



# 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...

It's amazing we are in February already. The Los Olivos Rotary are at it again. This amazing group are constructing another shed in the back for storage. They always step up and help us with our needs, and we are so grateful! There has been a few loses in our community this last month that has our hearts heavy, as well as the disaster down south. Let us think about those who were lost in the devastation in Montecito, and remember to be nice to your neighbors.



### 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

10am-2pm **\$10 Haircuts**

1-3pm **Knit and Crochet**

THURSDAYS

10am **Chair Exercises**

FRIDAYS

1-3pm **Bingo**

### MONTHLY

**Mandate Dinner**

February 21st - 5:30-7pm. Free and open to everyone.

**Lunch Buddies** February 22nd - Sissy's Restaurant in Lompoc. Bus leaves @ 11am Refundable deposit of \$5 required for a spot.

**Senior Dinner** February 27th - 5:30 pm Dinner provided by Leonardo's Ristorante

**Bunko 6:45 pm** after dinner

**Bingo Extra** February 18th 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  
**Pam Gnekow** Executive Director  
**Ron Huber** Secretary  
**Susan Schwartz**  
**David Schwartz**  
**Irene Covington**

## Happy Birthday!

Betty Rina 10  
Jan Skaling 12  
Pam Gnekow 15  
Bob Turner 19  
Karen Smith 27

Please let us 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.

## Thrift Store and more....

The Buellton Senior Center Thrift Store has lots of furniture that need a new home. Please go and see our wonderful volunteers and shop shop shop! So that being said, if you have furniture that is in good shape and has resell qualities, think about donating it to us, so we can find it a new home. Remember that all donations are tax deductible, and all sales go to help fund all of our senior programs.

**Attention to all:** The Foodbank delivery will not take place on Monday, February 19th because Presidents Day. They will be delivering on Tuesday, February 20th. Please feel free to check out our cooler and table for produce from Veggie Rescue. There is also bread on a daily basis on our front tables.

If you'd like to be added to the Centers email list to receive updates and reminders about upcoming events and other upcoming Center related news, please send your email to [susanmori2@aol.com](mailto:susanmori2@aol.com). Please be sure to include your name and telephone number in your message.

## At the Center:

As you do your 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](http://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 are receiving money from Amazon, and would like to thank those who have contributed!





# Lunch Menu

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

February 2018					BUELLTON SENIOR CENTER • SYV SENIOR CITIZENS FOUNDATION				
MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
						1) Chef's Choice		2) Pizza and Salad	
5) Cheeseburgers, Roasted Potatoes, Fruit		6) Chef's Choice		7) Pulled Pork Sandwich, Veggies, Chips, Fruit		8) Chef's Choice		9) Meatloaf and Mashed Potatoes, Veggies	
12) Chef Salad		13) Chef's Choice		14) Chicken Mushroom Fettuccine, Veggies		15) Chicken Piccata, Rice Pilaf, Veggies		16) Ginger and Orange Glazed Pot Roast, Rice, Veggies	
19) Chicken Fried Steak, Mashed Potatoes, Country Gravy, Corn, Biscuit		20) Chef's Choice		21) Fried Chicken Pot Pie, Veggies, Dinner Roll		22) Chef's Choice		23) Pastry Chicken Cordon Bleu, Rice Pilaf, Broccoli	
26) Smoked Sausage Stir Fry, Veggies		27) Chef's Choice		28) Meatball Sandwich, and Salad					



## Coffee with the Director

BUELLTON SENIOR CENTER BLOG



## February 2018

The Buellton Senior Center said goodbye to two of our service warriors this month. Kelli Canady, a beloved friend, member, and board member passed away January 2<sup>nd</sup>, 2018. Linda Alstead, lover of God's nature, also passed away. Linda kept the plants and yard at the senior center beautiful and thriving. Every Saturday, she would bring her oxygen tank and go about loving the plants. We will miss you Linda.

They say February is the month of love. That would be true at the senior center. **WE LOVE YOU!!!** We will be working all year to bring you programs and events to brighten up your day. We would love for you to come to lunch and share your day with us. Join us for Lunch Buddies. We go to different restaurants each month. We just have a great time. We will be having a dinner fundraiser on April 7<sup>th</sup>. It will be at the Santa Ynez Carriage House Museum. I will have more details next month. This is a "Save the Date" notice. You won't want to miss this.

If you or someone you know have needs that could use a little help, please let me know. We can help find resources that will make life a little easier.

I will have a prayer box on my office door. If you have a need, that you would like prayers for, please drop me a note or if you would like to set up time to meet with me, I will make a special prayer time for you.

Thank you for letting us be a part of your life.  
Xoxoxoxoxoxo Pam Gnekow, Director  
Happy Valentine's Day

### Carolyn Ann Canady



Carolyn Ann (Kelli) Canady, 88, of Solvang, California, passed away on January 2nd, 2018. Carolyn was born to Harris Love Canady and Mary Louise Canady on September 1st, 1929 in Wilmington, North Carolina. She is preceded in death by her sister, Helen Vann and her brother, Harris Love Canady. Carolyn was a Veteran of the United States Navy. She was very proud of her service to her country. Kelli, worked as a bookkeeper for Islay Investments for 24 years. She spent her retirement making life better for seniors and veterans. She served on the Board of Directors for Buellton Senior Center and The Opportunity Shop. She divided her time working at the thrift shops for both of these organizations.

Carolyn will be honored at a graveside memorial service on January 31st, 2018, at 12:00pm at Ballard

Cemetery. No reception will follow. Carolyn's, wishes are donations to be sent to Buellton Senior Center, PO box 1024, Buellton, Ca. 93427 or The

Opportunity Shop, Scholarship Fund 3630 Sagunto St. Santa Ynez, Ca. 93460.

A special thank you to all those who loved and cared for Kelli. We miss you Kelli.