

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, 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

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 65, NO. 3

LET'S
celebrate
ST. PATRICKS DINNER

March 17th, 2026



Doors Open @ 4:30PM

Dinner served at 5:00PM

**Corned Beef & Cabbage
with Potatoes, Carrots & Onions**



R.S.V.P @ 831.476.4711

\$25 per Plate

Pre-payment Required



Greetings fellow MCSC Members,

Feb was a fun month for us here. It always amazes me how busy the center is, with activities all day, and dance lessons/dances through the evenings! There is always something to do!

I want to Thank Curt Jewell and Teri Mantz for hosting the Superbowl party! It was a great time for those that could attend! Watch this newsletter for other special events coming in the future!

Project Scout will continue to do FREE taxes for seniors until the end of April! If you haven't scheduled your appointment, please be sure you do. The slots are filling up!

Cribbage has been added to the activities calendar. If you don't know how to play, don't let it intimidate you! Our new activity leader Sidd Hattis will be happy to teach you!

We are also excited for St Patrick's Day Dinner on March 17th from 4:30 - 6:30. Teri Mantz will be cooking. I think the one she did 2 years ago is still one of my favorites. Reservations are required for this dinner, so please plan ahead! Even if you're not Irish, this is a dinner you don't want to miss!

I hope you are enjoying the different dance activities we have. There are lessons nearly every night covering various styles. If you think your not a great dancer, now is the time to learn! The new Salsa Rueda Dance Lessons just added a beginner class so it is a great time to try something new!

Don't forget the Bowman Ranch Breakfast on Sunday March 22nd from 8:30 to Noon.

Have a great month everyone!

George Kiernan, President



*** NEW CLASS ***

CRIBBAGE (M)

Wednesdays 1:00 – 3:00PM

\$4 member / \$6 non-member

Instructor: Sidd Hattis



**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 & ALSO the 2nd Wednesday of the month from 12-3PM beginning 2/4/26 – 4/30/26.

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

**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

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 Herbin Way, Soquel, CA 95073. Branch NMLS #22399833. 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. ©2025 Longbridge Financial, LLC NMLS #957939, 81 South Paramus Road, Suite 500, Paramus, NJ 07652. 1-858-323-4326. For licensing information, go to www.enl.com/consumers. 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.

Men of Market Street Theater Present
Broadway Memories



Directed by Joe Ferrara

March 21 & 22 - 2pm

Donation \$20 Benefits MSSC

222 Market Street 831-423-6640



Joe Ferrera

playing
LIVE MUSIC
FRIDAY @

MCSC

March 13, 2026

1-2PM

\$5/person

**BOWMAN RANCH
BREAKFAST**

Sunday – March 22, 2026

8:30am – NOON

STICK YOGA *FREE* FRIDAY 3/27/26 @ 1PM



**GREY BEARS
Healthy Food Bags for Seniors**

Are you a senior 55 years or older?

Grey Bears Healthy Food Program is here for you!

- Enjoy fresh fruits, vegetables, dry goods and bread every week
- Save money on groceries
- Eat healthier foods, try new vegetables and learn new recipes
- Meet new friends and stay connected



How it Works:

- Become a member and receive weekly produce, bread, and pantry staples for FREE!
- Pick up at a convenient location near you
- No Income Requirements - Open to all Santa Cruz County Residents 55+!

Apply Today!

Call: (831)479-1055

Visit: 2710 Chanticleer Ave.

Santa Cruz CA. 95065

(in the tiny house office by the exit)

Go Online: Greybears.org/food

NOW FREE

FREE FOOD



**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

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

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

The following motions were approved at the
February 19, 2026, Board Meeting:

- 1/16/26 Board Minutes approved
- MCSC to lend 80 silverware place settings to Community Arts and Empowerment, Watsonville, for Seder Passover Meal
- Put up for sale popcorn machine (not being used/takes up valuable kitchen storage space).
- Move Coordinator position to salary from hourly, keeping salary the same as hourly position at 40-hours/week, starting 3/1/26.
- New Activity-"Cribbage Club", Weds, 1-3pm, starts March, Main Room.
- List of Proposed 2026 Scheduled Events
- Board Meeting adjourned at 12:05 pm

