

Mid-County Senior Center
829 Bay Ave
Capitola, CA 95010

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**Friendly reminder—Renew
your annual dues on the
date shown above your
name on your address label**



EVERY TUESDAY 1:00-3:30

Doors open at 12:15

Bingo Pad, \$10 – Win up to \$100!

Additional pads \$8, ½ Pad alone \$6

½ Pad with Full Pad, \$4,

.50 cent Pull Tabs, Multiple \$250 Winners!

Hot dogs, Chili, Chips and Soda available for purchase

Must be over 18 to play. Open to the public, Doors open at 12:15



THE MID-COUNTY SENIOR CENTER IS A MEMBER OWNED, SELF SUPPORTING, NON-PROFIT ORGANIZATION
DEDICATED TO PROVIDING SOCIAL, RECREATIONAL, EDUCATIONAL AND HEALTHY LIFESTYLE ACTIVITIES FOR SENIORS.

OPEN TO THE PUBLIC • ALL PROCEEDS BENEFIT MCSC • MCSC-CAPITOLA.ORG • VOLUME 55, NO. 5

SPRING GARDEN SALE
& CRAFT FAIR
Sat. May 10, 2025
9AM-2PM



Artisans: Lavender Products, MCSC Gift Shop Items, Ceramics, Candles, crochet Gifts 'Upcycle Tins', Driftwood, Succulents and Much more!

From the Garden: Fresh Bouquets, Spring Starts, Organic Veggies, Irises

Just for Fun: Art for Kids, Tour the Garden BBQ & Snacks Available for Sale

LOCATED AT: MCSC
829 Bay Avenue – Capitola, CA. 95010

Dear Members,

Mark your calendars for May 10, when we will hold our Annual Spring Parking Lot Sale. This year's event promises to be a delightful community gathering, featuring a variety of offerings including vegetable starts, floral arrangements, lavender gifts, arts & craft vendors, and barbecue.

Please join us for a day filled with fun, creativity, and delicious food. It's the perfect opportunity to support local vendors and perhaps find some unique items to take home.

As we enjoy the spring festivities, it's also important to look ahead and think about our upcoming elections. This year, we have several key positions open; President, Treasurer, and Recording Secretary. Members can also run or nominate for any any Board position.

We encourage all members to consider running for these positions or nominating someone you believe would be a great fit. Serving in these roles is a rewarding way to contribute to our community, help shape our future and ensure that our organization continues to thrive.

If you have any questions about the election process or the responsibilities of these positions, please don't hesitate to reach out. Your participation and engagement are what make our community strong.

Thank you for your continued support, and I look forward to seeing you at the Parking Lot Sale!

Curt Jewell, President





**CENTER HOURS
CHANGED M-F 8.30am -**

**3.30pm
LOOKING FOR
VOLUNTEERS AS
RECEPTIONISTS !!**
*Please leave your information
at the front desk*

**CLOSED MONDAY 5/26/25
IN HONOR OF MEMORIAL DAY**
*Thank you for your service and all
that you do for our country!*



"Four things support the world: the learning of the wise, the justice of the great, the prayers of the good, and the valor of the brave."

**How do you throw
a space party?**
You planet.

We all LOVE to enjoy a fresh hot cup of coffee in the morning & this is a gentle reminder that we run on the honor system to pay .50 cents a cup.

Please deposit your monies in the white jar at the coffee station.
We appreciate ALL of our members & want to continue to provide this amenity!

\$5.00 Off
On purchases of \$25 or more*
One coupon per visit
**on regularly priced items only*

1601 41st Ave. Capitola • 831-462-3686 • www.the-daisy.org
Store Hours: Mon 1:00-4:00pm • Tues.-Sat. 10:30-4:30pm • Donations accepted during store hours

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SYMPHONY LEAGUE**

**SUPPORTING THE SANTA CRUZ SYMPHONY
CONCERTS & EDUCATIONAL PROGRAMS THROUGH
FUND-RAISING AND SOCIAL EVENTS**

We welcome new members: Contact Dan Rutan at rutandan@comcast.net or 831-475-4939
santacruzsymphonyleague.org

John Guernsey
Home Loan Advisor

(831) 291-2561
John@AffordableHomeFinance.com

NMLS 2562311 / 1754199

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GOES TO
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As a 4th generation Santa Cruzan and having been in real estate for 40+ years, I believe in giving my clients "Golden Rule Service". Whether you are thinking of selling or buying, contact me for a free consultation to discuss the market and your goals for the future in real estate!

