

SMV SENIOR CLUB  
PO BOX 6688  
SANTA MARIA, CA 93456-6688  
(805) 925-0951 Ext. 2207  
SMVSeniors@gmail.com



August 2017  
Periodical

Vol. 23, Issue 7

# The Mussell Messenger

Santa Maria Valley Senior Citizens Club Newsletter

## Monthly Membership Meeting Monday, August 7

*Doors Open at 5:30 p.m. / Dinner at 6 p.m.*

*Fettuccine Alfredo with  
salad & bread sticks*

*Catered by*

*\$10/person*



*Reserve by: August 2*

*Program:*



*Bob Thomas with  
Turtle & Tortoise Rescue*



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



**Jo York  
President**

# August News

I have to start off with some sad news this month. Our First Vice President, **Terry LeDuc**, is leaving us this month. She's moving to Arizona. I have relied on her extensively, and you, too, will notice a difference when she is gone. Things will just not go as smoothly. I sincerely hope she enjoys her new home but I, and all of the board, will miss her terribly. If you see her around the center, **PLEASE** thank her for a job **VERY** well done!



Terry did promise us that she would be back for the **Fashion Show** in September. Thank goodness! Yes, we are having a fashion show from 1 to 4 p.m. on Wednesday, **September 27!!** The fashions will be modeled by our members! There will be a very nice assortment of clothing. In addition, Kelly, the owner of the show, will be selling purses and jewelry. You will also be able to purchase the clothing that she brings with her. Anyone wishing to model should contact a member of the Board. Refreshments will be served. Sign up begins Monday, September 4, and ends Friday, September 22. Some of us have been to her show and enjoyed it very much. We think you will, too!



We recently received the check from the **Community Foundation of San Luis Obispo**. As a reminder, all the monthly dances featuring the Riptide Band will be free again because of their generous grant.

These free dances begin this month and will continue through June of 2018. The new board will need to request a new grant for the 2018-2019 year. This grant is really a remarkable thing for the club, and we are grateful they have awarded it to us for the second year in a row. It enables us to provide you with free dances, especially nice for those on a fixed income, and it encourages people to get out and meet new people while participating in a great form of exercise!

Our new and improved website is still "in the works." We hope it will be available soon! As soon as it is finished, and "tried and tested," we will let you know.

We will have **Olive Garden** catering the August membership meeting. We will serve Fettuccine Alfredo with bread sticks and salad. **Bob Thomas** with **Turtle & Tortoise Rescue** in Arroyo Grande will be our guest speaker. He will bring a few of the rescued turtles for us to see and tell us about his rescue operation.



As of this writing, **NO ONE** has stepped forward to be a board member next year. I'm hoping someone will soon. If you know of someone, even if they are not a member, who would be great on the board, please ask them, or let a board member know. We can do the asking, too! Remember **without a board there will be No TRAVEL, No BRIDGE, No BINGO**, etc., etc., etc. I hate to keep "nagging" about this, but it is important – in fact, vital to the future of our club!!!

Have a great August. Watch out for the kids going back to school (already?). Have fun and be safe until next time.

~ Jo York, President

## Central Coast Active Adults!

## 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	mgjerdrum@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

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

## 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! The deadline for the next issue (September 2017) is **August 14**.





**Marjorie Gjerdrum Hord**  
Program Specialist



## GREETINGS FROM THE RECREATION & PARKS DEPARTMENT

Wow is summer flying by! Remember how long you used to think summer was? August was named in honor of Caesar Augustus. It has 31 days because Augustus wanted as many days as Julius Caesar's month of July. Guess what? August 6 to 12 is National Smile Week. Start practicing your smile now, and keep up your "happy face." It's good for your health, too – smiling decreases blood pressure, releases endorphins, and lowers your stress level – plus, we all know a happy attitude makes you feel good!!



This is the month that Recreation and Parks is introducing the Recreation Guide on the city website: [www.cityofsantamaria.org](http://www.cityofsantamaria.org). You can review the guide and all the wonderful programs offered at your leisure, and then simply sign up for them online! Be sure to check out all the special events, sports, and of course Active Living programs.

