



3-1 Robin Schatan
3-2 Fred Machentanz
3-2 Lou Rubinstein
3-3 Lubrica Brugger
3-4 Audrey Grazini
3-4 Elissa Sherman
3-4 Sonja Johnson
3-4 Thomas Small
3-5 Donlad Aitchison
3-5 Thom Garrett
3-6 Mary Reuterskiold
3-7 Beartz Djernaes
3-7 Janice Hubell
3-7 Willi Mueller
3-8 Joan Watts
3-10 Kate Nielsen
3-11 Barbara Pedersen
3-13 Chuck Klassen
3-13 Gary Skippon
3-13 Joseph Lisoni
3-14 Marjorie Hansen
3-17 Kathleen Day
3-17 Pat Burke
3-19 Melinda Klinger
3-19 Nikki Shehan
3-21 Curtis Lee
3-21 Dorothy Petras
3-22 Patricia Gott
3-33 Marianne Hofmann
3-23 Barbara Lindberg
3-24 Betsy Cramer
3-24 Johannes Laurdisen
3-26 Betty Adkins
3-28 Julia Korpinen
3-28 Niels Djernaes
3-29 Herb Bundgen
3-29 Sue Garrett
3-31 June Hurlburt

# THE GOOD TIMES

1745 Mission Drive, Solvang, CA 93463

805 • 688 • 3793 office 805 • 688 • 1792 fax

Center hours: Monday & Friday 9-2 Tuesday to Thursday 9-4

After a short break as a dinner night host, the Ballard Bunch came back to serve up a fantastic Italian meal on February 15th. Led by Diane Olmsted, the Bunch served a leisurely paced meal to a packed house of members. Between baskets of warm bread, sips of wine and endless conversations, one would have thought that they were in Old Italy! Thank you, Ballard Bunch!



A few appointments are still available for free AARP Tax Preparation on Mondays and Fridays through April 14th. If you have not already, please call the Center now to schedule your appointment.

If it is Wednesday, it must be BINGO DAY! Congratulations to one of the Center's faithful Bingo players, Vonnie, who won the BIG BINGO this month. Come join the Wednesday afternoon fun. Why not have lunch and stay and play from 1:00-3:00.



# Solvang Senior Center Lunch Menu



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1	2	3
		Mixed Green Salad Corned Beef Brisket Parslied Red Potatoes Seasoned Cabbage Pistachi Pudding	Caesar Salad Cherry Glazed Porkloin Ginger Brown Rice Seasoned Zucchini Cream Puff	Mixed Green Salad Catch of the Day Orzo w/Lemon and Herbs Aparagus w/Hollandaise Crème Brulee
6 Spinach Mushroom Salad Italian Braised Steak Orzo Florentine Sauteed Green Beans Pear Custard Bar	7 Caesar Salad Pesto Chicken Egg Noodles Seasoned Fresh Veggies Fresh Baked Cookies	8 Mixed Green Salad Roast Turkey Mashed Sweet Potato Mixed Vegetables Cookie and Cream Pie	9 Anne's Special Lunch Anne's Special Lunch Anne's Special Lunch Anne's Special Lunch	10 Mixed Green Salad Catch of the Day Fingerling Potatoes Broccoli Polonaise Lemon Meringue Pie
13 Chopped Salad Vegetable Lasagna Brussels Sprouts Chocolate Bread Pudding	14 Mixed Green Salad Fried Chicken Garlic Mashed Potatoes Parsnips and Carrots Berry Crumble Bar	15 Caesar Salad Roast Turkey Combread Stuffing Peas and Cauliflower Pumpkin Pie	16 Chopped Salad Paprika Baked Chicken Rice Pilaf Sauteed Fresh Spinach Fresh Baked Coolie	17 Mixed Green Salad Catch of the Day Scalloped Potatoes Zucchini Medley Strawberry Cake
20 Mixed Green Salad London Broil Au Gratin Potatoes Sauteed Carrots Apple Pie	21 Spinach Mushroom Salad Hawaiin Chicken Breast Orzo w/vegetables Green Beans Almondine Fresh Baked Cookie	22 Chopped Green Salad Egplant Parmesan Swiss Chard Garlic Breadstick Chocolate Cake	23 Birthday Month Lunch Anne's Special Lunch Anne's Special Lunch Birthday Month Lunch	24 Spinach Salad Catch of the Day Barley Pilaf Brussels Sprouts NE Cherry Cobbler
27 Mixed Green Salad Crunchy Onion Chicken Orzo w/lemon and Herbs Sauteed Broccoli Spears	28 Caesar Salad Braised Beef Tips Seasoned Red Potatoes Carrots and Onions	29 Chopped Salad Roast Turkey Baked Banana Squash Peas and Pearl Onions	30 Mixed Green Salad BBQ Pork Spare Ribs Baked Beans Garden Vegetable Sautee	31 Spinach Salad Catch of the Day Delmonico Potatoes Grilled Fresh Vegetables

