

WOW OF SAN DIEGO REPORTER

Website: <https://wowsd.fun/>

Email: support@wowsd.fun

Facebook: San Diego Widows or Widowers

May - June 2026



EVA'S PRESIDENT CORNER

As I step into the role of interim President and look forward to working with all of you, I do want to remind all members that the Board is available to discuss the open positions for those who may be interested as we look to our annual election/picnic on September 12 at Admiral Baker Recreational Park.

*A huge thank you to everyone who made our **30th Anniversary/Birthday Party** such a massive success! It was incredible to celebrate three decades of history with such a great turnout. The venue and lunch were incredible and **The Ideas** added a great playlist and kept the dance floor full.*

Looking ahead-we have a fantastic lineup of upcoming events. Look for more details on the flyers enclosed in this newsletter. This is a snapshot of the events.

The Annual Summer Picnic is Saturday, June 6th at the Admiral Baker Recreational Park. The format is a potluck so bring your favorite dish to share. We look forward to an afternoon of food, games, and kicking off the summer with friends.

The annual Luau is scheduled for Thursday, July 30th at the Bali Hai and we will have another opportunity to have THE IDEAS entertain us with a wonderful playlist of dance music. A traditional lunch buffet will be served as well. For this event, we will extend an invitation to North County Widow & Widowers Club and look forward to sharing an afternoon with them.

We are always looking for ideas for events and activities so always feel free to share your ideas and help in planning them with us. Weekly events and seasonal events create opportunities to share time and socialize with one another. See you at the next event.

Housekeeping Items

When sending your check in for a particular event or membership renewal, please note on your check what it is for, ie. Membership Renewal or Luncheon/Dance etc.

Please be aware that when checks are received for an event they are not processed immediately. They are processed and deposited monthly. However, you will receive an email confirmation when your check is **received**.

Please be mindful of RSVP dates for **Dine Outs and Luncheons**. If you do not RSVP by the date requested then you will not be admitted to the event. The coordinators must give a headcount of attendees to the restaurants several days in advance, therefore members cannot just show up at an event without having RSVP'd. Please be respectful of the effort that our coordinators put into setting up these popular monthly gatherings.

Special Announcements

Wine and Cheese - The first Wine and Cheese gathering was a high energy event at the home of Al Bowen. Our next event will be hosted by Gloria Chapman on **May 20, 2026 5:00-6:30pm**. Gloria's address is 5310 Caminito Velasquez in the Tierrasanta area. Guests are limited to 15. Respond by email to gloriachapman41@gmail.com.

Coffee and Chat - Since introduced in February, there have been Women Only, Men Only, and Mixed (Women and Men) events at Brew Coffee Spot in LaMesa. This event is limited to 8 members. Continue to look for emails from Peggy Griffith, Duane Buckingham, and Carol Seagrave who host these events.

Men's First Coffee and Chat



SAVE THE DATES FOR UPCOMING WOW EVENTS YOU WON'T WANT TO MISS!

Summer Picnic-June 6

Luau-July 30

Annual Meeting/Picnic-Sept 12

Fall Hoedown Dance-Oct 13

Holiday Party-Dec 9

Community Events - Starting with this Newsletter, we will no longer be listing Community Events. Our focus going forward will be WOW sponsored events and activities. Please check your local resources for any community events that may be of interest to you.

Beverly Sautter Retention and Recruiting News

Wednesday, March 25th, WOW of San Diego took part in the monthly program at the Grossmont Healthcare District's Health and Wellness Library presentation.

Steve Boyer, 2nd Vice President and Beverly Sautter, Recruitment and Retention Officer manned a display, passed out WOW literature, and spoke with the attendees of the monthly lecture series. This was the third event WOW has taken part in. They were able to present information and spread the word that there is a group ready to welcome widows and widowers into a variety of activities.



WOW of San Diego will be presenting a program explaining the purpose of WOW and the value it offers to the outlook of those newly widowed and those who are trying to figure out what might be a beneficial next step on the unfamiliar journey.

