



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! Our new website is up, and a new looking newsletter to go along with it. Please check it out at www.buelltonseniorcenter.org. There are great new features, like 'Coffee with the Director'. A blog that will be updating the goings on of our Senior Center. We are finally in the middle of our pantry expansion. Having more room to do our work will be amazing. We hope to have it done in the next week or so. As always, our Farmers Market is available everyday, as well as our food ministry on Saturdays. All is free to the public.



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 Bags**

TUESDAYS

8:30am **Walking Club**

WEDNESDAYS

1-3pm **Knit and Crochet**

THURSDAYS

10am **Chair Exercises**

FRIDAYS

1-3pm **Bingo**

MONTHLY

Community Dinner

November 16th - 5:30-7pm.
Free and open to everyone.

Lunch Buddies

Thurs, Nov. 17 at Padaro Beach Grill in Carpinteria

Senior Dinner

No Senior Dinner this month.
Returning in December.

Bingo Sundays

November 20th 1pm

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.

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.

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

Lunch Buddies

Lunch Buddies went to the Custom House in Avila Beach. Join us This month, we'll be going south to the Padaro Beach Grill in Carpinteria on November 17th. Be here at 10:30 and make sure to get your name on the list!



Coming up...

The 'Art' of brunch is coming on Nov. 6th. Come show your drawing skills and enjoy a fabulous brunch provided by Country Garden Catering. Sign up before Nov. 3rd for \$20. After that price will be \$25 Please call Pam or Merrill to pay for the event. 805-688-4571. All proceeds go to the Buellton Senior Center.



Cooling Station

The Buellton Senior Center will open when Sundays forecast for 95. or higher in Buellton. The forecast can be obtained on Keyt 3, KSBY 12 or the Santa Barbara News Press on the Saturday before. The Center will open from 1-4pm on Sundays according to the indicated forecast. For more information you may call Ron Huber (805)688-3637 or Dianne Day (805)686-1050



Thank You!

Again a thank you goes out to Sheri Musgrove and her ladies for hosting our September Dinner! Chicken enchiladas, rice and beans and the most amazing salad! We are blessed by your generosity! Thank you!

Happy
Birthday!



6th - Elisabeth Nichols
21st - Vicki Angel
23rd - David Schwartz
25th - Toni Butner
28th - Bonita Guerrero & Irene Covington