

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

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 58, NO. 8

A graphic for a musical event. It features the word "CHORALIERS" in blue, "Presents" in blue, and "Musical Memory Lane" in black. There are musical notes, a treble clef, and a piano keyboard graphic. A butterfly is also present. The text "Sunday August 17, 2025 @ 2pm \$10 Adult / \$5 Child" is written in blue. The location "MCSC - 829 Bay Avenue Capitola, CA 95010" is written in black.

Sunday
August 17, 2025 @ 2pm
\$10 Adult / \$5 Child

MCSC - 829 Bay Avenue
Capitola, CA 95010

Dear Members,

A heartfelt thank you goes out to everyone who contributed to the success of the Blues BBQ. Your time, energy, and good spirits made the event truly memorable, and we could not have done it without such wonderful support from our members.

As we look ahead, our gardeners are keeping a hopeful eye on the forecast. Warm, sunny days are just what our tomatoes and peppers need to flourish this season. May the weather cooperate so our gardens reward us with a delicious bounty! If you are interested in exploring the garden or learning more about what we grow, we would be delighted to show you around. Please feel free to contact me directly or approach me when you are at the center. All are welcome as guests to experience the beauty and abundance of our garden space!

We are also excited to share some excellent news on our sustainability front: the board has officially approved the purchase and installation of solar panels for the center. This important step will help us reduce our environmental footprint and foster greener practices in our community.

We look forward to keeping everyone updated as the project moves forward and appreciate your continued enthusiasm for making our shared spaces more eco-friendly. It looks like this project will begin after the first of the year, however by approving it now we will still be eligible for the 30% Direct Pay tax credit.


Curt Jewell, President



CHORALLETTES WILL BE DANCING DOWN MEMORY LANE - AUGUST 17, 2025



Have Medicare questions? I have answers.



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Powanda Insurance Agency
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CPR-AED
PARENTS - GRANDPARENTS
— or anyone ready to save a life

Adult-Child-Infant CPR includes
Choking, Opioid/Narcan, Drowning
August 30 9:00am
Sept 20 9:00am

Register by calling **831.600.5128**

\$39/pp or \$69/couple
Limited seating

Mid-County Senior Center 829 Bay Ave



SANTA CRUZ 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

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

SPECIAL EVENT
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
Clint Baker
Marc Caparone
Dawn Lambeth
Benny Amon

\$20 per person - Open to Public
829 Bay Ave • Capitola, CA 95010 • 831/476-4711
mcs4u@att.net • msc-capitola.org

BOWMAN RANCH BREAKFAST
Sunday – August 24, 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



MCSC GOING SOLAR! Fundraising Appeal!

The Mid-County Senior Center is currently working on an opportunity to install solar panels!

We are working on a potential grant that will help us towards our goal, we are very optimistic on receiving that. When we combine this with recent tax credits for non-profits, we start moving towards reality.

Our total estimated project is \$60,000, however, we believe we only need to raise \$17,000 of that after the grants and credits. We are aiming to have full funding in place by the end of August.

If you can help, please donate, any amount, to
Mid-County Senior Center
829 Bay Avenue
Capitola, CA 95010

-OR- VENMO: Mid-County Senior Center @midcountycenter



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: mcs4ana@gmail.com

The following motions were approved at the
July 18, 2025 Board Meeting :

- Approve installation of solar panels by Sandbar, not to exceed \$65,000
- Any excess property owned by MCSC will be put up for sale before disposing
- The Pantry, Kitchen, Refrigerator & Freezer are to be locked during regular business hours unless someone is working in the kitchen

Submitted by Acting Recording Secretary
Teri Mantz, 2nd Vice President



If you've spent any time at our Senior Center since April 2024 chances are you've crossed paths with **Lisa Beasley!** A woman of many talents and interests, Lisa's background as a geologist gives her a unique appreciation for rocks, minerals, and crystals — and she's always happy to share her knowledge, whether leading an impromptu "rock talk" or identifying an interesting stone found on a walk. Lisa's love for the natural world is matched only by her adventurous spirit; from exploring mountain trails to strolling along the beach, she's always eager to connect with nature and bring others along for the journey.

If you're looking for Lisa around the Center, there's a good chance you'll find her at the Bridge table! Physical activity is another passion for Lisa. She's a regular in Yoga on Mats, Senior Stretch, and Senior Physical Fitness classes. Her enthusiasm doesn't end with daytime programs, either. Lisa loves inviting friends to the Center's evening dances and festive gatherings, making sure everyone feels the joy of being part of a vibrant community.

Lisa's daily habit of writing a Gratitude List keeps her mind and heart open to the good every day. Her infectious positivity is a big reason many of us feel so at home here.

Thank you Lisa for being so Fabulous!!!

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.



24 NEW MEMBERS

Joined from 6/20/25 – 7/18/25

Adeline	Stagi
Annie	Chapin
Barbara	Denton
Carmel	Reitman
Danette	Lawrence
Daniel	Jadick
Dianne	Ross
Donna	Harris
Elaine	Vierra
Elizabeth	Borelli
Gayle	Livanos
Jan	Taylor
Karen	Klimowski
Karen	Schamberg
Kate	Page
Larry	Kingland
Mary	Zinsmeyer
MaryLois	Comeskey
Matt	Grote
Risa	Lower
Robert	Pitman
Sam	Grote
Sharon	Hudson
Virginia	Keith

TOTAL MCSC MEMBERS 552

CELEBRATE YOUR BIRTHDAY MONTH WITH US !!

