

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 2026

Newsletter



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 69, NO. 7



“Blues & BBQ”
**CHICAGO BILL & THE NEXT
BLUES BAND**

★ FRIDAY, JULY 17, 2026 ★

6-9 PM

Dinner Served from 6-8 PM!



★ \$10 PER PERSON DANCE ★ | **★ \$20 BBQ PLATE ★**
RIBS • CHILI BEANS • COLESLAW • GARLIC BREAD
★ BEER & WINE ★
★ AVAILABLE FOR PURCHASE ★

Greetings fellow MCSC Members,

Summertime is here !!! We are planning a special celebration for our countries 250th birthday! Please come and join us on Sat July 4th from 10am to 2pm for a fun filled day of Free games. Bring a friend! It will be a lot of fun. We will also have a roll back BBQ - Hamburgers/hotdogs with sides for only \$5. Beer sold separately.

We will have a special Guest Speaker after our next Board Meeting on Fri July 17th at 12:30pm. Jacobs Ladder will be speaking about home repairs for seniors. There will be Birthday Cake to follow.

We have several new activities starting in July. They have all been noted on the calendar, I hope you will come and give them a try. Please also give us some feedback, if you don't see what you're looking for let the receptionist know and we will look into potentially adding it. We are all working hard to make sure the calendar is filled with activities you will love.

We also have a new band coming in July - Free Elements and the Tin Foil Hat Band returns for their second performance. You can learn more about them on our website. Both play very danceable music, and we think you'll love them! Please come and make them feel welcome at MCSC!

July is also the month where we host our special event - Blues & BBQ. Chicago Bill & the Next Blues Band will be playing on 7/17. We will be serving a BBQ platter from 6-8PM and have wine for sale at this dance. Don't miss it!

We are still looking for Overseers to monitor rental events as well as Receptionists. If you are interested, please leave your name with the receptionist.

Don't forget Massage Monday's! I am not sure how long this special can last, but at \$1/minute, you can't beat it. Treat yourself!

George Kiernan, President



*** IMPORTANT NOTICES ***

BBQ & GAME DAY
AT THE MID-COUNTY SOCIAL CENTER
DATE: **JULY 4TH, 2026**
10AM - 2PM

Activities: **BOARD & CARD GAMES**
FAMILY GAMES

BBQ
Hamburger/Hotdogs
\$5

829 BAY AVENUE
CAPITOLA, CA 95010

NO

**BOWMAN RANCH BREAKFAST
FOR JULY 2026**

*** ADDITIONAL ***

TAI CHI CHIH CLASS ADDED

Beginning on **MONDAY** July 6th, 2026



T'AI CHI CHIH (TCC)

MONDAYS @ 11:30 AM - (M)

WEDNESDAYS @ 10:45 AM - (M)

\$5/Member - \$7/Non-Member

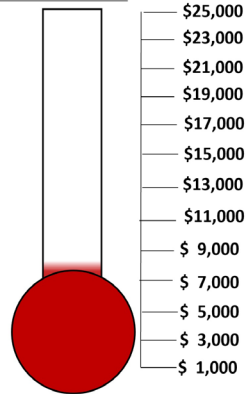
T'ai Chi Chih also known as **"Joy of Movement"** is a graceful, gentle Moving Meditation, and is a series of easy to learn 19 stand alone movements & one pose, which serve to improve Balance, Peace of Mind, Energy, Coordination, & Memory with Instructor Susan Raay; Certified official TCC Instructor!



***ADDITIONAL DAY**
SCHEDULED FOR CRIBBAGE
NOW on MONDAY'S & Wed.
12:30 - 3:00PM

FUNDRAISER STATUS

6/22/26 \$7250 Raised



Help us reach our goal!

We set our goal to raise \$25,000 to help close the deficit after losing our grant.

To date we have raised \$7,250

\$17,750 to go!

Pictured below are Board Members; Curt Jewell, Bella Hughes, Teri Mantz, and Cindy Kiernan proudly contributing to our fundraiser!

A black donation box is located near the reception desk, directly beneath our Goal Meter. Every contribution helps us get one step closer to our goal.

Thank You for your Support!



NEW YOGA CLASS WITH LAXMAN



Wednesday - July 1st, 22nd & 29th
in the Annex (A)

\$5/members - \$7/non-members

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

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

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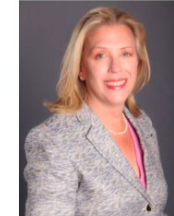
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RETURN HOME
WITH SENIOR HELPERS

Licensed Banded Insured

Happy 4th of July

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



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

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



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

Motion Passed:
MCSC will pay any business fees charged for the Activities Chair to participate in activities when participation is necessary to guide and oversee member participants.

