

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, $\frac{1}{2}$ Pad alone \$6

$\frac{1}{2}$ 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 2026 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 63, NO. 13

BOWMAN RANCH BREAKFAST

Sunday – January 25th, 2026

8:30am – NOON

**OPTION#1 Scrambled Eggs w/ Cheese or Veggies,
Hashbrowns, Bacon or Sausage, Fruit and
ALL YOU CAN EAT PANCAKES !!**

**OPTION#2 French Toast, Bacon or Sausage & Fruit
\$15/ Adults - \$5/ Kids Ages 10 & Under**



Mid County Senior Center
829 Bay Avenue – Capitola, Ca 95010
Ph# 831.476.4711 - mcsc-capitola.org

Dear Members,

Greetings to 2026

It looks like we're in for an exciting New Year!

For those who don't know me, I've been a member of MCSC since 2013. I joined the center for two reasons: the Garden & Photo Class. I've been the instructor for the Photo Club since 2013. Working with Larry Daniels, we created a curriculum that works with a wide range of skills. Photography is a passion of mine, but I also really enjoy the field trips and seeing our class work exercised in real life.

It wasn't long before I was encouraged to be more involved and became the Assistant Garden Manager for four years. This was my first experience with the board of directors, so I am familiar with how they work and MCSC's management processes. I know I have big shoes to fill after the great job that Curt Jewell has done over the last two years. I'll do my best to fill those shoes. Thankfully, he remains the Building & Properties manager and will be available to help guide me.

One of the reasons I agreed to take on the role of MCSC Board President for 2026 was to have the chance to see more of the activities here at the center and meet more of our members. I am interested in what you feel is most important and what you would like to see changed. I would love to hear your thoughts on it. We are also always looking for volunteers to help us organize additional events. If you're interested, please leave your name with the receptionist's desk.

The Choraliars had their Christmas Show in December, with 155 people in attendance. This was a fantastic show and great for the center. Congratulations to all of them! I look forward to seeing the three shows they have scheduled for 2026. If you missed this one, be sure to mark your calendars for April 19th so you don't miss the next one!

I can't wait to see what the rest of the year will bring. Please feel free to reach out to me at any time.



George Kiernan, President

NEW DANCE CLASSES



Sunday Afternoons

Beginning on Jan. 11, 2026

Social Line Dance w/ Reeda Palmer

1-2:30pm \$5/ Person (A)

Monday Nights

Beginning Jan. 12 – Feb 9th, 2026

Becky Adams will be teaching

Cha Cha Basics @ 6:15pm

Social + Slow Fox Trot 7:30pm

\$10/ Each Class (M)

Why was the snowman
rummaging in a bag
of carrots?



He was picking
his nose!



CONGRATULATIONS CHORALIERS
155 ATTENDEES – SOLD OUT DEC. SHOW!!



NextStage Presents Singer-Songwriters Showcase Extravaganza



Six of Santa Cruz's
finest new and
longtime singer/
songwriters team
up to present an
afternoon of
original songs
from the heart, soul,
mind, and spirit.

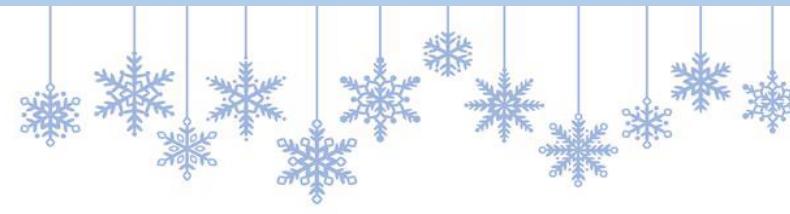


Debbie Nargi-Brown
Dan Frechette
Rachel Goodman
Mark Bradlyn
Glen MacPherson
Nancy Cassidy

January 31
4:00pm
418 PROJECT
155 River St.
Santa Cruz



For more info: www.nextstagesantacruz.org



SENIOR
Helpers
Senior Care, Only Better.

