

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



September 2025



President's Message ~

EMBRACE CHANGE!



Carolyn Cabrera

Change is the constant in our lives. Sometimes welcome, but most of the time it's unwanted. We get comfortable and like the rhythm of the familiar. How do you handle change? I try to embrace it, realizing it is what forces me to grow and become who I am meant to be. I look back at my life and realize if change had not stepped in my way, I would not have become the person I am today. I am learning to move forward and grow to help others become who they are meant to be. Join me in this life-affirming attitude – embrace change!

Our next dinner will be on **Monday, September 8**, featuring Roy Dugger, the Emergency Services Specialist from the Santa Maria Fire Department. He will be speaking to us about fire disaster information and preparedness. The menu includes Chinese chicken stir fry, vegetables, chow mein noodles, creamy mushroom sauce, salad, and dessert. The stir-fry vegetables include carrots, celery, broccoli, sweet snap peas, bell peppers, and onions, and it all sounds so delicious!!! Your **PRE-PAID** reservations will be due by **Friday, September 5, at Noon**. Please be sure to make your reservations **in advance**, rather than just "showing up" on Monday. We need an accurate number, so that we can order the correct amount of food. Thanks for your cooperation.

Riptide Big Band is gearing up to celebrate the music of the 1930s and 1940s! It will be true "big band" like you remember! Get ready to dance on **Sunday, September 14, from 1:30 to 4 p.m.** at the Mussell Center. This event is open to the public and **FREE**, thanks to the generous grant from the Community Foundation of San Luis Obispo County! Invite your neighbors and friends!

Please note: We are continuing to mail newsletters to most of our members so that we maintain our bulk mailing rate and will need to do so until we are able to see a significant increase in our membership numbers. Unfortunately, this is taking longer than we anticipated. Our numbers are the lowest they have ever been at this time of year. Please invite your friends and neighbors to join! Thank you for your assistance, your patience, and especially your understanding.

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 Technician	JoDee Klug	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 September Birthday!

Laurie Maxson	1	Jose Luis Quintero	15
Millie Finney	2	Glenn Battles	17
Judy McConnell	2	Margaret Lewis	18
Liz Reynertson	2	Frank Ciuba	19
Mavis Deparini	3	Carolyn Cabrera	21
George Moore	7	Les Christiansen	23
Sharon Moore	7	Carol Silva	24
Eileen Rios	8	Maria Jaramillo	26
Laurel Freeman	9	Ana Santana	28
Chuck Kinsman	9	Jean Letman	29
Liz Fray	10	Jean Morse	29
Teri DeAngelo	12	Liane Aanderaa	30
Jean Draeger	13	Wilma Fee	30

Happy September Anniversary!

Terry & Chris Oberg
September 2

Duane & Virginia Long
September 3

Larry & Jeri Peterson
September 7

Henry & Ludi Ruiz
September 23

Welcome!!!

Deanna Byron
Ann Cardona
Loretta Lemay
Rhodora Pablo
Dick Webb

Sunshine Corner



Deepest Sympathy to ...

the family and friends of long-time member, **Pauline Okerblom**



Get Well Wishes to ...

Rosa Rivas



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!



Travel Opportunities

Santa Maria Senior Travel Committee



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

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 ~ 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.

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

Don't miss this mesmerizing and unique performance by a string quartet playing 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./Returns: 9:30 p.m.



November 20 ~ "Cinderella" ballet, Clark Center, Arroyo Grande \$80

Step into the magical world of Cinderella with this dazzling production by the World Ballet Company. Be amazed as they bring the beloved fairy tale to life with 40 international dancers, wearing radiant, hand-sewn costumes! Join us for an unforgettable journey of magic, beauty, and the promise of "happily ever after." Departs: 6:00 p.m./Returns: 9:00 p.m.

December 10 ~ Cambria Christmas Lights/Market \$60



The Cambria Christmas Market features more than two million twinkling lights with artisan vendors, cozy fire pits, live music, delicious food & drink, and much more. Cost includes bus and entry into the Lights/Market. Departs: 4:00 p.m./Returns: 9:30 p.m.

April 17-24, 2026 ~ American Heritage \$4549* pp dbl./\$5649* pp sgl.

Join us for an eight-day, seven-night trip. Highlights include Smithsonian Museums • Twilight Monument Tour • Arlington National Cemetery • The Greenbrier Resort (White Sulphur Springs, WV) • Monticello • Colonial Williamsburg • Mount Vernon. Brochures available. Hosted by Collette. ***Reserve early and SAVE!**

Travel with us!!!

***Note: All return times are approximate.



Greetings from the Santa Maria Recreation & Parks Department!

What's Happening in September!

As our amazing summer programs come to a close, we're so grateful for all the fun, learning, and community we've shared. Now, we're thrilled to kick off a new season of excitement with our upcoming fall programs! (Ask the City receptionist for help with registration, if needed!)

