

# 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 • 1-805-925-0951, ext. 2207



# October 2021



## President's Message ~



**Carolyn Cabrera**

Too many projects, not enough time! We used to say that didn't we, but it has become true for me lately. Oh well, I will push on and with all the encouragement I received from our Club members at the Membership Meeting this month I can do this! Thank you to all of you! We had a great program from the Santa Barbara County Animal Services. They really offer a lot of services to us pet owners! Please, keep that in mind. Congratulations to our September raffle winners Rosemary D'Amato and Tony Loayza! The October program will feature **Molly Kehoe** with the **Dignity Health Family Caregiver Support Program**.

The Board and I are continuing our process to negotiate the Club contract with the City and work out a mutual agreement. You all are such valuable resources to this community! We will continue to support services for the senior population of Santa Maria - that is for sure! Keep going! Love to you all!!



## TRAVEL OPPORTUNITIES SANTA MARIA SENIOR TRAVEL COMMITTEE



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

**Travelers!** We still have seats available for our trip to **Riverside Casino in Laughlin**, NV. If we don't get enough people, though, we may have to cancel. Sign up today!!!

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

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

We will be staying at the Riverside Casino! Restaurants are open, but not the buffet!

**November 6 ~ Melodrama's "Bride of Frankenstein"**

**\$54\***

We will leave at 12:30 p.m., but we will not be stopping to eat. Space is limited. Come in and sign up any time the travel office is open!!

**\*All prices are per person**

**Note: All participants must be vaccinated or have a negative COVID test within 72 hours of departure. Masks are required!**

## Santa Maria Valley Senior Citizens Club

**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 **these hours only**, unless there is a special event. 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</b> ~ Contact Carolyn if you are interested in leading this group		
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



**It's Active Aging Week again!!  
Get out your Hawaiian gear  
& enjoy the sounds of the  
Central Coast's favorite Dance Band!!!**

**FREE!**



**RIPTIDE**  
**Big Band**

**with special guest  
Yuka Freeman**

**featuring  
Bob Nations &  
Mitch Latting  
on vocals**



This program is made possible  
with the support of the



Funded with a grant from  
**THE Community FOUNDATION**  
SAN LUIS OBISPO COUNTY

**Oct. 3, 2021**

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

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

Sponsored by



**For more information, call Judy at 1-775-813-5186**

**Visit [RiptideBB.com](http://RiptideBB.com) or [Riptide Big Band](#) on Facebook**

**Visit our website: [smvscc.org](http://smvscc.org)**

You'll find this 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!





## GREETINGS FROM THE RECREATION & PARKS DEPARTMENT



**Happy Active Aging Week!** The International Council on Active Aging (ICOAA) sponsors this week-long health promotion that encourages adults 50+ years to take advantage of all life has to offer. Active Aging Week in Santa Maria is **October 2-8, 2021**. Free activities are held each day to promote the benefits of leading an active, healthier lifestyle [see the schedule on the next two pages]. This year the ICOAA wants us to **“Find our Flex.”** We can flex our muscles, flex our brains, or flex our social media presence ... the important thing is to flex and do something that will help us be healthy for years to come. We know that physical, mental, and social health all have a role in our overall wellness. So, let's keep flexing!



There are other events in October including the **Veterans Stand Down** held on **Saturday, October 16**, from 9 a.m. – 1:00 p.m. at the Santa Maria Fairpark. This is a great opportunity to reach isolated veterans who may need some assistance. On **Saturday, October 23**, the Recreation and Parks Department is hosting the first **“Battle of the Badges”** softball game featuring our local heroes from the Santa Maria Fire Department and the Santa Maria Police Department. This free event begins at 1:00 p.m. at the Hagerman Softball Complex at 3300 Skyway Drive. Grab some peanuts and Crackerjack, but remember to bring a hat and sunscreen, too. Let's show our appreciation and support to our local first responders!

The **Dia de los Muertos (Day of the Dead) Celebration** will be **Sunday, October 24**, from 12:00 – 4:00 p.m. at Veterans' Memorial Park located at 313 West Tunnell. There will be food and craft booths, entertainment, and cultural traditions honoring departed loved ones.



