

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

RETURN SERVICE REQUESTED

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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



**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



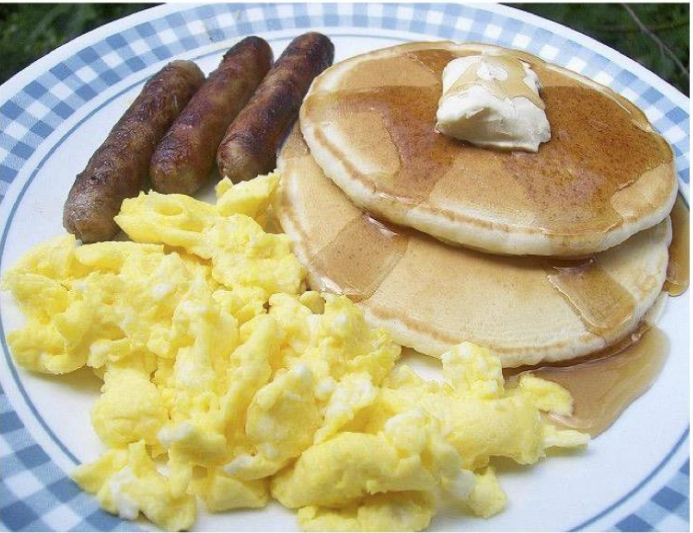
THE MID-COUNTY SENIOR CENTER IS A MEMBER OWNED, SELF SUPPORTING, NON-PROFIT ORGANIZATION  
DEDICATED TO PROVIDING SOCIAL, RECREATIONAL, EDUCATIONAL AND HEALTHY LIFESTYLE ACTIVITIES FOR SENIORS.

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](http://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 Choraliers 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 9<sup>th</sup>, 2026  
Becky Adams will be teaching  
Cha Cha Basics @ 6:15pm  
Social + Slow Fox Trot 7:30pm  
\$10/ Each Class (M)

## 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

\$20 donation suggested  
Tickets available on line  
and at the door

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



For more info: [www.nextstagesantacruz.org](http://www.nextstagesantacruz.org)

Why was the snowman  
rummaging in a bag  
of carrots?



He was picking  
his nose!



CONGRATULATIONS CHORALIERS

155 ATTENDEES – SOLD OUT DEC. SHOW!!



## Wellness with Purpose: Health Fair Where Health, Heart, and Community Come Together

Sunday, January 18, 2026

11:00 AM – 3:00 PM

Mid-County Senior Center

829 Bay Ave, Capitola

(Behind Woodworm Party Store)

- ★ 20 + Interactive Booths with Local Experts
- ★ Free Demonstrations and Mini Lectures
- ★ Raffle with Prizes Donated by Each Vendor!

Benefitting Santa Cruz SPCA  
and Second Harvest Food Bank



Admission:  
\$5 or two cans of food  
includes one raffle ticket  
Additional raffle tickets:  
\$5 each or 3 for \$10.



Come for inspiration. Stay for community.  
Bring a friend, support two amazing nonprofits, and celebrate good health for all—  
people and pets!



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



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MCARE

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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!

REALTOR ROBERTSON REAL ESTATE

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

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 95003 • @tortilla.flats • TortillaFlatsDining.com

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- ✓ Pay off your existing mortgage to eliminate your monthly payments<sup>1</sup>
- ✓ Get additional income tax-free<sup>2</sup> cash to use for what matters most
- ✓ Continue to own your home just like a traditional mortgage<sup>1</sup>

<sup>1</sup> 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  
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(831) 840-6505  
bsquyres@longbridge-financial.com

<sup>1</sup> 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](http://www.longbridge-financial.com/privacy). Branch Office: 3700 Hardin Way, Soquel, CA 95073. Branch NMLS #225988335.

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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](http://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.



Board of Directors

President: George Kieman, (408) 590-8282  
1st Vice President: Bella Hughes (831) 566-1474  
2nd Vice President: Teri Mantz (831) 588-3700  
Treasurer: Cindy Kieman, (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**

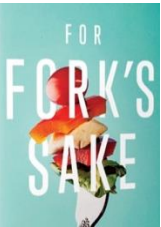
Beth	Goldfaden
Carol	Bravo
Cece	Shain
Diana	Archerda
Diane	Gosham
Gloria	Dioszegi
MaryLou	DelPierre
Melinda	Vento
Rachael	Peterson
Rob	McMInn
Robin	Phelps
Therese	Duggan
Tina	May

**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 16<sup>th</sup>. 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	Glanec
Michael	Thomas
Nancy	Ficarrotta
Nancy	Hanson
Norma	McLean
Rachael	Peterson
Robert	Pitman
Robert	Traugher
Russell	Nicholson
Shari	Nison
Shirley	Jackson
Stephanie	O'Mara
Susan	Japinga
Teri	Mantz

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



## 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 1<sup>st</sup> 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 1<sup>st</sup> 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 : 2<sup>nd</sup> Saturday (1/11) in the Annex 10-12PM**

**SPANISH –** Fridays 11:00-12:00 (M)

**IMPROV Class**  
**1<sup>st</sup> & 3<sup>rd</sup> Wednesday (A)**  
10.30-12PM

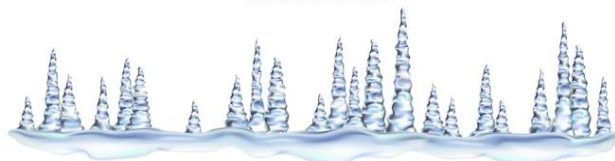
**90's CLUB**  
**2<sup>nd</sup> Friday of the month (M)**

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

**TECH TALK with TINKA**  
**2<sup>nd</sup> & 4<sup>th</sup> Fridays 11-1 (M)**

## ATTENTION

**New Activity starting Friday Jan. 16<sup>th</sup> , 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 23<sup>rd</sup>, 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 1<sup>st</sup> 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.