



Scotts Valley Senior Center



June 2014 Newsletter

Editor: Becca Mosley

Coordinator's Message

As we say "Welcome" to the lazy, hazy days of summer and "Goodbye" to the first half of 2014, it is so hard to believe just how fast time is flying by us! As usual, Fran Rosen has an invitation for you to our monthly gathering and wants you to mark your calendar:



June BBQ Dinner Friday the 20th at 5pm

Be sure to sign up and come get 'em
Darshana's secret burger recipe
With super sides - hey wait for me!
For just **\$10** - what a deal
Bring your guests - what a meal
Get on the list that you'll be here
Join in the fun, it's drawing near!

First things first though – **ANNUAL MEMBERSHIP FEE IS DUE!!!** I would like to remind everyone that the \$20 IS DUE ON JULY 1ST. It entitles you to vote during any general membership election, receive the monthly newsletter and get discounts on activities and events. If you enjoy our center, I encourage you to spread the word and invite your friends, family members, and even strangers to come on by and check us out!

Please note, as you pay your dues, please keep in mind you may pick up your **photo I.D. card starting July 3rd** on Mondays, Thursdays and Fridays during the hours of 11am and 2pm only. The Discount Program is not ready because we have not had enough help pulling it together. I will try to find some time after the Membership Drive is over and publish a list of participating businesses once we have the ball rolling. Thank you for your understanding...

It is with regret that I have to tell you that we had to make the decision to **cancel the June and July flea markets**. Chair, Terri Ritchie, has had to step down as she has returned to work. I am actively looking for a replacement for her with the intention to at least host the **August flea market on Sunday, August 3rd**. On behalf of us all, I thank Terri for her time and efforts!

No-one likes to do a grubby, messy job but we had one that needed doing and it was long overdue. From the bottom of our hearts, Marlene and I would like to say a huge **THANK YOU to the members of the Circle K Service Club** from UCSC. They came with smiles and willing hands and tackled the job. They conquered the grime and they de-cluttered the over-abundance of stored, useless, inadequate kitchen equipment! **Thank you so much President Vinny Kang, Camara Chea, Gracie Francisco and Brendan Vasquez**. It is a big job and unfortunately, even with the help of center member Fran Rosen, not everything could be completed. The good news is to that end, they will be back to finish the job at some point and we are grateful that they are willing to do so. However, if YOU are willing to share in this effort (pleaseeeee), Marlene is anxious to hear from you A.S.A.P. – **THANK YOU!**



We wish to thank Beth Hollenbeck and her students for entertaining us during the Cinco de Mayo dinner. It is a busy time of year, so we appreciated their attendance. It was also very nice to have Dr. Hollenbeck with us visiting and catching up with old friends (excuse the pun)! I look forward to seeing you at **Muncheon Movie** (Philomena), the **BBQ** and of course, **Armchair Topics** with Jay Topping.

Summer means picnics, mini-trips, grand vacations, family reunions and more. Everyone will be coming and going but the center will remain a constant. Come in when you can. We always love to see you!!!

Until Next time ~ *Darshana Croskrey*

June Activities

BLOOD PRESSURE CHECKS AND HEALTH NEWS CLASS

By researching the latest medical information coming out of John Hopkins and the Mayo Clinic, Retired R.N. Mimi Patterson, welcomes you to attend her Health News classes. The class covers a ranges of topics. Mimi also performs blood pressures checks after the class. Both of these are complimentary services!

Date: Every Monday
Time: 11:00am
Cost: FREE -
Photocopies cost 10 cents each



STRETCH & CONDITION

This popular class, was started by Cherry Nittler, a retired physical therapist, and is now continued by her student, June Barber. Cherry now takes the class!! Most of the workout is done sitting in a chair. It is a fantastic head to toe conditioning of the joints and muscles including the vocal cords. They also believe laughter is the best medicine!!! Come and join June and the gang. They would love to see you :)

Date: Mondays & Fridays
Time: 10:00am to 11:00am
Cost: Members \$2.00 Non-Members \$3.00

YOGA

Aryveda means the science of life for personal healthcare. Yoga is just one part of Aryvedic practice and there are many different forms of yoga. Our instructor, Padma Rudraraju, has been practicing yoga for her entire life. She welcomes you to join her and reap the many rewards to protect one's health and pro-long life. The following are some of the benefits of regular yoga exercise:

Psychological Benefits....

