

Cayucos Senior Center and Thrift Shop

200 Ocean Avenue, Cayucos, Ca. 93430 – cayucosseniors.org

Open Mondays through Saturdays 10am to 4pm

A Message from your President Adrian Hurtado

Our September meeting was very interesting. The entertainers scheduled for October thought they were supposed to be there in September and showed up. Fortunately, I was able to contact our scheduled entertainer, Marcus DiMaggio, and he agreed to reschedule. That was easier than telling the four members of the Old Creek Road Band to pack up and come back next month. Thank you, Marcus.

Then, 1st VP Jerry was out of town and no one picked up a cake for our club's 46th Anniversary. We will have the cake in October.

The September meeting featured meat loaf and mashed potatoes from chef Jim Cox. Trevor and Judy from Casa de Flores provided a squash casserole and peach cake. This month's theme is Oktoberfest and the featured meal is bratwurst and sauerkraut.

Sue Whitten has scheduled the first Over 90s outing for Wednesday, September 25. They plan to go to El Pollo Loco in San Luis Obispo. Sue plans to have an outing the fourth Wednesday of every month. If you are 90+ and have not heard from her, call the Senior Center and let the desk person know.

Lorraine Sage was not present for the attendance drawing of \$150, so next month it will be \$175. Richard LeGrand took the \$113 50-50 prize. Congratulations Richard.

Upcoming events include the Lioness Enchilada fundraiser on October 5 and the annual Cayucos Car Show and Lion BBQ on November 2.

Have a great month and see you October 9 in the Vets tent at 12:00 noon for our belated anniversary celebration.

Adrian

A Message from your 2nd VP Janet Arnold

I am writing this article for Jerry Dobyns in his absence. Jerry and his wife Claudia are off on a road trip to Oregon. Best wishes to them for a safe and entertaining vacation.

As I am writing this, I am reminded that today is the first day of autumn and shorter days are in our future. Make the most of your daylight hours to insure you accomplish all you set out to do each day.

Welcome back kudos to Jim Cox for preparing the delicious and flavorful meatloaf and mashed potatoes served at our September Potluck. All the experimenting with recipes shared with your wife certainly paid off with your culinary endeavors. Many thanks to Casa de Flores for the yummy squash dish they brought; a perfect accompaniment to the main entrée. And thanks to each of you for bringing your special side dish to share. It was a magnificent meal!

The Old Creek Road Band entertained us with their harmonic blend of some of our personal old and new blues with a dash of swing and gospel for flavor. This month we will welcome back Marcus DiMaggio playing his guitar and singing some of our old-time favorites.

Congratulations to Richard LeGrand for winning the 50/50 drawing of \$113. That should buy you a few Bud Lites, Richard. Unfortunately for Lorraine Sage, she was not in attendance to claim the attendance drawing of 150. Be sure you are at the October Potluck as the drawing has increase to \$175.

I will be unable to attend the October Potluck, but encourage you to dress festively in your favorite Halloween costume. Happy Halloween to all. Janet

October Birthdays

Margaret Ann Bretz	Oct. 1
Stephanie Rhodes	Oct. 1
Marshalkl Moens	Oct. 3
Virginia Eidson	Oct. 3
Bill Ayers	Oct. 5
Sierra McLees	Oct. 5
Barbara Hamilton	Oct. 8
Roger Awbrey	Oct. 8
Vicki Bustos	Oct. 10
Allyn Arnold	Oct. 11
Dorothy LeClear	Oct. 13
Neil DeMera	Oct. 15
Lorraine Sage	Oct. 16
Deb orah Way	Oct. 18
Angie Raven	Oct. 20
Joan Hoffman	Oct. 22
Judith Monson	Oct. 22
Leslie Romero	Oct. 22
Muriel Mohn	Oct. 22
Bonnie Little	Oct. 23
Dona Piercefield	Oct. 25
Donna Dawson	Oct. 26
Sue Whitten	Oct. 28

Joyan's Sunshine Report

Get Well Card sent to
Della Carillo

Monthly Senior Luncheon

-2nd Wed. every month at Vet's Hall Tent

-Social time 11:30 – Noon, Lunch at Noon

All members are invited. Main course is provided by the Senior Luncheon Committee. All other members attending are asked to bring either a side dish or dessert for approx. 6 – 8 people. No need to bring serving utensils. **Each attending member is asked to donate \$1.00** in the

basket on the table. Please bring your own table setting (plate and utensils). Wine, soft drinks and water are available – donations please.

Entertainment – great music from gifted local talent.

Attendance drawing – each month we draw a member's name and if present they win a monetary prize. If drawn member is not in attendance, that person's name is put back into the container and the next month \$25 is added until there is a winner. Each paid up member's name is in the container.

50/50 drawing – tickets may be purchased at the door. Always an exciting moment to gain have the chance to win money.

Door Prizes – Each attendee receives a ticket for a door prize. Tickets are drawn after the entertainment.

Thank you to our Supporters

Kudos to **Lunada Restaurant** for their \$50 gift certificate and the **Cayucos Sausage Company** for their \$25 gift certificate. These gifts are part of the raffle at our monthly luncheons and are greatly appreciated. It's nice to have such support from our business community.

