

Luis Oasis Senior Center

Orcutt Area Seniors In Service, Inc. • Tax ID # 77-0058257

Site Address: 420 Soares Avenue, Old Orcutt

Mailing Address: P O Box 2637, Santa Maria, CA 93457

Phone: 805-937-9750 • Fax: 805-937-0440 • Email: information@oasisorcutt.org • Website: www.oasisorcutt.org

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Tradewinds



DECEMBER 2010

LUIS OASIS

CHRISTMAS POTLUCK!

Monday, December 13, at 5:00pm!

At the Luis Oasis Senior Center
420 Soares Avenue, Old Orcutt

Featuring entertainment by the...

Righetti High Madrigals!

All Oasis Members and
their guests are invited!

The Oasis Potluck is
always free!

Please bring an appetizer,
main course, side dish or
dessert, and your place setting.

Don't miss out on your chance to win the 50/50
drawing, or a beautiful plant, donated by
Mr. Ruben Camacho!

Special thanks to Doreen Page for all your hard
work coordinating the Oasis Potlucks!



CIVIC THEATRE BUY-OUT!

Thursday, December 9th, 2010, 7:00pm

\$15 per person

Enjoy a top notch performance by the talented actors at the
Santa Maria Civic Theatre, with delicious appetizers and fine
local wines served at intermission!

From the author of Dial 'M' for Murder comes one of the most
famous thrillers of our time. A cool-as-ice psychopath smooth
talks his way into the home of an unsuspecting woman. Unbe-
knownst to Susie, she's harboring a dangerous prize, and he'll
use every trick to get it. This psychological thriller probes
which frightens us more – the evil you can see coming, or the
one you can't?

Everyone is invited!
Only 100 tickets will be sold!

To purchase tickets, call Moani at
937-9750, or come on in to the
Oasis Office, Monday to Friday,
8:00am to 4:00pm!

Proceeds to benefit the Luis Oasis
Senior Center! Thank you!



FROM YOUR FEARLESS LEADERS

VIRGINIA'S VIBES

I sometimes ask my mind to accept some very incredulous facts, but trying to make myself believe, on this balmy 78 degree day, that Christmas is a mere five weeks away is pushing the limits! It will be even closer by the time that this reaches you. All right, I'm going to take a leap of faith and believe it, and be one of those wishing you a wonderful, wonder-filled Christmas and much joy in your hearts.

From all reports the last dance was very well attended, beautifully decorated and could not have been more enjoyable. The dance Committee seems to have raised the bar to quite a high level for future dances. Be sure and thank them for all the work they put in to make it fun for all.

I don't think that I have mentioned lately how grateful I am for the number of grants OASIS receives every year, which allows us to keep serving the people of Orcutt and the Santa Maria Valley. Moani sends organizations our requests and, whenever possible, they respond as generously as they can. What would we do without them? This is not to say that we are not to do our best to help the Center pay the bills. Members dues, room rentals, newsletter ads and fundraisers all help, plus donations if you feel so inclined. Supporting the Civic Theatre buy-out of "Wait Until Dark" by getting a ticket would be great. There will be a bus for the first 20 who request transportation, it sounds like a fun evening.

The Thanksgiving potluck was made memorable by the enthusiastic singing (no mikes needed!) of the Santa Maria Valley Newcomers Ladies Singing group. They seemed to enjoy it so much we couldn't help but do likewise! Speaking of microphones, do we have among our membership, someone who might look at ours and possibly make it less temperamental? All of us at the potlucks would be ever so grateful!

Again, wishing you all a beautiful Christmas!

Sincerely,

Virginia Pelletier, Board President



MESSAGE FROM MOANI

Merry Christmas everyone! I am fully aware that it is now considered politically incorrect to wish anyone Merry Christmas, but I will risk the impropriety.

Many of you noticed the abundance of mistakes in November's Tradewinds. I hope that you will forgive me, and that this edition will be more pleasing to all of us.

