

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



OCTOBER 2023

President's Message:



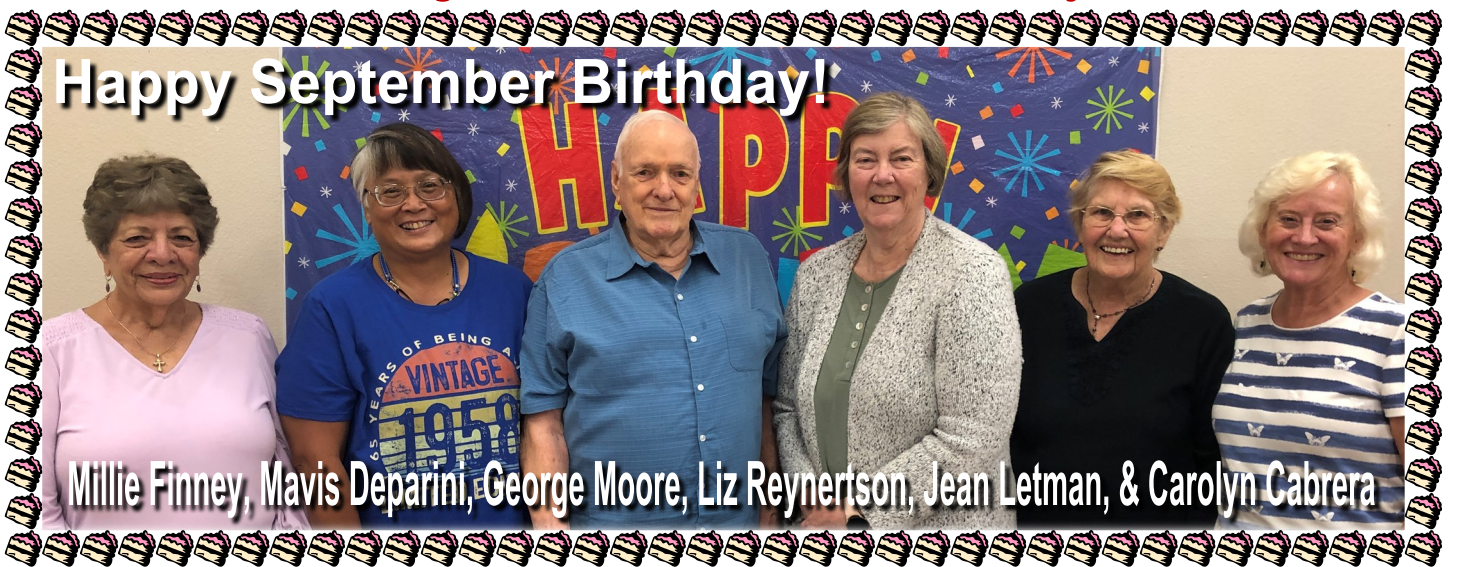
Carolyn Cabrera

It was quite an event on September 10th with the Riptide dance band playing for the seniors at the Elwin Mussell Senior Citizens Center. Their "Wear Your Hat" theme was a blast. What fun it was to be around all you active seniors! Can't wait for their rockin' good time on October 8! Be sure to put that dance on your schedule and enjoy music from the '60s and '70s.

This made me reflect on my husband's passing 6½ years ago. We sometimes don't fully realize the trauma and loss of losing a loved one. All the things you have to do, and it is hard to even get your mind to work at times. My healing has come from my faith, of course, but also from involvement with the Santa Maria Valley Senior Citizens Club. I couldn't do much at first, but I could help serve food at our monthly membership dinners and be around others experiencing the same losses. You all have helped me grow and see the value of friendship and giving to others. Thank you for each moment with all of you.

"Active Aging Week" is from October 2-8! Lots of "extra" activities are being planned. Be sure to get a flyer from the receptionist with all the details!

Note: We are needing members to STEP UP and join the board in 2024! If you are interested in learning more, PLEASE contact me! ~ See you at the Center!!!



