

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

Mid-County Senior Center 2026

Newsletter

# FEBRUARY

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 64, NO. 2



Greetings fellow MCSC Members,

February is shaping up to be a good month! We have some new activities starting. Please read the Newsletter for more details on the events listed below.

- Feb 8th, we will be hosting a Super Bowl Party at 3PM. This party is for members and their guests. This will be a potluck and BYOB.
- Project Scout, a Free Tax Service, will be here on Wednesdays, Starting on Feb 4th from 9am - Noon. Be sure to call the receptionist for an appointment.
- Starting on Feb 2nd Tai Chi Exercise Class will be every Monday from 10:45 - 11:45.
- A new dance class starts on Feb 5th. Learn how to Salsa Rueda Dance with Lessons.
- Sunday Social Line dance takes place on Sundays from 1PM - 2:30PM.

I want to give a big Thank You to Sharron Barth for her organizing and running the Health Fair. Over 200 people showed up to take advantage of all that the Fair had to offer. It was very well organized with great information shared.

I also want to thank Gertie Johnson who has been booking great bands for our Friday Night Dances. The attendance continues to grow. You don't want to miss out on these dances!

George Kiernan, President



**NEW CLASSES**

**TAI CHI**  
MONDAYS & WEDNESDAYS  
10:45 - 11:45AM

**SALSA RUEDA LESSONS - \$10**  
(Intermediate)  
THURSDAYS 5.45PM – 7.00PM

**BOWMAN RANCH  
BREAKFAST**

Sunday – February 22, 2026  
8:30am – NOON



With heartfelt thanks and gratitude to MCSC member Maggie Schwarb for her generous donation of a wonderful puzzle table for all visitors to enjoy. Thank you for helping make MCSC even more welcoming!



**Project Scout  
FREE TAX PREP**

*By appointment only*

Please call the MCSC receptionist at 831.476.4711 to schedule your appointment. Project Scout will be here on Wednesday mornings from 9-12PM beginning 2/4/26 – 4/15/26.

Please schedule your appointment ahead of time & be prepared to fill out an intake sheet, you may pick up @ our reception desk.

**FREE SUPER BOWL PARTY!**



**EXCLUSIVE EVENT**  
for Members & their Guests ONLY

- Optional: Bring appetizer to share
- BYOB: Wine & Beer Only
- MCSC will have Hot Dogs & Sides

**FEBRUARY 8th, 2026**  
MCSC DOORS OPEN @ 3:00PM  
GAME STARTS @ 3:30PM

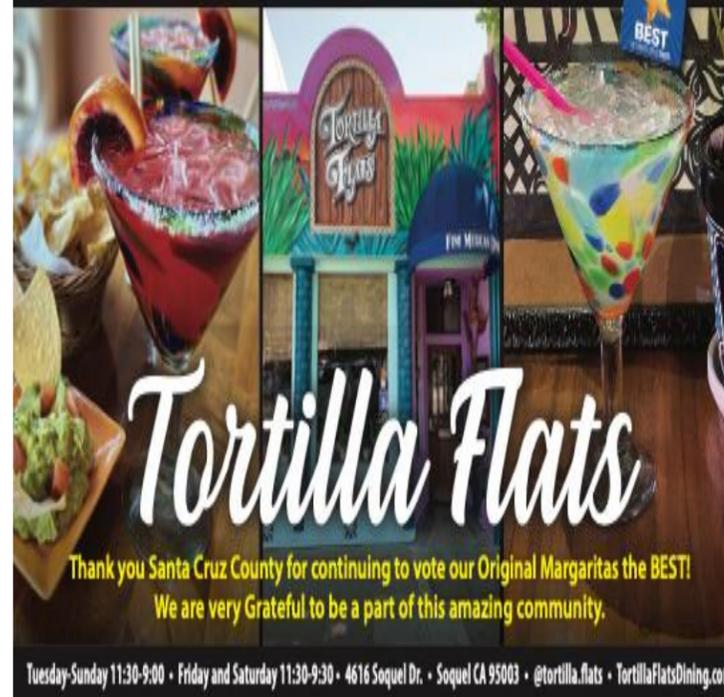
**Seattle Seahawks vs. New England Patriots**

Give the gift of LOVE this month by donating sealed, Non-expired canned goods to Second Harvest Food Bank and help nourish our community! Our bin is located by our gift shop. ❤️



**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

**Advertise in the  
Mid-County Senior Center Newsletter**



**Business Card Size - Circulation**  
500+ /month  
**Monthly \$40**  
**3 Months \$108 - 6 Months \$204**  
**One year \$384**

Contact Ana at: [mcsc4ana@gmail.com](mailto:mcsc4ana@gmail.com)

**You're just our type! Give blood.**

**Blood Drive**  
**Mid-County Senior Center**  
Main Room  
829 Bay Ave.  
Capitola, CA 95010  
**Saturday, February 14, 2026**  
9:00 a.m. to 2:00 p.m.



