



# 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...

We hope the the New Year brings joy and happiness to you all! We are excited to start off the new year. The pantry remodel is done, with only a few things left to finish in the hall. Thank you for putting up with the reconstruction mess. We hope you enjoy the new chairs. Thank you Marriott. January 10th, 2017, we will have our monthly board meeting. We meet at 5:30 pm. If you would like to put any item on the agenda, please get in touch with us. We look forward to serving you in the new year.



### 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](http://BuelltonSeniorCenter.org)

### WEEKLY

#### MONDAYS

1-3pm **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

January 18th- 5:30-7pm. Free and open to the community.

#### Lunch Buddies

Thursday January 19th, Harry's Plaza Cafe in Santa Barbara. Bus leaves at 10:30am

#### Senior Dinner

January 24th 5:30pm

**Bingo Sundays** January 15 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  
Charles Anderson, VP  
Bernice Small, Treasurer  
Dianne Day, Secretary  
Pam Gnekow, Executive Dir  
Shirley Anderson  
Ron Huber  
David Schwartz  
Susan Schwartz

## Happy Birthday!

Rick Nichols 3  
Bernice Small 12  
Joe Jaramillo 12  
Warren Lutz 16  
Carol Shirline 20  
Jim Nichols 22  
Jim Butner 25  
Gena Nichols 26



## Bunko, Anyone?

There are some who are interested in playing Bunko after the monthly Senior Dinners. 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](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.



## On the Calendar:

Friday January 6th, 5pm is the annual Christmas Tree burning at the Mission Santa Ynez.  
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!





# Lunch Menu

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

January 2017					BUELLTON SENIOR CENTER • SYV SENIOR CITIZENS FOUNDATION				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY					
2) Closed for Holiday	3) Chef's Choice	4) Chicken Fried Steak, Mashed Potatoes, Gravy, Veggies	5) Chef's Choice	6) Meatloaf, Mashed Potatoes and Gravy, Veggies					
9) Baked Chicken, Rice Pilaf, Veggies	10) Chef's Choice	11) Enchiladas, Rice and Beans	12) Chef's Choice	13) Salisbury Steak, Mashed Potatoes, Mushroom Gravy, Veggies					
16) Cheeseburgers, Macaroni Salad, Veggies	17) Chef's Choice	18) Spaghetti and Meatballs, Veggies	19) Chef's Choice	20) Grilled Chicken Sandwich, Roasted Potatoes, Fruit					
23) BLT, Potato Salad, Veggies	24) Chef's Choice	25) Pizza & Wings & Salad	26) Chef's Choice	27) Ham, Gravy, Mashed Potatoes, Veggies					
30) Pulled Pork Sandwich, Veggies, Home Fries	31) Chef's Choice								



Happy New Year!

Jim is getting skinny. The kitchen is getting bigger. Holly is mayor. All is right with the Buellton Senior Center.

We want to thank the Los Olivos Rotary Club for expanding our kitchen. Peter Robbins, we don't know how you get these things done for us but we know you are amazing. We are so grateful.

Our lunch buddies went to the Madonna Inn for Christmas. We all had to much food and cake and the laughter and fellowship was wonderful.

We will be going to Harry's Plaza Cafe on January 19th at 10:30. In February we will be taking a train trip to San Luis Obispo. We will have a box lunch and dessert for the way back.

Thank you all for joining all our events. We love you and we all love serving you. This year's mandate served over 125 people, (not all at the same time Fire Marshall). We gave out gift bags and the

Sheriff's department gave out Christmas boxes with socks and other goodies. Thank you Deputy Charlie.

We are blessed here at the center. We hope you feel blessed as well.

Love and Blessings,

*Pam Gnekow*

Pam Gnekow  
Executive Director