

Mid-County Social 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 Social Center June 2026 Newsletter

THE MID-COUNTY SOCIAL 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 68, NO. 6

SPECIAL SPEAKER 6/19/26 @ 1PM

Mid-County Social Center

presents

Multiple Personalities

*The Stories Behind Capitola's
Historic Buildings*

Friday, June 19th at 1:00 p.m.

History presentation

by

Deborah Osterberg of the
Capitola Historical Museum



The Grand Hotel Capitola 1895-1929

The 40-minute illustrated
presentation will trace the history
of Capitola through its iconic
historic buildings.

The talk will conclude with a question
& answer period



The Venetian Court 1924 - Photograph by James Stanton

Mid-County Social Center, 829 Bay Ave, Capitola
For further information call 831-476-4711

Greetings fellow MCSC Members,

Have you had a relaxing massage recently?
If not, you can get a massage on Mondays from
9AM to 4PM. Sign up at the Receptionist for a
stress reliever session for \$1 per min.

Special thanks goes out to the Gardeners for a
successful Craft Fair.

Don't forget the Bowman Ranch Breakfast on
Sunday June 28th from 8:30 to Noon.

We are still looking for Overseers to monitor
rental events and manage MCSC assets.
If you are interested, please see the receptionist.

In an effort to help you prevent fraud, MCSC will
have a document shredding event. So gather up
your old paperwork and bring it on
Sat June 6th from 10AM to 2PM in the MCSC
parking lot.

Please check out the Dance section of the
newsletter. It lists the bands for Friday
Night Dances as well as other Dance Activities
for the month.

Have a great month everyone.
George



*** IMPORTANT NOTICE ***



Activity Price Increase

Effective May 1, 2026, member activity class fee is \$5 and \$7 for non-members.

FREE

SHREDDING EVENT



SENIOR NETWORK SERVICES



Presented by HICAP & SCRUM & The Mid-County Senior Center.

In recognition of Medicare Fraud Awareness Week (June 1-7)

Don't risk identity theft: shred it, don't toss it!



CONTACT HICAP
(831) 462-5510
HICAP@seniornetworkservices.org

This event is hosted by HICAP and sponsored by Senior Medicare Patrol (SMP) to help prevent Medicare fraud.

FREE DOCUMENT SHREDDING EVENT: Saturday

JUNE 6, 2026

WHEN: 10:00 AM - 2:00 PM
WHERE: Mid-County Senior Center.
LOCATION: 829 Bay Ave, Capitola

FREE MEDICARE FRAUD AWARENESS KITS

ONSITE MEDICARE SPECIALISTS

PREVENT MEDICARE FRAUD

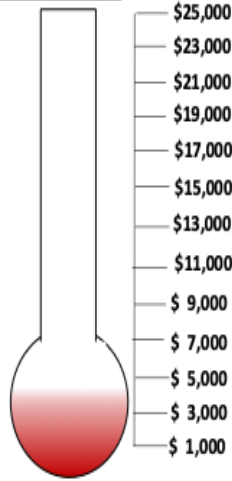
FREE FOR SENIORS 65 AND OVER



Preventing Medicare Fraud

FUNDRAISER STATUS

5/26/26 \$3607 Raised



Help us reach our goal!

Grant Not Funded!

In our last newsletter, we explained we were already facing a deficit. More bad news Our grant we count on from SC Community Foundation was not funded. That's another \$10,000 we will be short this year! **We need your help more than ever! Please donate!**

BOWMAN RANCH BREAKFAST

Sunday - June 28th, 2026

8:30am - NOON

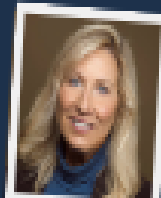
Retire With Greater Financial Flexibility



- ✓ 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!



I'm local!

Brooke Squyres

Reverse Mortgage Consultant
NMLS #1488020
(831) 840-6505

bsquyres@longbridge-financial.com



Have Medicare questions? I have answers.



Beth Powanda

Powanda Insurance Agency
Lic. #0B80536
powandainsuranceagency.com
beth@powandainsuranceagency.com
831-252-2256, TTY 711

Your Move is my Business!



