

SMV SENIOR CITIZENS CLUB
PO BOX 6688
SANTA MARIA, CA 93454-6688

September 2016 Vol. 22, Issue 9
Periodical



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CHANGE SERVICE REQUESTED

The Mussell Messenger

Santa Maria Valley Senior Citizens Club Newsletter

Membership Dinner Meeting

Monday, September 12

Doors Open: 5 p.m.

Dinner: 6 p.m.



FIRE-GRILLED CATERING

\$10 per person

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

Reservations are required by September 7!

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



**Jo York
President**

Welcome September!

All of the kids are back in school already. I can't keep up!

Because our normal day to have the membership meeting (the first Monday of the month ~ September 5) is Labor Day, we have changed the meeting to the **second Monday, September 12**. The center will be closed for Labor Day.

Len Smolburd, the Community Foundation San Luis Obispo County grant manager, came to see our dance on Sunday, August 14. We had a good crowd and as usual the Riptide Band played well. Thanks to all who attended to make a good showing for the manager of the grant we received this summer. I hope he was impressed. I know I was!

We now have two donated ping pong tables, but we have to get permission from the city to put them on the back patio. I have written the letter and given it to Eduardo. He turned it into the facilities supervisor, but we haven't heard back yet. It may seem like I have forgotten about it, but I haven't. The city just moves very slowly. I will be certain to let you know when we get our permission.

We have found a volunteer who is willing to accept the position of treasurer!! Actually, there are two ladies who have accepted the challenge. If everything works out, I will let you know their names in the next newsletter. We are still looking for someone to do the "advertising" job (press releases, creating ads, etc.). So again, if you would like to donate some time to the club, please let one of the officers know.



For the September meeting I have spoken to El Pollo Loco, and they will cater the food. You appeared to like it last time, so I hope you will like it again! Our speaker will be Janine Dunn from Community Bank of Santa Maria. She will speak on preventing fraud, identity theft and scams. Please make her feel welcome.

The *Santa Maria Times* will have an insert for seniors in the paper Sunday, August 28. We have placed an ad in it, so please let us know if you think it was money well spent.

The last week of September is the city's Active Aging Week. They will have a lot of activities for you to enjoy. We are sponsoring a dance Sunday, September 25, from 1:30 to 4:00 p.m. with the Riptide Band playing and light refreshments served. Come out for all of the activities, but start it out by putting on your dancing shoes for the "Stardust Ballroom" Dance on the 25th!

Lastly, don't forget to sign up by September 7 for the dinner meeting on the second Monday, September 12!

~ Jo York, President

Editor's Note: Hopefully, you are receiving your newsletter, either by email (as a "pdf") or in the mail. ***It is quite costly to print and mail the newsletter, so please consider having it sent completely FREE*** (no printing, no processing, no postage necessary) and in **FULL COLOR** via email. It also arrives much sooner than if you choose to have it mailed!! Reminder: It is ALSO posted to our "**NEW**" website: smvscc.org/Main.html.

OFFICERS

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City Representative:	Eduardo Marquez	925-0951, ext. 2355*	emarquez@cityofsantamaria.org

COMMITTEE CHAIRPERSONS

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Supplies:	Mary Johnson	352-1003	mjohnson1937@gmail.com
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** NOTE: All City of Santa Maria telephone extensions have been changed to FOUR digits. Simply add the number "2" to the beginning of any old THREE digit extension numbers.*


OFF-SITE ACTIVITIES

Mondays (Sept. 12, 19 & 26)	11:00 a.m. – 1:00 p.m.	Drop-in Softball Hagerman Sports Complex
Tuesdays (Sept. 6, 13, 20 & 27)	9:00 a.m. – Noon	Lawn Bowling Club 4205 S. McClelland St.
Thursdays (Sept. 1, 8, 15, 22 & 29)	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



FREE BLOOD PRESSURE CHECKS!

Free blood pressure checks are offered the first Tuesday of the month at Mussell Senior Center beginning at Noon. Presented by Nursecore





Marjorie Gjerdrum-Hord
Program Specialist



GREETINGS FROM THE RECREATION & PARKS DEPARTMENT

The **2016 Fall-Winter Recreation Guide** has arrived! Be sure to check your mailbox for the latest fun-filled listing of activities available for the entire family. The guide covers a four month period from September through December. You can also pick one up at the Elwin Mussell Center or view the Recreation Guide online at www.cityofsantamaria.org.