Happy September Birthday!

Millie Finney, Mavis Deparini, George Moore, Liz Reynertson, Jean Letman, & Carolyn Cabrera

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.

2023 Officers & Committee Chairpersons

President:	Carolyn Cabrera	805-448-0623	ccabrera48@verizon.net
1st VP:	Jolene Simons	661-203-9756	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:	OPEN ~ Contact any board member listed here if you are interested		
Travel:	Diana Dodos	805-268-8288	diana.dodos@yahoo.com
Sunshine:	Simone Gillogly	805-925-6267	[no email]

Recreation and Parks Department Staff & Phone Numbers:

Recreation Coordinator: Wendy Hudson, 805-925-0951, ext. 2351, whudson@cityofsantamaria.org
 Facility Specialist: Evelyn Marroquin, 805-925-0951, ext. 1635, emarroquin@cityofsantamaria.org
 Receptionist: 805-925-0951, ext. 2207 / Recreation & Parks Department Primary Office: ext. 2260

HAPPY OCTOBER BIRTHDAY!

Laverne Venable	2	Sharon Libsack	19
Charles Whitford	2	Adolfo Lopez	19
Floyd Snyder	4	Stephen Watson	21
Pat Bobzin	6	Alice Watson	23
Sarah Cortez	6	Sharon McConnell	25
Margaret Cooper	7	Tom Reedy	25
Joe Saucedo	8	Carolyn Hicks	26
Mark Eggleston	9	Joyce Turner	27
Gloria Stephens	9	Grace Mendoza	28
Rene Quintero	12	Dorothy Wright	28
Alice Toler	15	Florenda Adversalo	29
Eileen Blair	16	Janice Battles	29
Alan Eft	16	Loly Lorenzo	30

HAPPY OCTOBER ANNIVERSARY!

Ron & Georgia Evey	3
Leroy & Jackie Jones	5
Bob & Donna Viadella	5
Joe & Helen Razo	9
Gary & Darlene Glasgow	14
Joe & Syl Saucedo	14
Joe & Martha Santana	15
Ed & Kathy Gutierrez	19
Herb & Sonja Gerfen	20

WELCOME NEW & REJOINING MEMBERS!

- Bob & Myrna Alvarez
- David Harrison
- Terance & Chris Oberg
- Dolly Ornelas
- Betty Ramos



Please, call or text Laura at 805-406-9989 or email her at laura.selken@gmail.com with corrections.

Sunshine Corner

Our Deepest Sympathy to Diana Dodos whose sister passed away

Get Well Soon Freddie Newman

Please, contact Simone about members, or their loved ones, who need a get well, thinking of you, or sympathy card sent to them. Please, leave your name and number when you call (805-925-6267).

Congratulations to our September Raffle Winners:
Mary Treinen ~ \$27 & Margie Cornejo ~ \$24



TRAVEL OPPORTUNITIES

SANTA MARIA SENIOR TRAVEL COMMITTEE



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

October 1 ~ Chumash Intertribal Powwow \$45

Dancing, singing and drumming will be on display as Native American tribes from throughout Northern California descend on Santa Ynez to celebrate their heritage (bring your own "lawn-type" chair which will be transported for you). Lunch is not included.

SOLD OUT

October 8 ~ SLO Rep Theatre production of "Nunsense" \$60

Join us as we travel to San Luis Obispo to see the very funny musical, "Nunsense."

SOLD OUT

February 12-20, 2024 ~ Tropical Costa Rica \$3019 trpl./\$3049 dbl./\$3749 sgl.

