

# 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



## President's Message ~



**Carolyn  
Cabrera**

Hello to all my Club Members! We are moving into October ~ we can celebrate!! We are near to completing this year and get to move onto another. The Mussell Center City Staff have been working hard to generate activities for the senior population in a safe environment. I truly appreciate all that they are doing. It is still hard to not get to meet and be together, but we will get there. I miss every one of you!

August was a time when I could travel to Nebraska in my R.V. and revisit my family roots. Both of my parents were born there, and I sense a belonging when I visit. I had not been gone from home for four weeks straight in a long time, so I enjoyed going. However, I was extremely glad to return home.

Love to you all! Stay safe!



## RECREATION & PARKS DEPT. REPORT

Active Aging Week is almost here! It's going to be a fun, busy week so please keep close watch of the week's events so that you don't miss any of the fun! The City of Santa Maria Active Aging Committee works year-round to plan and host a variety of Activities for Active Aging Week. The event is sponsored in six countries by the International Council of Active Aging. The weeklong observance led locally by the City of Santa Maria and the Active Aging Committee promotes an active lifestyle. Free activities will be held each day from October 3 through October 9. Let's stay connected by participating in this international celebration!

The full listing of events is available on page 3 of this month's newsletter and online at [cityofsantamaria.org](http://cityofsantamaria.org). Please, call the front desk at 805-925-0951 ext. 2207 if you have questions about registering for the week's events.

Wendy Hudson and I have been eagerly planning some new programs and classes that can be held outdoors. Exercise classes with two of your favorite instructors, Kathleen Hill and Ester Haldeman, have resumed on the patio of the Mussell Center [see page 3 and 4 for more information]. We have had tremendous response to the Drive-In Bingo events, and we will have more Drive-In Movie events planned for this Fall.

Last month we launched the first issue of the City of Santa Maria **EngAGE Newsletter**. If you did not receive one in your email, be sure to add yourself to the mailing list by contacting Wendy Hudson at [whudson@cityofsantamaria.org](mailto:whudson@cityofsantamaria.org) or 805-925-0951 ext. 2351.

Last year the City of Santa Maria won the **Active Aging Spirit Award** for all the creative ways we promote a healthy lifestyle. Please join us again this year, despite the pandemic ... as we have become even MORE creative to promote the benefits of leading an active, healthier lifestyle!

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



**OCTOBER 3-OCTOBER 9, 2020**  
ALL EVENTS ARE FREE!



## 2020 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.co
Director of Purchasing:	George Tise	805-925-6322	gtot58@aol.com
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

## October Birthdays!

Nona Richards	3	Barbara Moreau	17
Sharron Muleady	4	Marj Morrow	17
Pat Bobzin	6	Loretta Marsh	19
Margaret Cooper	7	Emily Vansickle	20
Ginger Souza	7	Gigi Brown	21
Maria Gutierrez	8	Stephen Watson	21
Les Leal	8	Alice Watson	23
Joe Saucedo	8	Gerry Hoyt	25
Mark Eggleston	9	Sharon McConnell	25
Cheryl Ann Miller	9	Tom Reedy	25
Gloria Stephens	9	Carolyn Hicks	26
Peter Benedict	10	Gloria Maldonado	26
Mary Lou Miranda	10	Grace Mendoza	28
Darlene Iversen	11	Janice Battles	29
Fatima Jaramillo	15	Joyce Turner	29
Eileen Blair	16	Sherry Loomis	30
Alan Eft	16	Joan Gardner	31
Ronnie McCarthy	16		

**HAPPY BIRTHDAY!**

## October Anniversaries!

Ron & Georgia Evey	3
James & Marijane Marshall	4
Leroy & Jackie Jones	5
Bob & Donna Viadella	5
Joe & Helen Razo	9
Joe & Syl Saucedo	14
Joe & Martha Santana	15
Ed & Kathy Gutierrez	19
Herb & Sonja Gerfen	20
Charles & Emily Vansickle	20
Bob & Eileen Blair	23
Glenn & Janice Battles	30



If any dates are incorrect/missing, please contact Laura at 805-406-9989 or [laura.selken@gmail.com](mailto:laura.selken@gmail.com).

