

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



December 2023



President's Message:



Carolyn Cabrera

Friends – what does it mean to be a friend? Wow, on Google® there are a lot of definitions. Some characteristics include honesty, responsibility, and kindness. Others are loyalty and acceptance for who you are during both good and bad times. It's a stable, longstanding bond. It's positive, and it's cooperative, helpful, reciprocal. I'm there for you – you're there for me! I think this is really important – being there for someone when they need you. Sometimes it is just listening and hearing what is going on in their lives. Phone calls are a great way you can keep in touch – nearby and across the miles. One friend of mine has shown me how phone contacts can be lifesaving, too! She has a list of friends she reaches out to every week, some of whom are quite elderly. She makes sure they are safe. We all know how important human contact is, and that warm feeling when we hear the human voice. Please, be that contact - reach out to your friends! Be a friend – be there for them!

Remember, it's time to **renew your membership for 2024!** Your dues are vital to our survival as our primary source of revenue! The fees are \$25 per person. **Note: our receptionists will be off from December 18 to the end of the year and will resume on January 2!** Please refrain from renewing in person during those two weeks. You can also mail dues to PO Box 6688 (include a **S.A.S.E.** to receive a membership card).

Our monthly meeting/dinner on **Monday, December 4,** will feature **Coastal Voices**, singing some of your favorite holiday songs! See the menu on the back page. With this being a special meal, the cost is slightly higher again. As such, it is very important that you register **IN ADVANCE** and no later than **NOON on Friday, December 1** and preferably sooner, if possible, please!! **NOTE:** We will also be **electing our officers for 2024.** Nominations so far: President ~ Carolyn Cabrera; 1st Vice President ~ Jolene Simons; 2nd Vice President ~ Ray & Alice Torres; Treasurer ~ Liz Regulski; Recording Secretary ~ Christel Kurth; Corresponding Secretary ~ Laura Selken; and Member at Large ~ Liz Reynertson. Additional nominations will be accepted from the floor.

Don't miss our **Noon Year's Eve Celebration** with Riptide Big Band! This annual dance has been a wonderful tradition to be a part of! Our start time is a little earlier than usual so that we can celebrate the New Year at 12 p.m. (Noon)!! Mark your calendars for **December 31st** (see page 6 for details)! Don't forget – it's **FREE!!!**

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:	Liz Reynertson	661-317-2893	ereynert@gmail.com
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 December Birthday!

Bob Kirker	2	Joanne Shelton	17
Susan Clark	4	Art Thaler	17
Deedee Hagen	5	Pat Park	18
Jolene Simons	5	Kay Register	20
Nita Gomez	6	Liz Regulski	20
Nina Truman	6	Marlene Medeiros	23
Nancy Andersen	8	Wes Bruxvoort	24
Brenda Kelley	9	Darlene Vidal	25
Jean Roth	10	David Vallejo	26
Evelyn Delany	12	Betty Baxter	27
Elaine Brown	13	Joyce Cox	28
Janet Donaher	13	Leon Permasse	29
Ron Evey	14	Sue Lord	30
Duane Long	15	Clare Terrill	30
Jason Schellas	16	Susan Friesen	31
Janet Waite	16	Georgia Schellas	31
Zen Nawrocik	17		

Sunshine Corner

If you know of any members or their loved ones who need a "get well," "thinking of you," or sympathy card sent, please, contact Simone at 805-925-6267. Be sure to provide your name and number.

Welcome New & Renewing Members!

- Vicki Adams
- Susan Friesen
- David Garcia
- Maria Jaramillo
- Virginia Serna
- Joanne Shelton

Happy December Anniversary!

	Chuck Kinsman & Sue King	3	
	Ray & Alice Torres	17	
	Dale & Karen Iliff	29	
	Jerry & Sharon Libsack	29	

Congratulations to our raffle winners from our November meeting:

- ♦ 1st Place ~ Jeanne Roemling ~ \$37
- ♦ 2nd Place ~ Ruth Adams ~ \$25

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



TRAVEL OPPORTUNITIES

SANTA MARIA SENIOR TRAVEL COMMITTEE



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

The Travel Office will be closed the last two weeks of December. Happy Holidays!

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 your favorite Christmas songs. A fun-filled sing-along with orchestra and choir, and a wonderful way to celebrate the holidays with those you love!

CANCELED!

