

Santa Maria Valley Senior Citizen's Club
PO Box 6688
Santa Maria, CA 93456-6688



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

January 2016 Volume 32, Issue 1
Periodical

RETURN SERVICE REQUESTED

The Mussell Messenger

Santa Maria Valley Senior Citizen's Club Newsletter

**WEBB, DONALD
4464 DANCER AVE
SANTA MARIA, CA 93458-6404**

Membership Dinner Meeting

Monday January 4th

Doors open: 5pm Dinner: 6pm

Please note that Dinner will be catered!

And the prices will be:

\$5 for Members and \$10 for guests

A Short Business Meeting Will Precede Dinner

Remember, if your Birthday is this month you could win \$25!



Past Prez sez -- January

Even though I thought that last month's column would be my last, here I am again. I'm trying to help your new President, Jo Ellen York, ease into her position by doing this.

The sign-up for the January 4, 2016, Membership Meeting and Installation of Officers will be from Dec 16, and going thru Dec 29. Although the front desk will be closed from Dec 21 through the first of the New Year, you will be able to sign up in Marjorie's office between 9 AM and Noon. As usual, there will be a cost: Members, \$5.00, Guests \$10.00.

For the future please note that the deadline for the Membership Dinner Meeting reservations will be the last Monday of the previous month.

Because of rising costs, we will be raising the price of the Membership dinners some time after the first of the year. You will be given more information later on.

In our search for continuing excellence, our Treasurer, Matt Arko, has requested a volunteer to help him out as "Assistant Treasurer". If you have had experience, or are interested, in doing this type of work, and would be willing to help him out, please give him a call at (925-3541) to discuss the possibilities.

Now, for the not-so-good news: Well. my wings have finally been clipped. After visiting my ophthalmologist yesterday, I am no longer visually able to drive a motor vehicle. This is due to advancing macular degeneration. I knew that this day would come, but not this soon. In a way, I'm glad to know this, because now I know why I have been having trouble seeing, and driving was getting a bit dicey.

Poor Linda. Bless her heart. Not only will she continue to tell me where to go, but now she'll have to drive me there.

Fortunately I still have my music, and my Kindle paper-white, so all is not lost.

Anyway, if you see me driving a car, look out.

Oh yeah, I can still do computer stuff, at least for a while.

Oh, well.....

Elsewhere in this issue you will find (hopefully) my new column, "Tom's Trivialities" which will continue for several months.

And lastly, please support your new officers. Remember, they're all volunteers, too.

Sincerely, Past Prez Tom

OFFICERS

President:	Jo York	925-1089
1st Vice President:	Terri Leduc	925-0064
2nd Vice President:	Dawn Kamiya	714-5267
Treasurer:	Matt Arko	925-3541
Recording Secretary:	Mary Law	234-0580
Corresponding Secretary:	Tom Dulaney	264-1498
Board Member:	Open	
Board Member:	Mary Johnson	352-1003
City Representative:	Marjorie Gjerdrum	925-0951 Ext. 347

Committee Chairpersons

Membership:	Iva Jo Strunk	934-9294
Database Records:	Linda Karr	332-2469
Statistics & reports:	Charlotte Gaskill	934-2607
Sunshine:	Simone Gillogly	925-6267
Travel:	Linda Dutart	925-2906
Newsletter Editor:	Tom Dulaney	264-1498

Facilities

Receptionist:	Diane Bentley	925-0951 Ext. 207
Pool Room:	Front Desk for info.	925-0951 Ext. 207
Travel Office:		349-0688
Supplies:	Mary Johnson	352-1003

Please note:
For those of you who read the Newsletter online, by clicking on the **Names** in **Blue** you will open an Email to that person. And by clicking on the **URLS** in **Blue** you will be taken to that Site.