Motion Passed:
Business fees incurred for the Activities Chair’s participation will be incorporated into the total cost of the activity and included in the activity fees.

Submitted by Recording Secretary – Mari Segura

MCSC Member Spotlight



Our Dahlia Darling – Janet Thelen

For more than a decade, Janet Thelen has been the Garden Center’s beloved “Dahlia Darling,” sharing her passion and expertise to help others discover the joy of growing dahlias. Alongside Becky Adams, she hosts winter workshops teaching participants how to harvest healthy tubers—selecting firm, plump roots with a visible “eye,” while discarding those that are soft, shriveled, or lacking buds.

Thanks to our mild climate, we enjoy dahlia blooms from June through November—far longer than many other regions. This extended season brings more color, more bouquets, and more time to appreciate the beauty of the garden!

Tubers harvested during these workshops were featured at the May Garden Sales, and the results are now on full display. From the vibrant MCSC Dahlia Garden to the beautiful arrangements available at the Garden Cart Sales, Janet’s efforts continue to brighten our community.

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: 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



Leave Your Mark @ MCSC

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 5/15/26 – 6/19/26

Carey	Williams
Carol	Bell
Carolyn	Muterspaw
Connie	DeMar
David	Lombard
Deborah	Gilpin
Don	Crumm
Gayle	Brubaker
Jim	Reed
Lesley-Anne	Taylor
Luz	Johnson
Marigold	Fine
Michele	Gorman
Nancy	Dugan
Nancy	Lagestee
Rich	Strumpf
Richard	Gunn
Robert	Vasconcellos
Shirley	Fink
Stewart	Gibson
Sudha	Schneider
Sylvia	Forsyth
Terry	Sityar
Tim	Gillett
Virginia	Falcone

CELEBRATE YOUR BIRTHDAY MONTH WITH US !!

FREE Cake / Ice Cream
Friday – July 17, 2026 @ 1PM



**FREE ACTIVITY COUPON
FOR JULY B-DAY'S**

SPECIAL SPEAKER - JULY 17th 2026 12.30 – 1.30PM



**Presentation at
Mid County Social
Center**

**FRIDAY, JULY 17TH
12:30 - 1:30 P.M.**



DAMIANS LADDER

**SMALL HOME REPAIRS FOR SENIORS &
PEOPLE WITH DISABILITIES**

TOTAL MCSC MEMBERS 644



Alberto	Guarino	Joe	Ortiz
Barbara	Woodbeck	Josephine	Rodriguez
Bill	Laird	Judith	Buck
Carol	Hales	Judith	Papas
Carole	Reese	Karin	Slinger
Charmaine	Ryan	Katy	Guernsey
Cheryl	Clark	Larry	Kingland
Cindy	Edwards	Laura	Diem
Claire	Wong	Les	Forster
Danielle	Garland	Lisa	McAndrews
David	Meyers	Lori	Watkins
Debbie	Goodwin	Lourdes	Pollard
Deborah	Stearns	Mahnaz	Reiham
Diana	Archerda	Mari	Segura
Diane	Gorham	Marilyn	Diamond
Emily	Troutner	Marina	Glagolev
Erin	McNally	Mary Ann	Shaffer
Fortunee	Cohen	Olive	Thomas
Francesca	Graziano	Owen	Hand
George	Kiernan	Patricia	Berstein
Georgene	Goodwin	Robert	Hodges
Heeja	Allen	Russ	Kramer
Ingrid	Larsen	Sandy	Steele
Ingrid	Welch	Stephanie	Garcia
Isabella	Hughes	Sue	Minney
Jane Ellen	Nelsen	Susan	Weeks
Jean	Andrews	Terri	Lesniak
Jeanette	Thommen	William	Bailey
Jeanne	Allshouse		
Jodi	Richardson		



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

12:30-3PM (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)

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) NO JULY

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 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– (M)

Mon 11:30-12:30PM

Tai Chi– (M)

Wed 10:45-11:45AM

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

1st & 3rd Wednesday (M)

10.30-12PM

SPANISH – Fridays

11:00-12:00 (M)

90's CLUB

2nd Friday of the month (M)