## The Sunshine Corner

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 & number in case she needs to contact you for any reason. She may be reached at 805-925-6267.

## Get Well Soon ...

Vincent Pillow  
(our amazing webmaster)

## In Sympathy to ...

the family of  
William Wayne Peterson





**OCTOBER 3-OCTOBER 9, 2020**  
ALL EVENTS ARE FREE!



Join us for a weeklong health promotion that encourages adults 50+ years to take advantage of all life has to offer! Free activities will be held on each day of this week that promote the benefits of leading an active, healthier lifestyle. Get ready for a week of adventure; choose what interests you!

## ALL EVENTS ARE FREE!

Please note: The Elwin Mussell Center is closed until further notice. Please join us for these virtual programs designed to promote the benefits of living a healthy, active lifestyle.

We follow CDC guidelines; masks and social distancing are required for all on-site events.

### SATURDAY, OCTOBER 3<sup>RD</sup>

#### WALK TO END ALZHEIMER'S

The Walk is everywhere. Tune in virtually and walk in any location on any sidewalk, track or trail. **Register and Donate at:** <http://act.alz.org/santamaria>

### SUNDAY, OCTOBER 4<sup>TH</sup>

#### TAKE A WALK IN THE PARK

Select any day(s) that fit your schedule, choose one or more of our beautiful parks and enjoy a "Walk in the Park." Submit a selfie of yourself walking in the park, and you'll be entered into a drawing for prizes. Biking, jogging, and mobility carts are eligible, too! Please follow CDC guidelines while enjoying the parks. **Email selfie to** [rpinfo@cityofsantamaria.org](mailto:rpinfo@cityofsantamaria.org)

### MONDAY, OCTOBER 5<sup>TH</sup>

#### OUTDOOR ZUMBA GOLD CLASS - 1-2 PM Elwin Mussell Center 510 E. Park Ave.

Introductory class for new participants. Advance RSVP at (805) 925-0951 ext. 2207

#### LEARN HOW TO USE YOUR SMARTPHONE ONLINE!

In these challenging times, California Phones is continuing to keep people connected, by offering FREE Smartphone Training Webinars. Our unique approach that has made our trainings popular can now be experienced in the comfort of your home. Webinar trainings for Android and iPhone. *Space is limited.* To register call 1-866-271-1540 or email [smartphonetraining@ddtp.org](mailto:smartphonetraining@ddtp.org)

### TUESDAY, OCTOBER 6<sup>TH</sup>

#### RITE AID FLU SHOT CLINIC - 10 AM-12 PM Elwin Mussell Center 510 E. Park Ave.

Walk up to the outdoor Rite Aid booth to receive your free or low cost flu shot. **Call ahead to make appointment:** (805) 925-0951 ext. 2207

#### OUTDOOR BUILD YOUR OWN BODY (BYOB) CLASS - 1-2 PM Elwin Mussell Center 510 E. Park Ave.

Introductory class for new participants. Advance RSVP at (805) 925-0951 ext. 2207

### WEDNESDAY, OCTOBER 7<sup>TH</sup>

#### OUTDOOR ZUMBA CHAIR CLASS - 1-2 PM Elwin Mussell Center 510 E. Park Ave.

Introductory class for new participants. Advance RSVP at (805) 925-0951 ext. 2207

#### VIRTUAL EMERGENCY PREPAREDNESS CLASS ON ZOOM "STAYING PREPARED DURING THE PANDEMIC"

2-3 PM

Tune into Zoom for this important, timely topic on ways to stay as safe and prepared as possible. **Call (805) 925-0951 ext. 2207 to RSVP and receive the Zoom link.** Presented by Roy Dugger, S.M.F.D. Emergency Services Specialist.