- Memory & concentration improves
- Management of many chronic health conditions
- Anxiety & depression decreases
- Sense of overall well-being increases

Physiological Benefits....

- Respiratory efficiency increases
- Digestion, hormone and excretion functions improve
- Flexibility, strength and balance improve
- Hand/eye coordination, fine motor skills and posture improve
- Resets the nervous system
- Sleeping patterns improve



Find a time to suit you:

Dates: Mon 8:45am Wed 5:30pm Thurs 10:45am
Cost: Members \$5.00 Non-Members \$6.00

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, June 9th
(on-going every 2nd Monday of the month)
Time: 10:30am to 12:00pm
Cost: Free

HOME ARTS

Do you want to:

- Try something new?
- Let your creative juices flow?
- Surround yourself with inspiring folk?



Have up to seven hours of dedicated time set aside for your hobby? ...then THIS is the class for YOU!!!

Instructor, Billie Street, has been teaching the creative arts for over 50 years in the Santa Cruz and Monterey Bay Counties. This class is open to all but, you must first meet with her to discuss all the possibilities/projects that are open to you.

Date: Every Tuesday
EXCEPT for the 2nd Tuesday of the month
Time: 2pm to 9pm
Cost: \$40 for each 8-week session

BEGINNING UKULELE

Stan Meidinger is offering weekly beginning ukulele lessons. Ongoing classes are on:

Date: Thursdays
Time: 12:00pm to 1:00pm
Cost: \$7 Members / \$8 Non-Members



BUNKO

Irene Bustichi and Sandy Payton, welcome you for some dice-playing fun.



Date: Thursday, June 12th
Every 2nd Thursday of the month
Time: 1:00pm to 3:00pm
Cost: \$7.00 Members \$8.00 Non-Members

The **Bridge** group is always looking for intermediate to advanced players to join them or you might want to join the **Canasta** gang or the **Mahjong** crowd instead. Both of these groups welcome new players to their groups. The same goes for the **Pinochle**, **Cribbage**, **Poker** and **Bingo** folks, all of whom would welcome new faces ~ **See the calendar for dates and times.**

June Activities

ART OF ZENTANGLE

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



WATER EXERCISE CLASS ~

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



ART of THERAPY

Are you looking for ways to deal with transitions in your life: financial, physical or emotional, and missing a sense of joy? Join our small supportive group to try some creative tools that could uncover options for your situation. Liberate your unique genius. Discover meaning and insights that can increase your hope and options. Go from surviving to thriving.

Facilitated by Joanne Stewart, LMFT, a licensed psycho-therapist with an expressive arts certification. She has been using these techniques to gain understanding and options around her own life transitions.

Dates: Fridays
Time: 11:00am to 12:30pm
Cost: Series: \$36 Members \$45 Non-Members

MAXIMUM CLASS SIZE: 6 - Due to the confidential and emotional nature of this program there will be no late additions to the class once it has started). In this case, you will be welcome to join the wait list for the next session. Make your reservation today to find that new path in life!

LINE DANCE SOCIAL

Join Jeanne Wilson as you Line Dance the evening away!

Date: June 6th
(1st Friday of the Month)
Time: 7pm - 9pm
Cost: \$5.00



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!

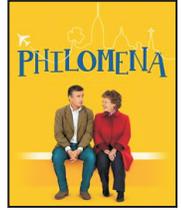


Date: June 6th, (Every 1st Friday of the month)
Time: 12:30pm to 2pm
Cost: \$2.00 and a potluck dish to share

JUNE MUNCHEON MOVIE ~ PRE-PAID EVENT ONLY

Sign up by close of day Friday June 6th.