Maureen Rishi
DRE 01918748

m 831-346-2338 o 650-766-0998
maureen.rishi@compass.com
620 Capitola Ave
Capitola, CA 95010



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What did the flower say when he found out it was allergy season?
"You've got to be pollen my leg."



SATURDAY
JUNE 20, 2026
9AM - 2PM

THE RED CROSS @
Mid-County Social Center



RED CROSS BLOOD DRIVE

Make Reservations on the Red Cross Website
www.redcross.com

MID COUNTY SOCIAL CENTER

CONNECT • PLAY • THRIVE

A great place to be over 50!



Fun. Friends. Fulfillment.

MCSC is your destination for connection, activity, and joy. A welcoming place for adults to stay active, try new things, and make lasting friendships.



✓ **STAY ACTIVE & CONNECTED**

ACTIVITIES YOU'LL LOVE!

- FITNESS**
Strengthen your body. Calm your mind. All levels welcome!
- CRIBBAGE**
A classic game and great company. Beginners welcome!
- BRIDGE**
Sharpen your skills and enjoy the challenge.
- BINGO**
Fun, prizes, and great company!
- TAI CHI**
Improve balance, flexibility, and inner peace.
- FRIDAY NIGHT DANCES**
LIVE MUSIC!

NEW EXPERIENCES. NEW FRIENDS. LASTING MEMORIES. THIS IS YOUR TIME.

829 Bay Avenue Capitola, CA 95010 | 831.476.4711 | mcsc-capitola.org

Join Us Today!
Memberships affordable. Opportunities endless. The best is yet to come.

LIVE WELL. STAY ACTIVE. HAVE FUN. *We can't wait to see you!*

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 • 4616 Soquel Drive, cross street - Porter St. • 831-476-1754

SANTA CRUZ SYMPHONY LEAGUE

Wine & Roses

—Garden Concert—
Saturday, July 11, 2026
3:00 PM – 6:00 PM
 Private Estate, Aptos

Appetizers • Wine & Cocktails
 Live Jazz • Garden Setting

\$50
Per Person

THE HEALTHY WAY
Weights & Lifestyle Solutions

Celebrating 40 Years of Service!

Join Us for Our 40th Anniversary Party & Health Fair
Saturday, June 27, 12–3pm

KPIG RADIO will be Broadcasting LIVE!
 Enter our raffle's for a chance to win lots of incredible prizes and programs!!

ENJOY: Health consultations, cooking classes, food samples, discounts on programs and B12 shots, educational info, meet local longterm success stories and our special keynote speaker Dr. Christopher Hobbs

For more info and schedule of events visit: www.healthyway.us/40years
 (831) 462-5900 | thehealthyway.us | 3251 Mission Drive, Santa Cruz, CA 95065



Mid County Social Center Fitness Class Keeps the Community Moving

Every Wednesday morning from 9:30 a.m. to 10:30 a.m., the Mid County Social Center comes alive with energy, movement, and motivation during our weekly Fitness Class led by Instructor Stephanie Gallino. Participants of all fitness levels gather to improve their strength, flexibility, balance, and overall wellness in a welcoming and supportive environment. Stephanie Gallino brings enthusiasm, encouragement, and professional guidance to every session, helping attendees stay active while having fun. The class focuses on healthy movement, light cardio, stretching, and exercises designed to promote both physical and mental well-being. Beyond fitness, the class also offers an opportunity for community members to connect, socialize, and support one another on their wellness journeys. “At Mid County Social Center, we believe staying active is important at every age,” said participants who appreciate the positive atmosphere and sense of community the class provides each week. Whether you are looking to improve mobility, build confidence, or simply enjoy an hour of movement with friends, the Wednesday Fitness Class is a great place to start.

Fitness Class Information
 Location: Mid County Social Center
 Day: Every Wednesday
 Time: 9:30 a.m. – 10:30 a.m.
 Instructor: Stephanie Gallino

Community members are encouraged to join and experience the benefits of staying active together.

SENIOR Helpers
 Senior Care, Only Better.

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

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 Scotts Valley

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 Cut & Root Color- \$55
(831) 818-0347
 9099 Soquel Dr. – Bldg. #7
 Aptos, CA 95003

Advertise in the Mid-County Social Center Newsletter

Business Card Size - Circulation 600+ /month
 1 Month - \$40
 3 Months \$108 - 6 Months \$204
 One year \$384

Contact Ana at: mcsc4ana@gmail.com

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!