This class is being presented on Wednesday, May 20th at 10:00am at the Oasis Grossmont Center. There is no fee, but registration is required. The course will be printed in the **May/June Oasis Catalog**. The catalog for May/June was not printed as of this newsletter. This is the link to the Oasis homepage <https://san-diego.oasisnet.org/>. If you know someone who may benefit from this information, please encourage them to attend, even if that means you may have to attend with them for support. We have all benefited from the many activities in our organization. Let's get the word out!

30th BIRTHDAY PARTY CELEBRATION



WOW'S ANNUAL SUMMER PICNIC



SHARING SUMMER FUN AND GAMES
WITH OUR TRADITIONAL POTLUCK

JUNE 6TH SATURDAY
12:00 TO 3:00PM

AT ADMIRAL BAKER RECREATIONAL PARK
2400 ADMIRAL BAKER ROAD
SAN DIEGO 92124

WOW'S ANNUAL LUAU



JULY 30 | THURSDAY
2026 12:00 TO 3:00 PM



VENUE | BALI HAI RESTAURANT
2230 SHELTER ISLAND DRIVE, S.D., CA 92106



Join us for a traditional buffet lunch and dance to the music of THE IDEAS.

TICKETS: \$65.00 FOR MEMBERS | \$75.00 FOR NON MEMBERS

MAKE CHECKS PAYABLE TO: WOW
MAIL TO: P.O. BOX 600004 | S.D., CA 92160

NEWS FROM THE PRESIDENT

MEMBERSHIP RENEWALS

Dues are to be paid within 30 days of your due date. After 90 days, your membership will be terminated. If you decide to rejoin after the termination date, you will need to submit a new application and be in good standing.

*To renew your WOW membership, please send your membership fees with a check made out to **WOW OF SAN DIEGO**. Please note "Membership Renewal" on the "For" line of your check.*

ADDRESS:

WOW OF SAN DIEGO

PO BOX 600004

San Diego, CA 92160

MEMBERSHIPS DUE FOR RENEWAL

MAY

Barbara Matthews

Dara Hembury

Donna Zissel

Judith Larson

Linda Carroll

JUNE

Debbie Rogers

Donna Johnson

Janet Wolchko

Linda Quesnell

Paula Quint

Rachel T Evans

Rita O'Brien

Robert Creech

Tim Srock

Membership Renewal Fee is now \$50.

WELCOME NEW MEMBERS

James Coldren

Kathleen Studer

Patrick Swies

MEMBER PROFILE INFORMATION CHANGES

*If you have a change in your address, phone number, email address, change or add a contact for emergencies please contact: **Robert McGehee 619-487-0395** or email mcgeheesd@gmail.com.*

BOARD/ACTIVITIES COMMITTEE MEETING

*The WOW Board/Activities meeting will be held on the last **Thursday** of the month at the Allied Gardens Branch Library. Unless otherwise announced, the meetings start at **10:00am**. The address is **5188 Zion Avenue**. All WOW members are invited to attend the Board Meeting.*

OUR SUNSHINE LADY- VICKY SILVIA

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

Let our Sunshine Lady know who is ill, in the hospital, has passed away or just needs a little pick me up. A heartfelt card can be just enough to make someone's day. Please call **Vicky (619)562-5789** or email vikens@cox.net so she can send a card. The club likes to send cards to our members that are in crisis to let them know we care and are thinking about them.



MAY

Kathleen Studer May 10
Janice Fessler (Wentworth) May 10
James Coldren May 11
Doreen Karp May 11
Howard Maunu May 11
Sandra Thompson May 11
Carol Seagrave May 13
Thomas Callan May 13
Diane McSweeney-Hill May 20
Emmitt Henderson May 22
Gloria Chapman May 22
Darlee Helmer May 23
Bonnie Raye May 24
Donna Johnson May 29
Joan Miller May 31

JUNE

Rita O'Brien June 3
Celeste Barta June 10
Jill Jansen June 11
Terri Christie June 14
Sandra Kaltenborn June 14
Karen Rogers-Cook June 16
Raymond Deaton June 18
Dominique Ferguson June 19
Sue Wood June 22
Carolina Mouritzen June 24
Michael Hoffman June 24
Charlene Schade June 26
Donna Zissel June 27
Janice Russell June 29

