

THE MUSSELL MESSENGER

OCTOBER 2026 | VOLUME 32 ISSUE 10

510 East Park Avenue
Santa Maria, CA 93454
smvseniors@gmail.com
805-349-0688

www.smvsc.org
Follow Us On Facebook @
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Club Receptionist Hours:
Monday – Friday
10 am – 2 pm

Travel Committee Hours:
Tuesday – Thursday
12:30–3:30 pm



Mavis Deparini, George Moore, & Liz Reynertson

From the President

Do You Have A Plan If You Live Alone?

Do you live alone? Do you have someone who looks out for you, checks in with you, and lives locally? Who has access to your home? These are really important questions to think about as we age, especially if you can't be found and there is an emergency. I was trying to locate a friend recently, and I had no idea where she was! I didn't know who would be able to give me answers.

Be sure a neighbor has a key to your house and can be easily located in case of an emergency at your home. If you have a security system, make sure they know how to access it.

There is a lot to consider when living alone, and doing it safely is just one.

~ Carolyn Cabrera



Mission Statement

Our purpose is to promote the happiness of active adults 50 plus 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

President

Carolyn Cabrera
805-448-0623
ccabrera0048@gmail.com

First Vice President

Jolene Simons
805-266-8767
jsimons93309@gmail.com

Second Vice President

Sid Arellano
805-314-4963
sida7684@gmail.com

Treasurer

Liz Regulski

Recording Secretary

Christel Kurth
805-332-3328
kurth1313@comcast.net

Corresponding Secretary

Laura Selken
805-406-9989
laura.selken@gmail.com

Member At Large

Liz Reynertson
661-317-2893
ereynert@gmail.com

2026 Committee Chairs

Travel Committee

Nancy Andersen
805-260-9896
nbandersen1981@gmail.com

Sunshine Lady

Teri DeAngelo
805-698-6478
teriangelo@gmail.com

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

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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.

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). We need fresh faces on the board! Please consider stepping up!!

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.

OCTOBER CELEBRATIONS 03



Laverne Venable	2	Kathleen O'Connell	24
Maggie Tonascia	6	Brenda Olivera	24
Margaret Cooper	7	Sharon McConnell	25
Gloria Stephens	9	Joy Alchin	26
Anne Lopez	14	Carolyn Hicks	26
Virginia Serna	14	Joyce Turner	27
Alan Eft	16	Janice Battles	29
Loretta Marsh	19	Gina Morgan	29
Stephen Watson	21	Sherry Loomis	30
Alice Watson	23	Loly Lorenzo	30

Bob & Donna
Viadella 5
Joe & Martha
Santana 15

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, or email her at laura.selken@gmail.com.

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Santa Maria Valley Senior Citizens Club, Santa Maria, CA

05-0874

04 TRAVEL OPPORTUNITIES



Great Trains & Grand Canyons April 2027

FRIDAY, OCTOBER 2 ~ PRESENTATION BY PREMIER

Come learn about our next trip, departing for Arizona on April 10, 2027! 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 • 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!



Christmas at Santa Margarita Ranch

MORE INFORMATION COMING SOON!!

Join us on a real steam train ride through the Santa Margarita Ranch. One of the trains has been recently refreshed and tows some of the original train cars that Walt Disney built and ran around Disneyland when it first opened in 1955. The ranch includes a unique marketplace for locally created crafts and gifts, live entertainment, games, plus a variety of food & more!

Monthly Membership Dinner

MONDAY, OCTOBER 12, 2026

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

Reserve and pay by Friday, Oct. 9 @ Noon



Celebrate
your
October
Birthday
with us!

Meals are catered by Jovi's Delight

Program: Nutrition and Label Reading

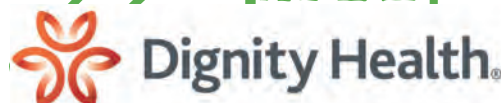
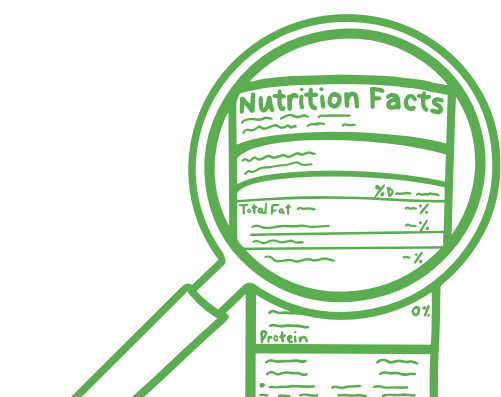
featuring Patty Herrera from Dignity Health

Cost: \$17 per person

Menu: Beef lasagna, veggies, green salad, roll, 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 front page!]