January 12, 2024 ~ Santa Barbara Zoo Lights TBD



See the zoo in a whole new light! Enjoy this immersive experience featuring thousands of handcrafted silk-covered lanterns aglow with more than 50,000 LED bulbs. Walk through the Zoo and enjoy the illuminated lanterns showcasing animal and nature scenes that represent wild places from around the world. Discover ocean animals, beautiful birds, and cool interactive areas, all on the Zoo's beautiful grounds!

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 • 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 & Germany, & 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 DECEMBER 2023 ACTIVITIES

Please see fliers or ask at the registration desk for more details/information!

- * **Now through Friday, December 8 ~ Submit your Holiday Grams** by December 8! Each "HolidayGram" card you send will be delivered 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!
- * **December 1-22 ~ Jolly the Elf Spirit Week** – we're having a contest to foster the spirit of the holiday season. Each day will have a different theme. Every day you dress up to match the theme, you'll receive a raffle ticket for a chance to win a gift. Winner will be announced at 4 p.m., Friday, Dec. 22. (Need not be present to win.)
- * **1st & 3rd Fridays of the month, 9:30-10:30 a.m. ~ Coffee & Conversation – "Deck the Halls" (December 1) and "Ornament Exchange" (December 15)**
- * **1st & 3rd Tuesdays of the month, 1-3:30 p.m. ~ "Tis the Season" for Bunco (December 5 and December 19)** – it's time for BUNCO! No experience necessary! The cost of this program is \$3.00. Prizes will be awarded! Drop in are welcome!
- * **Wednesday, December 13, 11:30-1 p.m. ~ FREE Holiday Lunch & Party hosted by the Santa Maria Terrace** – *SPACE IS LIMITED*. Reserve early! All participants **MUST** sign up in advance at the reception desk or call 805-925-0951, ext. 2207
- * **Wednesday, December 13, 3:30-5 p.m. ~ Sweet Treats: Holiday 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.
- * **Thursdays, December 14 & December 28, 2-4 p.m. ~ Mussell Movies** (names to be announced) – sit back and enjoy viewing a movie with friends! Chairs will be available, 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, December 15, 10 a.m.-3 p.m. ~ Care 4 Paws Mobile Pet Clinic** – This pet clinic offers reduced-rate vaccines for dogs & cats, dental care, and surgeries. **Call in advance for dental or surgical appointments** (Care-4-Paws at 805-968-2273). Visit care4paws.org for more information. (*Hours are subject to change.*)
- * **Friday, December 15, 11 a.m.-12 p.m. ~ Yappy Hour** – We're hosting a Howliday Pawty with prizes for best dressed pet!!!
- * **Tuesday, December 19, 11 a.m.-4 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, December 27, 9-10 a.m. ~ My Artistic Self: Creating a Vision Board** – All participants **must sign up in advance at the reception desk or call 805-925-0951, ext. 2207.**

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.

**Happy
November
Birthday!**

Diana Dodos

Happy Holidays

Elwin Mussell Senior Center
510 E. Park Avenue

**MUSSELL HOLIDAY
GRAMS**

Let's spread some Holiday Cheer around the
Mussell Center this year! Each gram will
include a goodie bag with a special note sent
from you!!

The recipients full name and the program
attending is required for proper delivery. Look
for the Big **RED** mail box next to Evelyns's office
and drop of your holiday grams there!

Grams will be accepted
Wednesday, November 1st
through Friday, December 8th,
and will be delivered
Monday, December 11th through
Friday, December 22nd

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

FREE Lunches ~ Monday-Friday, 11:30 a.m.-12:15 p.m.

(PLEASE arrive no later than NOON!)

CALL 805-925-9554 - OPTION #1 ~ 3 DAYS IN ADVANCE!

Please, be sure to show up! Call to cancel if needed.



SANTA MARIA VALLEY SENIOR CITIZENS CLUB

PRESENTS

NOON YEAR'S EVE

CELEBRATION DANCE



Welcome in the New Year at "Noon"
with music by Riptide Big Band and
vocalists Bob Nations & Mitch Latting

