

Santa Maria Mussell Senior Club presents



Take a musical trip
with Riptide to places
around the U.S & the
World with great big
band music!!!

Take a Roadtrip with Riptide!

RIPTIDE
Big Band

Vocalists:
Holly Williams
Bob Nations

This program is made possible
with the support of the



Sunday, April 10, 2016 1:30—4:00PM

Elwin Mussell Center 510 Park Santa Maria

\$10.00 Admission (Tickets at the door) **Refreshments available**

Open to the public....need not be a senior club member to attend.

More information: Russ @ 775 843-2830 www.RiptideBB.com



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



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April 2016 Volume 32, Issue 4
Periodical

The Mussell Messenger

Santa Maria Valley Senior Citizen's Club Newsletter

DULANEY, TOM
4744 APPALOOSA TRAIL
SANTA MARIA, CA 93455-6021

Membership Dinner Meeting

Monday April 4th

Doors open: 5pm Dinner: 6pm

Please note that Dinner will be catered!
And the price will be \$10

A Short Business Meeting Will Precede Dinner

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

Elwin e. Mussell Senior Citizens Center
510 E. Park Ave. Santa Maria, CA
925-0951 Ext. 207





President
[Jo York](#)

The Prez says hello

Hi Everyone,

Daylight savings time and SPRING are here. I hope you enjoyed your March. We had a great time at the center.

The membership meeting for March was a little different. We had some unexpected good food from El Pollo Loco. We had a snafu with VTC so El Pollo Loco stepped in and we all enjoyed it. We think we will try to have them a few times a year.

We also had an interesting speaker. Mr. Goff of May Wealth Management Group had a lot of important information for everyone. I believe we will have to have him speak again as there were a lot questions for him..

Our kind, talented and thoughtful ex-president has completed the application for a grant to help pay for the musicians at more dances. We hope to be approved for the money soon. And a big thanks to Tom Dutart for handling this.

The club has voted to join the Chamber of Commerce this year. So look for our information and activities on their web site. We hope this brings us more exposure.

The board is also going to vote on joining a volunteer organization called Retired and Senior Volunteer Program (RSVP). This is a program of senior volunteers who like to help different organizations when needed. We thought that by joining this group we might be able to find some new people to help the board and the club out.

Your board has decided to begin accepting advertisements for the newsletter. We hope to get businesses who cater to senior interests to advertise in the newsletter. It is fairly inexpensive advertisement and their ads would be seen by over 800 people. So if you know of a business or person who might like to advertise in our newsletter please let someone on the board know.

The calling committee has finished their work and I would like to thank all you participated in that job. It has helped to get our membership lists in better order.

For the April membership meeting our speaker will be Brian F. Klinge who will speak about Parkinson disease. He is a board member on the Santa Barbara Parkinson Association Board. He is well versed on the subject through his experience with his wife who has suffered with the disease for many years. Please give him a warm welcome.

Also for the April membership meeting we will be having Beef and Chicken stir fry for our meal. Don't forget, its \$10.00 this month.

Have a great April. See you in May.

Hey, read our Newsletters online.!
It's so easy, just enter the value below into your Address Field and Click.
<http://smvscc.org/Main.html>

OFFICERS

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

Committee Chairpersons

Membership:	<u>Iva Jo Strunk</u>	934-9294
Database Records:	<u>Tom Dulaney</u>	264-1498
Statistics & reports:	<u>Charlotte Gaskill</u>	934-2607
Sunshine:	Simone Gillogly	925-6267
Travel:	<u>Linda Dutart</u>	925-2906
Newsletter Editor:	<u>Tom Dulaney</u>	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:	<u>Mary Johnson</u>	352-1003

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

Monday 12:00 am-4:00 pm
4-Apr 11-Apr 18-Apr 25-Apr
Monday to Friday 9:30 am-3:45 pm

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Tuesday 9:00 am-10:00 am
5-Apr 12-Apr 19-Apr 26-Apr
Tuesday 10:00 am-11:00 am
5-Apr 12-Apr 19-Apr 26-Apr
Tuesday 1:00 pm-4:00 pm
5-Apr 12-Apr 19-Apr 26-Apr
1st & 3rd Tuesday 1:30 pm-4:00 pm
5-Apr 19-Apr
2nd & 4th Tuesday 1:00 pm-4:00 pm
12-Apr 26-Apr