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**Advertise in the
Mid-County Senior Center Newsletter**

**Business Card Size - Circulation
500+ /month
Monthly \$40
3 Months \$108 - 6 Months \$204
One year \$384**

In the Spotlight



This month we honor Terri Lesniak as our member of the month! You just can't see Terri heading your way and not get a smile on your face! She is a beaming light of sunshine and always has a warm and embracing hug for her friends. She is one of the warmest & most sincere people we can hope to meet. Terri has been a member of the center since 2021. Even though it has only been four years, I couldn't imagine the place without her now! She recently directed the Choraliers show Name That Tune 2, assisted by Lois Williams, and co-choreographed the dancing with Wanda Kocina. She is a great team player and works well with all the members of the cast to ensure a fun experience and a great show! Terri not only directed and choreographed but also sang and danced in the show! The Show was a great success. There were 130 people in attendance. It seems with each show we get more and more people in the audience. The word has gotten out about the quality of the shows, and the talent of the entire cast. We are grateful to her for putting in so much of her personal time and providing nurturing support to all around her to drive towards that success. In a recent conversation with her, Terri expressed that one of the best parts of being in the Choraliers is how much fun they have. You can tell she really loves it. She laughs and shares her joy easily. Her loving positivity is contagious! If you see her congratulate her, not only on the show, but for being such a wonderful addition to MCSC.

Thank you, Terri, for everything you do !!

The Snack Stand That Stands Out - Snacks Start at Noon, Bingo starts at 1 pm



Sure, Bingo at the senior center is about fun, friends, and the thrill of yelling "BINGO!"—but let's be honest, the real star of the show is our fabulous little **snack stand**. Tucked in the corner like a delicious secret, this non-profit gem offers a menu that's simple, satisfying, and so affordable it feels like cheating inflation. **Drinks, chili, and snacks? Just \$1 each. Hot dogs? Only \$2 for a regular and \$3 for the quarter-pound jumbo on a hoagie roll** so big it practically needs its own seat. And let's not forget the **condiment bar**—a DIY masterpiece where you can dress your dog to impress with mustard, relish, onions, mayo, and more. We've seen hotdogs come out looking better than most prom dates. Haha! But what really makes the stand shine is the dynamic duo behind the counter. **Daniel Jadick & Joyce Paris** can be seen wearing chef hats and aprons with pride (and maybe a little flair), our two volunteer chefs serve up more than food—they serve **personality!** They know names, remember favorites, and deliver a steady stream of friendly banter and laughs. They're as much a part of Bingo night as the daubers and the lucky charms. Just being in their presence feels like being part of a sitcom with snacks. All proceeds from the stand help support the senior center, so every bite is a boost to the center. So next time you're here for Tuesday Afternoon Bingo (\$10 for 16 generous games!), stop by the stand. Snacks start at noon, Bingo starts at 1 pm. Whether you're in it for the chili, the jumbo dog, or the jokes—trust us, you won't leave hungry or grumpy. Unless you lose at Bingo. But hey, at least you had a hot dog!!

Birdhouse Workshop Update

Our first Birdhouse Workshop was a creative, fun-filled event.

The 6 crafters created birdhouses with designs ranging from Fairy and Hobbit houses to shell encrusted beach themed designs. Many thanks to Jeff for building the houses for the workshop and Sharon and Linda for organizing the event. Other crafting workshops are in the works for this summer and fall.

We look forward to seeing you at the MCSC Spring Mother's Day sale on Saturday May 10.



Featured below are the LADIES OF THE CRAFTERS GROUP



CHORALIERS: NAME THAT TUNE 2 – 2025 PERFORMANCE



The MCSC Lavender Ladies are a small group of women who create and sell lavender products locally in Santa Cruz County for charitable purposes. Myrna Golliher, a founding member, explained their origination: “in the year 2004, a shed at the senior center gardens were broken into and a valuable rototiller was stolen. With no funds to replace it, a group of determined individuals came together to raise money by selling baked goods, flowers, and a variety of lavender products.” This marked the beginning of the Lavender Ladies, a group that would not only help their community but also spread joy and tranquility through the beauty of lavender.

The Lavender Ladies source their fresh lavender from the MCSC Garden Center, where it is lovingly grown. They also have permission to harvest lavender from other local properties, ensuring an abundance of fragrant buds to work with. Over time, they have expanded their product line to include eye pillows, sachets, soaps, and creams, all infused with the calming essence of lavender. Lavender products not only have medicinal and calming qualities but are also used in the kitchen or garden to keep bugs at bay.

One of the most touching aspects of the Lavender Ladies' work is their charitable spirit. They donate some of their products to a nearby health center, where patients undergoing chemotherapy can enjoy the soothing benefits of lavender during their treatments. Additionally, 100% of their profits benefit the Senior Center. The group gatherings are not just about fundraising; they are also a time for socializing and leaving worries behind.

