



# Scotts Valley Senior Center

February 2015 Newsletter

Editor: Becca Mosley



## "At the Hop"

Valentine's Dance

February 13th ~ 6-10pm

Scotts Valley Senior Center

Pre-paid Event Only

\$20 per person / \$35 per couple

Food, Music, Dancing, Prizes,

Silent Auction, 50's Attire...



Join in the Fun!

All Ages Welcome



## Coordinator's Message

I welcome you all back to the center and its doings in the same manner as we left for the holiday break, busy, busy, busy! Just the way we like it, with lots going on for everyone. Well now...first things first...

It's exactly one year since **Becca Mosley** came aboard as the center's newsletter editor. And what a fantastic job she has done as it is no simple task. All of us have enjoyed her beautifully presented publication every month. We have received so many wonderful compliments from you, the members and outsiders alike. Thank YOU Becca for making all of us look so good!



The **December storms** really packed a punch in our area. The police, emergency services and utility companies were proactive in rallying their troops and supplies. PG&E prepared for it by using Skypark to convene all the necessary equipment and vehicles that would potentially be needed. Extra personnel came in from all over the State. The center became the command post for the PG&E workers, providing a place for respite for the army of weary workers. Ron Clemens of Crown Catering did a great job of keeping everyone fed and watered, even generously including some of our seniors.



All the above meant our **Holiday Luncheon** had to be postponed to the following week. It put us behind but even so, everything worked out and it was a great success! A BIG THANK YOU to Roger Fields for taking a day off work to get our Christmas trees up and to all the rest of the decora-

tors, Ronayne Fields, Betty Johansen, Donna Silvia, Mark Silvia, to name but a few. Marlene and her crew served a very tasty and elegant four course lunch and the Hand Bells Group under the leadership of member, Shirley Hipwell entertained us well. Our special guest, Rocky Quest delighted our hearts with a beautiful rendition of Ave Maria in German and shared its translation. Charlotte Hagosian, once again, generously and creatively provided beautiful raffle drawing baskets that raised so much needed dollars towards our Bingo Board Replacement Fund – Thank YOU Charlotte! And... finally, it was a joy for all of us to be the recipients of boxes of home-baked cookies made by Peggy Benjamin's 2nd Grade class from Vine Hill School. They even treated us to some song and dance ☺



It didn't even stop during the break! The **NYNYEve** Committee pulled together the most amazing party in the shortest time imaginable. So delicious and plentiful was the food, kudos to Marlene and the Kitchen Crew. Lavish décor transformed the center into a place with a definite "night-club" vibe, led by Donna Silvia and her Angels. Music was provided by pianist, Howie Kimel. Raffle baskets??? Created by our Facebook SOS Friends ~ Dawn, Fran, Pam, Shauna, Sherilyn, and as always, Terri!!

All that is left to say is.. **"At the Hop"** **Valentine's Dance** – BE THERE for more fun, fun, fun! More information at the top of the page.



# Happenings at the Center

## New York New Year's Eve Celebration



## Holiday Luncheon



A Great Time Had By All!

# Happenings at the Center



## 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.

**February 4th**  
Vegetarian Chili  
Cauliflower  
Romaine Salad  
Cornbread / Butter  
Pear

**February 18th**  
Beef Enchilada Casserole  
Fiesta Blend Vegetables  
Spinach Salad  
Mexican Rice

**February 11th**  
Pizza  
Cauliflower  
Tossed Green Salad w/Carrots  
Banana

**February 25th**  
Roasted Chicken  
Scalloped Potatoes  
Mixed Green Salad / Carrots  
Cornbread / Butter  
Tangerine



**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.**



## Staying Safe in a Changing World

**Hosted by Monteville Community Life**

(a 501c3 charity dedicated to enhancing the lives of all seniors in our community and providing educational opportunities to them with a focus on healthy living habits)

Hear from the Experts ~ Join the conversation ~ Meet New Neighbors

**Topics Include:**

- \* Ambulance Response Protocols
- \* Banking Safely
- \* Emergency Preparedness for Natural Disasters
- \* Home Safety & Fall Prevention for Seniors by Familiar Surroundings LLC
- \* Recognizing & Responding to Computer Fraud
- \* The Role of Adult Protective Services



**For:** **ALL** Scotts Valley Seniors Citizens  
**Date:** Saturday, February 21st  
**Time:** 1:00 pm  
**Place:** The Mill Building, Monteville Senior Park  
552 Bean Creek Road, Scotts Valley  
Carpooling is recommended

**Cost:** FREE

Complimentary raffle drawing ticket & light meal at the conclusion of the presentation

For more information, please telephone 831.438.1309



## Smart Driver Classes

will be held at Monteville Lodge until further notice...

Participation qualifies you for a discount on your insurance

**Two-Day Course**

**Date:** Monday, March 2, 2015 and Wed, March 4, 2015

**Time:** 12:30pm to 4:30pm on both days

**Cost:** \$15 AARP Members and \$20 Non-Members

**Registration REQUIRED ~ Limited enrollment**

To Register, please call Karen Bonnie 831.438.2825

## CPR Class is forming...



Times have changed. CPR has changed. Get in the know by taking this class!! You never know when the knowledge from this class will help save a life of a loved one or a stranger

Once we get 12 people signed up, we will schedule a class (most likely on a Friday, during the day) – SIGN UP and STAY TUNED!!! **Call 831.438.8666**

**Cost:** \$30 per person

**LEARN CPR**  
You Can Do It!

## Scotts Valley Senior Center Adverting Rates Per Year

LEVEL	COST	WHAT IS INCLUDED
Copper	\$60	Newsletter only
Bronze	\$50	Small (approx 4" x 6") customized display on Sponsor Board
Silver	\$100	Medium (approx 6" x 8") customized display on Sponsor Board
Gold	\$150	Large (approx 8" x 11") customized display on Sponsor Board
Platinum	\$250	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. <b>This deal is valued at over \$400!!!</b>

# Activities

## SCRABBLE ~ NEW



Please join Mother-Daughter Duo, Betty and Donna Cederlund on the Scrabble boards. Double the fun by bringing along a friend, triple your word pleasure by knowing we welcome all levels - novice, intermediate, expert. We want you all to come and play with the aim for people to play at their preferred level and have several tables going.