"Finding Joy in Your Healthy Life"

Los Osos Cares will host a Senior Health Fair on Saturday, October 5, 2019 from 10:00 AM to 2:00 PM at the South Bay Community Center, 2180 Palisades Ave, Los Osos. Free health information, demonstrations, fun activities, health related exhibits and delicious food tasting booths will be offered. For more info: Call 805-592-2701 or email wecareinlososos@gmail.com.

October

2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3	4	5 11am - 2pm Enchilada pick up at St. Josephs Cath. Church
6	7 9am BOARD MEETING 1pm Tai Chi with Linda Vet's Hall tent	8	9 11:30AM POTLUCK Vet's Hall tent	10 Noon - Bridge	11 Noon - 1pm Cayucos Library "booked for lunch"	12
13	14 1pm Tai Chi with Linda Vet's Hall tent	15	16	17 Noon - Bridge	18	19
20 Cayucos Fall Antique Street Fair - N. Ocean Avenue	21 1pm Tai Chi with Linda Vet's Hall tent	22	23	24 Noon - Bridge	25	26
27	28 1pm Tai Chi with Linda Vet's Hall tent	29	30	31 Noon - Bridge		

September 2019 Cayucos Senior Luncheon



September Birthdays – Joyan Svancara, Elaine Slater, Sue Jasper, Phil Rector, LaVerne Smith, and Mary Hedges



Welcome back Jim and Connie (aka CC) Cox



Ken Kaberline inducts 2019-2020 club officers – President Adrian Hurtado, Treasurer Deborah Way, 2nd VP Janet Arnold. VP Jerry Dobyms was out of town.



Donna Pett, guest of Louise Topper



Nancy & Terry Buterbaugh, guests of Tom & Sue Jasper



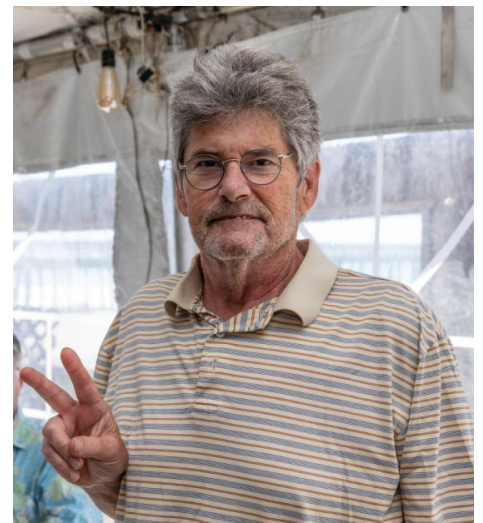
Betsy & Jim, guests of Ursula & Roger Marshal



Guest – Bruce McIntzre



Guest Gail Riley, wife of new member Tom Riley



Guest – Frank Simmerman



Old Creek Road Band delivers a great performance



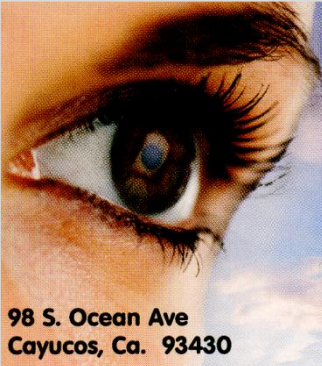
Margaret Toppee, guest and daughter of Jack & Judy Monson



Judy & Jack Monson celebrating 60 years of marriage



Richard LeGraup wins \$103 in 50-50 drawing



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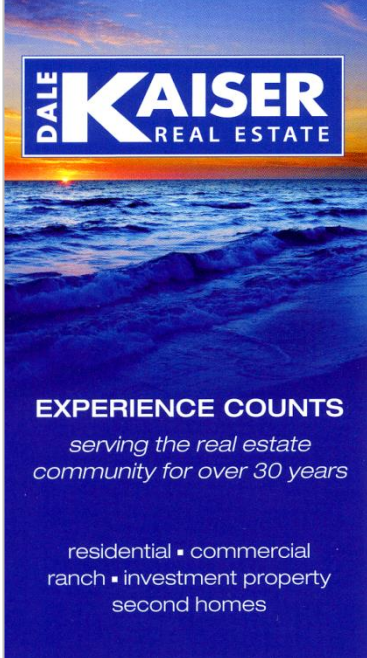


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HAS AN APPOINTMENT ON

MON. TUES. WED. THUR. FRI. SAT.

DATE _____ AT _____ A.M.
P.M.

TERRY F. MOORE, D.D.S.

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BROKEN WITHOUT 24 HOURS NOTICE.

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“Ti Chi” still continues at the Vet’s Hall Tent

Come and join Linda on Mondays from 1pm – 2pm . Just show up and enjoy the ocean sounds and do something good for your body and soul. Join Linda Brause, your teacher.

As the weather gets cooler, we will move to the small room in the Vet’s hall, thanks to Breck Smith or stay in the tent. Stop by and join us. Linda

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Editor: Laurie Niblock

OCTOBER HAPPENINGS

October 5, 11am to 2pm
Cayucos Lioness Enchilada pick-up, St. Joseph's Catholic Church

October 11, noon to 1pm
"Booked for Lunch" group meets at the Cayucos Library

October 20 – North Ocean Avenue
Fall Antique Street Fair

October 31 - Halloween