

Mid-County Social 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

# Mid-County Social Center 2026

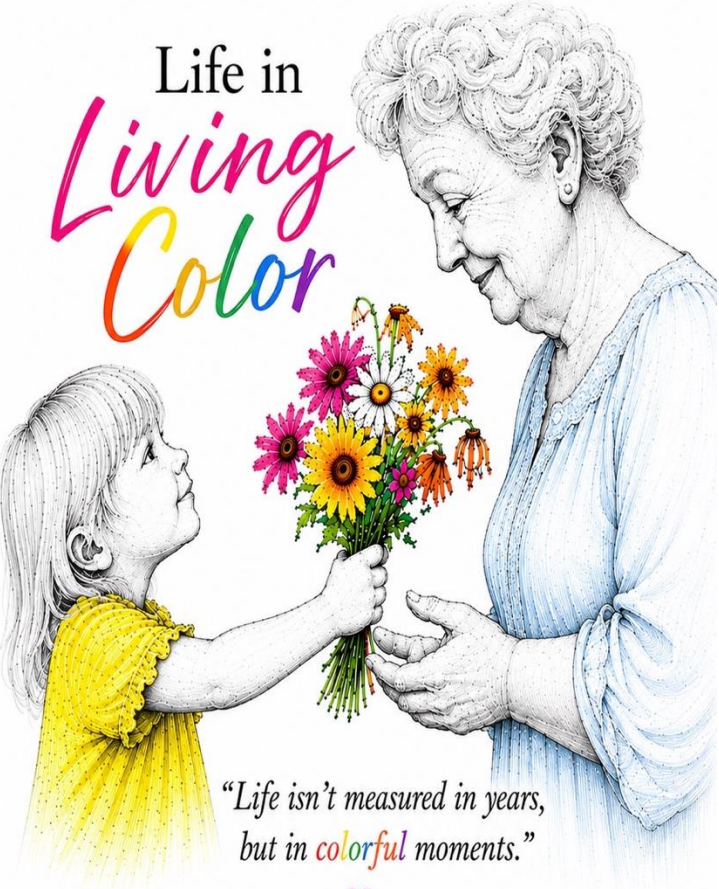


THE MID-COUNTY SOCIAL CENTER IS A MEMBER OWNED, SELF SUPPORTING, NON-PROFIT ORGANIZATION  
DEDICATED TO PROVIDING SOCIAL, RECREATIONAL, EDUCATIONAL AND HEALTHLY LIFESTYLE ACTIVITIES FOR SENIORS.

OPEN TO THE PUBLIC • ALL PROCEEDS BENEFIT MCSC • MCSC-CAPITOLA.ORG • VOLUME 70, NO. 8

## MCSC Choraliers Present

Life in  
*Living  
Color*



*“Life isn’t measured in years,  
but in colorful moments.”*

—————♥—————

**Sunday, August 16, 2026 at 2 p.m.**  
Tickets: \$10 • \$5 children under 10  
**Mid-County Social Center**  
829 Bay Avenue, Capitola, CA 95010 • 831-476-4711

Greetings fellow MCSC Members,

Hope you are enjoying our summer weather! The garden has been looking great with Flowers & Veggies. If you don’t garden, you can pick up some of the fresh picks at our August Bowman Ranch Breakfast (8/23 8:30-Noon) where the Garden Cart will be outside!

Last month we had our annual 4th of July Free Game Day and BBQ. It was a lot of fun and those that could attend really enjoyed themselves. Then on the 17th, we had the Blues & BBQ Event. Again, so much fun .. AND great food!! A special thank you to Curt Jewel and all the volunteers who made these events happen!

Please watch our calendar for new classes and let us know if you have ideas you would love to see added! We work continuously to make the best use of our space and want as many of our members to find something they love.

As for our financial situation. We are doing the best we can to manage with what money we get and still try to keep costs low for our members. However, all our expenses are on the rise, and the building & parking lot seem to always need repairs. We are still facing a deficit this year.

As you think about MCSC and remember what you love to do here, please think about helping out with a donation. Every little bit helps.