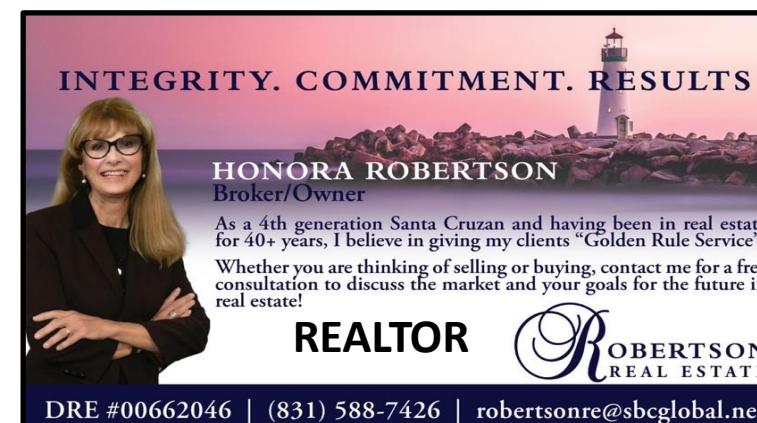
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Shad Schidel (Owner)
SS@Caring4Clients.com
831-295-8565

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Care to Meet Your Needs
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Capitola * Felton * Watsonville
Scotts Valley
License# HCO434700160



HAIR BY MARIE

Perm Includes Cut - \$85

Hair Cut – Includes Shampoo - \$50

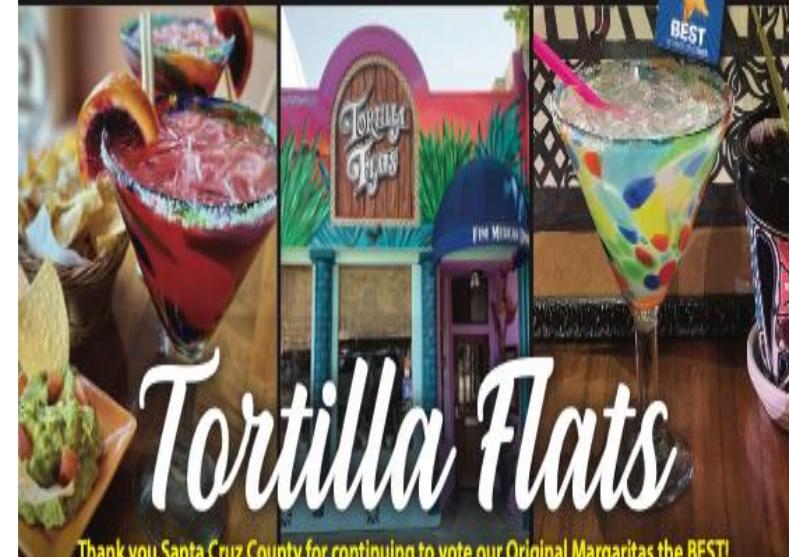
Color (roots only) Includes Trim - \$45

(831) 818-0347

3000 Valencia Ave. Aptos, Ca 95003

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 95063 • 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

¹You 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

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The following motions were approved at the December 19th, 2025 Board Meeting:

- Approve \$1200.00 for a new computer (CPU, monitor and keyboard) to replace the Big Mac.
- Approve a new dance class. Becky Adams will teach FoxTrot and Cha-Cha on Mondays, Jan. 12-Feb. 9.
- Approve the Health Fair on January 18, 11-3pm in the Annex and Main Hall. Sponsored by Santa Cruz SPCA and Second Harvest Food Bank, and \$100 to advertise the event.
- MCSC will not issue gift certificates as there are legal implications. Add a new standing rule that MCSC does not allow gift certificates but can issue coupons.
- Accept a donation/gift of a motorized wheelchair

Submitted by Recording Secretary - Marilyn Jessup



We're delighted to welcome Julie Conway as a new member of our MCSC family!

Julie is a long-time resident of the Aptos and Santa Cruz Seabright area and brings with her a wonderful blend of professional expertise and community spirit. As a health and wellness receptionist and coach at Health Way, she helps clients achieve healthy weight management and make smart, balanced dietary choices.

When she's not coaching others toward better living, Julie expresses her creativity in the kitchen. She's a talented baker known for her irresistible cake pops, cookies, and other sweet treats — you can get a taste of her creations at www.hotplate.com/cakepopbites.

At MCSC, Julie will be using her friendly people skills to greet visitors as part of our front desk team. Her warm smile and welcoming energy will surely brighten everyone's day, so next time you stop by, be sure to say hello to Julie and make her feel right at home.

