

SMV SENIOR CLUB
PO BOX 6688
SANTA MARIA, CA 93454-6688
(805) 925-0951 Ext. 2207
SMVSeniors@gmail.com



July 2017
Periodical

Vol. 23, Issue 6

The Mussell Messenger

Santa Maria Valley Senior Citizens Club Newsletter

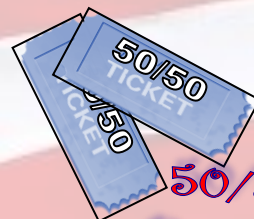
Monthly Membership Meeting
Monday, July 10

ICE CREAM SOCIAL



Doors Open:
5:30 p.m.

FREE
for members
\$5 for guests
Reserve by July 5!



50/50
Drawing

Elwin E. Mussell Senior Citizens Center, 510 E. Park Ave.,
Santa Maria, CA 93454 925-0951, Ext. 2207

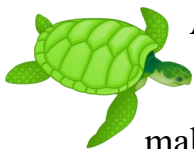


**Jo York
President**

July News

Summer has started in earnest and so have we. We are having an ice cream social and dance parties. Apparently, we think we are 16 again, hanging out at the malt shop and dancing to Dick Clark's American Bandstand. All kidding aside, our dinner meeting this month (the **SECOND Monday** of the month – **July 10**) will be an **ice cream social**! YUM! We thought it would be fun and something different. There will be no speaker, so everyone will have to entertain themselves this month. I'm certain you will be able to do that. This meeting will be a **freebee for members** – one of the perks to being a member!! Guests are welcome at a cost of \$5 each. Just be sure to sign up in plenty of time (**by July 5**).

We thought we had everything figured out for the August dinner. However, the person who was going to speak is not well, and therefore we have to change everything. (It was going to be a themed evening.) We'll let you know when we know more on that plan. We are sorry for the confusion. I know you like to have the information early, but in this case, there is nothing we can do. In the meantime, I have spoken with Bob Thomas with **Turtle & Tortoise Rescue** in Arroyo Grande. He is willing to speak at the meeting in August! He will bring a few of the rescued turtles for us to see and tell us about his rescue operation. On occasion, he rescues other animals, too. It should be quite interesting. Please make him feel welcome. The caterer will be announced next month.



We are always looking for new caterers and new speakers to make the membership dinner a positive experience for members. If there is a subject you would like to learn more about or a person you know who would like to speak to our group, please let any board member know (contact information on page 3). We try to make sure all the speakers we bring in present something our members might be interested in. So, help us out if you can. **Your input is needed and desired!**



Good News Item #1: I am thrilled to report that the club has once again received the grant from **The Community Foundation of San Luis Obispo County** this year. That means that we will be able to provide free monthly dances again soon. We will also work to add more dances for members and guests. The Community Foundation has been very good to the club and the public! Dancing is great exercise and a great social event. We thank them for their support.

Good News Item #2: The board has hired a company to update our website! The "new & improved" site will have all current information, including the travel committee's trips and information. It will also showcase our new "motto" to make it even easier to find – **Central Coast Active Adults (CCAA)**! We feel that it more closely represents the majority of our members. Please note that we will not be changing the official name (Santa Maria Valley Senior Citizens Club) for tax reasons. Hopefully, you will soon begin to see the new slogan and logo here and there on the website, newsletter, and fliers. What do you think of it???

Last but definitely not least, I present the ongoing request. We're one month closer to not having a board for the club in the new year. **If there is no board ... then there is no club ... and NO Travel Committee!!!** We need a **President, Vice-President, 2nd Vice-President, and Member at Large**. I will help as much as I can, but the bylaws prevent me from serving more than two years at a time. Several of the other board members have served on the board for three years or more, and they want a break. **PLEASE** think about helping. **It IS your club.**

Until next month be safe and have fun! Happy 4th of July!