Coming up this month we have two Oasis fundraisers that I hope you all will choose to attend. The Civic Theatre Buy-Out is on December 9th, at 7:00pm. This event is \$15 per person, which includes the play, "Wait Until Dark," and appetizers and wine during intermission.

The Oasis Christmas Bazaar will coincide with the Oasis Pancake Breakfast, both happening on December 11th, 2010. The Pancake Breakfast will go from 8:00am to 11:00am. The Bazaar will run from 9:00am to 1:00pm.

Also make sure you attend the Oasis Christmas Potluck, on December 13th at 5:00pm. The Righetti High Madrigals will be performing, and Oasis will be providing a turkey and a ham.

I hope that you all have a wonderful holiday season, and find much joy and laughter, and many extra calories, as you celebrate with family and friends.

I am as always, yours truly! Please let me know how I can better serve you and our community. I wait eagerly to hear your input, your troubles, your solutions and your suggestions.

Sincerely and With Much Love,

Moani Goonetilleke, Director



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DECEMBER BIRTHDAYS!

- 1st Marguerite Harp-DeFoss
- 2rd Shirley Adams
- 3rd Valerie Curry, Peggy Miller
- 4th Linda Conover
- 6th Anne Tatum
- 7th Johnny Page
- 8th Nancy Andersen
- 9th William Redden
- 10th Rose Blevins
- 12th Brenda Artopoeus, Lucy Furia
- 13th Ann Swetkovich
- 14th Par Okamoto, Sandy Wulfing
- 16th Claire Magee, Hugh Rafferty
- 18th Sandra Chouinard, Mary McLaughlin
- 19th Sheila Craft
- 21st Marcy McPherson
- 20th Madeline Brockhaus,
Mary Ellen O'Keefe
- 22nd Suzanne Hajnik, Vicki Schumacher
- 23rd Shirley Contreras, Fern Shipley
- 25th Donna Hite, Carol Walker
- 27th Archie Craddock, Sylvia Gillard
Ann McLean
- 28th Robert Robinson
- 29th Helen Fyelling, Kathryn Towles
- 30th Linda Mikkelsen-Roberts



NEW MEMBERS!

Patricia Winn, Wilber Griever,
Sondra Smith, Lucile Kramer,
Joan Roux, Carl Carnahan,
and LaVerne Hesson!



SUNSHINE CORNER

Jackie Mojarro, Roy Noel, Mary Salazar,
Elizabeth Goggins, Michael Carty
Barbara Westbrook, Sheila Craft,
Sally Peek, Joe Griffith, Fran Dodd,
Betty Schwartz,
and anyone else not feeling up to par would
love a visit or a call from friends!



***If you know anyone who's having surgery
or recovering from an accident or illness,
please let the Oasis know, at 937-9750!***

IN MEMORIAM!

Julie Mazzolo



You will be sadly missed and fondly remembered!

GRANTS

The Towbes Foundation!

Thank you for supporting the Luis Oasis Senior Center!

DONATIONS!

In Memory of Virginia Carmichael: **Nancy Poreco!**

In Memory of Patricia Mees:

Lucy Furia & Ann McClean!

In Memory of Fermin Graves: **Oasis Ukulele Band!**

For Oasis Operations:

Corrine Christensen!

Santa Maria Newcomers Club, Singing Group!

In Kind Donations:

Christine Neisinger & Caroline Wagner!

Thank you for supporting the Luis Oasis Senior Center!

NOVEMBER BOO-BOO CONTEST

THE WINNER IS...



Donna Hite!

Make sure to look for mistakes in the December Tradewinds!

BRIDGE WINNERS

Winners for November 1st to 22nd

Gabi Alexandru, Ralph Wengler, Wanda Dibble,
Christy Nichol, Dale Cullen, Betty Wheatley, Marg Lipscomb,
Barbara Frickelton, Mae Layton, and Spence Stimler!



