

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

RETURN SERVICE REQUESTED

Non-Profit Org.
U.S. Postage
PAID
Santa Cruz, CA
Permit #7072

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 56, NO. 6

BRADLEY PRESENTS
THE BIG SHOT FROM LAS VEGAS IS BACK!!!
FEATURING JOHNNY FABULOUS
HE'S THE BIG SHOT
WITH BRADLEY HECHT, TENOR SAX
BILL BOSCH, BASS
BEN SIBLEY, DRUMS

FRIDAY
JUNE 6, 2025

DESIGN BY STELLA D'ORO

AT THE MCSC 7-9PM \$10 COVER
829 BAY AVENUE CAPITOLA, CA 95010 (OFF BAY AVE, BEHIND THE PARTY STORE)

A Heartfelt Thank You and Summer Update

Dear Members,

I would like to express my sincere gratitude to all of you for your support during our Spring Parking Lot Sale. Your contributions and enthusiasm made the event an incredible success, and I am thrilled to share that we raised over \$2,000 for the Center. This achievement reinforces the strength of our community and the collective dedication we all have toward its growth and flourishing.

Our gardeners have been hard at work, ensuring that the garden remains a vibrant and beautiful space for everyone to enjoy. With their efforts, the garden is now in full bloom, a testament to their passion and commitment.

Meanwhile, the Choraliers have been diligently practicing for their next show, promising an unforgettable performance that will bring joy and art to our community. Their dedication to their craft inspires us all, and we eagerly anticipate their upcoming event.

As we step into the warm embrace of summer, I am filled with optimism and excitement for the wonderful days ahead. Let us continue to support each other, nurture our shared spaces, and celebrate the talents and efforts that make our community so special. Thank you once again for your contributions and enthusiasm. Here's to a fantastic summer filled with growth, creativity, and togetherness.

Warm regards,
Curt Jewell, President



Senior Resource Fair

June 28th, 2025 10AM -2PM

One Stop Shopping for Senior Services

Offered in Santa Cruz County
This is a FREE EVENT !!

Join Us to Discover Valuable Resources & Connect with Your Community !!

Meet Representatives from Senior Centers, Housing Home Repair, Transportation, Legal Aid, Health & Social Services, Disabilities and Education

MID-COUNTY SENIOR CENTER 829 BAY AVENUE - CAPITOLA, CA 95010



How do celebrities stay cool in the summer?

They have many fans.

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

SANTA CRUZ SYMPHONY LEAGUE

HOME & GARDEN TOUR

June 14-15, 2025

Noon to 4:30 PM
Tour 5 exclusive homes, and support music education with the Symphony League.

TICKETS \$75



WWW.SANTACRUZSYMPHONYLEAGUE.ORG

BOWMAN RANCH BREAKFAST

Sunday – June 22, 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



MEDICARE
MARC'S HEALTH INSURANCE SOLUTIONS
MARC GARCIA - LICENSE #4389727

MARC@MCAREADVISOR.COM
MCAREADVISOR.COM
424-474-1986

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

Benefiting Family Service Agency of the Central Coast

Innovative Care Advocates

Call US for a FREE Consult

A Quality In-Home Care Agency
Serving Santa Cruz and Monterey Counties
CAHCL#444700010

(831) 471-5183

135 Aviation Way Suite 11B • Watsonville, CA 95076
ica@hhdicare.com • www.innocareadvocates.com

John Guernsey
Home Loan Advisor

(831) 291-2561
John@AffordableHomeFinance.com

NMLS 2562311 / 1754199

Have Medicare questions? I have answers.

Beth Powanda
Powanda Insurance Agency
Lic. #0B80536
powandainsuranceagency.com
beth@powandainsuranceagency.com
831-252-2256, TTY 711

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!

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

Member Spotlight:

Thea Luiten – A Heart for Community Service and Creative Joy

If you see someone in Capitola wearing a Giant Trestle Hat at a fundraising event, it's probably Thea! Her signature hat is as bright and cheerful as she is—a true symbol of her energy and dedication.



Thea Luiten joined MCSC in 2005 and is known for her ability to organize amidst commotion and coordinate team effort.

Her community involvement includes her 30-year commitment to the Wharf-to-Wharf Race, where she anchors the First Aid booth at finish line; assisted by a team of student nurses. She has been team leader and coordinated the Capitola Begonia Festival Nautical Parade for 15 years.

Thea's desire to help others extends beyond the senior center. For 25 years, her energetic personality felt right at home working within 'controlled chaos' of an Emergency Room at Dominican Hospital. She has helped train the next generation of healthcare professionals as a nursing instructor for 10 years at Cabrillo College.