**Date:** Mondays  
**Time:** 1:00pm to 3:00pm  
**Cost:** \$2 Members / \$3 Non-Members

## CHESS ~ NEW



Want to exercise your brain? Member, Peter Maurer is looking for intermediate to expert level chess players. Come and join him on Monday afternoons. He looks forward to meeting you!

**Date:** Mondays  
**Time:** 1:00pm to 3:00pm  
**Cost:** \$2 Members / \$3 Non-Members

## MAHJONG ~ BEGINNING/INTERMEDIATE

Looking for something new? Ever wondered what Mahjong is about? Want to challenge your brain – both sides??? Then join in the latest craze at the center. Darshana Croskrey introduces Mahjong to brand new players. She has taken away the intimidation of this complex game by breaking it down to an easy understanding in simple segments. Once you start, you will be hooked!!! Come and join the Mahjong Gang.

**Date:** Mondays  
**Time:** 1pm to 3pm  
**Cost:** \$2 Members / \$3 Non-Members



## LINE DANCE

**Date:** Noon every Tuesday  
(Except for the 2nd Tuesday)  
9am every Friday  
(Except for the 4th Friday)  
**Cost:** \$2 Members / \$3 Non-Members  
**Instructor:** Tamima Schwartz



## POKER

On behalf of the SVSC Poker Group, I would like to invite you to play poker with us. We would be more than happy to teach you how to play the various games we play. Just call a Lambert at 438-0580 any day between the hours of 11am and 1pm if you would like more information. The Poker Group and I hopes you will accept this invitation ~ Ruth



**Date:** Every Thursday  
**Time:** 1:13pm to 3:15pm  
**Cost:** \$2 Members / \$3 Non-Members

## 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



## WATERCOLOR ~ All levels

This class is offered by well-known local artist and center member, Beverly Martin. The class has two parts to it:

- Students work on a personal painting with the instructor rotating and working individually with each person
- The instructor will teach a 15 to 30 minute structured lesson using a certain technique(s) on an on-going piece of artwork. The students will then use that example to create the same thing on their own individual pieces of the same piece of artwork.

**Date:** Thursdays **Time:** 9am to Noon  
**Cost:** \$10 (m) \$15 (n-m)



## THE ART OF SKETCHING ~ Instructor, Sammy Khalil

**Date:** Fridays  
**Time:** 10am to 11:30pm  
**Cost:** \$5 members and \$7 non-members



Sammy will share his knowledge to teach you basic sketching using a variety of medium - graphite, charcoal, pastels, watercolors, pencils, crayons, ink and more. Sammy's goal is for you to be able to complete a sketch in a short period of time and, for one's inner creativity to blossom. He believes that anyone can produce wonderful results given some basic knowledge. Join Sammy and unleash your inner artist!

## 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 (Except for 4th Friday)  
**Time:** 11:30am to 12:30pm  
**Instructor:** Angie Wisdom  
**Cost:** \$3 members/\$5 non-members



## SVSC BOOK WORMS

My name is Patsy Rice and I invite you to join myself and other bookworms! Our December meeting was a success - six of us members meeting at the Ristorante Italiano on Soquel. Before our delicious lunch, we reported on our December book, *Girl in Hyacinth Blue*. Our January book was *Still Life With Bread Crumbs* by Anna Quindlen.

The February book is **Four Souls** by Louise Erdrich. Sometime between January and April we are thinking of planning a field trip to the Porter Memorial Library to hear one of our local speakers. We welcome you to come and join us....

**Date:** Friday, February 20th, 2015  
(on-going every 3rd Friday of the month)  
**Time:** 1:00pm to 2:30pm  
**Cost:** \$2 Members / \$3 Non-Member



# Activities and Information

## POTLUCK FRIDAY LUNCH

Potluck Friday is growing! Join our host, Marlene Flannery, as she welcomes you to the table of this informal gathering to share food and conversation!



**Date:** February 6th, (Every 1st Friday of the month)  
**Time:** 12:30pm to 2pm  
**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, February 9th  
(on-going every 2nd Monday of the month)  
**Time:** 10:30am to 12:00pm  
**Cost:** Free

## COMPUTER CLASSES Technology ~ Ayan Patel

**Dates:** Every Wednesday  
**Cost:** Free\*  
**Time:** 2:30pm 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!

## Do You Need Tax Preparation Help?



Project Scout will once again offer complimentary tax preparation and filing for seniors. As usual, this service is strictly for ages 60 years of age and older and at our site, it requires an appointment - NO WALK-INS ACCEPTED. We will start taking reservations for appointments beginning the week of January 12th, 2015. Tax preparers will begin Thursday February 5th and continue every Thursday thereafter until Thursday April 9th, 2015. Do not be disappointed, make your appointment early and start collecting your required paperwork early!!!