Looking for some weekend entertainment? Don't forget our **FREE Concerts in the Park Series** continues, Sunday, September 4, at Rotary Centennial Park, 2625 S. College Drive, featuring local band favorite **Steppin' Out**. The final concert will be held at Buena Vista Park, 800 S. Pine St., on Sunday, September 11, featuring Spanish Rock band **La Faz**. Both concerts are held from 1 – 3 p.m.

Additionally, the fourth, of five, free **Movies in the Park** will be held Saturday, September 24, at Pioneer Park, 1150 W. Foster Road. **"Star Wars: The Force Awakens"** will be screened starting at dusk. Gather your favorite snacks, blankets and light sabers and join us for a fantastic family night out. Fresh popcorn and hot chocolate will be available for purchase. May the force be with you!

Staying active has numerous mental and physical benefits. Exercise is good for your heart as well as your brain. Being active on a regular basis can reduce risk of chronic and secondary conditions, as well as improve self-esteem and greater social interaction. We encourage you to keep this in mind as we prepare to celebrate **Active Aging Week** the last week in September.



Active Aging Week is the national observance that showcases the diverse opportunities available for older adults. The weeklong campaign takes place September 25 to October 1 and celebrates the positivity of aging today. This year's theme of **"Explore the Possibilities"** inspires active adults of all walks of life to try something new. Be sure to check all the activities and wonderful events coordinated by our **Active Aging Committee**, who encourage you to explore and add something new to your routine.

A sneak peak of the week's activities include: Active Living Dance, Zumba Gold, Balance Workshop, Computer Basics Workshop, Walker & Wheelchair Clinic, Deep Water Walkin', Baseline Fitness Testing, Geoaching, 50's Sock Hop and Dance Lesson, and a Pumpkin Patch trip to Avila Barn. The majority of these activities are **free**. For more details, check out pages 10-11 in this month's Senior Club *Mussell Messenger* or pick up a flyer at the Mussell Center!



CLICK
ON ME!

~ **Marjorie Gjerdrum-Hord**,
Program Specialist



ELWIN MUSSELL SENIOR CENTER ACTIVITIES

Mondays through Fridays	9:00 a.m. – 3:45 p.m. 11:30 a.m.	Pool Room* Lunch Program by C.A.C.+
Mondays (Sept. 12, 19 & 26)	10:00 – 11:00 a.m. 12:00 – 4:00 p.m. 7:00 – 9:00 p.m.	Zumba Gold (\$25/month)*§ Duplicate Bridge (937-5691) Folk Dancing (\$15/month)*§
Tuesdays (Sept. 6, 13, 20 & 27)	9:00 – 10:00 a.m. 10:00 – 11:00 a.m. 1:00 – 4:00 p.m. 5:30 – 6:30 p.m.	Strength Training* Yoga (\$12/month)*§ Poker* Zumba Gold (\$25/month)*§
1st & 3rd Tuesdays (Sept. 6 & 20)	1:30 – 4:00 p.m.	Bunco (\$3/day)*
2nd & 4th Tuesdays (Sept. 13 & 27)	1:00 – 4:00 p.m.	2 Deck Pinochle* (934-2315)
Wednesdays (Sept. 7, 14, 21 & 28)	9:00 a.m. 9:00 – 10:00 a.m. 10:00 – 11:00 a.m. 1:00 – 4:00 p.m.	Artists Meet* Exercise Workout* Zumba Gold (\$25/month)*C Beginning Bridge & Instruction
1st & 3rd Wednesdays (Sept. 7 & 21)	12:00 – 4:00 p.m.	Mah Jongg*
1st, 2nd & 4th Wednesdays (Sept. 7, 14 & 28)	1:00 – 3:00 p.m.	Knit, Chat & Crochet*
3rd Wednesdays (Sept. 21)	1:00 – 3:00 p.m.	Book Exchange* (Jane Bringley)
Thursdays (Sept. 1, 8, 15, 22 & 29) (Sept. 8, 15, 22 & 29) (Sept. 15, 22 & 29)	9:00 – 10:00 a.m. 12:00 – 4:00 p.m. 2:30 – 3:45 p.m. 5:30 – 6:30 p.m. 6:00 – 8:00 p.m.	Strength Training* Duplicate Bridge (922-5000) Folk Dancing* (Betty Anthony) Zumba Gold (\$25/month)*§ Watercolor Painting (\$41.50)*§
2nd & 4th Thursdays (Sept. 8 & 22)	1:00 – 4:00 p.m.	Hand & Foot Card Game
Fridays (Sept. 2, 9, 16, 23 & 30)	12:00 – 4:00 p.m. 1:00 – 4:00 p.m.	Mah Jongg* Bingo (50¢ /card) (Open to all!)
Saturdays (Sept. 3, 10, 17 & 24)	9:00 a.m. – Noon 9:00 a.m. – 1:00 p.m.	Pool Room* Duplicate Bridge (925-6350)