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06 OCTOBER CALENDAR OF EVENTS

MONDAY	TUESDAY	WEDNESDAY
 MONTHLY DANCE SUNDAY, OCT. 11, 1:30-4 PM Celebrate Halloween early with the Riptide Big Band at their monthly FREE dance, featuring Bob Nations and Mitch Latting. COSTUMES encouraged!		FREE Rec & Park Activities: 9-4 Billiards* (Mon-Fri) 1:30-3:30 Table Tennis* (Mon) 9-10 Table Tennis* (Tue) 12-4 Pickleball* (Wed & Thu)
5	6	7
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 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 Art with Cheryl*
12	13	14
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* 12-4 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 Art with Cheryl*
19	20	21
9:30-11 Balance & Mobility* 10-12 Scrabble* 12-4 Duplicate Bridge 1:30-4 Knit, Chat, & Crochet* (Bilingual every Monday)	10-11 Yoga* 12:30-3:30 Travel 1-2 Grief Support Group* 1-3 "Spooktacular" 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
26	27	28
9:30-11 Balance & Mobility* 10-12 Scrabble* 12-4 Duplicate Bridge 1:30-4 Knit, Chat, & Crochet* (Bilingual every Monday)	10-11 Yoga* 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

OCTOBER CALENDAR OF EVENTS 07

THURSDAY	FRIDAY
1	2
10-11 Line Dancing* 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*
8	9
10-11 Line Dancing* 10:30-11:30 OWL Program* 12:30-3:30 Travel 1:30-2:30 Sweet Treats: Monster Rice Krispy Treats*	9-10 Dance Fitness* 9:30 FoodBank/Cooking Class 10-12 Scrabble* 12-4 Mah Jongg* 12-4 Bingo 1-4 Board Games*
15	16
10-11 Line Dancing* 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*
22	23
10-11 Line Dancing* 10:30-11:30 OWL Program* 12:30-3:30 Travel 2:30-4:30 Mussell Cinema* "Ghostbusters (original)"	9-10 Dance Fitness* 10-12 Scrabble* 12-4 Mah Jongg* 12-4 Bingo 1-4 Board Games*
29	30
10-11 Line Dancing* 10:30-11:30 OWL Program* 12:30-3:30 Travel 1:30-2:30 DIY Halloween Wine Bottles*	9-10 Dance Fitness* 10-12 Scrabble* 12-4 Mah Jongg* 12-4 Bingo 1-4 Board Games*

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

FREE HALLOWEEN DANCE

FEATURING

RIPTIDE
Big Band

& COSTUME CONTEST

WITH GUEST VOCALISTS
BOB NATIONS & MITCH LATTING

SUNDAY, OCTOBER 11 ~ 1:30 - 4 PM

**ELWIN MUSSELL SENIOR CENTER
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City of Santa Maria
Recreation & Parks
Department