## 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

## Action among the Business Sponsors of our center has been lively...

Let us first welcome local service club, **Moose Lodge #545**, as our newest Platinum Sponsor. As you know, they also generously provided us with our wonderful flagpole and the beautiful handcrafted bench sitting beside it. Moose Lodge #545 provides hands-on service to projects in the community, are responsible for the set up and removal of flags at various sites on Veteran's Day and provide funding to support many other causes. These friendly Moose members welcome you to check out their club located on El Rancho Road. Many of our line dance members participate in their monthly dance ☺

I would also like to give a shout out to Copper Sponsors **Linda Depner**, a Mary Kay Consultant and Benito & Azzaro – Pacific Garden Chapel:

Linda invites you to have complimentary fun trying different looks and facials with her products in the comfort of your home. Linda volunteers her time in the center's kitchen as one of Marlene's sous chefs and also helps out on other projects as needed. Thank YOU Linda!

**Cathy Lucid** is the Family Services Director of Benito & Azzaro Pacific Garden Chapel. She has been active in the annual craft faire for the past three years. She and her staff take pride in the services they offer, providing support when one loses a loved one and difficult decisions need to be made or pre-authorized decisions need to be executed

A warm **THANK YOU** for the support received from sponsors, Hospice of Santa Cruz County, Realtor Marjorie Vickner and Cindy Saunders of Visiting Angels. Your generosity in donating beautiful baskets to raise funds for our Bingo Board Replacement Fund is SOOOOO appreciated.

# Special Events

## Armchair Topics and Birthday Celebrations

**Date:** Thursday, February 26th

**Time:** 1:00pm - 2:00pm

Armchair Topics this month is **Armchair Travel**. It will be a great conversation!

Look forward to seeing you ~ Darshana

**Please note:** If there is a special topic you would like to learn about or if you know of a speaker that you feel will be of interest to our members, please contact Darshana at 438-8666.



**to the following Scotts Valley Senior Center Members. If You see any of these Members, please wish them a HAPPY BIRTHDAY. Best wishes from the entire Scotts Valley Senior Center.**

Paula Kuty	1	J.C. McKellar	2	Jean K Petersen	2
Millie Bustichi	3	Connie Cipriano	3	Richard Dennis	3
Jackie Maurer	3	Pat Bont	5	Arthur Welch	7
Maryellen Young	7	Sherin Schumacher	10	Beverly J. Martin	11
John Locatelli	14	Kirit Patel	14	Carol Severson	14
Lynn McKibbin	16	Mary Jean Gazeley	17	Cris Ballinger	20
Liz Beitzel	20	Janie Bernstein	20	R. (Scotty) R. Scott	20
Linda Blenio	21	Joyce Duncan	22	Georgette (Dolly)	22
Dee O'Brien	22	Roger R. Kern	23	Cheryl Luehmann	23
Reiko Akiyoshi	24	Joan Billington	24	Michael Boyd	24
Mabel Retzlaff	24	Eunkyung Lee Otte	25	Fran Rosen	25
Laurie Jacobs	26	Michele Jones	26	Elaine Lewis	26
Debbie Ritchie	26	Gayle Amack	28	Dennis Mayer	28
Patty Quintero	28	Bernice L. Smith	28	Laurie Stanley	29

## February Muncheon Movie

**PRE-PAID EVENT ONLY**

**Sign up by close of day Friday February 6th.**

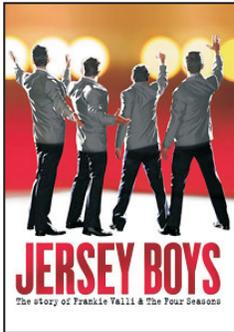
*Price includes Lunch, Dessert, Movie, Popcorn and Soda*

**Date:** Tuesday, February 10th

**Time:** Noon

**Cost:** Members \$5 / Non-Members \$6

**Lunch:** Spaghetti Meatballs served with Garlic Bread and Caesar Salad followed by Italian Rum Cake.



## Spring Bocce Registration is Here!

**...for New and Existing Members**

Registration is held February 17 to March 6th

**Where:** Skypark Recreation Center  
361 Kings Village Road

**Time:** 8am to 5pm Mon thru Fri

League games commence the week-of March 30th at the Skypark Bocce Courts

**Cost:** \$2.00 fee per weekly game

**\*\*Players HAVE to be a member of the senior center in good standing to be on the Senior League\*\***

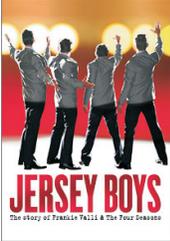
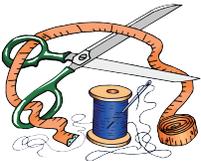
## Activity Leaders