Date: Friday, June 10th
Time: Noon
Cost: Members \$5 / Non-Members \$6
Lunch: Irish meal in keeping with the movie theme
Movie: *Philomena* ~ 2013 Starring Dame Judi Dench



NEW THIS MONTH IPAD CLASSES



The center welcomes instructors, Joanna Phillips and her colleague, David Karabensch, as they help you navigate the wonders of the iPad world! This four week session is designed for new and intermediate users. No pre-registration is required. Simply show up with your iPad and/or your iPhone.

Date: Wednesday, June 11, 18, 25 and July 2
Time: 9:30am to 11am
Cost: Members \$48.00 (4 weeks x \$15)
and Non-Members \$72.00 (4 weeks x \$18)

JUNE BBQ DINNER

Date: Friday June 20th, 2014
Time: 5:00pm
Place: The Center
Cost: \$10.00 Members and
\$12 Non-Members



Pre-paid Sign-ups Only (Deadline to signup is 6/17)

Hamburger Heaven and more – includes raffle ticket

NEW THIS MONTH SVSC BOOK WORMS



Come one, come all...We're going to have a new group open up to all this June. It will be a book group and we'll be called the SVSC Book Worms! Join us for fellowship and reading good books with discussion about the books we read. Hope to see you all there.

Date: Friday, June 20th
(on-going every 3rd Friday of the month)
Time: 12:30pm to 2pm
Chair: Patsy Rice
Cost: Free

LINE DANCE

Tamima Schwartz gets your boogie going and your feet stomping when you take her fun line dance class. Whether it's the Electric Slide, Tennessee Waltz or an Irish Jig, you're going to have a great time and a good workout!

Noon every Tuesday (Except for the 2nd Tuesday)
9am every Friday (Except for the 4th Friday)

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.

June 4th

Turkey Pot Roast
 Roasted Red Potatoes
 Green Salad / Croutons
 WW Bread/ Butter
 Banana
 Milk

June 11th

Crab Cake with Tartar Sauce
 Baked Yam
 Coleslaw
 WW Bread / Butter
 Strawberries
 Milk

June 18th

Lasagne
 Green Beans
 Caesar Salad
 WW Roll /Butter
 Milk

June 25th

Tuna Salad / Lettuce & Tomato
 Cream of Broccoli Soup
 Crackers
 Three Bean Salad
 WW Bread
 Jello w/ Mandarins
 Milk

JUN	Volunteer Luncheon	6/5	1pm (by invitation only)
	SVSC Board Meeting	6/5	3:15pm
	BBQ Dinner	6/20	5pm
	Furlough Friday	6/27	Center Closed
JUL	MEMBERSHIP RENEWAL	7/1	DUE NOW!!!
	Independence Day Holiday	7/4	Center Closed
	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	9am - 4pm/10am - 4pm
	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.

Armchair Topics

Date: Thursday, June 26th
Time: 1:00pm to 2:00pm

BOCCCE UPDATE ~ Mimi Patterson

With the 2014 Spring Bocce Season winding down and Summer Bocce beginning in about a month, it is time to get organized! Here are some dates for your calendar:

May 27th ~ Summer Registration deadline
 May 31st ~ Spring Bocce Party
 June 13th -19th ~ Summer Bocce games begin
 July 1st ~ Scotts Valley Senior Center's \$20 membership fee is DUE!!!



Sunshine Note



Thinking of You, We Miss You ~

Luella Berry, Anita Cocking, Paul Feeley, MaryLynne Hollmann, Laurie Neilsen, Helen Pieoxto, Maxine Richards, Lois Rossini, Rosine Rothwell, Millie Vogler and Jeanne Wilson

Cheers To All These Years...

Earl & Janet Hassler
66th Anniversary on June 19th



Wade & Cherry Nittler
60th Anniversary on June 19th



Parks and Recreation Needs Volunteer Readers for Kinder Kamp



Check this out! Do you like reading out loud? If so, Kristin Ard is looking forward to meeting with you.