NOTICE: *If we missed listing your name, our sincere apology. Please call **Bob McGehee (619) 487-0395 OR EMAIL MCGEHEESD@GMAIL.COM** so we can determine why your important and special date was missed.*

WOW EVENTS

Lunch and Mexican Train

Mexican Train is held on the 3rd Thursday of the month. Come join us for potluck lunch and Mexican Train at 12 noon. The venue is St. Albans Church at 490 Farragut Circle, El Cajon. Please bring a dish to share and \$3.00 for the cost of prize and supplies. For more information contact: Sandra Thompson (619)442-3092 or skbt1328@gmail.com Betty Jean Cleveland (619)448-7363 or bettycleveland1930@gmail.com.

Social Hour

We have two weekly social hours on Tuesday, 4:00-6:00pm. One in East County and one in Tierrasanta.

The East County location is **Hooley's Public House** 2955 Jamacha Road, El Cajon.

The other location is in Tierrasanta at **Keg N Bottle** 5950 Santo Road.

Celeste Barta hosts East County and Carol Seagrave hosts Tierrasanta.

Members will be notified by email blast of any changes to the hours or locations.

Exercise

WALK AT MISSION BAY. Join us for a Walk at Mission Bay, every Wednesday, at 8:15am. Location: 2688 E Mission Bay Drive, San Diego (Formerly Mission Bay Visitor's Center). Wednesday, at 8:15am. There may be other unanticipated cancellations during this period. **Please RSVP to Char Shade at: exer_fun@yahoo.com**

WALK AT LAKE MURRAY PARK FOLLOWED BY BREAKFAST AT GUS'

A Walking group meets at Lake Murray on Saturday mornings at 8:00am. The walkers meet at the bottom of the hill from the upper parking lot by the parking lot by the gate.

To get there take Lake Murray Blvd. off I-8 to Kiowa. Turn left and go all the way to the parking lot. Turn right toward the start of the trail. The walkers meet at the gate. Just look for a group of lively people. And on to Gus' Restaurant for Saturday breakfast.

Not interested in walking-no problem! Join us for breakfast at 8:30.

Gus' Restaurant - 5620 Baltimore Avenue, LaMesa. Non walkers are usually at Gus' at 8:00 for coffee and conversation. The walkers usually arrive around 8:30 when breakfast is ordered by everyone.

Cribbage Players

Come out and learn/play cribbage. We will teach you how to play. It is also a great place to socialize and meet other members. This activity is currently being held at the Food Court in **Grossmont Center from 1:00 to 3:00 every Tuesday.** We are located on the East side of the food court. Beverly Sautter is the coordinator. Beverly's email is sautter@pobox.com Phone (619)303-4505.

Book Club

If you are looking for great reads and even better conversation, join us at the WOW Book Club! Each gathering includes thoughtful discussion, fun book ratings, engaging book club questions, and plenty of lively conversation. We love hearing new ideas, so book ideas are always welcome.

Our last book, **"From Sand and Ash"**, by Amy Harmon earned a solid **A** with a wonderful conversation at the ElCajon Library. Our next book is **"The Correspondent"** by Virginia Evans. We will meet at the El Cajon Library from 10:30-12:00 on Saturday, May 16, 2026. Looking ahead, on July 18, 2026, we will be reading **"Lessons in Chemistry"** by Bonnie Garmus and on September 19, 2026, **"Wild Dark Shore"** by Charlotte McConaghy.

Whether you are a long time member or joining us for the first time, we would love to have you with us! Peggy Griffith is the coordinator. Peggy's email is peggy.griffith1111@gmail.com.

LET'S DINE OUT **MAY**



FILIPPI'S PIZZA GROTTO

5353 Kearney Villa Road, San Diego 92123

WEDNESDAY, MAY 27, 2026 5:00PM

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

RSVP by May 25 to MaryAnn Bianchini (267)393-5401 or email maryannbianchini@yahoo.com

Menu: <https://filippispizzagrottosd.com/san-diego-filippi-s-pizza-grotto-mission-valley-food-menu-29945>

One check may be split by 5 people, so please bring cash.

