

Scotts Valley Senior Center



April 2014 Newsletter

Newsletter Editor: Becca Mosley

Coordinator's Message

Happy Spring - all is in bud and bloom, such a pretty time of year! And talking about years, the Board and I look forward to celebrating the center's 25th birthday with all of you on April 11th! See details to right. —>

I want to thank Sammy Khalil for sharing his beautiful art with us. By all accounts, his Art Reception was a success. Thank you to everyone who attended. I was sorry to have missed it

More thank yous to all who helped make our St. Paddy's Day event so tasty and fun including the youngsters, Alice and Marissa. Marlene as usual, worked her magic in the kitchen and a good time was had by all. Thank you Tamima and the dancers for the jig, and to Board Member, Tom Steinhaus for the wonderful tunes from the old country!

Welcome to our new art show from the students of art teacher, Angie Wisdom. By the way, her Zentangles session was so well-received, that the members want it to continue. Now in a regular spot on Fridays, you might want to give it a go! And, I do so hope to see you at the next Art Reception on April 18th.

The center welcomes Elaine and Joe Zuniga as the hosts for the Friday Potluck Lunch, Elaine Myers as the chair for Newsletter Collation and Linda Depner and Donna Silvia for joining the Kitchen Crew, giving valuable aid to Marlene. Thank you to all four of you for sharing your time and talents

Julie Boudreau from Hospice is once again visiting the center on April 18th to help some of us deal with the unpleasant task of completing an Advanced Directive efficiently, with a lot of knowledge and a comfortable manner. Be sure to sign up for your spot by calling the center.

That's it for now. I'll see you all on Friday 11th, if not before – wink wink

Until next time ~ *Darshana Croskrey*

Happy 25th Birthday Scotts Valley Senior Center

★ An Invitation for You To ★
Potluck Hoe-down Celebration



We'll bring the chicken
You bring the sides
Come in your boots
They'll be some dancing tonight!
Kick up your heels with
Roaring Camp's Wendy O'Meara
For some Do-Si-Do and Cotton-Eyed Joe
A fun night to remember!

★
★
Friday, April 11, 2014
5pm – 7:30pm
★

Cost: A potluck dish per couple or \$10 per person

RSVP: Signups are required no later than April 9th

Please sign up at the reception desk or email
dcroskrey@scottsvally.org

NEW ART ROTATION

SVSC welcomes **Angie Wisdom**, art teacher for the Parks and Rec Division as she showcases an intergenerational display of artwork from students in her Parks and Rec program and from the recently (VERY RECENTLY) formed Zentangles class at SVSC.

Please mark your calendars and join us for a special reception to honor all the students on

Friday, April 18th from 5pm to 6:30pm

Light refreshments will be served.

2014 Major Events Calendar



The SCOTTS VALLEY SENIOR CENTER serves lunch and plays Bingo every Wednesday.

**Lunch starts at 11:30 am till 12 Noon
Donation of \$2.50.**

You MUST sign up by Tuesday at noon so that there is sufficient food for all the diners.

