

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

RETURN SERVICE REQUESTED

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

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



BINGO

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 59, NO. 9



**FALL GARDEN SALE
& CRAFT FAIR**
Sat. October 4, 2025
9AM-2PM

Artisans: Lavender Products, Ceramics,
Candles, crochet Gifts ‘Upcycle Tins’, Driftwood,
Succulents and Much more!

From the Garden: Fresh Bouquets, Winter
Starts, Organic Veggies, Pumpkins

Just for Fun: Art for Kids, Tour
the Gardens or Buy a Scarecrow.



BBQ & Snacks Available for Sale

Mid-County Senior Center
829 Bay Ave • Capitola, CA 95010 • 831/476-4711
mcsc-capitola.org

Dear Members,

As we look forward to the vibrant months of September and October, our area comes alive with tradition, community spirit, and anticipation for the year’s best weather.

Mark your calendars for October 4, when our annual fall parking lot sale returns. This much-anticipated event features an abundance of garden-grown produce—fresh, local, and bursting with autumn flavor. Beyond the delicious fruits and vegetables, you will discover a variety of arts and crafts created by talented members of our community and outside vendors. Whether you are seeking unique gifts, homemade treats, or simply wish to join the fun, this sale is a wonderful way to support local growers and artisans while welcoming autumn.

Leadership and participation remain central to our community’s success. Debbie Sheehan is chairing the Nomination Committee this year, guiding us through the important process of forming our Board for the upcoming term.

Join us at the General Meeting on September 19 to hear the slate of officers proposed by the Nomination Committee. This is your opportunity to get involved and have a voice in our leadership. Nominations for all Board positions will be accepted from the floor during both this September meeting and again at the October 17 meeting.

To further foster community and camaraderie, pizza will be served at both the September 19 and October 17 meetings. Share a slice and a conversation while you participate in shaping the future of our organization.

The coming months offer many chances to connect, contribute, and celebrate. Whether you are interested in supporting local producers, appreciating handmade crafts, or helping to lead our organization, everyone is welcome and every contribution matters. We look forward to seeing you at our fall events and meetings!

Curt Jewell, President



COMEDY MATINEE SHOW

with Richard Stockton
Performing Sunday
Sept 21, 2025 @ 3-5PM
\$10/person



MCSC 829 Bay Ave. – Capitola, CA 95010

BOWMAN RANCH BREAKFAST

Sunday – September 28, 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



MedCardiacion
EMERGENCY TRAINING
MedCardiacion.com

CPR-AED

For **PARENTS – GRANDPARENTS**
Or **ANYONE** ready to save a life!

ADULT-CHILD-INFANT CPR
Includes Choking, Drowning, Opioid/Narcan



Bob Skubis, EMT

August 30th 9-12pm Register by calling 831.600.5128

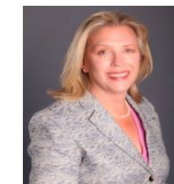
Next date: Sept 20th

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

**MID-COUNTY SENIOR CENTER, 829 BAY AVENUE
CAPITOLA**



**Have Medicare questions?
I have answers.**



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

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!

ROBERTSON
REAL ESTATE

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

Award-Winning Mexican Cuisine

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



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

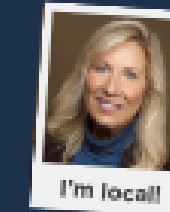
Retire With Greater Financial Flexibility



- ✓ Pay off your existing mortgage to eliminate your monthly payments¹
- ✓ Get additional income tax-free² cash to use for what matters most
- ✓ Continue to own your home just like a traditional mortgage¹

¹ You must meet your loan obligations, keeping current with property taxes, homeowners insurance, and home maintenance.

Contact me to see how a reverse mortgage could help you retire with confidence!