If you haven’t tried our Neighborhood Plant Walk, I would encourage you to do so. It is an easy walk and very informative. Lisa McAndrews does this walk second Friday’s at 11:30-12:30. Everyone is welcome!

Have a Great Month!  
George Kiernan, President



Mid-County Social Center • 829 Bay Avenue • Capitola, CA 95010 • 831-476-4711 • MCSC-CAPITOLA.ORG • MCSC4ANA@GMAIL.COM



## \* IMPORTANT NOTICE \*

The Southbound Highway 1 freeway off-ramp at Bay Avenue in Capitola will close for four months starting at 10 p.m. on August 2, 2026 (reopening around November 2026)

## BOWMAN RANCH BREAKFAST

\* Sunday – August 23, 2026 \*  
8:30am – NOON



**OPTION #1**  
Omelet w/ Cheese  
& 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**



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Ph# 831.476.4711 • mcsc-capitola.org

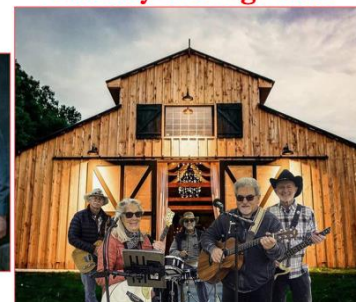
## MCSC FRIDAY NIGHT DANCES

**AUGUST 2026**  
7-9PM \$10/Person



**August 7th**  
**Stormin Norman &  
The Cyclones**

**August 14th**  
**Country Feeling Band**



**August 21st**  
**Bay Bop Jazz Band**

**August 28th**  
**Ten O' Clock Lunch Band**



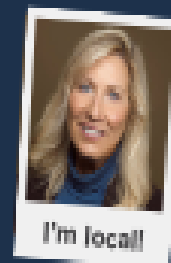
## Retire With Greater Financial Flexibility



- ✓ 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



**Have Medicare questions?  
I have answers.**



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



**Shad Schidel (Owner)**  
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Daisy  
Store*

**\$5.00 Off**

On purchases of \$25 or more\*  
One coupon per visit

\*on regularly priced items only

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Store Hours: Mon 1:00-4:00pm • Tues. - Sat. 10:30-4:30pm • Donations accepted during store hours



**ANTHONY SALAZAR**

Nativeuser831@gmail.com  
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Serving Santa Cruz, Monterey, and San Jose  
area

**Why do  
giraffes have  
long necks?  
Because they  
have stinky  
feet.**





*The following motions were approved at the July17, 2026, Board Meeting:*

- Motion passed to approve June 19, 2026 board minutes.
- Motion passed that gardeners to build a 6x8 shed behind Choraliers shed.
- Motion passed to close July 17, 2026 board meeting.

*Submitted by Recording Secretary – Mari Segura*



Marita Keeling brings a lifetime of rich experiences, creativity, and curiosity to our community. Born and raised in Zimbabwe, surrounded by its remarkable wildlife and natural beauty, she developed an early appreciation for nature that continues to shape her life today.

Marita later was a high school exchange student in Pittsburgh, Pennsylvania, and went on to pursue liberal arts and science studies at Harvard University. She began medical school and explored her interests in reptiles and fish while living in Colorado. Ultimately Marita chose a career in psychiatry, drawn by her desire to help others and the variety the field offered. She raised her family in Colorado and later moved to Los Altos, California.

Since joining the Senior Center in 2024, Marita has become an active and valued member of the community. She enjoys needlecraft and has created beautiful pieces, some of which are available in the Craft Shop. She is also a member of The Knitting Guild of Santa Cruz and other groups, reflecting both her creativity and dedication to her craft.

Marita has spent many years studying Japanese ikebana, the art of flower arranging. Her work has been featured in exhibits in Boulder, Colorado; and she continues to travel to Japan for advanced training. She grows many flowers and plants she uses in her arrangements, deepening her connection to the art form.

Her love of nature extends into her gardening and beekeeping. She has even raised silkworms at home, carefully tending them with daily feedings of mulberry leaves and producing her own silk.