~ Jo York, President



2017 OFFICERS

President:	Jo York	925-1089	jeyork1@yahoo.com
1st Vice President:	Terry Leduc	925-0064	aleduc2@hotmail.com
2nd Vice President:	Dawn Kamiya	714-5267	dawnof42@aol.com
Treasurer:	Jason Schellas	354-0083	jschellas@comcast.net
Recording Secretary:	Rosemary Fox	680-4083	rfox001@msn.com
Director-at-Large:	Mary Johnson	352-1003	mjohnson1937@gmail.com
Newsletter Editor:	Laura Selken	406-9989	laura.selken@gmail.com
Past President:	Tom Dutart	925-2906	oldtoadpis@yahoo.com
City Representative:	Marjorie Gjerdrum-Hord	925-0951, ext. 2347	mgerdrum@cityofsantamaria.org
City Representative:	Barbara Wiley	925-0951, ext. 2355	bwiley@cityofsantamaria.org

COMMITTEE CHAIRPERSONS

Database Records:	Laura Selken	406-9989	laura.selken@gmail.com
Membership:			
Statistics & Reports:	Charlotte Gaskill	934-2607	jcgaskil@msn.com
Sunshine:	Simone Gillogly	925-6267	
Travel:	Linda Dutart	925-2906	ldutart@yahoo.com

FACILITIES

Receptionist:	Diane Bentley	925-0951 Ext. 2207	
Supplies:	Mary Johnson	352-1003	mjohnson1937@gmail.com
Travel Office:	Tues. – Thurs., 12:30-3:45 p.m.	349-0688	ldutart@yahoo.com

OFF-SITE ACTIVITIES

Mondays	11:00 a.m. – 1:00 p.m.	Drop-in Softball Hagerman Sports Complex
Tuesdays	9:00 a.m. – Noon	Lawn Bowling Club 4205 S. McClelland St.
Thursdays	9:00 a.m. – Noon	Lawn Bowling Club 4205 S. McClelland St.
	11:00 a.m. – 1:00 p.m.	Drop-in Softball Hagerman Sports Complex

Editor's Note ~

Hopefully, you are receiving your newsletter, either by email (as a "pdf") or in the mail. Naturally, we understand that many of you do not use the internet and do not have email. However, we ask those of you that **DO have access** to the internet to **PLEASE** consider having it **EMAILED** rather than mailed to you. *It arrives in your inbox in **FULL COLOR**, and it also arrives much sooner than if it is mailed to you!*



NOTE: If you are having trouble receiving it via email **PLEASE CONTACT Laura Selken (the Editor)** at (805) 406-9989 or via email: laura.selken@gmail.com. I will try to resolve the problem as soon as possible! Note: The deadline for the next issue (August 2017) is **July 17**.



GREETINGS FROM THE RECREATION & PARKS DEPARTMENT

has planned some great **FREE, FREE, FREE** events for the whole family to partake in!



Tuesday, July 4th Fireworks Show, 7:00 p.m., Sierra Vista Park, 809 Panther Drive ~ Celebrate Independence Day with a free concert in the park and a spectacular fireworks' show. Visit: www.cityofsantamaria.org for details and updates.

Saturday, July 8, Neighborhood Block Party and Movie, 6:00 p.m. until movie is over, Grogan Park, 1155 W. Rancho Verde ~ Grab the family, a lawn chair, and some blankets for a great summer evening. The party begins at 6:00 p.m. followed by the hit movie, “The Guardians of the Galaxy.” Sponsored by People for Leisure and Youth, Inc. (PLAY).

Thursday, July 20, Strength and Balance Seminar, 11:00 a.m., Elwin Mussell Center, 510 E. Park Ave. ~ Have you ever noticed that your strength or balance is not what it used to be? As we age, muscles become less efficient. Learn how to strengthen your body's muscles at home or in a gym. Strength training helps older adults live longer! This presentation is presented by San Luis Sports Therapy. Please come join us at this valuable lecture. Light refreshment will be available. For more information, call 925-0951, ext. 2347. *[see page 10]*



Active Aging
Health Fair

Saturday, July 29, Catch the Wellness Wave at our Active Aging Health Fair, 9:00 a.m. – 12:00 p.m., Elwin Mussell Center, 510 E. Park Ave. ~ Community members 50+ can obtain free health screenings, information and services from a variety of local health and wellness organizations. There will be blood pressure checks, cardiac/stroke assessment screening, vision testing, fitness testing, and more. Meet early at 8:00 a.m. for a 2-mile fitness walk and receive five extra raffle tickets for prizes awarded throughout the event. For more information, call 925-0951, ext. 2207. *[see page 11]*

Have a safe and happy 4th of July!

