



# Scotts Valley Senior Center



## St. Patrick's Dinner

Friday, March 13th

5-7pm

Scotts Valley Senior Center

Pre-paid Event Only

\$12 members

\$15 non-members

Signup deadline March 10th

## Coordinator's Message

March 2015 Newsletter



Time for us to kiss the Blarney Stone – **St. Patrick's Day** is right around the corner and with it comes our Corned Beef and Cabbage Dinner. Be sure to sign up early! Due to the high cost of meat and groceries, we did have to raise the price but you all know that it will be delicious, worth every penny and a really fun time to boot! Please join us for all things green ☺

It is also time for our **Spring Pancake Breakfast**. Be sure to mark your calendars and come on down. Please note that this year we have the opportunity to have the breakfast on

Saturday. One of the ways you can help the center is by telling all your friends, family and neighbors about the breakfasts, flea markets, dances and other open events that we hold. We also need a lot of volunteers leading up to the events and on the day of – so go on, volunteer, join the teams and have fun too!

Our **Valentine's Dance** was a hit. "**At the Hop**" hopped all night!!! About 80 excited people filled the center for the Sock Hop. It was a crazy evening and fun was definitely in the word, fundraiser that night! I give a most grateful Thank You to everyone who pitched in to assist me; especially each and every member of the Sock Hop Committee. They bore huge responsibilities and worked so diligently to pull off this event in such a short time frame. They are Gary & Jill Cramer, Roni Fields, Marlene Flannery, Sandy Payton, Melissa Rogers and Donna Sylvia. Everyone loved the ambience, food, music, silent auction, and of course, THE DANCING!!!

From time to time, it has been necessary for me to print a reminder about members doing their part to help keep the center nice and tidy. THIS IS ONE OF THOSE TIMES!!! Please, if each one of us does their bit to put back items in their rightful place, things will run more smoothly at the center. If you need assistance, please ask the receptionists or another member. Not only do we have a very busy activity schedule and long-term renters using our building, but the facility is also rented out for weddings, services, seminars and other celebrations. Let us all be mindful of each other's time and to help us....please check out member, Fran Rosen's, poem in this issue ~ Thank You for your cooperation!

Finally, before I close, as we head into the busy tax season, please remember to sign up early for the **complimentary tax preparation service** ~ DO NOT leave it until the 11th hour as spaces are extremely limited.

Until next time ~ **Darshana Croskrey**



It was with pleasure that, Donna Silvia, presented VCU Board Member, Marilyn Mickelwait, with a donation cheque for \$55 from The National Mahjong League. Thank You to all our SVSC Mahjong players who order their annual cards from the center. A portion of every purchase supports the charity of our choice and Valley Churches United Missions, you are an organization we are proud to support!

## Tuesday Morning

by Fran Rosen  
Poet Laureate of the Scotts Valley Senior Center

We came in Tuesday morning  
And much to our surprise  
We couldn't believe the mess  
That greeted our eyes

There was garbage strewn all over  
Stains from sodas on the floor  
The kitchen was a war zone  
But wait a second...there's more



The bathrooms were a disaster  
Tissues and towels all about  
How could people do this?  
We just wanted to shout

It was more than we could handle  
There was just one thing to do  
We made a fast phone call  
To a professional cleaning crew



There had been a rental party  
And they had shown no respect  
That must be how they live at home  
By the mess that they had left

But what some of us don't realize  
Is that this center's our home away from home  
So each and every one of us  
Should return things to where they were taken from

The chair, pillow and table you used  
Put it back in its place  
Your coffee cup, utensils and paper trash  
Also need to be in their place

You find this place so neat and clean  
When you walk through that door  
So PLEASE when you leave  
Leave it as it was before



Let clean and orderly win  
So that you can enjoy it  
The next time you come in  
Your friends will thank you for it!