April 2

Stir Fry Chicken
Pineapple Chunks
Sesame Carrots
Brown Rice
Fortune Cookie
Milk

April 9

Chicken Enchiladas
Fiesta Veggies
Green Salad
Spanish Rice
Fruit
Milk

April 16

Split Pea Soup
Spinach Salad
Fruit
Bread & Butter
Oatmeal Cookie
Milk

April 23

Meatloaf & Gravy
Mashed Potatoes
Romaine Salad
Bread & Butter
Apple
Milk

April 30

Mac & Cheese
Mixed Veggies
Beet Salad
Bread & Butter
Orange
Milk



APR	SVSC Silver Anniversary Party	4/11	5pm - 7pm
	Art Showcase Reception ~	4/18	5pm to 6:30pm
	Parks & Rec Students and SVSC Members		
	Advance Directive Workshop by Hospice	4/18	1pm - 3pm
MAY	AARP Driver's Ed (Part 1)	4/19	12:30pm - 4:30pm
	Furlough Friday	4/25	Center Closed
	AARP Driver's Ed (Part 2)	4/26	12:30pm - 4:30pm
	Cinco de Mayo Dinner	5/16	5pm
	Ladies Night Out	5/30	6:30pm - 9:30pm
JUN	Furlough Friday	5/23	Center Closed
	Memorial Day Holiday	5/26	Center Closed
	SVSC Flea Market	6/1	8am - 2pm
	Volunteer Luncheon	6/5	1pm (by invitation only)
	SVSC Board Meeting	6/5	3:15pm
	BBQ Dinner	6/20	5pm
JUL	Furlough Friday	6/27	Center Closed
	MEMBERSHIP RENEWAL	7/1	DUE NOW!!!
	Independence Day Holiday	7/4	Center Closed
	SVSC Flea Market	7/6	8am - 2pm
	Chef Bustichi's Dinner	7/18	5pm
	Furlough Friday	7/25	Center Closed
AUG	SVSC Flea Market	8/3	8am - 2pm
	Tri-Tip Dinner	8/15	5pm
	Furlough Friday	8/22	Center Closed
	Labor Day Holiday	9/1	Center Closed
	SVSC Board Meeting	9/4	3:15pm
SEP	Grandparents Day Pancake Breakfast	9/7	8am - Noon
	International Night Dinner	9/19	5pm
	Furlough Friday	9/26	Center Closed
OCT	No dinner this month	-----	
	Sponsor Appreciation Reception	10/3	5pm - 7pm
	Columbus Day Holiday	10/13	Center Closed
	SV City Council Presentation	10/15	6pm
	Furlough Friday	10/24	Center Closed
	NO ACTIVITIES – Prep for Craft Faire Weekend - 10/27 to 10/31 & 11/3		
	NOV	Craft Faire Weekend	11/1st/2nd
Veteran's Day Holiday		11/11	Center Closed
Thanksgiving Potluck		11/14	1pm
Thanksgiving Break		11/26 - 11/30	Center Closed
DEC	Holiday Luncheon	12/12	1pm
	New Year's Eve Party	12/31	TBD
	Holiday Break	12/22 - 1/4/15	Center Closed

NOTE: Circumstances may require SVSC to make changes and cancellations. We apologize for any inconvenience this may cause.

Wednesdays from 1:00-3:00pm, right after our Meals on Wheels luncheon. Project Scout runs the bingo games and everyone is invited. We hope to see you here! Cards are .50 each and we also have the pull tabs! 438-8666 for more info.

Bingo cards are brought out at 12:30 pm.

How about some Coffee and Conversation???



April Activities

NEW ART CLASS

The Art of Zentangle promotes therapeutic relaxation. The processes used will help increase your mental focus, fine motor skills and ease stress and anxiety.

Date: Fridays
Time: 11:30am to 12:30pm
Instructor: Angie Wisdom
Cost: \$3 members/\$5 non-members



POTLUCK FRIDAY LUNCH

Potluck Friday is growing! Join our hosts, Elaine and Joe Zuniga, as they welcome you to the table of this informal gathering to share food and conversation!



Date: April 4th, (Every 1st Friday of the month)
Time: 11:15am to 12:45pm
Cost: \$2.00 and a potluck dish to share

COFFEE & CONVERSATION

Hostesses, Connie Adkins and Suki Marin, invite you to get your week off to a good start every 2nd Monday of the month. They welcome you to join them for a lively exchange words, ideas, gossip (only the "kind" kind) and of course, good coffee!



Date: Monday, April 14th
(on-going every 2nd Monday of the month)
Time: 10:30am to 12:00pm
Cost: Free

APRIL MUNCHEON MOVIE ~ PRE-PAID EVENT ONLY

Sign up by close of day Friday, April 4th

Date: Tuesday, April 8th
Time: Noon
Cost: Members \$5 / Non-Members \$6
Lunch: Southern Chicken and a Presidential Dessert
Movie: "The Butler" a 2013 release starring Forest Whitaker



LINE DANCE SOCIAL

Join Jeanne Wilson as you Line Dance the evening away!

Date: April 4th (1st Friday of the Month)
Time: 7pm - 9pm
Cost: \$5 members / \$7 non-members



K-LOVE COOKING CLASS



Back for Round Two: Returning to us is Eun-Kyung Otte with her offering of another heart-healthy, delicious and tasty Korean cooking class demonstration. This one will focus on a variety of Korean pancakes.

Date: Wednesday, April 2nd
Time: 4pm to 6pm
Cost: Members \$15 & Non-Members \$18
PRE-PAID EVENT ONLY
Sign up by 3/26 close of day



WATER EXERCISE CLASS ~ 90 degree water & chair lift

Day: Fridays
Time: 1pm to 3pm
Place: Siltanen Park Swim Center
Cost: \$15 per three week session
Register at Skypark Parks & Rec Office
For more info call: 438-3251



NEW RECORDER CLASS

Coming in May, June and July

Learn to read music, play the recorder and have fun!
All skill levels welcome

Fridays, 10:30am to 11:30am (a total of 8 classes)
\$10 per class

Instructor: Justine Hamlin

Justine will be off to USC in August to complete her doctorate in music!