They need several volunteer readers for the kindergartners in their program at both school sites, Brook Knoll and Vine Hill. This rewarding and fun activity could be just for you. It requires a half hour commitment a week and the frequency, site, timing may be of YOUR choice.

See Darshana or call Kristin directly at 438-3251

Welcome New Members

Lois Alford, Douglas Andersen, Lynne Anderson, Patricia Dayton, Peter Dunhaver, Mary Lois Schmidt, Lynn Huggins, Ching-Hsiung Kung, Laura McCabe, Karen Moore, Margaret Nordstrom, Ramona Perez, Jack "J.R." Roberts, Joyce Rubin, Patricia Torres, Joan Williams and Peijing H. Woo

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!**



Date: Sunday, **AUGUST** 3rd, 2014
Time: 9am to 2pm
Cost: One for \$15 and Two for \$25
Call: 831.436.8666 to sign up

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!

May Senior Center Donations

MaryLynne Hollmann ~ \$10 Sound System
Scotts Valley Property Mgmt Co ~ \$10 Sound System
Donna Silvia ~ Heavy pot for the kitchen

**THANK YOU FOR YOUR CONTRIBUTIONS,
WE APPRECIATE IT!!!**

Boutique Donations Needed

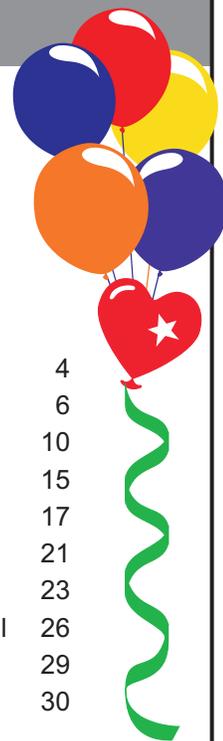
If you are moving or down-sizing or just having a clean-out, please think of donating to The Boutique. Sue and Linda look forward to receiving your items to display and sell in the store.

June Activities

June 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**.

Rudolph Guttebo	1	Sylvia Brown	2	Nick Karo	3	Jean C. Brewster	4
Marilee Gregory	4	Bonnie Palmer	4	Gene Berry	6	Rick Carter	6
Cynthia Dzendzel	6	Patti Fickett	7	Connie Golden	8	June Fuge	10
Fran Thiele	11	Lynn Hawkinson	13	Lyn O'Niel	14	Beverly Davis	15
Ed Hillman	15	Larry Tawil	15	Larry Bidinian	17	Alma Black	17
Janice Coney	19	Fred Chin	20	Marilyn Ely	20	Arlene Walsh	21
Diana Adams	22	Linda Alsbury	22	Gene Griggs	22	Donna Curto	23
Jean Newman	24	Robert White	24	Marilyn Kinney	25	Pastor Bonnie Bell	26
Jim Miller	26	Ching-Hsiung Kung	27	Lillian Stagnaro	27	E.J. (Al) Land	29
June Radicctic	29	Beverly K. York	29	Doloris Dein	30	Karla Locatelli	30
Marilyn Mickelwait	30						



Armchair Topics

Date: Thursday, June 26th

Time: 1:00pm to 2:00pm

Santa's Village and the Tree Circus Farm to the tannery and lime kilns - established fishing families, holiday retreats and wineries to movie making and much more. We welcome local history buff, artist and sign-maker, Jay Topping. He will regale us with stories, anecdotes and trivia of days gone by and we will share our stories with him. Mark your calendars and be sure to share in what I know will be a stimulating conversation. Look forward to seeing you!