~ Marjorie Gjerdrum Hord

DON'T FORGET TO TRY THESE DANCE CLASSES OFFERED AT ELWIN MUSSELL CENTER:

Folk Dance ~ Mondays from 7 to 9 p.m. ~ \$15 per month (\$17.50 for non-residents)

Ballroom Dance ~ Wednesdays from 6:30 to 7:30 p.m. ~ \$40 per month (\$50 for NR)

July

Monday	Tuesday	Wednesday	Thursday	Friday	Sat.
Costs: Bingo ~ 50¢ /card Bunco ~ \$3 donation/day Chairobics ~ \$12/month+ Folk Dancing ~ \$15/month+ Yoga ~ \$12/month+ Zumba ~ \$25/month+ +Santa Maria Residents (higher for non-residents)			 Lunch Prepared and delivered by Community Action Commission to Mussell Senior Center Monday - Friday, 11:30 a.m. Must make reservation 24 hours in advance. Call 925-3010. \$3 donation requested.		1 9-12 Pool* 9-1 pm Duplicate Bridge
3 9-4 Pool* 10-11 Zumba*§ 12-4 Duplicate Bridge 1-4 Party Bridge 7-9 pm Folk Dancing*§	4 	5 9-4 Pool* 9-11 Artists Meet* 9-10 Chairobics*§ 10-11 Zumba*§ 12-4 Mah Jongg* 1-3 Knit/Chat/Crochet/Color* 1-4 Beginning Bridge/Instruction	6 9-4 Pool* 12-4 Duplicate Bridge 2:30-3:45 Folk Dancing*	7 9-4 Pool* 12-4 Mah Jongg* 1-4 Bingo	8 9-12 Pool* 9-1 pm Duplicate Bridge 6-7 pm Neighborhood Party & Movie*
10 9-4 Pool* 10-11 Zumba*§ 12-4 Duplicate Bridge 1-4 Party Bridge 6 pm Ice Cream Social 7-9 pm Folk Dancing*§	11 9-4 Pool* 10-11 Yoga*§ 1-4 Double-Deck Pinochle* 1-4 Poker*	12 9-4 Pool* 9-11 Artists Meet* 10 Exec. Bd. Meeting 9-10 Chairobics*§ 10-11 Zumba*§ 1-3 Knit/Chat/Crochet/Color* 1-4 Beginning Bridge/Instruction	13 9-4 Pool* 12-4 Duplicate Bridge 1-4 Hand & Foot 2:30-3:45 Folk Dancing*	14 9-4 Pool* 12-4 Mah Jongg* 1-4 Bingo	15 9-12 Pool* 9-1 pm Duplicate Bridge
17 9-4 Pool* 10-11 Zumba*§ 12-4 Duplicate Bridge 1-4 Party Bridge 7-9 pm Folk Dancing*§	18 9-4 Pool* 10-11 Yoga*§ 1-4 Poker* 1:30-4 Bunco*	19 9-4 Pool* 9-11 Artists Meet* 9-10 Chairobics*§ 10-11 Zumba*§ 12-4 Mah Jongg* 1-3 Book Exchange* 1-4 Beginning Bridge/Instruction	20 9-4 Pool* 11 Strength & Balance Seminar* 12-4 Duplicate Bridge 2:30-3:45 Folk Dancing*	21 9-4 Pool* 12-4 Mah Jongg* 1-4 Bingo	22 9-12 Pool* 9-1 pm Duplicate Bridge
24/31 9-4 Pool* 10-11 Zumba*§ 12-4 Duplicate Bridge 1-4 Party Bridge 7-9 pm Folk Dancing*§	25 9-4 Pool* 10-11 Yoga*§ 1-4 Double-Deck Pinochle* 1-4 Poker*	26 9-4 Pool* 9-11 Artists Meet* 9-10 Chairobics*§ 10-11 Zumba*§ 1-3 Knit/Chat/Crochet/Color* 1-4 Beginning Bridge/Instruction	27 9-4 Pool* 12-4 Duplicate Bridge 1-4 Hand & Foot 2:30-3:45 Folk Dancing*	28 9-4 Pool* 12-4 Mah Jongg* 1-4 Bingo	29 9-12 Pool* 9am-12pm Active Aging Health Fair 9-1 pm Duplicate Bridge

Activity Contact Persons: Book Exchange ~ Jane Bringley (937-8859)
 Duplicate Bridge ~ 937-5691 (Mondays) ~ 922-5000 (Thursdays) ~ 925-6350 (Saturdays)
 Pinochle ~ 934-2315 (Tuesdays) / Folk Dancing (Thurs.) ~ Betty Anthony (925-5429)

* City of Santa Maria Recreation & Parks Department Program
 § Participants must pre-register at Recreation & Parks Department. No walk-ins allowed.

