



# Scotts Valley Senior Center



## June Dinner

### “Around the World in 80 Minutes”



Friday, June 19th

5pm - 7pm

Scotts Valley Senior Center

Pre-paid Event Only

\$13 members/ \$15 non-members

Sign up deadline is June 15th

This title says it all... We will start out our journey from London, England for a global feast of food and entertainment as we make our way around the world!

## Coordinator's Message



It is once again, that time of year, when **YOUR ANNUAL MEMBERSHIP FEE IS DUE**. Yes, I know it is hard to believe that July 1st is almost here but there you have it, you're your **DUES ARE DUE!!!** We do not send out invoices in the mail. This is your notice

The sum of \$20 per year is a small sum to pay to bring you entertainment, resources and support. It allows you to

enjoy discounted classes and activities, a monthly newsletter full of interesting “stuff” and an opportunity to meet people and make new friends! So please, renew your membership today either by mailing in a cheque or stopping by the center.

If you send it in by mail, please remember to also include any changes in information for example, new telephone numbers, email addresses, area(s) of interest to volunteer and your availability....if you stop by in person, please make the time to spend a couple of minutes with the receptionist to make sure all your information is up to date. Please do **YOUR** bit to help my team and I complete the Membership Drive in a timely manner and to keep our records current.

We had our first ever beautification day thanks to Modern Woodman of America. This small but dedicated group of volunteers rallied their forces under the leadership of Steve Hoversten, to refresh the center's external appearance. In spite of getting off to a rocky start (a last minute scheduling conflict meant not everyone was able to make the new day and time), MWA with the help of two Four-H members, Katelyn Praly and Rachel Shupe, and our own members, Connie Adkins, Suki Marin and Donna Silvia, still managed to clean gutters, wash away grime, weed, paint, pot plants, shovel rock, spread mulch and haul trash.



## June 2015 Newsletter

MWA of America arranged for a generous \$300 donation from Orchard Supply Hardware through the help of store manager, Rod Heisler. In addition, MWA also donated another \$100 from their own coffers. MWA member, Brenda Tealer, and I were at OSH for several hours planning and spending that money!!!

Thank You Donna Silvia, for standing in for me at the eleventh hour on the “new” work day (as I had a prior commitment ), and ALSO for donating the cost of the materials for the eleven lovely colorful wooden pots that were made by retired Scotts Valley Fire Chief, Bruce Scott. Thank You Bruce for taking the time to support our center. Together with all the new plants, the refurbished deck is now a pleasant place to sit and pass time.

From ages 5 (Roslyn Hoversten), to 85+ years (Connie Adkins), this small band of workers worked hard and spruced up the center. On behalf of SVSC, I would also like to thank Kathy & Mike Hoversten, Michael Hoversten, Reina Hoversten, Peggy and Ray Livingston, Kristin Praly, Dennis Tealer and Peg Williams.

Very shortly we will be saying goodbye to Gabriela Marcondes as she returns to her homeland of Brazil. For the past three months, this recent high school graduate has been volunteering at the center during her vacation. It has been a joy having her on board. Thank you Gabriela! While we say goodbye to Gabriela, we welcome Chiara Carbone, grand-daughter of Bob and Lois Rossini. Chiara, a Cabrillo student, will be spending the summer volunteering with us, assisting in various areas of the center!

Finally, for those of you who have been asking for a repeat of the “Ports O'Call” Dinner we put on two years ago, the wait is over!!! We will be bringing you “Around the World in 80 Minutes” Dinner on Friday June 19th – sign up now. NO signups will be taken after Tuesday June 16th – don't miss out!

Until next time ~ *Darshana Croskrey*

## “Sowing the Seeds of Kindness”

Thank You Kristin Ard and Amy Chubb for arranging for a mothers' group with their children to offer their services to the center. The group, known as the Gateway Bible Experience , pick a different verse every week and use it to outreach into the community with their children, ages birth to 14 years. Their theme for us was “Sowing the Seeds of Kindness”. The group helped to create the flower baskets that will adorn the center's gazebo, after which they completed some weeding.

# Happenings at the Center

## Join Hands Day at the Center

Local philanthropic group, **Modern Woodman of America**, once again chose SVSC to be the recipient of their generosity, this time donating their time, talent and treasure to a work day to clean up and beautify the center. In spite of an eleventh hour turmoil to change the date of the event due to the double booking of the center, they pulled it off brilliantly.