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
Book Worms	Patsy Rice	\$2 m	\$3 n/m
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
iPAD Class	Joanna Phillips & David Karabensh	\$48m	\$72 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

June Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
<p>2 Yoga 8:45am - 9:45am Bocce 9:00am - 11:30am Stretch & Condition 10:00am - 11:00am Latest Health News 11:00am - 12:00pm Blood Pressure Checks 11:45am - 12:15pm Bridge 12:15pm - 4:00pm Canasta 1:00pm - 4:00pm Mahjong 2:00pm - 4:00pm Zumba Friends 6:00pm - 7:00pm</p>	<p>3 Bocce 9:00am - 11:30am Zumba 9:00am - 10:00am Writing Class 10:00am - 12:00pm Beg/Int Line Dance 12:00am - 1:00pm Home Arts 2:00pm - 9:00pm</p> 	<p>4 Bocce 9:00am - 11:30am Meals on Wheels 11:30am - 12:00pm Bocce 12:00pm - 2:00pm Bingo 1:00pm - 3:00pm Technology Open Session 3:00pm - 4:30pm Yoga 5:30pm - 6:30pm</p>	<p>5 Bocce 9:00am - 11:30am Watercolor 9:00am - 12:00pm Zumba 9:30am - 10:30am Yoga 10:45am - 11:45am Beginning Ukulele 12:00am - 1:00pm Cribbage 1:00pm - 4:00pm Poker 1:00pm - 3:30pm Pinochle 2:00pm - 4:30pm SVSC Board Meeting 3:15pm</p>	<p>6 Bocce 9:00am - 11:30am Beg/Int Line Dance 9:00am - 10:00am Stretch & Condition 10:00am - 11:00am Potluck Friday 12:30pm - 2:00pm Art of Therapy 11:00am - 12:30pm Zentangles Art 11:30am - 12:30pm Line Dance Social 7:00pm - 9:00pm</p> <p style="writing-mode: vertical-rl; transform: rotate(180deg);">Deadline for Munchcon Movie</p>
<p>9 Yoga 8:45am - 9:45am Bocce 9:00am - 11:30am Stretch & Condition 10:00am - 11:00am Coffee & Conversation 10:30am - 12:00pm Latest Health News 11:00am - 12:00pm Blood Pressure Checks 11:45am - 12:15pm Bridge 12:15pm - 4:00pm Canasta 1:00pm - 4:00pm Mahjong 2:00pm - 4:00pm Zumba Friends 6:00pm - 7:00pm</p>	<p>10 Bocce 9:00am - 11:30am Zumba 9:00am - 10:00am Writing Class 10:00am - 12:00pm Munchcon Movie 12:00am - 3:30pm</p> 	<p>11 Bocce 9:00am - 11:30am iPAD Class 9:30am - 11am Meals on Wheels 11:30am - 12:00pm Bocce 12:00pm - 2:00pm Bingo 1:00pm - 3:00pm Technology Open Session 3:00pm - 4:30pm Yoga 5:30pm - 6:30pm</p>	<p>12 Bocce 9:00am - 11:30am Watercolor 9:00am - 12:00pm Zumba 9:30am - 10:30am Yoga 10:45am - 11:45am Beginning Ukulele 12:00am - 1:00pm Cribbage 1:00pm - 4:00pm Poker 1:00pm - 3:30pm Pinochle 2:00pm - 4:30pm Bunko 1:00pm - 3:00pm</p>	<p>13 Bocce 9:00am - 11:30am Beg/Int Line Dance 9:00am - 10:00am Stretch & Condition 10:00am - 11:00am Art of Therapy 11:00am - 12:30pm Zentangles Art 11:30am - 12:30pm</p> 