TRAVEL OPPORTUNITIES

SANTA MARIA SENIOR TRAVEL COMMITTEE



Hours: Tues., Wed., Thurs., 12:30 – 3.45 p.m.

Office Phone: 349-0688



NO FIRST DAY SALES (FIRST MONDAY MORNING OF THE MONTH) **IN JULY!**

Happy Independence Day!



ANNOUNCEMENT: The Fillmore & Western Railway Co. Murder Mystery lunch trip had such a long waiting list that I was able to obtain more tickets! I also booked a 56-passenger bus, so there is no longer a waiting list. The trip is on sale again now!

September 9 – Fillmore and Western Railroad Murder Mystery Lunch **\$115**

Solve a murder while having lunch and traveling on the Fillmore and Western Railroad. A fun day excursion. Leave: 8:30 a.m./Home 6:30 p.m.

Also on sale is a trip to the Tournament of Roses Parade that was first included in the last newsletter. We have an arrangement with Silverado Tours to provide us a discount which, in turn, we can pass on to you for their scheduled trips. As requested, we are currently selling the Silverado Tours trip described below at the discounted price:



Dec. 31, 2017-Jan. 1, 2018 ~ Rose Parade **\$359.10 Dbl., \$440.10 Sgl.**

Be at IHOP at 10:35 a.m. for the scheduled pick up at 10:50 a.m. December 31st. Stay at the Ayers Hotel in Anaheim. Dinner is included at PF Chang's Chinese Restaurant. Hot breakfast is included at the hotel. You will have reserved grandstand seating for the Tournament of Roses Parade. Ticket prices do not include driver and tour guide gratuities. Return arrival is scheduled for 5:25 p.m. ***Please make your checks payable to Silverado Stages.***



Linda Dutart
Travel Committee
Chairperson

THESE TRIPS MAY STILL BE AVAILABLE: Sign Up Today!

July 29 ~ **M&M: Madonna Inn & Melodrama** **\$88**

August 20 ~ **Hooray for Hollywood:**
A Tribute to Movie Musicals, Carmel **\$89**

September 9 ~ **Fillmore & Western Railroad Murder Mystery** **\$115**

October 11-18 ~ **Smoky Mountains & Bluegrass** **\$2879 Dbl., \$3704 Sgl.**

Travel With us!



facebook

Check out our Facebook page: "[Santa Maria Senior Travel](#)"
(Click on name & go directly to Facebook page!)

Diana Dodos updates the page with flyers & pictures from our trips.



facebook



TRAVEL TALES ~ JULY 2017



NOTE: One of the issues that has become quite evident as of late is how disabled some of our members are! We need to notify the hotels of any specific needs members have, and people must be able to get off the bus when we make stops so the driver can lock it and take his break.

Also, please know that I was shocked when the sales representative from Santa Anita called to say that the racing on three Thursdays had been canceled, and they will refund our money! I found this article online the day after we were notified. In part, it said: “Santa Anita, in an attempt to give the bettors a better product, announced ... it is canceling two upcoming Thursday cards ... and will instead add races on the Friday, Saturday and Sunday programs those weeks. Stronach Group Chief Operating Officer Tim Ritvo, sent to Santa Anita three weeks ago to help revitalize the track’s business, had said earlier this week that three-day race weeks could be a temporary fix to the short five- and six-horse fields that have plagued the track recently.”

Sept. 11 ~ Presentation of Collette’s “Discover South Dakota” \$1999 Dbl., \$2499 Sgl.
See description below for May 11-17, 2018. Special price effective until November 3, 2017.

