

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

RETURN SERVICE REQUESTED

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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

Mid-County Senior Center 2025 Newsletter



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 57, NO. 7

**“Blues & BBQ”
Chicago Bill &
The Next Blues Band
Friday July 18, 2025**

**Dinner Served @ 6PM
Music 7-9PM**



\$10/ person - Dance

\$20/ BBQ Plate

Smoked Ribs, Garlic Bread & Side Dishes

***Beer & Wine* for Purchase**

Dear Members,

Our community continues to progress toward sustainable solutions, and solar panels remain a key focus. After careful evaluation, we have selected a contractor following interviews with three prospective bidders. This marks an exciting step forward, and we encourage you to stay tuned for further updates in this newsletter as the project unfolds.

Mark your calendars for July 18 for a feast of food and music! This year's Annual BBQ and Blues event promises to be a treat for the senses. Enjoy the soulful tunes of Chicago Bill & the Next Blues Band while savoring a delicious BBQ plate featuring ribs, garlic bread, and two sides—all for just \$20. Beer and wine will also be available to purchase. Bring your family and friends to celebrate summer with tasty food, great music, and even better company.

As the warm months settle in, we hope everyone is taking advantage of all the wonderful opportunities this area has to offer. Whether it is enjoying local parks, beaches, hiking trails, or community events, summer is a season of connection and celebration. Take time to explore, unwind, and embrace the beauty of the season.

Thank you for being an active part of our vibrant community. Stay tuned for more updates and events in future newsletters!

Curt Jewell, President



CENTER CLOSED ON 4th of JULY
OPEN ONLY FOR SPECIAL BINGO &
 AMERICAN MAH JONG

4th of JULY



SPECIAL BINGO
COME ONE, COME ALL & CELEBRATE
THE 4th with US!

FOOD WILL BE AVAILABLE FOR
PURCHASE;
HOT DOGS, CHIPS,
POTATO SALAD, BAKED BEANS
& WATERMELON
WILL BE ON OUR MENU.

DOORS OPEN @ 12 PM
BINGO STARTS @ 1 PM

MCSC - 829 Bay Avenue - Capitola, CA



SPECIAL SPEAKER FRIDAY
JULY 18 @ 12:30PM

Come and join certified personal trainer **Ashley LaMorte** for a 1 hour FREE workshop on ways you can become stronger, improve your mobility, improve your balance and how to live a longer, functional lifestyle. Areas of topics will include Fall Prevention, Stronger Core, Improve Posture, Gain Flexibility & Maintaining Independence.

PLEASE SIGN UP @ FRONT DESK TO JOIN

MID-COUNTY SENIOR CENTER PRESENTS
THE KARIN PHOENIX BAND
WESTERN SWING DANCE PARTY
SUNDAY, JULY 13, 2025 3:00-5:00

KARIN PHOENIX
 ON GUITAR & VOCIALS

ALLEN DOUGLAS
 ON PIANO & VOCIALS

WOODY PARKER
 ON SAXOPHONE

SEAN WOODWARD
 ON GUITAR

AND

PAUL JONES
 DRUMS & VOCIALS

ALL THE WAY FROM RENO, NV



\$10 COVER

MID-COUNTY SENIOR CENTER
829 BAY AVE. CAPITOLA, CA
831-476-4711

SPECIAL EVENT
30's Swing DANCE PARTY
 Hosted by MCSC and the Tuesday night Balboa Class

Featuring **Dave Stuckey and the Hot House Gang**
 The music will be perfect mix for Lindy Hop, East Coast Swing, Balboa, and Bal Swing



Saturday August 9, 2025
7:00 - 10:00PM
 Doors open at 6:30

Dave Stuckey, Josh Collazo, Carl Sonny Leyland, Katie Cavera, Marc Caparone, Nate Ketner

\$20 per person - Open to Public
829 Bay Ave • Capitola, CA 95010 • 831/476-4711
mcsc4u@att.net • mcsc-capitola.org

Award-Winning Mexican Cuisine
 45 Years of exotic moles & sauces, flavorful enchiladas, tacos, & more, in an accessible, intimate, warm, & homey setting.



Tortilla Flats

Thank you Santa Cruz County for continuing to vote our Original Margaritas the BEST!
 We are very Grateful to be a part of this amazing community.