# Happenings at the Center

## Thank YOU to the following businesses for their donations to the Sock Hop

Bailey Properties ~ Sheila Connelly  
 Betty's Burgers  
 Bumblebee by the Sea  
 DVD To Go  
 Eric's Deli  
 Integrity Automotive  
 Liberty Tax  
 Mollie's Country Café  
 Oak Tree Villa  
 Pacific Trading Company  
 Santa Cruz Warriors  
 Scarborough Gardens  
 Scotts Valley Host Lions  
 Trader Joe's  
 Visiting Angels  
 Zinnia's



## Thank YOU to the following individuals for their donations to the Sock Hop

Christina Anhorn  
 Leatrice Bachan  
 Jean Brewster  
 Gary & Jill Cramer  
 Darshana Croskrey  
 Rita Eirrickson  
 Roni Fields  
 Mary Gazely  
 Terri Lesniak  
 Stephanie Lusk-Muccia  
 Yvonne McClish  
 Sandy Payton  
 Jackie Purdy-Maurer  
 Terri Ritchie  
 Padma Rudraraju  
 Donna Silva



## Thank YOU to the following individuals for their extra special efforts to the Sock Hop

Circle K Volunteers  
 Willie Croskrey  
 Earl Crossland  
 Roger Fields  
 Angie La Mar  
 Terri Lesniak  
 Harold & Patsy Rice  
 Chi-Cha Russo  
 Mark Silvia  
 Gil & Jo Simmons  
 Pam Simmons



## Nostalgic for the 1950s Music???

Fear not...if you enjoyed the music played "At the Hop" Valentine's Dance, here is your chance to purchase a 5-CD set for \$20 from our Music Committee Member and Board Member, Gary Cramer. You may place your orders with Gary by emailing him at [gjcramer@comcast.net](mailto:gjcramer@comcast.net) – Thank You Gary!



Photo contributors: Donna Silva, Geri Gibson & Pam Simmons

# 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.

<b>March 4</b>	:	<b>March 11</b>	:	<b>March 18</b>	:	<b>March 25</b>
Roast Turkey & Stuffing	:	Picnic Chicken	:	Baked Fish	:	Rigatoni Casserole
Gravy & Mashed Potatoes	:	Cauliflower Au Gratin	:	Sweet Potato	:	Broccoli
Spinach Salad	:	Beet Salad	:	Green Salad	:	Caesar Salad
Bread & Butter	:	Brown Rice Pilaf	:	Bread & Butter	:	Bread & Butter
Pear & Milk	:	Fruit Crisp & Milk	:	Banana & Milk	:	Applesauce & Milk



**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.**

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



### COFFEE and 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, March 9th (on-going every 2nd Monday)  
**Time:** 10:30am to 12:00pm **Cost:** Free

### March Monthly Dinner St. Patrick's Day Dinner



**There were such goodies last year, remember them?**  
by Fran Rosen

Marlene and her crew will be as busy as before Our St. Patrick's Day Dinner is coming once more! Corned beef and cabbage and Irish soda bread Write it on your calendar so you won't forget

**Date:** Friday, March 13th  
**Time:** 5pm - 7pm  
**Cost:** \$12 members / \$15 non-members



**Sign up by close of day Tuesday, March 10th**



Delicious pancakes, three different ways  
 What a WONDERFUL way to start your day  
 Ham and eggs and orange juice too  
 It will be here waiting for you

**Date:** Saturday March 28th  
**Time:** 8am ~ Noon  
**Cost:** \$7.00 adults and \$3.00 children under 10

**Bring your family and friends! Tell your neighbors too!**

### You went that extra mile...

We must not forget to give our grateful thanks to Tracy Freudendahl, Ana Knuckles and Shaun Simmons of **Oak Tree Villa** for so generously offering to provide the macaroni salad, potato salad and ground beef for the sliders for our Sock Hop Valentine's Dance. That same gratitude goes out to **Liberty Tax Preparation Service** of Scotts Valley. They not only provided the sundae fixings for the dance but Diego and Carlos donated their scooping skills at the dessert bar that evening.