SCARLET LADIES OF OASIS

Red Hat Society Chapter

We will meet for lunch at
Shaw's Steakhouse!

714 South Broadway,
Santa Maria, CA 93454.



On Tuesday, December 7th, at 11:30am.

Please RSVP to Virginia Pelletier at 937-6568. Thank you!



KIN CARES

This wonderful, much needed support group is for Grandparents who are raising their Grandchildren. They meet on the second Wednesday of each month, at the Luis Oasis Senior Center, from 11:00am to 1:00pm.

Come join us on December 8th, 2010, from 11:00am to 1:00pm, in Heck Hall of the Oasis, to find the support you need!

This close-knit group is led by Colleen Sinclair. Please call her at 452-2896, if you are a Grandparent raising your Grandchildren! She has the answers and the support that you need!



ALZHEIMER'S PRESENTATION

Have you or a loved one been diagnosed with Alzheimer's? Are you concerned that you or a loved one may have Alzheimer's? Are you a caretaker for someone with Alzheimer's?

Roy Allen, the Area Coordinator for the Alzheimer's Association, California Central Coast Chapter, is offering free informational presentations about how to cope with Alzheimer's Disease, on the last Wednesday of each month in Rostien Room of the Luis Oasis Senior Center.

Join us on December 29th at 10am, at the Luis Oasis Senior Center, for answers to your questions and the support you need!



LAUGHTER YOGA SESSIONS

Every Friday at 10am, in the Main Hall of the Luis Oasis Senior Center, this delightful group meets to chuckle, guffaw, chortle and giggle, while experiencing the many health benefits of Laughter Yoga! Taught by Mr. Bill Alarid, Certified Laughter Yoga Leader.

Laughter Yoga relieves stress, depression and anxiety; strengthens the immune system; increases endorphins; improves respiration, digestion and elimination; and dilates blood vessels and improves circulation! Free to the community, this class is a must-do!



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REFLEXOLOGY

Experience healing and relaxation through Reflexology hand and foot massage.

Janice Lewis, Certified Reflexologist will be offering half hour sessions for \$10, on December 7th and 21st, from 10am to 1pm, at the Luis Oasis Senior Center, 420 Soares Ave.



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NATURAL TOUCH MASSAGE

Offered at an all time low Senior Citizen rate of \$30 per half hour, at the Luis Oasis Senior Center, 420 Soares Ave., Old Orcutt!

Emilio Espinoza is a Certified Massage Therapist and Health Educator, specializing in Shiatsu, Deep Tissue, Swedish, Sports & Medical Massage techniques, as well as Acupressure.

Appointments available on Mondays, from 12:00pm to 4:00pm, and Thursdays from 8:00am to 12:00pm.

Get an extra \$10 off during your Birthday week!

Call the Oasis Office at 937-9750 to make your appointment.

Moani, Oasis Director, has personally received one of Emilio's massages, and it was an altogether heavenly experience. Please do yourself a favor, and sign-up today!



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IF YOU HAVE AN AFTERNOON...

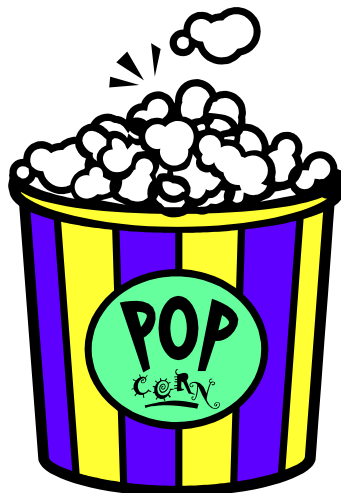
Try Movie Therapy:

Just make sure that you go see or rent a comedy. Stress is no laughing matter, but getting relief may be.

Chuckling over a funny video lowers blood pressure and stress hormones, suggest studies by Lee S. Berk, PHD, at Loma Linda University in California.

In fact, simply anticipating tuning into a comedy that typically tickles your funny bone can ease anxiety.