Wednesday 9:00 am
6-Apr 13-Apr 20-Apr 27-Apr
Wednesday 9:00 am-10:00 am
6-Apr 13-Apr 20-Apr 27-Apr
Wednesday 1:00 pm-4:00 pm
6-Apr 13-Apr 20-Apr 27-Apr
Wednesday 1:00 pm-4:00 pm
6-Apr 13-Apr 20-Apr 27-Apr
1st, 2nd & 4th Wednesday 1:00 pm-3:00 pm
6-Apr 13-Apr 27-Apr
3rd Wednesday 1:00 pm-3:00 pm
20-Apr

Thursday 9:00 am-10:00 am
7-Apr 14-Apr 21-Apr 28-Apr
Thursday 10:00 am-11:00 am
7-Apr 14-Apr 21-Apr 28-Apr
Thursday 12:00 am-4:00 pm
7-Apr 14-Apr 21-Apr 28-Apr
2nd & 4th Thursday 1:00 pm-4:00 pm
14-Apr 28-Apr

Thursday 2:30 pm-4:00 pm
7-Apr 14-Apr 21-Apr 28-Apr

Friday 1:00 pm-4:00 pm
1-Apr 8-Apr 15-Apr 22-Apr 29-Apr
Friday 1:00 pm-3:00 pm
1-Apr 8-Apr 15-Apr 22-Apr 29-Apr

Saturday 9:00 am-1:00 pm
2-Apr 9-Apr 16-Apr 23-Apr 30-Apr

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)

Mahjong*

Duplicate Bridge (Sonja Gerfen 925-6350)

* Not a Senior Club Program



TOM'S
TRIVIALITIES

APRIL, 2016



Advice from An Old Farmer

Your fences need to be horse-high, pig-tight and bull-strong.

Keep skunks and bankers at a distance.

Life is simpler when you plow around the stump.

A bumble bee is considerably faster than a John Deere tractor.

Words that soak into your ears are whispered... not yelled.

Meanness don't jes' happen overnight.

Forgive your enemies; it messes up their heads.

Do not corner something that you know is meaner than you.

It don't take a very big person to carry a grudge.

You cannot unsay a cruel word.

When you wallow with pigs, expect to get dirty.

The best sermons are lived, not preached.

Most of the stuff people worry about ain't never gonna happen anyway.

Don't judge folks by their relatives.

Remember that silence is sometimes the best answer.

Don 't interfere with somethin' that ain't bothering you none.

If you find yourself in a hole, the first thing to do is stop diggin'.

Sometimes you get, and sometimes you get got.

The biggest troublemaker you'll probably ever have to deal with, watches you from the mirror every mornin'.

Always drink upstream from the herd.

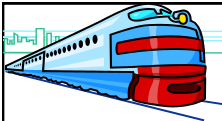
Good judgment comes from experience, and a lotta that comes from bad judgment.

Lettin' the cat outta the bag is a whole lot easier than puttin' it back in.

If you get to thinkin' you're a person of some influence, try orderin' somebody else's dog around..

Live simply. Love generously. Care deeply Speak kindly. Leave the rest to God.

Don't pick a fight with an old man. If he is too old to fight, he'll just kill you.



TRAVEL OPPORTUNITIES

SANTA MARIA SENIOR TRAVEL COMMITTEE

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

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

On April 4, 2016, a room will be set up as your waiting room beginning at 9:00 A.M. Numbers will be passed out when you arrive. Sales will begin shortly after 9:00 a.m. 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.

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

June 4 – Mystery Trip! \$75.00
The Committee felt this would be a good Mystery Trip. Early meal included. Leave 10:30 a.m., home 4:15 p.m.

July 10 – Cal Phil Concert at Walt Disney Theater \$110.00
Attend the Cal Phil Concert “At the Movies” at the incredible Walt Disney Concert Hall in Los Angeles. We 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.