Marita shares a simple but meaningful philosophy: strive for balance in all that you do. Her enthusiasm, creativity, and lifelong love of learning make her a true joy and an inspiring presence in our community.

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: msc4fun@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

CELEBRATE YOUR BIRTHDAY  
MONTH WITH US !!  
FREE Cake / Ice Cream  
Friday – August 21, 2026 @ 1PM



FREE ACTIVITY COUPON  
FOR August B-DAY'S

NEW MEMBERS

Joined from 6/20/26 – 7/16/26

|          |            |
|----------|------------|
| Ann      | Krieg      |
| Antonina | Beyea      |
| Barbara  | Potter     |
| Bill     | Zimmerman  |
| Carol    | Bell       |
| Ellie    | Jordan     |
| Gary     | Yanowskey  |
| Heeja    | Allen      |
| John     | Reynolds   |
| Judy     | Caulfield  |
| Judy     | Stephenson |
| Kay      | Taylor     |
| Marigold | Fine       |
| Robert   | Puchta     |
| Rochelle | Small      |
| Susan    | Goepfert   |
| Susan    | Kluger     |
| Sylvia   | Forsyth    |
| Ted      | Caulfield  |
| Yoko     | Gatineau   |

TOTAL MCSC MEMBERS 650

SPECIAL SPEAKER

August 21, 2026 @ 12:30PM

COMMUNITY BRIDGES

- A nonprofit organization serving Santa Cruz County through programs that support seniors, families, transportation access, food security, and community wellness.
- This presentation will focus on Community Bridges senior services including:
  - Lift Line transportation services for seniors and individuals with disabilities.
  - Elderday Adult Day Health Care services that support independence, wellness, and social engagement
- Information about available transportation and senior support services
- Opportunities for caregivers and families to learn about local support services



|            |             |           |             |
|------------|-------------|-----------|-------------|
| Agnes      | Pratt       | Karen     | Klimowski   |
| Anke       | Hodenpijl   | Karen Yap | Cahill      |
| Audrey     | Reader      | Kate      | Page        |
| Babe       |             | Laura R.  | Brown       |
| Delores    | Meek        | Laurie    | Burns       |
| Bea        | McBride     | Linda     | Herring     |
| Betty Ann  | Chandler    | Liza      | Hunter      |
| Bill       | Heiss       | Marion    | Towar       |
| Cacy       | Munson      | Marita    | Keeling     |
| Carol      | Newby       | Mark      | Steelman    |
| Carolyn    | Muterspaw   | Martha    | Alcantara   |
| Charlotte  | Sherman     | Mary      | Brooks      |
| Cheri      | Porter      | Mary      | Mc Granahan |
| Cindy      | Kiernan     | Melinda   | Vento       |
| Colleen    | Alley       | Michael   | Waller      |
| Cynthia    | Ortiz       | Myra      | Boyd        |
| Dana       | Weinberg    | Nancy     | Dugan       |
| Dawn       | Maclaughlin | Patricia  | Mc Veigh    |
| Diana      | Slavin      | Roger     | Wyant       |
| Dick       | Bessermin   | Ronald    | Shanks      |
| Elizabeth  | Chmiel      | Ruth      | Martin      |
| Ellen      | Mazaika     | Sally     | Pine        |
| Eve-Marie  | Mc Grath    | Sally     | Vaughn      |
| Gail       | LoBello     | Sharon    | Barrett     |
| Gerry      | Jensen      | Shiva     | Bol         |
| Ginger Lee | Stone       | Sudha     | Schneider   |
| Gloria     | Alvarado    | Susan     | Benich      |
| Gloria     | Dioszegi    | Susan     | Szemeredi   |
| Holly      | Shelton     | Suzanne   | Carr        |
| Honora     | Robertson   | Sylvia    | Forsyth     |
| Janet      | Duncan      | Tracy     | Armanino    |
| Jeannie    | Asher       | Valera    | Templeman   |
| Jennifer   | Steele      | Wilma     | Gold        |
| John F.    | Parda       | Zoe       | Davidson    |





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)

Cribbage: Mon/Wed  
1-3PM (M)

Backgammon: Monday  
12:30-2:30PM (M)

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

BEGINNERS WELCOME!