**m = Members**

**n/m = Non-Members**

<b>Art of Sketching</b>	Sammy Khalil	\$5 m	\$7 n/m
<b>Bingo</b>	Project Scout	\$ .50 per card	
<b>Bocce</b>	Mimi Patterson	\$2 m	N/A
<b>Book Worms</b>	Patsy Rice	\$2 m	\$3 n/m
<b>Bunko</b>	Irene Bustichi/Sandy Payton	\$7 m	\$8 n/m
<b>Bridge</b>	Marilyn Snyder	\$2 m	\$3 n/m
<b>Canasta</b>	Mercedes Sarsi	\$2 m	\$3 n/m
<b>Chess</b>	Peter Maurer	\$2 m	\$3 n/m
<b>Computer Lab</b>	Ayan Patel	Free	Free
<b>Cribbage</b>	Fran Rosen	\$2 m	\$3 n/m
<b>Coffee &amp; Conversation</b>	Connie Adkins/ Suki Marin	Free	N/A
<b>Stretch &amp; Condition</b>	June Barber	\$2 m	\$3 n/m
<b>Handbells</b>	Shirley Hipwell	Free	Free
<b>Home Arts</b>	Billie Street	\$5 m	\$6 n/m
<b>Korean Cooking</b>	EunKyung Otte	\$15 m	\$18 n/m
<b>Line Dance</b>	Tamima Schwartz	\$2 m	\$3 n/m
<b>Mahjong</b>	Darshana Croskrey	\$2 m	\$3 n/m
<b>Meals on Wheels</b>	Sandy Payton	\$2.50 m	\$2.50 n/m
<b>Muncheon Movie</b>	Marlene Flannery	\$5 m	\$6 n/m
<b>Pinochle</b>	Donna Silvia	\$2 m	\$3 n/m
<b>Partner's Bridge</b>	Lee Brown	\$2 m	\$3 n/m
<b>Poker</b>	Ruth Lambert	\$2 m	\$3 n/m
<b>Potluck Lunch</b>	Marlene Flannery	\$2	
		plus a potluck dish to share	
<b>Scrabble</b>	Donna & Betty Cederlund	\$2 m	\$3 n/m
<b>Ukulele</b>	Stan Meidinger	\$7 m	\$8 n/m
<b>Watercolor</b>	Beverly Martin	\$10 m	\$15 n/m
<b>Writing</b>	Jack McKellar & Joanne Stewart	\$5 m	\$6 n/m
<b>Yoga</b>	Padma Rudraraju	\$3 m	\$5 n/m
<b>Zentangle Art</b>	Angie Wisdom	\$3m	\$5 n/m
<b>Zumba</b>	Leatrice Bachan	\$3 m	\$5 n/m

# February Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>2</b></p> <p>Yoga 8:45am - 9:45am  <b>Stretch&amp;Condition</b> 10am-11am                      Health News 11am - 12pm  <b>Blood Pressure Checks</b> 11:45am - 12:15pm                      Bridge 12:15pm - 3pm                      Scrabble 1pm - 3pm                      Chess 1pm - 3pm                      Canasta 1pm - 3pm                      Mahjong 1pm - 3pm                      Zumba Friends 6pm - 7pm</p>	<p><b>3</b></p> <p>Zumba 9am - 10am</p> <p><b>ZUMBA® FITNESS</b></p> <p>Writing Class 10am - 12pm  <b>Beg/Int Line Dance</b> 12am - 1pm                      Home Arts 2pm - 9pm</p>	<p><b>4</b></p> <p><b>Meals on Wheels Lunch</b> 11:30am - 12pm</p> <p>                      We deliver smiles™</p> <p>Bingo 1pm - 3pm  <b>Technology Open Session</b> 2:30pm - 4p                      Yoga 5:30pm - 6:30pm</p>	<p><b>5</b></p> <p>Watercolor 9am - 12pm                      Zumba 9:30am - 10:30am                      Yoga 10:45am - 11:45am  <b>Beginning Ukulele</b> 12pm - 1pm                      Cribbage 1:15pm - 3:15pm                      Poker 1:15pm - 3:15pm  <b>Partner's Bridge</b> 1:15 - 3:15pm                      Pinochle 1:15pm - 3:15pm  <b>Tax Preparation</b> 1:30 - 3:30pm  <b>SVSC Board Meeting</b> 3:30pm</p>	<p><b>6</b></p> <p><b>Beg/Int Line Dance</b> 9am - 10am  <b>Stretch &amp; Condition</b> 10am - 11am  <b>Art of Sketching</b> 10am - 11:30pm  <b>Zentangles Art</b> 11:30am - 12:30pm  <b>Potluck Friday Lunch</b> 12:30pm - 2pm</p>
<p><b>9</b></p> <p>Yoga 8:45am - 9:45am  <b>Stretch&amp;Condition</b> 10am-11am  <b>Coffee &amp; Conversation</b> 10:30am - 12pm                      Health News 11am - 12pm  <b>Blood Pressure Checks</b> 11:45am - 12:15pm                      Bridge 12:15pm - 3pm                      Scrabble 1pm - 3pm                      Chess 1pm - 3pm                      Canasta 1pm - 3pm                      Mahjong 1pm - 3pm                      Zumba Friends 6pm - 7pm</p>	<p><b>10</b></p> <p>Zumba 9am - 10am  <b>Writing Class</b> 10am - 12pm  <b>Muncheon Movie</b> 12pm</p> <p></p>	<p><b>11</b></p> <p><b>Meals on Wheels Lunch</b> 11:30am - 12pm</p> <p>Bingo 1pm - 3pm</p> <p></p> <p><b>Technology Open Session</b> 2:30pm - 4pm                      Yoga 5:30pm - 6:30pm</p>	<p><b>12</b></p> <p>Watercolor 9am - 12pm                      Zumba 9:30am - 10:30am                      Yoga 10:45am - 11:45am  <b>Beginning Ukulele</b> 12pm - 1pm                      Cribbage 1:15pm - 3:15pm                      Poker 1:15pm - 3:15pm                      Pinochle 1:15pm - 3:15pm  <b>Tax Preparation</b> 1:30 - 3:30pm</p> <p></p>	<p><b>13</b></p> <p><b>Beg/Int Line Dance</b> 9am - 10am  <b>Stretch &amp; Cond</b> 10am - 11am  <b>Art of Sketching</b> 10am-11:30pm  <b>Zentangles Art</b> 11:30am - 12:30pm  <b>"At the Hop" Valentine's Dance</b> 6:00pm-10pm</p> <p></p>
<p><b>16</b></p> <p>  <b>Center is CLOSED for President's Day</b></p>	<p><b>17</b></p> <p>Zumba 9am - 10am  <b>Writing Class</b> 10am - 12pm  <b>Muncheon Movie</b> 12pm  <b>Beg/Int Line Dance</b> 12am - 1pm</p> <p></p> <p>Home Arts 2pm - 9pm</p>	<p><b>18</b></p> <p><b>Meals on Wheels Lunch</b> 11:30am - 12pm</p> <p>Bingo 1pm - 3pm  <b>Technology Open Session</b> 2:30pm - 4pm                      Yoga 5:30pm - 6:30pm</p> <p></p>	<p><b>19</b></p> <p>Watercolor 9am - 12pm                      Zumba 9:30am - 10:30am                      Yoga 10:45am - 11:45am  <b>Beginning Ukulele</b> 12pm - 1pm</p> <p></p> <p>Cribbage 1:15pm - 3:15pm                      Poker 1:15pm - 3:15pm                      Pinochle 1:15pm - 3:15pm  <b>Tax Preparation</b> 1:30 - 3:30pm</p>	<p><b>20</b></p> <p><b>Beg/Int Line Dance</b> 9am - 10am  <b>Stretch &amp; Condition</b> 10am - 11am  <b>Art of Sketching</b> 10am - 11:30pm  <b>Book Worms</b> 1pm - 2:30pm  <b>Zentangles Art</b> 11:30am - 12:30pm</p> <p></p>
<p><b>23</b></p> <p>Yoga 8:45am - 9:45am  <b>Stretch &amp; Condition</b> 10am - 11am  <b>Latest Health News</b> 11am - 12pm  <b>Blood Pressure Checks</b> 11:45am - 12:15pm                      Bridge 12:15pm - 3pm                      Scrabble 1pm - 3pm                      Chess 1pm - 3pm                      Canasta 1pm - 3pm                      Mahjong 1pm - 3pm                      Zumba Friends 6pm - 7pm</p>	<p><b>24</b></p> <p>Zumba 9am - 10am  <b>Writing Class</b> 10am - 12pm  <b>Beg/Int Line Dance</b> 12am - 1pm                      Home Arts 2pm - 9pm</p> <p></p>	<p><b>25</b></p> <p><b>Meals on Wheels Lunch</b> 11:30am - 12pm</p> <p>Bingo 1pm - 3pm  <b>Technology Open Session</b> 2:30pm - 4pm</p> <p></p> <p>Yoga 5:30pm - 6:30pm</p>	<p><b>26</b></p> <p>Watercolor 9am - 12pm                      Zumba 9:30am - 10:30am                      Yoga 10:45am - 11:45am  <b>Beginning Ukulele</b> 12pm - 1pm  <b>Armchair Topics</b> 1pm - 2pm  <b>Birthday Cake Celebration</b> 2pm - 3pm                      Cribbage 1:15pm - 3:15pm                      Poker 1:15pm - 3:15pm                      Pinochle 1:15pm - 3:15pm  <b>Tax Preparation</b> 1:30 - 3:30pm</p>	<p><b>27</b></p> <p><b>Center is CLOSED</b></p> <p></p> <p><b>ADMINISTRATION DAY</b></p>

