

Meet our Board of Directors

*We have a well diversified
Board of Directors from the
Santa Ynez Valley*

Willi Campbell, President

Jean Gotchall, Vice-President

Jean Albrecht, Treasurer

Alice Olla, Secretary

Gloria Schatz

Molly Johnson

Bob Jennings

Diane Olmsted

Tom Olmsted

And Staff ...

Ann Doke, Kitchen Manager

Pat Jordan, Bookkeeping

Rovi Butcher, Director

**SOLVANG SENIOR CENTER
S.Y.V. Senior Advisory Council
1745 Mission Drive
Solvang, CA 93463**

(Located behind the library)

**Phone: 805-688-3793
Fax: 805-688-1792
E-mail: ssctr@verizon.net**

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S.Y.V. Senior Advisory Council
1745 Mission Drive
Solvang, CA 93463**

SOLVANG SENIOR CENTER



805-688-3793

- **Nutritious Meals**
- **Social Activities & Games**
- **Resource Services**
 - **Education in Health, Safety, Finance, Exercise, and Technology**
 - **Friendship**
- **And Much More...**

Mission Statement

The Solvang Senior Center strives to preserve and enhance the health and independence of community seniors, offering nutritious meals, physical activity, social interaction, and educational opportunities.

SENIOR NUTRITION PROGRAM

The cornerstone of our service is our **daily hot lunch program. Every day at noon**, and one evening each month, in a dining room full of good friends and laughter, a well balanced meal is served for a modest *suggested* donation.



Reservations are required 24 hours in advance for all meals.

Activities & Events

Our schedule is kept full with a variety of fun-filled weekly activities, monthly special events & live music. Call the office to check our current schedule.

MONDAY

Free bread from Albertson's. Pick up at Center after 9:30 a.m.

Arthritis Exercise Class at 10:15 am.

TUESDAY

Knitting Class at 9:30 - 11:30 am.

Computer Class at 9:30 - 12:30 pm.

Brush-up Bridge at 1:00 pm. Players at all levels are welcome to join anytime.

WEDNESDAY

BINGO - Every Wednesday at 12:45 pm.

THURSDAY

Arthritis Exercise Class at 10:15 am.

Texas Hold'em Poker at 12:45 pm. Bring your spare change and sense of humor!

FRIDAY

Donelle Martin from Inner Strength Pilates Studio holds a Pilates class at 10:00 a.m. for senior men and women of all abilities.

RESOURCES, PEOPLE, VOLUNTEERS

Resource people who volunteer their skills and services to assist Santa Ynez Valley seniors offer hundreds of hours and save households thousands of dollars every year. Our program continues to grow and currently includes lectures on health, finance, & safety for area seniors and low-income community members.

Call for information on Social Security Assistance, annual tax help, blood pressure monitoring, lifeline screening, Medicare information, AARP classes, bus passes & other resources.



Your membership dues help support the Solvang Senior Center's ongoing programs. In addition to being able to utilize all of the Center's activities, resources, and classes, you receive a monthly newsletter to keep you posted on all of the current news, monthly lunch and dinner menus, member only events, and special outings.

- Yes, I'd like to be a member. My dues are enclosed. Please mail my newsletter.**
- SINGLE MEMBER.....\$15.00 per person**
- SUSTAINING\$30.00 per person**
- BENEFACTOR.....\$50.00 per person**
- PATRON.....\$100.00 per person**

NAME: _____

BIRTH DATE: _____

NAME: _____

BIRTH DATE: _____

ADDRESS: _____

PHONE NUMBER: _____