On **Sunday, October 31**, there will undoubtedly be some hilarious costumes at the **Howl-o-ween Dog Parade and Costume Party** at Rotary Centennial Park from 1:00 – 3:00 p.m. This new event will feature a casual walk around the perimeter of the park, plus information booths and vendors. The registration fee is \$10 per pet as a “Fur-raiser” benefit for the People for

Leisure and Youth (P.L.A.Y.), Inc. There is no charge to attend as a spectator to enjoy the fresh air and funny costumes.

You may see some new smiling faces at the Mussell Center since there are new employees working as clerks in the lobby. They will be helping customers who visit, answering the extension 2207 phone line, making the Active Living Access Passes, and assisting with class registrations on the Active.net program. Please, welcome them and seek them out if you have any program questions.

I hope to see you during Active Aging Week! It may be a bit different this year, but we are still doing all we can to flex our combined efforts towards better health! See you at the Center!

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



City of Santa Maria  
Recreation & Parks  
Department



**Humana**

PRESENTS

**ACTIVE AGING WEEK**

**OCTOBER 2-8, 2021**

**Winner of the 2019 Active Aging Spirit Award from  
the International Council of Active Aging!**

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!**

**SATURDAY, OCTOBER 2<sup>ND</sup>**

**Santa Maria Walk to End Alzheimer's**  
Rotary Centennial Park

**Registration at 8:00 AM**

**Ceremony at 9:00 AM | Walk at 9:30 AM**

The Alzheimer's Association Walk to End Alzheimer's® is the world's largest fundraiser for Alzheimer's care, support and research. Register or donate here: <http://act.alz.org/goto/cityofsantamariaactiveaging>

**SUNDAY, OCTOBER 3<sup>RD</sup>**

**Active Aging Week Dance**  
Elwin Mussell Center

**Featuring the Riptide Band**  
**1:30-4:00 PM**

This free event is sponsored by The Community Foundation of San Luis Obispo.

**MONDAY, OCTOBER 4<sup>TH</sup>**

**Outdoor Ukulele Demonstration  
and Sing Along**

**Elwin Mussell Center**

**11:00 AM-12:00 PM**

The members of the Beginning Ukulele Class will share their music and lead an outdoor sing along with Instructor, Joe Payne. Come to listen or to sing along.

**Virtual Smart Phone Class**

Using a Zoom meeting, learn how to make your smart phone easier to use and understand. Topics include text messages, Bluetooth connections, basic functions and Wi-Fi tips to help your smartphone do more for you! Call 1-(866)271-1540 to register.

**TUESDAY, OCTOBER 5<sup>TH</sup>**

**Intergenerational Story Time**

**Elwin Mussell Center**

**10:00-11:00 AM**

Santa Maria Public Library staff will present a family-friendly story for seniors and children to enjoy together. Bring your grandchildren or a young friend to explore the City's Bookmobile and encourage them to be life-long readers.

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





## OCTOBER 2-OCTOBER 8, 2021

### ALL EVENTS ARE FREE!



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

#### Rite Aid Flu Shot Clinic

Elwin Mussell Center

10:00 AM-12:00 PM

Free or low-cost flu shots available. Call ahead to make appointment (805)925-0951 ext. 2207.

#### Intro to Pickleball Clinic

Hagerman Sports Complex

Pickleball Courts

3:00-4:30 PM

The Pickleball Clinic will focus on the fundamentals of pickleball with drills and competition tactics. Please wear comfortable clothes, athletic shoes, and bring water. **Loaner equipment available for use.**

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

#### Zumba Gold

Elwin Mussell Center

9:00-10:00 AM

Free introductory class.

#### Chairobics

Elwin Mussell Center

10:15-11:15 AM

Free introductory class.

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

#### BYOB: Build Your Own Body

Elwin Mussell Center

9:00-10:00 AM

This fast-paced class uses music and hand weights for a great cardiovascular workout. **Free class sponsored by Dignity Health.**

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

#### Yoga

Elwin Mussell Center

10:15-11:15 AM

Bring yoga mat and water for this free class sponsored by Dignity Health.

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

#### Guided Hike at Los Flores Ranch Park

9:00-10:30 AM

Join hike leader, John Parke, and City Naturalist, Susan Tuttle, on a docent-led hike at Los Flores Ranch. Hike includes dog demonstrations with John's Great Pyrenees dogs that can help pull people up a hill, carry water bottles, and safely guide people down a trail. (Please do not bring other dogs.)

