The Santa Maria Senior Club & Santa Maria **Parks & Recreation invite you to**

Valentine Dance Party



Sunday, Feb. 14 2016 1:30pm-4:00pm

Elmin Mussell Senior Center 510 Park Santa Maria

Free everyone is welcome!



For more information, please contact Russ @ (775) 843-2830 or RiptideBB.com Or Santa Maria Parks & Rec. (805) 925-0951 ext. 260



Santa Maria Valley Senior Citizen's Club **PO Box 6688** Santa Maria, CA 93454-6688

February 2016 Periodical



Volume 32, Issue 2

FWNCPG .'VOO 6966'CRRCNQQUC'VTCKN SANTA MARIA, CA 93455

Monday February 1st Doors open: 5pm Dinner: 6pm

\$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!

Elwin e. Mussell Senior Center, 510 E. Park Ave. Santa Maria, CA

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

RETURN SERVICE REQUESTED



Santa Maria Valley Senior Citizen's Club Newsletter

Membership Dinner Meeting

Please note that Dinner will be catered! And the prices will be:

The Prez says hello

I would like to thank everyone for a great 2015 and wish everyone a happy 2016. I am new to this job and could use any help or suggestions any of you have. Please let me know how I can improve.

I know there has been confusion the last few months with the newsletter. Hopefully we will have it all straightened out soon. We have been working on it for a few months now. Please bear with us.

We are also working on getting the facility set up for computer access. We are doing this, not only to make the facility more efficient but also so that we can offer classes where a computer would be necessary. So if you have any suggestions about subjects you would like classes on please let us know. Or if you are interested in a subject and

wouldn't mind sharing your knowledge, please let us know.

This month (February) the Newsletter may not get to you before its time for the membership meeting on February 1st. To alleviate some of the problem the early meeting dates have created the board has decided all membership dinner sign -ups will be between the second Monday of the prior month and the last Monday of the prior month. This way there should not be the confusion about when to sign up and when it's too late to sign up. We hope to have some good, interesting speakers for the meetings. We've had good participation at the meetings and would like to continue to see all of your happy faces every month.

We have a Valentine's Dance coming up on February 14th. The Riptide Band will play. So come and have some fun.

The club is looking for someone who is familiar with advertising. We believe the club could be better represented with additional advertising. If anyone out there has any experience and is willing to help us, please let one of the board members know.

Dues need to be paid before the end of February or, according to the by-laws, you don't receive a newsletter. So please, those of you who have forgotten, come in and renew.

DON"T FORGET:

Sign up for membership meetings,

The Valentine Day Dance

and DUES are due.

Until next month, Jo Ellen York

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

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

10:00 am-1:00 pm	<u>Drop-in Sof</u>
9:00 am-12:00 <mark>am</mark>	Lawn Bowli
10:00 am-1:00 pm	Drop-in Soft
	9:00 am-12:00 am



OFFICERS

Facilities

ftball*	Hagerman Sports Complex
ling Club*	4205 S. McClelland St.
ftball*	Hagerman Sports Complex

STANDARD WEEKLY ACTIVITIES

Monday	12:00 am-4:00 pm
1-Feb 8-Feb 15-Feb 22-Feb	29-Feb
Monday to Friday	9:30 am-3:45 pm
_	
Tuesday	9:00 am-10:00 am
2-Feb 9-Feb 16-Feb 23-Feb	
Tuesday	10:00 am-11:00 am
2-Feb 9-Feb 16-Feb 23-Feb	
Tuesday	1:00 pm-4:00 pm
2-Feb 9-Feb 16-Feb 23-Feb	
1st & 3rd Tuesday	1:30 pm-4:00 pm
2-Feb 16-Feb	
2nd & 4th Tuesday	1:00 pm-4:00 pm
<u>9-Feb 23-Feb</u>	
Wednesday	9:00 am
3-Feb 10-Feb 17-Feb 24-Feb	
Wednesday	9:00 am-10:00 am
3-Feb 10-Feb 17-Feb 24-Feb	
Wednesday	1:00 pm-4:00 pm
3-Feb 10-Feb 17-Feb 24-Feb	
Wednesday	1:00 pm-4:00 pm
3-Feb 10-Feb 17-Feb 24-Feb	
1st, 2nd & 4th Wednesday	<u>1:00 pm-3:00 pm</u>
3-Feb 10-Feb 24-Feb	
3rd Wednesday	<u>1:00 pm-3:00 pm</u>
<u>17-Feb</u>	
Thursday	<u>9:00 am-10:00 </u> am
4-Feb 11-Feb 18-Feb 25-Feb	
Thursday	<u>10:00 am-11:00 am</u>
4-Feb 11-Feb 18-Feb 25-Feb	
Thursday	12:00 am-4:00 pm
4-Feb 11-Feb 18-Feb 25-Feb	
2nd & 4th Thursday	<u>1:00 pm-4:00 pm</u>
<u>11-Feb 25-Feb</u>	
Thursday	2:30 pm-4:00 pm
4-Feb 11-Feb 18-Feb 25-Feb	
Friday	<u>1:00 pm-4:00 pm</u>
<u>5-Feb 12-Feb 19-Feb 26-Feb</u>	
Friday	<u>1:00 pm-3:00 pm</u>
<u>5-Feb 12-Feb 19-Feb 26-Feb</u>	
Saturday	<u>9:00 am-1:00 pm</u>
6-Feb 13-Feb 20-Feb 27-Feb	