**Thanks guys - You all ROCK!!!**



### 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!

# Need to Know

## Focus on the Volunteer ~ Carol Rogers

Submitted by Darshana Croskrey



This 2nd generation San Franciscan has her roots in England by way of New England. The older sister of two younger brothers, Carol and her siblings grew up at the base of Twin Peaks. Blessed to have had the whole "mountain" as their playground, Carol traveled around the city without any problems. Being close to her British grandmother who lived nearby, Carol would take every opportunity to visit her taking the bus by herself at the age of nine.

Carol's best friend was Tom. Tom's mother worked for the S.F. News. She received tickets to all kinds of events –

ball games, shows, museums and more. Tom's mom generously gave Tom and Carol lots of opportunities to attend events all around town by themselves – How about that??? Ten years old and having all that fun!!!

Carol and her friend would come to the dances in Santa Cruz at the Coconut Grove. On one occasion, another of her old school friends, Danny, was there with a friend of his, Farris. The boys were there on leave from Parks Air Force Base in Oakland. Yes, you guessed it.....Carol became the love of Farris's life. And lo and behold, if Danny and Marlene (the friend Carol went to Santa Cruz with that night), didn't get married too!!! These four friends spent the next three years together because shortly thereafter, the boys were shipped together to a base in England.

Carol was and still is, an Anglophile. If she were able, she would love to live there still. How many of us have lived in a thatched-roof cottage in a little village? Carol has many fond memories of the small village of Eyke in East Anglia!

Returning to the USA, Farris and Carol spent nine years in Indiana with Farris working as a policeman. Hating the snow made the decision easy to move to Monterey, CA. Farris got into the auction business, soon becoming an auctioneer. They eventually moved to San Jose and Carol got into the business as well. As an auctioneer, Farris specialized in Supermarket Auctions and Antique Auctions and was in high demand across the state.

After Farris passed away, Carol moved in with her younger son, Terry and his family – wife, Patti and grandchildren, Gordon, Adam and Sierra. Living happily together with four dogs, a cat and the most recent addition, a snake, in their mountain home; whenever she can, she travels to Grass Valley to catch up with her older son, Russ, his wife, Julie and their son, Jarrett.



March 20th

Carol loves the center and volunteers as Head Receptionist, assists with valuations in The Boutique and takes part in every event. Her calm and gentle unconditional support of Darshana and the other volunteers is much appreciated. **She is a Godsend to the center!!!**

## Congratulations are in order.....

The City Lights San Jose Ballroom Dance Competition took place on January 30th and 31st 2015 at the Fairmont Hotel, San Jose. SVSC Members, **Beverly Martin**, SVSC Watercolor Instructor and her husband, **Eugene Martin**, competed in two different competition levels in five different dances for a total of 10 dances in all.

**They placed FIRST in ALL TEN of the ballroom dances in the senior division.**

The dances were American Waltz, American Tango, American Foxtrot, American Cha Cha and American Rumba. **Way to go Beverly and Eugene!!!**



## Photography Contest ~ The Essence of Scotts Valley



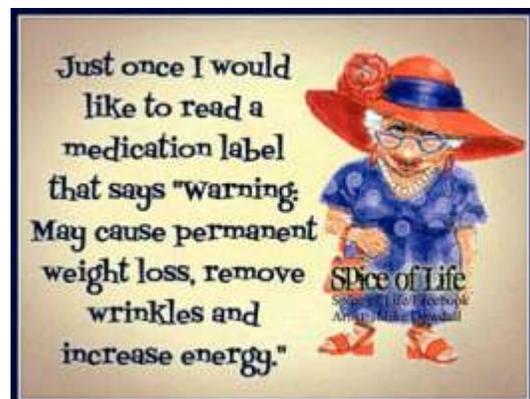
If you are interested in photography, this should interest you! Our sponsor, **Jesse Gabriel Photography** has teamed up with the SV Arts Commission to bring you "The Essence of Scotts Valley". Various categories and over \$500 in cash prizes to be won – runs 2/7 to 4/30

[www.SVContest.com](http://www.SVContest.com) for more information!