September 28 ~ MYSTERY TRIP!!! \$106
We finally found something to do that this group hasn’t done previously! Stop for lunch on your own. Dinner is included in the price. We think both men and women will enjoy this trip. Leave: 10 a.m./Home: 11 p.m. **Selling August 7**

October 23-26 ~ Laughlin Riverside \$141 Dbl., \$178 Sgl.
As usual, two breakfast buffets and one choice buffet is included. On October 25, “Tonight’s the Night: a Tribute to Rod Stewart” will begin a 5-night run, so you will be able to book it for the 25th if you choose. Leave: 7 a.m./Home: 6:30 p.m. or so. **Selling August 7**



November 7-9 ~ Sequoia/Kings Canyon National Parks tour \$380 Dbl., \$460 Sgl.
Stay at Wonder Valley Ranch for two nights and enjoy all their amenities and wonderful meals. Tour the Sequoia/Kings Canyon National Parks with Wonder Valley’s picnic lunch provided. **Wonder Valley cancellation deadline is Sept. 7, so please purchase this trip early. You can pay a \$100 deposit per person to expedite the purchase with balance due before Oct. 7. Selling August 7**

December 6 or 7 ~ Cambria Christmas Market and dinner
This trip is “in limbo” while I book a different restaurant (Cambria Pines Lodge has some unacceptable requirements). Enjoy the lights, booths, and entertainment at the Cambria Christmas Market before returning home. **Selling October 2**

February ???, 2018 ~ Las Vegas

As many of you requested, we are having a Las Vegas trip in February. I’ve been researching hotels. The majority chose to only be taken to Las Vegas but not to have any predesignated plans while there. You will be free to do as you please!



Late April, 2018 ~ Laughlin Riverside

May 11-17, 2018 ~ Collette’s “Discover South Dakota” \$1999 Dbl., \$2499 Sgl.
You’ll stay at one hotel in Rapid City while you explore the interesting and historic Black Hills. Highlights include Mount Rushmore, Deadwood, Pine Ridge Indian Reservation, Black Hills gold, Badlands National Park, Wall Drug, Needles Highway, Custer State Park, and Crazy Horse Memorial. *Special price effective only until Nov. 3, 2017. **Presentation/sale Sept. 11.***

October 9-17, 2018 ~ Premier’s Heritage Highlights \$3055 Dbl., \$3955 Sgl.
Sale date for this interesting trip TBA! Trip includes Niagara Falls; Lancaster, Gettysburg, & Philadelphia, PA; Washington DC tour; Mount Vernon, and Colonial Williamsburg. Receive a \$100 discount when making your final payment by check!



JULY BIRTHDAYS

Judy Willcox	1-Jul	Arlene Dvorak	10-Jul	Myrland Roth	20-Jul
Julie Allyn	2-Jul	Eileen Ballentine	12-Jul	Margie Verduzco	20-Jul
Thomas Porcho	2-Jul	John Medeiros	12-Jul	Beryl Winn	20-Jul
Rosa Maria Rivas	2-Jul	Yvonne Pasko	12-Jul	Vincent Deparini	21-Jul
Evie Cronan	3-Jul	Lana Fleming	13-Jul	Louise Frye	21-Jul
Alice Patino	3-Jul	Robert Baird	14-Jul	Victoria Beecham	22-Jul
Harry Roden III	3-Jul	Alzira Sarmento	14-Jul	Gloria Davis	22-Jul
Cathy Ross	3-Jul	Nettie Silva	14-Jul	Tina Lopez	22-Jul
Nancy Van Osdol	3-Jul	Kim Post	15-Jul	Marjean Wells	22-Jul
Martha Brooks	4-Jul	Karen Ransome	15-Jul	Bob Newman	24-Jul
Tom Dutart	4-Jul	Neneth Regalado	15-Jul	Polly Phillips	24-Jul
Joe Martinez	5-Jul	Marty Martinez	16-Jul	Paul Goyette	26-Jul
Jim Wyckoff	5-Jul	Ed Post	16-Jul	John Oliver	27-Jul
Ed Letman	6-Jul	Sjaane Thompson	16-Jul	Rodger Phillips	27-Jul
Sandra Mancillas	6-Jul	Donna Vogt	17-Jul	Tom Shelton	28-Jul
Anna Mae Beall	9-Jul	Elaine Powell	19-Jul	Madeline Martini	29-Jul
Theresa Haupt	9-Jul	Marlene Miller	20-Jul	Molly Miller	30-Jul

JULY ANNIVERSARIES

Rodger & Polly Phillips	8-Jul
Don & Claudia Sylvester	10-Jul
Luther & Lillian Lowe	26-Jul

① If any of the birthdays or anniversaries listed here are not accurate, or if your name and special day is not listed, please contact the editor, Laura Selken, at 406-9989, or laura.selken@gmail.com.