MORE INFO: JUDY 775-813-5186

THE *Community*
FOUNDATION
SAN LUIS OBISPO COUNTY

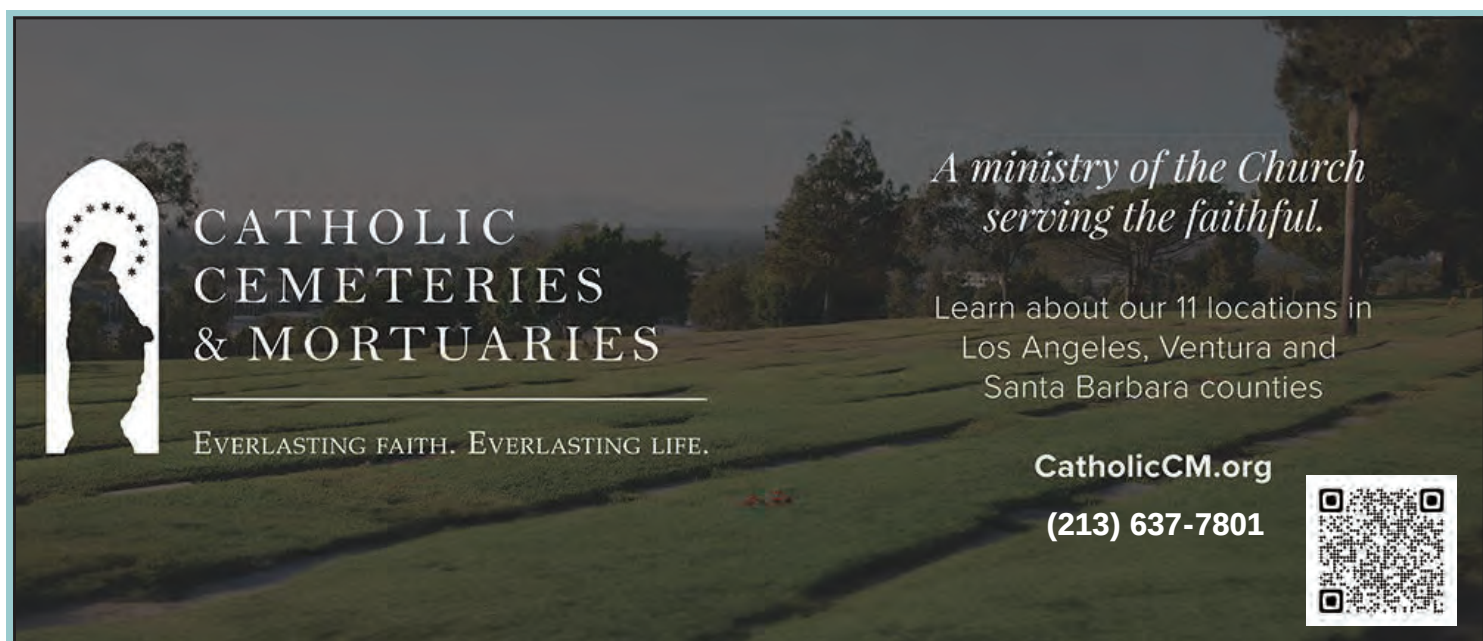
SCAMMERS TARGET VETERANS IN NEW SCHEME 09

The U.S. Department of Veterans Affairs has become aware of fake advertisements for a **fictional “Veterans Savings Program.”** The criminals promise extra VA benefits or payments while hoping to steal victims’ sensitive information. Scammers have been mailing postcards to veterans advertising a non-existent “Veterans Savings Program” with promises of “extra VA benefits, or additional payments, including CHAMPVA, TRICARE, or dental coverage, regardless of a VA disability rating. Since these mailings are not associated with the agency, the fraudsters cannot actually deliver the benefits. Instead, they will try to steal victims’ personal information like Social Security numbers or bank account details when you reach out to them.

The mailers urge the recipients to call a phone number right away or within five days, trying to create a false sense of urgency to act. If a target does call, the scammers often flatter their targets to gain their trust. The fraudsters aim for victims to act quickly, without scrutinizing the outreach.

If you receive a mailer related to VA benefits, keep the following in mind: legitimate communications will not pressure you to act quickly; never send payment with gift cards or cryptocurrency; check with someone you trust.

If you have received or become a victim of suspected fraud, visit **VSAFE.gov** for resources on scams related to VA benefits, or contact the VA at 1-800-827-1000.



