

THE MUSSELL MESSENGER

SEPTEMBER 2026 | VOLUME 32 ISSUE 9

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

No Fear Here!

I keep reminding myself of this. Fear freezes our minds and limits our ability to think and act. Make sure you keep moving forward, not backwards. Don't let fear stop you or keep you from doing what needs to be done.

My back has been making it hard to walk and move. I have had to limit what I can do. This has been very frustrating for me. I decided to go to the ER to see what it might be, but I was also afraid to find out. Afterwards, I didn't want to take the time to read the whole report. I was so worried about everything it could be. Then I finally read it, and I learned I have a stress fracture in my spine. I had to stop my mind from imagining the worst, and now I can move forward!

~ 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.

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

02 WELCOME – WE ARE HERE TO SERVE YOU!

2026 Officers

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Sunshine Lady

Teri DeAngelo
805-698-6478
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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)*

**SPECIAL
PRICE**

NOW THROUGH 10/31/2026

\$20

OK 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.

All renewals are due by March 1 each year.

Invite a friend to join!

We need more members!!! Although we had a good turnout in August, we are not always meeting our minimum at the monthly dinners or the number of mailed newsletters! **Invite your friends to join! Keep the club ACTIVE!!!**

LOOKING FOR NEW BOARD MEMBERS FOR 2027!

**If you're interested in learning more about how
YOU can make a difference in our club, stop by
one of our board meetings (1st Wed of the month)
or call Caroline Cabrera (info at left)**



Judy McConnell	2	Margaret Lewis	18
Liz Reynertson	2	Frank Ciuba	19
Mavis Deparini	3	Carolyn Cabrera	21
Patty Van Meter	4	Les Christiansen	23
George Moore	7	Carmen Alejandro	24
Eileen Rios	8	Carol Silva	24
Laurel Freeman	9	Maria Jaramillo	26
Bruce Detter	10	Ana Santana	28
Teri DeAngelo	12	Jean Morse	29
Jose Luis Quintero	15	Wilma Fee	30

Terry & Chris Oberg	2
Duane & Virginia	
Long	3
Mike & Juanita	
Rosas	5
Larry & Jeri Peterson	7
Henry & Ludi Ruiz	23

Don't forget to sign up to attend the monthly dinner during your **birthday month**, and **CELEBRATE** your special day with others!!!

If any dates listed are inaccurate, or your information is missing, please contact Laura @ 805-406-9989,



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Santa Maria Valley Senior Citizens Club, Santa Maria, CA

05-0874

04 TRAVEL OPPORTUNITIES



“Murder On the Air”

\$68

SEPTEMBER 5 | DEPART: 12:45 PM / RETURN 5:30 PM

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!!



Great Trains & Grand Canyons April 2027

OCTOBER 1 ~ SPECIAL PRESENTATION BY PREMIER

Come learn about our next great trip in April 2027 to Arizona! Highlights include: Two Rail Journeys • Grand Canyon • Oak Creek Canyon • Sedona Trolley Tour • Chapel of the Holy Cross • Montezuma Castle • Old Town Scottsdale • Chuckwagon Supper & Show • Black Bart's Steakhouse • 5 Nights Hotel Accommodations • 8 meals, and more! Brochures available in the office.



A Haunted Evening of Halloween Classics \$65

OCTOBER 29 | DEPART: 3:30 PM / RETURN 8:15 PM

Experience Halloween from a different perspective: a live string quartet performing in the candlelit setting of **La Lomita Ranch** in **San Louis Obispo**. The setting creates a sense of quiet mysticism and visual drama, framing a program that blends classical music with film and television soundtracks closely associated with Halloween. Dinner on your own at SLO Ranch Market.



Million Dollar Quartet Christmas \$88

NOVEMBER 22 | DEPART: 12:45 PM / RETURN 5:30 PM

Your favorite rock 'n' roll legends return to the stage at the **San Luis Obispo Repertory Theatre** for a brand-new holiday musical experience. Johnny Cash, Jerry Lee Lewis, Carl Perkins, and Elvis Presley come together again to celebrate the holidays at Sun Records studio. Sign up now before it fills up!