① Note: only couples who are both members of the Club will have their anniversary listed. Please, notify Laura Selken of any errors or additions.

Get Your Friends to Join

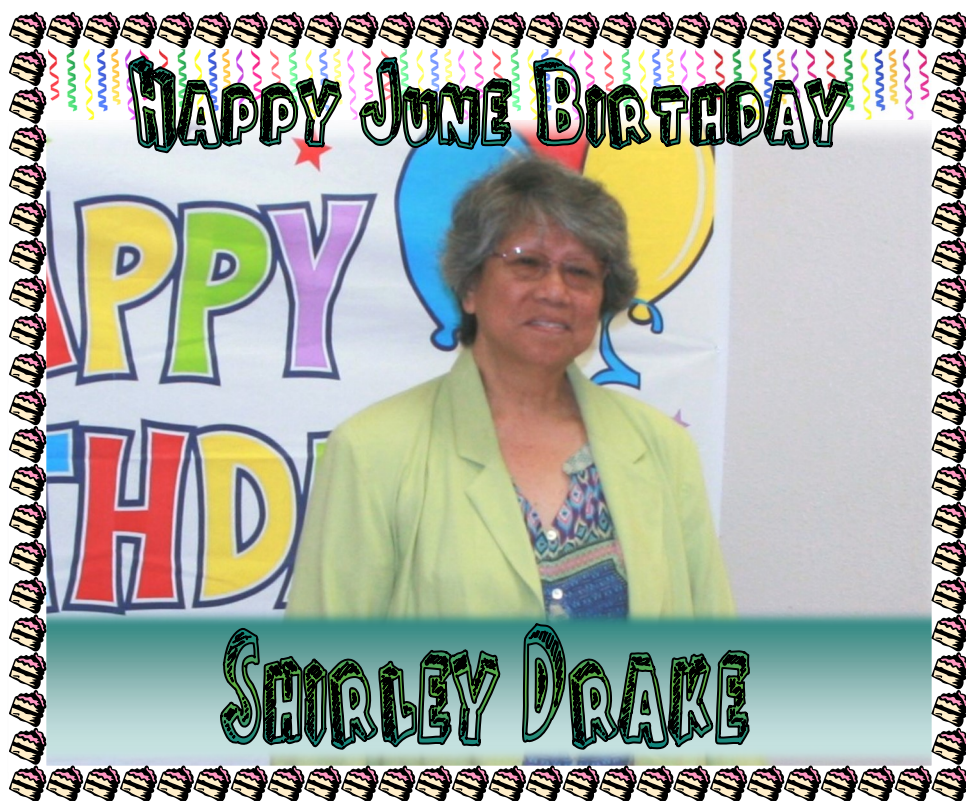
As of July 1, memberships are reduced to \$10 for the rest of the year. Anyone 50+ is eligible.

Welcome NEW and Former Members!



Barbara Akiyoshi
Gustavo Arangua
Kelli Flynn
Jim & Ginger Halbig
Lupe Lopez
Marty Martinez
Jackie Narachi
Carlos Palma
Sue Randolph
E. Jean Rigsby
Sonny Russell
Jenny Taylor
Amy Verdin
Kathy Waxman





NEEDED

REGULAR & SUBSTITUTE
receptionists needed for the
desk at the Mussell Center.

Shifts available:

Week Days

9 a.m. – 12:30 p.m.

or 12:30 – 4 p.m.

For more information,
contact Diane Bentley or
leave a message at the desk:
925-0951, ext. 2207.



NEEDED

Although we no longer select a birthday winner at our monthly membership dinners, we still recognize those who are celebrating their special day that month! A delicious cake is served, and a photo is taken of the birthday revelers! Come on down and celebrate YOUR special day!

The Sunshine Corner

Get Well Soon!



Ethel Holmes
Grace Jarvis
Sue E. Park
Dee J. Sinor
Jo York



In Sympathy to

The Family of Pat Baugher
(see note below)



The Family of Margaret Jarvis

The Family of Iva Jo Strunk
(former Membership
Committee Chairperson)

*Pat Baugher was a devoted volunteer with our organization until health problems prevailed. She was a club officer, did computer roster input, and called **Bingo** for more than 15 years! She will be forever remembered by many members!*

Please continue to contact me about members who need a card from the Sunshine Corner, or the families who have lost a loved one. Please note, when you call me, I would greatly appreciate it if you would leave your name and telephone number in case I need to contact you for any reason. Thank you! ~ Simone (925-6267)



ACTIVE LIVING Program



CAN YOU USE HAND WEIGHTS, A CHAIR AND A STRETCH BAND?

