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SANTA BARBARA VILLAGE

July 2017 NEWSLETTER

Santa Barbara Village Summer Picnic!



July 14th - Noon at Shoreline Park

Please join us for a good old fashioned picnic in the park! We will provide all food and drinks, we just ask that you bring yourself and a friend or two! This is always a fun event, and if you are not familiar with Shoreline Park, it has the most stunning view of the ocean and beach in town! This will be our "Living Room Social" for July.

I will need an RSVP from each person who wants to attend, as our food order must be placed the day before the picnic. The RSVP deadline is Wednesday, July 12.

Please bring yourself and a friend or neighbor and we will have a wonderful time!

Please RSVP to:
Cyndi Pipes, Volunteer/Member Coordinator
coordinator.sbv@gmail.com 805.729.5038

MONTHLY UPDATE!

Pat Jones, Project Leader

Even though I have been in this position for six months I still see much to do. Much of my time is spent trying to build a corps of volunteers and members to help with administrative and other tasks. We continue to spread the word about the existence of the Village and have a new power point program that we are willing to present to clubs, religious organization, residential communities, and other organizations. We hope our members will tell their friends and neighbors about the Village and refer any interested persons to us. Our membership continues to grow and we continue to offer events and outings to our members, but often attendance is low. Please let us know if there are things you want us to offer so that we can continue to meet your needs. Our free transportation continues to be much in demand and sometimes strains our corps of drivers. Please consider becoming a volunteer or a driver if you would like a rewarding way to use retirement or other available hours. As always we seek Members, Volunteers and Donors.



Pat Jones, Project Leader -
pjones466@gmail.com 805.450.9989



Santa Barbara Historical Museum Trip, July 7th, 11 AM

Join us at the Santa Barbara Historical Museum at 11 AM, 136 East De La Guerra, to learn more about our lovely hometown! We will be able to see the special exhibit "In The Saddle", which is about Santa Barbara's fascinating Vaquero culture, and all things Western.

Cyndi Pipes, Volunteer/Member Coordinator
coordinator.sbv@gmail.com 805.729.5038

HELP OUR VILLAGE GROW!

Help our community's seniors age in place.

Your generous tax deductible donations helped us reach our 2016 year end \$4000 matching goal.

The Village is so lucky to have a member who regularly donates \$50, even though her income is very limited. A sweet note saying "Thank you for being there for me" accompanies the gift.

Donations are accepted and needed year round! Donating is easy, just click:



DONATE NOW

Or send a check to: Santa Barbara Village, PO Box 2191, Santa Barbara, CA 93120
Thank You!

Cyndi Pipes, Volunteer/Member Coordinator
coordinator.sbv@gmail.com 805.729.5038



Happy Birthday

to our members, volunteers, and past members and volunteers born in JULY!

Debbi B. - July 22
Susan B. - July 17
Alice H. - July 10

Marjorie D. - July 23
Joel F. - July 4

EMPOWERED AGING SPEAKER SERIES

FREE & OPEN TO ALL

Santa Barbara Village & The University
Club of Santa Barbara

invite you to attend:

Using Ancient Food Traditions to Heal: the Colors of Your Food

Tuesday, July 11th, 2:00-3:30 PM

The University Club of Santa Barbara
1332 Santa Barbara St, Santa Barbara
93101

This event is FREE and open to all. This month's talk will focus on the healing powers of food. Please RSVP as space and supplies are limited. We look forward to seeing you there!

This is the 9th in our new monthly Empowered Aging Series, a collaboration between Santa Barbara Village and the University Club of Santa Barbara.

RSVP's are urged as seating is limited. Please reach Cyndi Pipes, SB Village Coordinator, by Monday, July 10th: coordinator.sbv@gmail.com 805.729.5038

EMPOWERED AGING MONTHLY LECTURE SERIES
co-sponsored
Santa Barbara Village and The University Club of Santa Barbara

Using Ancient Food Traditions To Heal: The Colors Of Your Food

**Kathelee Banister, MS,
Licensed Acupuncturist**

Kathelee Banister, MS, L.Ac, a practitioner of Chinese Medicine, has studied the ancient knowledge of using certain foods as medicine, with masters including the late Henry Han.

Each culture has a rich history of incorporating medicinal foods and herbs, used to heal diseases and disorders. Over a 4000 year period, the Chinese developed an entire medicine with foods and herbs, mainly to assure a long life for their emperors. Today, licensed acupuncturists incorporate this aspect of Chinese Medicine to encourage the healing process in their patients

Topics to be discussed include:

- How to use color in choosing the best foods for you
- How to get a medicinal dose of a food
- How to get the cleanest foods possible
- How to clean your body of excess bad foods by using good foods

FREE EVENT • Tuesday, JULY 11, 2017, 2:00-3:30pm

The University Club of Santa Barbara, 1332 Santa Barbara St. SB, 93101

RSVPs are urged as seating is limited. Please reach Cyndi Pipes, SB Village Coordinator by Monday, July 10th - coordinator@sbvillage.org or 805-729-5038

SANTA BARBARA
VILLAGE



MEMBER SPOTLIGHT

Peggy Levine

What a pleasure it was to interview Gold member Peggy Levine who joined in November 2011 and has been a member ever since. She thought the village was a great concept and wanted to support it, thinking it would be helpful with her husband's illness. Now a widow, she is very busy doing peer group counseling after a career as a child welfare worker with Santa Barbara County. Born in Beverly, Massachusetts, she majored in Romance Languages at Boston University and later married and traveled with her Army husband to Germany, Georgia and California. She seldom uses the Village but enjoys the Apple Teach In events and would like to see us start a birding group. She participates with a local group called Death Café, where members discuss death, often a taboo subject for many of us. She has hosted Village events in the past and has offered to treat us to an ice cream social.



