

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



November 2019



Carolyn Cabrera

President's Message ~

Here comes Halloween, and after that ... the end of the year comes so quickly. Hang on for the ride. I certainly enjoyed the last Senior Club Meeting/Dinner. You folks sure were full of spirit. Thank you for the encouragement.

The amendment to the bylaws in regard to a section about the Travel Committee passed!! We are looking forward to more participation in the Travel Committee trips. Be sure to check out all the trip news on page three! And, feel free to call or stop by during their "office hours" if you have any questions. **REMINDER**: They are still looking for more travel leads!!

I have been working with several friends lately. It reminds me to encourage others and be concerned about each other. Check on your friends, even if it is a phone call. Spend time with others when you can. Keep letting others know you care!! Conversely, reach out to others if you need something. Remember, there are resources out there for you, so please don't give up. We all get down and feel low ~ but you are NOT alone. If you are able, get involved with the Senior Club. We need YOU! Join us for a delicious meal and program each month.

Our **November Membership Meeting** will feature a delicious **Thanksgiving meal**!! Our presenter is from Marian Medical Center and will be sharing information about the many ways you can volunteer there! And, of course, our **December Membership Meeting** will be a **Christmas Dinner** prepared by Jovi's Delight, featuring ham, scalloped potatoes, vegetables, salad, and spice cake! Our program will feature Coastal Voices, singing holiday songs!

Happy Thanksgiving Everyone!

~ Carolyn

Visit our website: smvsc.org

You'll find the current 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.

Not e: Your Club offers **FREE Wi-Fi** at the Center plus two laptops & several tablets are available to use in the lobby area **at NO CHARGE** thanks to the City of Santa Maria!

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.

2019 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.com
Member-at-Large:	OPEN	Contact Carolyn	if you are interested
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



THE SANTA MARIA VALLEY SENIOR CITIZENS CLUB

presents

GIVING THANKS TO OUR VETS!



Featuring the Central Coast's
Favorite Dance Band

Sunday, Nov. 10, 2019

1:30 - 4 p.m.

Elwin Mussell Senior Center

510 E. Park Ave., Santa Maria

RIPTIDE
Big Band

FREE

This program is made possible
with the support of the



**A Big Band salute to our Veterans
who have preserved our freedoms!!**

**Dress Patriotic! Dance and enjoy the best
in big band music with
Riptide & vocalist, Bob Nations**



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

20
YEARS of
IMPACT

For more information, please contact

Judy at 775-813-5186,

RiptideBB.com or visit us on **Facebook** — **Riptide Big Band**

Traveler's Annual Thank You Party!

WHEN: Sunday, January 26, 2020 ~ 1 to 4 p.m.

WHERE: Santa Maria Elk's Lodge, 1309 N. Bradley Rd.

COST: Travelers ~ \$5 — Guests ~ \$20

TICKETS ON SALE TUESDAY, DEC. 3 - THURSDAY, JAN. 9
(during regular office hours)

FUN ~ FOOD ~ MUSIC ~ DANCING ~ PRIZES



TRAVEL OPPORTUNITIES

SANTA MARIA SENIOR TRAVEL COMMITTEE



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

First Day Sales ~ “First” Monday Morning of the Month

“First Day Sales” is scheduled for **NOVEMBER 4TH**. Doors will open at **9 A.M.** with the sale beginning shortly after. Sales continue until everyone has been helped, but no later than Noon. The following trip will be on sale:

→ → → Las Vegas!!! ~ February 9 to February 12

\$TBA*

UPCOMING TRIPS SCHEDULED/UNDER CONSTRUCTION FOR 2019/2020:

October 30-November 7 ~ Branson, Memphis, & Nashville

FULL

November 11-14 ~ Laughlin, NV

Staying at Edgewater Hotel/Casino Resort; includes two buffets. Join us as we travel to Laughlin and spend time there “doing your own thing.” There will be plenty of time at the casino, but venture out for a variety of other attractions!

CANCELED!

December 4 ~ Cambria Christmas Market - Festival of Lights

\$45*



Enter a winter wonderland and be immersed in a world of twinkling lights, music, and merriment. Shop in the vendor market, enjoy live music, taste traditional German foods, and more at this charming outdoor festival! Leaves at 4 p.m. sharp. *Check for availability!*

January 15, 2020 ~ Buck Owens' Crystal Palace - Bakersfield

\$98*

Includes dinner (steak, chicken, pork chops, or salmon) at the Palace and entertainment to be announced! Seats available ~ sign up today!