Brooke Squyres
Reverse Mortgage Consultant
NMLS #1488020
(831) 840-6505
bsquyres@longbridge-financial.com

¹ Consult a financial advisor and appropriate government agencies for any effect on taxes or government benefits. Licensed by the California Department of Financial Protection and Innovation under the California Residential Mortgage Lending Act. Loans made or arranged pursuant to a California Financing Law license. For California consumers: For information about our privacy practices, please visit www.longbridge-financial.com/privacy. Branch Office: 3700 Hardin Way, Soquel, CA 95073. Branch NMLS #2388833. This material has not been reviewed, approved or issued by HUD, FHA or any government agency. The company is not affiliated with or acting on behalf of or at the direction of HUD/FHA or any other government agency. ©2023 Longbridge Financial, LLC NMLS# 957933, 81 South Paramus Road, Suite 500, Paramus, NJ 07652. 1-855-923-4326. For licensing information, go to www.nmlsconsumers.com. For additional Longbridge licensing and disclosures, please visit longbridge-financial.com/licensing. Not all products and options are available in all states. Terms subject to change without notice. Certain conditions and fees apply. This is not a loan commitment. All loans subject to approval.

NextStage Productions

PRESENTS

**Storytelling 2025
Influences & influencers**

NextStage Productions Story Tellers bring us stories about how our lives are impacted by people who see the world ... or how we have been influential in the lives of others. Directed by Brad Rodes in the style of PBS Moth Radio Hour

There are two casts this year, come and enjoy both shows!
September 6th & 7th at 2pm
Mid-County Senior Center (Annex),
829 Capitola Avenue, Capitola

Suggested donation \$10
Tickets at the door



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



venmo

**Innovative
Care
Advocates**

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

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(831) 471-5183

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





The following motions were approved at the
August 15, 2025 Board Meeting :

*** Approve a letter of MCSC support of Soquel Elementary School that is requesting a grant from Parks & Rec for school gardens.**

*** Approve \$250 for Richard Stockton for a matinee comedy show September 21, 3-5pm.**

*** Amend the July 18 minutes that Marilyn J. was excused vs unexcused absence. An excused absence only requires notification to the president without cause.**

*** Add to the Standing Rules, if a board member misses 6 board meetings in a year, a decision will come before the board if the member should be excused from the board.**

Submitted by Recording Secretary - Marilyn Jessup

HAVE YOU CONSIDERED RUNNING FOR MCSC BOARD?

The Board selected President Debbie Sheehan as Chairperson of the Nominating Committee. At both the Board Meeting and the General Meeting in September, the nominating committee will present their recommendations for Board positions.

Additionally, nominations from the floor will be accepted in September and October for any member wishing to run.

The next step will be creating the election committee, who will prepare the ballots with voting instructions and mail out to the entire membership. They will count the ballots and report the results at the November board meeting. If you would like to be a member of this committee, please send a note to BELLARN4@GMAIL.COM for consideration.



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.

29 NEW MEMBERS

Joined from 7/19/25 – 8/21/25

Merilee	Ferdinand
Patti	Krieger
Angeline	Hnatt
Roberta	Richardson
Agnes	Akabogu
Madeline	Heassler
Terri	Morgan
Carmen	Lourenco
Cindy	Reardon
Delia	Lopez
Michael	Reardon
Maureen	Tsai
Rebecka	Hawkins
Ronald	Shanks
Cypress	Morales
Pat	Emard
Barbara	Miller
Cheryl	Ridgway
Donna	Cerio
Leah	Kushner
Ella	Fredrickson
Alberto	Guarino
Michael	Maloney
Dana	Weinberg
Marilyn	White
Audrey	Trautwein
Linda	Capdepon
Sharon	Juhl
Cindee	Sorensen

TOTAL MCSC MEMBERS 566

CELEBRATE YOUR BIRTHDAY MONTH WITH US !!

To celebrate the members having birthdays
the

Board will host a cake party on

Friday – Sept. 19, @ 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!!

