

# The Mussell Messenger

Published by the Santa Maria Valley Senior Citizens Club  
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



Christel Kurth

Dear Fellow Members,

Our September Membership Dinner would not have been as successful without these wonderful volunteers who step up each month to help out: **Ruth Adams**, **Carolyn Cabrera**, **Judy Lindquist**, and **Cathy Wengler** helped with set-up; **Alice and Ray Torres** made the fresh flower arrangements for our table décor; **Grace Jarvis** handled the coffee; and **Donna Viadella** and our high school student, **Sydney Elwell**, helped serve the food. Thank you everyone for your help! Jovi's Delight was our caterer again this month.

It was announced in the September Mussell Messenger and during our September monthly meeting that the Board of Directors has decided it is time to raise the annual dues from \$15.00 to \$20.00 for the coming year. This is a necessity because of the rising costs of postage, insurance, and the amount of money we pay to the City of Santa Maria for each member for the use of the Mussell Senior Center and other support from the City. We have to amend our bylaws to reflect this change. An informal vote was taken at the September dinner to see if the membership was in agreement with the increase of dues and the majority said YES. We will have an official vote at the October Membership Dinner. *[Please see below the proposed changes to the bylaws.]*



Bylaws

**Article IV, Section 1.** Dues shall be **\$20.00** per year. Any changes in the amount of the due shall be initiated and recommended by the Board of Directors to the membership as a proposed change to this section of the bylaws in accordance with Article XI Changes and Amendments. Non-members may attend three meetings before being expected to pay membership dues.

**Article IV, Section 3.** Annual dues payment will be reduced to **\$15** for those who join subsequent to July 1<sup>st</sup> each calendar year, until December 1<sup>st</sup>.

I can't believe it is October already. My, how time flies when you are having fun. The Board of Directors is hard at work to make the programs we offer enjoyable to everyone. If anyone has suggestions for any improvements, please contact me, or any Board Member. We look forward to hearing from you. Hope you got your flu shot! We all want to stay healthy so that we can enjoy what our Club has to offer!

**HAPPY AUTUMN & HAPPY HALLOWEEN!**

~ At your service,  
Christel Kurth, President

**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.

## 2018 Officers & Committee Chairpersons

President:	Christel Kurth	805-332-3328	kurth1313@comcast.net
1st Vice President:	Carolyn Cabrera	805-925-0769	ccabrera48@verizon.net
2nd Vice President:	Ray & Alice Torres	805-931-0305	pelon@charter.net
Treasurer:	Jason Schellas	805-354-0083	jschellas@comcast.net
Recording Secretary:	Judy Lindquist	775-813-5186	judybluenote@gmail.com
Member-at-Large:	Vicki McCulloch	805-287-9773	vicki.mcculloch@gmail.com
Newsletter Editor:	Laura Selken	805-406-9989	laura.selken@gmail.com
Receptionists:	Diane Bentley	805-925-0951	Extension 2207
Statistics & Reports:	Charlotte Gaskill	805-934-2607	
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

## Santa Maria Valley Senior Citizens Club



**RIPTIDE**  
**Big Band**

presents



Vocals by Bob Nations

**"Celebrating  
Autumn"**

Celebrating the season with dance and song!

**FREE** Sunday, Oct. 21 ~ 1:30 - 4:00 p.m.

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

A Musical Event  
funded by a grant from

THE *Community*  
FOUNDATION  
SAN LUIS OBISPO COUNTY

20  
YEARS of  
IMPACT

This program is made possible  
with the support of the



For more information, please contact Judy at 775-813-5186 or  
**RiptideBB.com** or **Riptide Big Band** on Facebook

The Santa Maria Valley Senior Citizens Club relies on the good fortune of having many "retirees" volunteer. Without them, the club would simply not exist. Many volunteers have amazing backgrounds that remain unknown to others. I would like to highlight those histories in the newsletter. If you or someone you know would like to share this type of information with the membership, please contact me (805-406-9989 or [laura.selken@gmail.com](mailto:laura.selken@gmail.com)). ~ **Laura**