January 27, 2020 ~ Trip Presentation - San Diego

\$TBA*

More information to come for this trip in mid-May!!

February 9-12, 2020 ~ Las Vegas

\$TBA*



Don't miss this trip! We'll be staying at the Golden Nugget!

February 24, 2020 ~ Trip Presentation - Eastern Canada

\$3449 Dbl., \$4399 Sgl*

More information to come!!

April 5-9, 2020 ~ Spotlight on San Antonio

\$1999 Dbl., \$2399 Sgl.*

Mission San Jose • The Alamo • Paseo del Rio Cruise • LBJ Ranch • Fredericksburg • choice of South Texas Heritage Center or San Antonio Botanical Gardens • El Mercado • Olive Orchard ~ includes five days/four nights hotel accommodations and five meals.



September 30-October 8, 2020 ~ Eastern Canada

\$3449 Dbl., \$4399 Sgl*

More information to come ~ trip presentation February 24, 2020!!

*All prices are per person

Travel With Us!



Check out our Facebook page: [“Santa Maria Senior Travel”](#)





GREETINGS FROM THE RECREATION & PARKS DEPARTMENT

Thank you to everyone who helped make our **2019 Active Aging Week** a success! I heard great feedback about the events all week, and I appreciate all of you who made time in your schedule to participate. If you have any pictures to share from the week's events, please send them to me at bwiley@cityofsantamaria.org.



Our Active Aging Team for the **Walk to End Alzheimer's** is pictured at left. Since I did not have any adult volunteers to walk with me, I recruited my three daughters and one of our dogs. Even Erin the dog wore a purple tutu to show her support to end the disease! We walked the entire 3K course at Waller Park. Thank you to all those who donated money for this worthy cause. Will you join our team next year?

In this season of gratitude, I am especially thankful for collaborative partners like **Dignity Health** who have once again offered to sponsor the **Yoga** and **Build Your Own Body (BYOB)** classes which

will make them **FREE** for all participants starting **November 5, 2019**.

We will have some fun fall activities available this year, so I hope you'll take time to participate. Wendy Hudson is leading some **Make and Take Holiday Workshops**, so I suggest you drop by to see what she has planned. The classes are **FREE**, and they just have a small materials fee of \$13 (see flyer below).

The receptionist in our lobby will have a list of places serving Thanksgiving meals. If you'd rather not cook, she will give you some suggestions on where to dine. I'll be on vacation with my daughters the week of Thanksgiving (November 24-30) and return Monday, December 2.

Note: All City offices are closed November 28-December 1 for the Thanksgiving Holiday.

Special thanks to each of you who make the Mussell Center such a positive place to be!

~ Barbara Wiley, Recreation Coordinator

Happy Thanksgiving! 805-925-0951 ext. 2264, bwiley@cityofsantamaria.org

MAKE & TAKE HOLIDAY WORKSHOP

Learn how to create fun and stylish holiday décor!



November 12
*Ceramic Pumpkin
Floral Arrangement*

11:30 AM-1 PM
• Ages 50+

6 PM-7:30 PM
• Ages 18+

Classes held at the
Elwin Mussell Center, 510 East Park Avenue,
and are free with a \$13 materials fee for
the finished take-home project.

Space is limited. Register online at
www.cityofsantamaria.org/register

For more information, contact the Santa Maria
Recreation and Parks Department at (805) 925-0951 ext. 2260