Our August programs include:



**August 25 ~ Tastes of Mexico:** Enjoy a casual evening of entertainment and authentic food from some of the finest local Mexican restaurants, along with a variety of margarita samplings and Mexican beer tastings – benefitting PLAY, Inc. This great event is at the Veterans' Memorial Community Center, 313 W. Tunnell St., from 6:00 – 9:00 p.m. My new husband Bill and I had such an enjoyable time last year that we are going again! There is a little contest among staff on who can sell the most tickets. If you are thinking of going, please come see me! Help me sell my tickets! Cost is \$30 per person, or \$25 a ticket for four or more. Gather a group, and we all party together! Tickets are in my office.

**August 27 ~ Concert in the Park** This concert series is free and offers an afternoon of music by some of the best bands on the Central Coast. This month the concert is at Oakley Park, 1300 N. Western Ave., from 1:00 to 3:00 p.m. Bring a chair and a picnic basket and enjoy an afternoon of music in the park. The band is La Faz, a mixture of English and Latin Rock.

~ Marjorie Gjerdrum Hord



### AUGUST 1 NATIONAL NIGHT OUT 5:30 - 7:30 p.m.

**Veterans' Memorial Park, 313 W. Tunnell St.** Show your support in the fight against crime. Enjoy a collaboration of activities and demonstrations provided by local law enforcement, fire, military, and medical response teams. Festivities include youth activities, informational and commercial booths, live DJ, refreshments, etc.

### AUGUST 12 MOVIE IN THE PARK Starts at dusk

**Pioneer Park, 1150 W. Foster Rd.**

Grab a lawn chair and a blanket and enjoy a hit movie with friends and family! Sponsored by People for Leisure and Youth, Inc. (PLAY, Inc.). This month's movie is "**Finding Dory**" - the story of a lovable, amnesiac blue tang fish who goes off in search of her long-lost parents.

# August

Monday	Tuesday	Wednesday	Thursday	Friday	Sat.	
<div>Note: Some classes may be canceled by the instructor or leader at their discretion.</div>	1 <div>9-4 Pool* 9-10 BYOB*§ 1-4 Poker* 1:30-4 Bunco*  5:30-7:30 p.m. National Night Out-Vet's Park*</div>	2 <div>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</div>	3 <div>9-4 Pool* 9-10 BYOB*§ 12-4 Duplicate Bridge 2:30-3:45 Folk Dancing*</div>	4 <div>9-4 Pool*  12-4 Mah Jongg*  1-4 Bingo</div>	5 <div>9-12 Pool*  9-1 pm Duplicate Bridge</div>	
	7 <div>9-4 Pool* 10-11 Zumba*§ 12-4 Duplicate Bridge 1-4 Party Bridge 6 pm Monthly Membership Mtg. 7-9 pm Folk Dancing*§</div>	8 <div>9-4 Pool* 9-10 BYOB*§ 10-11 Yoga*§ 1-4 Double-Deck Pinochle* 1-4 Poker*</div>	9 <div>9-4 Pool* 9-11 Artists Meet* 9-10 Chairobics*§ 10 Exec. Bd Meeting 10-11 Zumba*§ 1-3 Knit/Chat/Crochet/Color* 1-4 Beginning Bridge/Instruction</div>	10 <div>9-4 Pool* 9-10 BYOB*§ 12-4 Duplicate Bridge 1-4 Hand &amp; Foot 2:30-3:45 Folk Dancing*</div>	11 <div>9-4 Pool*  12-4 Mah Jongg*  1-4 Bingo</div>	12 <div>9-12 Pool* 9-1 pm Duplicate Bridge  Dusk-?? Movie in the Park*</div>
	14 <div>9-4 Pool* 10-11 Zumba*§ 12-4 Duplicate Bridge 1-4 Party Bridge 7-9 pm Folk Dancing*§</div>	15 <div>9-4 Pool* 9-10 BYOB*§ 10-11 Yoga*§ 1-4 Poker* 1:30-4 Bunco*</div>	16 <div>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</div>	17 <div>9-4 Pool* 9-10 BYOB*§ 12-4 Duplicate Bridge 2:30-3:45 Folk Dancing*</div>	18 <div>9-4 Pool*  12-4 Mah Jongg*  1-4 Bingo</div>	19 <div>9-12 Pool* 9-1 pm Duplicate Bridge</div>
	21 <div>9-4 Pool* 10-11 Zumba*§ 12-4 Duplicate Bridge 1-4 Party Bridge 7-9 pm Folk Dancing*§</div>	22 <div>9-4 Pool* 9-10 BYOB*§ 10-11 Yoga*§ 1-4 Double-Deck Pinochle* 1-4 Poker*</div>	23 <div>9-4 Pool* 9-11 Artists Meet* 9-10 Chairobics*§ 10-11 Zumba*§ 1-3 Knit/Chat/Crochet/Color* 1-4 Beginning Bridge/Instruction</div>	24 <div>9-4 Pool* 9-10 BYOB*§ 12-4 Duplicate Bridge 1-4 Hand &amp; Foot 2:30-3:45 Folk Dancing*</div>	25 <div>9-4 Pool* 12-4 Mah Jongg* 1-4 Bingo 6-9 p.m. Taste of Mexico - Vet's Center*</div>	26 <div>9-12 Pool* 9-1 pm Duplicate Bridge</div>
	28 <div>9-4 Pool* 10-11 Zumba*§ 12-4 Duplicate Bridge 1-4 Party Bridge 7-9 pm Folk Dancing*§</div>	29 <div>9-4 Pool* 9-10 BYOB*§ 10-11 Yoga*§ 1-4 Poker*</div>	30 <div>9-4 Pool* 9-11 Artists Meet* 9-10 Chairobics*§ 10-11 Zumba*§ 1-4 Beginning Bridge/Instruction</div>	31 <div>9-4 Pool* 9-10 BYOB*§ 12-4 Duplicate Bridge 2:30-3:45 Folk Dancing*</div>	Costs: Bingo ~ 50¢ /card Bunco ~ \$3 donation/day BYOB/Zumba ~ \$25/mo.+ Chairobics ~ \$12/month+ Folk Dance ~ \$15/month+ Yoga ~ \$12/month+ +Santa Maria Residents	