## 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 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!

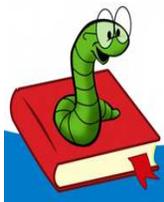
## Come Shop at the Boutique!



# Activities and Information

## SVSC BOOK WORMS

My name is Patsy Rice and I invite you to join myself and other Bookworms! At our January meeting we discussed Still Life With Bread Crumbs. We also had another extra meeting on the 4th Friday to discuss our upcoming field trip to listen to a local author, Geoffrey Dunn, speak at the Porter Memorial Library. It will take place on March 11th at 10am and we will all go out to lunch afterwards. We welcome you to join us on this field trip!



Some of our members are also involved in reading three books out of eight for the Book Shop Santa Cruz's Winter Reading Program. At the time of going to press, we have not yet had our February meeting where our book is Four Souls by Louise Erdrich and therefore have not yet chosen our March book. However, you may contact the center for the title after March 1st. I will have the next two month's book titles for the April issue. Please come and join us if you enjoy reading

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

## YOGA UPDATE

Due to a lack of participation, the Wednesday evening, 5:30pm Yoga class will be discontinued

Yoga will still be offered on Mondays at 8:45am and Thursdays at 10:45am.

We apologize for any inconvenience this may cause.



## MAKING CHANGE IS HARD TO DO!

In order to make the lives of our hard working receptionists easier, please remember to keep extra dollar bills handy when coming

to the center. It makes the accounting process so much easier for them when paying for your activities ~ **Thank You!**

## Senior Center Van Transportation

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

## 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 troubleshoot 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!!!

## Winter Art Rotation



Now that the holidays are over, it gives me great pleasure to introduce you to SVSC Member, **Bob Holmes**. An artist at heart, he has dabbled in a lot of different mediums. Back in the 1980s, he would show his art in galleries in Santa Cruz. Whilst traveling during his retirement, Bob's interests turned towards photography. However, more recently since preferring to stay at home, his focus has turned to watercolor. Come on by the center to check out his incredible work. You will be astonished to learn that he has only been doing watercolor for about the past year!!!

Bob spends every moment and then some putting around in his studio. I say "and then some" because his wife Laurie says she has to chase him up to do the honey-do list around the house but all he wants to do is paint! His next goal is to paint their four beautiful granddaughters Linnea, Keira, Sofia and Alyssa. **Thank You Bob for volunteering your work for our Winter Art Show.**

### 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



# Special Events

## Armchair Topics and Birthday Celebrations

**Date:** Thursday, March 26th

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

Armchair Topics this month is "What You Don't Know About Me!!". 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.**

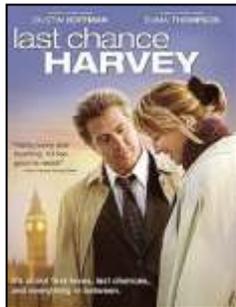
Carol Ayres	2	Carol Eicher	3	Donna Silvia	3
Doreen M. Land	4	Joanna McCavitt	4	Peijing H. Woo	4
Pegatha (Peg)	5	Bill Kinney	5	Shulan Liaw	5
Lisa Bustichi	8	Marlene Flannery	9	Sandi Rinde	9
Lois Alford	10	Unhae Langis	10	Howard Lowe	10
Cherry Nittler	10	Leatrice Bachan	11	Melody Kingsbury	11
Vaughn Parsons	12	Gloria Crivello	13	Barbara Higgs	14
Anne Jacques	14	Antonia Kwalick	14	Marilyn Haughey	15
Charlotte Hoogarsian	15	Evelyn Reynolds	15	Patsy J. Wright	16
Pat Huntsinger	17	Don McClish	17	Charles Rouse	17
Nancy Deming	18	Josie Schoonover	18	Brian Kindell	19
Donald Reynolds	20	Tom Davis	21	Mary Mulligan	21
Ruth Ross	21	Becky Cole	22	Cheri Contreras	22
Carla Vaughan	23	David F Mc Clay	24	Laura Moler	24
Mary Neill	24	Carol Beck	25	Carolyn Harrington	25
Carole Joyce	26	Mair Mullen	26	Molly Matthews	27
Kerry Schuyler	28	Paul Browne	29	Gillian McGlaze	29
Linda Picard	29	Sheron Hsu	30	Cynthia Lemmon	31
Mercedes Sarsi	31				