JAPANESE FLOWER

ARRANGING : 2nd

Saturday in the Annex

10-12PM on 7/11/26

PLANT WALK

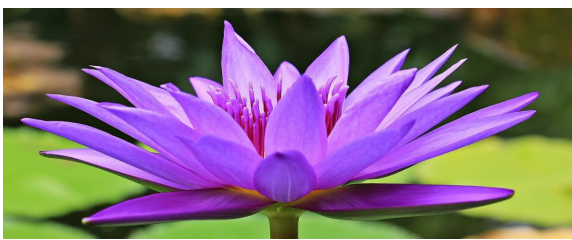
2nd Friday of the month

11:30 – 12:30 PM



(M) = MAIN ROOM

(A) = ANNEX ROOM



GARDEN UPDATE

The garden continues to thrive as we move
into the warmer and longer days of summer.
Some folks are taking home fresh veggies on
a daily basis. We hope to have more to share
with everyone at our garden cart sales that
happen during the Ranch Breakfast.

We had our first BBQ/potluck at the June
workday. It was a big success as everyone
enjoyed good food and company. All
members are welcome to join us on the first
Saturday of the month at 11:30. Just bring a
dish to share, something to grill for yourself
if you want, and your appetite.

JOIN US for the 90' CLUB

2nd FRIDAY of the Month

July 10th, 2026

1:00 - 2:30PM

FREE STICK YOGA

Friday, July 24th @ 1:00 - 2:00PM



What did one
American flag say
to the other flag?
Nothing. It just waved.



GIFT SHOP UPDATE



Fun and Creativity at the Lavender Wand Craft Class
The Lavender Ladies and the Gift Shop held a fun
Lavender Wand craft class on June 20.

Did you know that lavender wand making originated
in ancient Greece and Rome for use in rituals and as a
fragrance. Lavender gained popularity in medieval
Europe for its aromatic and medicinal properties.
Today, lavender wands serve decorative purposes and
as gifts, symbolizing love and tranquility.

Be sure to get your lavender wand in the Gift Shop.
July fireworks themed items are featured this month
in the Gift Shop. The Gift Shop is open Monday –
Friday from 9 am – 3 pm.



UKULELE UPDATE



Aloha to All, “You have a song in you that nobody else can
sing” Charlie Macksey. This is quote from his book, *Always
Remember*. It struck a chord with me, and I wanted to
share it with the music lovers in our community.

We had our very first hula lesson last month. Audrey led
the neophyte dancers in “Pearly Shells”, BRAVO to
everyone brave enough to try something new! LaLa is doing
it in her chair! We also enjoyed a rousing solo by John; his
banjo adds a happy sound to our ensemble.

We'll be returning to Pacific Manor for musical visits
sometime in the fall when everyone returns from their
travels. They are excited to renew our performance after
being shut down by Covid.

The group will be saying Aloha to several members as they
go on their travels. Our Bassman, Michael will be bicycling
in Europe, Karin will be visiting relatives in Sweden and
Deb will be building a house in Minnesota.

We celebrated Lindas birthday! She not only brought her
husband but also Goodies ! Thank you , Linda! It seems like
a good way to celebrate a birthday! Is this the start of NEW
Tradition?!

Also, we are very happy to have Robbie back from his
sojourn in Hawaii.

HAPPY 4th of JULY



Jeremy Earl Ray Griffey

84 years

Capitola, CA

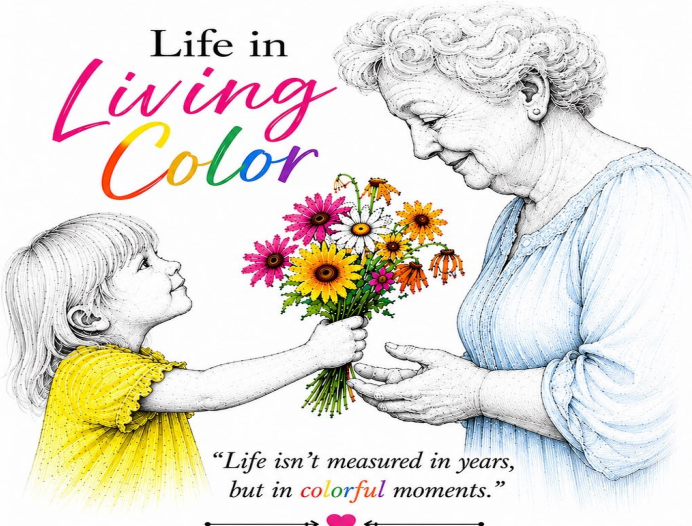


Celebration of Life will be held for
Jeremy Griffey on July 11th, 2026 - 1PM.

ALL invited to attend at
Mid County Social Center

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

One eyed, One Horned, Flyin’ Purple People Eater