APRIL 11 —REPOSITIONING CRUISE PRESENTATION 11:30 a.m.
Bob Matchett, Silver Bay Tours, will be here at 11:30 a.m. to present his trip to Western Oregon, Washington, and B.C., with the repositioning cruise on Holland America’s Noordam, stopping in Astoria and ending in San Diego. This trip will begin September 19, 2016 and end on September 29. Price was still pending at the newsletter deadline. Check the hall board before his presentation. We should have the information by the end of March.

THESE TRIPS MAY STILL BE AVAILABLE:
March 29-April 1 – Laughlin Riverside (wait listed) \$147 Dbl., \$184 Sgl.
May 1-6 – Grand Canyon, Flagstaff, Sedona and Jerome (wait listed) \$720 Dbl., \$960 Sgl.
May 25-26 –Medieval Times & Santa Anita *SPACE AVAILABLE* \$212 Dbl., \$273 Sgl.
June 23 – ”Beautiful”, The Carole King Story @ Pantages *SPACE AVAILABLE* \$124.00

FLYERS AND THE TRIP LIST ARE AVAILABLE IN THE HALL AND OFFICE.

Check out our Facebook page: “Santa Maria Senior Travel”. Diana Dodos is updating this with flyers and pictures from our trips.

[Linda Dutart](#)
Travel Committee Chairman



HAPPY BIRTHDAY

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



BIRTHDAYS & ANNIVERSARIES

Happy Birthday

<u>Name</u>	<u>Date</u>
Boone, Gail C.	4/25
Boucheneb, Myriam	4/4
Bushnell, Clark H.	4/25
Caro, Larry	4/2
Dutart, Linda	4/16
Garrett, Clifton L.	4/5
Gray, Jocelyn	4/10
Gutierrez, Ed L.	4/17
Holdredge, Connie	4/14
Hoops, Sally	4/8
Johann, Richard H.	4/10
Koga, Mary	4/12

Happy Birthday Cont’d)

<u>Name</u>	<u>Date</u>
Lamphier, Donna L.	4/3
Mc Allen, Tom	4/6
Mc Mullen, Ellen L.	4/8
Morris, Linda	4/12
Park, Philip	4/15
Ramos, Mary	4/5
Ryle, Joe Ann	4/4
Sinor, Leroy	4/9
Solorio, John	4/20
Trojanek, Jalayne J.	4/29
Tyler, Carl	4/10
Weatherly, Jerry	4/16
Westbrook, Joseph J. (Joe)	4/8

Happy Anniversary

<u>Name</u>	<u>Spouse</u>	<u>Date</u>
Gibson, Shelly	Bruce	4/28
Johnson, Ronald	Mary	4/5
Lamphier, Jerry F.	Donna	4/20
Thaler, Arthur W.	Carol	4/5



GREETINGS FROM THE RECREATION AND PARKS DEPARTMENT

Spring officially got underway on March 20, hopefully by now, most of you have adjusted to the slight time change. Thanks to Mother Nature, spring brings a sense of new beginnings with trees blossoming everywhere you look. Department staff bids you all good health and prosperity as the warmer months of the year arrive. You are encouraged to enjoy some great upcoming events that will not “tax” your budget; stop by the Elwin Mussell Center to see what’s new.

Program Coordinator:
[Marjorie Gjerdrum](#)

Fun Fact

Did you know that in order to help pay for its war effort in the American Civil War, congress imposed its first personal income tax in 1861? It was part of the Revenue Act of 1861 (3% of all incomes over \$800.) This was rescinded in 1821. On July 9, 1953 the Bureau of Internal Revenue was changed to Internal Revenue Service, and the rest is history as they say. Happy Tax Day on Monday, April 18!

Thursday, April 14- The Did You Know Lecture Series continues at the Elwin Mussell Center at 1:00 p.m. The Alzheimer’s Association will be presenting a free lecture titled, “Know the 10 Signs”. Join the discussion and learn the 10 signs of Alzheimer’s disease, dementia symptoms and risk factors. This a wonderful resource for us all as we age. No pre-registration is required.

Saturday, April 14- Enjoy an Earth Day Walk at Pioneer Park, 1150 W. Foster Rd. at 10:00 a.m. Take part in a nature walk and play nature Bingo with family and friends. This brisk walk around the park is designed for all ages and abilities. Join the fun and see if you can fill your entire Bingo card! This is a free event, no registration required.