## March Muncheon Movie

### PRE-PAID EVENT ONLY

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

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



**Date:** Tuesday, **March 10th**

**Time:** Noon

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

**Lunch:** Beef stew and mashed potatoes follow by apple crumble and custard.

**Movie:** Last Chance Harvey

## 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>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>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

# March Calendar

**Monday**

**Tuesday**

**Wednesday**

**Thursday**

**Friday**

2

Yoga 8:45am - 9:45am  
**Stretch&Condition** 10am-11am  
 Health News 11am - 12pm  
**Blood Pressure Checks** 11:45am - 12:15pm  
 Bridge 12:15pm - 3pm  
 Scrabble 1pm - 3pm  
 Chess 1pm - 3pm  
 Canasta 1pm - 3pm  
 Mahjong 1pm - 3pm  
 Zumba Friends 6pm - 7pm

3

Zumba 9am - 10am  
  
 Writing Class 10am - 12pm  
**Beg/Int Line Dance** 12am - 1pm  
 Home Arts 2pm - 9pm

4

**Meals on Wheels Lunch** 11:30am - 12pm  
  
**Bingo** 1pm - 3pm  
**Technology Open Session** 2:30pm - 4p

5

Watercolor 9am - 12pm  
 Zumba 9:30am - 10:30am  
 Yoga 10:45am - 11:45am  
**Beginning Ukulele** 12pm - 1pm  
 Cribbage 1:15pm - 3:15pm  
 Poker 1:15pm - 3:15pm  
**Partner's Bridge** 1:15 - 3:15pm  
 Pinochle 1:15pm - 3:15pm  
**Tax Preparation** 1:30 - 3:30pm  
**SVSC Board Meeting** 3:30pm

6

**Beg/Int Line Dance** 9am - 10am  
**Stretch & Condition** 10am - 11am  
**Art of Sketching** 10am - 11:30pm  
**Zentangles Art** 11:30am - 12:30pm  
**Potluck Friday Lunch** 12:30pm - 2pm

*Deadline for Muncheon Movie*

9

Yoga 8:45am - 9:45am  
**Stretch&Condition** 10am-11am  
**Coffee & Conversation** 10:30am - 12pm  
 Health News 11am - 12pm  
**Blood Pressure Checks** 11:45am - 12:15pm  
 Bridge 12:15pm - 3pm  
 Scrabble 1pm - 3pm  
 Chess 1pm - 3pm  
 Canasta 1pm - 3pm  
 Mahjong 1pm - 3pm  
 Zumba Friends 6pm - 7pm

10

Zumba 9am - 10am  
**Writing Class** 10am - 12pm  
 Muncheon Movie 12pm  
  
*Deadline for St. Patrick's Dinner*

11

**Meals on Wheels Lunch** 11:30am - 12pm  
**Bingo** 1pm - 3pm  
  
**Technology Open Session** 2:30pm - 4pm

12

Watercolor 9am - 12pm  
 Zumba 9:30am - 10:30am  
 Yoga 10:45am - 11:45am  
**Beginning Ukulele** 12pm - 1pm  
 Bunko 1:15pm - 3:15pm  
 Cribbage 1:15pm - 3:15pm  
 Poker 1:15pm - 3:15pm  
 Pinochle 1:15pm - 3:15pm  
**Tax Preparation** 1:30 - 3:30pm



