

The Mussell Messenger

Published by the Santa Maria Valley Senior Citizens Club (SMVSCC)

510 East Park Avenue, Santa Maria, CA 93454

www.smvsc.org • smvseniors@gmail.com • 805-349-0688



July 2024



Carolyn Cabrera

President's Message - We All Have A Story:

There are so many different people in the world with so many different ways life has carved and created who we are. What has shaped you? Who has shaped you? Do you decide who you are, or do you allow outside influences to create who you are? What do you allow? Sometimes you have no choice, especially as a child. I just finished reading a book about orphans. They were not given choices, especially back in the 1800s.

My mother and father helped shape my life since I was much younger than my siblings. I went everywhere my mother went, especially after we moved to California in 1961. Oh my, that was so long ago! I always enjoyed being taught how to do something like planting seeds and watching them grow. My father worked for a seed company. He had come from Nebraska so he was a natural seeds man. Oh, the memories! Have you ever sat down and written out your thoughts? Try it sometime, and let me know what it was like.

Our monthly meeting/dinner will be on **Monday, July 1!!!** We're having homemade Salisbury steak with mashed potatoes, vegetables, salad, and, of course, dessert by Jovi! Our program will feature Barbara Wilson playing patriotic music and audience requests!! Please make your dinner **reservations by NOON on Friday, June 28.**

We have a need for regular and substitute **senior club front desk receptionists.** Regular shifts are usually one day, Monday through Friday, from **10 a.m. - 12 p.m. or 12 - 2 p.m.** Substitutes are wanted on an "as needed" basis. Even once a month helps! If interested, please call **Carolyn Cabrera** at 805-448-0623 for more information. Give it a try! It's a wonderful way to meet new people and visit with those you already know! When it's not too busy, you can catch up on your reading or sewing/craft project! Please, think about stepping up!!! **GET INVOLVED!!!**

Thanks to all who attend our **Riptide Big Band** dances. They are made possible and offered at no cost to you due to a generous grant from The Community Foundation of San Luis Obispo County. Please note that the band is taking a break, and so there will be **NO DANCE** in the month of July. Save the date of their next performance at the Mussell Center on Sunday, August 11! (See the flyer on page 2 and plan to join us!)

Reminder: we are adding \$1 to all credit card transactions for dinners and dues to help cover additional fees.

Santa Maria Valley Senior Citizens Club

Central Coast Active Adults!

MISSION: Our purpose is to promote the happiness of active adults 50+ so they may enjoy life to the fullest. We provide fun and interesting activities, opportunities, and information. We do this while espousing no political, religious, philanthropic, ideological, or social enterprise.

2024 Officers & Committee Chairpersons

President:	Carolyn Cabrera	805-448-0623	ccabrera48@verizon.net
1st VP:	Jolene Simons	661-203-9756	jsimons93309@gmail.com
Co-2nd VPs:	Ray & Alice Torres	805-931-0305	pelon@charter.net
Treasurer:	Liz Regulski	[contact Carolyn or Laura with questions]	
Recording Secretary:	Christel Kurth	805-332-3328	kurth1313@comcast.net
Corresponding Sec.:	Laura Selken	805-406-9989	laura.selken@gmail.com
Member at Large:	Liz Reynertson	661-317-2893	ereynert@gmail.com
Travel:	Nancy Andersen	805-260-9896	nbandersen1981@gmail.com
Sunshine:	Teri DeAngelo	805-698-6478	teriangelo@gmail.com

Recreation and Parks Department Staff & Phone Numbers:

Recreation Supervisor	Jeanette Blanco	805-925-0951, ext. 2207
Facility Specialist	Evelyn Marroquin	805-925-0951, ext. 2207
Recreation & Parks Receptionist		805-925-0951, ext. 2207
Recreation & Parks Dept. Primary Office		805-925-0951, ext. 2260 (615 S. McClelland St.)

Happy July Birthday!

Sid Arellano	1
Judy Willcox	1
Rosa Rivas	2
Maria Ahumada	4
Vanette Diaz	5
Jim Wyckoff	5
Anna Mae Beall	9
Henry Ruiz	9
Arlene Dvorak	10
John Medeiros	12
Gloria Ramos	13
Alzira Sarmiento	14
Nettie Silva	14
Neneth Perez	15
Brenda Montgomery	17
Karen O'Neil	17
Marlene Miller	20
Gloria Davis	22
Bob Newman	24
Emma Rodriguez	25
Valerie Schubert	25
Cindi Cotton	29
Donna Nisbet	29
Kuna Gore	30

Happy July Anniversary!