DEC 31 11 AM 2023 - 1 PM



FREE

ELWIN MUSSELL
SENIOR CENTER
510 E PARK AVE
SANTA MARIA



info: Judy @ 775-813-5186

visit RiptideBB.com or Riptide Big Band on Facebook





December 2023



Monday	Tuesday	Wednesday	Thursday	Friday
<p>Activity Contact Persons:</p> <p>Duplicate Bridge ~ Alan, 408-499-5333 Beginning Bridge ~ Frank, 805-574-3237 Hand & Foot ~ Christel, 805-332-3328 Bingo ~ Marlene & John, 805-739-0468</p>			<p>Jolly the Elf Spirit Week Dress Up Contest sponsored by the Recreation & Parks Dept. December 1-22!</p>	<p>9-4 Billiards* 1 9 Zumba Gold*§ 9:30-10:30 Coffee & Conversation* Deck the Halls! 10:15 Chairobics*§ 12-4 Mah Jongg* 12:45-3:30 Bingo</p>
<p>9-4 Billiards* 4 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* 5 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*</p>	<p>9 Bd. Meeting 6 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* 7 9-10 BYOB* 10:15 Yoga* 10-11 OWL* 12-2 Pickleball* 12:30-3:30 Travel 1-4 Hand & Foot 2 Folk Dance*</p>	<p>9-4 Billiards* 8 9 Zumba Gold*§ 9:30 Foodbank Cooking Class & Food Distribution 10:15 Chairobics*§ 12-4 Mah Jongg* 12:45-3:30 Bingo</p>
<p>9-4 Billiards* 11 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* 12 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+*</p>	<p>9-4 Billiards* 13 9 My Artistic Self* 9 Zumba Gold*§ 10:15 Chairobics*§ 11:30 Holiday Lunch 12-1 Card Couture* 12:30-3:30 Travel 1-4 Beg. Bridge 1:30 Line Dancing* 3:30 Sweet Treats*§</p>	<p>9-4 Billiards* 14 9-10 BYOB* 10:15 Yoga* 10-11 OWL* 12-2 Pickleball* 12:30-3:30 Travel 2-4 Mussell Cinema*</p>	<p>9-4 Billiards* 15 9 Zumba Gold*§ 9:30-10:30 Coffee & Conversation* Ornament Exchange 10-3 Care4Paws 11 Yappy Hour* 10:15 Chairobics*§ 12-4 Mah Jongg* 12:45-3:30 Bingo</p>
<p>9-4 Billiards* 18 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* 19 9-11 Table Tennis* 9-10 BYOB* 10:15 Yoga* 10-11 OWL* 11-4 Puzzle Exchange* 1-3 Knit, Crochet+* 1-3:30 Bunco*</p>	<p>9-4 Billiards* 20 9 My Artistic Self* 9 Zumba Gold*§ 10:15 Chairobics*§ 12-1 Card Couture* 1-4 Beg. Bridge 1:30 Line Dancing*</p>	<p>9-4 Billiards* 21 9-10 BYOB* 10:15 Yoga* 10-11 OWL* 12-2 Pickleball* 1-4 Hand & Foot 2 Folk Dance*</p>	<p>9-4 Billiards* 22 9 Zumba Gold*§ 9:30-11:30 Loteria* 10:15 Chairobics*§ 12-4 Mah Jongg* 12:45-3:30 Bingo</p>
<p> 25 Center is closed today!</p>	<p>9-4 Billiards* 26 9-11 Table Tennis* 9-10 BYOB* 10:15 Yoga* 10-11 OWL* 12:30-4 Pinochle* 1-3 Knit, Crochet+*</p>	<p>9-4 Billiards* 27 9 Zumba Gold*§ 9 My Artistic Self* Vision Board 10:15 Chairobics*§ 12-1 Card Couture* 1-4 Beg. Bridge 1:30 Line Dancing*</p>	<p>9-4 Billiards* 28 9-10 BYOB* 10:15 Yoga* 10-11 OWL* 12-2 Pickleball* 2-4 Mussell Cinema*</p>	<p>9-4 Billiards* 29 9 Zumba Gold*§ 10:15 Chairobics*§ 12-4 Mah Jongg* 12:45-3:30 Bingo</p>

There will be no receptionists and no one in the travel office from Dec. 18-29.

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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Monthly Newsletter



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RETURN SERVICE REQUESTED

The Mussell Messenger

Santa Maria Valley Senior Citizens Club Newsletter



Monthly Membership Meeting

Monday, December 4, 2023



Doors Opens 5 p.m. - Dinner 5:15 p.m.

Ham, scalloped potatoes, buttered green beans, salad, roll, & spice cake

Reserve/Pay By:
Friday, Dec. 1

\$20 per person

Catered by:
Jovi's Delight



Coastal Voices



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