Sunday, May 1- Save the date for the Senior Prom at the Elwin Mussell Center at 1:30 p.m. This year’s theme is the “Masquerade Ball”, there will be raffle prizes, light refreshments, and of course music. This inter-generational event is hosted by students from Pioneer Valley High School. RSVP’s are required to attend. Please call ext. 207.

Zumba Gold Class- An introductory session of Zumba Gold was offered at no cost at the Elwin Mussell Center during March. This fun and energetic class is easily adapted to all fitness levels and will ensure a calorie burning workout. Zumba Gold is tailored for the senior population by instructor Kathleen Hill, who has been a licensed instructor since 2008. The class will continue on Mondays and Wednesdays from 10:00-11:00 a.m. beginning April 4 with a fee of \$25 for city-residents, \$31.50 for non-residents. Participants are required to register in advance at the Recreation and Parks Department office, 615 S. McClelland St., prior to the first class meeting. Come and see why everyone’s having fun with Zumba Gold. For more information call ext. 260.

More Mah Jongg- This activity has become so popular at the Elwin Mussell Center on Friday afternoons that it will also become available the first and third Wednesday of the month starting April 6. This new session will meet from noon to 4:00 p.m. Lessons are available for first time players. For more information please call ext. 207.

Marjorie Gjerdrum
Program Coordinator



TRAVEL TALES
APRIL 2016

Sales are down. The First Day Sale in March was very disappointing, though the weather was horrid that day. I had to cancel Gentlemen’s Guide to Love and Murder before we had to pay the balance due for the tickets. We lost the deposit.

We are still interviewing for another Committee member as of the newsletter deadline. Please pick up a packet at the Travel Office, ask a Committee member any questions, or call Linda to schedule an interview.

August 17-18 – Pageant of the Masters **\$238.00 Dbl., \$297.00 Sgl.**

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.

September 19-29 – Silver Bay Tours’ Repositioning Cruise

Bob will be here April 11th at 11:30 a.m. to present this trip along Western Oregon and Washington, into B.C. and returning on the Holland America Noordam to San Diego, with one stop in Astoria. Cost still pending at the newsletter deadline. We will sell this trip immediately after the presentation.

October 4-7 – Laughlin—

We now have the Fall Laughlin trip dates. I’ll book the hotel after April 1st when the travelers return from the Spring trip.

October 28 – Concert – Recording Artist Maria Muldaur **\$53.00**

She is performing two sets at the Jubilee By The Sea in Pismo Beach on Friday night, October 28. You’ll take the bus to St. Anthony’s Park’s two venues to listen to your choice of bands from 6 to 8 p.m., then attend Maria Muldaur’s concert in the 500 seat tent. The concessionaire is Rib Line. You can choose to eat there, on your own, or eat before you go. Big heaters are provided, but wear warm layers and bring a seat cushion as the chairs are rented and need a cushion. In case you don’t recognize her name, Maria Muldaur has been famous since the ‘70’s for her Blues and Jazz vocals. Her Jazz Quintet will accompany her. Leave 5:30 p.m. Home 11 p.m.

November 5 – Great American Melodrama “Trudy and the Beast”, Oceano

Have lunch, then enjoy the show at the Melodrama.

November 22-25 – Thanksgiving at Wonder Valley

Wonder Valley called that they have Thanksgiving open after all! I checked Bob’s availability and booked it. Three nights, four days. We will be going on a tour or two that will be determined soon.

December 9-10 – Christmas at Adobes in Monterey

Bob planned this trip for another client in 2015 and the group loved it!

2017

February – Snow Train to Reno

Bob will prepare this trip. We haven’t done it for awhile and people loved it. We’ll have details later.

May 4-12 – Premier World Discovery’s “Great Lakes Adventure”

\$2830 Dbl., \$3555 Sgl.

Featuring the Holland (Michigan) Tulip Festival, Mackinac Island, and House on the Rock. There is a \$100 booking discount if final payment by is check & paid by due date.