On June 21, 2025, the Lavender Ladies will host their annual Lavender Wand class. This class will teach the ancient art of making wands using lavender stems/flowers. Women have been creating these wands for centuries for use in their pantries and linen closets. These classes bring the community together, fostering a sense of camaraderie and creativity as they craft beautiful items.

The Lavender Ladies products can be found at the MCSC Gift Shop, and the Lavender Ladies will be at the MCSC Spring Garden/Craft Sale May 10, 2025.

If you're interested in learning more about Lavender Ladies or joining their efforts, feel free to reach out to the current leader, Linda Herring, who would be delighted to share more about this wonderful group and how you can be a part of it.



Contact: Linda Herring at MCSC (831) 476-4711



Approved motions
Board of Directors Meeting Minutes,
April 18, 2025

Approve hosting a Senior Fair on June 28, 10-2pm.
 Approve \$50 for a business card size ad in a flyer for the fall county fair.
 Approve "Backgammon" on Mondays and Thursdays 12-3, Pat McVeigh will be activity leader.
 Change Center closing time from 4:00 to 3:30, effective Monday, 4/21.

BOWMAN RANCH
BREAKFAST

Sunday – May 25, 2025
8:30am – NOON

\$15/ Adults - \$5/ Kids (ages 10 & Under)

OPTION#1

Scrambled Eggs w/ Cheese or Veggies,
 Hashbrowns, Bacon or Sausage, Fruit
ALL YOU CAN EAT PANCAKES

OPTION#2

French Toast, Bacon or Sausage & Fruit



Board of Directors

President: Curt Jewell, (831) 227-9974
 1st Vice President: Bella Hughes (831) 566-1474
 2nd Vice President: Teri Mantz (831) 588-3700
 Treasurer: Cindy Kiernan, (831) 428-9875
 Recording Secretary: Marilyn Jessup, (831) 818-0593
 Corresponding Secretary: Vicky Howell, (831) 345-6374

Directors at Large


Tony Alonzo, (831) 818-8712
 Marilyn Carter, (831) 239-3038
 Nancy Prevedelli, (831) 476-0416
 Donna Fernandez, (831) 426-2827
 Past President: Debbie Sheehan, (949) 633-7222

Committee Chairs

Activity Director: Mari Segura
 Publicity: Bella Hughes (831) 566-1474
 Building & Property, Garden, & Technology
 Curt Jewell, (831) 227-9974
 Bylaws, Finance & Personnel
 Cindy Kiernan, (831) 428-9875
 Membership:
 Vicky Howell, (831) 345-6374

Departments

Coordinator: Ana Alvarez (831) 476-4711
 Newsletter: Vicky Howell / Ana Alvarez
 Receptionist Lead: Ana Alvarez
 Librarian: Elke Maus: (831) 464-8983

 Sunshine Committee: Office:
 Nancy Prevedelli 476-4711

At MCSC, the members, volunteers and staff are important and are treated equitably and professionally.

Board of Directors, General Meeting minutes and financial statements are available upon request through the President, Curt Jewell.

14 NEW MEMBERS

Joined from
 3/21/25 – 4/18/25

Martha	Alcantara
Cathy	Atwood
Jewel	Auvinen
Suzanne	Doty
Kerstin	Ericsson
Jana	Fairbairn
Robert	Guarino
Georgianna	Hughes
Caroline	Kelley
Tom	Moretti
Sandra	Nielsen
Erik	Svehaug
Mehana	Thomas
Cassandra	Williams

TOTAL MCSC MEMBERS 551



CELEBRATE YOUR BIRTHDAY
MONTH WITH US !!



To celebrate the people having birthdays in each month, the Board will now host a cake party the 3rd Friday of the month. Watch the calendar for exact dates & times. Everyone is welcome to come and celebrate. Each birthday recipient that participates in person will also receive a coupon for a free activity, valid for 30 days! Please mark your calendars and plan to join us!!



Arthur	Bokemeier
Atsuko	Mase
Barbara	Gillingham
Bobbe	Martin
Cathy	Robinson
Charlene	Sugrue
Christine	deFaymoreau
Claudia	Schlachter
Curt	Jewell
Deborah	Ruiz
Diane	Hogan
Eleanor	Kelly
Elizabeth	Schilling
Jan	Winham
Jane	Duryea
Jane	Uyematsu
Janet	Loops
Janet	Perry
Jeri	Skipper
Joyce	Paris
Judith	Lind
Judy	Allen
Judy	Alfter
Julie	Keller
Karen	Kriscunas
Karen Lynne	Hoffseth
Kathleen	McBurney
Kay	Luce
Lanette	Ray
Lee Ann	Gray
Linda	Mowen
Lynn	Cornett
Marc	Techner
Marcia	Hand
Mary	Peterson
MaryAnn	Alvarez
Maureen	Barber
Michael	Sedgwick
Mike	Lovejoy
Moira	Gagen
Patti	Mc Intyre
Robert	Bates
Sandra	Nielsen
Susan	Inadomi-Gueye
Suzanne	Doty
Tom	Moretti

ACTIVITY NOTES

BINGO

Tuesdays - BEST Game in Town!
Doors open at 12:15. Game starts at 1:00 PM.