Tuesday-Sunday 11:30-9:00 • Friday and Saturday 11:30-9:30 • 4616 Soquel Dr. • Soquel CA 95003 • @tortilla.flats • TortillaFlatsDining.com

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REALTOR
INTEGRITY. COMMITMENT. RESULTS



HONORA ROBERTSON
 Broker/Owner

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!

831.588.7426
 DRE #00662046 | (831) 588-7426 | robertsonre@sbcglobal.net

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
 Contact Ana at: mcsc4ana@gmail.com

The Daisy Store

\$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

Like Us On Facebook
 Benefiting Family Service Agency of the Central Coast

The following motions were approved at the
June 20, 2025 Board Meeting :

* Approve rental by the textile group to have their Christmas Party in the Main Hall on December 10 with extended hours.

* Approve \$350 for a 1/4-page ad in the Good Times Health & Fitness magazine insert (6/25) and \$431 for Good Times Over 50 magazine insert (7/9).

* Increase Coordinator wage \$5/hour to begin July 1.

* Employee reviews will be scheduled on a yearly basis. Any discussion of a raise will be held with the personnel committee after the evaluation and then any recommendations will be brought to the Board for approval. There is no guarantee of a raise, however bonuses for meritorious effort are acceptable.

* Approve \$100 for food at General Meetings to encourage attendance.



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

Activities & Events: Mari Segura (831) 818-6090
Publicity: Bella Hughes (831) 566-1474
Building & Property, Garden, & Technology
Curt Jewell, (831) 227-9974
Bylaws, Finance & Personnel
Cindy Kiernan, (831) 428-9875
Membership: Marilyn Jessup (831) 818-0593

Departments

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

Sunshine Committee:

Nancy Prevedelli (831) 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.

20 NEW MEMBERS
Joined from 5/16/25 – 6/19/25

- | | |
|-----------|----------------------|
| Annie | Chapin |
| Bob | Skubis |
| Corina | Baird |
| Danette | Lawrence |
| Daniel | Jadick |
| Elizabeth | Pellegrino - Borelli |
| Gayne | Barlow-Kemper |
| Georgina | Maxwell |
| Ginny | Caravajal |
| Helen | Richmond |
| Heysa | Janssen |
| Jack | Cheney |
| Kate | Page |
| Marcia | Meyer |
| Margaret | Ware |
| Marlese | Roton |
| Nancy | Hanson |
| Patricia | Amarante |
| Ruth | Cutshaw |
| Susan | Crawford |

TOTAL MCSC MEMBERS 549

CELEBRATE YOUR BIRTHDAY MONTH WITH US !!

To celebrate the members having birthdays the Board will host a cake party on **Friday – July 18th @ 1PM**



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!!*

What did the little firecracker say to the bigger firecracker?
"Hi, Pop!"



Barbara	Woodbeck
Bill	Laird
Carol	Hales
Carole	Reese
Cassandra	Williams
Cindy	Edwards
Claudia	Albright
David	Meyers
Debbie	Goodwin
Deborah	Stearns
Elizabeth	Panzich
Emily	Troutner
Eric	Hoffman
Fortunee	Cohen
George	Kiernan
Georgene	Goodwin
Ingrid	Larsen
Isabella	Hughes
Jane Ellen	Nelsen
Jean	Andrews
Jeanette	Thommen
Jeanne	Allhouse
Jensen	Hasting
Jeremy	Griffey
Josephine	Rodriguez
Judith	Buck
Judith	Papas
Karen	Slinger
Karen	Warren
Katy	Guernsey
Laura	Diem
Lourdes	Pollard
Mahnaz	Reihani
Mari	Segura
Mary Ann	Shaffer
Olive	Thomas
Owen	Hand
Paula	Hilleary
Paulette	Souza
Renee	Feder
Robert	Hodges
Robert	Jones
Sue	Wilson
Susan	Weeks
Terri	Lesniak
Toni	Aversa
Yvonne	Collins

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



Backgammon: Monday 12-2PM

Canasta: Hand & Foot

Mondays & Thursdays
12:30-3:30PM

Mah Jongg: - Fri at Noon in the Annex.

Chinese Mah Jongg

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

Scrabble: Wed -12:30 PM.