Bob & Joyce Turner 24

Welcome New & Rejoining Members!!!

Maureen Canby
 Paty La Force
 Katherine Pierce
 Debby Sagisi

SANTA MARIA VALLEY SENIOR CLUB
 INVITES YOU TO OUR
Hawaiian Beach Party and Dance! **FREE**
 Featuring Riptide Big Band with Guest Dancer, Yuka Freeman, & Vocals by Bob Nations & Mitch Latting
RIPTIDE Big Band
 August 11, 2024 ~ 1:30 - 4:00 pm
 Elwin Mussell Senior Center
 518 E Park Ave, Santa Maria
 THE Community FOUNDATION SAN LUIS OBISPO COUNTY

Sunshine Corner



Deepest Sympathy . . .
to David Bringley whose mother,
Jane Bringley, passed away
(please see page 3)



*If you know of any members or their loved ones who need a "get well," a "thinking of you," or a sympathy card sent to them, please contact Teri at **teriangelo@gmail.com** or **805-698-6478**.*

Send incorrect/missing dates to **Laura Selken** ↑

In Memory of Jane Bringley ~



We lost a very special member of the Santa Maria Valley Senior Citizens Club “family” on May 24, 2024. Jane Bringley was so much more than just a “long-time” member. She volunteered in many different ways for more than 30 years, right up until her illness in April! She was 91 years old!

Jane was an excellent receptionist who greeted every visitors to the center with warmth and kindness, sharing her wisdom and suggestions to newcomers and seasoned members alike. She was also a member of the travel committee, helping to maintain their records with precision and providing trip details to all who asked. She lovingly managed our monthly book exchange, sadly having to end it when the books became too heavy and cumbersome to manage. Not only did Jane volunteer countless hours to our Club, she recruited others to also

volunteer their time, some for nearly as many years as her!

Jane was honored and remembered with great fondness at the membership dinner on June 3 and since then. Several recalled how her appearance was impeccable. She was always well dressed, wore lovely jewelry, and maintained her hair perfectly! Even her handwriting was perfect! She was kind, smart, and funny! One remarked that she loved the soap opera, “The Young and the Restless”! Her faith in God was evident and her kindness permeated all that she did. Many stated they were blessed to have known her. She will be greatly missed, and her memory will live on in our hearts.

Commemoration plans for Jane are still being finalized, with the possible creation of some type of book exchange or “little library” with her name on it being considered. A plaque honoring her many years of service will be placed at the Mussell Center.



POWERED BY CONNECTION: MAY 2024

SANTA BARBARA COUNTY SENIOR CITIZEN OF THE YEAR: CAROLYN CABRERA

- heart and soul of the Senior Club
- outstanding at encouraging others to feel welcome and to participate in activities
- dedicated to making sure everyone is being taken care of and everything at the center is in place, so members enjoy being there

SANTA BARBARA COUNTY SENIOR WORKERS OF THE YEAR

- Evelyn Marroquin ~ facility specialist with the City of Santa Maria Rec & Park Department
- Kathleen Hill ~ fitness instructor at Mussell Senior Center for more than 15 years!

Reminder: In order to receive a discount on bulk mailing the newsletters, a large number of you will continue to read this in a paper version (in addition to an electronic version for some of you) Please, be patient with us as we work to increase our number of members.



Travel Opportunities

Santa Maria Senior Travel Committee



Current Hours: Tues., Wed., Thurs., 12:30 – 3:30 p.m. / Office Phone: 805-349-0688

July 17 ~ Morro Bay Chowder Cruise

\$105



Two-hour cruise includes lunch on the boat, including award-winning chowder! Take in the stunning sites of the Morro Bay area and enjoy a drink at the full-service bar. We depart at 9:45 a.m. and plan for a return around 3 p.m. **WAITING LIST AVAILABLE**

August 5 ~ Butterflies Alive

\$55

Walk through a beautiful garden at the Santa Barbara Museum of Natural History and be immersed in 1000 live butterflies from Costa Rica fluttering freely around you. Some additional time available to enjoy other parts of the museum followed by lunch on your own at Santa Barbara Public Market with 9 restaurants to choose from. We depart at 9 a.m. and return at 3:30 p.m.



