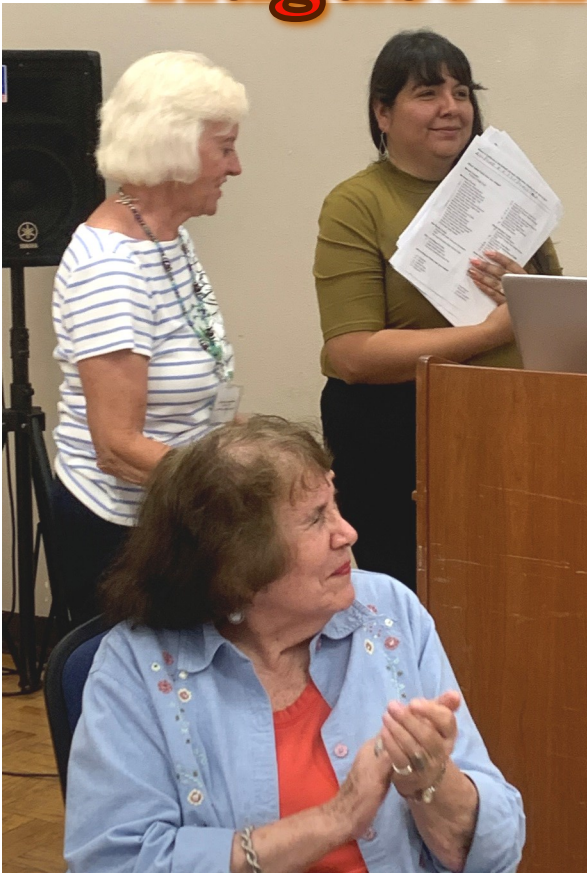
*There is no report for this month.  
**REMEMBER**, if you are aware of **ANY**  
members who need some "sunshine" ~  
not feeling well, hospitalized, going  
through a difficult time, or have suffered  
the loss of a loved one, **PLEASE call**  
**Simone**. Leave your name and the best  
telephone number to reach you in case  
she needs to contact you for any reason.  
She may be reached at 805-925-6267.*



**NOTE:** We plan to have the monthly **Book Exchange** return in September. It will be the third Wednesday of the month, from 1 to 3 p.m. We need to have "good attendance numbers" to maintain it (at least 10-20 people each time), so please take advantage of this great opportunity! If you have any questions, contact Jane at 805-354-0388.



# August Monthly Meeting



City of Santa Maria  
Recreation & Parks  
Department

**Daisy Miranda**  
**Guest Speaker**



## Notice!

There are still a large number of you who have not stopped by to pick up your membership card! We are holding them for you, so if you are delayed in getting down to the Center, don't worry! Just remember that you need a card to make reservations for any of the trips planned by the Travel Committee.

## Japanese American Incarceration Memorial Legacy Project

### Flag Signing Event

To: ALL Japanese-American WWII Incarceration Camp Internees  
Date: Saturday, October 9, 2021  
Time: 11am – 2pm  
Location: Christ United Methodist Church  
219 N. Mary Drive, Santa Maria, CA 93458



Inspired by Santa Clara County Superior Court Judge Roberta Hayashi, Karen Korematsu, and Civil Rights Attorney Dale Minami, Santa Clara County Superior Court Judge Johnny Cepeda Gogo obtained a WWII era, 48-star, American flag with the goal of inviting ALL Japanese American incarceration camp internees to sign the flag. The flag will be donated to the Japanese American Museum in San Jose on Fred Korematsu Day (January 30, 2022). For more information about the flag signing project, please see the following site:  
<http://www.discovernikkei.org/en/journal/2021/5/27/flag-signing-project/>

For questions about the flag signing event on October 9 at the Christ United Methodist Church, please contact Margaret Cooper at [famcoop2@aol.com](mailto:famcoop2@aol.com)

For questions about the flag signing project, please contact Judge Gogo at [JGogo@scscourt.org](mailto:JGogo@scscourt.org)

**FREE!**

**UKULELE LESSONS**  
Ages 50+

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

**Now Mon. & Weds.**  
**11 a.m. - 12 Noon**

Learn chords, melodies, and favorite songs!  
Baritone ukuleles provided or bring your own!

Register online at [www.cityofsantamaria.org/register](http://www.cityofsantamaria.org/register)

For more information, call the Recreation and Parks Department at (805) 925-0951 ext. 2260



## Happy September Birthday!

Manuel Flores	1
Laurie Maxson	1
Judy McConnell	2
Liz Reynertson	2
Lucy Osborn	3
Ron Johnson	4
Spence Stimler	4
Sharon Moore	7
Kathy Sherwood	7
Dorothy Baer	12
Jean Draeger	13
Sherrie Eames	13
Ed Imperato	14
Glenn Battles	17
Kathleen Marshall	17
Margaret Lewis	18
Karen Iliff	20
Carolyn Cabrera	21
Les Christiansen	23
Lee Diaz	23
Nancy Dort	24
Patricia Grigg	24
Ann Troll-Kneer	24
Marge Lipscomb	27
Sally Symonds	27
Ana Santana	28
Jean Letman	29
Wilma Fee	30

## Happy September Anniversary!

Duane & Virginia Long	3
Mike & Juanita Rosas	5
Larry & Jeri Peterson	7

## Happy August Birthdays!



**Edward Canales, Lottie Villalobos,  
Nancy Dewey, & Hope Cozart**

## WELCOME

## New & Rejoining Members!

Dorothy Baer	Linda Peterson
Anna Mae Beall	Herbert & Lorraine Pregozen
Cathy Buchert	Valerie Schubert
Manuel & Lupe Flores	Karen Trapp
Mary Middleton	Bob White



**We're glad to have you!**

- ① If a birthday/anniversary listed here is incorrect, or if your name and special day is not listed, please contact Laura Selken at 1-805-406-9989 or [laura.selken@gmail.com](mailto:laura.selken@gmail.com).
- ① Note: only couples who are both members of the Club will have their anniversary listed. Please, notify Laura Selken of any errors or additions (see contact information on page 2).

### September is ...

- Happy, Healthy Cat Month
- National Guide Dog Month
- National Honey Month
- Preparedness Month
- Prime Beef Month
- National Sewing Month
- Suicide Prevention Month
- Healthy Aging Month
- Classical Music Month
- 4th ~ World Bacon Day
- 10th ~ Swap Ideas Day
- 15th ~ Felt Hat Day
- 22nd ~ Car Free Day
- 24th ~ Punctuation Day

SMV SENIOR CITIZENS CLUB  
PO BOX 6688  
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 - September 13**



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

Filipino plate: chicken adobo, rice, stir fry veggies, noodles, fried spring rolls, salad, & marble cake

**Reserve/Pay by:**  
**Friday - Sept. 10**

**\$12 per person**

**Catered by:**  
**Jovi's Delight**

featuring

**Program to be  
Announced!**

**Notification will be made  
when confirmed.**



Elwin E. Mussell Senior Citizens Center, 510 E. Park Ave.,  
Santa Maria, CA 93454      805-925-0951, Ext. 2207