Pedro - CANCELLED UNTIL SEPT. 2025

CHORALIERS

PERFORMING ARTS

Practice for our 3 times per year 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: Wed 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)

SPANISH – Fridays 11:30-12:30 (M)

(except 3rd Friday)

IMPROV Class – 10.30-12PM

1st & 3rd Wednesday (A)

90's CLUB

2nd Friday of the month (M)

FREE FRIDAY – Stick Yoga

4th Fridays of the month (M)



ARTHUR FAYGENHOLTZ
July 25th @ 1PM



GARDEN UPDATE

We are loving this sunshine in the garden, and everything is growing in beautifully! Our Lavender Wand Class was well attended, and I want to thank everyone that supported us. It was a lot of fun and a beautiful day for it.

Our workday for July will be moved to July 12th due to the 4th of July holiday. Gardeners that can not make that date, need to make alternate arrangements with their district leader. We will need to start harvesting our lavender in July so watch for this opportunity for making up hours.

The Lavender Ladies continue to meet on Weds 11-1 to clean lavender (except harvest days) Please come and join in, this also counts towards your garden hours

UKULELE UPDATE

We are happy to welcome some **NEW Pluckers'** - William, Francesca, Daniel, Kate, Terry & Calvin!

Also, we were stoked to see the return of our Bassman, Michael.

Many thanks to Audrey for organizing our music library & making books available. We are looking forward to a great summer with lots of sunshine & music! Please come join the fun! We have loaner Ukes if you want tot try it out. ALOHA !!

be kind

CRAFTERS BOUTIQUE

The MCSC Gift Shop now features an exciting selection of new arrivals perfect for summer travelers and thoughtful shoppers. Among the highlights are vibrant, colorful shoe bags and stylish tote bags equipped with a clear panel, ensuring travel essentials stay secure and easily accessible. For those looking to send a heartfelt note, there are new cards crafted from delicate pressed flowers, ideal for sharing warm wishes with loved ones.

Additionally, convenient microwave potato bags make quick, healthy meals effortlessly - just pop in your potato and heat for a perfect snack or side dish on the go. Gift Shop is open Monday – Friday during MCSC business hours. You are invited to join the Crafting Group meetups on Thursdays, 11:30 am – 2:30 pm. Bring your own project and enjoy creative time with fellow crafters. ❤️

Member Spotlight



Catherine Hampton (also known as Cat), moved from Southern California to Santa Cruz, her new home, in 2004. For 13 years, Catherine Hampton was a beloved elementary school librarian who enchanted over 550 children with her storytelling and musical talents. Affectionately known as “Miss Cat,” her mission was (and still is) to spark one’s creativity and imagination, encouraging young minds to explore the world around them. After retiring in 2018, Cat moved to San Francisco and discovered a vibrant new chapter at the Aquatic Park Senior Center. There, she dove into the performing arts, honing her skills as a playwright and writing over 30 short plays. She became an active member of Drama with Friends, a group that connects performers via Zoom from across the United States and beyond. Cat’s creative journey reached new heights when her play, Tea and Tomb, was selected for the prestigious Open Eye Theater Summer Festival in New York. Out of over 100 submissions, her work stood out and will be featured—stay tuned for a link to

the production! Returning to Santa Cruz during the pandemic, Cat quickly immersed herself in the local arts scene. She participated in Next Stage Production’s Holiday Show last year and is directing it for this holiday season, while also sharing her performing and musical gifts. In July 2024, Cat joined the MCSC community with a vision: to create an Improv Class for seniors. The class has been warmly received, bringing together members from diverse backgrounds to create laughter and support each other through life’s challenges. Cat believes that creativity offers a powerful escape from stress, guiding minds toward joy, laughter, and new possibilities. Participants learn the fundamentals of dramatic improvisation and have an enjoyable experience of the art of “improv”, through fun games and exercises, in a safe, supportive and loving community Please join us at the Improv

Class on the 1st and 3rd Wednesday on from 10:30 am – 12:00 noon.

MCSC Photo Club

July 2025 Schedule



July 2nd – NO CLASS

July 9th – BBQ & Canon Workshop CD

July 16th – Workshop – Tri Pods

July 23rd – Download Photos & Effects of Light

July 30th – Lenses Flash



90's Club

Friday

July 11, @ 1:00PM



TECH TALK

WITH TINKA IS BACK !!

2nd & 4th Friday of the month

11AM-1PM

Happening on 7/11 & 7/25

SIGN UP @ THE RECEPTION DESK