

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 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

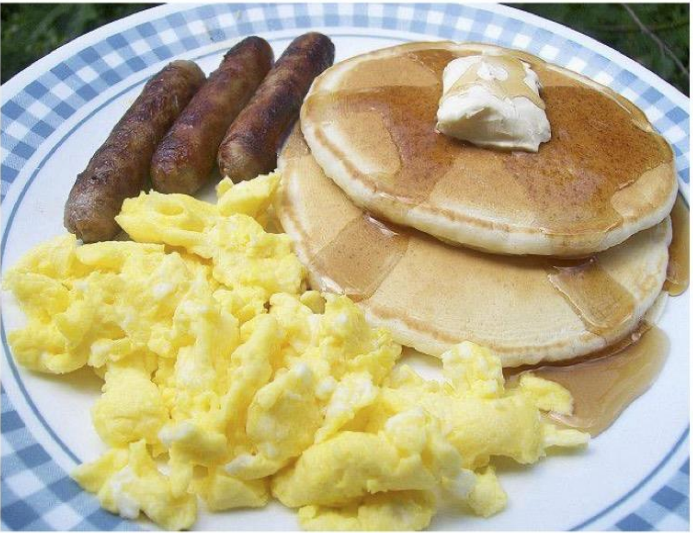
Sunday – January 25th, 2026

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

Dear Members,

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)

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

\$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)

## 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!

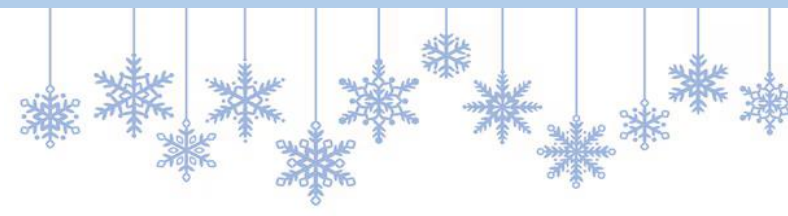
Benefitting Santa Cruz SPCA  
and Second Harvest Food Bank



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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MARC@MCAREADVISOR.COM  
MCAREADVISOR.COM  
424-474-1986

MCARE

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!

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

Retire With Greater  
Financial Flexibility

Longbridge

- ✓ 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  
NMLS #1488020  
(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 #23598830.  
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The following motions were approved at the  
December 19th, 2025 Board Meeting:

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.

**JOIN US for the 90' CLUB**  
**FRIDAY**  
**January 9<sup>th</sup>, 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  
Donna Fernandez: (831) 426-2827  
Past President: Debbie Sheehan  
(949) 633-7222

Committee Chairs

Activities & Events: Mari Segura  
(831) 818-6090 EM: [mcsc4fun@gmail.com](mailto: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: Marilyn Jessup (831) 818-0593

Departments

Coordinator: Ana Alvarez (831) 476-4711  
Newsletter: Ana Alvarez  
Receptionist: Cindy Kiernan  
Librarian: Elke Maus: (831) 464-8983



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.



**NEW MEMBERS**

Joined from 11/21/25 – 12/18/25

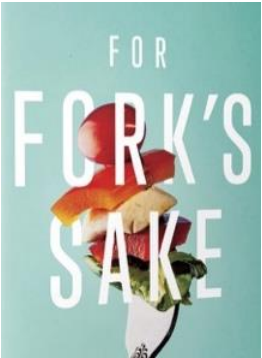
Beth	Goldfaden
Carol	Bravo
Cece	Shain
Diana	Archerda
Diane	Gosham
Gloria	Dioszegi
MaryLou	DelPierre
Melinda	Vento
Rachael	Peterson
Rob	McMinn
Robin	Phelps
Therese	Duggan
Tina	May

**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**

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



## 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)**

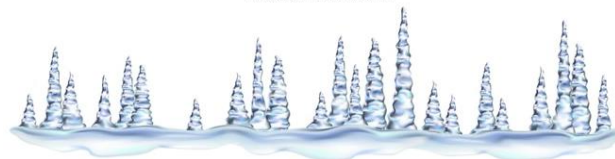
**ART CLASS:**  
**EVERY Tuesday 1-3pm (A)**

**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 The  
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.