

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

NOVEMBER 2023



Carolyn Cabrera

President's Message:

Time doesn't stand still for any of us. If you find yourself not getting out of the house and enjoying life in some way on a regular basis, please come to the Elwin Mussell Senior Center!! We'll show you around and get you involved with life again! I even met a lady on the recent travel committee trip to the Repertory Theater in San Luis Obispo who had known my mom!!! That always warms my heart. Life **IS** worth living! Don't stand on the outside looking in. Get involved and keep going!

As a reminder, you can now renew your membership for 2024! Our new membership cards are waiting for you, they are bright yellow this time! We hope you plan to renew - keep staying active - and support your local senior club! Your dues are vital to our survival as our primary source of revenue! The fees are the same for 2024 - \$25 per person. Note: if you are a current member, you do NOT have to fill out the application form again. Just check all your personal information on the membership list to confirm it's up to date and submit your payment!

BIG NEWS!! The Community Foundation San Luis Obispo County has awarded us with a grant again in support of our monthly dances. The Foundation's ongoing generosity enables us to offer these Riptide Big Band dances for **FREE!!** We are so fortunate and extremely grateful! Take advantage and join us on **Sunday, November 12** (pg. 6)!

Be sure to join us for our monthly meeting/dinner on **Monday, November 6**. We will have Kathy Mastako, volunteer docent, researcher, and author, speaking about the history of the Point San Luis Light Station. Dinner will be a traditional **Thanksgiving** meal, so the cost will be slightly higher. Due to the cost and work involved with this meal, **IT IS VERY IMPORTANT THAT EVERYONE REGISTER IN ADVANCE**, and absolutely **NO LATER THAN NOON on November 3** (preferably **SOONER**, please!!)

Note: We need someone to STEP UP and join the board as our Member At Large in 2024! See below for a brief description of duties. Let me know if you are interested!

The Member at Large inventories, manages, and purchases all supplies for the organization as needed. This position also supervises the Receptionist Committee (overseeing the recruiting, training, and scheduling as needed) in the absence of a Chairperson. The goal is to attend activities of the organization throughout the month and report back to the Board of Directors any concerns membership may share.

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 NOVEMBER BIRTHDAY!

George Patterson	3	Sonja Gerfen	17
Sue Cavenagh	4	Betty Small	17
Diana Dodos	5	Dawn Kamiya	19
Chris Oberg	5	Dolly Ornelas	19
Jerry Lamphier	6	Darlene Glasgow	22
Carolyn Barr	7	Susan Rangel	24
Betty Janes	7	John Regalado	24
Karen Mayes	7	Jackie Scolari	24
Antonio Dutra	9	Barb Snyder	24
Dee Sinor	13	Madeline Permasse	26
Judy Lindquist	15	Jackie Brunello	27
Betty Ramos	15	Sue King	28
Edna Breazeale	16	Lynda Miller	29
Evalyn France	16	Lydia Vose	30

HAPPY NOVEMBER ANNIVERSARY!

Bill & Jeanne Roemling 1
 John & Marlene Medeiros 3

WELCOME NEW MEMBERS!

Sue King
 Chuck Kinsman
 Janet Souza

Please, call/text Laura at 805-406-9989 with corrections.

Sunshine Corner

Our Deepest Sympathy to ...

Ruth Limon and family for the passing of her husband & club member, **Roberto T. Limon**

Janet Sobotka and family for the passing of her husband, Fredrich

Hope Passidakis and family for the passing of her husband and club member, **Angelo Passidakis**

Get Well Soon ...

Sue Park

Please contact Simone (805-925-6267) about any members or their loved ones who need a get well, thinking of you, or sympathy card mailed. If she is not home when you call her, please leave your name and telephone number in case she needs to call you back. Thank you!



TRAVEL OPPORTUNITIES

SANTA MARIA SENIOR TRAVEL COMMITTEE



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

November 14 ~ Chumash Casino Shuttle \$40

We're going to Chumash - leaving at **10 a.m.** (please arrive no later than 9:45 a.m.)

We have to have 22 people sign up! Don't forget - you receive "free play" (equal to \$40), so it is really a FREE TRIP! We plan to return by 4 p.m. (leave Chumash around 3 p.m.) **BE SURE TO SIGN UP IN ADVANCE!!!**

November 30 ~ Cambria Christmas Lights/Market \$55



The Cambria Christmas Market features more than two million twinkling lights with artisan vendors, cozy fire pits, live music, delicious food & drink, and much more. Cost includes bus and entry into the Lights/Market. Dinner is on your own. Limited seats available!

