



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...

What about this weather? Rain, rain, let it rain! The rain is great, but not so good on the crops in the fields. This is a problem for the Foodbank as well. Unfortunately donations are down, and their shelves are empty. This is affecting the quantity of produce we are able to fill the bags with on Mondays. It also is limiting what we get from Veggie Rescue for our front cooler. Hopefully the weather will get better and our drought will end so we can get back to business as usual. We will do our best to fill the bags as full as possible in the weeks to come.



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

February 15th- 5:30-7pm. Free and open to the community.

Lunch Buddies Hop on the train!

February 16th Take the Bus to Santa Barbara and get on the train to San Luis Obispo. Bus Leaves at 11am. Will Pick up in San Luis Obispo and return to Buellton. Sack Lunch Provided

Senior Dinner

February 28th - 5:30pm

Bingo Sundays February 19 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!

Betty Rina 10
Pam Gnekow 15
Bob Turner 19
Jinny Dunne 24
Karen Smith 27



Bunko, Anyone?

There are some who are interested in playing Bunko after the monthly Senior Dinners. If you would like to join them, please call the Center, 688-4571, and let Merrill or Pam know. Games can be played with 8 people, but 12 or more is preferable.

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 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.



On the Calendar:

Coming in April, The Buellton Senior Center will be putting on it's 3rd Golf tournament to raise funds for the 'Meals on Wheels' program. April 29th is the date. Come play!

The Foodbank will be closed on Monday February 20th in honor of Presidents Day. We are scheduled to have delivery on February 21st for produce bag distribution. As a reminder, foodbank will also be closed on the following Mondays: May 29th, September 4th and December 25th. Possibly July 3rd.



Lunch Menu

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

February 2017

BUELLTON SENIOR CENTER • SYV SENIOR CITIZENS
 FOUNDATION

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1) Chicken Chili, Jasmine Rice, Glazed Carrots	2) Chef's Choice	3) Meatloaf and Gravy, Mashed Potatoes, Mixed Veggies
6) Chicken Parmesan, Pasta, Veggies	7) Chef's Choice	8) Roasted Pork, Apple Cider Gravy, Mashed Potatoes, Veggies	9) Chef's Choice	10) Chicken Florentine, Rice Pilaf, Veggies
13) Chicken Marsala, White Rice, Mixed Veggies	14) Chef's Choice	15) Baked Penne with Sausage, Veggies	16) Chef's Choice	17) Baked Chicken with Country Gravy, Mashed Potatoes, Veggies
20) Tri-Tip Sandwich with Salsa, Cole Slaw, Roasted Potatoes	21) Chef's Choice	22) Swedish Meatballs over Penne, Green Beans	23) Chef's Choice	24) Stuffed Shells with Marinara, Mixed Squash
27) Cheeseburgers, Potato Salad, Fruit	28) Chef's Choice			



Coffee with the Director

BUELLTON SENIOR CENTER BLOG



Happy New Year!!!!

We are so excited to start 2017 with our friends at the Buellton Senior Center. We want to expand our lunch buddy program to get as many of you together as we can. This month we are taking two buses to Santa Barbara, getting a box lunch, and taking the train to San Luis Obispo, getting desserts and coming home. What a beautiful way to spend an afternoon with friends.

We hope the improvements at our Thrift store make you happy. We continue to serve the seniors of our community. If you have any needs that we can help with please come and let us know. We would love you to bring a friend to the next senior dinner. We will be celebrating Valentine's Day. The Hitching Post will be providing our dinner. If you bring a friend that has never been to a senior dinner before we will give you half off your dinner ticket. We invite you to come and spend the afternoon with us. We have Starbucks coffee and pastries every day. They are all free. We just need your smile. It is always our pleasure to be your friendly place that makes the difference in your day.

Come see us, we have your coffee cup waiting.

Pam Gnekow

Pam Gnekow

Director