



Welcome!

Whether you're a longtime member or joining us for the first time, we're glad you're here. WOW of San Diego is a community built on friendship, fun, support, and new beginnings. We hope you'll find new activities to enjoy, meaningful connections, and opportunities to create lasting memories.



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Monthly Activities



Volunteer Opportunities



And More!

UPCOMING EVENTS



ANNUAL MEETING & PICNIC

Saturday,
September 19



FALL HOEDOWN DANCE

Tuesday,
October 13

Mark your calendar!



wowsd.org



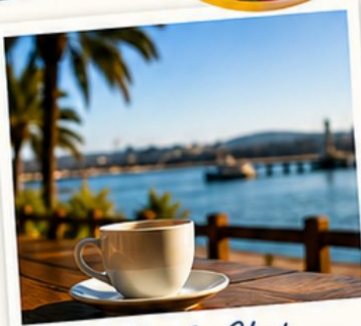
WOW of San Diego



info@wowsd.org



Presidents Message



Coffee & Chats



Social Hours



Wine & Cheese



Annual Luau

What an incredible summer, I did end my previous president's message quoting the song about summertime and the livin is easy... well it's certainly been a very busy summer with WOW events and incredible opportunities for social interaction with one another.

The summer Coffee and Chats have continued to grow in participation allowing for small groups to get to know one another in this casual environment. The Tuesday night **social hours** (El Cajon and San Diego) are great for an early evening of socializing and driving home in the sunshine.

Our recent Wine & Cheese event hosted by Al Bowen was a very relaxing event in a great environment to chat and enjoy each other's company. The WOW Annual Luau with the amazing venue at The Bali Hai was very well attended with 87 participants that enjoyed a wonderful lunch buffet and music by the IDEAS. The North County WOW group joined us and shared information and an invitation to their Holiday Event (info to follow later in the year). All these events share one very important component and that is the volunteers who make it happen with incredible energy and enthusiasm, I want to thank them for selling raffle tickets, carpooling with members, setting up events and so much more. These events don't succeed without the volunteers... Thank you again. Your support strengthens our community bond and makes these events unforgettable

Now, it is time to look forward as we prepare for our upcoming board elections. Volunteering to help lead this organization is a rewarding way to shape our future and make a lasting impact. See additional information in this newsletter on what is needed and our voting process along with information on our Annual meeting/Elections Picnic.

New WEBSITE and club platform. We are very excited about this new enhancement and more information is in the newsletter titled new platform.. Please read and review as it will enhance your information source for the group.

Whew, there is so much to share but more importantly is the time shared with each of you at these events. Please continue to support the group, you will feel the impact in your life as you make new friends and share quality time with members

See you at the next WOW event..





NEW PLATFORM



IMPROVED COMMUNICATION

As previously mentioned, we are launching a brand-new digital membership platform to make managing club activities easier and more functional. Communication via emails will improve as they will be automated for event reminders/membership renewal and so much more. With fewer volunteers managing paper and doing task manually will not work into the future so automation is the answer.



SIMPLE. CONVENIENT. ALL IN ONE PLACE.

This new platform expedites renewal of your memberships, sign up for events, and view our monthly calendar all in one place. This new platform simplifies many of the tasks (less paper and manual work) and how you interact with the club. The new emails will have a sent name such as WOWInfo.com or WOWevents.com allowing you to see where the email originated from and the subject of the email. You will receive membership renewals and event registration deadlines and so much more.



NEW WEBSITE WOWSD.org

The new website WOWSD.org is very user friendly and will support more information for you to access.



WOWSD.org

Your Information. Your Club. All in One Place.



TOGETHER WE MOVE FORWARD

As with any new program/process there will be a learning curve for users and Board members who are the authorized admin team. Please be patient and feel free to reach out to Board members with questions as we all take this new journey together. The strength of this community is the support we share so let's work to integrate this website and move forward.

Better Friends • Brighter Days



DINE OUT

KHAN'S CAVE GRILL & TAVERN



9350 Clairemont Mesa Blvd
San Diego, CA 92123



Wednesday, September 23, 2026
5:00 PM



COME OUT AND ENJOY AN EVENING
OF GREAT CONVERSATION, DELICIOUS
FOOD AND DRINKS WITH YOUR
FELLOW WOW MEMBERS.



RSVP by September 20
NO EXCEPTIONS.

Paula Quint
(619) 579-3539
paulapquint@yahoo.com



MENU INFORMATION:

Visit: <https://khanscave.com/wp-content/uploads/2024/04/updated-lunch-menu-4124.pdf>

BJ'S

RESTAURANT & BREWERY MISSION VALLEY



1640 Camino Del Rio N.
San Diego, CA 92108



Wednesday, October 28, 2026
5:00 PM



COME OUT AND ENJOY AN EVENING
OF GREAT CONVERSATION, DELICIOUS
FOOD AND DRINKS WITH YOUR
FELLOW WOW MEMBERS.



RSVP by October 23rd
NO EXCEPTIONS.

MaryAnn Bianchini
Text (267) 393-5401
maryannbianchini@yahoo.com



MENU INFORMATION:

Visit: <https://www.bjsrestaurants.com/menu/>

This event is limited to 35 members.
NO EXCEPTIONS.

LUNCHEONS

LAZY DOG RESTAURANT AND BAR — MISSION VALLEY —



1202 Camino Del Rio N,
SAN DIEGO 92108



Friday, September 11, 2026
11:30 AM



COME OUT AND ENJOY AN
AFTERNOON OF GREAT
CONVERSATION AND FOOD
WITH YOUR FELLOW
WOW MEMBERS.



RSVP by September 8, 2026

Margie Carlson
(619) 627-5037 (text)
or email
carlson1128@att.net



SEE MENU:

<https://orders.lazydogrestaurants.com/menu>

KAHN'S CAVE GRILL & TAVERN



9350 Clairemont Mesa Blvd
San Diego, CA 92123



Friday, October 9, 2026
11:30 AM



COME OUT AND ENJOY AN
AFTERNOON OF GREAT
CONVERSATION AND FOOD
WITH YOUR FELLOW
WOW MEMBERS.



RSVP by October 5, 2026

Peggy Talaro
(619) 250-0698
mmtsd@cox.net



SEE MENU:

<https://khanscave.com/wp-content/uploads/2024/04/updated-lunch-menu-4124.pdf>



WOW

Annual Meeting and Election Day Potluck Picnic



Saturday September 19, 2026
12:00 to 3:00pm



Admiral Baker Recreational Park
2400 Admiral Baker Road
San Diego 92124

Time to update and share group information
and vote new Board members into office.
Please bring your favorite dish to share and
IDEAS for the Board as we move forward.

- After the meeting/voting there will be BINGO,
Mexican Train, Euchre music to enjoy and
more time to socialize with one another



Your voice and your vote are important.





Get your boots and hats on it's

WOW'S ANNUAL HOEDOWN SHOWDOWN

Tuesday October 13, 2026

**Lefty Martin and his
Right Hand Band**

Lunch: BBQ ribs and all the fixins

12:00pm to 3:00 pm

\$55.00 per person

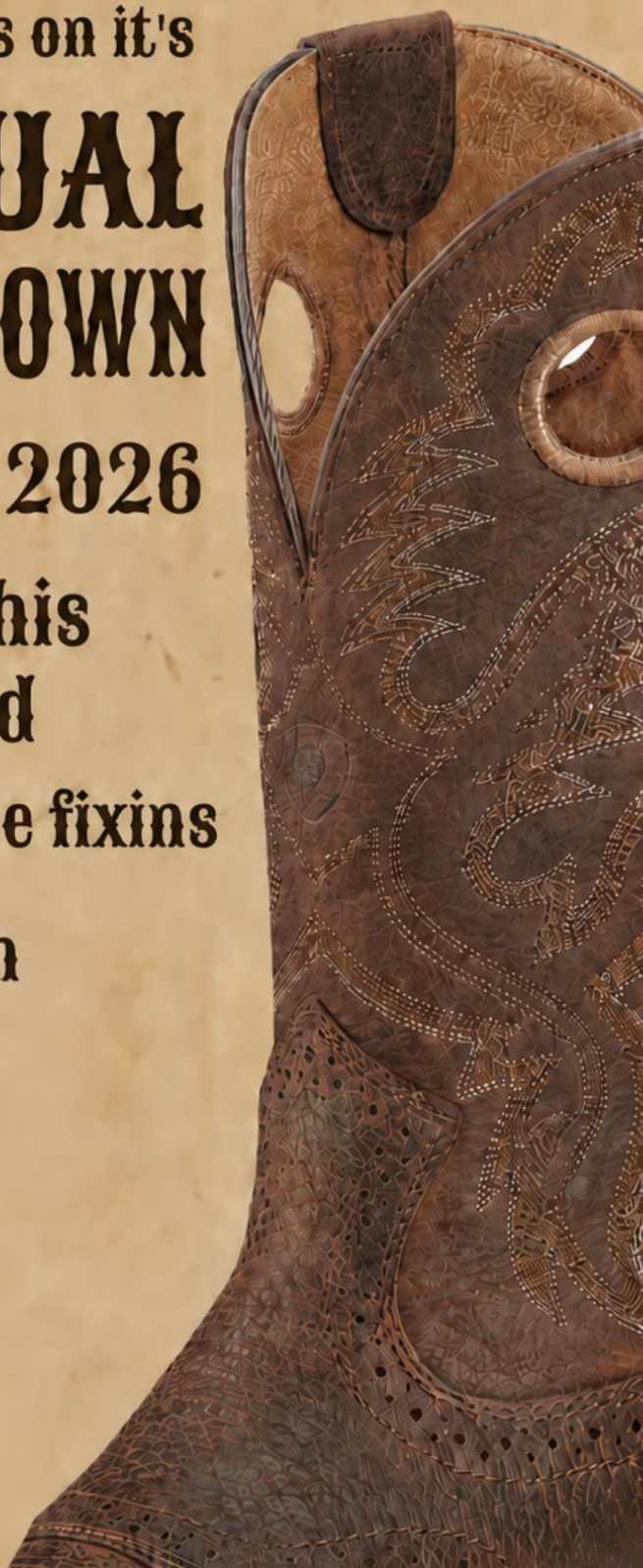
Please mail checks to

WOW P.O. Box

600004 SD CA 92150

Deadline: Oct 6, 2026

Elks Lodge #168



Recurring WOW Activities



Join us for fun, friendship, and great conversation!



WEEKLY SOCIAL HOURS

Looking for a relaxed way to connect with fellow WOW members?
Join us every Tuesday from 4:00–6:00 p.m.

East County: Hooley's Public House, 2955 Jamacha Rd., El Cajon

Host: Celeste Barta

Tierrasanta: Keg N Bottle, 5950 Santo Rd., San Diego

Host: Carol Seagrave

Enjoy good conversation, make new friends, and catch up with familiar faces. Members will be notified by email of any changes.



MEXICAN TRAIN & POTLUCK LUNCH

Join us for potluck lunch and Mexican Train at 12:00 noon on the third Thursday of each month.

Location: St. Alban's Episcopal Church, 490 Farragut Circle, El Cajon.

Please bring a dish to share and \$3.00 for prizes and supplies.

Contacts:

Sandra Thompson • (619) 442-3092 • skbt1328@gmail.com

Betty Jean Cleveland • (619) 448-7363 • bettycleveland1930@gmail.com



EXERCISE – WALK AT MISSION BAY

Join fellow WOW members every Wednesday at 8:15 a.m. for a refreshing waterfront walk, fresh air, scenic views, and great conversation.

Meet at 2688 E. Mission Bay Drive (Formerly the Mission Bay Visitor's Center).

RSVP: Char Shade • exer_fun@yahoo.com



SATURDAY MORNING WALK & BREAKFAST

Start your Saturday with fresh air, exercise, and friendship!

Meet every Saturday at 8:00 a.m. at Lake Murray Park (gate at the bottom of the hill from the upper parking lot).

After the walk, enjoy breakfast together at Gus's Restaurant, 5620 Baltimore Ave., La Mesa.

Non-walkers are always welcome beginning around 8:00 a.m.; walkers arrive about 8:30.



CRIBBAGE

Whether you're experienced or brand new, join us every Tuesday from 1:00–3:00 p.m. at **Parkway Plaza Food Court.**

We'll teach beginners, enjoy friendly competition, and make new friends.

Coordinator: Beverly Sautter • (619) 303-4505 • sautter@pobox.com



We can't wait to see you there!