<p>16 Yoga 8:45am - 9:45am Bocce 9:00am - 11:30am Stretch & Condition 10:00am - 11:00am Latest Health News 11:00am - 12:00pm Blood Pressure Checks 11:45am - 12:15pm Bridge 12:15pm - 4:00pm Canasta 1:00pm - 4:00pm Mahjong 2:00pm - 4:00pm Zumba Friends 6:00pm - 7:00pm</p>	<p>17 Bocce 9:00am - 11:30am Zumba 9:00am - 10:00am Writing Class 10:00am - 12:00pm Beg/Int Line Dance 12:00am - 1:00pm Home Arts 2:00pm - 9:00pm</p> <p style="writing-mode: vertical-rl; transform: rotate(180deg);">Deadline for BBQ Dinner</p> 	<p>18 Bocce 9:00am - 11:30am iPAD Class 9:30am - 11am Meals on Wheels 11:30am - 12:00pm Bocce 12:00pm - 2:00pm Bingo 1:00pm - 3:00pm Technology Open Session 3:00pm - 4:30pm Yoga 5:30pm - 6:30pm</p>	<p>19 Bocce 9:00am - 11:30am Watercolor 9:00am - 12:00pm Zumba 9:30am - 10:30am Yoga 10:45am - 11:45am Beginning Ukulele 12:00am - 1:00pm Cribbage 1:00pm - 4:00pm Poker 1:00pm - 3:30pm Pinochle 2:00pm - 4:30pm</p>	<p>20 Bocce 9:00am - 11:30am Beg/Int Line Dance 9:00am - 10:00am Stretch & Condition 10:00am - 11:00am Art of Therapy 11:00am - 12:30pm Book Worms 12:30pm - 2:00pm Zentangles Art 11:30am - 12:30pm BBQ Dinner 5:00pm to 6:30pm</p>
<p>23 Yoga 8:45am - 9:45am Bocce 9:00am - 11:30am Stretch & Condition 10:00am - 11:00am Latest Health News 11:00am - 12:00pm Blood Pressure Checks 11:45am - 12:15pm Bridge 12:15pm - 4:00pm Canasta 1:00pm - 4:00pm Mahjong 2:00pm - 4:00pm Zumba Friends 6:00pm - 7:00pm</p>	<p>24 Bocce 9:00am - 11:30am Zumba 9:00am - 10:00am Writing Class 10:00am - 12:00pm Beg/Int Line Dance 12:00am - 1:00pm Home Arts 2:00pm - 9:00pm</p> 	<p>25 Bocce 9:00am - 11:30am iPAD Class 9:30am - 11am Meals on Wheels 11:30am - 12:00pm Bocce 12:00pm - 2:00pm Bingo 1:00pm - 3:00pm Technology Open Session 3:00pm - 4:30pm Yoga 5:30pm - 6:30pm</p>	<p>26 Bocce 9:00am - 11:30am Watercolor 9:00am - 12:00pm Zumba 9:30am - 10:30am Yoga 10:45am - 11:45am Beginning Ukulele 12:00am - 1:00pm Armchair Topics 1:00pm - 2:00pm Cribbage 1:00pm - 4:00pm Poker 1:00pm - 3:30pm Pinochle 2:00pm - 4:30pm Birthday Celebrations 2:00pm - 3:00pm</p>	<p>27</p> <p style="text-align: center;">Furlough Friday Center is CLOSED</p> 
<p>30 Same Mon. Schedule (see 23rd)</p>				