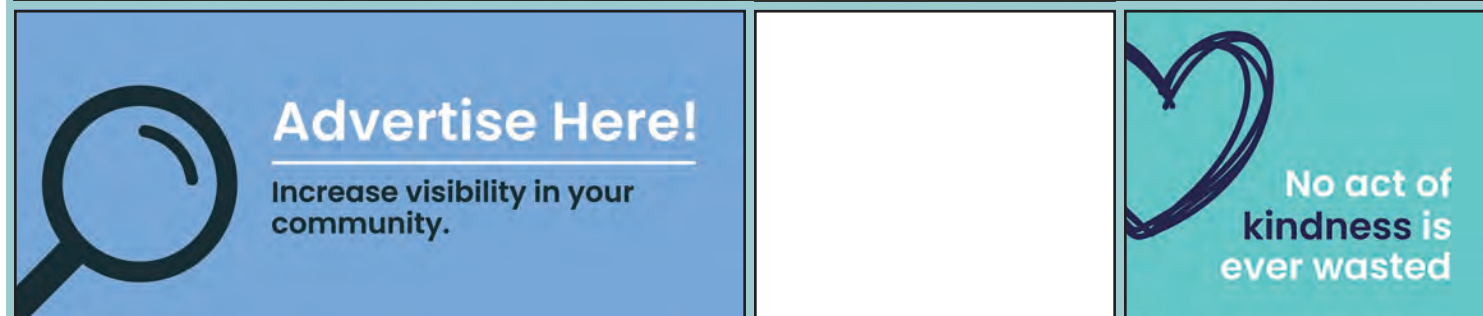
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10 NEW/REJOINING MEMBERS

ACTIVE AGING WEEK



New/Rejoining Members

- Victoria Arias
- Gino Bartenetti
- Debbie Clinkscales
- Frank Freitas
- Richard Laren
- Anne Lopez
- Norma Jean Moreland
- Gina Morgan
- Angie Rutkowski
- Vicky Wolf

We are so happy to have you!

Humana
PRESENTS

ACTIVE AGING WEEK

INTERNATIONAL COUNCIL ON ACTIVE AGING

*CHP and SMFD prize if you attend their program

Monday	SM Fire Department Home Fire Safety Talk ~ 11:30 am
Tuesday	Resource Vendor Day ~ 10 am - 3 pm
Wed.	California Highway Patrol Safe Driver's Program
Thurs.	Sweet Treats - Monster Krispy Treats ~ 1:30 pm
Friday	FoodBank Cooking Class & Food Distribution ~ 10 am

OCT. 5-9

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Recreation & Parks Department

WHAT'S HAPPENING IN OCTOBER ~

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

Line Dancing

Activity #29431

Thursdays / 10-11 am

Kicking off in October! Join this ultimate line dance party! Whether you're a pro or just starting out, learn the coolest moves. Don't miss out on the fun, energy, and a chance to dance your way into an amazing time. **FREE!**

Art with Cheryl ~ Balloon Smash Art

Activity #29433

Wednesdays, October 7 & October 14 / 1:30-3:30 pm

Create an amazing "painting" in this unique and fun way! Bring a friend!

Sweet Treats ~ Monster Krispy Treats

Activity #29066

Thursday, October 8 / 1:30-2:30 pm

Join us as we make crispy rice treats to look like your favorite "monsters" in time for Halloween. There is a \$5 suggested donation to cover costs.

Bunco ~ Spooktacular!

Activity #TBD

Tuesday, October 20 / 1:00-3:00 pm

It's time for a spooktacular afternoon of bunco. Dress up for Halloween in your favorite spooky costume. \$3 buy-in.

Coffee, Convo & Treats ~ Favorite Spooky Stories

Activity #29438

Wednesday, October 21 / 1-3 pm

Grab a cup of coffee and join us for a hauntingly fun conversation! Share your favorite spooky stories, local legends, unexplained experiences, or Halloween memories while enjoying good company and conversation. Costumes not required, but a good ghost story is encouraged! Participants are encouraged to bring baked goods to share, helping create a warm sense of community.

Mussell Cinema ~ "Ghostbusters"

Activity #29439

Thursday, October 22 / 2:30-4:30 pm

Come down to see the original "Ghostbusters" (1984) - four wisecracking New Yorkers versus a marshmallow apocalypse. They're nobody's first choice to save the world, but hey, who else you gonna call? Popcorn and refreshments will be provided. Bring a friend, get comfortable, and enjoy this supernatural comedy classic together!

DIY Halloween Wine Bottles

Activity #29442

Thursday, October 29 / 1:30-2:30 pm

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

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THURSDAY, OCTOBER 1

5:00 pm ~ Networking

5:30 - 8:00 pm

CANDIDATES FORUM

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