San Jose • Coffee Plantation • Arenal Volcano • Cano Negro Refuge • Lake Arenal Cruise • Farm Tour & Lunch • Monteverde Cloud Forest • Guanacaste • and more; includes 14 meals (8 breakfasts, 1 lunch, & 5 dinners) and round-trip air from LAX; optional 4 days/3-night jungle adventure pre-tour extension available (see office for details). *Please note this tour has an activity level of "3" (able to walk/stand for 2-3 hours/up to 4 miles a day); able to traverse hills, uneven surfaces, up three flights of stairs; able to climb in & out of various modes of transportation; etc.).* **Final Payment due December 14, 2023!**



October 4-9, 2024 ~ Albuquerque Balloon Fiesta \$3375* dbl./\$4250* sgl.



Albuquerque International Balloon Fiesta Dawn Patrol & Balloon Glow • Old Town Albuquerque • Sante Fe • Indian Pueblo Cultural Center • Los Alamos Science Museum • Loretto Chapel • Taos & Taos Pueblo • 3 nights in Sante Fe; includes 7 meals (5 breakfasts & 2 dinners), roundtrip airfare & transfers (LAX), professional tour director, motorcoach transportation, admissions per itinerary, comprehensive sightseeing, AND baggage handling at hotels. *Please note this tour has an activity level of "3".*

*Reflects \$100 savings when pay by check.

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The committee is actively working on more trips this fall and winter, including one to **Santa Barbara "ZooLights"**! We are also planning a **"Mystery Trip"** and other day trips, possibly to the Reagan Library and the Pantages Theatre. However, we need your help!! The **TRAVEL COMMITTEE** is in need of a new **CO-CHAIR** as Kathy Doty has had to step down for health reasons. If anyone has any experience in working with transportation companies, travel agencies, or touring businesses, or anything similar, **CO-CHAIR DIANA DODOS** would love to talk to you! The Committee also needs more **VOLUNTEER TRAVEL TOUR LEADS**. If you're interested in joining the "team," please visit our travel office! They will share all the details with you!!



RECREATION & PARKS DEPARTMENT OCTOBER 2023 ACTIVITIES

ACTIVE AGING WEEK ~ OCTOBER 2 - 8 ~ AGING UNBOUND!

See flyers for full schedule and details! ****All listings are subject to change.****

- * **Every Monday & Wednesday, 1:30-2:30 p.m. ~ Line Dancing – Let’s BOO-gie** with dancing to famous Halloween music like “Thriller” & “Ghostbusters.”
- * **1st & 3rd Tuesdays, 1:00-3:00 p.m. ~ It’s Time for Bunco – “Throw the Dice Witches”** with prize for best dressed witch in costume **(Oct. 3 & 17)**.
- * **NEW PROGRAM: Wednesdays, 12-1 p.m. ~ Card Couture** – get your creative juices flowing when you participate in this unique playing card decorating program. Exchange ideas and cards with others or create a memory book for yourself to enjoy! No experience necessary. All participants must sign up in advance at the reception desk or call 805-925-0951, ext. 2207
- * **NEW PROGRAM: Wednesdays, 4-5 p.m. ~ Yoga Fusion** – blends the best of yoga, Pilates, and ballet to form a unique new exercise program that improves flexibility, strength, and mobility. [\$5 per class for city residents / \$7.50 nonresidents]. Participants MUST register in advance at cityofsantamaria.org/recreation.
- * **1st & 3rd Fridays of the month, 9:30-10:30 a.m. ~ Coffee & Conversation – “Royal Morning Tea Party” (Oct. 6)** with prize for best hat, and **“Glam-O-Ween” (Oct. 20)** with prize for best Halloween make up look.
- * **NEW PROGRAM: Friday, Oct. 6 & Nov. 3, 4-5 p.m. ~ Hula for Health** – have fun learning basic hula dance moves and how to incorporate them into an easy, at home, low impact workout. [\$5 per class for city residents / \$7.50 nonresidents]. Participants MUST register in advance at cityofsantamaria.org/recreation.
- * **NEW PROGRAM: Friday, Oct. 6 & Nov. 3, 5:30-6:30 p.m. ~ Ballroom Dance** – introductory class will teach basic forms of ballroom dancing. This beginner-friendly class is for anyone that enjoys dancing with either a partner or solo. [\$5 per class for city residents / \$7.50 nonresidents]. Participants MUST register in advance at cityofsantamaria.org/recreation.
- * **Wednesdays, Oct. 11 & Oct. 25, 9:00-10:00 a.m. ~ My Artistic Self: Pumpkin Center Piece** – create a table arrangement using real pumpkin and fall floral craft items with all supplies provided for free. All participants must sign up in advance at the reception desk or call 805-925-0951, ext. 2207.
- * **FREE LUNCHEON: Wednesday, Oct. 25, 11:30 a.m.-1 p.m. ~ Boo-rrific Celebration hosted by Santa Maria Terrace** – make your way over and join fellow ghosts and witches at this boo-rrific lunch with special performances you don’t want to miss! Prize will go to the best ghost and witch-inspired costumes! **SPACE IS LIMITED**. Reserve early! All participants must sign up in advance at the reception desk or call 805-925-0951, ext. 2207.
- * **Tuesday, Oct. 31, 11:30 a.m.-12:15 p.m. ~ Senior Nutrition Lunch Program – Halloween Costume Contest**. All participants must sign up by Oct. 25 by calling 805-925-9554, option 1.