September Birthdays



April	Johnston
Belinda	Garza
Brenda	Messenger
Carol	Beatty
Connie	Hunter
Deborah	Calloway
Donna	Drozen
Donna	Senko
Elaine	Maitland
Elaine	Moore
Elena	Tufo
Gail	Karpinski
Ines	Marshall
Jack	Sohriakoff
Jane	Claassen
John	Benich
Judy	Melton
Kelly	Gibson
Lois	Duncan
Lynette	Clowinger
Margie	Lund
Marice	Parkes
Maryann	Stewart
Merilee	Ferdinand
Ollie	Hoefer
Pat	Winton
Patricia	Goulet
Patrick	Purcell
Patti	Maraldo
Patty	Nelson
Peggy	Church
Rebecka	Hawkins
Rick	Glissman
Robert	Guarino
Robert	McBurney
Robin	Lasser
Rose	Saluzzo
Ruth	Cutshaw
Ruth	Mecadon
Stephany	Fiore
Tobin	Freel
Virginia	Keith

Friendship

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 – Every 1st Friday of the month 1- 3:30 PM

BEGINNING 9/5/25

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)

ATTENTION



**LINE
DANCING
CANCELLED
FROM
AUGUST 25
UNTIL
OCTOBER 20,
2025**

GARDEN UPDATE

We are really enjoying our summer, harvesting vegetables and enjoying all the flowers! It is such a wonderful place in the garden. **The next garden workday will be September 6th at 8:45AM with a meeting to follow.**

Our annual October Garden & Craft festival will be held on October 4th.

Volunteers are needed for the event.

Please sign up with Cindy or Curt.

Join us for the 90's Club

FRIDAY

Sept. 12th, 1:00 - 2:30PM



INGRID LARSEN & TONY ALONZO



STICK YOGA w/ ARTHUR FAYGENHOLTZ
* FREE FRIDAY *

SEPTEMBER 26, 2025 1-3PM

GIFT SHOP UPDATE



The Oshibana Style greeting card class on Saturday, Sept. 13th has been filled up.

THANK YOU to all that signed up, we look forward to seeing you then!

STAY TUNED, our sign-up is coming soon for the second Bird House Workshop, scheduled for Saturday, Nov.8th

UKULELE UPDATE



We had a celebration of life for Alice Yerkes last month. Several groups performed, including the Choraliers and Mid County Pluckers.

Thanks to Ana & Tony for all their help!

Many new faces are showing up, both

beginners & experienced players. Our

Bassman, Michael has volunteered to give some tutorials immediately following our sessions. The days will be announced at our regular sessions. Some of our group just come

to sing with us & enjoy the music! If you like fun

& music - we are the group for you!

Come join us & try it out ! Aloha 🍷

SPECIAL SPEAKER 9/19/25 @ 1PM

BILL PROULX

with Senior Medicare Patrol

will be here to discuss the very important topic on Medicare Fraud. Learn how to prevent, detect & report Medicare fraud

JOIN US FOR BEFORE HAND AT
THE GENERAL MEETING @ 12PM

PIZZA @ 12.30PM

CAKE & ICE CREAM TO FOLLOW AFTER SPEAKER

MCSC Photo Club

September 2025 Schedule



September 3rd – Filters, 012 Self Timer

September 10th – Field Trip (TBD)

September 17th – Workshop

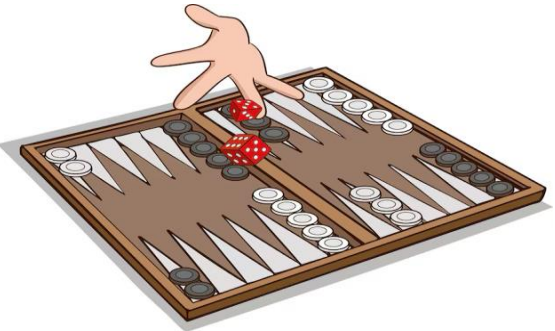
September 24th – 013 Auto Exposure

Bracketing (AEB)

MARICE PARKS IS **103 YEARS YOUNG ON**
SEPT 4, 2025



Backgammon



Have you ever wondered how to play backgammon? MCSC member Daniel Jadick is willing to teach! We meet every Monday from 12 to 2 PM. All you need to do is just show up, be willing to learn and have FUN - See you then!