



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 celebrated a huge milestone birthday last month. Karena Hvingelby turned 95! Her daughter brought a beautiful cake to celebrate with us all! Karena is an amazing woman, and we love you! August 21st was National Senior Citizens Day. We prepared and served over 150 hot dog lunches free to seniors, from 11-2 pm. The universe was so happy, there was a solar eclipse!



September 4th is Labor Day, also a Senior Center holiday, and we will be closed. The Foodbank will deliver to us on Tuesday the 5th and produce bag distribution will resume then, so mark your calendars.

The Senior Center Thrift Shop is also getting a new look. New painting is going on the building to give it a new look. More painting will be going on at the Senior Center to give it a new look as well.

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
September 20th - 5:30-7pm. Free and open to everyone.

Lunch Buddies Lunch Buddies
Thursday September 14 at Santa Barbara Zoo Bus leaves at 10:30

Senior Dinner September 26th
Hosted by Los Olivos Rotary 5:30 pm
Bunko 6:45 pm after dinner

Bingo Saturday September 9th 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!

Kelli Canady 1
Vonda Lutz 6
Betty Jensen 8
Rose Roberts 14
Ron Pollenz 15
Sheila Junk 17
Lynette Weston 19
Marilyn Hoffman 22
Please let Jim know if you're a member and not on this list!



BUNCO, 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 winner! Rides to and from the Senior Center are available. For more information please call 714-7003.

Amazon Smile!

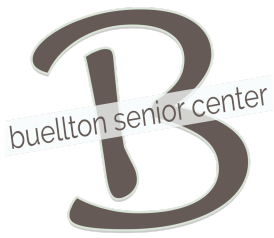
As you do your birthday or other online shopping, don't forget that Amazon.com donates a portion of sales to nonprofits. When you shop on Amazon, click on www.smile.amazon.com and pick Santa Ynez Valley Senior Citizens Foundation as your designated recipient. It won't cost you anything extra and 1/2% of your purchase will be sent to the Center. We have received some money from Amazon, so thank you to those who have contributed!



At the Center:

We had a full house on a Monday August 21st. Produce bags and free lunch, accompanied by a solar eclipse. Picture to the right shows it well. We're not going to see this again for another 7 years.





Lunch Menu

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

September 2017					BUELLTON SENIOR CENTER • SYV SENIOR CITIZENS FOUNDATION				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY					
				1) Lasagna, Green Beans, Garlic Bread					
4) Closed for Labor Day	5) Chef's Choice	6) Chicken Marsala, Rice Pilaf, Veggies	7) Chef's Choice	8) Pizza and Wings, Salad					
11) Baked Penne with Sausage, Veggies and Garlic Bread	12) Chef's Choice	13) Pulled Pork Calzones, Veggies	14) Chef's Choice	15) Meatloaf, Mashed Potatoes and Gravy, Veggies					
18) Chicken Parmesan over Ravioli, Veggies	19) Chef's Choice	20) Pork Loin Piccata, Veggies	21) Chef's Choice	22) Bacon Cheeseburgers, Roasted Potatoes, Watermelon					
25) Enchiladas, Rice and Beans	26) Chef's Choice	27) Grilled Chicken with Pesto Linguini, Veggies	28) Chef's Choice	29) Sweet and Sour Pork, Egg Rolls					



Coffee with the Director

BUELLTON SENIOR CENTER BLOG



Greetings,

Happy Senior Citizens Day!!! What a day it was on Monday. We served 150 hot dog lunches. We loved it. I can hardly believe summer is over. Why? I am not ready for Fall. But we will be ready. Let's start with going to the Santa Barbara Zoo on September 14th. We will pick up food at Woody's and have a buffet lunch on the green. You can look at the animals or just enjoy the lovely view of the ocean. How blessed we are. I will be attending the National Meals on Wheels Conference next week in Colorado. I am excited to get new ideas on how we can better serve you. If there is a new program or class you would like to see at the Center could please let us know. This is your center and we want to bring you in and make you happy.

We have a new television in the dining room. We enjoyed watching the eclipse together. Maybe we can watch games, or any other special event that comes on. No, Jim, we are not going to watch the Food Network 24/7 lol.

Once again, we want to thank you for allowing us to be your staff.

Here is a promise to you:

We will serve you with excellence, humbly, and with a Servant's Heart. I hope we live up to this.

Blessings,

Pam Gnekow, Director