# TRAVEL OPPORTUNITIES

## SANTA MARIA SENIOR TRAVEL COMMITTEE



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

### NO FIRST DAY SALES SCHEDULED FOR OCTOBER!

THE TRAVEL COMMITTEE ENCOURAGES EVERYONE TO SIGN UP FOR THE VARIOUS TRIPS WE ALREADY HAVE SCHEDULED BELOW. WE STILL HAVE PLENTY OF ROOM AVAILABLE FOR THE **WONDER VALLEY TRIP** IN NOVEMBER. **SEE ADDITIONAL DETAILS BELOW!** WE HAVE SOME EXCITING ADVENTURES PLANNED IN 2019, INCLUDING A BRANSON/MEMPHIS/NASHVILLE TRIP, AND THE “CHRISTMAS ON THE DANUBE” TRIP VISITING THE CHRISTMAS MARKETS AND MUCH MORE (ALL MEALS INCLUDED)! IF YOU HAVE ANY PARTICULAR PLACE YOU ARE INTERESTED IN GOING, PLEASE SHARE WITH THE TRAVEL COMMITTEE STAFF!

### UPCOMING TRIPS/PRESENTATIONS (AVAILABILITY VARIES ~ CHECK WITH THE TRAVEL OFFICE):

#### **October 6 ~ M & M (Melodrama & Madonna Inn) Wait List 75\***

This is our annual luncheon to Madonna Inn with a choice of two entrees, non-alcoholic drink, and dessert in the private round room, followed by a fun time at the Melodrama to see their production of “Scary Poppins.” Leave: 11:45 a.m./Home: 6 p.m. (*estimated return time*)

#### **October 28-31 ~ Laughlin, NV Wait List \$170\* Dbl., \$205\* Sgl.**

We will be staying at the Edgewater Casino Resort this time. They are under new management including a new housekeeping manager. They now have coffee pots in the rooms, as well as free Wi-Fi. Many of the rooms have been renovated. One pizza lunch and one buffet meal is included. Prices are going up in Laughlin, but we were able to get a good deal here. Riverview rooms are \$185 Dbl./\$235 Sgl (per person).

#### **November 20-23 ~ Wonder Valley Resort \$500\* Dbl., \$650\* Sgl.**

There are still seats available for the Wonder Valley trip. Payment deadline has been extended. Wonder Valley Resort & Conference Center has a wide variety of activities available to pick and choose from, including fishing, boating, swimming pools, a jacuzzi, walking, bicycling, horseback riding and hayrides, campfires, horseshoes, archery, bingo, and so much more! What a great way to spend your **Thanksgiving** ~ with **NO COOKING!! ALL MEALS INCLUDED!!** Enjoy a comfortable resort-style room or country cottage with all the amenities, including satellite television and Wi-Fi. Contact the Travel Office for more details.



#### **December ~ Cambria Christmas Market and dinner \$TBA**



We are planning to take a trip to see the Cambria Christmas Market where you'll enjoy the lights, booths, and entertainment at this time-honored tradition. See the November issue of the *Mussell Messenger* for more information.

#### **May 30-June 3, 2019 ~ Spotlight on New York City \$3099\* Dbl., \$3949\* Sgl.**

Trip includes an extensive tour of New York City while staying in a single hotel for the duration. Two Broadway shows are on the itinerary, as well as a ferry cruise of the harbor, shopping, dining, and many of the City's famous landmarks. There is an “add-on” to experience Greenwich Village for \$85. Don't miss this great opportunity to see New York up close and personal.



**\*All prices are per person**



Check out our Facebook page: [“Santa Maria Senior Travel”](https://www.facebook.com/SantaMariaSeniorTravel)





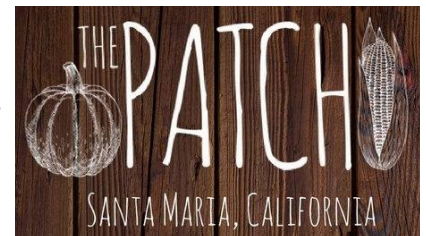


## GREETINGS FROM THE RECREATION & PARKS DEPARTMENT

Thank you to everyone who made the 2018 Active Aging Week a success. Our Active Aging Committee works year-round to “Inspire Wellness,” and we are interested in having more people join our efforts. This year we added new corporate sponsors including Rite Aid and Villa Maria Care Center which is owned by Genesis. We are grateful for all the partner agencies who contributed including Santa Maria Terrace, San Luis Sports Therapy, OASIS Senior Center, Santa Maria Senior Citizens Club, The Community Foundation of San Luis Obispo County, Alzheimer’s Association, Marian Regional Medical Center, and Central Coast Home Health and Hospice. Mr. Bailey Hudson, a retired City employee, has also been active with the Committee for many years. Thank you all for your dedication in promoting active living at every age! Please contact me if you or your agency wants to get involved with this effort. We’re already making plans for 2019 events to promote active aging!