New England Conservatory
Masters in Music (MM) 2012

University Cincinnati College Conservatory of Music
Bachelors in Music (BM) 2010

Please complete an orange interest card (found at the reception desk) ASAP and return to a receptionist or to Darshana's office.



Robin Gysin from the District Attorney's Office has everyone's attention as she shares sad tales of the various cases of senior scams affecting our local areas and how to protect yourself!

Announcements

Make Your Future Healthcare Wishes Known!

Advance Healthcare Directive Workshop By Julie Boudreau of Hospice of Santa Cruz County

Be a part of a national movement and make your future healthcare wishes known!

With an Advance Directive, you create a legal document that lets you give directions for your future medical care. Your wishes are clearly stated and a representative is chosen (by you) to communicate those wishes in the event you are unable to do so yourself. In this workshop you will:

- Have a thirty minute individual session to update your current directive or create a new one
- Have all your questions answered
- Leave with a witnessed, legal document if you so desire.

Call the center now at 438-8666 to make an appointment for one of the following four sessions that are scheduled on **Friday April 18th at 1pm, 1:30pm, 2pm or 2:30pm.**

2014 Discount Coupon Books Are Here Only \$10 each!



Do yourself a favor... Pick up one for yourself, another one for your other car (so there is always one within reach) Some more for your family members to help them save money too, and...A few more for hostess gifts and thank you gifts – your friends will appreciate them!

Computer Classes

Technology ~ Ayan Patel

Dates: Every Wednesday

Cost: Free*

Time: 3:15pm to 4:30pm



* However, donations of any amount gladly accepted – proceeds will benefit the Sound System Fund.

Using the center's computers, Ayan will be available to help you navigate the system, answer questions for you and trouble-shoot problems you may be having with your Apple or PC. He can also help you with your own laptops, tablets, iPADS, Smart phones, Droids, etc. ~ Great for beginners!

Private Sessions

Members are welcome to schedule individual one-hour sessions with Ayan for \$30. All proceeds benefit the computer program at the center. Call center to schedule an appointment.



Art Teacher - Angie Wisdom and engaged students experiencing the art of Zentangles.

Business Sponsor Update

Please join me in welcoming our newest business sponsors:

Copper Level Sponsor, Diane Robertson is a bonded and State-licensed, certified nurse's assistant. Her business is called "Safely Home". She has been in her profession for about ten years and enjoys taking care of her clients locally.

Silver Level Sponsor, Marjorie Vickers has been in the real estate business since 1976. She enjoys a stellar reputation among her peers in the field. She is proud of her success and believes it comes from her constant commitment to client satisfaction and delivering the highest level of professional real estate service.

Gold Level Sponsor, Peninsula BioMedical is well known in the medical compression garment field for solutions due to Lymphedema and Edema related health conditions. They are a well-established business of 20 years here in Scotts Valley. To learn more about the various diseases that require compression garments and precise fittings that are required, do attend the April Armchair Topics when Maria Rossi will introduce you to the world of Edema. It affects so many people.

I would also like to thank our renewing subscribers:

Thank you **Bronze Level Sponsor, Roger Flatow of Rogers Automotive.** He told me his is possibly the oldest mechanic shop in Scotts Valley! Roger has a lot of pride in his work.

Thank you too, to **Rosanna Herrera, owner of Bruno's BBQ.** Rosanna's generosity knows no bounds and she has been particularly helpful to so many projects and organizations in Scotts Valley including SVSC. Thank you Rosanna for renewing your sponsorship at the **Platinum Level!**

Sunshine Note



Thinking of You, We Miss You ~

Connie Adkins, Leatrice Bachan, Paul Feeley, Marlene Flannery, MaryLynne Hollman, Maxine Richards, and Audrey Vizzard

Cheers To All These Years...



Harold & Patsy Rice
Congratulations upon
52 years of marriage



Don & Evelyn Reynolds
Birthday Wishes,
ages **93 & 91** respectively

Gone But Not Forgotten

Luna Elliot ~ July 6, 1931 ~ February 19, 2014

I never met Luna but she was by all accounts a dedicated member of the center. She left a great legacy to the center. It was due to her efforts that got the center's volunteer van service started – she generously purchased and donated the van and then proceeded to be a volunteer driver for homebound seniors. This was a much needed service is a boon for all seniors in Scotts Valley, and continues to be in use today. I also know from her friends and family that Luna was an avid golfer, dedicated exerciser and had served on the Spring Lakes Management Committee. Luna's life was amazing as seen in her obituary. If you get a chance please check it out on the notice board. What a wonderful human being!