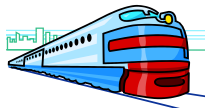
**Activity Contact Persons: Book Exchange ~ Jane Bringley (937-8859)**  
**Duplicate Bridge ~ 937-5691 (Mondays) ~ 922-5000 (Thursdays) ~ 925-6350 (Saturdays)**  
**Pinochle ~ 934-2315 (Tuesdays) / Folk Dancing (Thurs.) ~ Betty Anthony (925-5429)**

**\* 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



**FIRST DAY SALES ~ FIRST MONDAY MORNING OF THE MONTH!**

**AUGUST 7TH** IS THE NEXT SCHEDULED SALE DATE. DOORS WILL OPEN AT 8:30 A.M. WITH THE SALE BEGINNING ABOUT 9 A.M. SALES CONTINUE UNTIL EVERYONE HAS BEEN HELPED, BUT NO LATER THAN NOON. THE FOLLOWING TRIPS WILL BE ON SALE THAT DAY:



**September 28 ~ MYSTERY TRIP!!!**

**\$106**

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.

**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 25<sup>th</sup> if you choose. Leave: 7 a.m./Home: 6:30 p.m. or so.



**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.



**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 31. 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.***



**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**

**(see below)**

**\$115**



***Rumors of the cancellation of the Fillmore & Western Railroad Mystery trip are NOT true!!! There IS a bridge condemned on the railway, but it will not affect our trip!!! We will go!!!***



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.





# TRAVEL TALES ~ AUGUST 2017



We are now discussing the 2018 trips and trying to come up with some clever ideas. We also are reviewing the suggestions you have made in the past couple of years. Meanwhile, **without the assurance that the Senior Club Board positions have been filled for next year, I can't really enter into any contracts** that would be required by hotels or performance venues until I know we will still be in existence! The South Dakota trip will go no matter what, but I won't be able to book others until I know what is happening. I'll go ahead and do the research needed so when we know we have a Board, I will be able to book the trips as quickly as possible.