Tax Time is Over, but you need to read this...

The tax deadline and filing your return might be behind you, but your tax responsibility isn't really over until you begin to organize your documents for next year. Staying organized even after your taxes have been filed will make your life a lot easier in the future—especially when life events like buying a home or refinancing your mortgage require you to show past tax returns, W-2s and other tax-related documents. Preparing your documents now will also save you time and money when it's time to file next year.

The Internal Revenue Service recommends taxpayers keep their returns and any supporting documentation for three years after the date of filing; after that, the statute of limitations for an IRS audit expires in most cases. Here are a few simple tips to help you stay organized and understand which tax documents you should keep on file and for how long.

Establish your organization system. Choose one central place to keep all your relevant tax information. This can be a folder or online system, file boxes or whatever you find works best for you. Your system should be accessible and easy to use.

Make a list of documents to store and safeguard. To prepare for future tax seasons, draw up a list of documents and papers you might need. The best way to start your list is by reading through your tax returns from the previous years—taking into account how you filed, which deductions you took and which documents were necessary. It's also a good idea to make electronic copies of all your tax returns and supporting documents, past and present.

Gather your income documents. Your income documents include: W-2s, 1099s, rental income documents and student loan forms. The IRS recommends keeping these types of forms until the limitation period on the return runs out. If you plan to amend a return, it is important to hold onto these documents until the period of limitations has passed. The period of limitations is the period of time you can amend your tax return to claim a credit or refund or that you can be assessed additional tax by the IRS, which is three years.

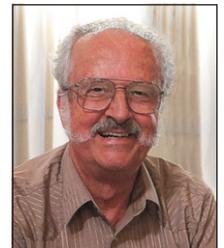
Collect your expense documents. Expense documents include: property taxes, mortgage interest, student loan interest, business expenses, health care and medical expense information and any other expense-related tax forms. Other documents associated with assets should be kept until the time you sell or no longer own the property. Student loan documentation should be kept until payments are complete. For health care and medical expenses, it is important to check with your insurance provider before discarding forms; while you may no longer need forms for your tax return, your insurance provider may follow different regulations.

Hold onto your tax returns. For federal returns, the IRS recommends that you save tax return documents for three years if you have a straightforward, non-fraudulent return. If you have unreported income more than 25 percent of the gross income shown on your return, the IRS recommends saving these forms for up to six years. There is no limit to how long the IRS has to audit a fraudulent return, so if you purposely left out some income one year, you need to hold on to your tax return indefinitely.

There are also other circumstances in which you should keep tax documents longer than the standard three years, which are listed on the IRS website. For state returns, it is important to check with your state's recommendations as tax laws and recommendations on saving documents vary by state. Some states can look back further than the IRS. California and Arizona, for example, have a four-year statute of limitations, while Montana has a five-year statute.

Save personal identification documents indefinitely. Papers and cards with personal information, such as Social Security cards and birth certificates, for you and your family members should always be saved.

This important article was taken from a News Article. Ferd Bergholz Senior Center Board Chairman



Senior Center Van Information

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

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

Members

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:
\$7.00 one way or \$8.00 round trip

Van Donation price allows a total of two stops.
Each additional stop is \$.50



Tim Grasso
One of our wonderful drivers

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.

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Senior Discount Program

Scotts Valley Senior Center Advertizing Rates Per Year

LEVEL	WHAT IS INCLUDED	COST
Copper	Newsletter only	\$60
Bronze	Small (approx 4" x 6") customized display on Sponsor Board	\$50
Silver	Medium (approx 6" x 8") customized display on Sponsor Board	\$100
Gold	Large (approx 8" x 11") customized display on Sponsor Board	\$150
Platinum	Best value: Includes the newsletter, large display on the Sponsor Board and one free rental of the facility (up to a maximum of four hours). Please note, the facility has to be available at time of booking. This deal is valued at over \$400!!!	\$250

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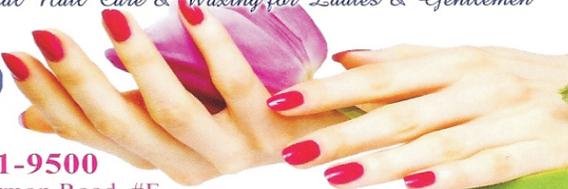
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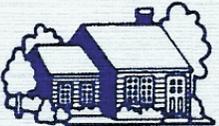
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Focus on the Board Member ~ Tom Steinhaus

Submitted by Fran Rosen & Darshana Croskrey



Tom Steinhaus was born and raised in Amsterdam and is one of 11 siblings. During WW2 at the age of 10, he and one of his brothers had been out and about walking at 7:30am the morning after the local jail had been burned down. The Nazis forced Tom, his brother and other townsfolk going about their business, to witness an execution of 19 people as a lesson. It was, to this day, the most horrific scene he was to see. The worst hunger Tom's family ever experienced was during the winter of 1944-45 when they had to eat tulip bulbs and sugar-beets just to survive.

Tom's parents passed away in Amsterdam but one by one all but one of his siblings left Amsterdam; a large number of them moving to Canada as did Tom, who moved in 1968. His education was completed between The Netherlands and Canada. Music has always been a part of Tom's life with the electronic organ as his favorite instrument. He even taught it for three years in Canada getting much gratification from seeing his students mastering the instrument and playing for pleasure. Tom also played non-professionally, and would bring a key-board to play at affairs and social events.

