

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...

It's hard to believe that Summer is gone and Fall is here! We were treated to another great Tri-Tip dinner last month by the Cattlewomen's Association. They have chosen us for many years now always providing a great night of food and friends!

Pictured to the left are: Jackie Jaenicke, Gail Tomasini, Jill Moulton, Gail Knight and Sherry Musgrove. October's Senior dinner will be hosted by The Buellton Rotary on October 24th at 5:30pm



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

October 18th - 5:30-7pm. Free and open to everyone.

Lunch Buddies October 19th
Apple Farm Restaurant in San Luis Obispo. Bus leaves at 10:30

Senior Dinner October 24th
Hosted by Buellton Rotary 5:30 pm

Bunko 6:45 pm after dinner

Bingo Extra October 15th 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.

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

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

Happy Birthday!

Donna Lynn 4
Shirley Christianson 17
Mary Akinson 20
Joyce Turner 27
Dianne Day 28
Elizabeth Beckler 31

Please let Jim know if you're a member and not on this list!



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.

Amazing Salads & Yoga

A Cancer Prevention Experience

Join **Ridley-Tree Cancer Center** Nutritionists for a morning of yoga and therapeutic music followed by a food demonstration, nourishing lunch and an inspiring presentation on the major components of a cancer prevention diet.

Saturday, October 28, 2017

10:00 am - 12:00pm

Ridley-Tree Cancer Center

540 West Pueblo Street, Santa Barbara

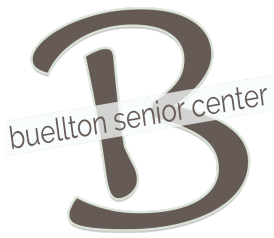
Tickets are \$25

Please call (805) 898-2204 for more information or to RSVP by October 24.

At the Center:

Pam and Jim took a cake over to Kelli at Atterdag on her 88th birthday to celebrate! So blessed to celebrate with all her friends. You look pretty in pink Kelli.





Lunch Menu

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

October 2017					BUELLTON SENIOR CENTER • SYV SENIOR CITIZENS FOUNDATION				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY					
2) Chicken Alfredo, Broccoli, Garlic Bread	3) Chef's Choice	4) Stuffed Peppers	5) Chef's Choice	6) Pulled Pork Sandwich, Roasted Potatoes, Watermelon					
9) Pizza and Salad	10) Chef's Choice	11) Grilled Chicken Sandwich, Pasta Salad, Fruit	12) Chef's Choice	13) Meatloaf, Mashed Potatoes and Gravy, Veggies					
16) Turkey Sandwich, Potato Salad, Fruit	17) Chef's Choice	18) Chef Salad	19) Chef's Choice	20) Chicken Parm, Pasta, Roasted Veggies					
23) Cheeseburgers, Potato Chips, Cole Slaw	24) Chef's Choice	25) Chicken Marsala, Rice Pilaf, Veggies	26) Chef's Choice	27) Beefy Macaroni, Veggies, Garlic Bread					
30) Salisbury Steak, Mashed Potatoes and Mushroom Gravy, Corn on the Cob	31) Chef's Choice								



Coffee with the Director

BUELLTON SENIOR CENTER BLOG



Greetings,

Happy, happy fall. I can't believe it is October. We are busy with feeding the people of the Santa Ynez Valley. We are introducing two new programs to the center. We have a new name for the free food program. It will now be called, Buellton Community Pantry of Santa Ynez Valley. We will be having guests on Saturdays to inform you of different programs and opportunities to help you with your nutritional needs. There will also be a information table each week with material to guide you to services in the Valley and surrounding areas.

Our other new program is called "Cancer Patients Caregiver's Project". We will be handing out schedules for the caregiver's events with location and times. We will have a resource center set up here and at the Buellton Library. In addition, you will be able to set up an appointment at the center to do caregiver mapping and get any additional help you might need. We are excited to expand our programs. We are here to help you get through these critical times in your life. We are working with cancer centers to bring you the most up to date information. Please let us know if we can help in any way.

Happy Halloween, we are honored to serve you.

Many blessings,

Pam