**SENIOR  
Helpers**  
Senior Care, Only Better.



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

High Quality, Flexible  
Care to Meet Your Needs



SANTA CRUZ  
Capitola \* Felton \* Watsonville  
Scotts Valley

License# HCO434700160

**Retire With Greater  
Financial Flexibility**



- ✓ 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](mailto:bsquyres@longbridge-financial.com)

<sup>2</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 #2399830.

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**What did one  
lightbulb say to  
the other on  
Valentine's Day?**

I love you  
watts and  
watts.



The following motions were approved at the January 16th, 2026 Board Meeting:

- Approved 12/19/25 Board Minutes
- Approved On-Going Events - Garden Sale & Craft Festival 5/2/26 & October Fall Craft Fair date TBD, 9-3pm; Holiday Bazaar-Craft Sale, 12/5/26, 10-3pm; Senior Resource Fair-Funding for Advertising \$200 & Snack \$200 were approved
- Board Special Meeting 1/26/26, 10am, to review events, committees, etc.
- Approved the purchase of a shelf unit for the craft shed, not to exceed \$200
- Approved Salsa Rueda Dance Lesson-Intermediate, Thurs, 5:30-7pm, Main Rm, 60/40

Submitted by Recording Secretary – Mari Segura



### 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 12/19/25 – 1/16/26

Audrey	Reader	
Barb	Raab	
Bruce	Reimbold	♥
Carla	Miller	♥
David	Sanderson	
Debora	Morrison	
Jodi	Richardson	♥
Les	Forster	♥
Lisa	Mirzoyan	♥
Marina	Glagolev	
Mary	Forster	
Rachael	Peterson	♥
Robbin	Milne	
Roger	Wyant	♥
Sandy	Baird	
Scott	McGilvray	
Shaina	Hall	

**TOTAL MCSC MEMBERS 578**

CELEBRATE YOUR BIRTHDAY MONTH WITH US !!

To celebrate the members having birthdays the Board will host a cake party on



Friday – February 20th 2026 @ 1PM

## SPECIAL SPEAKER

FRIDAY 2/20/26 @ 12:30 PM

PART 2 - Plant Based Nutrition.

Rita Fairbairn is back again to educate us on how to help ourselves heal through a plant-based diet. Topics included with be HEALTH, VEGAN DIETS & WELLNESS.

Pre-register

\$5 Cost of food tastings

(pay @ front desk)

## FEBRUARY Birthdays

Barbara	Miller
Bob	Folker
Candice	McLaren
Carol	Roe
Carrolyn	Michelson
Catherine	Hampton
Cathy	Parisie
Cindy	Reardon
David	Ensminger
Debora	Morrison
Delia	Jimenez
Della	Atkinson
Diane	Noland
Donald	Mungai
Elke	Maus
Ella	Fredrickson
Ellen	Peek
Gail	Mason
Galen	Sullivan
Gary	Kohler
Ginny	Caravajal
Glenna	Harlamoff
Helen	Waller
Jan	Passaro
Janet	New
Janice	Shevenell
Janice	Weaver
Janie	Stone
Judy	Balzer
Judy	Long
Karin	Wigren
Kathie	La Londe
Kathy	Johnson
Lucy	Loscocco
Marc	Garcia
Marcia	Meyer
Marilyn	Taylor
Marla	Meek
Marlese	Roton
Mary Lou	Pellegrini
Nancy	Nolan
Nina	Eklaf
Richard	McAdams
Robert	Culbertson
Robin	Phelps
Sandy	White
Sherry	Gilbreath
Sheryl	Bailey
Shirley	Johnson
Steve	Creagh
Susie	Land
Terri	Levich
Thea	Luiten
Thomas	Mc Glashen
Tom	Moschetti
Wendelyn	Wells
Yelena	Vogman

### Member Spotlight



Mari Segura is a valued MCSC member for the past five years. She brings a wealth of experience and community spirit to everything she does. At MCSC, Mari wears several hats. She works as a receptionist every 2<sup>nd</sup> Friday each month. Since January 2025 she has served as the Activities Committee Lead; organizing an unforgettable trip to Filoli Gardens and in 2026 she was elected to be MCSC's Board Secretary.

Looking ahead, Mari is already planning new adventures and activities, including lively additions like more group excursions and a new Salsa-Intermediate dance class. Her goal is to expand MCSC membership by offering engaging events and fresh opportunities for connection.

Do you have a great idea for a future trip, class, or event? Mari would love to hear from you! Reach out to her at mcsc4fun@gmail.com or text to (831) 818-6090 and share your suggestions.