* City of Santa Maria Recreation & Parks Department Program

+ Make reservation at least 24 hours in advance by calling 925-3010; \$3 donation requested

§ Participants must pre-register at Recreation & Parks Department. No walk-ins allowed.

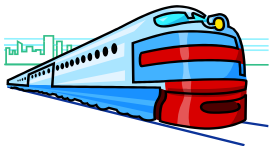
FREE Baseline Fitness Testing
Thursday, Sept. 29 8:00 a.m.
Administered by San Luis Sports Therapy
 Free fitness test of strength, endurance,
 flexibility, agility, and balance.

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Pumpkin Patch Trip to Avila Barn§
Friday, Sept. 30 10:00 a.m. – 3:00 p.m.
 Bus trip includes hayride & small pumpkin.
 \$10 pre-registration fee + \$10 for boxed lunch
 Sign up by Sept. 27 @ EMSC (limited space)

TRAVEL OPPORTUNITIES

SANTA MARIA SENIOR TRAVEL COMMITTEE



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

Office Phone: 349-0688



THE NEXT FIRST DAY SALES IS THE FIRST MONDAY MORNING OF OCTOBER.

**THERE IS NO FIRST DAY SALE IN SEPTEMBER
DUE TO THE LABOR DAY HOLIDAY!**

THESE TRIPS MAY STILL BE AVAILABLE:

October 4-7 ~ Laughlin Riverside \$151 Dbl., \$189 Sgl.

October 28 ~ Concert – Recording Artist Maria Muldaur ~ *cancelled for lack of interest!*

November 5 ~ Great American Melodrama's "Trudy and the Beast" \$77

November 22-25 ~ Thanksgiving at Wonder Valley* \$525 Dbl./ \$675 Sgl.

**Wonder Valley is offering a Special Drawing: Purchase this trip no later than 10:30 a.m. November 7 at "First Day Sales" and be eligible to receive \$360 back. We will hold the drawing in the Travel Office at 10:30 a.m. All members who have paid in full for this trip are eligible. Only one person will win!*



Linda Dutart
Travel Committee
Chairperson

MESSAGE FROM LINDA:

The Pageant of the Masters trip went with too few people. It was disappointing and very expensive for Santa Maria Senior Travel as we had had to purchase the tickets in advance and had no idea there would be so little response. We won't be booking that trip again for a very long time.

It is very difficult to guess what trips are going to be popular. Some of them have been requested, but even the people who request it don't go!

If there is someone who would like to volunteer to learn the workings of our Senior Travel with the idea of being in charge of booking trips and everything that goes along with it, and has had experience doing this, I would be happy to have you talk to the Committee. I am not young and don't have a backup if something happens to me. We are all volunteers, and we have a great group of Travel Leaders who are working well together. This job includes not just researching and booking trips, but also preparing these pages in the newsletter, preparing flyers, assigning the Travel Leaders' trips, chairing the monthly committee meeting, and much more! It is an interesting, challenging volunteer job. One of the advantages is that, for the most part, I work from home at my own convenience!

FLYERS & TRIP LIST ARE AVAILABLE IN THE HALL & THE OFFICE!



Check out our Facebook page: "[Santa Maria Senior Travel](#)"

(Click on name & go directly to Facebook page!)