**We send condolences to her family and friends ~
Rest in Peace Luna**

Boutique Donations Needed

If you are moving or down-sizing or just having a clean-out, please think of donating to The Boutique. Sue and Linda look forward to receiving your items to display and sell in the store.

Welcome New Members

Carol Ayers, Helen Barnes, Dale Bates, Doreen Bergstrom-Bartle, Sylvia Brown, Kimberly Clark, Beverly Davis, Merle Froshman, Margaret Humphries, Agnes Margerum, Jean McCarthy, Jim McCarthy, Joy Miller, C.J. Parke, Patte Quintero, Susan Stello, Ronnie Trubek & Marjorie Vickner

THANK YOU FOR JOINING OUR SCOTTS VALLEY SENIOR CENTER

Want to become a member?

Join the center, join the fun...It's easy as 1.2.3.

- 1 - See one of our nice receptionists during center hours
- 2 - Spend two minutes filling your membership application form
- 3 - Turn in form and \$20 annual fee to the nice receptionist – **DONE!**



St. Patrick's Day Event

April Senior Center Donations

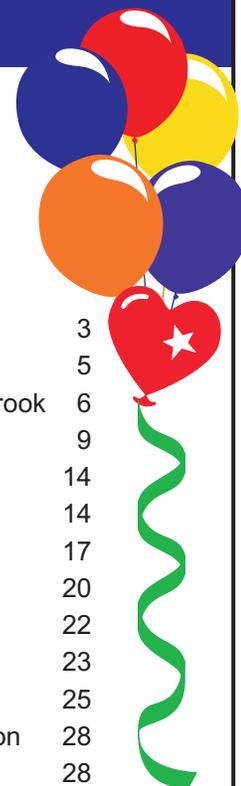
- \$ 10 Helen Barnes ~ Sound System
- \$ 15 Rita Christie ~ 25th Celebration Expenses
- \$ 20 Linda Sue Curtis ~ In Memory of Luna Elliott
- \$100 Donna Lind for 25th Celebration Expenses
- \$ 5 Mary Lou ~ Sound System
- \$ 10 Joy Miller ~ 25th Celebration Expenses
- \$ 40 Linda Nicholson ~ In Memory of Luna Elliott
- \$ 25 Margaret & Bill Schraft ~ 25th Celebration
- \$200 Dorothy Wash ~ In Memory of Luna Elliott
- 7 boxes of paper and plastic products ~ Dorothy Brown
- Giant pot with lid ~ Donna Hollister
- Giant Crockpot/Oven/Roaster~Elaine Myers~for kitchen

Thank You



April Activities

April Birthday Celebrations



HAPPY BIRTHDAY to the following Scotts Valley Senior Center Members. If You see any of these Members, please wish them a HAPPY BIRTHDAY. Come celebrate on the last Thursday of the month at 2:00pm. This party is open to all. Best wishes from the entire Scotts Valley Senior Center.

Merle Froshman	1	Michele MacNair	2	Linda Rossi	2	Victoria Wilson	3
Nancy Nichols	4	Patsy Rice	4	Thomas Blease	5	Linda Depner	5
Maureen Fernandes	5	Janice Lages	5	Perk Perkins	5	Henry (Hank) Crook	6
Fran Ordway	7	Karlene Reyes	8	Laurie Norton	9	Steve Skold	9
Annette Morris	10	Rachel Devereaux	13	Bonnie Rodgers	13	Kimberly Clark	14
Bill Lynch	14	Chris Ross	14	Cathy Seapy	14	Ken Simpkins	14
Michelle Wahl	15	Janet Hassler	16	Edith Marshall	16	Ann Perkins	17
Lori Lindeke	19	Ralph Reyes	19	Bill D. Smith	19	Bobbie Edge	20
Manuel W. Carvalho	21	Rita Eiriksson	21	Bob Leaf	21	Diane Collopy	22
John Daly	22	Donna Nation	22	Sheri Norbosh	22	Janet Bostrom	23
Tom Hewett	23	Joyce Rudy	24	John Crivello	25	Claire Dubois	25
Virginia Lefever	26	Velma I. Potter	26	Mary Smith	26	Marion Broughton	28
Tim Johnson	28	Kerry Njust	28	Janet Vanderhoof	28	Ruth Worthen	28
Judith Hillman	29	Darren Price	29				

April Armchair Topics

Date: Thursday, April 24th

Time: 1:00pm to 2:00pm

Topic: The World of Edema & Compression Garments

Guest Speaker: Maria Rossi from Peninsula BioMedical Fitting Clinic

Edema is a medical term for swelling which is caused by many medical conditions and treatment therapies such as radiation. Edema may be caused by Lymphedema, Diabetes, Heart Disease, Varicose veins, Surgery, Pregnancy, Cancer, Trauma/Injury. Edema conditions require the use of compression garments to help control swelling, move fluid and discourage its accumulation in the affected area. Come and learn about this topic that affects a large portion of the population. This leading manufacturer of compression garments (The ReidSleeve) has been located in the Scotts Valley community for over 20 years and we all know, knowledge is power, be proactive not reactive about these matters!