**JOIN US for the 90' CLUB
2nd FRIDAY of the Month**
January 9th, 2026
1-2:30PM



Board of Directors

President: George Kiernan, (408) 590-8282

1st Vice President: Bella Hughes

(831) 566-1474

2nd Vice President: Teri Mantz

(831) 588-3700

Treasurer: Cindy Kiernan,

(831) 428-9875

Recording Secretary: Mari Segura,

(831) 818-6090

Directors at Large

Tony Alonzo: (831) 818-8712

Debbie Sheehan (949) 633-7222

Donna Fernandez: (831) 426-2827

Past President: Curt Jewell

(831) 227-9974

Committee Chairs

Activities & Events: Mari Segura

(831) 818-6090 EM: mcsc4fun@gmail.com

Publicity: Bella Hughes

(831) 566-1474

Building & Property, Garden, & Technology: Curt Jewell, (831) 227-9974

Bylaws, Finance & Personnel: Cindy Kiernan: (831) 428-9875

Membership: TBD

Departments

Coordinator: Ana Alvarez (831) 476-4711

Newsletter: Ana Alvarez

Receptionist: Ana Alvarez

Librarian: Elke Maus: (831) 464-8983

 Sunshine Committee: Ana Alvarez (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, George Kiernan



NEW MEMBERS

Joined from 11/21/25 – 12/18/25

Beth	Goldfaden
Carol	Bravo
Cece	Shain
Diana	Archerda
Diane	Gosham
Gloria	Dioszegi
MaryLou	DelPierre
Melinda	Vento
Rachael	Peterson
Rob	McMinn
Robin	Phelps
Therese	Duggan
Tina	May

TOTAL MCSC MEMBERS 585

CELEBRATE YOUR BIRTHDAY MONTH WITH US !!

To celebrate the members having birthdays the Board will host a cake party on **Friday – January 16th. 2026**



SPECIAL SPEAKER

FRIDAY 1/16/26 @ 12:30 PM

Pre-register

\$5 Cost of food tastings

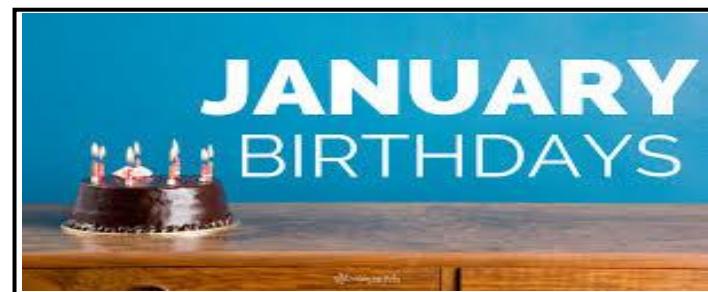
(pay Mari at entrance)

A special talk regarding
Plant Based Nutrition.

Rita Fairbairn will be here to educate us on how to help ourselves heal through a plant-based diet.

This is Part 1 of 2 presentations.

Topics included with be
**HEALTH, VEGAN DIETS
& WELLNESS.**



JANUARY BIRTHDAYS

Andrew	Longmire
Angeline	Hnatt
Betty	Freeman
Bob	Skubis
Carmen	Lourenco
Carol	Cowen
Caroline	Kelley
Catherine	Ellis
Cheryl	Bass
Cheryl	Daniels
Dana	Duran
Daniel	Jadick
Deborah	Barnum
Edward	Riolino
Elaine	Nicholson
Harold	Rodgers
Helen	Richmond
Jan	Taylor
Jeanne	Dawson
Jeff	Clark
Jennifer	Lamb
Joanne	Brown
Juanita	Usher
Madeline	Heassler
Margo	Atkinson
Marilou	Moschetti
Marilyn	Birmingham
Mary	Crouser
Mary	Zinsmeyer
MaryLois	Comeskey
MaryLou	DelPierre
Michael	Glane
Michael	Thomas
Nancy	Ficarotta
Nancy	Hanson
Norma	McLean
Rachael	Peterson
Robert	Pitman
Robert	Traughber
Russell	Nicholson
Shari	Nison
Shirley	Jackson
Stephanie	O'Mara
Susan	Japinga
Teri	Mantz

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 (M)

Duplicate Bridge: Mon/Thu 11AM



Backgammon: Monday 12-2PM

Canasta: Hand & Foot
Mondays & Thursdays
12:30-3:30PM (M)

American Mah Jongg:
Friday @ 12:00PM (A)

Chinese Mah Jongg
Wed 12:30-3:30PM (M)

BEGINNERS WELCOME!

