



NEWS

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...

The holiday season is among us once again! The Senior Center is getting dressed up for Christmas! Please come in and look at the wonderful window painting, and Christmas decorations. We wish you all a wonderful Christmas and Happy New Year! As a reminder, the Senior Center will be closed on December 26 in observance of Christmas, as well as January 2nd. Produce bags will be distributed on December 27th and January 3rd.



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

1-3pm **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

December 5:30-7pm. Free and open to the community.

Lunch Buddies

Thursday December 8, Madonna Inn. Bus leaves at 10:00am

Senior Dinner

December 27th 5:30pm

Bingo Sundays December 18 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.

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.

STAFF

Pam Gnekow
Executive Director

Jim Nichols
Assistant Director & Chef

Merrill Clayton
Senior Coordinator

Linda Linton
Volunteer Coordinator

Rosa Castillo
Gracie Love
Wanda Nelson

BOARD

David Lehman, President
Charles Anderson, VP
Bernice Small, Treasurer
Dianne Day, Secretary
Pam Gnekow, Executive Dir
Shirley Anderson
Ron Huber
David Schwartz
Susan Schwartz

Happy Birthday!

Jean Meyer 1
Mary Soulanille 1
Honey Jaramillo 3
Charles Anderson 4
Jackie Christiansen 13
Emily Huber 28
Merrill Clayton 29
Anniversary: Don and Carol Stanley 7th
Nick and Vicki Angel 27th



Thank You!

Regina Guthrie was an amazing addition to our volunteers! She left us a few weeks ago to go back east. We miss you already, and wish you well.



Amazon Smile!

As you do your holiday and 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 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.



Thrift Store:

Please don't forget to check out the Senior Center Thrift store for decorations this Christmas season! All proceeds go back into the 'Meals on Wheels' program and to the Senior Center.





Lunch Menu

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

DECEMBER 2016		BUELLTON SENIOR CENTER • SYV SENIOR CITIZENS FOUNDATION		
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
ALL LUNCHESES INCLUDE MILK & DESSERT			1) Chef's Choice	2) Meatloaf, Mashed Potatoes and Gravy, Veggies
5) Baked Chicken, Rice Pilaf, Veggies	6) Chef's Choice	7) Chicken Fried Steak, Mashed Potatoes, Gravy, Veggies	8) Chef's Choice	9) Pulled Pork Sandwiches, Veggies, Potatoes
12) Enchiladas, Rice and Beans	13) Chef's Choice	14) Spaghetti and Meatballs, Veggies	15) Chef's Choice	16) Fish Friday!
19) Salisbury Steak, Mashed Potatoes, Mushroom Gravy, Veggies	20) Chef's Choice	21) Grilled Chicken Sandwich, Roasted Potatoes, Fruit	22) Chef's Choice	23) Ham, Gravy, Sweet Potatoes, Veggies
26) Closed for Holiday	27) Chef's Choice	28) Tri-Tip Sandwich, Beans, Veggies, Salsa	29) Chef's Choice	30) Cheeseburgers, Macaroni Salad, Veggies