**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.

**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). The second restaurant I booked was confused about timing, and we couldn't work it out satisfactorily. So, I am now considering other restaurants! It is amazing how such a simple trip can become complicated! 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 (instead of Laughlin). I've been researching hotels. The majority chose to only be taken to Las Vegas but not to have any pre-designated 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!

**So ~ in case you didn't see the note above ~ we need to have some Club members step up and volunteer to serve on the 2018 board!**

**Without a board, we can't have a club! And ... without a club, we can't have a Travel Committee.**

**Sooo ..... that means ... 7 NO TRIPS!**



**Linda Dutart**  
Travel Committee  
Chairperson



# AUGUST BIRTHDAYS

Joseph Vieira	1-Aug	Norma Seaman	11-Aug	Kathy Waxman	20-Aug
Iris Wiltz	3-Aug	Jesse Santillan	12-Aug	Carol Buckland	21-Aug
Jean Nanninga	4-Aug	Ray Brown	13-Aug	Linda Stornetta	21-Aug
Ruth Christiansen	5-Aug	Gussie Goodhue	14-Aug	Larry Bates	22-Aug
Marilyn Gardner	6-Aug	Dolores Manriquez	14-Aug	Edward Canales	23-Aug
Audrey Mussell	6-Aug	Cely Santos	14-Aug	Leyland Sinclair	23-Aug
Marjorie Brown	7-Aug	Dolores Armenta	15-Aug	Mary Lafaille	25-Aug
Elizabeth Cervantes	7-Aug	Beverly Duarte	15-Aug	Eloise Thatcher	25-Aug
Hope Cozart	7-Aug	Rita Furnberg	15-Aug	Bill Heintz	26-Aug
Bonnie Newman	7-Aug	Mona Ishimoto	15-Aug	Jackie Jones	26-Aug
Marie Peterson	8-Aug	Charlotte Gaskill	16-Aug	Sandy Knotts	26-Aug
Don Carpenter	9-Aug	Virginia Long	16-Aug	Laura Selken	28-Aug
Elora Curtis	9-Aug	Eileen Trujillo	17-Aug	Jacque Williams	28-Aug
Jun Sanchez Jr	9-Aug	Lottie Villalobos	17-Aug	Margie Lee	29-Aug
Werner Zimmerman	9-Aug	Herb Adams	18-Aug	Kathy Kromer	30-Aug
Telly Afi	10-Aug	Cathy Buchert	19-Aug	Tomiko Miyamoto	30-Aug
Marjorie Schwartz	10-Aug	Irene Castaneda	19-Aug	Gustavo Arangua	31-Aug
Kathie Harvey	11-Aug	Ruth Adams	20-Aug		
Cathie Monroe	11-Aug	Ralph Foster	20-Aug		

**HAPPY BIRTHDAY!**

# AUGUST ANNIVERSARIES

Bill & Cheryl Heintz	1-Aug	Al & Virginia Serna	13-Aug
Hank & Shirley Schiff	1-Aug	David & Dolores Manriquez	23-Aug
Robert & D'elin Lohr	4-Aug	Herb & Ruth Adams	26-Aug
Ralph & Noni Thayer	4-Aug	Fred & Jane Loquasto	26-Aug
Jerry & Dawn Kamiya	5-Aug	Leon & Madeline Permasse	28-Aug
Javier & Beverly Duarte	7-Aug	Tom & Linda Dutart	29-Aug
John & Karen Ransome	12-Aug	Jason & Georgia Schellas	31-Aug
Jim & Carm Wyckoff	12-Aug		

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](mailto: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.