Teaming up with MWA members, SVSC members and Orchard Supply Hardware, the center looks fresh and clean and the deck is so inviting.

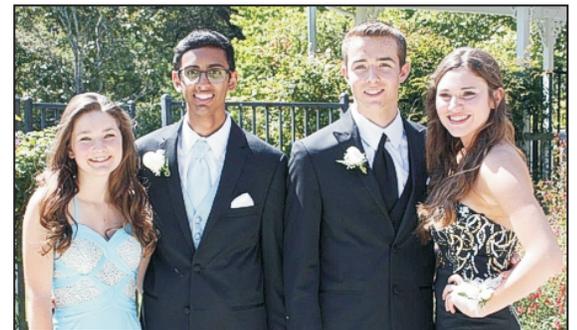


***Thank You to all our wonderful volunteers!***

## Men in Black

So proud of these two handsome guys seen here with their dates on SVHS 2015 Prom Night. It seems like yesterday that **Ayan** came to see me about wanting to volunteer to work with seniors on their computer skills. That was four years ago! He has shown great commitment to the center. Barring exam schedules and family vacations, he has been here every Wednesday during that time.

Last year, Ayan was able to bring his friend, **Josh** on board. Our members have come to rely on the two of them and their simple and patient explanations on Wednesday afternoons for all things technological. Indeed, so have Sue Kerr and myself (and we are wondering how we will manage without them)! The boys will be graduating in just a few days and although we will be losing Ayan to Cal Poly, Josh said he will continue at the center as long as his Cabrillo College schedule will allow and for this we are most grateful.



On behalf of the Scotts Valley Senior Center, I thank them for their dedication. **We send them on their way with our many blessings and good wishes as they move forward on their new paths and adventures in LIFE!**

# 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>Jun 3rd</b>	:	<b>June 10th</b>	:	<b>June 17th</b>	:	<b>June 24th</b>
Tuna Salad Sandwich	:	Roast Chicken	:	Split Pea Soup	:	Turkey Grape Salad
Potato Soup	:	Mashed Potatoes/Gravy	:	Spinach Salad	:	Barley Soup
Carrot Raisin Salad	:	Carrots	:	Bread & Butter	:	Romaine Salad
Apricot Jello Mold	:	Cornbread	:	Oatmeal Raisin Cookie	:	Bread & Butter
Milk	:	Strawberries	:	Milk	:	Cantaloupe
	:	Milk	:		:	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:** June 5th, (Every 1st Friday of the month)

**Time:** 12:30pm to 2pm

**Cost:** \$2.00 and a potluck dish to share



We need volunteers to step forward to help in various areas of the center's activities and functions. Somewhere in the following...kitchen, boutique, craft faire, flea market, pancake breakfast, driving, entertainment, advertising, special skills, decorating, instructing, fundraising, gardening... there is a place for anyone who would like to donate their time and become a part of our family of volunteers.

Make an appointment to see Darshana and she will find a niche or two that will suit you best, 831-438-8666.



### 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:** June 8th (on-going every 2nd Monday of the month)

**Time:** 10:30am to 12:00pm **Cost:** Free

### Donation Par Excellence from Scotts Valley's Diva Fundraiser Extraordinaire

Once again, SVSC has been the beneficiary of someone's largess and this time it is from **Diane Bianconi**. She is someone who has been part and parcel of Scotts Valley, Santa Cruz and Santa Cruz County, involved in so many roles. She and her love, Albert, are moving to Reno.

Diane has enough "new stuff and good stuff" to donate to all the organizations and charities that she is affiliated to, and then with some to spare! In downsizing her beautiful, enormous Monteville home with its additional 600' storage room, we have made several trips to pick up our treasures. Her generosity means we will be well set for our annual fundraiser, the New York New Year's Eve Celebration and our boutique will soon have a much needed added boost to its inventory.

Thank YOU Diane and Albert for including our center as a beneficiary of some wonderful products.

**Good luck on your new adventures!**



### Come to the

# FLEA MARKET



**Saturday, June 6th ~ 8am to 2pm**  
**Saturday, August 1st ~ 8am to 2pm**

**Chairperson: Terri Ritchie**  
**Call for more information: 831.818.3107**

**Flea Market Booth Prices:**  
**\$15 for one spot or \$25 for two spots**

This is a difficult subject for me to write about, but this article has done a Very Good Job. As most of you know this is very close to my heart because my wife, Fran, suffered exactly as this article is written.