SPECIAL INTEREST GROUPS

Small groups. Meaningful connections. Lasting friendships.



BOOK CLUB



Looking for great books and engaging conversation?

Join the WOW Book Club! We explore a variety of genres, discuss our selected books, share ideas, and enjoy lively conversation in a friendly atmosphere.

New members are always welcome, and we love receiving suggestions for future book selections!

Whether you're a longtime member or joining us for the first time, we invite you to come discover great books, share your insights, and enjoy the company of fellow readers.



UPCOMING SELECTIONS



September 26, 2026

Wild Dark Shore

by Charlotte McConaghy



November 21, 2026

Theo of Golden

by Allen Levi



Coordinator: Peggy Griffith



peggy.griffith1111@gmail.com



COFFEE AND CHAT



Enjoy relaxed conversation in a small group setting while getting to know fellow WOW members.

Groups include:

- Women Only
- Men Only
- Mixed – Men & Women

Each gathering is limited to 8 members to encourage meaningful conversation in a comfortable setting.



HOSTS

- Peggy Griffith
- Carol Seagrave
- Duane Buckingham



WINE & CHEESE



Join us for an evening of good food, conversation, and making new friends.

Whether you're new to WOW or a longtime member, Wine & Cheese is a wonderful opportunity to socialize in a relaxed and welcoming atmosphere.



Host:

Coming Soon

Date:

To Be Announced

MEMBERSHIP RENEWALS

Dues are to be paid within 30 days of your renewal date to remain an active member.

SEPTEMBER

- Al Bowen
- Christie Cook
- Raymond Deaton
- Dominique Ferguson
- Michael Hoffman
- JoAnn McCain
- Natalie Moynihan
- Anita Pittman
- Joseph Stevens
- Mary Kay Vega
- Charlotte Wilson
- Sue Wood
- Sharon Wozniak

OCTOBER

- Mary Ann Bianchini
- LJ Emerson Crowe
- Roy Meza
- Ralph Oliva
- Douglas Parker
- Charles Peterson
- Carolyn Quinney
- Carmen Rafferty-Howlett
- Martha Unger

Membership Renewal Fee is \$50.00.

Welcome NEW MEMBERS

- ♥ Christie Hurwitz
- ♥ James Sundquist
- ♥ Mikki Thomas
- ♥ Linda Burke
- ♥ Cindy Wittbrodt
- ♥ Donna Wittouck
- ♥ Anne Broederdorf

We're so happy you're here!



MEMBER PROFILE INFORMATION CHANGES

If you have a change in your address, phone number, email address, or emergency contact information, please contact:

Robert McGehee

 (619) 487-0395

 mcgeheesd@gmail.com



BOARD / ACTIVITIES COMMITTEE MEETING

The Board/Activities Committee meets on the
FOURTH THURSDAY
of each month at 10:00 a.m.
at Allied Gardens Branch Library
5188 Zion Avenue
San Diego, CA 92120
All members are welcome to attend.



OUR SUNSHINE LADY DIANE MCSWEENEY HILL

Do you know a member who is in need of a little TLC?

Let our Sunshine Lady know if a member is ill, in the hospital, has passed away, or could use a little encouragement. A heartfelt card can brighten someone's day and let them know we are thinking of them.

Please contact:

 (619) 952-3166

 mcsweeney51@gmail.com





HAPPY BIRTHDAY

TO OUR WOW MEMBERS!



CELEBRATING OUR SEPTEMBER & OCTOBER BIRTHDAYS



*We wish all of our September and October birthday members
a wonderful year filled with happiness, good health,
laughter, and cherished moments with family and friends.*



SEPTEMBER



4	Pat Rudner
5	Beverly Sautter
6	Janet Gail
6	Joy Hines
7	Mikki Thomas
10	Judith Larson
15	Patrick Swies
17	Dixie Comesanas
21	Richard Hamlin
22	Shirley Riedy
23	Shelly Sinkovich
28	William Fessler
29	Maria Zolezzi



OCTOBER



3	Joseph Stevens
7	Vicky Silvia
8	Steve Boyer
11	Kay Finn
13	Colleen Heck
13	Warren Walters
23	Christie Hurwitz
24	Adrienne Beck
26	Denise Buth
27	Andrew Alongi
31	John Sankis



BIRTHDAY REMINDER

*If we missed listing your birthday,
our sincere apology.*



We'll be happy to update our records so
we can celebrate with you in future newsletters.