## The King of Butterflies – The Monarch Butterfly



Monarch



Caterpillar Becoming a Chrysalis



Monarch Emerging from a Chrysalis

Monarch butterflies are the most beautiful of all butterflies, some say, and are considered the “king” of the butterflies, hence the name “monarch”. There are lots of very cool things to learn about the monarch butterfly and we'll try to get through most of them here.

### The Life Cycle(s) of a Monarch Butterfly

Monarch butterflies go through four stages during one life cycle, and through four generations in one year. It's a little confusing but keep reading and you will understand. The four stages of the monarch butterfly life cycle are the egg, the larvae (caterpillar), the pupa (chrysalis), and the adult butterfly. The four generations are actually four different butterflies going through these four stages during one year until it is time to start over again with stage one and generation one.

In February and March, the final generation of hibernating monarch butterflies comes out of hibernation to find a mate. They then migrate north and east in order to find a place to lay their eggs. This starts stage one and generation one of the new year for the monarch butterfly.

In March and April the eggs are laid on milkweed plants. They hatch into baby caterpillars, also called the larvae. It takes about four days for the eggs to hatch. Then the baby caterpillar doesn't do much more than eat the milkweed in order to grow. After about two weeks, the caterpillar will be fully-grown and find a place to attach itself so that it can start the process of metamorphosis. It will attach itself to a stem or a leaf using silk and transform into a chrysalis. Although, from the outside, the 10 days of the chrysalis phase seems to be a time when nothing is happening, it is really a time of rapid change. Within the chrysalis the old body parts of the caterpillar are undergoing a remarkable transformation, called metamorphosis, to become the beautiful parts that make up the butterfly that will emerge. The monarch butterfly will emerge from the pupa and fly away, feeding on flowers and just enjoying the short life it has left, which is only about two to six weeks. This first generation monarch butterfly will then die after laying eggs for generation number two.

The second generation of monarch butterflies is born in May and June, and then the third generation will be born in July and August. These monarch butterflies will go through exactly the same four stage life cycle as the first generation did, dying two to six weeks after it becomes a beautiful monarch butterfly.

The fourth generation of monarch butterflies is a little bit different than the first three generations. The fourth generation is born in September and October and goes through exactly the same process as the first, second and third generations except for one part. The fourth generation of monarch butterflies does not die after two to six weeks. Instead, this generation of monarch butterflies migrates to warmer climates like Mexico and California and will live for six to eight months until it is time to start the whole process over again.

It is amazing how the four generations of monarch butterflies works out so that the monarch population can continue to live on throughout the years, but not become overpopulated. Mother Nature sure has some cool ways of doing things, doesn't she?

Article excerpted from the internet.

I found this so interesting,  
I had to share it with you.