Central Coast Commission
for
Senior Citizens

Come join us for food,
fun and friendship!

Senior Nutrition Program

Any person aged 60 years or older is eligible

Call 805-925-9554 - option 1,
or email meals@centralcoastseniors.org.

Visit smvsc.org to see the full menu or pick one up at the Center.
(milk is offered at all meals; bring your own container for leftovers)

FREE Lunches ~ Monday-Friday, 11:30 a.m.-12:15 p.m.
(PLEASE arrive no later than NOON!)

Make your reservations at least 3 business days in advance!

BE SURE TO SHOW UP & SIGN IN every time you eat!!!

After 3 no-shows, your name will be removed from future reservations!

Join us on **Tuesday, October 31**, for a special **Halloween Costume Contest** during the Senior Nutrition Lunch Program. Win a Halloween gift basket filled with all sorts of "treats"! **Be sure to sign up by Oct. 25** (see above for directions).

WE NEED YOUR HELP WITH THE FREE LUNCHES! PLEASE CONTACT JOLENE SIMONS AT 661-203-9756 IF YOU CAN ASSIST IN ANY WAY ON ANY DAY!!! THANK YOU!!!

More news from Santa Maria Recreation & Parks:

- * **Sunday, October 1, 10 a.m.-6 p.m. ~ FREE PARKING at The Patch** – come check out this student-operated pumpkin patch and SO MUCH MORE, including a corn maze, games, crafts, kids area, photo area, and, of course pumpkins! Located at Los Flores Ranch Park (6245 Dominion Rd, Santa Maria), the parking fee is waived this day for all seniors showing their Active Living Access Pass!
- * **Saturday, October 7, 8-11 a.m. ~ Bird Walk at Los Flores Ranch Park** – Join docent John for a guided bird walk and listen. This is a moderate 2-mile walk with some inclines. Bring binoculars, water, and dress for the weather. Please, no dogs. Rain cancels walk!
- * **Saturday, October 14, 8-10:30 a.m. ~ Solar Eclipse Viewing** – meet on McClelland Street near the Santa Maria Public Library for a chance to safely view the Annular Solar Eclipse. Free solar glasses while supplies last. The Los Flores Ranch mobile observatory will be there along with other fun activities. Definitely worth getting up early for this unique experience!
- * **REMINDER: IMPORTANT INFORMATION!!! "Silver Sneakers"** (available at no cost for adults 65+ through select Medicare plans) is now accepted at the Mussell Senior Center for the City's many exercise programs and will cover the cost of these classes!! Check your insurance coverage! Visit silversneakers.com! Once you have determined that you are eligible, you must visit the **MAIN** office (615 South McClelland Street) to have the Silver Sneakers program put on your Active Living Access Pass and to then have the fees for the classes waived. This can't be done online or at the Mussell Center.
- * **ONE LAST THING!** Please be sure to scan your **Active Living Access Pass** (ALAP) **every** time you use the Mussell Senior Center. The more scans we have, the more programs the City will try to offer at the Center!!