CURRENT AFFAIRS DISCUSSION GROUP

FOR MEMBERS VOLUNTEERS and
FRIENDS

Friday, July 7th, Friday, July 21st 10:30am-12:00pm

This very popular group is open to all, and to all points of view. Gatherings are held in a

non-judgmental, tolerant atmosphere. Discussion topics are chosen by the participants and the meetings are moderated by Village members & volunteers. This is a great way to expand your thinking and express your opinions!

(our long time leader of this popular group, Mitch Sigman, has become very ill. If you would like to visit him or call him contact the Village office for his number.)

Current Affairs Discussion Group meets at the Jewish Federation, 524 Chapala St.

Call Cyndi for more info:

coordinator.sbv@gmail.com 805.729.5038



TECH SUPPORT with DAVE B. (smartphones also!)

FOR MEMBERS ONLY

Volunteer Dave B., provides help for Members with their computers, smart phones, and tablets! Let your tech devices enhance your life, there are many ways to do so!

Contact Cyndi at the office and she'll set up an appointment:

coordinator.sbv@gmail.com 805.729.5038

MATINEE AT THE J. - "Yankee Doodle Dandy"

FREE monthly film at the Jewish Federation

July 18th, 2:00 pm, 524 Chapala St.

Open to the public, bring a friend!

This month's film is the beloved patriotic classic, featuring James Cagney in one of his best loved roles. Bring a friend!

RSVP to Cyndi at the Village:

coordinator.sbv@gmail.com

805.729.5038



TECH TEACH-IN

NO COST OPEN TO ALL

Wednesday, July 19th - 10 AM - 11 AM

Apple Store: 928 State St.



Own an Apple device but find yourself with questions on using it? No problem: the Village has teamed up with Apple Store of Santa Barbara for workshops to help you with your Apple phones and tablets!

This month we will be showcasing the many different ways your devices can track, manage and enhance your health!

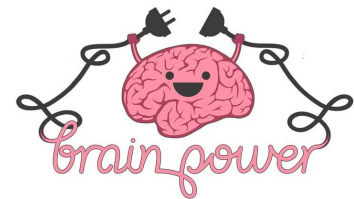
(And SB Village Members: remember to call SB Village for tech assistance between Teach-Ins!)

RSVP or info contact SB Village's Cyndi:
coordinator.sbv@gmail.com 805.729.5038

BRAIN FOOD

FOR MEMBERS and VOLUNTEERS

Friday, July 14th, via email



Members and Volunteers: stay tuned for this month's Brain Food, our monthly assembly of links to articles and materials relevant to our members. Brain Food is provided once a month via email.

Share an article with the Village:
coordinator.sbv@gmail.com 805.729.5038

WAFFLE THERAPY

FOR MEMBERS, VOLUNTEERS and FRIENDS

Friday, July 25th, 10:30 AM - 12 PM

Join us for waffles, fresh fruit, and beverages at the Village office! This is always a favorite event of our members, a chance to socialize and connect with one another. Bring a friend too, or visiting family!

Please RSVP to Cyndi @
coordinator.sbv@gmail.com or 805.729.5038



Added Benefits For Our Members!

The Valle Verde Community invites our Village members to participate in FREE activities offered each month at their facility. They are located at **900 Calle de los Amigos 883-4000.**

Tai Chi - Mondays and Wednesdays 10 am-10:45 am.

(North Gazebo)

Line Dancing - Mondays 11 am - 12 pm.

(Senior Living)

Mahjong - Tuesdays 1 pm.

(North Gazebo)

Bocce Ball - Thursdays 10 am.

(Recreation Clubhouse)

SB VILLAGE JULY EVENTS

Santa Barbara Historical Museum Tour - July 7th @ 11 AM

Village Summer Picnic - July 14th @ Shoreline Park, 12 PM

Current Affairs - July 7th and July 21st @ 10:30 AM

Empowered Aging Series Talk - Tuesday, July 11th @ 2:00 PM

Brain Food (via email) - Friday, July 14th

Matinee at the J - Tuesday, July 18th @ 2:00 PM

Apple Tech Teach @ Apple Store - Wednesday, July 19th @ 10:00 AM

Waffle Therapy - July 25th @ 10:30am





Cottage Health



AMERICAN RIVIERA
BANK

Bank on *better.*

Santa Barbara Village
is a member of the



and is a project of the 501(c)3 nonprofit:

