



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 rain has come! The hills are green and alive! We hope you all weathered the storm! Unfortunately this weather is still causing food donation issues at the Foodbank. We will continue to do our best to get the vegetables and other items needed to fill the bags weekly. This has also been the case with Veggie Rescue. They are doing their best to bring the items needed to keep our produce cooler as full as possible. Food bags will continue to be Mondays until Memorial Day, with the Foodbank and Senior Centers closed, Tuesday will be the pick-up day, May 30th, so mark that down!



DAILY

WEEKLY

MONTHLY

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

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**

Mandate Dinner

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

Lunch Buddies

March 16th- Lunch Buddies is going to 'Roonies' in Orcutt. The bus will leave at 11am, sign up at the front desk, or call 688-4571

Senior Dinner THIS MONTH!!

March 21st - 5:30pm Hosted by the Vikings - **Bunko 6:45 pm** after dinner

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

Happy Birthday!

Shirley Anderson 9
Marjorie Hansen 14
Norma Steele 15
Julie Korpinen 28



Bunko, Anyone?

Bunko is on after the Senior Dinner! 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. We have received some money from Amazon, so thank you to those who have contributed!



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

March 2017		BUELLTON SENIOR CENTER • SYV SENIOR CITIZENS FOUNDATION		
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1) Grilled Pork, Scalloped Potatoes, Green Beans	2) Chef's Choice	3) Hawaiian Pizza and Salad
6) Meatloaf, Mashed Potatoes, Gravy, Veggies	7) Chef's Choice	8) Chicken Piccata, Rice Pilaf, Veggies	9) Chef's Choice	10) Roast Beef Sandwich, Potato Salad, Cole Slaw
13) Pasta and Meatballs, Veggies, Garlic Bread	14) Chef's Choice	15) BLT, Pasta Salad, Fruit	16) Chef's Choice	17) Corned Beef, Cabbage, Red Potatoes, Soda Bread
20) Turkey and Cheese Wraps, Potato Salad, Fruit	21) Chef's Choice	22) Tri-Tip Sandwich, Beans, Veggies	23) Chef's Choice	24) Shepherd's Pie, Veggies
27) Cheeseburgers, Roasted Potatoes, Cole Slaw	28) Chef's Choice	29) Chicken Fried Steak, Mashed Potatoes, Gravy, Corn	30) Chef's Choice	31) Pulled Pork Sandwich, Potato Salad, Fruit



Coffee with the Director

BUELLTON SENIOR CENTER BLOG



Happy March,
It is green!!!! Just in time for St. Patrick's Day. The train ride to San Luis Obispo was beautiful. We were able to see all the green fields and creeks with running water. What a treat. Thank you Jim for the wonderful lunch. This month we will be going to Rooney's Irish Pub, on March 16th, wear your green. You need to sign up early our lunch buddies fills up fast.

We really need volunteers at our thrift store. The thrift store is our major source of income for our Meals on Wheels program. If you have any extra time please call Rosemary at the thrift store. The number is 805-688-5073. We love our volunteers.

Thank you El Rancho for providing our senior dinner last month. The spaghetti was wonderful. This month we are having dinner with The Hitching Post. I can't wait.

Please note!!!!!!!!!! Next month's senior dinner is going to be on
March 21st, 2017. This will be the **THIRD TUESDAY**
Not the
Fourth Tuesday.

I would really love for you all to come in for coffee and Starbucks pastries. Xxooxxoox Pam