*Santa Maria Valley
Senior Citizens Club*

and



present our Active Aging Dance!

**Rocking with Riptide
60's & 70's**



**Riptide Big Band is bringing back
those memories from your school days!**

**Wear your tie-dye, bell-bottom jeans, & beads,
or just come enjoy some trivia fun & great music!**

Sunday, Oct. 8

1:30-4:00 pm

FREE!

featuring vocalists

Bob Nations & Mitch Latting

COOL!

Elwin Mussell Center

510 E Park Ave, Santa Maria





OCTOBER 2023



Monday	Tuesday	Wednesday	Thursday	Friday
9-4 Billiards* 2 9 Zumba Gold*§ 10-12 Scrabble* 10:15 Chairobics*§ 10:30 Ukulele Jam* 12 Duplicate Bridge 1-2 Grief Support 1:30 Line Dancing* 5 Member Dinner	9-4 Billiards* 3 9-11 Table Tennis* 9-10 BYOB* 10:15 Yoga* 10:30-12 OWL* 12:30-3:30 Travel 1-3:30 Bunco* 1-3 Knit, Crochet+* 1:30 Belly Dancing*§	9 Bd. Meeting 4 9-4 Billiards* 9 My Artistic Self* 9 Zumba Gold*§ 10:15 Chairobics*§ 12-1 Card Couture* 12:30-3:30 Travel 1-4 Beg. Bridge 1:30 Line Dancing* 4-5 Yoga Fusion*§	9-4 Billiards* 5 9-10 BYOB* 10:15 Yoga* 10:30-12 OWL* 12-2 Pickleball* 12:30-3:30 Travel 1-4 Hand & Foot 2-3:30 Folk Dance*	9-4 Billiards* 6 9 Zumba Gold*§ 9:30-10:30 Coffee & Conversation* Royal Tea Party 10:15 Chairobics*§ 12-4 Mah Jongg* 12:45-3:30 Bingo 4 Hula for Health*§ 5:30 Ballroom Dance*§
9-4 Billiards* 9 9 Zumba Gold*§ 10-12 Scrabble* 10:15 Chairobics*§ 10:30 Ukulele Jam* 12 Duplicate Bridge 12:30 Bookmobile 1-2 Grief Support 1:30 Line Dancing*	9-4 Billiards* 10 9-11 Table Tennis* 9-10 BYOB* 10:15 Yoga* 10:30-12 OWL* 12:30-3:30 Travel 12:30-4 Pinochle* 1-3 Knit, Crochet+* 1:30 Belly Dancing*§	9-4 Billiards* 11 9 My Artistic Self* 9 Zumba Gold*§ 10:15 Chairobics*§ 12-1 Card Couture* 12:30-3:30 Travel 1-4 Beg. Bridge 1:30 Line Dancing* 4-5 Yoga Fusion*§	12 9-4 Billiards* 9-10 BYOB* 10:15 Yoga* 10:30-12 OWL* 12-2 Pickleball* 12:30-3:30 Travel	9-4 Billiards* 13 9 Zumba Gold*§ 9:30 Foodbank Cooking Class & Food Distribution 10:15 Chairobics*§ 12-4 Mah Jongg* 12:45-3:30 Bingo
9-4 Billiards* 16 9 Zumba Gold*§ 10-12 Scrabble* 10:15 Chairobics*§ 10:30 Ukulele Jam* 12 Duplicate Bridge 1-2 Grief Support 1:30 Line Dancing*	9-4 Billiards* 17 9-11 Table Tennis* 9-10 BYOB* 10:15 Yoga* 10:30-12 OWL* 12:30-3:30 Travel 1-3 Knit, Crochet+* 1-3:30 Bunco* 1:30 Belly Dancing*§	9-4 Billiards* 18 9 My Artistic Self* 9 Zumba Gold*§ 10:15 Chairobics*§ 12-1 Card Couture* 12:30-3:30 Travel 1-4 Beg. Bridge 1:30 Line Dancing* 4-5 Yoga Fusion*§	9-4 Billiards* 19 9-10 BYOB* 10:15 Yoga* 10:30-12 OWL* 12-2 Pickleball* 12:30-3:30 Travel 1-4 Hand & Foot 2-3:30 Folk Dance*	9-4 Billiards* 20 9 Zumba Gold*§ 9:30-10:30 Coffee & Conversation* Glam-O-Ween 10:15 Chairobics*§ 12-4 Mah Jongg* 12:45-3:30 Bingo