Duplicate Bridge (Dee Sinor 937-5691)

Pool Room*

Strength Training (With Weights)*

Yoga*

Poker

Bunco*

Pinochle (Mary Johnson 934-2315)*

Artists Meet*

Exercise Workout (With Tension Band)*

Beginning Bridge

Bridge Instructions

Knit, Chat & Crochet*

Book Exchange (Jane Bringley 925-0951 x 207)*

Strength Training (With Weights)*

Qi Gong*

Duplicate Bridge (Don Eames 922-5000)

Hand & Foot Card Game

Folk Dance (Betty Anthony 925-0951 x 207)*

Bingo (Everyone welcome, 50¢ per card)

<u>Mahjong*</u>

Duplicate Bridge (Sonja Gerfen 925-6350)





FEBRU

<u>CREATIVE PUNS</u> FOR EDUCATED MINDS"

The roundest knight at King Arthur's round table was Sir Cumference. He acquired his size from too much pi.

I thought I saw an eye doctor on an Alaskan island, but it turned out to be an optical Aleutian.

She was only a whiskey maker, but he loved her still.

A rubber band pistol was confiscated from algebra class because it was a weapon of math disruption.

No matter how much you push the envelope, it'll still be stationery.

A dog gave birth to puppies near the road and was cited for littering.

A grenade thrown into a kitchen in France would result in Linoleum Blown apart.

* Not a Senior Club Program

	OM'S ALITIES	
JA	ARY, 2016	
	Two silk worms had a up in a tie.	race. They ended
	A hole has been found camp wall. The police it.	
	Two hats were hanging the hallway. One hat s 'You stay here; I'll go o	aid to the other,
	I wondered why the ba ting bigger. Then it hit	
n	A sign on the lawn at a ter said: 'Keep off the	e
	A small boy swallowe was taken to a hospital mother telephoned to a he was, a nurse sai	l. When his grand- ask how
e	The short fortune-telle from prison was a sma large.	*
	The man who survived pepper spray is now a	



Linda Dutart Travel Club Chairman

Urquhart, Joann Wengler, Catherine Wright, Doris J.

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!

2/22

2/4

2/18

HAPPY BIRTHDAY

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



BIRTHDAYS & ANNIVERSARIES

Happy Anniversary

<u>Spouse</u>	<u>Date</u>
Rosalie	2/2
James	2/14
Doris	2/27
	Rosalie James



City Representative: Marjorie Gjerdrum





GREETINGS FROM THE RECREATION AND PARKS DEPARTMENT

February is already here and promises to be a fun-filled month. We hope all you sports fans enjoy a pleasant "Super Sunday" watching the 50th Anniversary of the Super Bowl on February 7th. We also bid you all a Happy Valentine's Day. May Cupid's magical arrows fly and surround you all with warm love.

Fun Fact: About 1 billion Valentine's Day cards are exchanged each year. That's the largest seasonal card-sending occasion of the year, next to Christmas. During the late 1800's postage rates around the world dropped, and the obscene St. Valentine's Day card became popular, despite the Victorian era being otherwise very prudish. As the numbers of racy valentines grew, several countries banned the

practice of exchanging Valentine's cards. During this period Chicago's post office rejected more than 25,000 cards on the grounds that they were so indecent, they were not fit to be carried through the U.S. mail. So glad we don't have those restrictions anymore. We encourage you to think of someone who would really love getting a Valentine's Day Card as a thoughtful moment and offering of friendship.

