

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¢ Pull Tabs, Win up to \$250.

Hot dogs, Chili, Chips and Soda available for purchase

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



OPEN TO THE PUBLIC • ALL PROCEEDS BENEFIT MCSC • MCSC-CAPITOLA.ORG • VOLUME 50, NO. 3

**PROJECT SCOUT RETURNS with
FREE TAX PREPARTION**

Project Scout will be held at Mid-County Senior Center each Wednesday from Feb 7th to April 24th.

Please make reservation with the receptionist & also pick up an intake form in advance of your appointment.

Tuesday Night LIVE Dinner
March 12, 2024 – 5:00PM
**Corned Beef & Cabbage w/
Potatoes, Carrots & Onions**



\$15/plate
**RSVP w/ receptionist at Front Desk
IN ADVANCE**

Dear Members,

Hopefully by the time that you read this we will have had a chance to dry out from the February rains. Of course, you know what they say about March coming in like a lion and going out like a lamb. I am definitely looking forward to Spring.

We have several fun and interesting events this month. First, on March 12th is our Corned Beef and Cabbage dinner. Please consider signing a list at the reception desk if you plan to attend. This will help us determine how much meat to buy.

On March 15th we have our General Meeting at noon which all members are invited to attend. Lunch (pizza) will be provided and then at 1:00 we will have guest speakers from the Santa Cruz County DA's office who will discuss scam prevention. I strongly urge all members and activity leaders to attend the General Meetings as this is when you will hear what motions have been passed by the Board as well as being able to interact with them.

On Saturday, March 16 our member Hsui-Li (Sho-Li) Cheng will read from her book "Chop Suey, a Colorful Mix of Life Stories" and then sign copies. All proceeds benefit the Mid-County Senior Center.

Thank you, Curt Jewell, President



MARCH ACTIVITY ANNOUNCEMENTS

Prevent SCAMS!

The District Attorney's Office will be presenting "Preventing Scams for Seniors", Friday March 15th 1-1:30PM at Mid-County Senior Center. A Q&A session will follow.

SAVE the DATE for this very important discussion!



FUNDRAISER: The Mid-County Senior Center is proud to present "Chop Suey—A Colorful Mix of Life Stories" by Hsiu-li 'Sho-li' Cheng". Sho-li will sign her book for the public to raise funds for the Senior Center as a show of gratitude to the place where she was inspired to write her memoir. "Chop Suey" is about the author's journey from childhood poverty in Taiwan during World War II to her successful career as a nurse-midwife in England and the US.

The book signing will be at MCSC on **March 16, Saturday from 3:00-5pm.** refreshments will be served.

BOWMAN RANCH BREAKFAST
SUNDAY MARCH 24th, 2024
 8.30AM to Noon
 \$11/ Adults \$5/Kids & Under



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



Book Club

If you are interested in the book club please call Cookie Sherman 477-9492 before attending the meeting. The conference room is small & limited. She will call you as soon she has availability, Thank you.

For Help with Cal Fresh Schedule appointments by calling
(831)724-2606

Brown Bag Program

\$30 a year for a bag of healthy groceries every week!

Recycling Center ■ Thrift Store ■ Bookstore
 Computer Store ■ Classes ■ Events



(831) 479-1055 greybears.org 2710 Chanticleer Ave, Santa Cruz



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

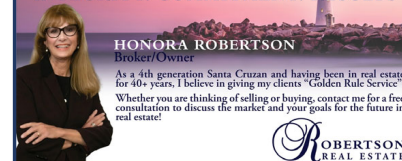
We welcome new members: Contact Dan Rutan at rutandan@comcast.net or 831-475-4939
santacruzsymphonyleague.org



VALLEY HEIGHTS
 SENIOR RENTAL COMMUNITY

925 Freedom Blvd.
 Watsonville, CA 95076
 Work: (831) 722-4884
 Fax: (831) 722-2276
 Email: valley@valleyheights.com

INTEGRITY. COMMITMENT. RESULTS



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

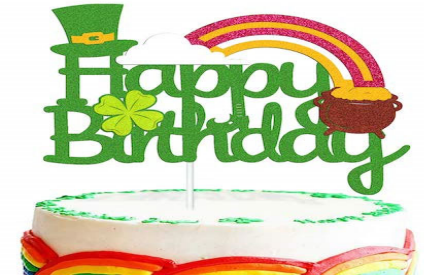
Hearts & Hands

Post Acute Care and Rehab Center

2990 Soquel Av, Santa Cruz, CA 95062

Providing Rehab, Skilled Nursing and Long-Term Care Services to help you heal after a hospital stay