### COMING SOON...

#### Zoom Virtual Workshop by Dignity Health

Active Aging Diabetes Empowerment Education Program

(DEEP)

The DEEP sessions are interactive and involve demonstrations, role play, and games for people with diabetes, prediabetes, or the caregivers who serve them. Includes nutrition education and meal planning tips.

Six, two-hour weekly sessions starting October 14<sup>th</sup>. Call (805) 739-3578 for registration information.

### LOCATIONS:

Elwin Mussell Center: 510 East Park Avenue

Rotary Centennial Park: 2625 South College Drive

Los Flores Ranch Park: 6271 Dominion Road (South-East of Orcutt)

Hagerman Sports Complex: 3300 Skyway Drive

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.





# October 2021



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>*City of Santa Maria Recreation &amp; Parks Department Program</b></p> <p><b>§Participants must pre-register at Rec. &amp; Parks Department. No walk-ins allowed.</b></p>	<p><b><u>Contacts</u></b></p> <p>Book Exchange: 805-354-0388</p> <p>Bridge: (Alan) 408-499-5333</p> <p>Folk Dancing: 805-925-5429</p>	<p><b><u>NOTE:</u></b></p> <p>Only one BYOB class is being offered at this time, from 9-10 a.m. Limit 20 participants on a first-come, first-served basis with no reservations taken.</p>	<p>Please note that all activities listed here are subject to change. If you are aware of any event missing or needs to be corrected, please contact Laura Selken.</p>	
<p>9-3:45 Pool* 4</p> <p>9-10 Zumba Gold*§</p> <p>10:15-11:15 Chairobics*§</p> <p>11-12 Beginner Ukulele*</p> <p>12-4 Duplicate Bridge</p> <p><b>5 pm Monthly Membership Meeting</b></p>	<p>9-3:45 Pool* 5</p> <p>9-10 BYOB*§</p> <p>10:15-11:15 Yoga*§</p>	<p><b>9 Exec. Bd. Meeting</b> 6</p> <p>9-3:45 Pool*</p> <p>9-10 Zumba Gold*§</p> <p>10:15-11:15 Chairobics*§</p> <p>12-4 Mah Jongg*</p> <p>1-4 Beginning Bridge &amp; Instruction</p>	<p>9-3:45 Pool* 7</p> <p>9-10 BYOB*§</p> <p>10:15-11:15 Yoga*§</p> <p>11-12- Forever Young Band</p> <p>2-3:45 Folk Dancing</p>	<p>9-3:45 Pool* 1</p> <p>12-4 Mah Jongg*</p> <p>12-3:45 Bingo</p>
<p>9-3:45 Pool* 11</p> <p>9-10 Zumba Gold*§</p> <p>10:15-11:15 Chairobics*§</p> <p>11-12 Beginner Ukulele*</p> <p>12-4 Duplicate Bridge</p>	<p>9-3:45 Pool* 12</p> <p>9-10 BYOB*§</p> <p>10:15-11:15 Yoga*§</p> <p>1-4 Double-Deck Pinochle</p>	<p>9-3:45 Pool* 13</p> <p>9-10 Zumba Gold*§</p> <p>10:15-11:15 Chairobics*§</p> <p>11-12 Beginner Ukulele*</p> <p>1-4 Beginning Bridge &amp; Instruction</p>	<p>9-3:45 Pool* 14</p> <p>9-10 BYOB*§</p> <p>10:15-11:15 Yoga*§</p> <p>11-12- Forever Young Band</p> <p>1-4 Progressive Hand and Foot</p>	<p>9-3:45 Pool* 15</p> <p>12-4 Mah Jongg*</p> <p>12-3:45 Bingo</p>
<p>9-3:45 Pool* 18</p> <p>9-10 Zumba Gold*§</p> <p>10:15-11:15 Chairobics*§</p> <p>11-12 Beginner Ukulele*</p> <p>12-4 Duplicate Bridge</p>	<p>9-3:45 Pool* 19</p> <p>9-10 BYOB*§</p> <p>10:15-11:15 Yoga*§</p>	<p>9-3:45 Pool* 20</p> <p>9-10 Zumba Gold*§</p> <p>10:15-11:15 Chairobics*§</p> <p>11-12 Beginner Ukulele*</p> <p>12-4 Mah Jongg*</p> <p>1-4 Beginning Bridge &amp; Instruction</p> <p><b>1-3 Book Exchange</b></p>	<p>9-3:45 Pool* 21</p> <p>9-10 BYOB*§</p> <p>10:15-11:15 Yoga*§</p> <p>11-12- Forever Young Band</p> <p>2-3:45 Folk Dancing</p>	<p>9-3:45 Pool* 22</p> <p>12-4 Mah Jongg*</p> <p>12-3:45 Bingo</p>
<p>9-3:45 Pool* 25</p> <p>9-10 Zumba Gold*§</p> <p>10:15-11:15 Chairobics*§</p> <p>11-12 Beginner Ukulele*</p> <p>12-4 Duplicate Bridge</p>	<p>9-3:45 Pool* 26</p> <p>9-10 BYOB*§</p> <p>10:15-11:15 Yoga*§</p> <p>1-4 Double-Deck Pinochle</p>	<p>9-3:45 Pool* 27</p> <p>9-10 Zumba Gold*§</p> <p>10:15-11:15 Chairobics*§</p> <p>11-12 Beginner Ukulele*</p> <p>1-4 Beginning Bridge &amp; Instruction</p>	<p>9-3:45 Pool* 28</p> <p>9-10 BYOB*§</p> <p>10:15-11:15 Yoga*§</p> <p>11-12- Forever Young Band</p> <p>1-4 Progressive Hand and Foot</p>	<p>9-3:45 Pool* 29</p> <p>12-4 Mah Jongg*</p> <p>12-3:45 Bingo</p>