December 10
*Customized
Holiday Wreath*

10 AM-11:30 AM
• Ages 50+

6 PM-7:30 PM
• Ages 18+



FREE
EMERGENCY PREPAREDNESS WORKSHOPS
FOR SENIORS

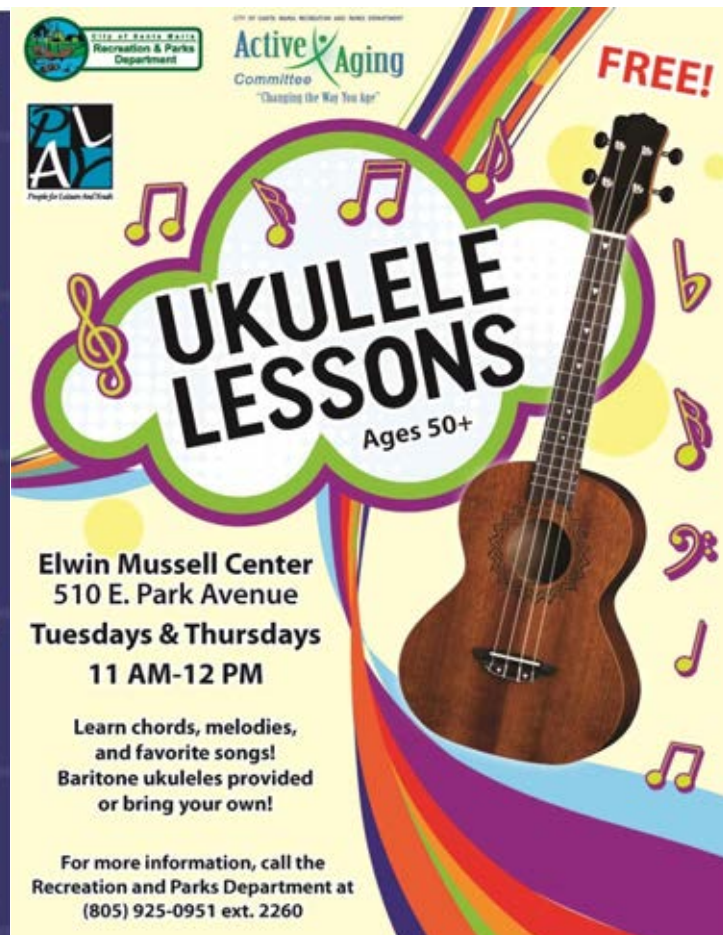
Tuesdays
2 PM-3:30 PM
October 1st, 15th, 29th
November 12th, 26th
December 10th

This class will help you plan for a disaster, learn what supplies to keep at home and in the car, and know when it's time to evacuate.

In the first class, you'll learn three things to do today to help you be better prepared. This six-week course is designed so that you may attend one or all of them.

Instructor: Roy Dugger,
S.M.F.D. Emergency Services Specialist

For more information, call the Santa Maria Recreation and Parks Department at (805) 925-0951 ext. 2260



FREE!

UKULELE LESSONS
Ages 50+

Elwin Mussell Center
510 E. Park Avenue
Tuesdays & Thursdays
11 AM-12 PM

Learn chords, melodies,
and favorite songs!
Baritone ukuleles provided
or bring your own!

For more information, call the
Recreation and Parks Department at
(805) 925-0951 ext. 2260

Editor's Note:

Hopefully, you are receiving your newsletter, either by email or in the mail. You can ALSO view it on our website: smvsc.org. However, if you are having any trouble receiving it **PLEASE CONTACT Laura Selken (Editor)** at 1-805-406-9989 or via email at laura.selken@gmail.com. I will try to resolve the problem as soon as possible! Note: The deadline for the next *Mussell Messenger* (December 2019/January 2020 ~ a **double issue**) is **November 18**. There will NOT be a separate January 2020 issue!

Do you have any Used Eyeglasses?



If so, there is a box in the lobby of the Mussell Center specifically designed for donations of any gently used eyeglasses & hearing aids. Please place them in the box and your local Lions Club members will sort them and have them distributed to those in need. You may include loose lenses, as well! "Reading" glasses are also just fine!! (we just don't need non-prescription sunglasses). NOTE: We also accept old cell phones & ink cartridges! You can put all items in the same box. If you have any questions, please call Laura Selken at 1-805-406-9989. THANK YOU for your support!