August 22 ~ Sensorio Lights

\$75



Join us as we explore Sensorio, one of California's largest immersive art exhibitions - an intersection of art, technology, and nature outside Paso Robles. Travel easy paths through more than 100,000 glowing bulbs, like bioluminescent flowers from a jewel-toned fantasy land. Explore several solar-powered exhibits that merge light and music technology with

dreamy color in a sensory experience you have to see to understand. We will depart at 6 p.m. and return at 10:30 p.m.

October 4-10 ~ Albuquerque Balloon Fiesta

\$3375* dbl./\$4250* sgl.

Albuquerque International Balloon Fiesta • Old Town • Sante Fe • Indian Pueblo Cultural Center • Los Alamos Science Museum • Loretto Chapel • Taos & Taos Pueblo • 3 nights in Sante Fe; includes 7 meals, motorcoach transportation, admissions per itinerary, comprehensive sightseeing, & baggage handling. **Final Payment due July 21, 2024**

***Save when paying by check!**

SPECIAL PRESENTATIONS:

July 31 - 1 p.m. ~ Smokey Mountains, Nashville, Bluegrass Country

Eight-day trip departs on April 27, **2025**; highlights include Smokey Mountains National Park • Churchill Downs • Dollywood • Louisville Slugger Museum & Factory • Country Music Hall of Fame • Grand Ole Opry, and more! Hosted by Premier World Discovery.

September 11 - 1 p.m. ~ Philadelphia and Amish Country

Trip departs on September 28, **2025**; hosted by Premier World Discovery

Travel Leads & Office Helpers are needed!
Come down to the office & learn more!

JULY 2024

Monday	Tuesday	Wednesday	Thursday	Friday
9-4 Billiards* 1 9 Zumba Gold*§ 10-12 Scrabble* 10:15 Chairobics*§ 10:30 Ukulele Jam* 12 Duplicate Bridge 1-2 Grief Support 1:30 Line Dancing* 5 Member Dinner	9-4 Billiards* 2 9-10 Table Tennis* 9-10 BYOB* 10:15 Yoga* 10:30 OWL* 11:30 60s Dance 12:30-3:30 Travel 1-3 Knit, Crochet+* 1-3:30 Bunco*	9 Bd. Meeting 3 9-4 Billiards* 9 My Artistic Self* 9 Zumba Gold*§ 10:15 Chairobics*§ 12-1 Card Couture* 12:30-3:30 Travel 1-4 Beg. Bridge 1:30 Line Dancing*	Center CLOSED 4 	9-4 Billiards* 5 9 Zumba Gold*§ 9:30-10:30 Coffee & Conversation* 10:15 Chairobics*§ 12-4 Mah Jongg* 12:45-3:30 Bingo 1:30 Artistic Self*