Or...make some time for a pleasurable hobby. Any repetitive activity, such as knitting or strumming a guitar, evokes the body's natural relaxation response.



Kay Flagg
Owner

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OASIS DECEMBER 2010 CALENDAR OF EVENTS

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 800 Senior Exercise 930 Knitting 945 Arthritis Ex 1130 CAC Lunch 1200 Ukulele Class 100 Ukulele Band 200 New Grievers Support Group 600 Floral Design	2 8am to 12 Massage 845 Pilates & Yoga 1130 CAC Lunch 1230 Pinochle 100 Bereavement Phase II 600 Weight Watchers 630 Line Dance	3 800 Senior Exercise 900 Ceramics 900 Painters 1000 Laughter Yoga 1130 CAC Lunch 1230 Hand & Foot 100 Faceting & Silversmithing	4
6 800 Senior Exercise 830 HAM Radio 945 Arthritis Ex 1130 CAC Lunch 1200 Hand & Foot 12 to 4pm Massage 1230 Bridge 100 Faceting & Silversmithing 800 Narcotics Anon	7 845 Pilates & Yoga 900 Card Making 10am to 1pm Reflexology 1130 CAC Lunch 100 Creative Art Ex 400 Toiletry Painting 700 Toiletry Painting 700 Alanon Family Group	8 800 Senior Exercise 930 Knitting 945 Arthritis Ex 1100 Kin Cares 1130 CAC Lunch 1200 Ukulele Class 100 Ukulele Band 200 New Grievers Support Group 600 Floral Design	9 8am to 12 Massage 845 Pilates & Yoga 900 Oasis Board Meeting 1130 CAC Lunch 1230 Pinochle 100 Bereavement Phase II 600 Weight Watchers 630 Line Dance	10 800 Senior Exercise 900 Ceramics 900 Painters 1000 Laughter Yoga 1130 CAC Lunch 1230 Hand & Foot 100 Faceting & Silversmithing 630 Los Padres Artists Guild	11 8am to 11am Oasis Pancake Breakfast \$5 per Adult \$3 per Child 9am to 1pm Oasis Christmas Bazaar
13 800 Senior Exercise 830 HAM Radio 945 Arthritis Ex 1130 CAC Lunch 1200 Hand & Foot 12 to 4pm Massage 1230 Bridge 100 Faceting & Silversmithing 500 Oasis Potluck 800 Narcotics Anonymous	14 845 Pilates & Yoga 900 Card Making 1130 CAC Lunch 100 Creative Art Ex 700 Alanon Family Group	15 800 Senior Exercise 945 Arthritis Ex 1130 CAC Lunch 1200 Ukulele Class 100 Ukulele Band 200 New Grievers	16 8am to 12 Massage 845 Pilates & Yoga 930am to 11:30am Commodities 1130 CAC Lunch 1230 Pinochle 100 Bereavement Phase II 600 Weight Watchers 630 Line Dance	17 800 Senior Exercise 900 Ceramics 900 Painters 1000 Laughter Yoga 1130 CAC Lunch 1230 Hand & Foot 100 Faceting & Silversmithing	18
20 800 Senior Exercise 830 HAM Radio 945 Arthritis Ex 1130 CAC Lunch 1200 Hand & Foot 12 to 4pm Massage 1230 Bridge 100 Faceting & Silversmithing 800 Narcotics Anon	21 845 Pilates & Yoga 900 Card Making 10am to 1pm Reflexology 1130 CAC Lunch 100 Creative Art Ex 700 Orcutt Garden Club 700 Alanon Family Group	22 800 Senior Exercise 945 Arthritis Ex 1130 CAC Lunch 1200 Ukulele Class 100 Ukulele Band 200 New Grievers	23 8am to 12 Massage 845 Pilates & Yoga 1130 CAC Lunch 1230 Pinochle 100 Bereavement Phase II 600 Weight Watchers 630 Line Dance	24 CLOSED FOR CHRISTMAS	25 MERRY CHRISTMAS!!!
27 800 Senior Exercise 830 HAM Radio 945 Arthritis Ex 1130 CAC Lunch 1200 Hand & Foot 12 to 4pm Massage 1230 Bridge 100 Faceting & Silversmithing 800 Narcotics Anon	28 845 Pilates & Yoga 900 Card Making 1130 CAC Lunch 100 Creative Art Ex 700 Alanon Family Group	29 800 Senior Exercise 945 Arthritis Ex 1000 Alzheimer's 1130 CAC Lunch 1200 Ukulele Class 100 Ukulele Band 200 New Grievers	30 8am to 12 Massage 845 Pilates & Yoga 1130 CAC Lunch 1230 Pinochle 100 Bereavement Phase II 600 Weight Watchers 630 Line Dance	31 CLOSED FOR NEW YEARS	