### WEDNESDAY, OCTOBER 7<sup>TH</sup>

#### UNDERSTANDING ALZHEIMER'S AND DEMENTIA - 5:30-6:30 PM

Register at [tinyurl.com/alzheimers-dementia](http://tinyurl.com/alzheimers-dementia) Sponsored by the Alzheimer's Association.

### THURSDAY, OCTOBER 8<sup>TH</sup>

#### DRIVE IN CONCERT WITH THE

#### SIMPLY SAXES QUARTET - 12-1:00 PM Elwin Mussell Center, 510 E. Park Ave.

Bring your lunch and relax to the joyful songs played by this talented local saxophone quartet. **Call to reserve your parking space:** (805) 925-0951 ext. 2207

#### OUTDOOR YOGA CLASS - 1-2 PM

Elwin Mussell Center, 510 E. Park Ave. Introductory class for new participants. Advance RSVP at (805) 925-0951 ext. 2207

#### EFFECTIVE COMMUNICATION STRATEGIES - 2-4 PM

Register at [tinyurl.com/alz-assoc-webinar](http://tinyurl.com/alz-assoc-webinar) Sponsored by the Alzheimer's Association.

### FRIDAY, OCTOBER 9<sup>TH</sup>

#### DRIVE IN BINGO - 10-11:30 AM

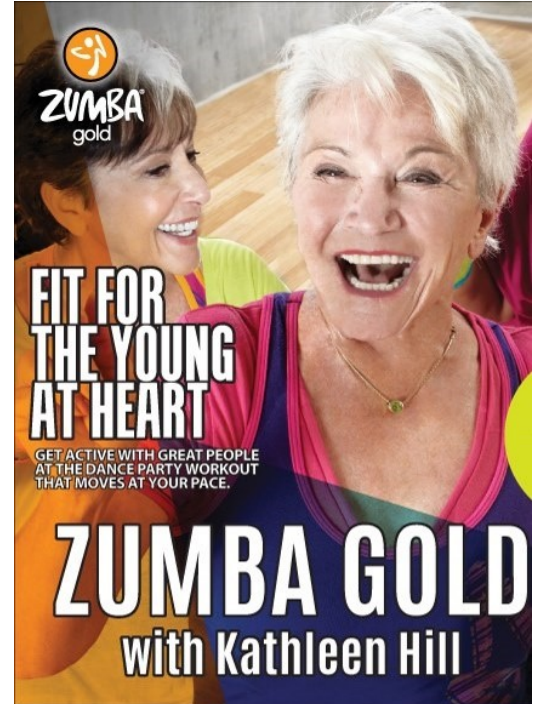
Enjoy fun bingo games while staying socially distant in your car. Special jumbo bingo cards with wipe-off pens are provided. Non-cash prizes include gift cards and gift baskets. **Advanced reservations required.** Call (805) 925-0951 ext. 2207

## ACTIVE AGING

Program for  
Adults 50+ Years



City of Santa Maria  
Recreation & Parks  
Department



Classes meet every  
Monday & Wednesday  
10:15-11:15 a.m.

Classes are held on the patio at  
Alice Trefts Park  
(adjacent to the Mussell Center)

This class is easily adapted for  
all fitness levels, and will ensure a  
calorie-burning workout.

Class is limited to 10 participants and  
will follow CDC/Santa Barbara County  
guidelines to provide a safe  
and enjoyable class.

Temperature checks, masks, and  
social distancing are mandatory.

Session 2: October 5<sup>th</sup>-28<sup>th</sup> Class #8639

Session 3: November 2<sup>nd</sup>-25<sup>th</sup> Class #8640

Session 4: December 2<sup>nd</sup>-30<sup>th</sup> Class #8641

Fees: \$27 City Residents / \$33.50 Non-Residents

**REGISTRATION MUST BE  
DONE IN ADVANCE**

**NO WALK-INS ARE PERMITTED**

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

For more information, call the  
Rec & Parks Dept. at 805-925-0951 X2260

For more information, please call the City of Santa Maria Recreation and Parks Department or visit [www.cityofsantamaria.org](http://www.cityofsantamaria.org) | Events are subject to change or may be cancelled.