Monthly Membership Dinner

MONDAY, SEPTEMBER 14, 2026

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

Reserve and pay by Friday, Sept. 11 @ Noon



Celebrate
your
September
Birthday
with us!



Meals are catered by Jovi's Delight

Program: How to Spot A Scam featuring Santa Barbara District Attorney Rocio Cazares

Cost: \$17 per person

Menu: Chicken enchiladas, rice, beans, green salad, and dessert



Each month at our dinners, we honor those celebrating their birthday that month. Be sure to RSVP during your birthday month, and CELEBRATE your special day with others!!! [See page 10]

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06 SEPTEMBER CALENDAR OF EVENTS

MONDAY	TUESDAY	WEDNESDAY
	1	2
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)	10-11 Yoga* 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 Board Meeting 9-10 Dance Fitness* 9:30-11 Balance & Mobility* 12:30-3:30 Travel 1-4 Beginning Bridge 1:30-3:30 Brushes & Beyond*
7	8	9
	10-11 Yoga* 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* 9:30-11 Balance & Mobility* 12:30-3:30 Travel 1-4 Beginning Bridge 1:30-3:30 Brushes & Beyond*
14	15	16
9:30-11 Balance & Mobility* 10-12 Scrabble* 12-4 Duplicate Bridge 1:30-4 Knit, Chat, & Crochet* (Bilingual every Monday) 5 Membership Dinner (\$17)	10-11 Yoga* 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* 9:30-11 Balance & Mobility* 12:30-3:30 Travel 1-3 Coffee, Convo & Treats* (bring treat to share) 1-4 Beginning Bridge
21	22	23
9:30-11 Balance & Mobility* 10-12 Scrabble* 12-4 Duplicate Bridge 1:30-4 Knit, Chat, & Crochet* (Bilingual every Monday)	10-11 Yoga* 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* 9:30-11 Balance & Mobility* 12:30-3:30 Travel 1-4 Beginning Bridge
28	29	30
9:30-11 Balance & Mobility* 10-12 Scrabble* 12-4 Duplicate Bridge 1:30-4 Knit, Chat, & Crochet* (Bilingual every Monday)	10-11 Yoga* 10:30-11:30 OWL Program* 12:30-3:30 Travel 1-2 Grief Support Group* 1-3 Knit, Chat, & Crochet*	9-10 Dance Fitness* 9:30-11 Balance & Mobility* 12:30-3:30 Travel 1-4 Beginning Bridge

SEPTEMBER CALENDAR OF EVENTS 07

THURSDAY	FRIDAY
3	4
10:30–11:30 OWL Program* 12:30–3:30 Travel 1–4 Hand & Foot Card Game	9–10 Dance Fitness* 10–12 Scrabble* 12–4 Mah Jongg* 12–4 Bingo 1–4 Board Games*
10	11
10:30–11:30 OWL Program* 12:30–3:30 Travel 1:30–2:30 Sweet Treats: Caramel Apple Pretzel Bites*	9–10 Dance Fitness* 9:30 FoodBank/Cooking Class 10–12 Scrabble* 12–4 Mah Jongg* 12–4 Bingo 1–4 Board Games*
17	18
10:30–11:30 OWL Program* 12:30–3:30 Travel 1–4 Hand & Foot Card Game	9–10 Dance Fitness* 10–12 Scrabble* 12–4 Mah Jongg* 12–4 Bingo 1–4 Board Games*
24	25
10:30–11:30 OWL Program* 12:30–3:30 Travel 2:30–4:30 Mussell Cinema* "Murphy's Romance"	9–10 Dance Fitness* 10–12 Scrabble* 12–4 Mah Jongg* 12–4 Bingo 1–4 Board Games*



MONTHLY DANCE

SUNDAY, SEPT. 13, 1:30–4 PM

Celebrate "Talk Like A Pirate Day" a little early with the Riptide Big Band at their monthly **FREE** dance, featuring Donna Phillips and Mitch Latting.

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
invites you to our

Talk Like a Pirate

FREE Dance



featuring guest singing pirates
Donna Phillips & Mitch Latting!

Sunday, September 13, 2026



1:30-4:00 pm

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



AHOY MATEYS!