**New ~~AND~~ Former Members!**

Judy Bush  
Carolyn Cabrera  
Elizabeth Cervantes  
Henry Cota  
Marylin Davison  
Priscilla Ko  
Marty Mathisen  
Mike Moen  
Sam Mossin  
Jennie Payne





# HAPPY JULY BIRTHDAY



*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! Plus, a delicious cake is served, and a photo is taken of the birthday revelers! Come on down and celebrate YOUR special day! Try your chance at the 50/50 drawing!*



## 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.

Special need for  
**FRIDAYS!**

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



## NEEDED

# The Sunshine Corner

*There is no report for this month. **REMEMBER**, if you are aware of **ANY** members who need some “sunshine” ~ not feeling well, hospitalized, going through a difficult time, or have suffered the loss of a loved one, **PLEASE call Simone**. Leave your name and telephone number in case she needs to contact you for any reason. She may be reached at (805) 925-6267.*



# Tastes of Mexico



Friday, August 25th, 2017 • 6:00-9:00 PM  
Veterans' Memorial Community Center  
313 W. Tunnell Street, Santa Maria

\$30 ea.  
\$25 For  
4 or More

Get your  
tickets From  
Marjorie



**Active Aging** presents  
Committee



**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.





# RIPTIDE

## Big Band

This program is made possible  
with the support of the



City of Santa Maria  
Recreation & Parks  
Department



**Bob Nations  
Vocals**

**plays**  
**The Ratpack**  
**Sunday, August 13**  
**1:30 - 4:00 p.m.**

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

Sponsored  
by the  
Santa Maria  
Valley  
Senior  
Citizens Club



**A big band playing great big band dance music!!!**



**FREE!!** Thanks to a grant from the

THE *Community*  
FOUNDATION  
SAN LUIS OBISPO COUNTY

**FREE!!! FREE!!! FREE!!!**

For more information, contact Russ @ (775) 843-2830 or  
**RiptideBB.com** or on Facebook @ **Riptide Big Band**





Tom Dutart

# Tom's Trivialities ~ August 2017

- ☺ Ever stop to think and forget to start again?
- ☺ Change is inevitable, except from a vending machine.
- ☺ Give me ambiguity or give me something else.



- ☺ Artificial intelligence is no match for natural stupidity.
- ☺ Behind every great man is a woman rolling her eyes.
- ☺ If at first you don't succeed, skydiving is not for you.
- ☺ I'm great at multi-tasking – I can waste time, be unproductive, and procrastinate all at once.
- ☺ I hate it when people use big words just to make themselves sound perspicacious.
- ☺ Television may insult your intelligence, but nothing rubs it in like a computer.
- ☺ I bought a vacuum cleaner six months ago and so far, all it's been doing is gathering dust.
- ☺ Every time someone comes up with a foolproof solution, along comes a more-talented fool.
- ☺ I was going to wear my camouflage shirt today, but I couldn't find it.
- ☺ Today a man knocked on my door and asked for a small donation towards the local swimming pool, so I gave him a glass of water.



## All America City Quilt Guild presents a **QUILTERS' EXTRAVAGANZA**

**Saturday, August 12**

**9 a.m. - 4 p.m.**

**Old Town Quilt Shop Clubhouse  
165 W. Clark Ave., Old Orcutt**

**FABULOUS FABRICS**

**BOBBI'S BOUTIQUE (HANDMADE)**

**GRETCHEN'S GOODIES (BAKE SALE)**

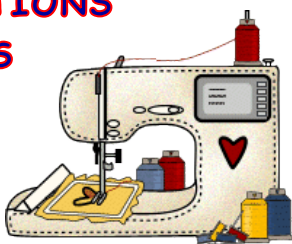
**NANCY'S NOTIONS**

**QUILTING BOOKS**

**RAZZLE DAZZLE**

**RAFFLE**

**Cash, checks, major  
credit cards accepted**



- ☺ There may be no excuse for laziness, but I'm still looking.
- ☺ Women spend more time wondering what men are thinking than men spend thinking.
- ☺ Women sometimes make fools of men, but most guys are the do-it-yourself type.
- ☺ The grass may be greener on the other side, but at least you don't have mow it.
- ☺ I like long walks, especially when they're taken by people who annoy me.
- ☺ If I had a dollar for every girl that found me unattractive, they'd eventually find me attractive.
- ☺ I find it ironic that the colors red, white, and blue stand for freedom, until they're flashing behind you.
- ☺ He who laughs last thinks slowest.
- ☺ Hospitality is the art of making guests feel like they're at home when you wish they were.