



# 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...

Hard to believe that this year is almost half over! We had the Los Olivos Rotary over last week for some food and thanks for all of their contributions to both the Senior Center and the Thrift Store. Thanks to them, we now have room to store, and sell furniture! So please come by the tent and check it out! Volunteer Bill Henderson has been working hard to get it organized and looking great! Lunch Buddies will be on break until August. The Rec busses are all booked with summer camp trips. We will come up with a great destination and let everyone know where and when.



### 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

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

June 21st - 5:30-7pm. Free and open to the community.

**Lunch Buddies** Lunch Buddies will be on break until August. We will keep you updated for it's return.

**Senior Dinner** June 27th- 5:30pm  
Dinner will be hosted by Pizza Shack

**Bunko 6:45 pm** after dinner

**Bingo Sundays** June 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  
**Charlie Anderson**, Secretary  
**Pam Gnekow**, Executive Director  
**Shirley Anderson**, Secretary  
**Ron Huber**, Secretary  
**Susan Schwartz**, Secretary  
**David Schwartz**

## Happy Birthday!

Stephen Mitchrina 6  
Laurene Roberts 18  
Roger Junk 20

Please let Jim know when your birthday is, and he'll put you on the 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.

## 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. We have received some money from Amazon, so thank you to those who have contributed!



## On the Calendar:

Blast From the Past has come and gone, and what a fun time it was. Thank you to all who came out to support our Valleys Senior Centers! Pictured to the right are the winners of the costume Contest. We hope that you'll come again next year!





# Lunch Menu

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

June 2017					BUELLTON SENIOR CENTER • SYV SENIOR CITIZENS FOUNDATION				
MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
						1) Chef's Choice		2) Roast Beef, Mashed Potatoes, Veggies	
5) BBQ Chicken, Beans, Veggies		6) Chef's Choice		7) Lasagna, Veggies, Garlic Bread		8) Chef's Choice		9) Cheeseburgers, Roasted Fingerlings, Fruit	
12) Baked Penne with Sausage, Veggies, Garlic Bread		13) Chef's Choice		14) Chef Salad		15) Chef's Choice		16) Orange Chicken, Rice, Egg Rolls	
19) Pizza and Salad		20) Chef's Choice		21) Tri-Tip Sandwich Potato Salad, Fruit		22) Chef's Choice		23) Enchiladas, Rice and Beans	
26) Chicken Fried Steak, Mashed Potatoes and Gravy, Veggies		27) Chef's Choice		28) Roasted Pork, Scalloped Potatoes, Veggies		29) Chef's Choice		30) Chinese Chicken Salad	