By Lisa Rapaport

(Reuters Health) - While memory loss is thought to be a classical first sign of Alzheimer's disease, some middle-aged people and younger seniors may initially experience different cognitive problems such as trouble with language or problem solving, a large U.S. study suggests.

Researchers reviewed data on early symptoms for almost 8,000 Alzheimer's patients and found one in four people under age 60 had a chief complaint unrelated to memory, though memory was by far still the most common problem overall.

"Non-memory first cognitive symptoms were more common in younger Alzheimer's disease patients," lead study author Josephine Barnes, a researcher at the National Hospital for Neurology and Neurosurgery in London, said by email. "Tests which explore and investigate these non-memory cognitive problems should be used so that non-memory deficits are not overlooked."

Alzheimer's is a brain disorder that gradually destroys memory and thinking skills and eventually leaves people unable to carry out simple tasks like dressing or eating. The disease is the most common cause of dementia among older adults, and afflicts more than 5 million Americans, according to the National Institutes of Health.

Inside the brain, Alzheimer's is associated with abnormal clumps known as amyloid plaques and tangled bundles of fibers, often called tau or tangles. Scientists suspect that the damage begins in the hippocampus, a region of the brain involved in memory.

Barnes and colleagues reviewed neurological test results from a large U.S. database of Alzheimer's patients to see whether the early symptoms people reported differed by age.

On average, patients were 75 years old when they first sought treatment for Alzheimer's, though they ranged in age from 36 to 110. Most of them had mild to moderate dementia.

Among the patients who reported cognitive difficulties as their first symptoms, the proportion citing something other than memory shrank with increasing age. One in five patients in their 60s cited difficulties unrelated to memory, but this dropped to one in 10 for people in their 70s.

Because Alzheimer's can only be definitively diagnosed after death by looking for tangles and plaque on the brain during an autopsy, this study like others exploring the disease runs the risk of including at least some patients who don't actually have the condition, the authors acknowledge in the journal *Alzheimer's and Dementia*.

In addition, it's possible that because the study drew patients from academic medical centers, it lured more complex cases and might not be representative of a typical Alzheimer's patient, the authors note.

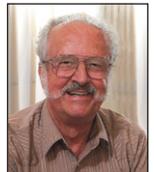
Understanding how Alzheimer's symptoms might surface in younger patients is crucial for diagnosing them sooner and starting treatment at a point when it can do the most good, said Dr. Andrew Budson, chief of cognitive and behavioral neurology at the VA Boston Healthcare System and a neurology professor at Boston University.

The best available medicine for the disease can only turn back the clock, reversing symptoms enough to give patients the same abilities they had up to a year earlier, Budson said.

"You can't slow the clock down, you can just reset it," Budson said. "It is much better to dial it back to repeat a year in your 60s than in your 80s."

SOURCE: <http://bit.ly/1INu4Y1>  
*Alzheimer's and Dementia*,  
online April 24, 2015.

Ferd Bergholz



## Your Cooperation is Required... Seniors Needs Assessment Survey is on its Way

The Seniors Council receives federal and state funding for senior programs within the county. Every four years, there is a needs assessment done through surveys completed by as many seniors as possible in the community. This is an important opportunity to help those in charge of planning services, that YOUR NEEDS may be met. The final product will raise awareness about new and emerging needs of seniors and act as a vehicle to advocate for more funding for senior programs.

Even if you are fortunate enough not to have need of services due to good health or good circumstances, please consider filling out the survey. Life changes in a blink of an eye. This survey allows you to proactive regarding aging issues. We all want a say in our futures!

The AAA has combined forces with the Seniors Council to help get as many surveys completed as possible.

- You may **stop by** and fill one out or
- You may go on-line to [www.seniorscouncil.org](http://www.seniorscouncil.org) or
- You may join us for **Armchair Topics on Thursday June 25 at 1:15pm** for an informal discussion on the topic of seniors' needs and complete a survey during the gathering. Light refreshment will be served.

**The project closes June 30th and we will be turning in all completed surveys on June 29th.**

**This is for YOU, this affects YOU!**



## Three Cheers for SV Public Works!

Thank You to Scotts Valley Maintenance Crew, Frank and Rene for painting our kitchen. It feels so nice and fresh and we look forward to August when they will tackle the pantry. Here is Frank removing the old bingo cage off the premises!



