



The SYV Senior Citizens' Foundation was founded to promote the common good and general welfare of the senior citizens and other members of the Santa Ynez Valley by providing nutritional, recreational, and transportation resources.

### FYI...

On Tuesday, July 18 we held seminar on health care at the Senior Center. Those to speak were Jennifer Sullivan, LVN from Visiting Nurse & Hospice Care, Joshua Nalywaiko of Central Coast Home Health, followed by Shari Asmann of Home Care Assistance. Information was given out on these agencies, and what they provide. If you missed it and would like information for these agencies, please contact Linda Linton at the Senior Center. We are planning on holding another information seminar in about six months, so we'll keep you posted. -- Lunch Buddies is back this month! They will be going to Cody's Cafe in Goleta on August 24. The bus will leave at 11am. Sign-up sheet will be at the desk.

#### DAILY

**MONDAY-FRIDAY**  
**Senior Lunch**  
 Mon-Fri 11:30am  
 Lunch is open to the public.

Call by noon the day before for reservations... 805.688.4571

Prepared by Chef, Jim Nichols.

Fee: \$4 Dine-In & \$5 Delivery

View our monthly MENU online...  
**BuelltonSeniorCenter.org**

#### WEEKLY

**MONDAYS**  
 11-3pm **Free Produce Day**

**TUESDAYS**  
 8:30am **Walking Club**

**WEDNESDAYS**  
 1-3pm **Knit and Crochet**

**THURSDAYS**  
 10am **Chair Exercises**

**FRIDAYS**  
 1-3pm **Bingo**

#### MONTHLY

**Mandate Dinner**  
 August 16th - 5:30-7pm. Free and open to the community.

**Lunch Buddies** Lunch Buddies will be going to Cody's Cafe August 24th. Bus leaves at 11am.

**Senior Dinner** August 22nd 5:30pm Dinner will be hosted by The Cattlewomen's Association

**Bunko 6:45 pm** after dinner

**Bingo Sundays** August 20th - 1pm

## THRIFT STORE

Mon-Sat 10am - 4pm  
805.688.5073  
56 West Hwy 246, Buellton

\$5 dial-a ride tickets for current members.

Come shop. Get involved as a volunteer. Donate your treasures to the store and help support the Buellton Senior Center.

## Happy Birthday!

Ron Huber 5  
Sandra Moore 6  
Ila Kanta 8  
Mary Angel 13  
Gracie Love 16  
Anadel Wright 19  
Mary Rex 22  
Colleen Kline 23  
Joni Kusmitch 25  
Carol Campbell 25  
Rosa Castillo 31



## LOAN CLOSET

Seniors can borrow basic medical equipment such as wheelchairs, walkers, crutches, canes, etc..

Donations appreciated and will ensure we can help the next family that is in need.

## BUNKO, ANYONE?

Newcomers welcome! Never played, but would like to learn how? No problem, we'll teach you everything you need to know! Games are held after the monthly senior dinner. Bring \$5 and wear a smile! Meet new friends! You could go home a winner! Rides to and from the Senior Center are available. For more information, please call 714-7003.

## SENIOR CENTER STAFF

**Pam Gnekow**  
Executive Director

**Jim Nichols**  
Assistant Director & Chef

**Merrill Clayton**  
Senior Coordinator

**Linda Linton**  
Volunteer Coordinator

Rosa Castillo  
Gracie Love  
Wanda Nelson  
Alicia Perales

## Amazon Smile!

As you do your birthday or other online shopping, don't forget that Amazon.com donates a portion of sales to nonprofits. When you shop on Amazon, click on [www.smile.amazon.com](http://www.smile.amazon.com) and pick Santa Ynez Valley Senior Citizens Foundation as your designated recipient. It won't cost you anything extra and 1/2% of your purchase will be sent to the Center. We have received some money from Amazon, so thank you to those who have contributed!



## BOARD MEMBERS

**David Lehman**, President  
**Dianne Day**, Vice President  
**Bernice Small**, Treasurer  
**Charlie Anderson**, Secretary  
**Pam Gnekow**, Executive Director  
**Shirley Anderson**, Secretary  
**Ron Huber**, Secretary  
**Susan Schwartz**, Secretary  
**David Schwartz**

## At the Center:

We had a full house on a Wednesday. It was great to see so many seniors in for lunch. We are improving the front, and we will be getting new paint. So look for the improvements to start soon!





# Lunch Menu

Fee: \$4 Dine-In, \$5 Delivery • 11:30am Seating •  
 Call by noon the day before for reservation • 805.688.4571

August 2017		BUELLTON SENIOR CENTER • SYV SENIOR CITIZENS FOUNDATION		
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1) Chef's Choice	2) Pasta and Meatballs, Green Beans, Garlic Bread	3) Chef's Choice	4) Meatloaf, Mashed Potatoes and Gravy, Veggies
7) Cheeseburgers, Roasted Potatoes, Watermelon	8) Chef's Choice	9) BBQ Chicken, Beans, Veggies	10) Chef's Choice	11) Pizza and Salad
14) Pulled Pork Sandwich, Roasted Potatoes, Veggies	15) Chef's Choice	16) Chicken Milano, Pasta, Veggies	17) Chef's Choice	18) Roasted Turkey, Mashed Potatoes, Green Beans, Gravy
21) Chicken Fried Steak, Mashed Potatoes, Gravy, Veggies	22) Chef's Choice	23) Grilled Chicken Sandwich, Potato Salad, Watermelon	24) Chef's Choice	25) Turkey and Swiss Sandwich, Pasta Salad, Chips, Fruit
28) Chicken Parmesan, Pasta, Veggies	29) Chef's Choice	30) BBQ Pork Loin, Baked Beans, Veggies	31) Chef's Choice	



## Coffee with the Director

BUELLTON SENIOR CENTER BLOG



Greetings,

I hope you are all having a wonderful summer. We have been busy here at the Senior Center. Glenn, Jim and Peter have been working hard to make the front of the Center look bright and cheerful. The Thrift store is selling furniture like crazy, and the inside of the thrift store is full of bargains. I would like to thank our volunteers who work nonstop to make the community a better place for our seniors.

We want to invite you all to come by for a cold drink, pastries from Starbucks, and just to say hi.

August 24, we will start "Lunch Buddies" back. I have missed you. We will be going to Cody's Restaurant in Goleta. The bus will leave at 11 am. Thank you, Barbara for always making our trips great. I hope you love your dinner by Ellen's Pancake House.

Until next month,

Pam