Scrabble: Wed -12:30 PM. (M)

PEDRO – Every 1st Friday of the month 1- 3:30 PM (M)

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 –NOON

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 Saturday (1/11) in the Annex 10-12PM

SPANISH – Fridays 11:00-12:00 (M)

IMPROV Class
1st & 3rd Wednesday (A)
10:30-12PM

90's CLUB
2nd Friday of the month (M)

ART CLASS:
EVERY Tuesday 1-3pm (A)

TECH TALK with TINKA
2nd & 4th Fridays 11-1 (M)

ATTENTION

New Activity starting Friday Jan. 16th, 10:30AM (1 hour)

HORTUCULTURE WALK with Lisa McAndrews
Check in/pay at the front desk & sign Release Form

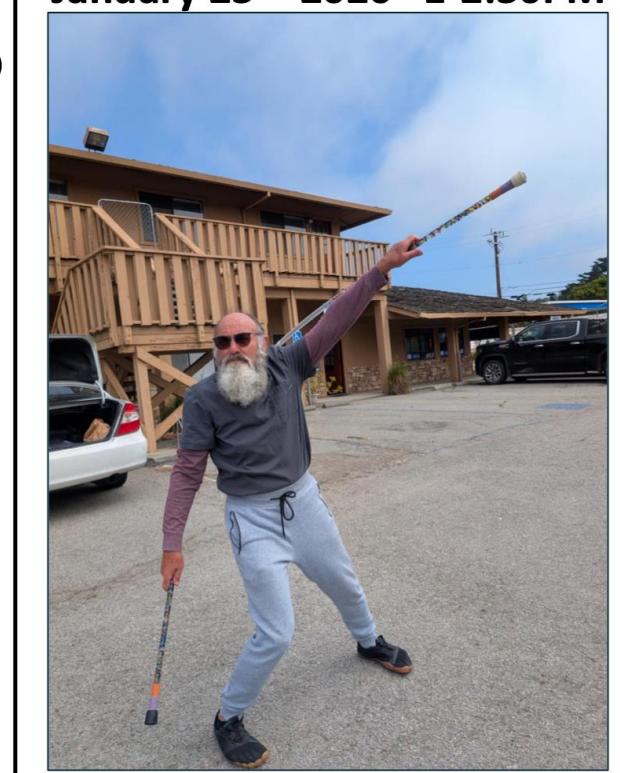


GARDEN UPDATE

The garden is relatively quiet during these winter months, but there is always plenty to keep us busy. We will not have a workday in January, but we will have a mandatory meeting to renew your space rents - 9:00AM in the Annex. Please remember your MCSC Membership must be current to renew your garden space, so please check your renewal date at the back of your newsletter.

The 2026 Garden committee will be Manager: Curt Jewell; Assistant Mgr: split between Patricia Carter and Thea Luiten; Secretary: Holly Thomas; District Leads: Nancy Moore, Janet Thalen, and Teri Mantz. Thank you for volunteering to take on these leadership roles!

**STICK YOGA w/
ARTHUR FAYGENHOLTZ
* FREE FRIDAY ***
January 23rd, 2026 1-2:30PM



PEDRO UPDATE

If you enjoy playing the card game Pedro, or would like to learn the game, come to the Senior Center the 1st Friday of every month @ 1:00 to join our current group. It is a very social game. We normally have light refreshments and there are prizes given. If you're interested in learning to play Pedro call JR at 831-234-6185. See you there!



UKULELE UPDATE

Hau'oli makahikihou!

Happy New Year! We're looking forward to the return of some of our travelers & the arrival of more new faces. A New Year is grand time to start something new, so if you've been thinking of trying your hand at Ukulele, now is the perfect time to come join us OR if you just want to sing over the music, you are most welcome! If you play another instrument – harmonica, guitar, etc. you are also welcome to join our happy group. Mahalo to all our members that kept things going while Michael & I were out. A special thank you to Robert for leading the group & to ALL faithful's who kept the music flowing! Here's to a Fabulous 2026!!



MCSC PHOTO CLUB

January 2026 Schedule



January 7th – DL Photos , Effects of Light

January 14th – Field trip – TBD

January 21st –Workshop

January 28th – Lenses / Flash



GIFT SHOP UPDATE



A Heartfelt Thank You from the MCSC Gift Shop

As we close another wonderful year, we want to thank all our loyal customers for supporting the MCSC Gift Shop. Your visits and purchases help keep our creative community thriving! Our shop features beautiful, handcrafted items made with care—needlecraft arts, greeting cards, glassware, and many other one-of-a-kind treasures.

We're always eager to hear your ideas for new craft classes or items you'd like to see in the coming year. Stop by soon to explore our latest arrivals and take advantage of our special holiday offer—selected scarves and hats are now 50% off for a limited time!

Come celebrate the New Year with us and discover the perfect handmade gifts to brighten the season.