Recently retired, active in the gardens, she now delights in "up-cycling" (giving a new life to empty glass bottles, broken sea glass and repurposed smashed tin cans). At MCSC, Thea helps to coordinate the annual Garden Boutiques. Her volunteer team creates fresh flower bouquets for sale at MCSC monthly breakfast. Thea's passion for community shines through everything she does.

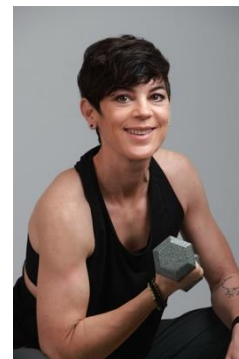
Stay tuned for news about the **October 2025 Scarecrow Harvest Boutique**. Thea is already busy planning; will be reaching out for volunteers to help make it a creative and joyful event.



Please give a warm welcome to member, Pat Mc Veigh who is now part of the receptionist team!!

She will be working on the desk, Wednesday afternoons, & is also the activity leader for Backgammon on Monday from 12-2PM. Please say HELLO when you see her smiling face 😊 Thank You Pat, we appreciate your service !

**SPECIAL SPEAKER
FRIDAY, JULY 18 @ 12:30PM**



Come and join SCM nationally 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. In this workshop, Ashley will coach you on how to remain independent for years to come and provide safe, simple movements you can do in the comfort of your own home to stay strong. No equipment required. If you are tired of your aches, pains, tightness, inflammation and just want to walk and get around with more ease. I highly encourage you to take the time to join us and listen to this workshop

Areas of topics will include:

- Fall Prevention
- Stronger Core
- Improve Posture
- Improve Balance
- Gain Flexibility
- Maintaining Independence

**PLEASE SIGN UP AT RECEPTION
DESK**

You're Invited to Join Our Weekly Senior Stretch Class!

Are you a man over 65 looking to stay active, improve your flexibility, and enjoy a healthier lifestyle? Members Eric Hoffman, Ganesh Kamath, Ernie Kinzy and Ben Gregg got the perfect opportunity for you! Join our **Senior Stretch Class**, where you'll discover the benefits of gentle exercises designed to enhance your strength, balance, and overall well-being.

As we grow older, maintaining flexibility and balance becomes essential for staying independent and reducing the risk of injuries. Our stretch exercises are tailored specifically for seniors and include warm-ups, stretches, light hand weights, and balance exercises

Our friendly and supportive environment is perfect for men and women over 65 who want to stay active while connecting with others in the community. Whether you're new to exercise or looking to enhance your routine, this class is designed for all fitness levels.

Come stretch with us and experience how small steps can lead to big changes in your health and quality of life on FRIDAYS at 9:00 am.

For more information contact Instructor, Sharron Barth, (831) 247-0190



Photo of: Ganesh Kamath, Ben Gregg, Eric Hoffman, Ernie Kinzy



SEARCHING FOR DOMINOES PLAYERS

**PLEASE CALL with your Name & Phone #.
IF ENOUGH PEOPLE ARE INTERESTED, WE CAN START PLAYING IN JULY OR AUGUST.**



For hundreds of years women have been making lavender wands (also called bottles or batons). It was a wonderful way for women to gather in the garden and make practical use of the flowers. The wands are used in chests, drawers, hung in closets or just put in vases as decoration. The lovely lavender scent lasts for months, and longer if you continue to rub it to crush the leaves inside.

The Mid County Senior Center will be holding its annual class on this ancient technique of wand making June 21st. The cost of the class is a \$20. All materials will be provided for up to 2 wands per person. The classes are held outside in the Gazebo area of the beautiful gardens starting at 10:00am until 12:00pm. It is always a great deal of fun, so please join us if you can and bring a friend (or not). ***NO Advance Sign Up Necessary***



FRIDAY 7/4/2025

**SPECIAL
4th OF JULY BINGO**

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

**FOOD WILL BE
AVAILABLE FOR
PURCHASE.**

**POTATO SALAD , BAKED
BEANS &
WATERMELON WILL BE
ADDED TO OUR
REGULAR MENU**

**DOORS OPEN @ 12PM
BINGO STARTS @ 1PM**



WE ARE PLANNING A TRIP TO: FILOLI HISTORIC HOUSE & WORLD CLASS GARDENS



Filoli is in Woodside, CA on the San Francisco Peninsula. It is surrounded by more than 23,000 acres of protected Peninsula watershed. To the two families who lived here, Filoli represented a desire to create a magnificent and enduring country estate. Today, Filoli's mission is to connect our rich history with a vibrant future through beauty, nature, and shared stories.