December 23 ~ The Sound of Christmas Sing-Along @ Clark Center \$65

Sing your way into the season with joyful holiday favorites. A fun-filled sing-along with orchestra and choir, and a wonderful way to celebrate the holidays with those you love! Event begins at 2 p.m. Sign up soon! Limited seats available!

March 3, 2024 ~ Mystery Trip \$95/\$105

We promise you're going to **LOVE** it! Sign up early, and save!!! Cost increases to \$105 after January 11! Don't delay!! Reserve your spot TODAY!

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. *Please note this tour has an activity level of "3".* **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 • 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), motorcoach transportation, admissions per itinerary, comprehensive sightseeing, & baggage handling at hotels. *Please note this tour has an activity level of "3".*

***Save when paying by check!**

December 4-11, 2024 ~ Magical Christmas Markets \$3049** dbl./\$3449** sgl.

Uncover the unique charms of Austria and Germany, and the incredible Christmas Market • Innsbruck • Seefeld • Salzburg • Oberammergau • Munich • 8 days with 5 nights in Innsbruck; includes 10 meals (6 breakfasts, 1 lunch, & 3 dinners). *Please note this tour has an activity level of "2".*

****Save \$400 per person when booked by June 5, 2024!**



RECREATION & PARKS DEPARTMENT NOVEMBER 2023 ACTIVITIES

- * **Wednesday, Nov. 1-Friday, December 8 ~ Submit your Holiday Grams** to spread some cheer around the Mussell Center! Each “HolidayGram” card you send will be delivered at various times to Mussell Center participants from December 11-22. Pick up cards at the front desk and drop them off in “Santa’s” mailbox next to Wendy’s office. Be sure to include the recipient’s full name and program they attend so it can be delivered to them along with a goodie bag!
- * **Thursday, Nov. 2, 2:30-4 p.m. ~ “All Souls Day” Loteria** on a **special day and time!!** Door prizes will be awarded.
- * **1st & 3rd Fridays of the month, 9:30-10:30 a.m. ~ Coffee & Conversation – “Our Favorite Traditions” (Nov. 3)** sharing our favorite holiday traditions, and **“Friendsgiving” (Nov. 17)** offering a “Friendsgiving breakfast” when we’ll eat, drink and get stuffed! **There will be NO COST for the breakfast on Nov. 17, but you MUST register in advance at the reception desk!**
- * **Friday, 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.**
- * **Friday, Nov. 3, 5:30-6:30 p.m. ~ Ballroom Dance** – introductory/beginner-friendly class teaches basic forms of ballroom dancing for anyone that enjoys dancing (with a partner or solo). [\$5 per class for city residents / \$7.50 nonresidents]. **Participants MUST register in advance at cityofsantamaria.org/recreation.**
- * **Wednesday, Nov. 8, 9-10 a.m. ~ My Artistic Self: Make & Take Bow Making** – learn how to create a decorative bow, perfect to add that finishing touch to any craft or gift with all supplies provided for free. All participants **must sign up in advance at the reception desk or call 805-925-0951, ext. 2207.**
- * **Wednesday, Nov. 8, 11 a.m.-1 p.m. ~ Community Resource Booth** – a trained counselor from **HICAP** (Health Insurance Counseling & Advocacy Program) will be in the lobby to answer questions regarding Medicare. Drop ins are welcome!
- * **Thursday, Nov. 9, 12:30-4 p.m. ~ Mussell Movie** (name to be announced) – let’s get together, sit back, and enjoy some popcorn while viewing a movie at the Mussell Center! Chairs will be provided, but if you want a comfier version, you can bring your own. Light refreshments will be provided. All participants **must sign up in advance at the reception desk or call 805-925-0951, ext. 2207**
- * **Friday, Nov. 10, 9:30-10:30 a.m. ~ OAN Adult Nutrition Cooking Class & Food-bank Distribution** – cooking class participants **must sign up at the reception desk in advance.** Distribution of fresh produce and canned goods will be ready for pickup near the Multipurpose Room. Please show your County FoodBank card upon arrival.
- * **Friday, Nov. 10, 11 a.m.-1 p.m. ~ Community Resource Booth** – Do you need adjustments made to your wheelchair or walker? **Central Coast Home Health** will be at the center to provide this service at not cost!