## 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

**Gentle Yoga** - Mon 9-10

**Tai Chi** – Mon & Wed

10:45-11:45

**Sr. Physical Fitness** – All

levels welcome. Wed at 9:30

**Senior Stretch** – Fridays at

9am. We work the whole body in a fun way!

**WIN** – Fridays – 8:45 in the

annex for weight information

**International Folk Dance**

Thursdays, 10-noon (M)

### OTHER CLASSES

#### JAPANESE FLOWER

**ARRANGING :** 2<sup>nd</sup>

Saturday (2/14) in the

Annex 10-12PM

**SPANISH** – Fridays

11:00-12:00 (M)

**IMPROV Class**

1<sup>st</sup> & 3<sup>rd</sup> Wednesday (M)

10.30-12PM

**ART CLASS:**

**EVERY** Tuesday 1-3pm (A)

**90's CLUB**

2<sup>nd</sup> Friday of the month (M)

**TECH TALK with TINKA**

2<sup>nd</sup> & 4<sup>th</sup> Fridays 11-1 (M)

## ATTENTION

**IMPROV CLASS** is EVERY 1<sup>st</sup> & 3<sup>rd</sup> Wednesday from 10:30 – 12PM AND for the 3 next months will be held in the MAIN ROOM due to PROJECT SCOUT TAX services in the Annex



## GARDEN UPDATE

The gardeners are eagerly anticipating the first workday of the year on February 7th. We have a lot of weeding and clean up to do after the winter rains. Some folks have healthy winter gardens producing an abundance of vegetables. As always, we await the spring when we can really get into planting of new vegetables and flowers.

SENIOR VOLUNTEERS NEEDED AT SOQUEL ELEMENTARY SCHOOL CONTACT: THEA LUITEN - 831.239.1611

Grow Together, Thrive Together

Join our Senior Volunteer Program at Soquel Elementary! Help nurture young minds in a vibrant garden setting where learning and friendship flourish.



## HORTICULTURE WALK

Will be EVERY 2<sup>nd</sup> Friday of the month Starting 2/13 at 10:30 - 11:30AM

## UKULELE UPDATE

Aloha! Starting in February we will be meeting at 10:15AM & playing until 11:15AM. This time change will make a smoother transition from one group to another. We will be learning some new songs in Spanish, so come & learn them with us! Our Sue is once again teaching Ukulele to students at Main Street School in Soquel. This time her students will be Third graders. If you would like to share in this fun activity, her class is every Wednesday at 3:00PM. It's an energizing and inspiring experience. Let's help keep the music and ALOHA Spirit continue with the next generation.



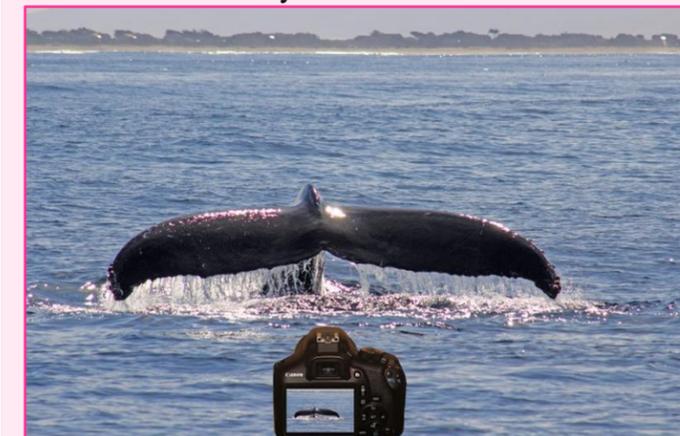
JOIN US for the 90' CLUB 2<sup>nd</sup> FRIDAY of the Month February 13, 2026 1-3PM Movie / Ice Cream Sundaes

STICK YOGA – Forth Friday of the Month on 2/27/26 at 1-2pm with Arthur Faygenholtz



## MCSC PHOTO CLUB

### February 2026 Schedule



February 4th – Memory Cards, White Balance  
February 11th – Field Trip (TBD)  
February 18th – Workshop Macro (Close Fields)  
February 25th – 010 Choosing Correct Lens  
011 Initial Start Options

## GIFTSHOP UPDATE

Visit the MCSC Gift Shop for Valentine's Gifts & discover a delightful selection of new handmade treasures — cozy knitted and crocheted hats and scarves, beautiful, quilted table accessories, charming needlecraft art, and elegant hand-crafted cards.

The Lavender Ladies offer a lovely assortment of lavender products, including fragrant sachets, eye pillows, scented oils, and cooking lavender. Our talented crafters create one-of-a-kind gifts, perfect for showing love to that special someone (or treating yourself!). Stop by and find something truly heartfelt this Valentine's season.

MCSC is happy to now be showcasing Nancy Lagestee and her CORAZON fine jewelry items. These beautiful pieces speak to the heart, look for her logo at the gift shop & support this local artist!