13

**Beg/Int Line Dance** 9am - 10am  
**Stretch & Cond** 10am - 11am  
**Art of Sketching** 10am-11:30pm  
**Zentangles Art** 11:30am - 12:30pm  
**St. Patrick's Day Dinner** 5pm-7pm



16

Yoga 8:45am - 9:45am  
**Stretch & Condition** 10am - 11am  
**Latest Health News** 11am - 12pm  
**Blood Pressure Checks** 11:45am - 12:15pm  
 Bridge 12:15pm - 3pm  
 Scrabble 1pm - 3pm  
 Chess 1pm - 3pm  
 Canasta 1pm - 3pm  
 Mahjong 1pm - 3pm  
 Zumba Friends 6pm - 7pm

17

Zumba 9am - 10am  
**Writing Class** 10am - 12pm  
 Muncheon Movie 12pm  
**Beg/Int Line Dance** 12am - 1pm  
  
 Home Arts 2pm - 9pm  
**St. Patrick's Day**

18

**Meals on Wheels Lunch** 11:30am - 12pm  
  
**Bingo** 1pm - 3pm  
**Technology Open Session** 2:30pm - 4pm

19

Watercolor 9am - 12pm  
 Zumba 9:30am - 10:30am  
 Yoga 10:45am - 11:45am  
**Beginning Ukulele** 12pm - 1pm  
  
**Cribbage** 1:15pm - 3:15pm  
 Poker 1:15pm - 3:15pm  
 Pinochle 1:15pm - 3:15pm  
**Tax Preparation** 1:30 - 3:30pm

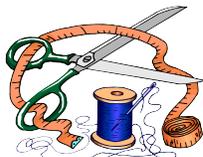
20

**Beg/Int Line Dance** 9am - 10am  
**Stretch & Condition** 10am - 11am  
**Art of Sketching** 10am - 11:30pm  
**Book Worms** 1pm - 2:30pm  
**Zentangles Art** 11:30am - 12:30pm  
 **First Day of Spring**

23

Yoga 8:45am - 9:45am  
**Stretch & Condition** 10am - 11am  
**Latest Health News** 11am - 12pm  
**Blood Pressure Checks** 11:45am - 12:15pm  
 Bridge 12:15pm - 3pm  
 Scrabble 1pm - 3pm  
 Chess 1pm - 3pm  
 Canasta 1pm - 3pm  
 Mahjong 1pm - 3pm  
 Zumba Friends 6pm - 7pm

24

Zumba 9am - 10am  
**Writing Class** 10am - 12pm  
**Beg/Int Line Dance** 12am - 1pm  
 Home Arts 2pm - 9pm  


25

**Meals on Wheels Lunch** 11:30am - 12pm  
**Bingo** 1pm - 3pm  
**Technology Open Session** 2:30pm - 4pm  


26

Watercolor 9am - 12pm  
 Zumba 9:30am - 10:30am  
 Yoga 10:45am - 11:45am  
**Beginning Ukulele** 12pm - 1pm  
**Armchair Topics** 1pm - 2pm  
**Birthday Cake Celebration** 2pm - 3pm  
**Cribbage** 1:15pm - 3:15pm  
 Poker 1:15pm - 3:15pm  
 Pinochle 1:15pm - 3:15pm  
**Tax Preparation** 1:30 - 3:30pm

27

**Admin Day**  
**Center is CLOSED**  


28 **Spring Pancake Breakfast** 8am - 12  
 \$7 adults  
 \$3 under 10  


3/8 Set Clocks forward 1 hour

## The Most Important Money Conversation You're Not Having

When Rosemary died two years ago at the age of 84, her family was stunned. She led an active lifestyle and showed no signs of slowing down before passing away in her sleep.