## Happy October Birthday!

Nona Richards	3
Sharron Muleady	4
Pat Bobzin	6
Melania Campos	7
Margaret Cooper	7
Ginger Souza	7
Maria Gutierrez	8
Mark Eggleston	9
Cheryl Ann Miller	9
Gloria Stephens	9
Darlene Iversen	11
Fatima Jaramillo	15
Eileen Blair	16
Alan Eft	16
Ronnie McCarthy	16
Barbara Moreau	17
Marj Morrow	17
Loretta Marsh	19
Gigi Brown	21
Stephen Watson	21
Alice Watson	23
Sharon McConnell	25
Carolyn Hicks	26
Gil Terans	26
Grace Mendoza	28
Janice Battles	29
Joyce Turner	29
Joan Gardner	31

## Happy October Anniversary!

Ron & Georgia Evey	3
James & Marijane Marshall	4
Leroy & Jackie Jones	5
Bob & Donna Viadella	5
Joe & Helen Razo	9
Joe & Martha Santana	15
Ed & Kathy Gutierrez	19
Herb & Sonja Gerfen	20
Glenn & Janice Battles	30

## New & Rejoining Members:

Melania Campos & Mary Harrison

## Happy September Birthdays!



**Manuel Flores, Carolyn Cabrera,  
Jean Letman, Liz Reynertson, & Ron Johnson**

## Sunshine Corner



**Get Well Soon ...**

**Bob Blair**

**Sue Park**

**George Tise**



*Please contact Simone (805-925-6267) about any members or their loved ones who should be sent a get well, thinking of you, or sympathy card. Don't assume she already knows!! Note: when you call her, please leave your name and telephone number in case she needs to call you back.*

① If a birthday/anniversary listed here is incorrect, or if your name and special day is not listed, please contact Laura at [laura.selken@gmail.com](mailto:laura.selken@gmail.com) or 805-406-9989.

① Note: only couples who are both members of the Club will have their anniversary listed. Please, notify Laura of any errors or additions.

SMV SENIOR CITIZENS CLUB  
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SANTA MARIA, CA 93456-6688  
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# **The Mussell Messenger**

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



### **Monthly Membership Meeting**

# **Monday - October 4**



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

**Pork roast, veggie medley, scalloped potatoes, salad, rolls, and pistachio cake**

**Reserve/Pay by:**  
**Friday - Oct. 1**

**\$12 per person**

**featuring**

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

**Molly Kehoe with Dignity Health**

**Family Caregiver Support Program**

**Raffle  
Drawing**



**Celebrate Your  
October Birthday  
with Us!**

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

**805-925-0951, Ext. 2207**