If you're interested in joining us please sign up at the reception desk. We are planning August 6th, time TBD based on sign-ups. The cost will be based on number of people attending. Ticket price is \$32 + share the cost of the bus ride.

**WE NEED 15 PEOPLE TO CONFIRM NO LATER THAN JULY 10TH
(Sign up with MCSC Receptionist)**

For more information, reach out to Mari Segura at
MCSC4FUN@GMAIL.COM

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!



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)



Garden Update

Wow, what a great event we had on May 10th! I want to thank everyone who worked and also everyone who came and attended and showed their support! We really appreciated it and really enjoyed the day and seeing everyone. We had a great set of Vendors, and so many great plant starts! If you missed it, mark your calendar for October 11, as that will be the Fall Sale!

The Lavender Ladies will be hosting their Annual Wand Making Class on June 21st, from 10AM-Noon. The Cost for this class is \$20 and includes the materials for 2 wands. It is a lot of fun, taught in the Gazebo near our beautiful gardens. No advance signup necessary. Lavender ladies are continuing to meet on Weds at 11:00AM. They meet at the picnic area by the Shed. If you are interested in helping, please just stop by. Garden Workday will be Saturday June 7th, 8:45AM. Gardeners unable to attend, please make alternative arrangements with your district leaders.



Photo Club

June 2025 Schedule



June 4 – Shooting Background & Pano

June 11 – Field Trip; SC Wharf/Boardwalk

June 18 – Photo Merge

June 25 – Shooting Fireworks & Nightscapes

Gift Shop and Craft Update

A heartfelt thank you to all our MCSC Crafting Group members for your wonderful handmade contributions that made our recent craft booth sale such a success!



Whether you enjoy painting, crocheting, knitting, macramé, embroidery, cross-stitch, sewing, card making, decoupage, or any other craft, join the **Crafting Group meetups on Thursdays, 11:30 am – 2:30 pm.** Bring your own project and enjoy creative time with fellow crafters!

UKULELE UPDATE



We were happy to welcome some beginning players to our group; William, Francesca & Trelou have joined us & are picking up new cords every week! Our Bassman, Michael is away for a month touring Europe on his bicycle. We are eagerly waiting his return. Spring has sprung so it's "Bye Bye Blues!" Come join us for the Aloha Spirit, every Friday from 10-11 AM. 🌴



The following motions were approved at the May 16, 2025 Board Meeting: Submitted by Marilyn Jessup

- Motion: Approve the revised job description for the Center Coordinator position.
- Motion: Approve \$200 advertising for the Blues BBQ on July 18.

summer



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.

22 NEW MEMBERS
 Joined from 4/18/25 – 5/16/25

Betty	Ensminger
Bruce	Pellegrini
Calvin	Potter
Carolyn	Duty
Charles	Carlson
David	Ensminger
Debbie	Falconer
Deborah	Barnum
Diane	Thorson
Gaby	Litsky
Ginny	Caravajal
Gregory	Haus
Jack	Cheney
Julie	Boudreau
Maggie	Schwarb
Marlese	Roton
Martha	Alcantara
Mary Lou	Pellegrini
Maureen	Rishi
Michael	Thomas
Rose	White
Thomas	Mc Glashen

TOTAL MCSC MEMBERS 556

CELEBRATE YOUR BIRTHDAY MONTH WITH US !!
 To celebrate the members having birthdays the Board will host a cake party **Friday – June 20, 2025 @ 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!!**



Alcantara	Cynthia
Boudreau	Julie
Brown	Mardi
Catli	Linda
Dally	Andrew
Eder	Nancy
Fernandez	Donna
Fowler	Nancy
Goodman	Cheri
Greene	Helen
Gregg	Ben
Gutierrez	Louisa
Hancock	Gaye
Hosseini	Connie
James	Sue
Jirschefske	Tara
Jordan	Linda
Lawson	Trelou
Locatelli	Carmen
Martin	Marilyn
Matkovich	Valencia
Mohammoud	Siyadnig
Motter	Tom
Nelson	Dena
Otjen	June
Pellemeier	Teresa
Ricca	Joel
Richardson	Eric
Roberts	Leilani
Stewart	Mary Lou
Swanson	Jeanine
Vilozny	Shlomo
Vitrano	Rick
Whitney	Anne
Yerkes	Alice Campen
Zocoli	Linda
Zuschin	Renee