Off Site Events

<u>Monday</u>	<u>10:00 am-1:00 pm</u>	<u>Drop-in Softball*</u>	Hagerman Sports Complex
<u>Tuesday</u>	<u>9:00 am-12:00 am</u>	<u>Lawn Bowling Club*</u>	4205 S. McClelland St.
<u>Thursday</u>	<u>10:00 am-1:00 pm</u>	<u>Drop-in Softball*</u>	Hagerman Sports Complex

STANDARD WEEKLY ACTIVITIES

<u>Monday</u>	<u>12:00 am-4:00 pm</u>
<u>4-Jan 11-Jan 18-Jan 25-Jan</u>	
<u>Monday to Friday</u>	<u>9:30 am-3:45 pm</u>
-	
<u>Tuesday</u>	<u>9:00 am-10:00 am</u>
<u>5-Jan 12-Jan 19-Jan 26-Jan</u>	
<u>Tuesday</u>	<u>10:00 am-11:00 am</u>
<u>5-Jan 12-Jan 19-Jan 26-Jan</u>	
<u>Tuesday</u>	<u>1:00 pm-4:00 pm</u>
<u>5-Jan 12-Jan 19-Jan 26-Jan</u>	
<u>1st & 3rd Tuesday</u>	<u>1:00 pm-4:00 pm</u>
<u>5-Jan 19-Jan</u>	
<u>2nd & 4th Tuesday</u>	<u>1:00 pm-4:00 pm</u>
<u>12-Jan 26-Jan</u>	
<u>Wednesday</u>	<u>9:00 am</u>
<u>6-Jan 13-Jan 20-Jan 27-Jan</u>	
<u>Wednesday</u>	<u>9:00 am-10:00 am</u>
<u>6-Jan 13-Jan 20-Jan 27-Jan</u>	
<u>Wednesday</u>	<u>1:00 pm-4:00 pm</u>
<u>6-Jan 13-Jan 20-Jan 27-Jan</u>	
<u>Wednesday</u>	<u>1:00 pm-4:00 pm</u>
<u>6-Jan 13-Jan 20-Jan 27-Jan</u>	
<u>1st, 2nd & 4th Wednesday</u>	<u>1:00 pm-3:00 pm</u>
<u>6-Jan 13-Jan 27-Jan</u>	
<u>3rd Wednesday</u>	<u>1:00 pm-3:00 pm</u>
<u>20-Jan</u>	
<u>Thursday</u>	<u>9:00 am-10:00 am</u>
<u>7-Jan 14-Jan 21-Jan 28-Jan</u>	
<u>Thursday</u>	<u>10:00 am-11:00 am</u>
<u>7-Jan 14-Jan 21-Jan 28-Jan</u>	
<u>Thursday</u>	<u>12:00 am-4:00 pm</u>
<u>7-Jan 14-Jan 21-Jan 28-Jan</u>	
<u>2nd & 4th Thursday</u>	<u>1:00 pm-4:00 pm</u>
<u>14-Jan 28-Jan</u>	
<u>Thursday</u>	<u>2:30 pm-4:00 pm</u>
<u>7-Jan 14-Jan 21-Jan 28-Jan</u>	
<u>Friday</u>	<u>1:00 pm-4:00 pm</u>
<u>1-Jan 8-Jan 15-Jan 22-Jan 29-Jan</u>	
<u>Friday</u>	<u>1:00 pm-3:00 pm</u>
<u>1-Jan 8-Jan 15-Jan 22-Jan 29-Jan</u>	
<u>Saturday</u>	<u>9:00 am-1:00 pm</u>
<u>2-Jan 9-Jan 16-Jan 23-Jan 30-Jan</u>	

<u>Duplicate Bridge (Advanced players)</u>
<u>Pool Room*</u>
<u>Strength Training (With Weights)*</u>
<u>Yoga*</u>
<u>Poker</u>
<u>Bunco*</u>
<u>Pinochle (Mary Johnson 934-2315)*</u>
<u>Artists Meet*</u>
<u>Exercise Workout (With Tension Band)*</u>
<u>Beginning Bridge</u>
<u>Bridge Instructions</u>
<u>Knit, Chat & Crochet*</u>
<u>Book Exchange (Jane Bringley 925-0951 x 207)*</u>
<u>Strength Training (With Weights)*</u>
<u>Qi Gong*</u>
<u>Duplicate Bridge (Don Eames 922-5000)</u>
<u>Hand & Foot Card Game</u>
<u>Folk Dance (Betty Anthony 925-0951 x 207)*</u>
<u>Bingo (Everyone welcome, 50¢ per card)</u>
<u>Mahjong*</u>
<u>Duplicate Bridge (Sonja Gerfen 925-6350)</u>

* Not a Senior Club Program



TOM'S
TRIVIALITIES

JANUARY, 2016



Why, Why, Why do we press harder on the remote control when we know the batteries are getting weak?