Linda Dutart

[Linda Dutart](#)
Travel Committee Chairman



<div>  <div> Community Action Commission Nutrition Services Program Senior Lunch Menu: Febuary 2016 </div> </div>				
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
				BEEF STEW BROCCOLI CORN/BREAD/PROMISE APPLE MILK
				1-Apr
MEATLOAF MASHED POTATOES/GRAVY MIXED VEGETABLES DINNER ROLL W/PROMISE ORANGE MILK	TURKEY BURGER WW BUN BURGER SIDES BROCCOLI LIGHT MAYO BANANA MILK	BEEF AND BROCCOLI BROWN RICE SLICED CARROTS ORANGE MILK	CARNITAS TORTILLA PINTO BEANS ZUCCHINI APPLE MILK	CHICKEN CORDON BLEU MASHED POTATOES/GRAVY BRUSSELS SPROUTS WW DINNER ROLL/PROMISE FRUIT MIX MILK
4-Apr	5-Apr	6-Apr	7-Apr	8-Apr
BAKED CHICKEN BAKED POTATO/PROMISE SPINACH WW DINNER ROLL/PROMISE ORANGE MILK	CHICKEN FIDEO BRUSSEL SPROUTS CARROTS ORANGE MILK	BIRRIA BROCCOLI PINTO BEANS TORTILLA PEARS MILK	PORK LOIN SWEET POTATO GREEN BEANS WG BISCUIT/PROMISE ORANGE MILK	BAKED PARMESAN FISH FILET MIXED VEGETABLES DINNER ROLL W/PROMISE APPLE SAUCE MILK
11-Apr	12-Apr	13-Apr	MILK	15-Apr
BEEF STIR-FRY MIXED VEGETABLES BISCUITS W/PROMISE ORANGE MILK	POT ROAST SPINACH INNER ROLL W/PROMISE BANANA MILK	CHICKEN FAJITA WW TORTILLA CALIFLOWER APPLE SAUCE MILK	TURKEY MASHED POTATOES W/GRAVY BROCCOLI INNER ROLL W/PROMISE ORANGE MILK	CHICKEN POZOLE RICE TORTILLA ORANGE **High Sodium Meal MILK
18-Jan	18-Apr	20-Apr	21-Apr	22-Apr
BBQ CHICKEN SWEET POTATO/PROMISE GREEN BEANS WW DINNER ROLL/PROMISE ORANGE MILK	BEEF TACOS PINTO BEANS BROCCOLI WW TORTILLA BANANA MILK	HAWAIIAN CHICKEN BROCCOLI LOW FAT CHEESE YELLOW SQUASH WW DINNER ROLL/PROMISE APPLE SAUCE MILK	SPAGHETTI MEAT SAUCE ITALIAN VEGETABLES BRUSSELS SPROUTS APPLE MILK	PORK CHOP LOW SODIUM GRAVY BROCCOLI BAKE POTATO APPLE MILK
25-Apr	26-Apr	27-Apr	28-Apr	29-Apr

<div> The Sunshine Corner </div>	
Thinking of you	Get Well
Carol Chambard	Altha E. Poole Arthur Thaler Liz Culley
<div>Sympathy</div> <div>Family of Joaquin C. Mascorro</div>	
Submitted by: Simone Gillogly 925-6267	
Welcome New Members	
Arnold, Janet L. Davis, Dorothy T. Garnett, Delia Gilmore, Dorothy	Lynn, Merril Manos, Donna Jean Marini, Sharon Mc Connell, Sharon A.
Randall, Marilyn Schlanser, Deborah B. Small, Chuck H. Snodgrass, Lynda K.	Westbrook, Elizabeth Westbrook, Joseph J. (Joe) Williams, Billie Jean Yamaguchi, Diane L.
	<p>Jim Petrella became a Centenarian on April 19, 2015. Born in Biwabik Minnesota. He and his late wife Agnes have 4 children, 7 grandchildren and 6 great grandchildren. He served his country in WW2 from 1942-1946. He was with the Headquarters division during the Rhineland campaign in Germany and France. He received the Bronze Star for outstanding contributions against the enemy in France and Germany. Moving to Santa Maria in 1968 he was the Head Librarian for the city until 1980.</p> <p>What are the secrets to his longevity? A non-smoker and light drinker, he always has sweets after every meal, but has managed to stay within 10 lbs. of his military weight all his life. He has stayed physically fit by doing all his own yard work, and keeps his mind active by playing competitive bridge.</p>
Jim Petrella	