- * **Wednesdays, September 3 & 10, 1:30-3:30 p.m. ~ Brushes & Beyond: Piet Mondrian** – Relax and create artwork inspired by the colorful creative Dutch artist, Piet Mondrian; all materials will be provided; **two part class** [Activity #24965]
- * **Thursday, September 11, 1:30-2:30 p.m. ~ Sweet Treats: Acai Bowls** – Join the fun! Create your own tasty and refreshing acai bowl! Customize it with your favorite toppings and enjoy a healthy treat that's as fun to make as it is to eat! [Activity #24961]
- * **Tuesday, September 16, 1-3:30 p.m. ~ Bunco: Autumn Leaves** – Get ready to roll the dice and have a blast at our fabulous autumn leaves-themed bunco game. Don't forget to wear your favorite scarf! \$3 to play. [Activity #24380]
- * **Thursday, September 25, 1-2 p.m. ~ Lotería: Fiesta** – Join us for a far-out game of Fiesta Lotería! Get ready to party as we play our fiesta version of this classic game. Dress up in your favorite fiesta attire for a chance to win an extra prize! Bring a friend and win a Prize! [Activity #25577]
- * **Thursday, September 25, 2:30-4:30 p.m. ~ Mussell Cinema: "Casablanca"** – Join us for Mussell Cinema as we watch the classic "Casablanca"! Come relax and enjoy this heartfelt film with us. Light refreshments and snacks will be provided; all you need to bring is yourself! Doors open at 2:15 p.m. [Activity #24955]
- * **Tuesday, September 30, 2-4 p.m. ~ Manhattan Short Films** – Join us as we watch a selection of incredible films from the Manhattan Short Film Festival! This is a great opportunity to experience powerful storytelling from around the world, all in one sitting. Light refreshments will be provided, so bring a friend and enjoy an afternoon of thought-provoking cinema and good company! Drop in! **FREE!!**

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

Please note that we have put "Mussell on the Move" on hold until next year. We appreciate those who chose to participate, and we're working on making it better! If you have any suggestions about this program or any of our programs, please feel free to let us know. We are always open to new ideas and better ways of serving YOU!



**Happy August Birthdays:
Nancy Dewey & Eleanor Shade**

**Congratulations to
our August Winners:
George Moore ~ \$24 &
Wanda Spenny ~ \$16**



**BE SURE TO LIKE/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

2026 Board Members needed!

We need new, fresh voices to serve on the board. Could that be you? Below are the **highlight** of duties of the **President, Recording Secretary, Corresponding Secretary, Treasurer, and Member At Large**. Look them over and see which one **YOU** could do! For more details of these positions, contact the board member listed on page 2. If you are invited to serve on the board, please say, "YES!!" Better yet, reach out and STEP UP NOW!!

(descriptions of other positions will be in the next Mussell Messenger)

President

- ⊙ Prepare an agenda and preside at all meetings of membership & the board.
- ⊙ Reserve rooms for club activities by working with the city's Recreation Coordinator throughout the year; ensure these activities run smoothly.
- ⊙ Make sure bills are paid in a timely manner and insurance is updated & maintained.
- ⊙ Identify club activity leaders and ensure they are following City guidelines, providing guidance as needed.
- ⊙ Develop sources of funding, including grants; prepare requested reports.

Recording Secretary

- ⊙ Responsible for minutes of all meetings of the club.
- ⊙ Maintain official papers; "historian" of the club.
- ⊙ Present minutes for approval of the board.
- ⊙ Post minutes on the bulletin board no more than two weeks after the meeting they are for.

Corresponding Secretary

*[This position **WILL** become vacant in the new year! Unless someone steps up to learn how to do it, there will be no newsletter!]*

- ⊙ Create, edit, and distribute the monthly newsletter via mail and email.
- ⊙ Maintain membership database; distribute as needed.

Treasurer

- ⊙ Collect, record, and deposit all funds received.
- ⊙ Collect and pay all bills received.
- ⊙ Create and distribute monthly reports to board.

Member At Large

- ⊙ Recruit, train, & schedule receptionists with Receptionist Committee Chair.
- ⊙ Purchase supplies for monthly dinner, receptionist/office work, and bingo.
- ⊙ Visit club activities on a regular basis and report status at board meetings.
- ⊙ Be accessible to club members and address any concerns (with assistance of fellow board members).



present

A Tribute to the 1930s & '40s!



Sunday, September 14
1:30 to 4:00 p.m.