Why do banks charge a fee due to insufficient funds when they already know you're broke?

Why is it that when someone tells you that there are ,one billion stars in the universe you believe them, but if they tell you there is wet paint you have to touch it to check?

Why do they use sterilized needles for lethal injections?

Why doesn't Tarzan have a beard?

Why does Superman stop bullets with his chest, but ducks when you throw a revolver at him?

Why did Kamikaze pilots wear helmets?

If people evolved from apes, why are there still apes?

Why is it that, no matter what color bubble bath you use, the bubbles are always white?

Is there ever a day that mattresses are not on sale?

Why do people constantly return to the refrigerator with hopes that something new to eat will have materialized?

Why do people run over a string a dozen times with their vacuum cleaner, then reach down, pick it up, examine it and then put it down to give the vacuum one more chance?

Why is it that no plastic bag will ever open from the first end you try?

How do those dead bugs get into the enclosed light fixtures?

When we are in the supermarket and someone rams our ankle with a shopping cart, then apologizes for doing so; why do we say, "It's all right"? Well, it isn't all right so why don't we say , "That really hurt you dumb sh*t, why don't you watch where you're going?"

Why is it that whenever you attempt to catch something that's falling off the table you always manage to knock something else over?

Why , in winter, do we try to keep the house as warm as it was in summer when we complained about the heat?

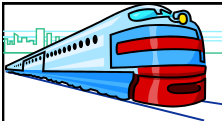
How come you never hear father-in-law jokes?

And A FAVORITE

The statistics on sanity say that one out of every four persons is suffering from some sort of mental illness. Think of your three best friends. If they're OK..? (then it's you!)

REMEMBER, A day without a smile is like a day without sunshine! And a day without sunshine is, like..... night!!!!

-



TRAVEL OPPORTUNITIES
SANTA MARIA SENIOR TRAVEL
COMMITTEE

Hours: Tues., Wed., Thurs., 12:30-3.45 p.m.
Office Phone: 349-0688

HAPPY NEW YEAR!

FIRST DAY SALES IS THE FIRST MONDAY MORNING OF EACH MONTH.

On January 4, 2016, Silva 1 will be set up as your waiting room beginning at 9:00 A.M. Numbers will be passed out when you arrive beginning at 9:00 A.M. At 10:00 A.M. sales will begin and will end when the last person waiting is finished, or noon, whichever is earlier. As before, two tickets per person will be allowed. If it is a very popular trip with a long waiting list, we will try to book a second trip for a later time. If we are ready a little early, as we have been recently, we will begin sales then.

March 6 – “9-5 The Musical” at Roger Rocka’s Dinner Theater in Fresno \$100.00
You’ll have a buffet lunch before the show, with dessert during intermission. Leave 7:30 a.m., Home 7:30 p.m.

March 29-April 1 – Laughlin Riverside \$147 Dbl., \$184 Sgl.
This is the last Laughlin trip until Fall. After having to cancel the January trip for lack of interest, and the results of your vote on the way home in November to stay at a different hotel, I checked the Aquarius first. It would have cost almost \$80 per person more! So I called the Riverside and they gave me a good price. You’ll have both a Breakfast Buffet and a Choice Buffet included in the price. Leave 7:00 a.m., Home 7:30 p.m.

THESE TRIPS MAY STILL BE AVAILABLE:

JANUARY 5-7 –PALM SPRINGS -SUNNYLANDS \$340 Dbl., \$430 Sgl.
February 6 – Dirty Dancing at the Pantages \$105.00
February 14-18 – Mesquite Musicfest \$525 Dbl., \$655 Sgl.
February 21 -- “Close to You”, The Music of the Carpenters \$91.00
March 15-18 --San Diego’s Balboa Park Museums, the Wild Animal Park, Carlsbad Flower Fields+ Leave 8:30 a.m. \$490 Dbl., \$650 Sgl.