PLEASE CONTACT:



Robert McGehee



(619) 487-0395



mcgeheesd@gmail.com





WOW Luau Celebration

Good friends • Great views • Forever memories



Mahalo to everyone who made this a wonderful luau!



September 2026

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1  Cribbage 1:00-3:00pm — ★ — Social Hour-Hooley's and Keg N Bottle 4:00pm 	2  Mission Bay Walk 8:15am	3	4	5 Lake Murray Walk 8:00am Breakfast-Gus' 8:30am 
6	7 <i>Happy Labor Day!</i> 	8  Cribbage 1:00-3:00pm — ★ — Social Hour-Hooley's and Keg N Bottle 4:00pm 	9  Mission Bay Walk 8:15am	10	11 Monthly Luncheon-Lazy Dog Tavern 11:30am 	12 Lake Murray Walk 8:00am Breakfast-Gus' 8:30am 
13	14	15  Cribbage 1:00-3:00pm — ★ — Social Hour-Hooley's and Keg N Bottle 4:00pm 	16  Mission Bay Walk 8:15am	17 Mexican Train 12:00-4:00pm 	18	19 Lake Murray Walk 8:00am Breakfast-Gus' 8:30am Annual Election/ Picnic 12:00 
20	21	22  Cribbage 1:00-3:00pm — ★ — Social Hour-Hooley's and Keg N Bottle 4:00pm 	23  Mission Bay Walk 8:15am Dine Out: Kahn's Cave Grill & Tavern 5:00pm 	24 Monthly Board Meeting 10:00 	25	26 Lake Murray Walk 8:00am Breakfast-Gus' 8:30am Book Club 10:30am 
27	28	29  Cribbage 1:00-3:00pm — ★ — Social Hour-Hooley's and Keg N Bottle 4:00pm 	30  Mission Bay Walk 8:15am			

*So many ways to connect,
make memories and have fun with WOW!*



October 2026

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1	2	3 Lake Murray Walk 8:00am Breakfast-Gus' 8:30am 
4	5	6 Cribbage 1:00-3:00pm  Social Hour-Hooley's and Keg N Bottle 4:00pm 	7  Mission Bay Walk 8:15am	8	9 Monthly Luncheon-Khan's Cave Grill and Tavern 11:30am 	10 Lake Murray Walk 8:00am Breakfast-Gus' 8:30am 
11	12	13 Fall Hoedown Showdown  12:00-3:00pm Social Hour-Hooley's and Keg N Bottle 4:00pm 	14  Mission Bay Walk 8:15am	15 Mexican Train 12:00-4:00pm 	16	17 Lake Murray Walk 8:00am Breakfast-Gus' 8:30am 
18	19	20 Cribbage 1:00-3:00pm  Social Hour-Hooley's and Keg N Bottle 4:00pm 	21  Mission Bay Walk 8:15am	22	23	24 Lake Murray Walk 8:00am Breakfast-Gus' 8:30am 
25	26	27 Cribbage 1:00-3:00pm  Social Hour-Hooley's and Keg N Bottle 4:00pm 	28 Dine Out: BJ's Restaurant and Brewery 5:00pm 	29 Monthly Board Meeting 10:00 	30	31 Lake Murray Walk 8:00am Breakfast-Gus' 8:30am 

*So many ways to connect,
make memories and have fun with WOW!*



BOARD OF DIRECTORS



President (Interim), Eva Smith 619-229-0176
evasmith2075@gmail.com



1st Vice President, Eva Smith 619-229-0176
evasmith2075@gmail.com



2nd Vice President, Steve Boyer 619-723-7162
stvboyer@yahoo.com



Secretary John Sankis 619-457-3902
entropycharm@gmail.com



Treasurer, Carolyn Quinney 858-453-7978
cdqhouse@gmail.com



Recruiting/Retention, Beverly Sautter 619-303-4505
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areed0812@gmail.com



At Large, Richard Ruttenberg 619-913-6145
richardruttenberg@yahoo.com





WOW of San Diego

Social Club for Widows & Widowers



P.O. Box 600004
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www.wowsd.org