SENIOR LUNCH MENU: DECEMBER 2010

Lunch is served at 11:30am, Mon to Fri! Suggested donation is \$3, for those 60 and over.

Call 937-9750, Monday to Friday, 10am to 12:30pm, *AT LEAST ONE DAY IN ADVANCE*,

to reserve a seat for lunch. Reservations for Monday must be made by Friday.

SMAT provides free rides to and from the Luis Oasis Senior Center for the lunch program. Call 928-5624 for a ride.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		CHILI CON CARNE W/LOF CHEESE MIXED VEGETABLES DINNER ROLL FRUIT MIX MILK DECEMBER 1	POT ROAST LIMA BEANS DINNER ROLL MANDARIN ORANGES MILK DECEMBER 2	CHICKEN CORDON BLEU RICE PILAF BROCCOLI AMBROSIA SALAD MILK DECEMBER 3
BBO CHICKEN MAC & LOF CHEESE MIXED VEGGIES ORANGE MILK DECEMBER 6	PORK LOIN RICE PILAF MIXED VEGETABLES FRUIT MIX MILK DECEMBER 7	LASANGNA ITALIAN VEGGIES BANANA MILK DECEMBER 8	BEEF AND BROCCOLI BROWN RICE VEGGIE ROLL MANDARIN ORANGES MILK DECEMBER 9	SALMON PATTY/TARTAR SPANISH RICE SCANDINAVIAN VEGGIES PINEAPPLE TIDBITS MILK DECEMBER 10
SALSBUURY STEAK POTATOES/GRAVY MIXED VEGGIES ORANGE MILK DECEMBER 13	BEEF BIRRIA PINTO BEANS LEMON, CILANTRO, ONION GREEN SALAD APPLESAUCE TORTILLA MILK DECEMBER 14	TURKEY BURGER ITALIAN VEGGIES BANANA MILK DECEMBER 15	STUFFED PEPPER MIXED VEGETABLES DINNER ROLL MILK DECEMBER 16	CHICKEN POZOLE PINTO BEANS CORN TORTILLAS PINEAPPLE TIDBITS MILK DECEMBER 17
TURKEY W/STUFFING MASHED POTATOS GRAVY MIXED VEGGIES FRUIT MIX/ CRANBERRY HOLIDAY PARTY MILK DECEMBER 20	BEEF TACOS PINTO BEANS CHUCK WAGON VEGGIE MILK DECEMBER 21	CHICKEN TETRAZZINI MIXED VEGGIES GREEN SALAD FRUIT MIX MILK DECEMBER 22	BEEF STEW BROCCOLI DINNER ROLL GRAPES MILK DECEMBER 23	HOLIDAY DECEMBER 24
SAN FRANCISCO CHX MASHED POTATOES GRAVY GREEN BEANS ORANGE MILK DECEMBER 27	PHILLY STEAK ON A HOAGIE PEAS & CARROTS FRUIT MIX MILK DECEMBER 28	HAWAIIAN CHICKEN RICE PILAF PACIFIC BLEND VEGGIES MANDARIN ORANGES MILK DECEMBER 29	MEATLOAF MASHED POTATOES GRAVY GREEN BEANS DINNER ROLL ORANGE DECEMBER 30	HOLIDAY DECEMBER 31