FLYERS AND THE YEARLY CALENDAR ARE AVAILABLE in the hallway and office. Flyers are on the website smvseniorclub.org under Travel.

Linda Dutart
Travel Club Chairman



HAPPY BIRTHDAY

Our lucky winner, this month is Ron Evey. Happy Birthday Ron, and many happy returns of the day!



BIRTHDAYS & ANNIVERSARIES

<u>Happy Birthday</u>		<u>Happy Anniversary</u>		
<u>Name</u>	<u>Date</u>	<u>Name</u>	<u>Spouse</u>	<u>Date</u>
Babbitt, Phyllis E.	1/31	Coop, Frank	Alice	1/30
Baldiviez, Josie	1/22	Dewey, John	Nancy	1/23
Di Napoli, Anita	1/25	Draeger, Jean	Frederick	1/26
Evey, Georgia	1/11	Mc Cullah, Carol	James	1/12
Gill, Kathryn S.	1/1			
Hoskins, Esther	1/20			
Jacobs, Jean P.	1/28			
Lindsay, Lola	1/24			
Malone, Betty	1/14			
Mc Cullah, Carol	1/5			
Pemberton, Jerry	1/23			
Santana, Martha	1/6			
Stock, Angelika G.	1/3			
Stoore, William F.	1/25			
Story, Elisa	1/15			
Thorp, George F.	1/16			
Webb, Betty	1/7			

Would you like to see your name on this page? Well, please be a good Member and send me your Birthdate and Anniversary Date! And although I only show the month and the day, please remember that the computer needs the day the month and the year. Thank you!



City Representative:
[Marjorie Gjerdrum](#)

GREETINGS FROM THE RECREATION AND PARKS DEPARTMENT

New Year’s Day is the oldest of all holidays. The Roman Senate declared January 1 as the New Year in 153 B.C. January was named after the God Janus, who had two faces; one facing forward and one facing backwards. The New Year is considered to bring good luck and also a time to make new resolutions. The Recreation and Parks Department hopes most of you will making good on those resolutions to stay healthy and active during the New Year and enjoy the many programs and events planned for 2016.

Starting Monday, January 4, a new exercise class titled **Zumba Gold** will be offered at the Elwin Mussell Center. This class is specifically designed for active seniors and can be easily adapted for all fitness levels to ensure a calorie burning workout. Instructor, Kathleen Hill has been a licensed Zumba Gold instructor since 2008. The class will be offered free during the four-week introductory period, thereafter the class will cost \$25 per participant per month. Classes will be held Mondays and Wednesdays from 10:00 to 11:00 a.m.

The Community Walks Series returns Saturday, January 9, at 10:00 a.m. on the Santa Maria River Levee Multi-Purpose trail off N. Preisker Lane. We will be kicking off the annual **New Year’s Resolution Walk** for all fitness levels. Come celebrate the New Year with us, have some light refreshments and receive tips for walking. This a perfect opportunity to start a healthy walking program for the year. No pre-registration required.

A free **Fall Prevention Presentation** will be held on Thursday, January 21, from 1:00 to 2:00 p.m. at the Elwin Mussell Center. Physical Therapist, Karen Lewis will covering this valuable topic sponsored by Dignity Health and May oats, M.D. Be sure to watch for our monthly presentations every third Thursday of the month. If you have a topic you would like to know more about, please give us a call or stop by the receptionist desk to give is your feedback.

Our first annual Mah Jongg Tournament will be held Friday January 22, at the Elwin Mussell Center starting at 9:00 a.m. The tournament has actually reached its maximum capacity with 80 participants. However, if you are interested in learning more about Mah Jongg, the group meets regularly on Friday afternoons at Elwin Mussell Center from noon to 4:00 p.m.

Be sure to review the Winter-Spring Recreation Guide for more information on upcoming programs. Complimentary copies are available at the Elwin Mussell Center lobby. As always, programing feedback is always welcome.

Don’t forget to make your resolutions for good health and happiness. We wish you both in 2016.

Marjorie Gjerdrum
Program Specialist



TRAVEL TALES

January 2016

We are still looking for one more Committee member. Come into the travel office and pick up a packet telling about this volunteer job working with great people.

The Sunnylands trip will go even though the bus isn’t full. Bob has a big non-refundable deposit on it.