Department activities for February include a free Healthy Cupcake Community Walk on Saturday, February 13, at Rotary Centennial Park, 2625 S. College Drive from 10:00 to 11:00 a.m. Stroll around this beautiful city park that provides exercise stations and a 1.5 mile walking perimeter. No pre-registration is required. This is a great family friendly activity for all ages and fitness levels. Dogs on a leash are welcome as well. Light refreshments will be provided and everyone who finishes the designated distance will receive a healthy cupcake as a reward. Healthy cupcake recipes will be available to promote healthy eating habits. Rain cancels the event.

The Did You Know Lecture Series continues on Thursday, February 18, at the Elwin Mussell Center from 1:00-2:00 p.m. Attorney at Law, Laura Hoffman-King will be presenting a free Estate Planning Lecture. Join the discussion and learn very valuable information on this important subject matter that all seniors should consider. Feel free to bring your questions for the Q&A portion. Light refreshments will be provided. No preregistration required.

Healthy Tip of the Day: Playing games can help promote brain health, strengthen critical thinking skills, promote social skills and reduce the risk of dementia. Participants who play mentally stimulating mind games with reasonable physical activity decreases their risk of dementia according to a New England Journal of Medicine Study. Here at Elwin Mussell Center, we offer Bunco, Pinochle, Hand and Foot, Poker, Bridge and Mah Jongg. Evidence is building that mentally-stimulating leisure activities benefits seniors. If you haven't already, you are encouraged to join one of many groups available at the center; or if you are interested in starting up a new game activity please let us know.

Marjorie Gjerdrum Program Specialist

UPCOMING TRIPS:

March 15-18 -- San Diego's Balboa Park Museums, the Wild Animal \$490 Dbl., \$650 Sgl.

Park, You requested this trip to the museums at Balboa Park where you'll have 5 hours to wander. A shuttle takes you between them if they're too far. You'll have a pass that will allow you to get into 4 of them. There are cafes in or near all 17 of them. There's a list of the museums at the office. The previous day you'll go to the Wild Animal Park for the Safari and shows. Then to the Museum of Making Music and the Carlsbad Flower Fields gift shop (the flowers aren't expected to be blooming yet.) The last day you'll stop at the Historic Mission Inn in Riverside for a tour and lunch before returning home. There is still plenty of space on this trip! Leave 8:30 a.m. Home 7:00 p.m.

MARCH 28 – FOR MUSIC CITIES TRAVELERS: TYLER WILL BE HERE AT 10:00 A.M. TO GIVE YOU YOUR TRAVEL DOCUMENTS AND ANSWER ANY OUESTIONS!

May 25-26 – Medieval Times and Santa Anita

Stop at the Malibu Pier to wander and have lunch. Go on to the Buena Park Holiday Inn to relax before heading to the nearby Medieval Times dinner show, which is a live horse show in an enclosed arena (note to allergy sufferers). that includes dinner. It should be exciting and something different. It was also requested by some of you in the Surveys. After breakfast the next day, go to Santa Anita 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. Leave 9:00 a.m., Home 8:00 p.m. Selling March 7th.

June 23 – "Beautiful", The Carole King Story at the Pantages

Singer/song writer Carole King made "beautiful" music and this is her story made into a musical. You'll recognize many of her songs, including "Some Kind of Wonderful", "Happy Days Are Here Again", "On Broadway" and "You've Lost That Lovin' Feeling". Early lunch at Soup Plantation included. Leave 9:00 a.m. Home 8:15 p.m. Selling March 7th.

July 10 - Cal Phil Concert at Walt Disney Theater

Attend the Cal Phil Concert "At the Movies" at the incredible Walt Disney Concert Hall in Los Angeles.

You have better seats this year in the Terrace section facing the stage. You'll hear Cinematic masterpieces "The Mission", "Adagio for Strings" from Platoon, "Titanic", "The Lion King", and "Beethoven's 9th—Ode to Joy" featuring the Cal Phil Chorale. Dinner at Buca Di Beppo in Thousand Oaks on the way home. Leave 9:00 a.m., home 9:15 p.m. depending on traffic. Selling April 4th.

August 17-18 – Pageant of the Masters

The Pageant of the Masters seats are in the Main Tier Center. I understand you might need binoculars if you want to see detail, even though these are some of the better seats, just behind the loge section. Early dinner will be at Tivoli Terrace with time afterward to wander around the Laguna Arts Festival before attending the Pageant. After what the reviews call a "delicious hot breakfast" at the CW Suites Hotel near the John Wayne Airport, spend time at the J. Paul Getty Center with tours and lunch on your own on the way home. Leave 9:30 a.m., Home 7:00 p.m. Selling June 6th.