These Meals are made primarily from scratch. Fresh and frozen fruits and vegetables are served to ensure that we influence good eating habits and provide the best nutrition possible. The only canned fruits and vegetable used are pineapple, mandarin oranges, and tomato sauce. The breads and pastas are whole grain and the rice we use is brown rice. We are dedicated to providing healthy and good tasting foods to our clients. We have quarterly menu conferences at which we take comments from our clients and use them to make improvements to the seasonal cycles. If you have any input, comments, compliments or suggestions, please give them to your staff contact so that they can bring the information to us at the next menu conference. Thank you! Enjoy!

BINGO WEDNESDAYS!

The CAC Lunch Bunch plays Bingo every Wednesday before lunch, at 10:30am! Come join us for an upbeat game, followed by a hot delicious meal and great company! There is a suggested donation amount of \$3 for those 60 years of age and older for lunch. Call the Center at 937-9750 at least one day in advance, from 10am to 12:30am, to make reservations for lunch! We hope to see you here soon! The food is always piping hot, always delicious, and always a price that you can afford! Thank you!

WHAT'S HAPPENING AT THE OASIS

OASIS CHRISTMAS BAZAAR & OASIS PANCAKE BREAKFAST

Saturday, December 11th, 2010

Oasis Christmas Bazaar:

9:00am to 1:00pm

100's of beautiful hand-crafted treasures, just in time to finish your Christmas shopping!



Free refreshments & entertainment will be provided from 11:00am to 1:00pm!

Oasis Pancake Breakfast:

8:00am to 11:00am

\$5 for Adults, \$3 for Children

Pancakes, eggs, sausage, juice, and coffee!



DECEMBER SPECIAL EVENTS!

December 9th, 7pm: Civic Theatre Buy-Out: \$15

December 11th, 8am to 11am: Oasis Pancake Breakfast

December 11th, 9am to 1pm: Oasis Christmas Bazaar

December 13th, 5pm: Oasis Christmas Potluck

For more information on any of these events, please contact the Oasis Office at 937-9750! Thank you!

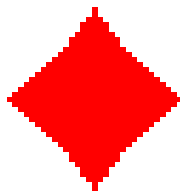


OASIS PINOCHLE GROUP

To join, please call Arlene Bracht at 934-0646!

We meet weekly, on Thursdays, from 12:30pm to 2:30pm, at the Luis Oasis Senior Center.

Coffee & snacks provided!



BEGINNING UKULELE CLASS

Dave Renshaw would like to share his talents with you.

Come learn the art of Ukulele, at the Luis Oasis Senior Center, Wednesdays, from 12pm to 1pm.

When you get confident enough, you may consider joining the Oasis Ukulele Band! Call Dave at 714-8848 to sign up!



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SENIOR CENTERS WITHOUT WALLS

A telephone community for California elders!

This is an amazing service for those of you who are home-bound. Dozens of activities, classes, support groups and more, at your fingertips. Call 877-797-7299 to sign up!

“Senior Centers Without Walls” is a non-denominational community outreach program of Episcopal Senior Communities. It is a telephone community for California elders that offers activities, friendly conversation, and an assortment of classes and support groups for elders who find it difficult to go to a senior center. This program offers free telephone group activities for adults 60+ throughout California, such as: Special presentations on health and safety issues; Special events such as Armchair Travels and Sing Alongs; Fun and Conversation groups such as Armchair Bird Watching and Bingo; Brain Sparks groups such as Mind Massage and A to Z Quiz Time; Reading & Writing groups such as Writing Workshop and Poetry; and Support Groups such as Challenges of Aging and Coping With Loss.