Join us for a
**BALANCE &
STRENGTH
SEMINAR**

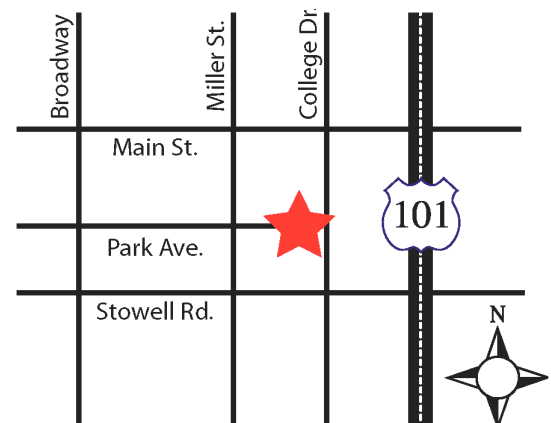


Thursday, July 20, 2017, 11:00 AM
Elwin Mussell Center, 510 E. Park Street

Have you ever noticed that your strength or balance is not what it used to be? As we age, muscles become less efficient. Learn how to strengthen your body's muscles at home or in a gym. Strength training helps older adults live longer!

Presentation by San Luis Sports Therapy

For more information, contact the
Recreation and Parks Department at
(805) 925-0951 ext. 2260





Active Aging
Committee presents



FREE



Active Aging Health Fair

Catch the Wellness Wave!

Saturday, July 29, 2017 • 9:00 AM-12:00 PM
Elwin Mussell Center, 510 E. Park Ave.

Community members 50+ yrs. can obtain free health screenings, information, and services by a variety of local health and wellness organizations. Information booths to include the following:

- Cardiac/Stroke Assessment Screening, Blood Pressure & Glucose (2 hour fast suggested)
- Vision screening by local Lions club members
 - Baseline Fitness Testing
 - Bike Fit Assessment
 - HICAP
- Mission Hope Cancer Support Education
- Chairobics Demonstration
- And more

Meet early at 8:00 AM for a 2-mile Fitness Walk for 5 extra raffle tickets. Raffle prizes throughout the event.



If you are interested in being an exhibitor or for more information, please call (805) 925-0951 ext. 2260.





Tom Dutart

TOM'S TRIVIALITIES ~ July 2017

- ☺ Just before the funeral services, the undertaker came up to the very elderly widow and asked, "How old was your husband?"
 "98," she replied. "Two years older than me."
 "So you're 96," the undertaker commented.
 She responded, "Hardly worth going home, is it?"

**It's good
to be alive
... but ...**

- ☺ Reporter interviewing a 104-year-old woman asked: "What do you think is the best thing about being 104?" She simply replied, "No peer pressure."
- ☺ I was feeling like my body had gotten totally out of shape, so I got my doctor's permission to join a fitness club and start exercising. I decided to take an aerobics class for seniors. I bent, twisted, gyrated, jumped up and down, and perspired for an hour. But, by the time I got my leotards on, the class was over!
- ☺ Know how to prevent sagging? Just eat till the wrinkles fill out.
- ☺ It's scary when you start making the same noises as your coffee maker.
- ☺ My memory's not as sharp as it used to be.
 Also, my memory's not as sharp as it used to be.



This program is made possible
with the support of the



Let's Go Hawaiian

Sunday, July 16

1:30 — 4:00 p.m.

**Elwin Mussell Senior Center
510 Park Ave., Santa Maria**



Judy Lindquist
Music Director

With Bob Nations,
and Featured Guest,
Liz Douglas, Vocals



**Wear your Hawaiian shirts & skirts
and let's enjoy the summer together
enjoying the sounds of the Central
Coast's favorite Dance Band!!!**

Sponsored by



**Cost: \$10.00
per person**



**More information:
please, contact Russ
at (775) 843-2830, visit
RiptideBB.com, or find
Riptide Big Band
on Facebook**