9-4 Billiards* 8 9 Zumba Gold*§ 10-12 Scrabble* 10:15 Chairobics*§ 10:30 Ukulele Jam* 12 Duplicate Bridge 1-2 Grief Support 1:30 Line Dancing*	9-4 Billiards* 9 9-10 Table Tennis* 9-10 BYOB* 10:15 Yoga* 10:30 OWL* 11:30 60s Dance 12:30-3:30 Travel 12-4 Pinochle* 1-3 Knit, Crochet+*	9-4 Billiards* 10 9 My Artistic Self* 9 Zumba Gold*§ 10:15 Chairobics*§ 12-1 Card Couture* 12:30-3:30 Travel 1-4 Beg. Bridge 1:30 Line Dancing*	8:30 Balance* 11 9-4 Billiards* 9-10 BYOB* 10:15 Yoga* 10:30 OWL* 12-2 Pickleball* 12:30-3:30 Travel 2:30 Mussell Cinema	9-4 Billiards* 12 9 Zumba Gold*§ 9:30 Foodbank Cooking Class & Food Distribution 10:15 Chairobics*§ 12-4 Mah Jongg* 12:45-3:30 Bingo
9-4 Billiards* 15 9 Zumba Gold*§ 10-12 Scrabble* 10:15 Chairobics*§ 10:30 Ukulele Jam* 12 Duplicate Bridge 1-2 Grief Support 1:30 Line Dancing*	9-4 Billiards* 16 9-10 Table Tennis* 9-10 BYOB* 10:15 Yoga* 10:30 OWL* 11:30 60s Dance 12:30-3:30 Travel 1-3 Knit, Crochet+* 1-3:30 Bunco*	9-4 Billiards* 17 9 My Artistic Self* 9 Zumba Gold*§ 10:15 Chairobics*§ 12-1 Card Couture* 12:30-3:30 Travel 1-4 Beg. Bridge 1:30 Line Dancing*	8:30 Balance* 18 9-4 Billiards* 9-10 BYOB* 10:15 Yoga* 10:30 OWL* 12-2 Pickleball* 12:30-3:30 Travel 1-4 Hand & Foot 2 Folk Dance*	9-4 Billiards* 19 9 Zumba Gold*§ 9:30-10:30 Coffee & Conversation* 10:15 Chairobics*§ 12-4 Mah Jongg* 12:45-3:30 Bingo 1:30 Artistic Self*
9-4 Billiards* 22 9 Zumba Gold*§ 10-12 Scrabble* 10:15 Chairobics*§ 10:30 Ukulele Jam* 12 Duplicate Bridge 1-2 Grief Support 1:30 Line Dancing*	9-4 Billiards* 23 9-10 Table Tennis* 9-10 BYOB* 10:15 Yoga* 10:30 OWL* 11:30 60s Dance 12:30-3:30 Travel 12-4 Pinochle* 1-3 Knit, Crochet+*	9-4 Billiards* 24 9 My Artistic Self* 9 Zumba Gold*§ 10:15 Chairobics*§ 12-1 Card Couture* 12:30-3:30 Travel 1-4 Beg. Bridge 1:30 Line Dancing*	8:30 Balance* 25 9-4 Billiards* 9-10 BYOB* 10:15 Yoga* 10:30 OWL* 12-2 Pickleball* 12:30-3:30 Travel 2:30 Mussell Cinema	9-4 Billiards* 26 9 Zumba Gold*§ 9-11 Loteria* 10:15 Chairobics*§ 12-4 Mah Jongg* 12:45-3:30 Bingo
9-4 Billiards* 29 9 Zumba Gold*§ 10-12 Scrabble* 10:15 Chairobics*§ 10:30 Ukulele Jam* 12 Duplicate Bridge 1-2 Grief Support 1:30 Line Dancing*	9-4 Billiards* 30 9-10 Table Tennis* 9-10 BYOB* 10:15 Yoga* 10:30 OWL* 11:30 60s Dance 12:30-3:30 Travel 1-3 Knit, Crochet+*	9-4 Billiards* 31 9 My Artistic Self* 9 Zumba Gold*§ 10:15 Chairobics*§ 12-1 Card Couture* 12:30-3:30 Travel 1-4 Beg. Bridge 1:30 Line Dancing*	Activity Contact Persons: Dup. Bridge ~ Alan, 408-499-5333 Beg. Bridge ~ Frank, 805-574-3237 Hand & Foot ~ Christel, 805-332-3328 Bingo ~ Marlene, 805-739-0468	