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



Member Spotlight: Agnes Akabogu



If you've spent any time at MCSC over the past year, chances are you've had the pleasure of meeting Agnes Akabogu—one of our most vibrant and welcoming members.

Agnes brings with her a remarkable professional background. She began her career as a practicing attorney in Fresno, focusing on disability rights and special education law. Her passion for helping others led her to continue serving the community as a school psychologist, supporting children from preschool through young adulthood.

Family is also a big part of Agnes's life. She is the proud mother of two accomplished daughters—one a resident doctor specializing in radiology in San Francisco and former Olympic athlete, and the other a TV and film scriptwriter based in New York.

At the center, Agnes is known for her warm spirit and love of connection. She generously volunteers her time to support many of our social events, including the popular NFL Game Day gatherings and the festive Saint Patrick's Day Dinner. Agnes also shares her rich African heritage with us through traditional dance and her beautifully colorful outfits, bringing energy and cultural joy to our community. She is widely travelled abroad and nationally and enjoys learning foreign languages. Her hobbies include travelling, reading, watching movies, dining out, aqua aerobics and swimming.

You'll often find Agnes leading our lively Hand and Foot Canasta group. She welcomes both beginners and experienced players, always encouraging others to join in the fun. Come play, laugh, and connect at Hand and Foot Canasta with Agnes and friends every Monday and Thursday from 12:30 to 3:30 pm—we'd love to see you there!



New Acupressure coming to MCSC



My name is Sho-li Cheng.

I am a retired nurse practitioner and nurse-midwife with more than fifty years of experience in healthcare. Acupressure has been one of my healing tools for adults, children, and even babies.

Through my experience caring for thousands of women and newborns, I have helped many patients overcome the stress and fear of pain while promoting relaxation and comfort.

As a retired senior, I still feel able and grateful to contribute my time and energy to help those who are in need. With the touch of my hands and heart, I hope to bring comfort, relief, and happiness to others. I am not a certified massage therapist. I simply wish to serve as a volunteer and help people feel better through compassionate care. I will be at the MCSC on Mondays from 10AM -12PM, call the receptionist @ 831.476.4711 to make an appointment for Acupressure - \$1 minute.

I look forward to seeing you!

90's CLUB

2nd FRIDAY of the Month

June 12th, 2026

1:00PM -2:30PM

Bea McBride pictured below
@ May 8, 2026 - 90's party!



New Yoga Class Coming to MCSC!

Starting 6/10/26

Wednesdays 1:30 -2:30 in the Annex



Laxman Panthi was born and raised in Myanmar. He moved to the United States in 2010 after studying Yoga and philosophy in Nepal for 10 years and has been teaching Yoga and Meditation throughout the Bay Area and Santa Cruz. He has taught at after-school programs in high, elementary schools, senior centers, family centers, and several studios.

Laxman loves to bring Yoga, meditation, chanting and Yoga-philosophy to all members of the community in a fun and engaging way. He believes Yoga is not just a physical practice, but also an art of living. In his classes, he brings chanting, breath work, meditation, mantras and flow to your life. His goal is to meet the students where they are and lead them accordingly.

Meet Amy Connolly – A Heart for Helping Others



We're delighted to shine a spotlight on Amy Connolly, one of the friendly faces you'll find at the MCSC Reception desk! A California native, Amy has lived a life rooted in compassion and service. As a retired Registered Nurse, she brought care and expertise to a wide range of settings, including the fast-paced ER and the highly specialized field of pediatric kidney transplant.

Amy's dedication to helping others didn't stop at retirement. She continues to make a meaningful impact by volunteering with CASA (Court Appointed Special Advocates), supporting foster youth in our community. She is also involved with the Alliance to Cure Cavernous Malformations and the Tourette Association of America which are both causes close to her heart.

When she's not volunteering, Amy enjoys spending time with her husband biking along the coast, exploring the Yosemite area and visiting her adult children.

Be sure to say hello to Amy on Thursdays at the MCSC Reception desk—she's always happy to greet members with a smile and lend a helping hand!