Although she was a mother to seven sons, none of them knew what to do with her estate. "I was planning on having this conversation with my mother about her estate planning, making sure that the lawyer was on board and that all of her accounts were up to date, but she died suddenly," said one of her sons, Thomas, 50, who lives in Chicago, Illinois where his mother also lived.

After discovering that their mother's lawyer was no longer practicing and her will had not been updated in six years, the family had no idea where to begin. While mourning their mother, Thomas and his siblings scrambled to find any documents that could shed light on her financial situation. It took a week to find her wallet, months to track down all of her IRAs, and more than a year to close all her bank accounts.

While death and estate planning can be a sensitive topic for families to broach, not having a plan in place can become an even bigger regret.

"It's about making sure whatever you own goes where you want it to go in the most efficient way possible with the minimal amount of stress on the family".

To get started, here are three essential financial documents you need to prepare an estate plan.

### An updated will or trust

The main difference between a will and a trust is that a will goes through probate, a formal legal process, to distribute your assets to those you name in your will. This process can be time-consuming and costly to your loved ones.

A trust, on the other hand, avoids probate, providing more privacy during the process of distributing your property. Trusts can cost more to set up, and you'll still need a "pour over" will prepared as a safety net to catch any assets that may not get transferred to your trust. It would have to go through probate to administer any property not held in the trust. At the end of probate, the property gets "poured over" into the trust.

### Durable power of attorney for property

This document gives someone authority over your financial affairs in the event that you're hospitalized, disabled or incapacitated. But it's only in effect while you're alive. When you die, the power of attorney dies with you.

Who is the best person for this? Most attorneys recommend you appoint a close family member you can trust who is good with handling money.



When it comes to appointing someone to handle your medical directive – who would make medical decisions for you if you're unable to communicate on your own – you may want to choose someone else in your family who you think can manage this aspect of your care.

### Updated beneficiary forms on everything you own

In most cases, beneficiary forms for accounts including your 401(k) plan or IRA will override your will, so it's important to take the time to update these forms when you've experienced a major life change such as a birth, death, marriage or divorce. If you can't find the form, simply fill out a new one and print out a hard copy for your files. Certified estate planners recommend checking your forms at least once a year.

**Related:** [Man's mistake cost his children \\$400,000 of an IRA inheritance](#)

Two years later, Rosemary's family are still missing some pieces to their mother's financial puzzle, including a safety deposit box they cannot find with savings bonds and family heirlooms. Without a lawyer in the family, Thomas says it would've been too costly to navigate the complicated process on their own.

While you can buy a basic estate planning package online, it's always a good idea to have a professional make sure your forms, directives, and trusts are correctly executed. If you're hiring a professional to walk you through the entire process, you can expect to spend anywhere from \$2500 to \$5000.

**Related:** [7 money mistakes you should avoid in your 60s](#)

No matter how uncomfortable the conversation might be, it's among the most important ones you can have to spare your loved ones from unnecessary inconvenience while they grieve.

"As your circumstances change, your estate plan needs to grow and adapt as well," says an attorney. "But the most important thing is to communicate and start somewhere."



*Article excerpted from the internet.  
I found this so interesting,  
I had to share it with you.  
Ferd Bergholz*

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# Special Thoughts

## Sunshine Note



Thinking of You,  
We Miss You ~

Connie Adkins, Marilyn Ely, Charlotte Hagopian, Nancy Haver, Maire Mullen, Don Reynolds, Jane Tremayne & Twyla Van Pykeren

## January B-Day Celebrations



## Gone But Not Forgotten

### Mark Alanson Edwards

April 20th, 1943 ~ February 13th, 2015



A participant of the Meals on Wheels Program and Bingo at the center until recent months, Mark passed away on the morning of Friday the 13th - which we can safely say, he would have found quite humorous!