# Activities and Information

## Movement

### 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.



#### Find a time to suit you:

**Dates:** Monday - 8:45am Thursday - 10:45am  
**Cost:** Members \$3.00 Non-Members \$5.00

### 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

### 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

With old favorite sounds, some latest hits, and a few global tunes thrown in for good measure, this lively class is for beginner to intermediate level. Join us for some toe-tapping fun. Tamima and the members look forward to meeting you.

### \*\*\* Line Dance with a Twist\*\*\*

It is THAT time of year once more; last year Zumba, this year Line Dance....

Join instructor, Tamima Schwartz as she leads teacher, Wendy Harrison and her Special Needs students from the County Office of Education into some fun moves! We would like to have some of our seniors join in this intergenerational activity. Light refreshments will be served.

**Day:** Tuesday June 2nd  
**Time:** 11am to 12pm  
**Cost:** Free



## LEARN CPR

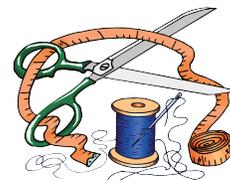
You Can Do It!

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

## The Arts

### 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

### WRITING CLASS

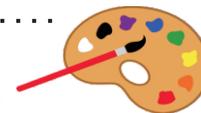
**Day:** Tuesdays  
**Time:** 10am to 12pm  
**Cost:** Members \$5.00 Non-Members \$6.00



Seniors ~ Do you ever look at your life and think "Perhaps I should write a memoir?" We all have stories to tell and if they aren't written down, they will be gone forever! There's no such thing as a un-interesting life...it becomes interesting, even extraordinary when you write it down and share it with others. Stories told from person to person are as old as we are. Join this interactive, fun class, it only takes a pen or pencil...and a willingness to learn, appreciate your voice...write and listen... Call 831.439.0616 for more information

### 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 AND MIXED MEDIA ART

This fun, fun class is waiting for you! Come and give it a go!!!

**Date:** Fridays (Except for 4th Friday)  
**Time:** 11:15am to 12:45pm  
**Instructor:** Angie Wisdom  
**Cost:** \$3 members/\$5 non-members



# Special Events

## Armchair Topics and Birthday Celebrations



**Date:** Thursday, June 25th  
**Time:** 1:15pm - 2:15pm

Join us for **Armchair Topics** for an informal discussion on the topic of seniors' needs and complete a survey during the gathering. Light refreshment will be served.

**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.

## June Muncheon "No Movie" Day



PRE-PAID EVENT ONLY

**Date:** Tuesday, June 9th  
**Time:** Noon  
**Cost:** Members \$5 / Non-Members \$6  
**Lunch:** Tilapia Piccata, Strawberry Salad and a yummy dessert.

**Sign up by close of day  
 Friday, June 5th.**



## 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 one way or \$4.00 round trip  
 Travel outside Scotts Valley: \$7 one way or \$8.00 round trip  
 Van Donation price allows a total of two stops.  
 Each additional stop is \$.50



**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.**

Rudolph Guttebo	1	Karen	2	Sylvia Brown	2
Karen McNicoll	2	Margaret Serena	2	Nick Karo	3
Jean C. Brewster	4	Caroline Elam	4	Marilee Gregory	4
Bonnie Palmer	4	Gene Berry	6	Rick Carter	6
Patricia Castagnolia	6	Cynthia Dzendzel	6	Patti Fickett	7
Dave Hodgkin	8	June Fuge	10	Carmen Mulholand	11
Kenneth Bont	12	Lynn Hawkinson	13	Ronayne Fields	14
Madeleine Finn	14	Lyn O'Niel	14	Beverly Davis	15
Ed Hillman	15	Larry Tawil	15	Larry Bidinian	17
Alma Black	17	Franny Angleson	18	Bill Kieffer	18
Gloria Blyth	19	Janice Coney	19	Fred Chin	20
Marilyn Ely	20	Deede Landers	20	Donald Pedersen	20
Diana Adams	22	Linda Alsbury	22	Bonnie Bailey	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

## 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>	Susan Taylor	\$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