Submitted by Recording Secretary – Mari Segura



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 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: Teri Mantz (831) 588-3700

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 1/17/26 – 2/19/26

Les	Forster	Ann	Niemann
Lisa	Miroyan	Russ	Kramer
Mary	Forster	Lori	Denney
Ingrid	Welch	Norma	Spiegel
Stephanie	Garcia	Joy	Smith
Tamara	Schultheis	Paula	Gibson
Carla	Miller	Sara	Kennedy
Laurie	Burns	Claire	Wong
Sue	Minney	Donna	Williams
Cheryl	Gettleman	Kirsten	Cohen
Isabelle	Herbert	Bonnie	Francis
Janel	Mead	Frank	Cellucci
Oceanna	Williams	Gloria	Alvarado
Dennis	Williams	Nancy	Powell
Kathy	Oing	George	Hattis
Milton	Huang	John	Price
Christina	Kuzio	Judy	Schellentrager
Doris	Crytzer	Kathybelle	Barlow
Janice	Jimenez		

TOTAL MCSC MEMBERS 620



FRIDAY 3/20/26

- **12:00 - 12:30PM**
GENERAL MEETING
**** MCSC will be serving pizza**
- **1:00PM**
SPECIAL SPEAKER; Bill Proulx
with HICAP for a presentation regarding Medicare Fraud. Learn how to Prevent, Detect and Report Medicare Fraud. Receive a FREE "Medicare Fraud Prevention Kit" for attending.
- **1:30PM**
BIRTHDAY CAKE & ICE CREAM !!
***FREE Activity Cert. for March B'days**



Annie	Chapin	Julia	Akin
Audrey	Strayer	Kathy	Moeller
Brian	Kindell	Kathy	Oing
Carol	Bravo	Leah	Kushner
Carolyn	Duty	Lena	Schmalenbach
Cathy	Atwood	Linda	Fields
Charles	Carlson	Lisa	Beasley
Cheryl	Gettleman	Lynn	Jackson
Chieko	Yoshikawa	Mary	Forster
Colleen	Mc Cray	Mary	Healy
Dennis	Williams	Mary Lee	Ryan
Donna	Baker	Maureen	Rishi
Donna	Silvia	Mehana	Thomas
Dorothy	Jones	Melissa	Moriarty
Erik	Svehaug	Milton	Huang
Frank	Turner	Myrna	Gollither
Helga	Schmidt	Nancy R.	Prevedelli
Jewel	Auvinen	Nikola	Shishmanov
Jim	Whitman	Peter	Mrdjen
Joseph	Nussbaum	Reva	Snyder
Judith	Murdock	Robert	McKee
Judy	Schellentrager		



*** SAVE THE DATE ***
CHORALIERS SHOW
SENIOR – PALOOZA
Sunday APRIL 19, 2026 @ 2PM



MCSC Member Spotlight – Cathy Robinson



Originally from Manhattan, New York City, Cathy made her way to California in 2013, settling first in San Francisco. During her seven years there, she immersed herself in the world of theater arts — singing in choirs, acting in plays, performing improv, and exploring her talent for writing.

In 2020, Cathy moved to Capitola and soon found a new community at the Mid-County Senior Center, where she became an enthusiastic member of the Choraliers. She’s an active participant in both the singing and tap dance groups and warmly invites everyone to attend the Choraliers events that are always full of music, laughter, and friendship!

Cathy also played a key role in bringing the Improv Class to the Center’s list of activities. She encourages anyone looking for fun, laughter, and social connection to give Improv (short for improvisation) a try. This form of unscripted performance sparks quick thinking, creativity, and teamwork — and best of all, no previous experience is needed! All you need is a willingness to relax, laugh, and enjoy the moment.

At the heart of Cathy’s joy is her dedication to Buddhist philosophy and her love of connecting with people. She also tutors English Language Arts to young learners from around the world, which continually gives her fresh insight into our diverse and ever-changing world.

ACTIVITY NOTES

BINGO

Tuesdays - BEST Game in Town!
Doors & Snack bar opens at
12:15. Game starts at 1:00 PM.