9-4 Billiards* 23 9 Zumba Gold*§ 10-12 Scrabble* 10:15 Chairobics*§ 10:30 Ukulele Jam* 12 Duplicate Bridge 1-2 Grief Support 1:30 Line Dancing*	9-4 Billiards* 24 9-11 Table Tennis* 9-10 BYOB* 10:15 Yoga* 10:30-12 OWL* 12:30-3:30 Travel 12:30-4 Pinochle* 1-3 Knit, Crochet+* 1:30 Belly Dancing*§	9-4 Billiards* 25 9 My Artistic Self* 9 Zumba Gold*§ 10:15 Chairobics*§ 11:30 Boo-rific Lunch 12-1 Card Couture* 12:30-3:30 Travel 1-4 Beg. Bridge 1:30 Line Dancing* 4-5 Yoga Fusion*§	26 9-4 Billiards* 9-10 BYOB* 10:15 Yoga* 10:30-12 OWL* 12-2 Pickleball* 12:30-3:30 Travel	27 9-4 Billiards* 9 Zumba Gold*§ 9:30 Loteria 10:15 Chairobics*§ 12-4 Mah Jongg* 12:45-3:30 Bingo
9-4 Billiards* 30 9 Zumba Gold*§ 10-12 Scrabble* 10:15 Chairobics*§ 10:30 Ukulele Jam* 12 Duplicate Bridge 1-2 Grief Support 1:30 Line Dancing*	9-4 Billiards* 31 9-11 Table Tennis* 9-10 BYOB* 10:15 Yoga* 10:30-12 OWL* 12:30-3:30 Travel 1-3 Knit, Crochet+* 1:30 Belly Dancing*§	Activity Contact Persons: Duplicate Bridge ~ Alan, 408-499-5333 Beginning Bridge ~ Frank, 805-574-3237 Hand & Foot ~ Christel, 805-332-3328 Bingo ~ Marlene & John, 805-739-0468		

NOTE: Classes/activities may be changed or canceled by the instructor, city, or Club as needed.

*City of Santa Maria Rec & Parks Dept. Program §Participants must pre-register at Rec. & Parks Dept. No walk-ins.

SMV SENIOR CITIZENS CLUB
PO BOX 6688
SANTA MARIA, CA 93456-6688
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October 2023
Monthly Newsletter



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RETURN SERVICE REQUESTED

The Mussell Messenger

Santa Maria Valley Senior Citizens Club Newsletter



MONTHLY MEMBERSHIP MEETING
MONDAY, OCTOBER 2, 2023



DOORS OPEN: 5 P.M. - DINNER: 5:15 P.M.

Hawaiian chicken teriyaki kabobs, crunchy oriental chicken salad, noodles, java red rice, & toasted almond cake

Reserve/Pay By:
FRIDAY, SEPT. 29

\$15 PER PERSON

Catered by:
JOVI'S DELIGHT



Physical Therapist Jordan Larson:

Balance, Prevention, & Exercises for Seniors



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