



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...

Welcome to spring! It is amazing how beautiful and green our Valley is! Keep raining, a little at a time so we don't float away!

We want to thank the Hitching Post II Restaurant for the delicious Smoked Pork dinner they served us at last month's dinner. Truly one of the best pork chops ever! This month's dinner is hosted by the Vikings of Solvang. The Vikings always bring a wonderful Danish dinner along with dessert from Olsen's Bakery. (Picture: Rosa Castillo, Margee Helling, Angel Carmona, Frank Ostini, Leslie Luquin, Pam Gnekow and Jackie Quijas)



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

April 19th - 5:30-7pm. Free and open to the community.

Lunch Buddies April 20th- Lunch Buddies to the 'Lazy Dog Restaurant at the Commons in Oxnard. The bus will leave at 10:30am, sign up at the front desk, or call 688-4571

Senior Dinner

April 25 - 5:30pm Hosted by the Solvang Rotary

Bunko 6:45 pm after dinner

Bingo Sundays April 16th 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!

Norma Pedersen 12
Cathy Head 28
Larry Cota 29

If your name is not on the list and you're a member, let Jim know!



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. \$5 for the Kitty, you don't need to come to the dinner to play. 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:

April 29th is the 3rd 'Meals on Wheels' Golf Tournament at Zaca Creek Golf Course. All proceeds go to the food program here at the Senior Center. There will be some great raffle prizes. Even if you don't play golf, you can buy raffle tickets!

Please join us on April 29th, 2017 at Zaca Creek Golf Course for the 3rd Annual 'Meals on Wheels' Golf Tournament!

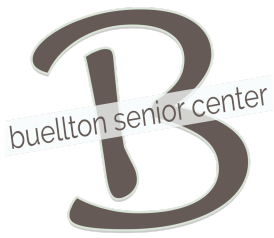
This will be a day of golf and fun, benefitting the Buellton Senior Center's 'Meals on Wheels' program. Lunch afterward provided by the Santa Ynez Elks, Raffle and Silent Auction.

Money raised by this fundraiser help feed needy seniors in the Buellton area! We need your support! Format is a 4-man Scramble, Shotgun start @ 9am. Sign-in starts @ 8am. Please call Zaca Creek Golf Course for sign-ups, and they'll get you and your team signed up. Individuals are welcome to sign up, and we'll group you with a team. Tee Sponsorship signs are available for \$100! What a great way to advertise your business! \$40 suggested donation to play. Hole-in-One and closest to the pin prizes. So please mark your calendars and sign up!



Zaca Creek Golf Course - 223 Shadow Mountain Drive, Buellton, CA 93427 (805)691-9272

www.riovista.com



Lunch Menu

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

April 2017 **BUELLTON SENIOR CENTER • SYV SENIOR CITIZENS FOUNDATION**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3) Pizza and Salad	4) Chef's Choice	5) Chicken Parmesan, Veggies, Pasta	6) Chef's Choice	7) Meatloaf, Mashed Potatoes and Gravy, Veggies
10) BBQ Chicken, Beans, Veggies	11) Chef's Choice	12) Cheeseburgers, Pasta Salad, Roasted Potatoes	13) Chef's Choice	14) Lasagna, Veggies, Salad
17) Beef Stew, Corn Bread	18) Chef's Choice	19) Veggie Frittata, Fruit Salad	20) Chef's Choice	21) Chicken Marsala, Rice Pilaf, Veggies
24) Salisbury Steak, Mashed Potatoes, Veggies	25) Chef's Choice	26) Chicken Alfredo, Veggies	27) Chef's Choice	28) Fish Friday!