CARDS & BOARD GAMES

Bridge for Fun: Thu 12-3PM

Duplicate Bridge: Mon/Thu 11AM

Party Bridge: Mon 11AM

We need more players!



Pinochle: Wed's 10:30-12:30PM

Canasta: Hand & Foot

Mondays & Thursdays

12:30-3:30PM

Mah Jongg: - Fri at Noon in the Annex.

Chinese MahJong

Wed 12:30-3:30PM in the Main Room. **BEGINNERS WELCOME!**

Scrabble: Wed -12:30 PM.

Pedro- 1st Fri 1-3:45 PM

CHORALIERS

PERFORMING ARTS

Practice for our 3 times/yr live performances – includes singing, dancing, costuming, choreography, and set decoration. Tue 9:30 AM for vocal rehearsals, and dance practice on Thurs 8:45 AM

CLUBS

Book Club: Meets 1st Fri at Capitola Library at 10:30 AM.

Chess Club: Fri 1:00PM

Photo Club: Weds 1-3PM in the Annex. Come join us & learn how to take better photos.

Ukulele Jam Club: All skill levels are welcome. Other instruments are welcome too - Come jam with us and have fun. Fri -10am.

DANCES

[*See calendar for all details!!!](#)



EXERCISE & FITNESS

Sr. Physical Fitness – All levels welcome. Wed at 9:30

Senior Stretch – Fridays at 9am. We work the whole body in a fun way!

Gentle Yoga on mats –

Mondays, 9:00-10:15am

WIN – Fridays – 8:45 in the annex for weight information

International Folk Dance

Thursdays, 10-noon (M)

QIGONG – Monday 10-11 (M)

SPANISH – Fridays

11:30-12:30 (M)

(except 3rd Friday)

IMPROV Class – 10.30-12PM

1st & 3rd Wednesday (A)

MEMOIR Workshop 1-3PM

Every other Tuesday (A)

90's CLUB

2nd Friday of the month (M)

FREE FRIDAY – Stick Yoga

4th Fridays of the month (M)



GARDEN UPDATE

The sun is shining, and the gardeners are all happily planting and working away! We love the Spring. The garden is really looking beautiful, full of flowers and veggies popping up! Our May workday is scheduled for May 3rd at 8:45AM. A Garden meeting will immediately follow.

Our Spring Garden & Craft Sale will be on May 10th. We will have organic starts available as well as flowers, succulents, and other in season veggies. Besides our garden, both the Gift Shop and Lavender ladies will have a table, as well as multiple other vendors. We will have BBQ Hamburgers, Hotdogs.

It is always a fun day, so please plan to join us !!



Mindful Eating Made Easy: Highlights from Elizabeth Borelli's Workshop

On April 18, a sold-out class of 24 attendees were delighted by Elizabeth Borelli and her daughter Hayden, who demonstrated how easy and rewarding it is to prepare healthy dishes at home, to help you make smart choices that support both your nutritional goals and your enjoyment of food.

We had an interactive discussion regarding plant-based foods like fruits, vegetables, beans, and whole grains which are naturally high in fiber, which helps you feel satisfied and manage your weight. Another key is to eat mindfully to enjoy meals slowly and stopping when you're satisfied, not stuffed, which is a simple way to support good digestion and energy balance.

More helpful information and delicious recipes can be found in the book: Tastes Like La Dolce Vita – discover the magic of the Mediterranean Diet.

Visit <https://www.elizabethborelli.com> for your free downloadable Mediterranean Diet guide and recipes!



MCSC Photo Club



May Class Schedule

5/7 – Elements – Remove the Unwanted

5/14 – Field Trip (Oakland Zoo)

5/21 – Workshop – Still Life & Keeping your Camera Clean

5/28 – Transform (Elements)



UKULELE CLUB UPDATE



We welcomed some new players last month, Robert & Calvin have joined us! We have also said goodbye to Atsuko who will be gone for a month visiting her parents in Japan. Audrey, Karin and Jane spent a holiday in Hawaii where they were able to visit ukulele groups & hula schools, what a great way to make new friends! We said a fond farewell to our oldest member, Melita (101 years old). We sang all her favorite songs with Judith & will miss her and her many talents. Our group is looking forward to warm weather & the garden to burst into bloom so we can jam outdoors. ALOHA until next Time!