Coming Soon:

The Silver Bay Tours tour of Oregon and Washington with a repositioning cruise.

Linda Dutart

TRAVEL TALES **FEBUARY 2016**

\$212.00 Dbl., \$273.00 Sgl.

\$110.00

\$238.00 Dbl., \$297.00 Sgl.

Linda Dutart Travel Club Chairman



\$124.00



Community Action Commission Nutrition Services Program

Senior Lunch Menu: Febuary 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.

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 guarterly 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
BAKED CHICKEN	TURKEY BURGER	MEATLOAF	FISH FILLET/CHEESE	TURKEY STROGANOFF
BAKED POTATO/PROMISE	WW BUN	MASHED POTATOES/GRAVY	WW BUN	BROCCOLI/CHEESE
SPINACH	BURGER SIDES	BRUSSEL SPROUTS	CAL BLEND VEGGIE	YELLOW SQUASH
WW DINNER ROLL/PROMISE	BROCCOLI	WG BISCUIT	TARTAR SAUCE	WW DINNER ROLL/PROMIS
ORANGE	LIGHT MAYO	ORANGE	APPLE	APPLESAUCE
	BANANA			
MILK	MILK		MILK	MILK
1-Feb	2-Feb	3-Feb	4-Feb	5-Feb
ROSEMARY CHICKEN	CHILI CON CARNE	MACARONI & BEEF/TURKEY	BEEF STEW	CHICKEN CORDON BLEU
LIMA BEANS	GREEN BEANS	CAULIFLOWER	BROCCOLI	MASHED POTATOES/GRAV
CARROTS	GREEN SALAD	GREEN SALAD	CORNBREAD/PROMISE	BRUSSELS SPROUTS
WW DINNER ROLL/PROMISE	CORNBREAD/PROMISE	APPLESAUCE	APPLE	WW DINNER ROLL/PROMIS
ORANGE	BANANA			FRUIT MIX
23110.00	12.1.1.1.2.1	1012000	0.000	12.7127
MILK	MILK	MILK	MILK	MILK
8-Feb	9-Feb	10-Feb	11-Feb	12-Feb
	CHICKEN FIDEO	HAWAIIAN CHICKEN	SPAGHETTI	CHICKEN POZOLE
	BRUSSEL SPROUTS	BROCCOLI LOW FAT CHEESE	MEAT SAUCE	POZOLE MIX
	CARROTS	YELLOW SQUASH	ITALIAN VEGETABLES	PINTO BEANS
HOLIDAY	ORANGE	WW DINNER ROLL/PROMISE	BRUSSELS SPROUTS	WW TORTILLA
		APPLESAUCE	APPLE	ORANGE
	MILK	MILK	MILK	MILK
15-Feb	16-Feb	17-Feb	18-Feb	19-Feb
SAN FRAN CHICKEN	BEEF STIR-FRY	CHICKEN FAJITA	CARNITAS	PORK LOIN
SPINACH	STIR-FRY VEGETABLES	WW TORTILLA	WW TORTILLA	SWEET POTATO
SLICED CARROTS	WW DINNER ROLL/PROMISE	FAJITA BLEND VEGETABLES	PINTO BEANS	GREEN BEANS
WW DINNER ROLL/PROMISE	ORANGE	APPLESAUCE	ZUCCHINI	WG BISCUIT/PROMISE
ORANGE	1.064/08295-6		APPLE	ORANGE
MILK	MILK	MILK	MILK	MILK
22-Feb	23-Feb	24-Feb	25-Feb	26-Feb
BBQ CHICKEN				
SWEET POTATO/PROMISE				
GREEN BEANS				
WW DINNER ROLL/PROMISE				
ORANGE				
UNANUL				
MILK				

Sunshine

Thinking of you



On Wednesday, January 6, 2016, The Senior Citizen's Club lost an esteemed member, Don Webb. He began his devoted volunteering service in 1993 as the 1st Vice President. In 1994, 1995, 1998, 1999, 2001, and 2002 he was President. Don was also in charge of the dances 1996-1999, and movies 1996-2002. He served as the Newsletter Editor from 2001 2015.

Don, we members of the club salute you, thank you for your 25 years of dedicated service, and we will miss you tremendously!

Submitted by Simone Gillogly

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 Membership 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 member, 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

Get Well

Betty Zimmerman

Sympathy Betty Webb & Family