Activity Leaders

Art of Therapy	Joanne Stewart	\$12 m	\$15 n/m
Bingo	Project Scout	\$.50 per card	
Bocce	Mimi Patterson	\$2 m	N/A
Bunko	Irene Bustichi/Sandy Payton	\$7 m	\$8 n/m
Bridge	Marilyn Snyder	\$2 m	\$3 n/m
Canasta	Janet Hassler	\$2 m	\$3 n/m
Computer Lab	Ayan Patel	Free	Free
Cribbage	Fran Rosen	\$2 m	\$3 n/m
Coffee & Conversation	Connie Adkins/ Suki Marin	Free	N/A
Stretch & Condition	June Barber	\$2 m	\$3 n/m
Home Arts	Billie Street	\$5 m	\$6 n/m
Korean Cooking	EunKyung Otte	\$15 m	\$18 n/m
Line Dance	Tamima Schwartz	\$2 m	\$3 n/m
Line Dance Social	Jeanne Wilson	\$5 m	\$7 n/m
Mahjong	Darshana Croskrey	\$2 m	\$3 n/m
Meals on Wheels	Sandy Payton	\$2.50 m	\$2.50 n/m
Muncheon Movie	Marlene Flannery	\$5 m	\$6 n/m
Pinochle	Donna Silva	\$2 m	\$3 n/m
Poker	Ruth Lambert	\$2 m	\$3 n/m
Potluck Lunch	Elaine & Joe Zuniga	\$2	
		plus a potluck dish to share	
Ukulele	Stan Meidinger	\$7 m	\$8 n/m
Watercolor	Beverly Martin	\$10 m	\$15 n/m
Writing	Jack McKellar & Joanne Stewart	\$5 m	\$6 n/m
Yoga	Padma Rudraraju	\$3 m	\$5 n/m
Zentangle Art	Angie Wisdom	\$3m	\$5 n/m
Zumba	Leatrice Bachan	\$3 m	\$5 n/m