JUNE



OLIVE GARDEN ITALIAN RESTAURANT

9800 Mission Gorge Road, Santee 92071

WEDNESDAY, JUNE 24, 2026 5:00PM

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

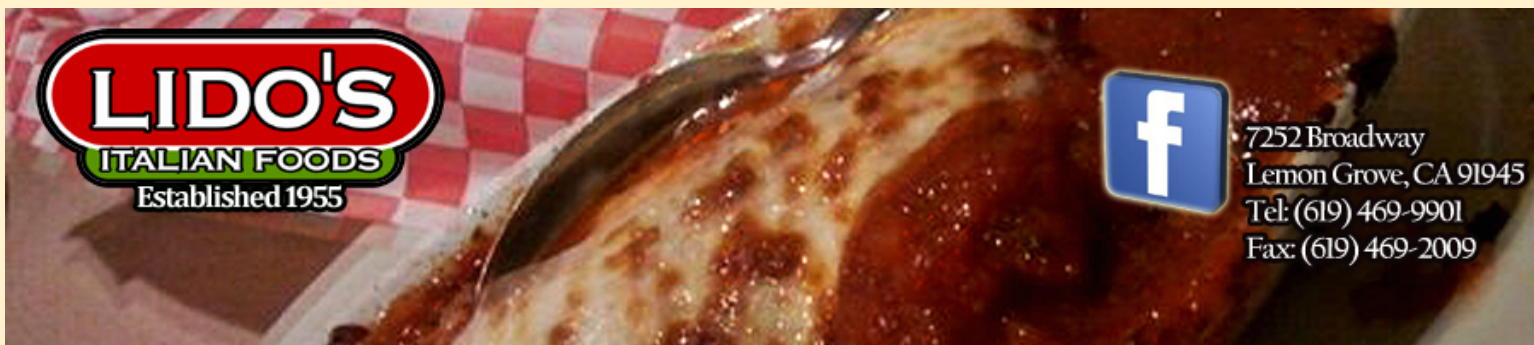
RSVP by June 21 to Joy Hines joyhines@att.net or (619)561-0067

Menu: <https://www.olivegarden.com/menu/classic-entrees>

Separate checks may not be provided so bring cash.

LUNCHEONS

MAY



*Lido's Italian Restaurant
7252 Broadway, Lemon Grove, 91945*

Friday, May 8, 2026 11:30AM

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

RSVP by May 2, 2026, 2026 Margie Carlson (619)627-5037(text) or email carlson1128@att.net

Menu: <https://lidositalianfoods.com/lunch.html>

Separate checks may be provided but please bring cash.

JUNE



**LEMON GROVE BISTRO
3308 Main Street, Lemon Grove 91945**

Friday, June 12, 2026 11:30AM

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

RSVP by June 8, 2026 Pat Rudner (619) 840-6007

SEE MENU: <https://grovebistro.com/menu>

Separate checks will be provided.

MAY 2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday 1	Saturday 2
3	4	5 Cribbage 1:00-3:00pm Social Hour-Hooley's and Keg N Bottle 4:00pm	6 Mission Bay Walk 8:15am	7	8 Monthly Luncheon-Lido's 11:30am	9 Lake Murray Walk 8:00am Breakfast-Gus' 8:30am
10	11	12 Cribbage 1:00-3:00 Social Hour-Hooley's and Keg N Bottle 4:00pm	13 Mission Bay Walk 8:15am	14	15	16 Lake Murray Walk 8:00am Breakfast-Gus' 8:30am Book Club 10:30am
17	18	19 Cribbage 1:00-3:00pm Social Hour-Hooley's and Keg N Bottle 4:00pm	20 Mission Bay Walk 8:15am WOW @ Oasis Grossmont 10am	21 Mexican Train 12:00-4:00pm	22	23 Lake Murray Walk 8:00am Breakfast-Gus' 8:30am
24	25	26 Cribbage 1:00-3:00pm Social Hour-Hooley's and Keg N Bottle 4:00pm	27 Mission Bay Walk 8:15am Dine Out-Filippi's Pizza Grotto 5:00pm	28 Monthly Board Meeting 10:00am	29	30 Lake Murray Walk 8:00am Breakfast-Gus' 8:30am
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JUNE 2026