**Celebrate "Talk Like a Pirate Day" with us ...
a few days early! Dress up like a pirate ...
or not ... but be sure to come for some
PIRATE fun and dancing!!!**



**More info: Judy
@ 775-813-5186**



AARP FRAUD ALERT: "YOU'RE INVITED" FAKE EMAILS

09

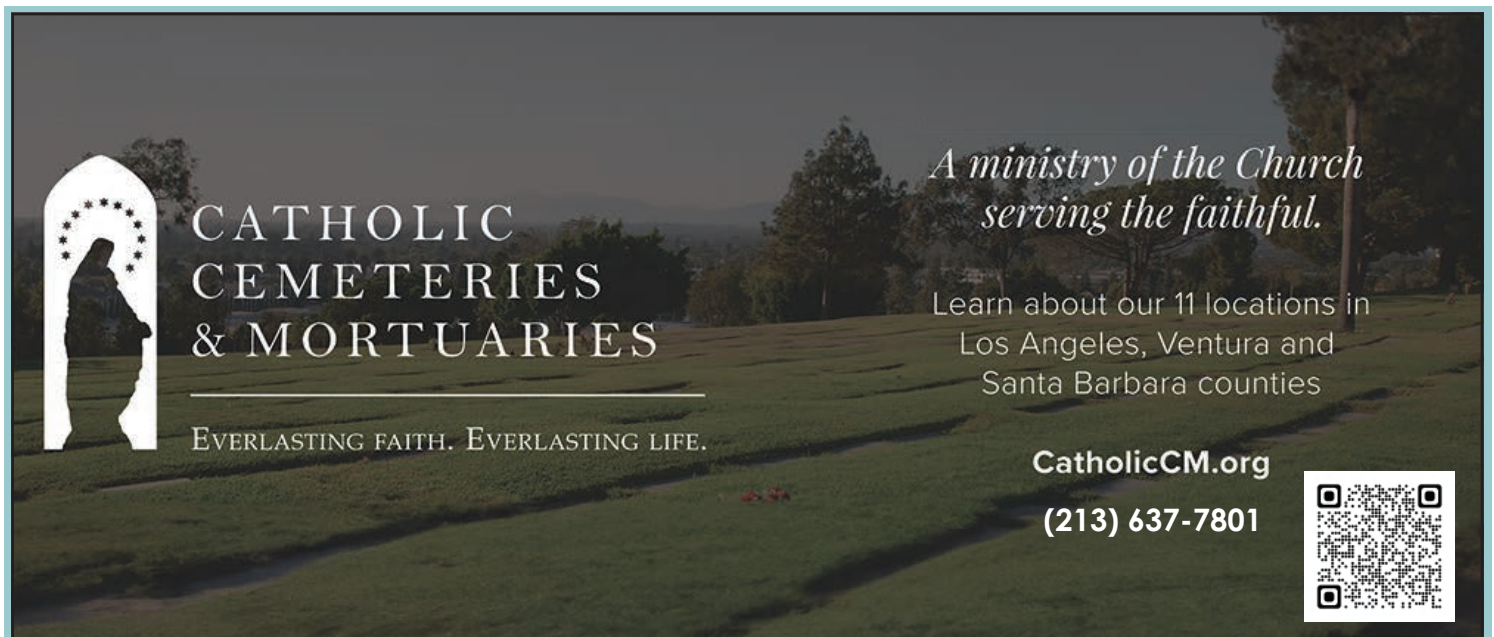
Before You RSVP, Make Sure the Invitation Isn't a Scam

Beware of "You're invited" emails from friends or family. The Federal Trade Commission (FTC) is seeing a rise in reports of consumers receiving fake invitations, but the invitations are only inviting trouble if you engage with them.

How It Works: You receive an unexpected email that looks like it's from a well-known invitation platform like Evite or Paperless Post. The message might list someone you know as the host, but it asks you to enter your email username and password to view the event details.

What to Know: If you provide this information, the scammer can take over your email account and send the exact same scam to your contact list. Real online invitations do not require you to log into your email account just to see the details. Scammers are trying to steal your email account login credentials or trigger an unauthorized password reset to break into your account.