**ALL LUNCHESES INCLUDE DINNER ROLL AND 8OZ. LOW FAT MILK  
PLEASE TELEPHONE FOR RESERVATIONS 24 HOURS IN ADVANCE 688-3793**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Arthritis Exercise Class - 10:15am Arts and Crafts- 3rd Monday 12:30 Life Issues - 2nd and 4th Monday 1:00pm	Knitting Class - 9:30 - 11:30am Computer Class - 9:30 - 12:30pm Tai Chi-11:00 am Brush-up Bridge 12:45 Poker - 12:45 Mah Jongg 1:00-3:00	Art Class - 9:00 - 11:00am Book Club-10:00am 1st and 3rd Weds Bingo - 1:00pm Canasta-12:30 Board Meeting 8:30 am March 22nd (Wed)	Arthritis Exercise Class - 10:15am Texas Hold'em Poker 12:45 Basic Cartooning - 1:00	Tai Chi - 9:15am Pilates Exercise Class - 10:15am Beginning Mah Jongg 10:00 Blood Pressure Check Thursday March 9 11:00-noon





## *A Message From Ellen*



March is the month to spring forward with daylight savings beginning on March 12. March is the month to celebrate all things Irish on St. Patrick's Day, March 17. March is also the month to welcome a new season with the freshness of Spring on March 20th. If you have not been to the Center to enjoy an activity, have lunch or sit at a cozy table for dinner night, why not start in March? Your friends are waiting for you!

### **Activity Alert**

**Arts & Crafts** with Mary Ann Brundidge is scheduled for Monday March 20 at 12:30. Try your hand at creating sweet embellished party favors. Please sign up in advance.

**New Novice Mah Jongg class** with Nikki on Fridays from 10:00am-12:00 in the computer lab. Please contact the Center and sign up.

**Yoga for Seniors** will begin on Monday March 6 at 9:15. Class size is limited to 12. A few spaces are still available.

### **Special Events**

Since the Valley is such a busy place, we want to get on your calendar first! Save the date for two special upcoming events:

**April 20-21:** AARP Senior Safe Driving Program at the Center. Thursday and Friday 1:00-5:00pm. Limited seating. Sign up at the Center

**April 28:** Bus trip, lunch and tour of La Purisima. Depart the Center at 11:30, enjoy lunch and join the walking tour around La Purisima grounds. Fee: \$10.00 (includes bus and tour. Lunch provided by Center). Limited to 14. Bus provided by Solvang Recreational Dept.

**May 20:** Blast From The Past at Mendenhall Museum. Enjoy our second year of fun and friendship with Buellton Senior Center. Music, good food, silent auction and 50/50 raffle. Limited transportation provided by Atterdag Village. More details to follow!

**Free Birthday Month Lunch Celebration** will be held on Thursday March 23. Make your lunch reservation, mention that it is your birthday month and lunch is on the Center!

The Knitting Pearls and the Hookers enjoyed browsing through the wonderful bounty of 28 boxes of donated yarn. We can't wait to see what lovely items they will create! (Thank you to Nancy Jack and Kathleen Day for thinking of the Center).





Solvang Senior Center  
1745 Mission Drive  
Solvang CA 93463



Address Service Requested

**BOARD MEMBERS**

- Alice Olla, President
- James Rohde, Vice President
- Janet Olivera, Secretary
- Thom Garrett, Co-Treasurer
- Jean Albrecht
- Glenna Hughes
- Tom Olmsted
- Landa Parisi
- Dolores Rayburn
- Jeannette Richardson
- Joe Sanguinet
- Gloria Schatz

**A Free Newsletter From The Solvang Senior Center**

**STAFF**

- Ellen L. Albertoni, Executive Director
- Anne Twigg, Kitchen Manager
- Machele Overall, Bookkeeper
- Robin Serritzlev, Grant Writer

*Mission Statement: The Solvang Senior Center strives to preserve the health and independence of community seniors by offering nutritious meals, physical activities, social interaction and learning opportunities*

**LIVE MUSIC**

**Welcome!**  
NEW MEMBERS



- Kathleen Day
- Joy Hylton
- David Kinsman
- Roban Lambert
- LiLi Low
- Darla Robbins
- Pam Vreeland
- Ann Wallace
- Barbara Weaver
- Hung Wong

**Our March 15th dinner night will be hosted by the Los Olivos Rotary. A traditional St. Paddy's Day meal with a little twist: Corned Beef, coleslaw salad, potatoes, carrots and a special dessert. As usual, be prepared for a delicious meal, served with a smile and a big helping of happiness on the side. Call early. Seating is limited.**

**life ISSUES**

**MONDAY's @ 1pm**  
with Jim Rohde



**March 13: When in your life have you been a leader?**  
**March 27: Who inspires you?**