m = Members n/m = Non-Members

April Calendar

Monday	Tuesday	Wednesday	Thursday	Friday	Sat.
<p style="font-size: 2em; color: magenta; text-align: center;">Happy Spring!</p>	<p>1</p> <p>Bocce 9:00am - 11:30am</p> <p>Zumba 9:00am - 10:00am</p> <p>Writing Class 10:00am - 12:00pm</p> <p>Beg/Int Line Dance 12:00am - 1:00pm</p> <p>Home Arts 2:00pm - 9:00pm</p> <p style="text-align: center;">ZUMBA® FITNESS</p>	<p>2</p> <p>Bocce 9:00am - 11:30am</p> <p>Meals on Wheels 11:30am - 12:00pm</p> <p>Bocce 12:00pm - 2:00pm</p> <p>Bingo 1:00pm - 3:00pm</p> <p>Technology</p> <p>Open Session 3:00pm - 4:30pm</p> <p>Yoga 5:30pm - 6:30pm</p>	<p>3</p> <p>Bocce 9:00am - 11:30am</p> <p>Watercolor 9:00am - 12:00pm</p> <p>Zumba 9:30am - 10:30am</p> <p>Yoga 10:45am - 11:45am</p> <p>Beginning Ukulele 12:00am - 1:00pm</p> <p>Cribbage 1:00pm - 4:00pm</p> <p>Poker 1:00pm - 3:30pm</p> <p>Pinochle 2:00pm - 4:30pm</p> <p>SVSC Board Meeting 3:15pm</p>	<p>4</p> <p>Bocce 9:00am - 11:30am</p> <p>Beg/Int Line Dance 9:00am - 10:00am</p> <p>Stretch & Condition 10:00am - 11:00am</p> <p>Potluck Friday 11:15pm - 12:45pm</p> <p>Art of Therapy 11:00am - 12:30pm</p> <p>Zentangles Art 11:30am - 12:30pm</p> <p>Line Dance Social 7:00pm - 9:00pm</p>	<p>5</p>
	<p>7</p> <p>Yoga 8:45am - 9:45am</p> <p>Bocce 9:00am - 11:30am</p> <p>Stretch & Condition 10:00am - 11:00am</p> <p>Coffee & Conversation 10:30am - 12:00pm</p> <p>Latest Health News 11:00am - 12:00pm</p> <p>Blood Pressure Checks 11:45am - 12:15pm</p> <p>Bridge 12:15pm - 4:00pm</p> <p>Canasta 1:00pm - 4:00pm</p> <p>Mahjong 2:00pm - 4:00pm</p> <p>Zumba Friends 6:00pm - 7:00pm</p>	<p>8</p> <p>Bocce 9:00am - 11:30am</p> <p>Zumba 9:00am - 10:00am</p> <p>Writing Class 10:00am - 12:00pm</p> <p>Muncheon Movie 12:00am - 3:30pm</p> <p style="text-align: center;"></p>	<p>9</p> <p>Bocce 9:00am - 11:30am</p> <p>Meals on Wheels 11:30am - 12:00pm</p> <p>Bocce 12:00pm - 2:00pm</p> <p>Bingo 1:00pm - 3:00pm</p> <p>Technology</p> <p>Open Session 3:00pm - 4:30pm</p> <p>Yoga 5:30pm - 6:30pm</p>	<p>10</p> <p>Bocce 9:00am - 11:30am</p> <p>Watercolor 9:00am - 12:00pm</p> <p>Zumba 9:30am - 10:30am</p> <p>Yoga 10:45am - 11:45am</p> <p>Beginning Ukulele 12:00am - 1:00pm</p> <p>Cribbage 1:00pm - 4:00pm</p> <p>Poker 1:00pm - 3:30pm</p> <p>Pinochle 2:00pm - 4:30pm</p> <p>Bunko 1:00pm - 3:00pm</p>	<p>11</p> <p>Bocce 9:00am - 11:30am</p> <p>Beg/Int Line Dance 9:00am - 10:00am</p> <p>Stretch & Condition 10:00am - 11:00am</p> <p>Art of Therapy 11:00am - 12:30pm</p> <p>Zentangles Art 11:30am - 12:30pm</p> <p>SVSC 25th</p> <p>Birthday Potluck</p> <p>Hoe-Down 5:00pm to 7:00pm</p>
<p>14</p> <p>Yoga 8:45am - 9:45am</p> <p>Bocce 9:00am - 11:30am</p> <p>Stretch & Condition 10:00am - 11:00am</p> <p>Latest Health News 11:00am - 12:00pm</p> <p>Blood Pressure Checks 11:45am - 12:15pm</p> <p>Bridge 12:15pm - 4:00pm</p> <p>Canasta 1:00pm - 4:00pm</p> <p>Mahjong 2:00pm - 4:00pm</p> <p>Zumba Friends 6:00pm - 7:00pm</p>	<p>15</p> <p>Bocce 9:00am - 11:30am</p> <p>Zumba 9:00am - 10:00am</p> <p>Writing Class 10:00am - 12:00pm</p> <p>Beg/Int Line Dance 12:00am - 1:00pm</p> <p>Home Arts 2:00pm - 9:00pm</p>	<p>16</p> <p>Bocce 9:00am - 11:30am</p> <p>Meals on Wheels 11:30am - 12:00pm</p> <p>Bocce 12:00pm - 2:00pm</p> <p>Bingo 1:00pm - 3:00pm</p> <p>Technology</p> <p>Open Session 3:00pm - 4:30pm</p> <p>Yoga 5:30pm - 6:30pm</p>	<p>17</p> <p>Bocce 9:00am - 11:30am</p> <p>Watercolor 9:00am - 12:00pm</p> <p>Zumba 9:30am - 10:30am</p> <p>Yoga 10:45am - 11:45am</p> <p>Beginning Ukulele 12:00am - 1:00pm</p> <p>Cribbage 1:00pm - 4:00pm</p> <p>Poker 1:00pm - 3:30pm</p> <p>Pinochle 2:00pm - 4:30pm</p>	<p>18</p> <p>Bocce 9:00am - 11:30am</p> <p>Beg/Int Line Dance 9:00am - 10:00am</p> <p>Stretch & Condition 10:00am - 11:00am</p> <p>Art of Therapy 11:00am - 12:30pm</p> <p>Zentangles Art 11:30am - 12:30pm</p> <p>Advanced Directive 1pm, 1:30, or 2:30pm</p> <p>Art Reception 5:00pm to 6:30pm</p>	<p>19</p> <p>AARP Driver's Ed 12:30pm - 4:30pm</p> <p style="text-align: center;"></p>
<p>21</p> <p>Yoga 8:45am - 9:45am</p> <p>Bocce 9:00am - 11:30am</p> <p>Stretch & Condition 10:00am - 11:00am</p> <p>Latest Health News 11:00am - 12:00pm</p> <p>Blood Pressure Checks 11:45am - 12:15pm</p> <p>Bridge 12:15pm - 4:00pm</p> <p>Canasta 1:00pm - 4:00pm</p> <p>Mahjong 2:00pm - 4:00pm</p> <p>Zumba Friends 6:00pm - 7:00pm</p>	<p>22</p> <p>Bocce 9:00am - 11:30am</p> <p>Zumba 9:00am - 10:00am</p> <p>Writing Class 10:00am - 12:00pm</p> <p>Beg/Int Line Dance 12:00am - 1:00pm</p> <p>Home Arts 2:00pm - 9:00pm</p> <p style="text-align: center;"></p>	<p>23</p> <p>Bocce 9:00am - 11:30am</p> <p>Meals on Wheels 11:30am - 12:00pm</p> <p>Bocce 12:00pm - 2:00pm</p> <p>Bingo 1:00pm - 3:00pm</p> <p>Technology</p> <p>Open Session 3:00pm - 4:30pm</p> <p>Yoga 5:30pm - 6:30pm</p>	<p>24</p> <p>Bocce 9:00am - 11:30am</p> <p>Watercolor 9:00am - 12:00pm</p> <p>Zumba 9:30am - 10:30am</p> <p>Yoga 10:45am - 11:45am</p> <p>Beginning Ukulele 12:00am - 1:00pm</p> <p>Cribbage 1:00pm - 4:00pm</p> <p>Poker 1:00pm - 3:30pm</p> <p>Pinochle 2:00pm - 4:30pm</p> <p>Armchair Topics 1:00pm - 2:00pm</p> <p>Birthday Celebrations 2:00pm - 3:00pm</p>	<p>25</p> <p style="text-align: center;">Furlough Friday Center is CLOSED</p> <p style="text-align: center;"></p>	<p>26</p> <p>AARP Driver's Ed 12:30pm - 4:30pm</p> <p style="text-align: center;"></p>
<p>28 Same Mon. Schedule (see 21st)</p>	<p>29 Same Tues. Schedule (see 22nd)</p>	<p>30 Same Wed. Schedule (see 23rd)</p>			