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





TRAVEL TALES ~ SEPTEMBER 2016



October 17 @ 11 a.m. ~ Presentation of Collette's Mackinac Island – early May 2017 (See below)

December 9-10 ~ Christmas at Adobes in Monterey **\$260 Dbl., \$350 Sgl.**

Enjoy lunch at the Steinbeck House, stay at the Portola Inn, which is closest to many of the adobes and the wharf. Bob will transport us to the other section of adobes, 3-4 blocks away first, then we will walk back to the hotel, more adobes, and wharf. Bring a flashlight and warm clothes. The next day tour the 17-mile drive and spend time wandering in Carmel. Find a place for lunch. Leave: 10:30 a.m./Home: 6:00 p.m. *Hotel deadline is the end of October! Selling October 3!*

2017

January 20 ~ “The Price Is Right” Live! **\$114**

The TV show only allows 20 people in a group, which isn't feasible when you are being bused to L.A. So when this show at Cal Poly's Cohen Theater turned up, I booked it! The brochure describes it as the following: *“The Price Is Right” is the longest-running game show in television history and is loved by generations of viewers. This on-stage traveling version gives fans the chance to experience the same fun and winning excitement up close and in person.* The information on registering as a contestant is in the office. You can pick up a copy during open hours. Those of you who want to register will be dropped off before registration begins. The rest will go to Apple Farm to enjoy the three stories of gift shops. The bus will deliver the registrants to the restaurant in time for dinner and return to the theater with everyone in time for the initial drawing of contestants. If registration takes too long, the restaurant will box your meals for you. Leave: 3:30 p.m./Home: 9:40+ p.m. Selling October 3!

February 12-15 ~ Laughlin Riverside

The price will be similar to the October trip and on a larger bus! Leave: 7:00 a.m./Home: 7:00 p.m. Selling November 7! (We may have to move this trip up a week and change the San Francisco trip to Feb. 21-23. The hotels are very expensive, and the entire SF plan is in limbo at the moment!)

March 11 ~ “Finding Neverland” at the Hollywood Pantages Theatre

Early lunch at Soup Plantation and limited choice of seating at the Pantages Theatre (most seats are located in the balcony up 44 steps). Leave 8:45 a.m./Home 8:30 p.m. Selling November 7 because of deadlines and a variety of seats available. *If you can't climb 44 steps to the rear Mezzanine, you need to come in early to reserve. There are only 8 seats in the Orchestra, and they cost more! The Pantages has a record 20,000 subscribers and is almost sold out for the 2017 shows that are being sold now!*

Late March? ~ San Francisco

Eat lunch at 1898 restored Beaux Arts Ferry Building, tour Alcatraz and Angel Island State Parks, or if the State doesn't let us do this tour on a date that works for us, spend the day in Golden Gate Park at the California Academy of Sciences. This amazing science museum complex holds a San Francisco aquarium, a planetarium, a rain forest and other great displays. It also has a Living Roof that offers a nice view of some of the park. Another choice would be the DeYoung. Enjoy the show at Beach Blanket Babylon and see the Walt Disney Family Museum. Enjoy free time one afternoon and evening. Leave: 7 a.m./Home: 5:30 p.m.

May 11-18 ~ Collette's Mackinac Island & Tulip Festival **\$2999 Dbl., \$3999 Sgl.**

Featuring Chicago, Holland & Grand Rapids, MI, two nights at the glorious Victorian-era resort, the Grand Hotel on Mackinac Island, the German town of Frankenmuth, and a choice of Greenfield Park or the Henry Ford Museum, plus the largest Christmas store in the world! A flyer is posted in the hall and more are in the folder near the bulleting board. Selling Oct. 17!