What to Do: Enable two-factor authentication where it's offered. It makes it harder for criminals to log into your email account even if they steal your username and password. If you receive an unexpected invite, resist the urge to click. Instead, check with the host directly (through a separate call or text) to make sure it's real. If you think a scammer has your email information, change your password as soon as possible.



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10 CLUB NEWS

Sunshine Corner

Deepest Sympathy to ...

the family and friends of Nancy Dewey

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



New/Rejoining Members

Bruce Detter • Diane Eaton • Jackie King • Martha King • Barbara Shannon • Dena Soares • Susie Weaver • Carm Wyckoff

Happy August Birthday!



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Recreation & Parks Department

WHAT'S HAPPENING IN SEPTEMBER ~

**PLEASE REGISTER IN ADVANCE
FOR ALL EVENTS LISTED!**

Yoga with Marilyn

Activity #28956

Tuesdays | 10-11 am

Join us for a relaxing and rejuvenating yoga class designed to improve your flexibility, strength, balance, and overall well-being through gentle movement, guided breathing exercises, and mindful stretching. Fee: \$10/per month*
(*city residents)

Brushes & Beyond ~ Cut & Collage

Activity #29422

Wednesdays, September 2 & September 9 | 1:30-3:30 pm

In September, we will complete the August collages. Participants will create a 3D paper frame using simple folds and rolls, resulting in a finished piece ready for display.

Sweet Treats ~ Caramel Apple Pretzel Bites

Activity #29065

Thursday, September 10 | 1:30-2:30 pm

Join us as we make a sweet treat for fall – caramel apple pretzel bites filled with love and creativity. There is a \$5 suggested donation to cover costs.

Bunco ~ Autumn Leaves

Activity #29430

Tuesday, September 15 | 1:00-3:00 pm

Cozy up for an autumn leaves bunco session. Wear your favorite fall-inspired outfit (flannel, scarves, earthy tones, pumpkin prints, or leaf patterns) and join us for an afternoon filled with fun, friends, laughter, and lucky rolls. \$3 buy-in.

Coffee, Conversation & Treats

Activity #29069

Wednesday, September 16 | 1-3 pm

"Coffee, Conversation, and Treats" is a welcoming space for participants to relax after lunch, enjoy some coffee and sweet treats, and connect through friendly conversation. Participants are encouraged to bring baked goods to share, helping create a warm sense of community.

Mussell Cinema ~ "Murphy's Romance"

Activity #29072

Thursday, September 24 | 2:30-4:30 pm

Join us as we watch "Murphy's Romance" (1985)! Enjoy this heartwarming romantic comedy-drama starring Sally Field and James Garner, filled with charm, humor, and small-town warmth. Popcorn and light refreshments will be provided. Bring a friend, get comfortable, and relax as we enjoy this timeless classic together!

For more information and/or **assistance with pre-registration**, please visit the **city's** receptionist desk 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

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THE MUSSELL MESSENGER

Saturdays
Brunch & Browse
Free to attend

Food Trucks

**August 29th
September 26th**

**10 AM
to Noon**

Elwin Mussell Senior Center → 510 East Park St. Santa Maria
Experience a delightful brunch like no other

Come shop, explore, and support amazing local vendors while enjoying delicious bites from our food trucks. There will be plenty of unique finds, handmade goods, and treats for everyone.

Questions may be directed to the City of Santa Maria
Recreation and Parks Department (805) 925-0951 ext 2260

North Santa Barbara County
Manufactured Homeowners Team &
Casa Grande Home Owners Association
present a

Candidate Meet & Greet

**2 PM ~ SATURDAY
SEPTEMBER 12, 2026**

**OPEN
TO THE
PUBLIC**

Casa Grande Mobile Estates Clubhouse
519 W Taylor St, Santa Maria, 93458

- Includes candidates [or their representatives] for local, state, and federal offices
- Each candidate will be provided equal time to present their information
- Ice cream social to follow, where candidates will be able to meet attendees



**FREE Ice Cream Social sponsored by
The FUND for Santa Barbara**



The purpose of NSBMHT is to promote the general welfare of manufactured homeowners in North Santa Barbara County; to provide organized representation for these residents; and to provide education on matters related to manufactured home living.

**For more Info:
call/text Gary @
816-260-8055
or email him @
rbvhoaghall@gmail.com**