NOTE: Classes/activities may be changed or canceled by the instructor, city, or Club as needed.

*City of Santa Maria Rec & Parks Dept. Program §Participants must pre-register at Rec. & Parks Dept. No walk-ins.



City of Santa Maria
Recreation & Parks
Department

RECREATION & PARKS DEPARTMENT

What's Happening in July!

- * **Wednesday, July 3, 9:00-10:00 a.m. ~ My Artistic Self: 4th of July Craft Poppers** – Celebrate Independence Day by creating festive 4th of July craft poppers. This fun and creative activity is perfect for all ages and will bring a patriotic flair to your holiday celebrations. **Must sign up in advance with the City receptionist. FREE!**
- * **Friday, July 5, 1:30-3:30 p.m. ~ My Artistic Self: Pour Painting** – Dive into the world of pour painting, a fun and easy technique that creates beautiful abstract art. No prior painting experience is needed, and all materials will be provided. **Must sign up in advance with the City receptionist. FREE!**
- * **Thursday, July 11, 2:30-4:30 p.m. ~ Mussell Cinema** – Enjoy an afternoon at the movies with Mussell Cinema. This month, the audience gets to choose the film, ensuring a favorite for everyone. Come and relax with popcorn and a great movie. **Must sign up in advance with the City receptionist. FREE!**
- * **Tuesday, July 16, 1-3:30 p.m. ~ Let's Flamingo Bunco!** Join us for a lively game of Bunco with a tropical twist. "Let's Flamingo" brings a fun, social atmosphere where you can play, meet new friends, and maybe even win some prizes. No experience necessary. The cost to play is \$3.00.
- * **Wednesday, July 17, 9:00-10:00 a.m. ~ My Artistic Self: Rock Painting** – Unleash your creativity with rock painting. This activity allows participants to paint and decorate rocks, turning them into colorful works of art. It's a relaxing and enjoyable way to spend the afternoon. **Must sign up in advance with the City receptionist. FREE!**
- * **Thursday, July 18, 10:30-11:30 a.m. ~ O.W.L. (Older, Wiser, Livelier) Rock Garden Party** – Enjoy some fresh air and light refreshments out on the patio while adding your painted rocks to our community rock garden. It's a perfect blend of creativity and community! **Must sign up in advance with the City receptionist. FREE!**
- * **Friday, July 19, 1:30-3:30 p.m. ~ My Artistic Self: Pour Painting** – Another session of pour painting for those who missed the first or want to continue exploring this fascinating art form. Come and create more unique, colorful pieces to take home. **Must sign up in advance with the City receptionist. FREE!**
- * **Thursday, July 25, 2:30-4:30 p.m. ~ Mussell Cinema** – This Thursday, Mussell Cinema presents "**Chicago**," the award-winning musical. Enjoy the captivating story, stunning performances, and fantastic music in the comfort of our viewing area. **Must sign up in advance with the City receptionist. FREE!**
- * **Friday, July 26, 9-11 a.m. ~ Loteria: The Dodgers** – Experience the excitement of Loteria, a traditional Mexican game like bingo, with a Dodgers theme. It's a fun and engaging activity for all, with chances to win Dodgers-themed prizes. **Must sign up in advance with the City receptionist. FREE!**

For more information about any of these or other programs at the Mussell Center, please call the front receptionist at 805-925-0951, ext. 2207.



ELWIN MUSSELL CENTER
510 E. PARK AVE.
SANTA MARIA, CA

July 2024

CALENDAR OF EVENTS

THIS JULY, KICK OFF THE MONTH AND RELAX WITH FRIENDS AT MUSSELL CINEMA, FEATURING A VIEWER'S CHOICE FILM AND THE MUSICAL "CHICAGO." EXPRESS YOUR CREATIVITY WITH ROCK PAINTING AND CONTRIBUTE TO OUR COMMUNITY AT THE O.W.L ROCK GARDEN PARTY. THERE'S SOMETHING FOR EVERYONE TO ENJOY AND MAKE MEANINGFUL CONNECTIONS THIS MONTH!

MY ARTISTIC SELF CRAFT - 4TH OF JULY POPPERS

WED 7/3 FROM 9:00 – 10:00 AM

MY ARTISIC SELF - POUR PAINTING

FRI 7/5 FROM 1:30- 3:30 PM

MUSSELL CINEMA – VIEWER'S CHOICE

THURS 7/11 FROM 2:30 – 4:30 PM

LET'S FLAMINGO BUNCO

TUES 7/16 FROM 1:00 - 3:30 PM

MY ARTISIC SELF - ROCK PAINTING

WED 7/17 FROM 9:00 - 10:00 AM

O.W.L - ROCK GARDEN PARTY

THURS 7/18 FROM 10:30 AM – 11:30 AM

MY ARTISTIC SELF POUR PAINTING

FRI 7/19 FROM 1:30 – 3:30 PM

MUSSELL CINEMA "CHICAGO"

THURS 7/25 FROM 2:30 – 4:30 PM

DODGERS LOTERIA

FRI 7/26 FROM 9:00 - 11:00 AM



MORE INFO:

QUESTIONS MAY BE DIRECTED TO THE CITY OF SANTA MARIA
RECREATION AND PARKS DEPARTMENT: (805) 925-0951 EXT 2207.

SMV SENIOR CITIZENS CLUB
PO BOX 6688
SANTA MARIA, CA 93456-6688
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Monthly Newsletter



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RETURN SERVICE REQUESTED

The Mussell Messenger

Santa Maria Valley Senior Citizens Club Newsletter

 **Monthly Membership Meeting** 
Monday, July 1, 2024

Doors Open: 5 p. m. ~ Dinner: 5:15 p. m.

Homemade Salisbury steak, mashed potatoes, mixed vegetables, salad, & marble cake

Reserve/Pay By:
Friday, June 28

\$15 per person

Catered By:
Jovi's Delight



Barbara Wilson
playing patriotic music & more!



**Elwin E. Mussell Senior Citizens Center, 510 E. Park Ave.,
Santa Maria, CA 93454 805-349-0688**