Sunday	Monday 1	Tuesday 2	Wednesday 3	Thursday 4	Friday 5	Saturday 6
		Cribbage 1:00-3:00pm Social Hour-Hooley's and Keg N Bottle 4:00pm	Mission Bay Walk 8:15am			Lake Murray Walk 8:00am Breakfast-Gus' 8:30am Picnic-Admiral Baker Park 12:00-3:00
7	8	Cribbage 1:00-3:00pm Social Hour-Hooley's and Keg N Bottle 4:00pm	Mission Bay Walk 8:15am	11	Monthly Luncheon-Lemon Grove Bistro 11:30am	Lake Murray Walk 8:00am Breakfast-Gus' 8:30am
14	15	Cribbage 1:00-3:00pm Social Hour-Hooley's and Keg N Bottle 4:00pm	Mission Bay Walk 8:15am	Mexican Train 12:00-4:00pm	19	Lake Murray Walk 8:00am Breakfast-Gus' 8:30am
21	22	Cribbage 1:00-3:00pm Social Hour-Hooley's and Keg N Bottle 4:00pm	Mission Bay Walk 8:15am Dine Out-Olive Garden 5:00pm	Monthly Board Meeting 10:00	26	Lake Murray Walk 8:00am Breakfast-Gus' 8:30am
28	29	Cribbage 1:00-3:00pm Social Hour-Hooley's and Keg N Bottle 4:00pm				

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
sautter@pobox.com

Director Membership, Robert McGehee. 619-487-0395
mcgeheesd@gmail.com

Editor, Angie Reed 301-502-3585
areed0812@gmail.com

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

MEMBERSHIP INFORMATION

For Information on membership or copies of the news-letter, call: Robert McGehee at 619-487-0395 or email him at mcgeheesd@gmail.com.

Thank you for your interest in joining WOW. We encourage you to get to know our WOW members by attending the walks, happy hours, or luncheons. You may attend two other activities without joining on a non-member basis



WOW MEMBERSHIP AND RENEWAL FORM

Please Print. Thank You

LAST NAME: _____	FIRST NAME: _____	√ Check Membership
ADDRESS: _____		New: _____
CITY: _____	STATE: _____ ZIP CODE: _____	Renewal: _____
PHONE NUMBER: _____	CELL: _____	
EMAIL ADDRESS: _____		√ Check Changes
BIRTH DATE AND MONTH: _____		Address _____
IN CASE OF EMERGENCY: Name _____ Phone _____		Phone# _____
		Email _____

HOW DID YOU HEAR ABOUT WOW? _____

I WILL BE WILLING TO SERVE ON A COMMITTEE: YES ___ NO ___

I WOULD LIKE TO ALSO RECEIVE THE NEWS LETTER BY EMAIL. ___

I hereby apply for membership in WOW of San Diego with the understanding that initial membership is restricted to widows or widowers. I hereby attest that I am a widow/widower and I agree to hold WOW of San Diego and its officers harmless from any liability arising from my participation.

(FOR NEW MEMBERS ONLY: PROOF OF STATUS IS REQUIRED PRIOR TO ACCEPTANCE AS A MEMBER PLEASE ATTACH A COPY OF THE DEATH CERTIFICATE TO THIS APPLICATION WHEN APPLYING FOR MEMBERSHIP. The death certificate will be returned.)

SIGNED: _____ DATE: _____

MEMBERSHIP FEES AND DUES ARE \$50.00 PER YEAR PAYABLE DURING THE MONTH (1-12). MAKE CHECK TO WOW of SAN DIEGO. NEW MEMBERS MAY PURCHASE OPTIONAL WOW T-SHIRT AND NAME TAG AT THE NEW MEMBERS ORIENTATION. YOU WILL BE CONTACTED WITH DATE/TIME.

Note: Mail completed membership application, membership fees, and proof of status as a widow/widower to: WOW of San Diego, P.O. Box 600004, San Diego, CA 92160.

If you have any question concerning completion of this application or WOW in general, call the membership person or any member of the Board of Directors.

OFFICE USE: Check # _____ Date _____ Amount _____ Member # _____ 15

WOW of San Diego

P.O.Box 600004

San Diego, CA 92160

A Social Club for Widows and Widowers