**THE DANCE
IS FREE!**



with



Bring your dancing shoes and
enjoy some great music from
the big band era!!!

featuring vocalists
Bob Nations &
Mitch Latting



Elwin Mussell Senior Center
510 E Park Ave, Santa Maria
For more info: Judy @ 775-813-5186
or RiptideBB.com
Find us on Facebook @RiptideBigBand



September 2025



Monday	Tuesday	Wednesday	Thursday	Friday
 Mussell Center is closed.	9-4 Billiards* 2 9 Table Tennis* 9 BYOB* 10:15 Yoga* 12:30-3:30 Travel 1 Grief Support* 1-3 Knit, Crochet+* 1-3:30 Bunco*	9-4 Billiards* 3 9 Bd. Meeting 9 Dance Fitness* 10 Line Dancing* 12-4 Pickleball* 12:30-3:30 Travel 1-4 Beg. Bridge 1:30 -3:30 Brushes and Beyond*	9-4 Billiards* 4 9 BYOB* 10:15 Yoga* 12-4 Pickleball* 12:30-3:30 Travel 1p Hand & Foot	9-4 Billiards* 5 9 Dance Fitness* 10-12 Scrabble 12-4 Mah Jongg* 12-4 Board Games 12:45-3:30 Bingo
9-4 Billiards* 8 10 Line Dancing* 10-12 Scrabble* 10 Ukulele Jam* 12 Duplicate Bridge 1:30 Table Tennis* 5 Member Dinner	9-4 Billiards* 9 9 Table Tennis* 9 BYOB* 10:15 Yoga* 12-4 Pinochle* 12:30-3:30 Travel 1 Grief Support* 1-3 Knit, Crochet+*	9-4 Billiards* 10 9 Dance Fitness* 10 Line Dancing* 12-4 Pickleball* 12:30-3:30 Travel 1-4 Beg. Bridge 1:30 -3:30 Brushes and Beyond*	9-4 Billiards* 11 9 BYOB* 10:15 Yoga* 12-4 Pickleball* 12:30-3:30 Travel 1:30 Sweet Treats*	9-4 Billiards* 12 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* 15 10 Line Dancing* 10-12 Scrabble* 10 Ukulele Jam* 12 Duplicate Bridge 1:30 Table Tennis*	9-4 Billiards* 16 9 Table Tennis* 9 BYOB* 10:15 Yoga* 12:30-3:30 Travel 1 Grief Support* 1-3 Knit, Crochet+* 1-3:30 Bunco*	9-4 Billiards* 17 9 Dance Fitness* 10 Line Dancing* 12-4 Pickleball* 12:30-3:30 Travel 1-4 Beg. Bridge	9-4 Billiards* 18 9 BYOB* 10:15 Yoga* 12-4 Pickleball* 12:30-3:30 Travel 1p Hand & Foot	9-4 Billiards* 19 9 Dance Fitness* 10-12 Scrabble* 12-4 Mah Jongg* 12-4 Board Games* 12:45-3:30 Bingo
9-4 Billiards* 22 10 Line Dancing* 10-12 Scrabble* 10 Ukulele Jam* 12 Duplicate Bridge 1:30 Table Tennis*	9-4 Billiards* 23 9 Table Tennis* 9 BYOB* 10:15 Yoga* 12-4 Pinochle* 12:30-3:30 Travel 1 Grief Support* 1-3 Knit, Crochet+*	9-4 Billiards* 24 9 Dance Fitness* 10 Line Dancing* 12-4 Pickleball* 12:30-3:30 Travel 1-4 Beg. Bridge	9-4 Billiards* 25 9 BYOB* 10:15 Yoga* 12-4 Pickleball* 12:30-3:30 Travel 1p Loteria* 2:30-4:30 Mussell Cinema* "Casablanca"	9-4 Billiards* 26 9 Dance Fitness* 10-12 Scrabble* 12-4 Mah Jongg* 12-4 Board Games* 12:45-3:30 Bingo
9-4 Billiards* 29 10 Line Dancing* 10-12 Scrabble* 10 Ukulele Jam* 12 Duplicate Bridge 1:30 Table Tennis*	9-4 Billiards* 30 9 Table Tennis* 9 BYOB* 10:15 Yoga* 12:30-3:30 Travel 1 Grief Support* 1-3 Knit, Crochet+* 2-4 Short Films	For more info on City Rec. & Park activities, and/or assistance with their required pre-registration, please visit the CITY receptionist desk Monday through Friday from 9 am to 4 pm, or call 805-925-0951, ext. 2207. You may also visit the main office at 615 S. McClelland St or call them at ext. 2260.		

NOTE: Classes/activities may be changed or canceled by the instructor, city, or Club as needed. Activities with an asterisk* are hosted by the City of Santa Maria Recreation & Parks Department. Advanced registration is required in most cases (see City Receptionist).

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, September 8, 2025



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

Chinese chicken stir fry, vegetables, chow mein noodles, creamy mushroom sauce, salad, and dessert

Reserve/Pay By: *\$15 per person*
Friday, Sept. 5

Catered By:
Josi's Delight



Roy Dugger:
*Emergency
Services Specialist*



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