From the comfort of their own home, seniors can connect to these completely free activities using their own telephone.

There is no cost to register!



Altrusa Club of the Central Coast Foundation, Inc. presents...

FESTIVAL OF TREES

The Luis Oasis Senior Center is sponsoring a 7 foot Christmas Tree in the Altrusa 8th Annual Festival of Trees!

Thank you so much, to all of you who donated gifts and decorations, the tree is lovely because of you.

The Trees will be on display:
November 26th, 2010 to December 12th, 2010
11:30am to 8:00pm

Inside the Food Co Shopping Center:
1447 South Broadway
Santa Maria, CA 93454

The drawing will be held on Sunday, December 12th, at 12pm.



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8 GIFTS THAT DO NOT COST A ¢

- 1) The Gift of Listening...But you must REALLY listen. No interrupting, no day dreaming, no planning your response. Just listening.
- 2) The Gift of Affection...

 Be generous with appropriate hugs, kisses, pats on the back and handholds. Let these small actions demonstrate the love you have for family and friends.
- 3) The Gift of Laughter...Clip cartoons, share articles and funny stories. Your gift will say, "I love to laugh with you."
- 4) The Gift of a Written Note...It can be a simple "Thanks for the help" note or a full sonnet. A brief, handwritten note may be remembered for a lifetime, and may even change a life.
- 5) The Gift of a Compliment...A simple and sincere, "You look great in red," "You did a super job" or "That was a wonderful meal" can make someone's day.
- 6) The Gift of a Favor...Every day, go out of your way to do something kind.
- 7) The Gift of Solitude...There are times when we want nothing better than to be left alone. Be sensitive to those times and give the gift of solitude to others.
- 8) The Gift of a Cheerful Disposition...The easiest way to feel good is to extend a kind word to someone, really it's not that hard to say, Hello or Thank You.

12 PUNS FOR THE 12TH MONTH...

1. In democracy your vote counts. In feudalism your count votes.
2. She was engaged to a man with a wooden leg but broke it off.
3. A chicken crossing the road is poultry in motion.
4. If you don't pay your exorcist, you get repossessed.
5. With her marriage, she got a new name and a dress.
6. Acupuncture is a jab well done.
7. You feel stuck with your debt if you can't budge it.
8. Local Area Network in Australia—the LAN down under.
9. Every calendar's days are numbered.
10. A lot of money is tainted—Taint yours and taint mine.
11. A boiled egg in the morning is hard to beat.
12. Santa's helpers are subordinate clauses.

QUOTE OF THE MONTH

Christmas is a time when kids tell Santa what they want and adults pay for it. Deficits are when adults tell the government what they want and their kids pay for it. ~Richard Lamm

CHRISTMAS RIDDLE

What do you call the fear of getting stuck in a chimney?
Santaclaustrophobia.



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Dr. Fillerup has been practicing on the Central Coast for more than 20 years. He is experienced in all aspects of modern foot care.

Office hours are Monday through Friday,
8am - 5pm

X-ray on site at the Santa Maria Office

Santa Maria Office: (805) 934-0570

Website: <http://fillerupfootandanklecenter.com>

HOW TO START A FIGHT...

My wife sat down next to me as I was flipping channels. She asked, "What's on TV?" I said, "Dust." And that's how the fight started...

ELEPHANT STEW



Ingredients:
1 Elephant; 2 cups pepper; 2 cups salt, lots of gravy

Directions:
Cut elephant into 1" cubes, frequently adding pinches of salt and pepper. This should take approximately 72 days. Add enough gravy to cover. Cook over kerosene fire about 4 weeks at 465°. If more than 3,800 are expected, 2 rabbits may be added, but do this only if necessary, as people do not like to find hare in their stew!

CHRISTMAS



The time has come for us to remember,
The holiday special to us in December.
Time for us in true reflection,
Reviewing our days of questionable perfection.
Have we lived in kindly brotherhood?
Sharing and caring as we should?
Sharing our joys and all our woes,
Remembering the laws Bible shows.
God's laws let us remember all ten,
The rules of life to follow them.
Let's celebrate this special season,
As we remember that Jesus is the reason!