2					6	9
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1	7			9	4	5
		3		2	5	1
				4		
7	2		3	8		5
5		2	6			4
			5			7
	6	7				3

The following motions were approved at the
May 15th, 2026, Board Meeting:

- **Chardonnay Sailing Cruise**

Submitted by Recording Secretary – Mari Segura



Salsa Basics, and Rhumba in Capitola

Mondays: 6/1-6/29/26
with Becky Adams

Mid County Social Center, 829 Bay Ave. Capitola 95010

Salsa Basics, Mondays 6:15pm-7:15 pm So you love the music, now spice up your dancing as you learn the basics of this popular Latin partner dance! Learn to lead and follow, plus beginning combinations that you can enjoy for a lifetime. Beginner Basics at 6:15, Moving on, 6:30-7:15.

Rhumba, Mondays 7:30-8:30 Level 1 Learn the basics of this smooth dance to slow Latin music, plus leading, and following. Start with the box step and Latin movement and move onto fun combinations. Get ready to dance to local Latin bands, including the Bay Bop Band at MCSC, June 19th.

Dancers of all ages, singles and couples are welcome. You can drop-in or pay for the series

Cost is \$50 for 5-week session or \$10 payable per class. Bring a partner or find one. All ages welcome



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: 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

MEMORIAL BRICKS

Be part of something lasting! By purchasing a commemorative brick, you're not only supporting MCSC, but also creating a permanent tribute that will be enjoyed for generations. Your personalized brick can celebrate a loved one, honor a milestone, or showcase your pride in our community. Bricks can be installed at MCSC serving as a lasting reminder of the people and families who make our community strong OR can be taken home to install as you wish. Commemorative Bricks are \$100. You can personalize with a lovely note/ unique symbol to honor your loved ones! Please place your order with the receptionist. All brick orders will be processed within 48hrs ☺

NEW MEMBERS

Joined from 4/18/26 – 5/15/26

- | | |
|----------|---------------|
| Ann | Stanley |
| Annaleah | Martin |
| Beverly | Barrick |
| Birgit | Kienhoefer |
| Carolyn | Stephenson |
| Catie | Cadge-Moore |
| Colleen | O'Gara |
| Danielle | Garland |
| Debbie | Damsen |
| Eric | Pfau |
| Inglis | Carre |
| Janis | Belcher |
| Joe | Ortiz |
| John | Sztenderowicz |
| Joni | Cady |
| Kristine | Waller |
| Luz | Dunn |
| Maureen | Sztenderowicz |
| Michael | Laznibat |
| Patricia | Berstein |
| Paula | Blanchfield |
| Piyada | Miller |
| Rita | Kinney |
| Robert | Blanchfield |
| Robert | Matthews |
| Rose | Texeira |
| Shari | Nison |
| Susan | Weismuller |
| Thomas | Schwab |
| Vatheni | Menon |
| Veronica | Urban |
| Vicki | Richtman |
| William | Bailey |

TOTAL MCSC MEMBERS 641



- | | |
|----------|-------------|
| Ben | Gregg |
| Beth | Goldfaden |
| Carmen | Locatelli |
| Carolyn | Stephenson |
| CC | Campbell |
| Cece | Shain |
| Connie | Hosseini |
| Dena | Nelson |
| Frank | Cellucci |
| Frank | May |
| Isabelle | Herbert |
| Jean | Mahoney |
| Jeanine | Swanson |
| June | Otjen |
| Leilani | Roberts |
| Linda | Jordan |
| Linda | Zoccoli |
| Mardi | Brown |
| Marilyn | Martin |
| Pilar | Marien |
| Robert | Blanchfield |
| Sam | Grote |
| Sharron | Barth |
| Shlomo | Vilozny |
| Siyadnig | Mohammad |
| Teresa | Pellemeier |
| Tom | Motter |
| Trelou | Lawson |
| Valencia | Matkovich |

CELEBRATE YOUR BIRTHDAY MONTH WITH US !!

FREE Cake / Ice Cream
* Served after Special Speaker *

Friday – June 19th, 2026 @ 1PM

FREE ACTIVITY COUPON FOR JUNE B-DAY'S



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

Capitola Library at 11AM – 12:30PM

Chess Club: Fri 1:00PM

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](#)

SEE YOU ON THE DANCE FLOOR



EXERCISE & FITNESS

Gentle Yoga – (A)

Monday 9-10:30AM

Tai Chi– (M)

Monday 10:45-11:45

TAI CHI CHIH – (M)

Wed 10:45 -11:45

Sr. Physical Fitness – All levels welcome. Wed at 9:30

International Folk Dance

Thurs. 10:30-12:30PM (M)

Senior Stretch – Fridays at 9am. We work the whole body in a fun way!