**Ferd Bergholz**



## Thank You for Your Generous Donations



- \$170 **Ferd Bergholz** (sponsored 22 chickens and 10 pumpkin pies for the Craft Faire)
- \$127 **Charlotte Hagosian** ~ (Two beautiful raffle drawing baskets and a plant with chocolates for the Holiday Luncheon and the holiday greenery to decorate the front of the center ~ proceeds benefit Bingo Board Replacement Fund - BBRF)
- \$20 **Dede Beam** to the BBRF
- \$530 **Ferd Bergholz** to the BBRF
- \$7 **Gail Corbett** to the BBRF
- \$10 **Ronayne Fields** to the BBRF (sale of Whale Watching DVD)
- \$60 **Ronaale Findley** to the BBRF
- \$8 **Geri Gibson** to the BBRF
- \$7 **Shirley Hipwell** to the BBRF
- \$7 **Marylynne Hollmann** to the BBRF
- \$20 **John & Ruth Lambert** to the BBRF
- \$7 **Donna Nation** to the BBRF
- \$60 **Fran Rosen** to the BBRF
- \$40 **Marjorie Williams** to the BBRF
- \$100 **Sally Williams** to the BBRF
- \$100 **Fran Wincek** to the BBRF
- Ferd Bergholz** ~ an 8' park bench in memory of his wife, Fran Bergholz and his mother, Theresa Bergholz
- Billie Street** ~ rolls of dual raffle tickets
- Bumble Bee by the Sea** ~ an incredible array of inventory towards making raffle drawing baskets
- Creekside Mini Storage** ~ six months complimentary storage unit
- Hospice of Santa Cruz County** ~ two raffle drawing baskets towards the NYNYEve Silent Auction
- Karla Scarborough** ~ coffee for the kitchen
- Kathy James** ~ tea towels and oven gloves for the kitchen
- Malone's Bar & Grill** ~ Gift Certificate for Burgers & Beer for Four for the NYNYEve Silent Auction
- Realtor, Marjorie Vickner** ~ a raffle drawing basket towards the NYNYEve Silent Auction
- Terri Lesniak** ~ a raffle drawing basket towards the NYNYEve Silent Auction
- Town Center Storage** ~ two week complimentary storage for the craft faire weekend
- Vine Hill School** ~ Teacher, Peggy Benjamin's 2nd Grade Class ~ Gift Favors of 70 boxes of homemade cookies for the Holiday Luncheon guests
- Visiting Angels** ~ A raffle drawing basket towards the NYNYEve Silent Auction
- Fran Wincek** ~ Spraypaint & other supplies for the NYNYEve Party
- Zumba Gold Instructor, Leatrice Bachan** ~ Chocolates and Cookies towards the NYNYEve Party

## Sunshine Note



### Thinking of You, We Miss You ~

Connie Adkins, Linda Blenio, Rita Christie, Ronayne Fields, Pat Parker, Helen Pieoxto, Sandy Payton, Carol Ramirez, and Velma Robinson

## Cheers To All These Years...

**Pat and Ken Bont**  
21 Year Anniversary  
in January



**Mel Fandrich**  
94 Years Young



# HAPPY BIRTHDAY

## Gone But Not Forgotten

We send our condolences to daughter, Pam Johnson, and other family and friends of member, **Doretta Johnson**, who passed away gently shortly after Christmas. Her friends from the Wednesday Bingo group will miss her soft, quiet presence with eyes that twinkled with humor. RIP Doretta...

## Donations Needed at The Boutique

We thank everyone who helps support The Boutique - those who donate, those who buy, those who tell others about it! Sue and Linda would like you to know that now that the Holiday Craft Faire is over, they are actively seeking more donations as their inventory is low. Should you decide to start your Spring Cleaning early, they would be overjoyed if you would send off items their way!



## Come Shop at the Boutique!

## Welcome New Members

Gayle Amack, Nancy Amack, Kay Amos, Jolene Foley, Wanda Griffis, Dave Hodgin, Alicia Kennedy, Diane Kessler, Ira Kessler, Cookie Leaf, Pat Leidt, Anita Locketti, Claudia Marshall, Jack Marshall, Kirit Patel, Rashmi Patel, Michael Rea, Chi-Cha Russo, Pam Spehar and Hilary Stanley

### THANK YOU FOR JOINING OUR SV 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!** (New members pay pro-rated dues)

## Thank You, Thank You, Thank You...

We give Kudos to 2nd Grade Teacher - **Peggy Benjamin**, her Room Mother and the parents and students of her class at Vine Hill School!! In the spirit of thinking of others during the holiday season, the families of Ms. Benjamin's students set aside time to bake cookies for our members. These adorable youngsters delivered them as a finale to our holiday luncheon complete with an impromptu song and dance routine. A big THANK YOU to all who made this happen, it lifted our hearts!

A humungous THANK YOU goes to **Paul and Mindi Broughton** owners of Creekside Mini Storage and St. Philips Episcopal Church both of which are on Scotts Valley Drive. Inadequate storage is a situation that we are currently facing at the center. St. Philips allowed us to use their facilities to sort, inventory, prep and pack our goods for NYNYEve and other events. THANK YOU to **Linda Depner, Marlene Flannery, Terri Lesniak, Sandy Payton and Diane Warren** for helping with this enormous task. Creekside Mimi Storage kindly stepped in and donated a temporary space to store things until we get everything clean and downsized at the center. A huge THANK YOU goes to SVSC member and organizing diva, **Donna Silvia**, for helping me with this huge undertaking. We are also currently searching for more storage solutions at the center itself.

Alas, due to circumstances beyond their control, it is time to say "Goodbye" to **Elaine and Joe Zuniga**, the hosts of our monthly Friday potluck luncheons. THANK YOU to both of you for doing such a great job. We will miss you. We are actively seeking volunteer(s) to replace them, please see Darshana if you would like to learn more.

