



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...

If you've gone past the Thrift Shop lately, you may have noticed a new addition, our furniture tent. We have mostly had to turn away furniture for lack of storage and display space. Thank you to the Los Olivos Rotary for again helping us to achieve our needs. So please, next time you're in the area, stop in and see what they've got on display. Thank you to the Vikings of Solvang for the amazing dinner they hosted last month. Every year they bring us a great Danish dinner, and one of Bents fantastic cakes from Olsen's Bakery.



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

May 17th - 5:30-7pm. Free and open to the community.

Lunch Buddies

May 25th - Jocko's in Nipomo. Sign up at the desk, bus leaves at 10:30

Senior Dinner

May 23rd - 5:30pm
Dinner will be hosted by Sherri Musgrove

Bunko 6:45 pm after dinner

Bingo Sundays May 21st - 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
Alicia Perales

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!

Francis Carricaburu -5th
Marlene Dobbin -5th
Richard Kusmitch -7th
Nick Angel -16th
Craig Moore -23rd
Maria Pollenz -30th
Please let Jim know when your birthday is, and he'll put you on the list!



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:

May 20th at the Mendenhall Museum. Blast From the Past is back! Beer, Food, Wine and Music and Dancing by Soul Cats. Tickets are \$25. Proceeds go to benefit the Buellton and Solvang Senior Centers. Event starts at 1pm until 5pm. Call 688-4571 or 688-3793 for more information.





Lunch Menu

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

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1) Frittata, Home Fries, Veggies	2) Chef's Choice	3) Turkey Pot Pie	4) Chef's Choice	5) Meatloaf, Mashed Potatoes and Gravy, Veggies
8) Chicken Piccata, Rice Pilaf, Veggies	9) Chef's Choice	10) BBQ Beef Brisket Sandwich, Cole Slaw, Potato Salad, Veggies	11) Chef's Choice	12) Chicken Enchiladas, Spanish Rice, Beans
15) Cheeseburgers, Roasted Potatoes, Watermelon	16) Chef's Choice	17) Chef Salad	18) Chef's Choice	19) Roasted Pork, Apple Sauce, Scalloped Potatoes, Veggies
22) Pizza and Salad	23) Chef's Choice	24) Chicken Parm, Pasta, Veggies	25) Chef's Choice	26) Spaghetti and Meatballs, Veggies, Garlic Bread
29) Chicken Fried Steak, mashed Potatoes and Gravy, Veggies	30) Chef's Choice	31) Orange Crumb Chicken, Rice Pilaf, Veggies		



Coffee with the Director

BUELLTON SENIOR CENTER BLOG



May 2017

Don't you just love this time of year. Winter is over and summer is on it's way. Our golf tournament is in full swing. Come and join us Saturday to have a great time and raise money for our seniors. You can still sign up. If you don't play golf, come and bid on our auction items. Blast from the Past is almost here. Last year we had so much fun, we didn't want to stop dancing. The Soul Cats will be playing, we will be cooking, beer and wine will be flowing and we will be DANCING, DANCING. Don't miss out on one of the biggest parties of the year. Our van has been ordered. Thank you for your contributions and encouragements. I can't wait to see it in our parking lot. Please come out to the City Council meeting to support the senior center. The City of Buellton helps support all our efforts in servicing seniors. We have to state our case and ask for operating funds. I need your help to tell the city how important your senior center is to all of you. Join me at the City Council room next to the library at 6pm on Thursday, April 27th. We are a large voting population, let's tell them what we want in our City. I hope you all have a wonderful month. I can't wait to go to lunch buddies with you at Jocko's. Thank you for all your love and support.

Xoxoxoxo
Pam

Pam Gnekow