The December First Day Sale was poorly attended and we have lots of space on the trips that were offered. The Committee was ready by 9:30 a.m., so they began the sale then.

I was planning a trip to San Francisco in November 2016. However, we have the Oregon/Washington /Repositioning Cruise in late September, and Bob’s trip to the Monterey Adobes’ Christmas Open House on December 9-10. The nice hotel that is very convenient to the Adobes and the wharf is quite pricy, so the trip will cost more than an overnight trip usually does. There will also be a Laughlin trip in October or November. With those trips in mind, I checked out San Francisco hotels and found the three star ones near Fisherman’s Wharf are quite a bit more expensive than last time. It looks like I’ll have to postpone San Francisco until 2017 because we have several trips coming up in 2016 that are more than a day and trips aren’t selling that well. I’ll review the Surveys and find some more day trips for later in the year.

Lost and Found: Left on the bus after Laughlin were reading glasses and dark glasses. They can be picked up at the Travel Office beginning January 4th First Day Sales.

UPCOMING TRIPS:

April 10 – A Gentlemen’s Guide to Love and Murder at Ahmanson Theater \$145.00

The Hollywood Reporter raves “Gentlemen’s Guide restores our faith in musical comedy.” This Tony Award winning show was playing in New York City when our daughter and family saw it last year and they loved it! We hope you will love it, too! A three course dinner at Romano’s Macaroni Grill is included. *Selling February 1st*

May 1–6 -- Grand Canyon, Sedona, Jerome and more –

Bob is planning this trip. Watch for details posted in the hall in January. *Selling Feb. 1st.*

May 25-26 – A “Horse” themed excursion

This trip is in progress, but so far I’ve booked the Medieval Times dinner show in Buena Park, which is a live horse show in an enclosed arena (note to allergy sufferers). It includes dinner. It should be exciting and something different. It was also requested by some of you in the Surveys. You will spend the night nearby, and go to Santa Anita the next day for a tour of the paddocks and the Seabiscuit exhibit, have a buffet lunch and enjoy Senior Day at the races. This trip is limited to 40 people because of the tour at Santa Anita, but it sounded interesting. *Selling March 7th.*

June 23 – ”Beautiful”, The Carole King Story at the Pantages \$124.00

Stop for an early lunch at Soup Plantation before continuing on to the theater. Leave 9 a.m., home 8:15 p.m. if traffic allows. *Selling Mar. 7th.*

July 10 – Cal Phil Concert at Walt Disney Theater—“At the Movies”

We have better seats this time as you requested. The concert includes “Titanic”, “The Lion King”, “Beethoven’s 9th—Ode to Joy” and more. Cost of bus and dinner reservations are pending.

August 17-18 – Pageant of the Masters

This trip is also in progress. I’ve booked the Pageant of the Masters so far. Dinner will be at Tivoli Terrace with time afterward to wander around the Laguna Arts Festival before attending the Pageant.

On the way home, you’ll spend several hours at the J. Paul Getty Center, touring as you wish through the four wings of exhibits and having lunch on your own.

Coming Soon: the Silver Bay Tours tour of Oregon and Washington with a repositioning cruise.

Linda Dutart

[Linda Dutart](#)
Travel Club Chairman





Community Action Commission Nutrition Services Program

Senior Lunch Menu: January 2016

Lunch is served Monday - Friday at 11:30am. Suggested donation is \$3.00 for those 60 and over.
Please make lunch reservations 24 hours in advance. Reservations for Monday need to be made the prior Friday.

CALL: CAC at 925-3010 to make your reservation.

These Meals are made primarily from scratch. Fresh and frozen fruits and vegetables are served to ensure that we influence good eating habits and provide the best nutrition possible. The only canned fruits and vegetables used are pineapple, mandarin oranges, and tomato sauce. The breads and pastas are whole grain and the rice we use is brown rice. We are dedicated to providing healthy and good tasting foods to our clients. We have quarterly menu conferences at which we take comments from our clients and use them to make improvements to the seasonal cycles. If you have any input, comments, compliments or suggestions, please give them to your staff contact so that they can bring the information to us at the next menu conference. Thank you! Enjoy!