In 1972 Tom moved to California, first to San Jose and then to Scotts Valley. He owned and operated three businesses in San Jose, an electro-plating shop and two laundromats. Tom and his wife of 57 years Christine, have two children, Larry and Simone and a 12 year old grand-daughter the

apple of their eye, also named Christine! They are well-seasoned travelers and their journeys have taken them across Australia, China, Europe, New Zealand and Russia.

Tom has kept just as busy in retirement as he did during his working life. Over the years he volunteered for eight years at Elder-Care playing the piano for two hours every Thursday afternoon. He has served a stint on the Spring Lakes Management Board and is an active member of the philanthropic organization, SIRS (Seniors in Retirement Society). Tom also volunteered his musical talents at our center for its luncheons and special events. This led him, now almost 16 years ago, into the position of a SVSC board member in which he serves at the appointment of Councilwoman Stephany Aguilar.

Tom has been delighting us, during our weekly Meals On Wheels luncheons, with his repertoire of songs that bring back fond memories as well as sing-alongs and toe-tapping. We thank you, Tom, for your entertaining us and look forward to many more years of your plying us with your beautiful music.

 We apologize for corrections/clarifications needed to the Focus on the Instructor article in the April 2014 newsletter...

JOANNE STEWART

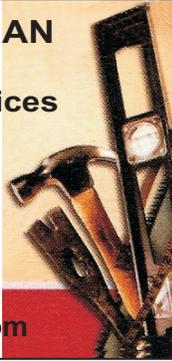
An accomplished equestrian with three sons: Tage, Thor & Travis
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 Master in Audiology – Brigham Young University
 Master of Arts – Counseling Psychology
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 Joanne is a licensed Marriage Family Therapist

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Scotts Valley Senior Center Hours

Monday, Wednesday:
10:00am - 4:00pm

Tuesday, Thursday and Friday:
10:00am-2:00pm

Other Hours for Special Events

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

Phone Number: 438-8666

Address:
370 Kings Village Road
Scotts Valley, CA 95066

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 (831) 438-8666
Center Coordinator dcroskrey@scottsvalley.org

Scotts Valley Senior Center Board Members

Ferd Bergholz ~ Chairman of the Board	
Harvey Bustichi	Gary Cramer
Gillian McGlaze	Terri Ritchie
Margaret Schraft	Tom Steinhaus

FURLOUGH FRIDAYS ~ CENTER CLOSED: 6/27, 7/25, 8/22, 9/26, 10/24



Scotts Valley Senior Center
370 Kings Village Road
Scotts Valley, CA 95066

Other Things Happening in Scotts Valley

THE GARDEN FAIRE - GROWING DURING TIMES OF DROUGHT

Date: June 21, 2014
Time: 9:00 am - 5:00 pm
Where: Skypark

There will be focus on the benefits of organic gardening and sustainable healthy living. Included will be a unique assemblage of garden goods and materials, plants and services, plus many knowledgeable speakers.

POP-UP BREAKFAST SERIES

Date: June 21, 2014
Time: 9:30 am - 12:00 pm
Where: Scotts Valley Farmers Market

In the leisurely, bright space of the farmers' market, sit down at a long table among friends and enjoy a wholesome, fresh, multi-course meal. This event will be featuring Chef Brad Briske of La Balena in Carmel. Please bring your own plate and silverware!

HOP N' BARLEY BEER AND BBQ FESTIVAL

Date: June 28, 2014
Time: 12:00 pm -
Where: Skypark

There will be 60 breweries & 10 BBQers serving the best beer and BBQ around. There is also vegetarian food, fresh caught oysters, local wine available by the glass and two live music stages.

MUSIC AT SKYPARK

Date: June 29, 2014
Time: 3:00 pm - 7:00 pm
Where: Skypark

Bring your chairs to the park and enjoy the music of great bands. Food & beverages from local vendors.