Senior Center Van Information

Please give at least 24 hour notice for all van trips and pick up has to be within Scotts Valley.

Remember, our drivers are volunteers and sometimes unavailable to drive.

Monday:	Groceries and Banking
Tuesday:	Medical Appointments/Groceries
Wednesday:	Lunch and Bingo at the Center
Thursday:	Medical Appointments/Groceries
Friday:	Shopping

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Travel within Scotts Valley:
\$1.50 one way or \$3.00 round trip
Travel outside Scotts Valley:
\$6.00 one way or \$7.00 round trip

Non/Members

Travel within Scotts Valley:
\$2.00 one way or \$4.00 round trip
Travel outside Scotts Valley:
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Van Donation price allows a total of two stops.
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Online Shopping Can Save You \$\$\$ and Time...

Do you do any Online shopping? If not, Why Not? I want to tell you about shopping on Amazon.com and a little about some other sites.

Why do I suggest **Amazon**? It is because of the large amount of merchandise available and the good prices, normally. It never hurts to compare prices, but in my experience, 85% to 90% of the time Amazon is the best buy. One thing to always keep in mind is the shipping cost. Eligible items will display "FREE Shipping" next to their price. Items must be sold or fulfilled by Amazon to qualify toward reaching the \$35 minimum purchase for free shipping by Amazon. Certain oversize and heavy items aren't eligible. Keep in mind that Amazon lists other sellers and their items may not qualify for Free shipping. You will always see the shipping cost on the final page of the purchase before you Click to pay for your order. There is another option with Amazon, it is called Amazon Prime. Prime is an annual cost of \$99 and includes Free Two-Day Shipping on millions of items, Unlimited instant streaming of 40,000 movies and TV episodes, and Over 500,000 Kindle titles to borrow for free. What most people do not realize is that **Amazon Prime** members can share their shipping benefits with up to four additional family members living in the same household. I have been a Prime member for 3 years and it more than pays for itself over the year.