September Birthdays

Shirley Schiff	1-Sep	Karen Nawrocik	8-Sep	Nancy Dort	24-Sep
Ida Moon	2-Sep	Beatriz Gurba	8-Sep	Patricia Grigg	24-Sep
Judy Mc Connell	2-Sep	Earl Peterson	9-Sep	Wanda Brown	25-Sep
Renee Sturgill	2-Sep	Joyce South	9-Sep	Charles Seaton	25-Sep
Lucy Osborn	3-Sep	Gerald Wilson	10-Sep	Sherri Heath	25-Sep
Spencer Stimler	4-Sep	Debra Isbell	10-Sep	Patricia Furtado	26-Sep
Ralph Thayer	4-Sep	Dorothy Rebenstorf	11-Sep	Elaine Beale	26-Sep
Ronald Johnson	4-Sep	Dorothy Baer	12-Sep	Dan Soto	26-Sep
Claudia Peterson	4-Sep	Lee Demarco	12-Sep	Leroy Sauer	27-Sep
Angie Aspromonte	4-Sep	Jean Draeger	13-Sep	Candy Solano	27-Sep
Betty Butler	5-Sep	Chuck Small	14-Sep	Al Kurth	28-Sep
Colleen Larsh	5-Sep	Marguerite McIntyre	15-Sep	Nancy Freese	28-Sep
Shirley Whaley	5-Sep	Judy Bates	18-Sep	Patsy Wong	28-Sep
Billie Jean Williams	6-Sep	Sharon Lewis	18-Sep	Ana Santana	28-Sep
Sonja Demeter	6-Sep	Eleanor Garcia	19-Sep	Bonnie Smith	28-Sep
Diane Pirman	6-Sep	Pat Moser	20-Sep	Grace Jarvis	29-Sep
Melvyn Jenkins	7-Sep	Karen Iliff	20-Sep	Jean Letman	29-Sep
Barbara Lohman	7-Sep	Mark Morris	21-Sep	Pamela Tuttle	29-Sep
Kathryn Sherwood	7-Sep	Les Christiansen	23-Sep	Neil Kearney	30-Sep
Sharon Moore	7-Sep	Richard Isbell	23-Sep	Wilma Fee	30-Sep
Barbara Robertson	7-Sep	Ann Kneer	24-Sep		

September Anniversaries

Larry & Judy Bates	2-Sep	John & Marjorie Oliver	13-Sep
Mark & Linda Morris	2-Sep	Rick & Christy Nichol	14-Sep
Duane & Virginia Long	3-Sep	William & Marilyn Stanley	14-Sep
Ernie & Josie Baldiviez	4-Sep	Cris & Diana Dodos	21-Sep
Paul & Betty Cross	8-Sep	David & Mary Johnson	22-Sep
Carl & Rondy Tyler	12-Sep	William & Caroline Reid	27-Sep

Apologies to those I missed who will be celebrating a birthday or anniversary in September. If your name & special day is not listed above, please let me know about it! ☺

Also if any information printed here is not correct, please call/email me at: 406-9989 or laura.selken@gmail.com.



"Stardust Ballroom"

Active Aging Dance

Sunday, September 25

1:30 – 4:00 p.m.

Elwin Mussell Senior Center

Co-sponsored by:









Substitute receptionists needed
for the desk at the Mussell Center.
Shifts available:
9 a.m. – 12:30 p.m.
12:30 – 4 p.m.
any week day
For more information, contact the
desk: 925-0951, ext. 2207.



The Sunshine Corner

Get Well Soon

Charlotte Gaskill
Georgia Schellas



*Please share with Simone (925-6267) any names of
members who need some "sunshine" in their life
(not feeling well, hospitalized, or suffered a loss).*

HAPPY BIRTHDAY

With the July meeting late, both the July & August birthday winners are pictured here!
At left is the July winner, Tina Lopez, and at right is Herb Adams, the winner for August!
Be sure to attend the dinner meeting the month of your birthday for a chance to win \$25!



Welcome New Members

Virgie Bayus
Martha Carrillo
Jesse Correa
Martha Downey
Merilyn Garcin
Keith Jackson
Diane Krelle
Mel & Sharon Lewis

Hank & Shirley Schiff
Dan Soto
Roberta Stanford
Renee Sturgill
Victor & Kathy Tabios
Mary Treiner
Ellen Triplett
Nina Truman

Esperanza Wealand
Don & Brenda Werbelow





ACTIVE AGING WEEK

Explore the Possibilities

The Active Aging Committee expands recreation programming for adults 50 years and older, promotes the benefits of leading an active, healthier lifestyle and highlights the ability of older adults to live well regardless of age or health conditions. Satisfy your seven dimensions of wellness at these activities.