# June Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
<b>1</b> Yoga 8:45am - 9:45am Stretch&Condition 10am-11am Bridge 12:15pm - 3pm Scrabble 1pm - 3pm Chess 1pm - 3pm Canasta 1pm - 3pm Mahjong 1pm - 3pm Zumba Friends 6pm - 7pm	<b>2</b> Zumba 9am - 10am Writing Class 10am - 12pm Beg/Int Line Dance 12am - 1pm  Home Arts 2pm - 9pm	<b>3</b> Meals on Wheels Lunch 11:30am - 12pm  Bingo 1pm - 3pm Technology Open Session 2:30pm - 4p	<b>4</b> 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 SVSC Board Meeting 3:30pm	<b>5</b> Beg/Int Line Dance 9am - 10am Stretch & Condition 10am - 11am Art of Sketching 10am - 11:30pm Zentangles & Mixed Media 11:30am - 12:30pm Potluck Friday Lunch 12:30pm - 2pm June Muncheon Day deadline
<b>8</b> Yoga 8:45am - 9:45am Stretch&Condition 10am-11am Coffee & Conversation 10:30am - 12pm Bridge 12:15pm - 3pm Scrabble 1pm - 3pm Chess 1pm - 3pm Canasta 1pm - 3pm Mahjong 1pm - 3pm Zumba Friends 6pm - 7pm	<b>9</b> Zumba 9am - 10am Writing Class 10am - 12pm June Muncheon "No Movie" Day 12pm Tilapia Piccata & Strawberry Salad 	<b>10</b> Meals on Wheels Lunch 11:30am - 12pm Bingo 1pm - 3pm  Technology Open Session 2:30pm - 4pm	<b>11</b> 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	<b>12</b> Beg/Int Line Dance 9am - 10am Stretch & Condition 10am - 11am Art of Sketching 10am - 11:30pm Zentangles & Mixed Media 11:30am - 12:30pm
<b>15</b> Yoga 8:45am - 9:45am Stretch & Condition 10am - 11am Bridge 12:15pm - 3pm Scrabble 1pm - 3pm Chess 1pm - 3pm Canasta 1pm - 3pm Mahjong 1pm - 3pm Zumba Friends 6pm - 7pm June Dinner Deadline	<b>16</b> Zumba 9am - 10am  Writing Class 10am - 12pm Beg/Int Line Dance 12am - 1pm Home Arts 2pm - 9pm	<b>17</b> Meals on Wheels Lunch 11:30am - 12pm Bingo 1pm - 3pm Technology Open Session 2:30pm - 4pm 	<b>18</b> 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	<b>19</b> Beg/Int Line Dance 9am - 10am Stretch & Condition 10am - 11am Art of Sketching 10am - 11:30pm Book Worms 1pm - 2:30pm Zentangles & Mixed Media 11:30am - 12:30pm June Dinner "Around the World in 80 Minutes" 5pm-7pm
<b>22</b> Yoga 8:45am - 9:45am Stretch & Condition 10am - 11am Bridge 12:15pm - 3pm Scrabble 1pm - 3pm Chess 1pm - 3pm Canasta 1pm - 3pm Mahjong 1pm - 3pm Zumba Friends 6pm - 7pm	<b>23</b> Zumba 9am - 10am Writing Class 10am - 12pm Beg/Int Line Dance 12am - 1pm Home Arts 2pm - 9pm 	<b>24</b> Meals on Wheels Lunch 11:30am - 12pm  Bingo 1pm - 3pm Technology Open Session 2:30pm - 4p	<b>25</b> Watercolor 9am - 12pm Zumba 9:30am - 10:30am Yoga 10:45am - 11:45am Beginning Ukulele 12pm- 1pm Armchair Topics 1:15pm - 2:15pm Birthday Cake Celebration 2:15pm - 3pm Cribbage 1:15pm - 3:15pm Poker 1:15pm - 3:15pm Pinochle 1:15pm - 3:15pm	<b>26</b>  Administration Day Center is CLOSED
<b>29</b> Same Activities as May 22nd	<b>30</b> Same Activities as May 23rd	Please fill out your <b>Senior Survey</b> , see page 4. Join us for <b>Armchair Topics</b> on <b>Thursday June 25 at 1:15pm</b> for an informal discussion on the topic of seniors' needs and complete a survey during the gathering. Light refreshment will be served. <b>The project closes June 30th and we will be turning in all completed surveys on June 29th.</b>		

# Activities and Information

## SVSC BOOK WORMS

Our May book, The Sweetness at the Bottom of the Pie, was well received. It scored 7 and 8 from our members. Speaking of members, we even have one member living in Wisconsin who joins us in our read and reports her opinions to us long distance. We are even considering having her join in the discussion by using Skype or Facetime! She will return to us in the Fall.