**alzheimer’s association®** October marks the start of a three part discussion on memory loss and early detection led by the staff from the Alzheimer’s Association. If you or a friend are showing behavioral changes or experiencing memory loss, it would be beneficial to come and learn the facts about treatment options and ideas for healthy aging. The free group will meet from 2-3 p.m. at the Elwin Mussell Senior Center on Tuesdays, October 16, November 13, and December 11. For more information or to RSVP, please call 805-272-3900.

Have you heard of The Patch? It’s the City’s newest fall attraction located at Los Flores Ranch, 6245 Dominion Road. The mission of The Patch is to provide local high school students with leadership opportunities and agricultural experiences that directly benefit the community of Santa Maria by providing an affordable, family-friendly fall attraction. The Patch has a pumpkin patch, corn maze, food vendors, and special events for both children and adults. For a full list of events, call 805-264-4495 or visit [www.thepatchesantamaria.com](http://www.thepatchesantamaria.com). See you at The Patch!



Happy Fall, Y’all!

~ Barbara Wiley, Recreation Coordinator

### Celebration of Life

Wednesday, November 14

Doors open at 11:00 a.m. - 1:30 p.m.

Veterans’ Memorial Community Center

111 W. Tunnel St.

Join us for a birthday celebration, lunch, & entertainment!  
**FREE** for Santa Maria residents who are **90+** years and one family member or caregiver; one additional guest allowed for \$12. There will be a special recognition for those who are 100+. Please call (805) 925-0951 ext. 2207 to RSVP starting October 1st.



**Please note that the BYOB and Yoga classes may or may not be offered in October. Please, check with Barbara or call the Recreation and Parks Department at 805-925-0951, ext. 2260, to verify their status.**

alzheimer's   
association

# Concerned about your memory?

On-Going Workshops for Elwin Mussell Senior Center

**This comprehensive series provides  
free monthly educational opportunities to  
learn more about memory.**



**Join us for three FREE classes just for  
Elwin Mussell Senior Center**

## 2018 Series Schedule

<p><b>Oct 16</b> <b>2-3pm</b></p>	<p><b>Know the 10 Signs</b> <b>Presenter:</b> Don Bock <i>Description:</i> If you or someone you know is experiencing memory loss or behavioral changes, it's time to learn the facts. Early detection of Alzheimer's disease gives you a chance to begin drug therapy, enroll in clinical studies and plan for the future. This interactive workshop features video clips of people with Alzheimer's disease.</p>
<p><b>Nov 13</b> <b>2-3pm</b></p>	<p><b>The Basics: Memory loss, Dementia, and Alzheimer's</b> <b>Presenter:</b> Don Bock <i>Description:</i> A workshop for anyone who would like to know more about Alzheimer's disease and related dementias.</p>
<p><b>Dec 11</b> <b>2-3pm</b></p>	<p><b>Healthy Habits for a Healthy You</b> <b>Presenter:</b> Don Bock <i>Description:</i> A one hour workshop for individuals of any age who are looking for information on ways to age as well as possible. At any age, there are lifestyle habits we can adopt to help maintain or even potentially improve our health. These habits may also help to keep our brains healthy as we age and possibly delay the onset of cognitive decline.</p>

To RSVP or for more information please call

**800.272.3900**



Did you know that there is **FREE** Wi-fi available for your use at the Mussell Center?? You can easily connect your laptop, tablet or smartphone! The password is: AllAmericaCity! [*Made possible by YOUR Club!!!*]





MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT.
9-3:45 Pool* 1 10-11 Zumba Gold*§ 12-4 Duplicate Bridge 1-4 Party Bridge <b>5:30 Monthly Membership Mtg.</b> 7-9 pm Folk Dance*§	2 9-3:45 Pool* <i>11-12 BYOB*§</i> <i>12-1 Yoga*§</i> 1:30-4 Bunco*	3 9-3:45 Pool* <b>9 Exec. Bd. Meeting</b> 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	4 9-3:45 Pool* <i>11-12 BYOB*§</i> 12-4 Duplicate Bridge 2:30-3:45 Folk Dancing*	5 9-3:45 Pool* 12-4 Mah Jongg* 1-4 Bingo	6 9-12 Pool* 9 am-1 pm Duplicate Bridge
8 9-3:45 Pool* 10-11 Zumba Gold*§ 12-4 Duplicate Bridge 1-4 Party Bridge 7-9 pm Folk Dance*§	9 9-3:45 Pool* <i>11-12 BYOB*§</i> <i>12-1 Yoga*§</i> 1-4 Double-Deck Pinochle*	10 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	11 9-3:45 Pool* <i>11-12 BYOB*§</i> 12-4 Duplicate Bridge 1-4 Progressive Hand & Foot 2:30-3:45 Folk Dancing*	12 9-3:45 Pool* 12-4 Mah Jongg* 1-4 Bingo	13 9-12 Pool* 9 am-1 pm Duplicate Bridge
15 9-3:45 Pool* 10-11 Zumba Gold*§ 12-4 Duplicate Bridge 1-4 Party Bridge 7-9 pm Folk Dance*§	16 9-3:45 Pool* <i>11-12 BYOB*§</i> <i>12-1 Yoga*§</i> 1:30-4 Bunco*	17 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	18 9-3:45 Pool* <i>11-12 BYOB*§</i> 12-4 Duplicate Bridge 2:30-3:45 Folk Dancing*	19 9-3:45 Pool* 12-4 Mah Jongg* 1-4 Bingo	20 9-12 Pool* 8:30-1 pm Siamese Mah Jongg* 9 am-1 pm Duplicate Bridge
22 9-3:45 Pool* 10-11 Zumba Gold*§ 12-4 Duplicate Bridge 1-4 Party Bridge 7-9 pm Folk Dance*§	23 9-3:45 Pool* <i>11-12 BYOB*§</i> <i>12-1 Yoga*§</i> 1-4 Double-Deck Pinochle*	24 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	25 9-3:45 Pool* <i>11-12 BYOB*§</i> 12-4 Duplicate Bridge 1-4 Progressive Hand & Foot 2:30-3:45 Folk Dancing*	26 9-3:45 Pool* 12-4 Mah Jongg* 1-4 Bingo	27 9-12 Pool* 9 am-1 pm Duplicate Bridge
29 9-3:45 Pool 10-11 Zumba Gold*§ 12-4 Duplicate Bridge 1-4 Party Bridge 7-9 pm Folk Dance*§	30 9-3:45 Pool* <i>11-12 BYOB*§</i> <i>12-1 Yoga*§</i>	31 9-3:45 Pool* 9-10 Chairobics*§ 9-11 Artists Meet* 10-11 Zumba Gold*§ 1-4 Beginning Bridge	<u>Cost</u> Bingo: 50¢/card Bunco: \$3/day <i>BYOB: \$27/mo.+</i> Chairobics: \$19/mo.+ Folk Dance: (Mon.) \$15.50/mo.+ <i>Yoga: \$19/mo.+</i> Zumba Gold: \$27/mo.+ +Santa Maria Residents (non-residents higher) § Must Register In Advance!!		<b><i>NOTE: Classes may be canceled by the instructor or the City as needed.</i></b>

**Activity Contact Persons:** Book Exchange ~ Jane Bringley (1-805-937-8859)

Duplicate Bridge ~ 1-805-937-5691 (Mondays) ~ 1-805-922-5000 (Thursdays) ~ 1-805- 925-6350 (Sat.)