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

Mexican Dominoes: Wed 1-3PM

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

American Mah Jongg:

Friday @ 12:00PM (A)

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 11AM –12:30  
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



EXERCISE & FITNESS

Gentle Yoga – (A)  
Mon 9-10:30AM

Tai Chi Chih – (M)  
Mon 11:30-12:30PM

Tai Chi Chih – (M)  
Wed 10:45-11:45AM

Yoga w/ Laxman– (A)  
Wed 1.30 - 2.30 PM

Sr. Physical Fitness – (M)  
All levels welcome.  
Wed at 9:30AM

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:  
EVERY Tuesday 1-3pm (A)

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

SPANISH – Fridays  
11:00-12:00 (M)

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

JAPANESE FLOWER  
ARRANGING : NO CLASS  
AUGUST / SEPTEMBER

NEIGHBORHOOD  
\* PLANT WALK  
2<sup>nd</sup> Friday of the month  
11:30 – 12:30 PM

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

GARDEN UPDATE



The Senior Center garden is in full  
bloom, thanks to the dedication and care  
of our wonderful gardeners. These  
hardworking individuals spend countless  
hours nurturing organic vegetables,  
fruits, and flowers—creating a vibrant  
space that benefits our entire community.

You can enjoy the fruits of their labor at  
the Garden Cart Sales on August 23

Stop by to get your fresh greens, crisp  
cucumbers, summer squash, and plenty  
of delicious tomatoes, all grown with  
your health and enjoyment in mind. In  
addition to fresh produce, there will be a  
lovely selection of freshly cut flowers—  
perfect for brightening your home or  
sharing with a friend.

Our July Garden Workday and potluck  
lunch was well attended and offered a  
great opportunity to welcome new  
garden members. It's always inspiring to  
see experienced gardeners sharing their  
knowledge and tips, helping everyone  
grow their best gardens yet. With the  
blessing of cool morning mists and long,  
sunny summer days, our gardens  
continue to thrive and flourish.

We look forward to seeing you at the  
Garden Cart and sharing the beauty and  
bounty of this season with you.

JOIN US for the 90' CLUB  
2<sup>nd</sup> FRIDAY of the Month  
August 14, 2026  
1:00 - 2:30PM

GIFT SHOP UPDATE

The MCSC Gift Shop now features an exciting  
selection of new arrivals perfect for summer  
travelers and thoughtful shoppers. Among the  
highlights are vibrant, colorful shoe bags and  
stylish tote bags, ensuring travel essentials stay  
secure and easily accessible.

For those looking to send a heartfelt note, there  
are new cards and crafted button art, ideal for  
sharing warm wishes with loved ones.

Thanks to the Lavender volunteers for all their  
good efforts harvesting our new lavender  
crop. Now you can discover the sweet scent of  
summer lavender in the fragrant sachets, soaps,  
natural dryer bags, soothing oils, cooking  
lavender, and more!

Please let us know what NEW or re-stocked  
craft items you would like to see for our  
upcoming boutique and sales. Submit your  
request addressed to LINDA HERRING by  
placing it in the Suggestion Box located in the  
front lobby.

Gift Shop is open Monday – Friday during  
MCSC business hours.

You are invited to join the Crafting Group  
meetups on Thursdays, 12 pm – 3 pm. Bring  
your own project and enjoy creative time with  
fellow crafters!

UKULELE UPDATE



Greetings, fellow Mid County Socialites.  
This month we're working on Hawaiian  
songs that we'll be performing at Pacific  
Coast Manor. The chefs there are  
preparing a luau for the residents, and we  
will be providing the entertainment.  
Audrey will be dancing and leading her  
students in their public debut! We are  
looking forward to the return of our  
traveling members. In the meantime,  
were having fun sharing the joy of music  
together. If you need a shot of carefree  
happiness, come and join us.  
Everyone is Welcome!  
Aloha and Happy Summer



\* FREE \* STICK YOGA with Arthur Faygenholtz  
Friday, August 28th @ 1:00 - 2:00PM