[continued on page 5]

It's time to renew your membership!!!

RENEW
MEMBERSHIP

Stop into the Mussell Center from 10 a.m.-2 p.m.
or send your check for \$25 per person
to PO Box 6688, Santa Maria, CA 93456.

RENEW
MEMBERSHIP

Note: If you send in your renewal by check, please include the full name and phone number of each member.
If you want your membership card mailed to you, you **MUST** include a self-addressed, stamped envelope.

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 **Wednesday, November 22**, for a special **Friendsgiving Luncheon** during the Senior Nutrition Lunch Program. Invite your friends to gather with you for this special early Thanksgiving meal! **Be sure to sign up all persons by Nov. 17** (see above for directions). No walk-ins will be allowed!

[continued from page 4]

- * **Wednesday, Nov. 15, 4-5 p.m. ~ Sweet Treats: Charcutier Board Workshop** – learn and design your very own charcutier board using holiday themed foods. [\$10 for city residents / \$12.50 nonresidents]. Participants **MUST register in advance at cityofsantamaria.org/recreation**.
- * **Thursday, Nov. 16, 2-3 p.m. ~ Folk Dance: Recipe Exchange** – join other dancers to discuss and exchange your favorite recipes from around the world. Drops in are welcome. The cost of this twice monthly dance program is free.
- * **Tuesday, Nov. 28, 11 a.m.-1 p.m. ~ Puzzle Exchange** – bring your puzzles into the Mussell Center and exchange them for a different puzzle. The cost of this program is free. Drop ins are always welcome!
- * **Wednesday, Nov. 29, 9-10 a.m. ~ My Artistic Self: Make & Take Light Up Santa Gnome** – get ready for the holiday season by creating a brilliant light up Santa Gnome with all supplies provided for free. Space is limited! All participants **must sign up in advance at the reception desk or call 805-925-0951, ext. 2207.**
- * **Thursday, Nov. 30, 1-3 p.m. ~ “Still Life” Painting Workshop** – think outside the canvas and paint your perspective of a fall scene on a real pumpkin with all supplies provided for free. Space is limited! All participants **must sign up in advance at the reception desk.** Note: no instructor will be onsite to teach the class.

SANTA MARIA VALLEY SENIOR CITIZENS CLUB
PRESENTS



DANCIN'!