CARDS & BOARD GAMES

Duplicate Bridge: Mon/Thu 11AM

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

Backgammon: Monday 12-2PM

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

BEGINNERS WELCOME!

Scrabble: Wed 12:30-3PM. (M)

Cribbage: Wed 1-3PM (M)

Bridge for Fun: Thu 12-3PM (M)

American Mah Jongg:

Friday @ 12:00PM (A)

**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 10AM

Field Trip (TBD) Sign Up Ahead

Ukulele Jam Club: All skill levels
are welcome. Other instruments
are welcome too - Come jam with
us and have fun. Fri 10:15AM



DANCES

[See calendar for Details](#)



EXERCISE & FITNESS

Gentle Yoga - Mon 9-10

Tai Chi– Mon 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
Thurs. 10:30-12:30PM (M)

OTHER CLASSES

JAPANESE FLOWER

ARRANGING : 2nd
Saturday (3/14) in the
Annex 10-12PM

SPANISH – Fridays
11:00-12:00 (M)

IMPROV Class
1st & 3rd Wednesday (M)
10.30-12PM

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

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

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



(M) = MAIN ROOM
(A) = ANNEX ROOM



GARDEN UPDATE

The February workday was a tremendous success, with
41 gardeners coming together to clean up after the
winter rains. Thanks to everyone's hard work, the
garden is looking refreshed and ready for the upcoming
growing season.

As the weather warms up, we are excited to launch the
Garden Cart. This will be a wonderful opportunity to
share beautiful flowers and fresh produce from the
garden with the community. We encourage all gardeners
to participate and look forward to seeing the garden's
bounty on display and for sale.

Thank you to all who volunteered their time and effort.
Stay tuned for more details about the Garden Cart and
future events!

**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 2nd Friday**
of the month
Starting 3/13 at
10:30 - 11:30AM



UKULELE UPDATE

WOW! We've weathered the storms! Despite the
weather, we've still welcomed some new members
who have come to share the good times with us.
We'll be playing some Irish diddies in honor of St.
Patrick's Day, so if you're a little bit Irish, come and
join us! Don't forget to wear something green!
Erin go Bragh & Aloha!!!

JOIN US for the 90' CLUB

2nd FRIDAY of the Month



March 13, 2026

12:45 -2:30PM

Joe Ferrara playing LIVE Music 1-2PM



Join Our Improv Class !

The First & Third Wednesday of the month
10:30 am - 12:00pm

*Live in the Moment
And Laugh While Doing It!*

Ever wanted to be on a comedy show? Or just want
to keep your brain sharp, creative, and active?
Join our Improv for Seniors Class!
No scripts to memorize!
No experience necessary.
Just fun, games, and "Yes, And..."
Come make new friends and share some laughs. The
best part? **There are no wrong answers in
improv—only silly ones!**

PHOTO CLUB

The *Photo Club class schedule is changing* & will
ONLY be going on A Field Trip *1 time a month*, in
the Area, to use / practice your photo taking skills.

I believe that we learn more by doing. Any member
of MCSC, with a camera, is welcome to join us!

Our *first* field trip of the year will be on **March
11th**; we will be going to the Santa Cruz Harbor. Lots
of wildlife, boats & the Walton Lighthouse & even
views of the Boardwalk. Please sign up for the Field
Trip at the front desk.

I will be contacting you with info for trip, based on
your sign-up info. **Hope to see you then!**



GIFT SHOP UPDATE



Celebrate Spring and St. Patrick's Day!

Our talented MCSC crafters are busy creating a
delightful collection of Saint Patrick's Day and Spring-
themed treasures! You'll find beautiful needlecraft and
quilted pieces, cozy knitted and crocheted hats and
scarves, charming jewelry, adorable baby gifts, and
creative toys.

Looking for something special for your home? Browse
our wide variety of handmade cards and bright seasonal
decorations—perfect for adding a touch of color to any
room. We're also featuring wonderful offerings from
the Lavender Ladies, including fragrant oils, sachets,
cooking lavender, and more.

Spring is in the air—come explore the Craft Shop and
discover unique, handcrafted items made with care.
Open daily during MCSC business hours!