Circumstances were such that an SOS had to be sent out on Facebook for a plea to help with NYNYEve two days before the event. An enormous **THANK YOU** goes to Leatrice Bachan, Linda Cramer, Shauna Croskrey, Willie Croskrey, Sherilyn Dominique, Ken Gorny, Bethany Grace, Douglas Herda, Rosemary Herda, Betty Johansen, Terri Lesniak, Gillian McGlaze, Henry McGlaze, James McGlaze, Pam Neilsen, Bernice Rendrick, Harold Rice, Patsy Rice, Fran Rosen, Donna Sylvia, Mark Silvia, Dawn Teall, Millie Vogler and Fran Wincek.

My sincerest apologies to anybody who helped and I have inadvertently omitted. Thank You!



# Platinum Business Sponsors



**Cindy Saunders**  
 Care Resource Manager  
 5274 Scotts Valley Drive, Suite 102  
 Scotts Valley, CA 95066  
 Phone: 831-430-0616  
 csaunders@visitingangels.com  
 www.visitingangels.com/santacruz

## Rotary Club of Scotts Valley

P.O. Box 66781  
 Scotts Valley CA 95067



*Humanitarian ~ Local & Global  
 Serving Scotts Valley and the World*

Meet Mondays at 12:15pm  
 at Bruno's Barbeque  
 230G Mount Hermon Road



## BRUNO'S BARBEQUE

Restaurant & Catering

**Rosanna Herrera, Proprietor**  
 230-G Mt. Hermon Rd., Scotts Valley, CA 95066  
 www.brunosbbq.com • get2bbq@hotmail.com  
 P 831-438-2227 F 831-438-6642



**Jesse Gabriel Flippen**  
 5610-C Scotts Valley Drive  
 Scotts Valley, CA 95066  
 tel (831) 430-6145 cell (408) 429-9797  
 web jessegabriel.com  
 e-mail info@jessegabriel.com



Life | Health | Medicare | Long-Term Care

## Manfred Luedge

Licensed Insurance Agent  
 CA License # 0121053

mluedge@HealthMarkets.com  
 www.HealthMarkets.com/manfredluedge  
 C 831-750-9343



## AVAILABLE FOR YOUR IN-HOME CARE NEEDS

24 hrs day / 365 days a year!

**Serving Santa Cruz County**  
**831-480-3990**  
**www.fshomecare.com**

Call Us Today for a  
Complimentary In-Home Assessment!  
 Bonded and Insured



**Santa Cruz Moose Lodge #545**  
**831.438.1817**  
**2470 El Rancho Drive**  
**www.scmoose545.org**

**Please Support  
 Our Local  
 Business Sponsors!**



## Scotts Valley Host Lions Club



Moto is simply "We Serve"  
 Dedicated to Worldwide  
 "Sight and Hearing Conservation Programs"

Supporting many local  
 community groups and charities  
 P.O. Box 66602, Scotts Valley, CA 95067  
 831-345-8766  
 scottsvallion@aol.com

## Gold Sponsor

Venous Disorders . Lymphedema . Swelling



**Fitting Clinic**  
 Custom and ready-made garments fitted by  
 Certified Compression Specialists  
**Authorized Dealer**  
 Compression garments and pneumatic pumps  
**Insurance Accepted**  
 Most plans accepted including Medicare  
 and Central Coast Alliance (Medi-Cal)

**Peninsula BioMedical**  
**Fitting Clinic** INC.

108 Whispering Pines Dr. Suite 115  
 Scotts Valley, CA 95066  
 831-430-9066



www.lymphedema.com contactus@reidsleeve.com

## Bronze Sponsor

## ROGERS AUTOMOTIVE

"YOUR PERSONAL MECHANIC"

AUTO . MARINE . INDUSTRIAL  
 ELECTRICAL . MECHANICAL  
 REPAIRS AND MAINTENANCE

**(831) 438-3111**

5524 SCOTTS VALLEY DR  
 P.O. BOX 67300  
 SCOTTS VALLEY, CA



*Scotts Valley  
 Property Management*

**Jeanne Shada, CCAM**  
**Real Estate Broker**

DRE #00606749

4615-B Scotts Valley Dr. P: (831) 438-2208  
 Scotts Valley, CA 95066 F: (831) 438-3206  
 shadaway@aol.com

## Silver Sponsor



**Marjorie Vickner**  
 CRS, GRI  
 Broker Associate

Showcase, REALTORS  
 237 Mount Hermon Road  
 Scotts Valley, CA 95066  
 Cell 831.331.5908  
 Direct Line 831.430.4681  
 marjivick@aol.com  
 www.marjorievickner.com



**OAK TREE VILLA**  
 SCOTTS VALLEY

**BROOKDALE**  
 SENIOR LIVING  
 www.brookdaleliving.com

## Ana Nuckles

Marketing Director  
 Main (831) 438-7533  
 anuckles@brookdaleliving.com

100 Lockwood Lane, Scotts Valley, CA 95066

## Fancy Nails



Professional  
 Nail Care &  
 Waxing for  
 Ladies &  
 Gentlemen

**(831) 461-9500**

216 Mt. Hermon Road #F  
 Scotts Valley, CA 95066  
 (Inside King's Village Shopping Center)

# Copper Business Sponsors

## SENIOR NETWORK SERVICES

Linking Senior with Services

**831-462-1433**

1777A Capitola Road  
Santa Cruz, CA 95062

[www.seniornetworkservices.org](http://www.seniornetworkservices.org)