Monday	Tuesday	Wednesday	Thursday	Friday
				1-Jan
				HAPPY NEW YEAR
4-Jan	5-Jan	6-Jan	7-Jan	8-Jan
ROSEMARY CHICKEN	CHILI CON CARNE	CHICKEN CORDON BLEU	BEEF STEW	TURKEY BURGER
LIMA BEANS	GREEN BEANS	MASHED POTATOES/GRAVY	BROCCOLI	WW BUN
CARROTS	GREEN SALAD	BRUSSEL SPROUTS	CORNBREAD/PROMISE	BURGER SIDES
WW DINNER ROLL/PROMISE	CORNBREAD/PROMISE	WW DINNER ROLL/PROMISE	APPLE	CAL BLEND VEGGIES
ORANGE	BANANA	FRUIT MIX		LT. MAYO
				ORANGE
MILK	MILK	MILK	MILK	MILK
11-Jan	12-Jan	13-Jan	14-Jan	15-Jan
SAN FRAN CHICKEN	MACARONI & BEEF/TURKEY	HAWAIIAN CHICKEN	SPAGHETTI	CHICKEN POZOLE
SPINACH	CAULIFLOWER	BROCCOLI/LF CHEESE	MEAT SAUCE	POZOLE MIX
SLICED CARROTS	GREEN SALAD	YELLOW SQUASH	ITALIAN VEGETABLES	PINTO BEANS
WW DINNER ROLL/PROMISE	BANANA	WW DINNER ROLL/PROMISE	BRUSSEL SPROUTS	WW TORTILLA
ORANGE		APPLESAUCE	APPLE	ORANGE
MILK	MILK	MILK	MILK	MILK
18-Jan	19-Jan	20-Jan	21-Jan	22-Jan
	BEEF STIR-FRY	CHICKEN FAJITA	CARNITAS	MEATLOAF
	STIR-FRY VEGETABLES	WW TORTILLA	WW TORTILLA	MASHED POTATOES/GRAVY
HOLIDAY	WW DINNER ROLL/PROMISE	FAJITA BLEND VEGETABLES	PINTO BEANS	BRUSSEL SPROUTS
	ORANGE	APPLESAUCE	ZUCCHINI	WG BISCUIT
			APPLE	ORANGE
	MILK	MILK	MILK	MILK
25-Jan	26-Jan	27-Jan	28-Jan	29-Jan
BBQ CHICKEN	BEEF TACOS	BAKED PARMESAN FISH	CHICKEN FIDEO	PORK LOIN
SWEET POTATO/PROMISE	PINTO BEANS	SACANDINA VEGGIES	BRUSSEL SPROUTS	SWEET POTATO
GREEN BEANS	BROCCOLI	WW DINNER ROLL/PROMISE	CARROTS	GREEN BEANS
WW DINNER ROLL/PROMISE	WW TORTILLA	CAULIFLOWER	APPLE	WG BISCUIT/PROMISE
ORANGE	BANANA	APPLESAUCE		ORANGE
		TARTAR SAUCE		
MILK	MILK	MILK	MILK	MILK

It’s Dues time again!

Dear fellow club member,

As we’re sure you know, the life blood of every club depends on the revenue that it receives from it’s members, and that revenue stream begins with our dues. So please pay your dues as soon as possible so that we can include you in all of our various activities such as the monthly Member-ship Business Meetings. And of course we know that you want to receive our Newsletters, so that we will see your smiling face at all of our various functions.

Some very smart person, who’s name escapes me, said that all things left to themselves tend to deteriorate, and that includes our membership. So the next time you’re talking to a family mem-ber, a friend, or anyone who isn’t a member of this exceptional organization, how about inviting them to one of our monthly Membership Business Meetings and introduce them to your friends. You never know, they might just decide to become a member!

Sincerely,

Your management

Hear Ye, Hear Ye
Our Board of Directors Has Decided.
The Senior Newsletter is Going Digital.
That’s Right, Starting January 1st 2016, if you want
to read the Newsletter on line you must send your
Email Address to the Editor at:

atdulaney@comcast.net

If not, then you will have to pick it up at the
Elwin Mussell Center, 510 E. Park Ave., Santa Maria.