To celebrate the members having birthdays the Board will host a cake party on
Friday – August 15 @ 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!!*



Martha	Alcantara
Colleen	Alley
Tracy	Armanino
Jeannie	Asher
Sharon	Barrett
Susan	Benich
Dick	Bessermin
Shiva	Bol
Mary	Brooks
Laura R.	Brown
Karen Yap	Cahill
Betty Ann	Chandler
Janis	Crompton
Teresa	Dance
Wilma	Gold
Margie	Grant
Donna	Harris
Bill	Heiss
Linda	Herring
Gloria	Howell
Sharon	Hudson
Georgianna	Hughes
Liza	Hunter
Joanna	Jarvis
Gerry	Jensen
Marita	Keeling
Cindy	Kiernan
Jaku	Kinst
Karen	Klimowski
Gail	LoBello
Dawn	Maclaughlin
Ruth	Martin
Mary	Mc Granahan
Patricia	Mc Veigh
Bea	McBride
Linda	Melton
Cacy	Munson
Carol	Newby
Janet	Newman
Joanne	Noce
Cynthia	Ortiz
Kate	Page
John F.	Parda
Richard	Pardue
Sally	Pine
Cheri	Porter
Agnes	Pratt
Honora	Robertson
Rupert	Schroeder
Holly	Shelton
Charlotte	Sherman
Diana	Slavin
Jennifer	Steele
Mark	Steelman
Ginger Lee	Stone
Valera	Templeman
Diane	Thorson
Marion	Towar
Sally	Vaughn
Michael	Waller

ACTIVITY NOTES

BINGO

Tuesdays - BEST Game in Town!
Doors & Snack bar opens 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)

JAPANESE FLOWER ARRANGING : 2nd

Saturdays in the Annex 10-12PM

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)



STICK YOGA w/ ARTHUR FAYGENHOLTZ
* FREE FRIDAY *
AUGUST 8/22/2025 1-3PM



GARDEN UPDATE

July is such a wonderful time in the garden - Gardeners are busy harvesting their vegetables and flowers!

The lavender ladies are so grateful for all of the help they have received in cleaning and harvesting the lavender. The cleaning of lavender is now completed for this year. We will call for help again next spring. Thank you!! Thank You!!

We would also like to extend a big thank you to Joanna Jarvis, who completed the painting of the decorations on the garden cart. This looks terrific, we are anxious to show it off at the next breakfast Sale.

Our next workday will be Saturday, August 2nd at 8:45AM. A meeting for the gardeners will follow the workday.



UKULELE UPDATE

We've had lots of new visitors & members coming & going on vacation. We are ALWAYS happy to see new faces! We were saddened to learn of the passing of Alice Yerkes, our oldest member. Alice was one of the first of the Ukulele group & MCSC. There will be a celebration of life at the center on August 3, 2025 from 1:30 to 3:30PM. Alices' sister Jacquie will be giving away her violin. There will be a drawing at the close of the event. If you knew Alice, please come & Join the celebration & enjoy the music. Various groups that Alice played with will be performing some of her favorite songs!

GIFT SHOP UPDATE

The Gift Shop is hosting a couple of fun activities to engage in this Summer and Fall.

Unleash your creativity and have fun creating Oshibana style greeting cards with pressed flowers and watercolors.

This class will be held in the Annex on Saturday, Sept. 13th from 1:00-4:00pm.

The \$25 fee includes all the supplies to make 2-3 greeting cards. Class size is limited and fills quickly so register early.



The second Bird House Workshop of the year will be offered in November, tentatively scheduled for Saturday November 8.

The members of the Crafting Group are enjoying summer activities as well as busily preparing for the upcoming MCSC October Arts & Crafts Sale.



Betty Ann Chandler has been a MCSC Member since 2016 & will celebrate her **108th** birthday next month on August 17th. She is still active and enjoys art projects, seated Tai Chi and exercising, but most of all she enjoys her three full meals a day! She attributes her longevity to having a large loving family, to staying physically and mentally active, and to always staying positive! She says, "You can choose to be happy, or you can choose to be sad. I choose to be happy!!!" Her favorite saying is "I am healthy, vital and strong, and I radiate dynamic energy!!" She amazes her family everyday with her enthusiasm and love for life !!

MCSC Photo Club

AUGUST 2025 Schedule

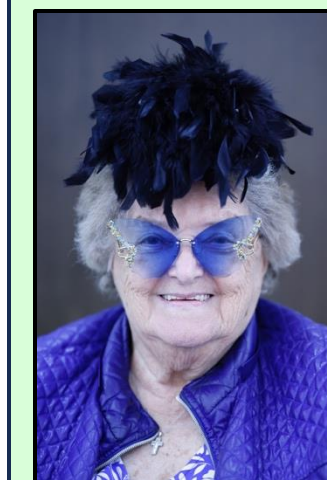


August 6th – Memory cards , White Balance

August 13th – Field Trip to Neary Lagoon Park

August 20th – Workshop - Macro (Close Focus)

August 27th – Choosing the Correct Lens
Initial Starting Options



90's Club
Friday
AUGUST
8th, 2025 1-3PM

WHAT IS.....Hand and Foot Canasta ??

Hand and Foot Canasta is a variation of the traditional Canasta card game, played by four players in teams of two. Each player is dealt two sets of cards: a "hand" to play from and a "foot" that is played after the hand is used up. The goal is to form melds of cards, especially canastas - sets of seven or more cards of the same rank. Players score points for creating these melds and lose points for cards left in their hands and feet at the end of the round. The game is played over several rounds, with strategy, teamwork, and careful management of cards playing key roles. **Bella Hughes is the activity leader for this activity, played Monday and Thursday.**