November 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT.
 <p>Turn back by 2 a.m. Sunday, Nov. 3</p>	<p>Community Action Commission Lunch</p> <p>Monday - Friday 11:30 am</p> <p>MUST call & make reservation at least 24 hours in advance</p> <p>1-805-925-3010</p>	<p><u>Costs:</u></p> <p>Bingo ~ 50¢ /card</p> <p>Bunco ~ \$3 donation/day</p> <p>Chairobics ~ \$19/month+</p> <p>Folk Dance ~ \$15.50/month+</p> <p>Zumba ~ \$27/mo.+</p> <p>+Santa Maria Residents</p>		<p>1</p> <p>9-3:45 Pool*</p> <p>12-4 Mah Jongg*</p> <p>1-4 Bingo</p>	<p>2</p> <p>9-12 Pool*</p>
<p>9-3:45 Pool* 4</p> <p>10-11 Zumba Gold*§</p> <p>12-4 Duplicate Bridge</p> <p>1-3 String Band</p> <p>1-4 Party Bridge</p> <p>5 pm Monthly Membership Mtg.</p> <p>7-9 Folk Dance*§</p>	<p>5</p> <p>9-3:45 Pool*</p> <p>9-10 BYOB*§</p> <p>10-11 Yoga*§</p> <p>11-12 Ukulele Lessons*</p> <p>1:30-4 Bunco*</p>	<p>9-3:45 Pool* 6</p> <p>9 Exec. Bd. Meeting</p> <p>9-10 Chairobics*§</p> <p>9-11 Artists Meet*</p> <p>10-11 Zumba Gold*§</p> <p>12-4 Mah Jongg*</p> <p>12:30-3:30 Hand & Foot (regular)</p> <p>1-3 Knit/Chat/Crochet*</p> <p>1-4 Beginning Bridge</p>	<p>7</p> <p>9-3:45 Pool*</p> <p>9-10 BYOB*§</p> <p>10-11 Yoga*§</p> <p>11-12 Ukulele Lessons*</p> <p>12-4 Duplicate Bridge</p> <p>2:30-3:45 Folk Dancing*</p>	<p>8</p> <p>9-3:45 Pool*</p> <p>12-4 Mah Jongg*</p> <p>1-4 Bingo</p>	<p>9</p> <p>9-12 Pool*</p>
<p>11</p> <p>9-3:45 Pool*</p> <p>10-11 Zumba Gold*§</p> <p>12-4 Duplicate Bridge</p> <p>1-3 String Band</p> <p>1-4 Party Bridge</p> <p>7-9 Folk Dance*§</p>	<p>12</p> <p>9-3:45 Pool*</p> <p>9-10 BYOB*§</p> <p>10-11 Yoga*§</p> <p>11-12 Ukulele Lessons*</p> <p>1-4 Double-Deck Pinochle*</p>	<p>9-3:45 Pool* 13</p> <p>9-10 Chairobics*§</p> <p>9-11 Artists Meet*</p> <p>10-11 Zumba Gold*§</p> <p>12:30-3:30 Hand & Foot (regular)</p> <p>1-3 Knit/Chat/Crochet/Color*</p> <p>1-4 Beginning Bridge</p>	<p>9-3:45 Pool* 14</p> <p>9-10 BYOB*§</p> <p>10-11 Yoga*§</p> <p>12-4 Dup. Bridge</p> <p>11-12 Ukulele Lessons*</p> <p>1-4 Progressive Hand & Foot</p> <p>2:30-3:45 Folk Dancing*</p>	<p>15</p> <p>9-3:45 Pool*</p> <p>12-4 Mah Jongg*</p> <p>1-4 Bingo</p>	<p>16</p> <p>9-12 Pool*</p>
<p>18</p> <p>9-3:45 Pool*</p> <p>10-11 Zumba Gold*§</p> <p>12-4 Duplicate Bridge</p> <p>1-3 String Band</p> <p>1-4 Party Bridge</p> <p>7-9 Folk Dance*§</p>	<p>19</p> <p>9-3:45 Pool*</p> <p>9-10 BYOB*§</p> <p>10-11 Yoga*§</p> <p>11-12 Ukulele Lessons*</p> <p>1:30-4 Bunco*</p>	<p>20</p> <p>9-3:45 Pool*</p> <p>9-10 Chairobics*§</p> <p>9-11 Artists Meet*</p> <p>10-11 Zumba Gold*§</p> <p>12-4 Mah Jongg*</p> <p>1-3 Book Exchange*</p> <p>1-4 Beginning Bridge</p>	<p>9-3:45 Pool* 21</p> <p>9-10 BYOB*§</p> <p>10-11 Yoga*§</p> <p>11-12 Ukulele Lessons*</p> <p>12-4 Duplicate Bridge</p> <p>2:30-3:45 Folk Dancing*</p>	<p>22</p> <p>9-3:45 Pool*</p> <p>12-4 Mah Jongg*</p> <p>1-4 Bingo</p>	<p>23</p> <p>9-12 Pool*</p>
<p>9-3:45 Pool* 25</p> <p>10-11 Zumba Gold*§</p> <p>12-4 Duplicate Bridge</p> <p>1-3 String Band</p> <p>1-4 Party Bridge</p> <p>7-9 Folk Dance*§</p>	<p>26</p> <p>9-3:45 Pool*</p> <p>9-10 BYOB*§</p> <p>10-11 Yoga*§</p> <p>11-12 Ukulele Lessons*</p> <p>1-4 Double-Deck Pinochle*</p>	<p>9-3:45 Pool* 27</p> <p>9-10 Chairobics*§</p> <p>9-11 Artists Meet*</p> <p>10-11 Zumba Gold*§</p> <p>12:30-3:30 Hand & Foot (regular)</p> <p>1-3 Knit/Chat/Crochet/Color*</p> <p>1-4 Beginning Bridge</p>	<p>28</p>	<p>29</p>	<p>30</p>
					