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Keeping you connected.



alzheimer's  
association



Dignity Health.  
Marian Regional Medical Center





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

 **ACTIVE AGING**  
Program for  
Adults 50+ Years

**Build Your Own Body with Ester Haldeman**

**BYOB** Class meets every Tuesday and Thursday  
9:00-10:00 AM or 10:15-11:15 AM

Classes will be held on the patio at Alice Trefts Park adjacent to the Elwin Mussell Center, 510 East Park Avenue.

This popular class helps maintain cardiovascular health, strength and flexibility. This fast paced class uses music and handheld weights to increase muscular strength and range of movement. Participants should bring water and a hand towel to class.

Recommended for the intermediate to advanced participants.

Class will be limited to 10 participants and will follow CDC/Santa Barbara County guidelines to provide a safe and enjoyable class.

Session 1: September 15<sup>th</sup>-October 1<sup>st</sup> Class #8549 #8551  
Session 2: October 6<sup>th</sup>-29<sup>th</sup> Class #8552 #8553  
Session 3: November 3<sup>rd</sup>-24<sup>th</sup> Class #8967 #9232  
Session 4: December 1<sup>st</sup>-29<sup>th</sup> Class #8550 #9233

Temperature checks, masks, and social distancing are mandatory.

Registration must be done in advance. No walk-ins are permitted.

Please register online at [www.cityofsantamaria.org/register](http://www.cityofsantamaria.org/register) | If you need help registering or have questions call (805) 925-0951 ext. 2207

**FREE!** To show our support for the community during this time classes will remain free until December 31, 2020



**FREE!** **ACTIVE AGING**  
Program for  
Adults 50+ Years  
**YOGA**  
with Ester

Learn basic yoga poses and breathing techniques that promote a sense of physical well-being and releases stress.

Class will be limited to 10 participants and will follow CDC/Santa Barbara County guidelines to provide a safe and enjoyable class.

Class meets every Tuesday and Thursday,  
11:30 AM-12:30 PM

Classes will be held on the patio at Alice Trefts Park adjacent to the Elwin Mussell Center, 510 E. Park Avenue.

Temperature checks, masks, and social distancing are mandatory.

Registration must be done in advance. No walk-ins are permitted.

Session 1: September 15<sup>th</sup>- October 1<sup>st</sup>, Class #8631  
Session 2: October 6<sup>th</sup>- 29<sup>th</sup>, Class #8632  
Session 3: November 3<sup>rd</sup>- 24<sup>th</sup>, Class #8633  
Session 4: December 1<sup>st</sup>- 29<sup>th</sup>, Class #8634

Please register online at [www.cityofsantamaria.org/register](http://www.cityofsantamaria.org/register)  
If you need help registering or have questions call (805) 925-0951 ext. 2207



These **FREE** classes meet every **Tuesday & Thursday**  
See each flyer for the exact times.  
Classes are held on the patio at Alice Trefts Park (adjacent to the Mussell Center)

The **BYOB class** helps maintain cardiovascular health, strength, & flexibility. It is fast paced and uses music and handheld weights to increase muscular strength & range of movement. It is recommended for the intermediate to advanced participant. Bring water & a hand towel to class.

The **Yoga class** teaches basic poses & breathing techniques that promote a sense of physical well-being & release stress.

Class is limited to 10 participants and will follow CDC/Santa Barbara County guidelines to provide a safe and enjoyable class.

Temperature checks, masks, and social distancing are mandatory.

**REGISTRATION MUST BE DONE IN ADVANCE**  
**NO WALK-INS ARE PERMITTED**

Please register online at [cityofsantamaria.org/register](http://cityofsantamaria.org/register)  
If you need help registering or have questions, please, call 805-925-0951 ext. 2207