**HOSPICE**  
OF SANTA CRUZ COUNTY  
*Compassionate Care Since 1978*

940 Disc Drive  
Scotts Valley, CA 95066  
Phone: 831-430-3000  
Fax: 831-430-9272

[info@hospicesantacruz.org](mailto:info@hospicesantacruz.org)  
[www.hospicesantacruz.org](http://www.hospicesantacruz.org)

**June Barber**  
Voice Instructor  
Masters in Vocal Performance  
University of Illinois



P.O. Box 67263  
Scotts Valley, CA 95067

**831-461-9246**  
[junbar222@gmail.com](mailto:junbar222@gmail.com)

The Scotts Valley Kiwanis Club  
**WANTS YOU!**

**Serve the community!**

**Have fun doing it!**



Serving the community  
& it's Children since 1984

Contact US! [info@svkiwanis.org](mailto:info@svkiwanis.org)

## LOCKWOOD HAIR DESIGN

**831-439-9435**

**AARITA & PATTY**

HAIRSTYLISTS



100 LOCKWOOD LANE  
SCOTTS VALLEY CA 95066  
OPEN TUESDAY THRU FRIDAY  
BY APPOINTMENT

**Diane Robertson**  
California State Certified Nurse's Asst.  
Certified Healthcare Provider

## SafelyHome

"Helping Families Care For Loved Ones"  
State Certified and Bonded #814509

309 Cedar Street #66  
Santa Cruz, Ca 95060  
831 419 0507



## JOHN A STEVENS DDS

Family Dentistry  
221 H Mount Hermon Road  
Scotts Valley, CA 95066  
831 440 1830

Fax: 831 440 1829 E-Mail: [stvnssdds@pacbell.net](mailto:stvnssdds@pacbell.net)

**Benito & Azzaro**  
**Pacific Garden Chapel**  
Advanced Funeral Planning

**Cathleen M. Lucid**  
Family Services Director  
[www.pacificgardenchapel.com](http://www.pacificgardenchapel.com)  
CA Lic. # 0139096

1050 Cayuga St, Santa Cruz, CA 95062  
(831) 423-5721

## Massage Therapy

**Terica L Pratt**  
Certified Massage Therapist

Specializing in:  
Deep Tissue - Swedish - Essential  
Oils - Raindrop Therapy  
On-Site Seated Massage  
Mon. - Sat. Day & Eve Appts

**831-706-8812**



**ACE-IT HANDYMAN SERVICES**  
Home Repair Services

**JERRY E. MARTIN**

Owner Operator  
Santa Cruz County CA 95062  
(831) 419-2139 Cell  
(831) 479-7841  
[Jermart50@yahoo.com](mailto:Jermart50@yahoo.com)



[www.bustichi.com](http://www.bustichi.com)

**Dene Bustichi**  
President

Office: (831) 438-2356

Fax: (831) 438-2378

Cell: (831) 212-1578

Lic. No. 595141 [dene@bustichi.com](mailto:dene@bustichi.com)

## MARY KAY®

**Linda M. Depner**  
Independent Beauty Consultant

Scotts Valley, CA 95066  
831-359-9137

[lindadepner@marykay.com](mailto:lindadepner@marykay.com)  
[www.marykay.com/lindadepner](http://www.marykay.com/lindadepner)



## ROBERT L. HULTZEN ATTORNEY AT LAW

4625 GARNET STREET  
CAPITOLA, CALIFORNIA 95010  
TELEPHONE (831) 425-8998  
FACSIMILE (831) 477-0562  
Specializing in Living Trusts

## Paige Thibodeau, D.C.

A Chiropractic Corporation  
THIRD GENERATION CHIROPRACTOR  
(831) 438-0308

Advanced Proficiency Rated Activator  
Methods Chiropractic Technique®

SCOTTS VALLEY CHIROPRACTIC  
4736 Scotts Valley Drive, Suite B  
Scotts Valley, CA 95066  
[www.scottsvallychiropractic.com](http://www.scottsvallychiropractic.com)

## LITTLE BEE STITCHES

**Terri Ritchie**  
Seamstress



[www.etsy.com/shop/LittleBeeStitches](http://www.etsy.com/shop/LittleBeeStitches)

[territichie3@gmail.com](mailto:territichie3@gmail.com)

Items available at Scarborough Ace Hardware

## Scotts Valley Senior Center Hours

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

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

### Other Hours for Special Events

#### Directors office hours:

10 am to 1 pm on work days

**Phone Number:** 831-438-8666

**Address:** 370 Kings Village Road  
Scotts Valley, CA 95066

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

## 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. New members pay pro-rated dues.

**Darshana Croskrey**

Center Coordinator

(831) 438-8666

dcroskrey@scottsvalley.org

## Scotts Valley Senior Center Board Members

Ferd Bergholz ~ Chairman of the Board

Harvey Bustichi

Gillian McGlaze

Margaret Schraft

Gary Cramer

Terri Ritchie

Tom Steinhaus

See this and older newsletters on the internet at [www.fbergholz.com](http://www.fbergholz.com)  
Senior Center Website: [www.scottsvalley.org/parks/senior\\_center.html](http://www.scottsvalley.org/parks/senior_center.html)  
[www.myscottsvalley.com](http://www.myscottsvalley.com) and [www.facebook.com/MyScottsValley](http://www.facebook.com/MyScottsValley)



Scotts Valley Senior Center

Center closed EVERY 4th Friday of the month for ADMINISTRATION DAY: 2/27, 3/27, 4/24, 5/22, 6/26, 7/24, 8/28, 9/25, 10/23, 11/27, 12/25.



### Scotts Valley Senior Center

370 Kings Village Road  
Scotts Valley, CA 95066



See You "At the Hop"  
Valentine's Dance!