WIN – Fridays – 8:45 in the annex for weight information

OTHER CLASSES

ART CLASS:

Tuesday 1-3pm (A)

IMPROV Class

1st & 3rd Wednesday (A)

10:30AM - 12PM

SPANISH – Fridays

11:00-12:00 (M)

90's CLUB

2nd Friday of the month (M)

PLANT WALK

2nd Friday of the month

11.30-12.30AM

TECH TALK with TINKA

2nd Friday ONLY 11-1 (M)

JAPANESE FLOWER

ARRANGING : 2nd

Saturday in the Annex

10-12PM – SAT June 12th

REGISTER WITH ACTIVITY LEADER

(M) = MAIN ROOM

(A) = ANNEX ROOM



GARDEN UPDATE

Our Spring sale was a big success, and we thank all who supported our efforts. We look forward to another fun event in the fall. The garden is beginning to produce fresh vegetables and fruit and of course beautiful flowers. Look for our garden cart at the Ranch Breakfast.

Thanks again for everyone's help at our sale. We are a community, and we love to share our wonderful space with all members.

*** NEW TIME ***

PLANT WALK

2nd FRIDAY of the Month

June 12th, 2026

11:30AM - 12:30AM



TECH TALK with TINKA

2nd Friday of the Month

June 12th, 2026

11:00AM- 1:00PM



Join Us for a Lavender Wand Craft Class! Celebrate the beauty of summer with our special Lavender Wand Craft Class! The Lavender Ladies invite you to use the fresh lavender harvested from the MCSC garden. Learn how to create two beautiful lavender wands to take home and enjoy.

Sat., June 20, 2026

Time: 10am-12pm

Cost: \$25

MCSC Garden

Gazebo

All materials are provided.
No pre-registration required.

MCSC FRIDAY NIGHT DANCES



JUNE 2026

7-9PM \$10/Person

June 5th
Stormin' Norman & the Cyclones



June 12th
Country Feeling Band



June 19th
Bay Bop Jazz Band



June 26th
Ten O' Clock Lunch Band



Mid-County Senior Center
829 Bay Ave • Capitola, CA 95010 • 831/476-4711
mcsc-capitola.org

GIFT SHOP UPDATE

Discover the creativity blooming among our talented crafters! Some of our artists have been diving into our button collection, transforming these tiny treasures into one-of-a-kind brooches, hair clips, and earrings. Each piece has its own personality—stop by and see which one speaks to you. With summer around the corner, you'll also find festive red, white, and blue items perfect for celebrating the 4th of July in style. We're excited to welcome Sharon back from her trip to Italy! She brought home beautiful fabrics from local marketplaces, now featured in a special collection by the Lavender Ladies. Using this exquisite material, they've created limited-edition lavender-filled eye pillows and hanging sachets. Be sure to visit the Lavender Ladies section to enjoy these truly unique pieces while they last. Looking ahead, our always-popular Birdhouse Decorating Workshop returns this November. We're also planning new workshops, including beginning sewing, polymer clay "plant buddies," and tie-dyeing with natural plant dyes—something for everyone to try! We'd love your input, too. Stop by our Crafters Group on Thursdays from noon to 3 pm and let us know what classes you'd enjoy. And don't forget—the MCSC Gift Shop is open Monday through Friday, 9 am to 3 pm, filled with handcrafted treasures waiting to be discovered.

UKULELE UPDATE



We are happy to say that Judith is recuperating & even managed to come to a session! Also, we welcomed back Jane, Audrey, & Karin from their trip to Hawaii where they recently renewed their friendships with ukulele groups & hula dancers. We had a get together in the newly refurbished gazebo to see the memorial bricks for Ciro, Bev, Alice, & Melita. They look GREAT! Some members are returning, and others are leaving for their annual sojourns in other climates. ALOHA to them ALL! Check out Candy's ceramic pieces in the gift shop. There are some great gifts there!
ALOHA & HAPPY SUMMER!