Born in Quincy, Illinois - at age four in 1947, Mark journeyed to California with his family. They moved to Scotts Valley in 1959 and he

graduated from Santa Cruz High School in 1961. Mark was a Vietnam Veteran. During the war he was a photographer's mate aboard the flagship of the 7th Fleet, the aircraft carrier USS Enterprise. He took photos of Lyndon B. Johnson, Chiang Kai-shek, Bob Hope, and a whole slew of celebrities, military officers and politicians when they were aboard the ship. He also analyzed photos of bombing runs to identify targets hit. Photography was never a hobby before or after the service, the Navy just discovered Mark had the eye for it!!!

Mark lived in Los Angeles for many years working many different jobs. This included security at both the ABC-TV Center and the Sunset/Gower Studios which had been the old Columbia Studios. He moved back to Scotts Valley after the Rodney King Riots in 1992 to be a care-giver for his parents until they both passed.

Mark was a character and a very unique personality. You all knew him, either by his name or not; the hatted, straggly haired, bearded one gathering cans in the copper

colored '79 Olds, was always with a smile and in good humor.

The whole community rallied around Mark when he had his first, much less severe stroke in 2009 and cleaned up his home. This last one took him down. Special thanks to Don and Brenda Lahood, Eugene and Dene Bustichi, and many, many more community members who helped him out and most especially Renee Olsen who deserves special recognition in bringing caring and joy to Mark's last years.

Mark was predeceased by both parents, Stanley and Thelma Edwards, who ran fabric shop in Scotts Valley out of their garage for many years. He is survived by one brother, Paul Edwards of Bokeelia, Fla., and one sister, Julie Schwab, of Cary, N.C. and a slew of nephews and nieces ~ Rest in Peace Mark

## Welcome New Members

Joan Cunningham, Connie Denault, Linda Fabry, Fran Fox, Carole Harris, Douglas Herda, Rosemary Herda, Pam Johnson, Deede Landers, Janice Matthews, Bernice Rendrick, Tia Ross, Kiyo Schaffer, Beverly Sollars, Diane Stover, Marilyn Vaughn & Elizabeth Whetstone

### 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)



## In Loving Memory of my Wife Fran and my Mother Theresa Bergholz

If you see our Board President, Ferd Bergholz, be sure to thank him for so generously donating this beautiful bench to go with our new and accessible marquee boards in the front of the center. As you can see, it is a loving memorial to the two most important ladies in his life, his beautiful wife, Fran and his lovely mother, Theresa.



**Thank You Ferd!!!**

## Thank You for Your Generous Donations!

**Sue Kerr** ~ Sweetener for the kitchen

**Gilbert Simmons** ~ Portable BBQ grill

**MaryLynne Hollmann** ~ CD Music System

We thank member, **Pat Minton-Bont** for arranging to have our center's vacuum fixed and serviced by local sewing machine and vacuum specialist, Doc Stitches. And, **THANK YOU Doc Stitches** for supporting the center for donating your services to our center. It is very much appreciated!

## Sponsor Update

We give a HUGE thank you to the **SV Host Lions Club for donating \$100 for the Bingo Board Replacement Fund!!!**

Let's help them by collecting all the pull tabs on soda cans for their on-going charity drive. Bring them in to Marlene who will pass them on to the club. And don't forget, the **Lions 45th Annual Crab Cioppino Feed/Dance** on Saturday March 7th from 6pm to Midnight at the C.P.D E.S. Hall in Santa Cruz. Call Harvey or Irene Bustichi at 438-1848. For tickets, contact Steve/Sandy at (831) 438-2678 or email [pdgsteve@sbcglobal.net](mailto:pdgsteve@sbcglobal.net)



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## 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.

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)  
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Scotts Valley Senior Center

## 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](mailto: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



Editor: Becca Mosley

Center closed EVERY 4th Friday of the month for ADMINISTRATION DAY: 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



**March 8th Set Clocks forward 1 hour**