Pinochle ~ 1-805-934-2315 (Tuesdays) / Folk Dancing (Thursdays) ~ Betty Anthony (805-925-5429)

\* City of Santa Maria Recreation & Parks Department Program

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



## October Birthdays

Mary Leizear	2-Oct
Lorryann Prezyna	2-Oct
Laverne Venable	2-Oct
Nona Richards	3-Oct
Sharron Muleady	4-Oct
Floyd Snyder	4-Oct
Ernesto Corbelli	5-Oct
Mary Lundgren	5-Oct
Mary Weeks	5-Oct
Pat Bobzin	6-Oct
Maria Gutierrez	8-Oct
Les Leal	8-Oct
Linda Secrease	8-Oct
Mark Eggleston	9-Oct
Cheryl Ann Miller	9-Oct
Gloria Stephens	9-Oct
Mary Lou Miranda	10-Oct
Darlene Iversen	11-Oct
Helen Walley	12-Oct
Virginia Serna	14-Oct
Teri Vega	15-Oct
Eileen Blair	16-Oct
Maxine Campbell	16-Oct
Alan Eft	16-Oct
Ronnie McCarthy	16-Oct
Richard Moore	17-Oct
Barbara Moreau	17-Oct
Marj Morrow	17-Oct
Emily Vansickle	20-Oct
Elva Birch	21-Oct
Stephen Watson	21-Oct
Alice Watson	23-Oct
Karen Hollerbach	24-Oct
Gerry Hoyt	25-Oct
Sharon McConnell	25-Oct
Ralph Wengler	25-Oct
Carolyn Hicks	26-Oct
Ted Green	27-Oct
Grace Mendoza	28-Oct
Janice Battles	29-Oct
Joan Gardner	31-Oct

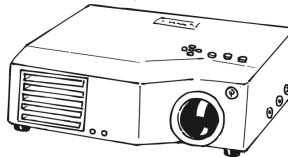
## Happy September Birthday!



**Carolyn Cabrera, Manuel Flores,  
Grace Jarvis, Liz Reynertson, and Lee Diaz**

**WANTED**

The SMVSC Club is in need of a new or used projector to have at the ready when we have a speaker that needs one to use. If you have one you no longer use, or know of one that could be purchase used, please contact President Christel Kurth at 805-332-3328.



**Note: There will be no  
Book Exchange in November.**



**Visit our New &  
Improved Club  
website!**

**[smvscc.org](http://smvscc.org)**

**You'll find the current  
newsletter on the home  
page, along with special  
events or time sensitive in-  
formation. To research oth-  
er areas, simply click on the  
names of the different sec-  
tions in the upper right  
area: **Activities Calendar,  
Special Events, Travel Op-  
portunities, Senior Re-  
sources, & Newsletters.****

## October ANNIVERSARIES

Ron & Georgia Evey	3-Oct
James & Marijane Marshall	4-Oct
Leroy & Jackie Jones Jr	5-Oct
Bob & Donna Viadella	5-Oct
Joe & Helen Razo	9-Oct
Joe & Martha Santana	15-Oct
Ed & Kathy Gutierrez	19-Oct
Herb & Sonja Gerfen	20-Oct
Charles & Emily Vansickle	20-Oct
Jim & Arlene Dvorak	21-Oct
Glenn & Janice Battles	30-Oct

## WELCOME New/Former Members

- Alejandro & Maria Ahumada
- Frances Bryant
- Henry & MaryAnn Hurlbut
- Joann Johnston
- Liz Koster
- Maria Martinez
- Jim & Karen Moore
- Maria Perez
- Floyd & Barb Snyder
- Sally Symonds

*If your birthday or anniversary is not listed or inaccurate, please contact Laura at 805-406-9989 or [laura.selken@gmail.com](mailto:laura.selken@gmail.com). (Please note: only couples where both are members have anniversary listed.)*

SMV SENIOR CITIZENS CLUB  
PO BOX 6688  
SANTA MARIA, CA 93456-6688  
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CHANGE SERVICE REQUESTED

# **The Mussell Messenger**

## **Santa Maria Valley Senior Citizens Club Newsletter**

### **MONTHLY MEMBERSHIP MEETING MONDAY, OCTOBER 1**

**DOORS OPEN: 5:30 P.M. / DINNER: 6 P.M.**

**Chicken Pot Pie, Steamed Vegetables, Green Salad, and Pistachio Cake**

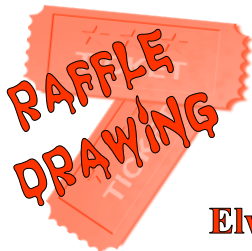
**RESERVE & PAY  
BY SEPTEMBER 28!**

**\$10 PER PERSON**

**FEATURING**

**CATERED BY  
JOY'S DELIGHTS**

**City of Santa Maria Fire Department Representative:  
Fire Prevention & What to Do In Case of Fire!**



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