featuring vocalists
Bob Nations & Mitch Latting

NOVEMBER 12, 2023

1:30-4:00 PM

**ELWIN MUSSELL
SENIOR CENTER**

510 E PARK AVE, SANTA MARIA

FREE



**All of your
favorite
“dance” music
... fast, slow,
swing, Latin,
& more!!!**



NOVEMBER 2023

Monday	Tuesday	Wednesday	Thursday	Friday
<p>OWL Program: Help to create "Sweetness the Snake" by painting rocks to help build kindness around the center. Register at the reception desk & get more info!!</p>	<p>Pumpkin Spice, Everything Nice, Let's Roll the Dice Bunco: No experience necessary! \$3 to play. Prizes in 5 categories! Drop ins are welcome! 11/7 & 11/21 @ 1pm</p>	<p>9 Bd. Meeting 1 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*</p>	<p>9-4 Billiards* 2 9-10 BYOB* 10:15 Yoga* 10-11 OWL* 12-2 Pickleball* 12:30-3:30 Travel 1-4 Hand & Foot 2 Folk Dance* 2:30 Loteria*</p>	<p>9-4 Billiards* 3 9 Zumba Gold*\$ 9:30-10:30 Coffee & Conversation* Favorite Traditions 10:15 Chairobics*\$ 12-4 Mah Jongg* 12:45-3:30 Bingo 4 Hula for Health*\$ 5:30 Ballroom Dance*\$</p>
<p>9-4 Billiards* 6 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</p>	<p>9-4 Billiards* 7 9-11 Table Tennis* 9-10 BYOB* 10:15 Yoga* 10-11 OWL* 12:30-3:30 Travel 1-3:30 Bunco* 1-3 Knit, Crochet+* 1:30 Belly Dancing*\$</p>	<p>9-4 Billiards* 8 9 My Artistic Self* Bow Making 9 Zumba Gold*\$ 10:15 Chairobics*\$ 11-1 HICAP 12-1 Card Couture* 12:30-3:30 Travel 1-4 Beg. Bridge 1:30 Line Dancing*</p>	<p>9-4 Billiards* 9 9-10 BYOB* 10:15 Yoga* 10-11 OWL* 12-2 Pickleball* 12:30-3:30 Travel 12:30-4 Mussell Movie*</p>	<p>9-4 Billiards* 10 9 Zumba Gold*\$ 9:30 Foodbank Cooking Class & Food Distribution 10:15 Chairobics*\$ 11-1 Central Coast Home Health 12-4 Mah Jongg* 12:45-3:30 Bingo</p>
<p>9-4 Billiards* 13 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*</p>	<p>9-4 Billiards* 14 9-11 Table Tennis* 9-10 BYOB* 10:15 Yoga* 10-11 OWL* 12:30-3:30 Travel 12:30-4 Pinochle* 1-3 Knit, Crochet+* 1:30 Belly Dancing*\$</p>	<p>9-4 Billiards* 15 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 Sweet Treats*\$</p>	<p>9-4 Billiards* 16 9-10 BYOB* 10:15 Yoga* 10-11 OWL* 12-2 Pickleball* 12:30-3:30 Travel 1-4 Hand & Foot 2 Folk Dance* Recipe Exchange</p>	<p>9-4 Billiards* 17 9 Zumba Gold*\$ 9:30-10:30 Coffee & Conversation* "Friendsgiving" 10:15 Chairobics*\$ 12-4 Mah Jongg* 12:45-3:30 Bingo</p>
<p>9-4 Billiards* 20 9 Zumba Gold*\$ 10-12 Scrabble* 10:15 Chairobics*\$ 10:30 Ukulele Jam* 12 Duplicate Bridge 1-2 Grief Support 1:30 Line Dancing*</p>	<p>9-4 Billiards* 21 9-11 Table Tennis* 9-10 BYOB* 10:15 Yoga* 10-11 OWL* 12:30-3:30 Travel 1-3 Knit, Crochet+* 1-3:30 Bunco* 1:30 Belly Dancing*\$</p>	<p>9-4 Billiards* 22 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*</p>	<p>23</p>  <p><i>Happy Thanksgiving</i></p> <p>Center is closed today!</p>	<p>24</p> <p>The Mussell Center is also closed today!</p>
<p>9-4 Billiards* 27 9 Zumba Gold*\$ 10-12 Scrabble* 10:15 Chairobics*\$ 10:30 Ukulele Jam* 12 Duplicate Bridge 1-2 Grief Support 1:30 Line Dancing*</p>	<p>9-4 Billiards* 28 9-11 Table Tennis* 9-10 BYOB* 10:15 Yoga* 10-11 OWL* 12:30-3:30 Travel 12:30-4 Pinochle* 1-3 Knit, Crochet+* 1:30 Belly Dancing*\$</p>	<p>9-4 Billiards* 29 9 Zumba Gold*\$ 9 My Artistic Self* Light Up Gnome 10:15 Chairobics*\$ 12-1 Card Couture* 12:30-3:30 Travel 1-4 Beg. Bridge 1:30 Line Dancing*</p>	<p>9-4 Billiards* 30 9-10 BYOB* 10:15 Yoga* 10-11 OWL* 12-2 Pickleball* 12:30-3:30 Travel 1-3 "Still Life" Painting* 1-4 Hand & Foot</p>	<p>Puzzle Exchange: Nov. 28, 11 – 1 Bring in your puzzles to the center and exchange them for a different one. Drop ins are welcome!</p>

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
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SANTA MARIA, CA 93456-6688
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RETURN SERVICE REQUESTED

The Mussell Messenger

Santa Maria Valley Senior Citizens Club Newsletter



MONTHLY MEMBERSHIP MEETING

MONDAY, NOVEMBER 6, 2023



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

Turkey, stuffing, cranberry sauce, mashed potatoes and gravy, steamed vegetables, salad, roll, & pumpkin spice cake

Reserve/Pay By:
FRIDAY, NOV. 3

\$20 PER PERSON

Catered by:
JOVI'S DELIGHT



Author Kathy Mastako:

History of the Point San Luis Light Station



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