Did you know that you can order many food items on Amazon? The only items that normally are not a good buy are very heavy food items, items like drinks. Again, always compare prices and shop smart. I have found many gardening items as well as tech items to be a good buy on Amazon. A great thing about shopping with Amazon Prime is the free 2 day shipping. My recommendation to you is to take a look around Amazon.com and be amazed what you can find. Their search line at the top of the screen is amazing. If you have a problem with your purchase, I have had 2 in 3 years, they are super about solving the problem.

Other great sites include **Costco.com**. Do not be afraid to look up things. You will not be charged until you enter your payment information and click the Buy button.

Opinions above are by **Ferd Bergholz**, Senior Center Board Chairman

Focus on the Instructor ~ Joanne Stewart



Submitted by Margaret Schraft

The Scotts Valley Senior Center certainly doesn't lack for interesting teachers, and Joanne Stewart is one of those exceptional instructors with a diverse educational background. She leads the Art of Therapy class, and she also co-teaches the Memoir Writing Class with Jack McKeller. Joanne was born in southern Alberta, Canada, residing near the US border and experienced a relatively unique childhood.

She fondly remembers living in a Hutterite Colony, similar to the Mennonites, where her mother taught in their school. Thereafter, her family moved from Canada to Montana to live on a horse and cattle ranch, and then later into a small nearby town with a population of about 3,000. She returned to Canada to attend the University of Alberta for two years, where she majored in education. She married a fellow student, who became a dentist, and they moved to Victoria in the province of British Columbia. During her time in Victoria, Joanne spent five years teaching biology, drama, English, home economics, and art in a local high school. After her divorce, she moved to Utah and attended Brigham Young University, where she majored in audiology. During this time she met her second husband, and they moved with his technology job to Pocatello, Idaho and later to Sunnyvale, California. Along the way, Joanne became the mother of two children. In addition, her whole family spent a few years in England while their children were young, and they all had many great adventures together. When they returned to the United States, San Jose was their next destination, and from there, they finally moved to Boulder Creek. Joanne returned to college at age 56 and earned a BA degree in Counseling Therapy with a half Masters degree in Expressive Art.

About two years ago, Joanne became interested in the Scotts Valley Senior Center when a friend introduced her to Darshana, who in turn introduced her to Jack McKeller, and they both decided to co-teach the memoir writing class, which is offered at the SVSC at a cost of \$5 for members and \$6 for non-members. Soon thereafter, Joanne also started The Art of Therapy class. In that class, Joanne offers therapy via art within a small group setting. Right now, both her memoir and art classes are full with no openings, but Joanne is amenable to starting a second Art Therapy class at the SVSC. A short interview is required with Joanne before anyone can enter that class in order that each person's needs can be met. The Art of Therapy class costs \$18 per session.

Joanne enjoys working with the seniors at Scotts Valley because they are so welcoming, positive and supportive. She loves to see the growth which her classes have made in people's lives. She also actively participates in both classes as a member as well as a teacher. We want to thank Joanne for joining the inspiring group of teachers at the Scotts Valley Senior Center.

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Gold	Large (approx 8" x 11") customized display on Sponsor Board	\$150
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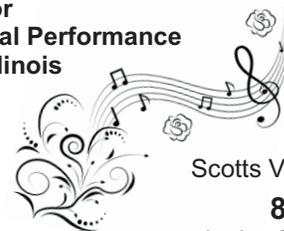
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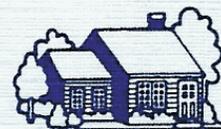
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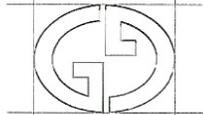
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Monday, Wednesday:
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Tuesday, Thursday and Friday:
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Other Hours for Special Events

Directors office hours:
10:30am to 1:30pm on work days

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Please note - On the fourth Friday of every month, the center will be closed due to the City of Scotts Valley furlough days. No classes or activities will take place on these days. We apologize for any inconvenience this may cause.

See this and older newsletters on the internet at www.fbergholz.com
Senior Center Website: www.scottsvalley.org/parks/senior_center.html

Scotts Valley Senior Center Mission Statement

The Senior Center's purpose is to provide a place where seniors may find companionship, help and the opportunity to pursue their interests in educational, recreational and craft activities, and to promote the goodwill and public interests of the community. It is a non-profit, non-sectarian and non-political organization of friendly neighbors.

Dues are \$20.00 per year, payable each July 1st. All donations are tax-deductible. Please make check payable to Scotts Valley Senior Center. Lifetime Membership fee is \$100. To be eligible for membership, you must be 50 years or older.

Darshana Croskrey
Center Coordinator

(831) 438-8666
dcroskrey@scottsvalley.org

Scotts Valley Senior Center Board Members

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Gillian McGlaze	Terri Ritchie
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