*All activities are FREE unless indicated.

SUNDAY, SEPTEMBER 25

ACTIVE AGING DANCE

1:30-4:00 PM Elwin Mussell Center

"Stardust Ballroom", featuring the Rip Tide Band.
Sponsored by: Recreation & Parks Dept. and Santa Maria Senior Club.

MONDAY, SEPTEMBER 26

ZUMBA GOLD: INTRODUCTORY CLASS

10:00-11:00 AM Elwin Mussell Center

Introductory Class for first timers. Try this great exercise class at no cost during Active Aging Week only. Sponsored by Recreation & Parks Dept.



DROP-IN SOFTBALL

11:00 AM-1:00 PM Hagerman Sports Complex

Drop-in Softball. Bring your own equipment for casual batting practice and scrimmage game. Sponsored by: Recreation & Parks Dept.

BALANCE WORKSHOP

10:00-11:00 AM Luis Oasis Senior Center

Improve your coordination, flexibility and posture. Please call the Oasis Center at 937-9750 to sign-up. Limited space available.

WALKER & WHEELCHAIR CLINIC

9:00 AM-11:00 AM Santa Maria Terrace

Free repair and adjustment of equipment. Sponsored by Central Coast Home Health.

DEEP WATER WALKIN'

5:30-6:30 PM Paul Nelson Aquatics Center

Deep Water Walkin' Class. Use the natural resistance of the deep water to help strengthen muscles and give your heart the exercise it needs. Free during Active Aging Week only. No pre-registration required. Sponsored by: Recreation & Parks Dept.

TUESDAY, SEPTEMBER 27

STRENGTH TRAINING EXERCISE CLASS

9:00-10:00 AM Elwin Mussell Center

ZUMBA

9:00-10:00 AM Atkinson Community Center

Sponsored by: Dignity Health. Clase Bilingue.

TEXAS HOLD'EM POKER

1:00-4:00 PM Elwin Musell Center

DOUBLE DECK PINOCHLE

1:00-4:00 PM Elwin Mussell Center

COMPUTER BASICS WORKSHOP

1:30-2:30 PM Luis Oasis Senior Center

Learn the basic hardware components and software features of your laptop and become familiar with email communications and web browsing. Please bring your personal lap top and extension cord. Please call 937-9750 to sign-up. Limited space available.

FLU SHOT CLINIC BY RITE AID

10:30 AM-1:30 PM Luis Oasis Senior Center

No appointment necessary, walk-ins welcome. Bring your insurance card. Free with Medicare B & D. Without insurance. Regular flu shot \$25. The Quad flu shot (covers 4 strains of the flu) \$30.

WEDNESDAY, SEPTEMBER 28

GEOCACHING WITH KANDIE MILLER

Departing at 9:00 AM Luis Oasis Senior Center

Geocaching with Kandie Miller. Carpool to a local destination, then hike on a treasure hunt following GPS coordinates. Meet on the west porch at the Luis Oasis Senior Center prior to departing.

EXERCISE WORKOUT

9:00-10:00 AM Elwin Mussell Center



For more information please call
(805) 925-0951 ext. 2347



ACTIVE AGING WEEK

Explore the Possibilities



WEDNESDAY, SEPTEMBER 28

ZUMBA GOLD: INTRODUCTORY CLASS

10:00-11:00 AM Elwin Mussell Center

Introductory Class for first timers. Try this great exercise class at no cost during Active Aging Week only. Sponsored by: Recreation & Parks Dept.

HICAP, HEALTH INSURANCE COUNSELING AND ADVOCACY

1:00-2:00 PM Atkinson Community Center

HICAP (Health Insurance Counseling and Advocacy Program). Clase Bilingue. HICAP provides free information (no sales pitches) and counseling about Medicare so you can make informed decisions. Sponsored by: Area Agency on Aging.

KNIT, CHAT & CROCHET

1:00-3:00 PM Elwin Mussell Center

Beginners are welcome.

DEEP WATER WALKIN'

5:30-6:30 PM Paul Nelson Aquatics Center

Use the natural resistance of the deep water to help strengthen muscles and give your heart the exercise it needs. Free during Active Aging Week only. No pre-registration required. Sponsored by: Recreation & Parks Dept.