P: (831) 479-9000
 F: (831) 462-4800
heartsandhands.us

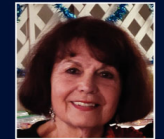


Andre, Sue	McCavitt, Joanna
Barry, Lynn	Moriarty, Melissa
Bowman, Vickie	Moseley, Marie
Braham, Mary Beth	Mrdjen, Peter
Correos, Donna	Murdock, Judith
Ellis, Kathryn	Nussbaum, Joseph
Gilles, Kay	O'Mara, Stephanie
Golliher, Myrna	O'Brien, Michele
Haley, Suzanne	Perry, Janet
Healy, Mary	Prevedelli, Nancy
Israel, Melita	Ryan, Mary Lee
Jackson, Lynn	Schmidt, Helga
Jones, Dorothy	Shishmanov, Nikola
Jones, Hibbe	Snyder, Raina
Keehan, Judy	Spletstoeser, Doris
Kindell, Valerie	Strayer, Audrey
Lee, Bill	Turner, Frank
Malcom, Cathrin	Whitman, Jim



Gail D. LoBello
 Broker/Owner
 ABR, CRS, GRI, SRES

p o box 3374
 Santa Cruz, CA 95063
 831-462-4825
www.GailLoBello.com
GailLoBello@gmail.com



Real Estate





BOARD OF DIRECTORS MEETING NOTES
February 16, 2024



The following items were announced or approved at the meeting:

- Conversion to QuickBooks & the ability to write checks internally has been approved
- Presentation of new QiGong class which will begin in March
- Approved Ice Cream Social – FREE to Members on 3/20/24
- A report from Buildings & Grounds that they have installed a new receiver to allow music to be streamed over PA system
- Installed Google Chromecast to allow streaming to TV
- Approved sending out copies of by-law changes to membership for authorization
- Two additional security cameras have been installed
- Proposed that reservations & payment be made for dinners

Respectfully submitted by Marilyn Jessup

By Laws Updates

The Board has completed their review of the MCSC By Laws and are recommending a few changes be made. All changes require a vote from the membership.

You should be receiving a ballot in the mail within the next week. Please review the material and cast your vote. You can return your vote by mail or bring it to the center.

If you have any questions, please reach out to the receptionists or anyone on the board.

Please return your ballots by the end of February!

Do we have your email? We are trying to update our records to include email addresses. Please stop by the receptionist and update your information or send an email to mcsc4u@att.net. If you would prefer to get this newsletter by email, please let us know.

**CAUTION!!
BE CAREFUL PLEASE!!**

There have been many accidents involving both cars and pedestrians on Bay Avenue by our center. If you are walking, please be careful, look both ways and wear reflective clothing!

Board of Directors

President: Curt Jewell, (831) 227-9974

1st Vice President: TBD

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) 476-1972
Nancy Prevedelli, (831) 476-0416
Donna Fernandez, (831) 426-2827

Past President: Debbie Sheehan, (949) 633-7222

Committee Chairs

Activities & Events, Publicity: Cindy Kiernan, 831-476-4711

Building & Property, Garden, & Technology
Curt Jewell, 227-9974

Bylaws, Finance & Personnel
Cindy Kiernan, 428-9875

Membership:
Vicky Howell, 345-6374

Departments

Coordinator: Open

Librarian: Elke Maus, 464-8983

Newsletter: Vicky Howell 345-6374


Receptionist: Nancy Prevedelli, 476-0416

Sunshine Committee: Office 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.

MEMBER SPOTLIGHT



Ann Ligon has been a member of MCSC since 2019. In that time, she has become an invaluable member. If you have been here more than once, you have most likely met her. She is a receptionist, helps with Bingo, Cashiers for dinners, breakfast and many of the dances. She works as an overseer and when she is not working, she is generally here playing. Ann is an active member of the Choraliers and plays Canasta as often as she can. Ann spent much of her life in Virginia. She has been in Santa Cruz for several years and has lived here for periods of time in her past. She is currently planning to return to the East Coast, and she will be sorely missed here at the center.

Make sure you stop in to say good-bye to her and let her know how much we have all appreciated her.

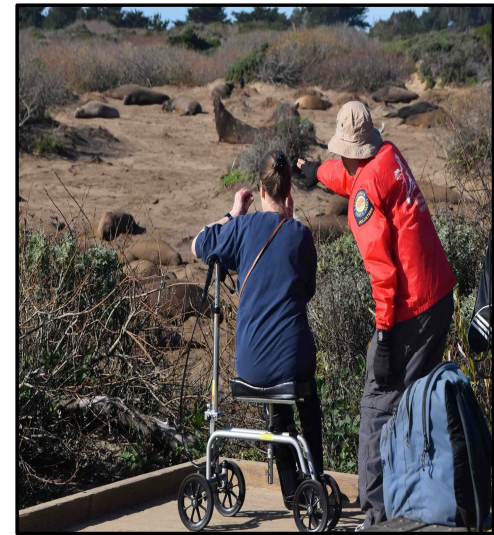
Equal Access Elephant Seal Guided Walks are available now!