Activity Contact Persons: Book Exchange ~ 1-805-937-8859 (Jane) / Pinochle ~ 1-805-934-2315 (Tuesdays)

Duplicate Bridge ~ 1-805-937-5691 (Mondays) & 1-805-922-5000 (Thursdays)

Bunco ~ 1-805-925-0951 ext. 2351 (Wendy) / Folk Dancing (Thursdays) ~ 1-805-925-5429 (Betty)

* City of Santa Maria Recreation & Parks Department Program

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

November Birthdays

David Garcia	1-Nov	Audrey Nash	14-Nov
Sandra Krewski	1-Nov	Judy Lindquist	15-Nov
Dave Carey	4-Nov	Edna Breazeale	16-Nov
Linda Cavenagh	4-Nov	Evalyn France	16-Nov
Rose Ograin	4-Nov	Sonja Gerfen	17-Nov
Tim Brawner	5-Nov	Betty Small	17-Nov
Diane Broyles	5-Nov	Vahnita Vasquez	17-Nov
Cindy Cozart	5-Nov	Dawn Kamiya	19-Nov
Diana Dodos	5-Nov	Frances Bryant	22-Nov
Barbara Centeno	6-Nov	Rachel Buckley	22-Nov
Jerry Lamphier	6-Nov	Monique James	23-Nov
Dena Soares	6-Nov	Madeline Permasse	26-Nov
Karen Mayes	7-Nov	Frank Razo	26-Nov
Yoly Lara	8-Nov	Jackie Brunello	27-Nov
Betty Moritsch	10-Nov	Steve Hopkins	27-Nov
Jadine Roinestad	11-Nov	Carmen Castro	28-Nov
David Lawler	12-Nov	Russ Lindquist	28-Nov
Dee Sinor	13-Nov	Maria Martinez	29-Nov
Dave Castro	14-Nov	Lynda Miller	29-Nov

November Anniversaries

Bill & Jeanne Roemling	1-Nov
John & Marlene Medeiros	3-Nov
Steve & Joanne Hopkins	28-Nov

New/Rejoining Members

- ♦ Carol King
- ♦ Ellen Kristensen
- ♦ Karen Kristensen
- ♦ Laurie Maxson
- ♦ Mickey Rodriguez
- ♦ Jo Sheehan

WELCOME WELCOME

- ❶ If a birthday/anniversary listed here is incorrect, or if your name and special day is not listed, please contact Laura Selken at 1-805-406-9989 or laura.selken@gmail.com.
- ❶ Note: only couples who are both members of the Club will have their anniversary listed. Please, notify Laura Selken of any errors or additions (see contact information above).



The Sunshine Corner



Get Well Soon!

Bonnie Smith



Thinking of ...

Bob Newman &
Joanne Blashaw



In Sympathy to ...

Joanne Blashaw

whose son, Glenn, passed away
and

Mary Lou Miranda

whose sister, Theresa Ramirez,
passed away



Please continue to contact Simone about members who need a card from the Sunshine Corner, or families who have lost a loved one. Please note, when you call her, she would greatly appreciate it if you would leave your name and telephone number in case she needs to contact you. Thank you!

~ Simone (805-925-6267)

SMV SENIOR CITIZENS CLUB
PO BOX 6688
SANTA MARIA, CA 93456-6688
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November 2019
Monthly Newsletter



Non-profit Organization
US Postage Paid
Santa Maria, CA
Permit No. 161

CHANGE SERVICE REQUESTED

The Mussell Messenger

Santa Maria Valley Senior Citizens Club Newsletter



Monthly Membership Meeting

Monday ~ November 4



Doors Open: 5 p.m. ~ Dinner: 5:15 p.m.

Turkey, mashed potatoes & gravy, steamed vegetables, salad, & pumpkin spice cake

*Reserve & Pay By:
Friday ~ Nov. 1*

\$15 per person
featuring

*Catered by:
Jovi's Delights*



Anna Boerger
sharing about
Marian Volunteer Opportunities



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