May Rikalo

UP FOR DISCUSSION

Two boys were walking home from church after hearing a strong preaching on the devil. One said to the other, "What do you think about all this Satan stuff?"

The other boy replied, "Well you know how Santa Claus turned out. It's probably just your dad."

CHRISTMAS SILLIES



- Q. Why are Christmas trees like bad knitters?
A. They both drop their needles!
- Q. What did the bald man say when he got a comb for Christmas?
A. Thanks, I'll never part with it!
- Q. What do you get if you cross an apple with a Christmas tree?
A. A pineapple!

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 Motor base, bowl, blade, cover with pour hole.
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 Push-in cord storage. Instruction Manual. Used once.
 Call Jane, 938-7436.

FOR SALE

Lots of Plus Size clothes! Sizes 18 to 22. Good condition.
 Call Norine at 937-5141.

FOR SALE

3 inkjet printer cartridges. \$40 for all or best offer.
 Stylus Photo Rx500/600, R200/300, R300M.
 Call 937-7740

SENIOR CONNECTION

Get connected to the information you need! Call Senior Connection at 928-2552, 8-5 Mon-Fri.

PHOTOGRAPHER NEEDED!

We are in need of a photographer who is willing to donate their time and expertise to photograph activities and special events at Oasis. We would use these photos for our website and marketing materials, and much much more. We need someone who has digital photography equipment, a talent for taking beautiful, emotionally intriguing pictures of people and activities, and the time and interest to make this an ongoing volunteer activity.

Please call Moani at the Oasis Office, Monday through Friday, 8:00am to 4:00pm, if you are interested in filling this position!

We need you!



TRADEWINDS INFO

Tradewinds is the monthly newsletter included with membership to the Luis Oasis Senior Center.

The Center invites all seniors over 50 years of age to become members. Dues are now \$15.00 per person or \$25.00 per couple, per year. Dues are payable the first day of January.

TRADEWINDS STAFF

Editor: Moani Goonetilleke
 Advertising: Virginia Pelletier

FOLDING & MAILING

Darlene Becketl, Bill Corning,
 Catalina Cavalli, Virginia Cox,
 Diane Jones, Jean Carey,
 Arlene Rawlinson, Joyce Harmel,
 Betty Wagner, Dorthey Graham,
 Maria Tromp & Alexina Tyo.

TRADEWINDS CONTRIBUTIONS

We need your input! Please bring or send in stories, recipes, jokes, ads and articles to the Oasis Office. We are also open to suggestions about how we can make the Tradewinds better. We look forward to your input. Deadline is December 15th for inclusion in the January edition.

TRADEWINDS ADS

Got something for sale? Want to find an item? Oasis Members only may place ads in the Tradewinds. 10 words for \$1, with a limit of 20 words per ad. To place an ad, call the office or drop by Mon to Fri, 8am to 4pm, or mail to P.O. Box 2637, Santa Maria, CA 93457.

ERRORS NOTICE

Luis Oasis members and employees strive for accuracy in the production of this newsletter, but cannot be held liable for claims, errors, or omissions that may result from publication or advertisements. Thank you!

OASIS INFO

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The Board of Directors meets on the 2nd Thursday of each month at 9:00am.

WHAT, WHO AND WHY WE ARE...

The Luis Oasis Senior Center began in 1984 with a membership of 97, promoted by Alice Shaw. Oasis stands for Orcutt Area Seniors in Service. The facility was named after the Luis family of Orcutt, who have made significant financial contributions to the Center over the years, and have also donated their time and energy endlessly.

The Center's capital and operating funds are raised from grants, public donations, and fundraisers by Oasis members. The buildings are owned by the Center and sit on Orcutt Union School District land, leased at \$1.00 per year.