Año Nuevo offers a two-hour tour designed for visitors needing mobile assistance to observe elephant seals. An ADA wheelchair-accessible van takes visitors to a boardwalk that leads to a seal viewing area. Each person requiring mobility assistance can bring up to two additional guests on the tour.

Equal Access tours are offered on Fridays, Saturdays, Sundays, and Mondays at 10 am and 1 pm, running from December 15th to March 18th. Explore our website for further details and call 1-800-444-4445 to secure your spot today!



SAVE THE DATE
MARCH 20th, 2024
1PM
Come join US for an Afternoon Delight. Spend time with Friends OR come meet NEW Ones.
FREE !!



ACTIVITY NOTES

BINGO

Best game in town. Tuesdays, 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

Mah Jongg: -Fri at Noon in the Annex.

Chinese Mah Jongg

Beginners welcomed on Wed - 12:30 PM in the Main Room.

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)

GARDEN UPDATE

We are starting to look forward to spring in the Garden. We have all been nurturing our starts indoors and in the greenhouse, hoping the nights warm up enough so we can plant. There is so much work to be done throughout the garden. The community workday will be 3/2, with a meeting for all gardeners immediately following.

The Lavender Ladies held their first meeting in Feb to brainstorm new ideas and kick off the season. Weekly meetings will resume 3/13 at 1pm by the Lavender shed, weather permitting.

GIFT SHOP

We still have a bit of winter on hand, with Blustery winds, some rain and chilly temps. BUT ...the GIFT SHOP has the answer! We have a lot of beanies, hats and scarves to keep you warm. Come check it out!

Attention Please:

Qigong is BACK
Mondays 10am-11am

2nd Tuesday
March 12, 2024
Corn Beef Cabbage
***SPECIAL PRICE* \$15/plate**
PLEASE RSVP IN ADVANCE

Bowman Ranch Breakfast
Sunday March 24, 2024
8:30-Noon \$11/Plate

Wed Night Line Dance
Classes **Cancelled** Indefinitely

Why are so many leprechauns gardeners?

Because they have green thumbs.



WORKSHOPS

Tech Talk with Tinka. Sign up with the Receptionist for a FREE 20-minute session with Tinka to answer your questions about using your cell phone or tablet.

Fridays by appt. only between 11 to 1:00 p.m.

Photo Shop

Photographers - Learn to get the best out of your camera, edit pictures using photoshop, go on field trips, and work with other talented photographers! The club meets every Weds 1-3PM



March Schedule:

3/6 Self Timer
Auto Exposure Bracketing (AEB)
3/13 Field Trip
3/20 Workshop – Learning Experience
3/27 Extended Backup Organizing Photos



Learn Qigong FROM JIM WEAVER

Qigong practice can have a powerful effect on the healing process. Some benefits include, builds strength in muscle, enhances concentration, encourages cardiovascular & respiratory fitness, stimulates the lymph system, better sleep, improves mood, increased physical energy along with more clarity and focus, reduces depression, stress & anxiety. **JOIN US EVERY MONDAY** from 10am – 11am with Instructor Jim Weaver. Enjoy your Practice!



AGE WELL
SANTA CRUZ COUNTY

Are you 40 or Older?
Age Well wants to hear from you!

The Age Well Santa Cruz County survey is collecting community feedback focused on aging locally. Santa Cruz County Residents over age 40 are encouraged to take the survey.

Santa Cruz County is developing a Master Plan for Aging, a 10-year blueprint to ensure people of all ages and abilities in Santa Cruz County are afforded equitable opportunities to thrive as they age, how and where they choose.

Take the Survey Now:

Tinyurl.com/AgeWellSantaCruz
- or - Pick one up at MCSC



WELCOME NEW MEMBERS

Beatty, Carol
Braham, Mary Beth
Culbertson, Robert
Hottel, Susan

Morgan, Wanna
Peek, Ellen
Spletstoesser, Doris
Stiles, Dawn



COMMEMORATIVE BRICKS

MCSC invites you to become part of the Tribute Patio in our garden gazebo. Purchasing a brick with your custom message is an easy way to leave a lasting family legacy. Donation \$100.

Place your order by March 30th.
See the Receptionist for an order form