THURSDAY, SEPTEMBER 29

BASELINE FITNESS TESTING

8:00-9:00 AM Elwin Mussell Center

A simple fitness test administered by physical therapists to assess strength, endurance, flexibility, agility, and balance. Please call 925-0951, ext. 2207 to RSVP. Sponsored by: San Luis Sports Therapy.

STRENGTH TRAINING EXERCISE CLASS

9:00-10:00 AM Elwin Mussell Center

FOLK DANCING CLASS

2:30-3:45 PM

Elwin Mussell Center

DROP-IN SOFTBALL

11:00 AM-1:00 PM Hagerman Sports Complex

Drop-in Softball. Bring your own equipment for casual batting practice and scrimmage game. Sponsored by: Recreation & Parks Dept.

PRESENTATION ON THE AGING EYE

1:00 PM Luis Oasis Senior Center

Presentation on the Aging Eye: Glaucoma, Cataracts, Macular Degeneration. Presented by Kitty Crockett, Braille Institute. Please call (805) 937-9750 to sign up.

FRIDAY, SEPTEMBER 30

PUMPKIN PATCH TRIP

10:00 AM-3:00 PM Avila Barn

Join us on a bus trip to Avila Barn and enjoy a hayride and bring back a small pumpkin. Bring your own lunch or order a Panera lunch for an additional fee. To register, please call 925-0951, ext. 2207. Limited space available. Bus trip, hayride and small pumpkin, \$10.00, Panera Lunch, additional \$10.00. Meet at the Elwin Mussell Center by 9:30 AM prior to departing.

MAH JONGG

12:00-4:00 PM Elwin Mussell Center

BINGO

1:00 PM Santa Maria Terrace

Free Bingo for prizes.

50'S SOCK HOP AND DANCE LESSONS

6:30-9:00 PM Luis Oasis Senior Center

Participate in a free East Coast Swing Dance Lesson from 6:30-7:30 PM, then join a fun dance from 8:00-9:00 PM. Refreshments and raffle prizes available.

SATURDAY, OCTOBER 1

AUTUMN ARTS FESTIVAL

11:00 AM-5:00 PM Civic Center

McClelland Street Corridor, 500-600 S. McClelland St.

Visit the Active Aging Committee Booths at the Autumn Arts Grapes and Grains Festival. See a Strength Training demonstration and learn how you can become part of the Active Aging movement.



Activity Locations:

Santa Maria Terrace, 1405 E. Main St., (805) 925-8713

Atkinson Community Center, 1000 N. Railroad Ave., (805) 925-0951, ext. 2412

Elwin Mussell Center, 525 E. Park Ave., (805) 925-0951, ext. 2207

Paul Nelson Aquatics Center, 600 S. McClelland St., (805) 925-0951, ext. 2252

Hagerman Sports Complex, 3300 Skyway Dr.

Luis Oasis Senior Center, 420 Soares Ave., Orcutt, (805) 937-9750

**For more information please call
(805) 925-0951 ext. 2347**



TOM'S TRIVIALITIES

September 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.
- 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.
- Always drink upstream from the herd.
- Sometimes you get, and sometimes you get got.
- If you find yourself in a hole, the first thing to do is stop diggin'.
- The biggest troublemaker you'll probably ever have to deal with, watches you from the mirror every mornin'.
- Most of the stuff people worry about ain't never gonna happen anyway.
- 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.
- Don't pick a fight with an old man. If he is too old to fight, he'll just kill you.
- Live simply. Love generously. Care deeply. Speak kindly. Leave the rest to God.



Heartfelt
THANKS
TO OUR VOLUNTEERS!

Our 55th Birthday BBQ is over and from most reports everyone had a nice time! It could never have come about if it weren't for our wonderful volunteers!! It was so very nice to have Gail Schwartz and Sally Ramos organize the set-up, decorating, and clean-up committees. Thank you and your committees **VERY MUCH!** Once again Ralph Foster was our photographer, and he did a fantastic job.

Thanks everyone who helped that day! Bless you!

~ Terry Leduc & Mary Johnson