



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...

Autumn is here, but you'd never know it by the weather we're having! What is going on with this heat? The world Series has started and it is the 'Fall Classic', but it feels like summer league! For those who missed last month's Senior Dinner, you missed out for sure! The Los Olivos Rotary along with Students from Dunn School served a delicious Ham Dinner! Thank you to them for all of their continued support in so many of our programs and projects!



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
November 15th - 5:30-7pm. Free and open to everyone.

Lunch Buddies No Lunch Buddies this Month. We will resume in December

Senior Dinner November 28th - Dinner hosted By Us!
Bunko 6:45 pm after dinner

Bingo Extra November 19th 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.

Happy Birthday!

Elisabeth Nichols 6
Vicky Angel 21
Amelia Bean 21
David Schwartz 23
Toni Butner 25
Bonita Guerrero 28
Irene Covington 28
Please let Jim know if you're a member and not on this list!



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.

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.

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

Thrift Store

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. Don't forget about AmazonSmile either! For those online Amazon shoppers, choose us as your non-profit! www.amazonsmile.com!

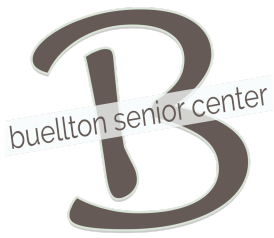
BOARD MEMBERS

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

At the Center:

Halloween is here and so are Cliff and Norm! In the spirit of the scarecrow competition throughout the Valley, the Senior Center has set up ours! On Saturdays, there is an information table set up, with information on assistance for those in need of food. So stop by and take a look, and ask us if we can help.





Lunch Menu

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

November 2017					BUELLTON SENIOR CENTER • SYV SENIOR CITIZENS FOUNDATION				
MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
				1) Pizza and Wings		2) Chef's Choice		3) Lasagna, Veggies, Salad	
6) Chicken Burritos		7) Chef's Choice		8) Pulled Pork Sandwich, Veggies, Roasted Potatoes		9) Chef's Choice		10) Hot Dogs, Potato Salad, Watermelon	
13) Chicken Fried Steak, Mashed Potatoes, Veggies		14) Chef's Choice		15) Chicken Pot Pie		16) Chef's Choice		17) Spaghetti and Meatballs, Veggies, Garlic Bread	
20) Western Bacon Cheeseburgers, Roasted Potatoes, Fruit		21) Chef's Choice		22) Roasted Turkey Sandwich, Potato Salad,		23) Closed for Thanksgiving		24) Closed for Holiday	
27) Meatloaf, Mashed Potatoes, Veggies		28) Chef's Choice		29) Orange Crumb Chicken, Veggies, Rice Pilaf		30) Chef's Choice			



Coffee with the Director

BUELLTON SENIOR CENTER BLOG



Happy Thanksgiving,

Ok, I won't tell you it is eight weeks until Christmas.

We are busy here at the Center. We hope you love the fall colors as much as we do. We will be having fall themes for lunches all through November.

We will be spending November 23rd and 24th with our families. We will be back on November 27th, ready to deck the halls.

Please vote for our scarecrow display. We had fun coming up with the theme. A place where everyone knows your name is what we want your center to be.

The produce is coming in like crazy. Take advantage of our free farmers market.

So, if you can keep a secret... we will be honoring Shirley and Charlie Anderson for their years of service to the Senior Center and Thrift store at the December Senior Dinner.

Shirley started the senior center and we are all so grateful for her years of service. Please come with words and stories to share.

I hope you have a blessed holiday season. Remember, we are here to help make your life better.

We love you,

Pam and her gang