The group has started the conversation of another "field trip" in the near future. Ideas are being discussed. As soon as the plans have been formulated, we will publish them in the newsletter AND/OR post them on the events board at the center. Please note: We WILL NOT be reading Unbroken by Laura Hillenbrand in June. Instead, our books are as follows:

**June** A Fanny Flagg book of your choice  
**July** Call the Midwife by Jennifer Worth  
**Date:** Friday, June 19th (On-going every 3rd Friday of the month)  
**Time:** 1:00pm to 2:30pm  
**Cost:** \$2 Members/ \$3 Non-Members

## Our Sponsor Update

We had a win-win event for SVSC and Platinum Sponsor, Visiting Angels. Our Kitchen Chair partnered with their care-givers in cooking simple, tasty and nutritious meals for seniors. The training was very well-received by all the participants. Lori Luckenbach of Visiting Angels was thrilled with the outcome and looks forward to more opportunities to get involved with the center. Kudos Marlene Flannery, SVSC's Kitchen Queen!!!

Copper Sponsor, Kiwanis of the Valley, is gearing up to bring the free concert series, Music at Skypark to Scotts Valley for its 8th consecutive year! Proceeds benefit the SVUSD music program and we all know everything is better in life when the arts are a part of our community! Last Sunday of July, August and September at its new time of 2:30pm.

Congratulations Rosanna Herrera - owner of Platinum Sponsor Bruno's BBQ, she is the new President of the Scotts Valley Chamber of Commerce! She and her team of Chamber Ambassadors, together with the new Chamber Executive Director, Danny Reber, have some exciting events for planned for this year – more on that later!

## 2015 Major Events Calendar

<b>JUNE</b>	SVSC Board Meeting SVSC Flea Market Around the World in 80 Days Dinner Administration Day	6/4 6/6 6/19 6/26	3:30pm (open to all) 8am - 2pm 5pm Center Closed
<b>JULY</b>	MEMBERSHIP RENEWAL Volunteer Luncheon Independence Day Holiday "A Tuscan Summer" Dinner Administration Day	7/1 7/2 7/3 7/17 7/24	<b>DUE NOW!!!</b> 1pm (by invitation only) Center Closed 5pm Center Closed
<b>AUGUST</b>	SVSC Flea Market Tri-Tip Heaven Dinner Administration Day	8/1 8/14 8/28	8am - 2pm 5pm Center Closed
<b>SEPTEMBER</b>	Labor Day Holiday Grandparents Day Pancake Breakfast "Americana Hamburger Picnic" Dinner Administration Day	9/7 9/12 9/18 9/25	Center Closed 8am – Noon (Sunday) 5pm Center Closed
<b>OCTOBER</b>	SVSC Board Meeting Sponsor Appreciation Reception NO DINNER THIS MONTH Columbus Day Holiday SV City Council Presentation Administration Day	10/1 10/2 ----- 10/12 10/14 10/23	3:30pm (open to all) 5pm - 7pm (open to all) ----- Center Closed (Monday) 6pm Center Closed
<b>NOVEMBER</b>	Closed for week - Craft Faire Prep Veteran's Day Holiday Thanksgiving Potluck Thanksgiving Break	11/2–11/6 & 11/9 11/11 11/13 11/26 – 11/30	Center Closed (Monday–Friday) Center Closed (Wednesday) 1pm Center Closed
<b>DECEMBER</b>	Holiday Luncheon New Year's Eve Party Holiday Break	12/11 12/31 12/19 – 1/3/16	1pm 6pm - 9pm (Thursday) Center Closed (Re-open 1/4/16)

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

## Sunshine Note



### Thinking of You, We Miss You ~

Leatrice Bachan, Marian Broughton, Bill & Lee Brown, Beverly Martin, Becca Mosley, Sandy Payton, Patsy Rice, Terri Ritchie, Dorothy Seib & Millie Vogler

### Gone But Not Forgotten...

It is with much sadness that I share the news of the passing of two of our members.....

#### Donald Reynolds

March 20th 1921 ~ April 20th 2015

This gentle loving man leaves a huge hole in the hearts of fellow members, his wife, Evelyn Reynolds and his daughter, Sheila Wilke. Don and Evelyn recently celebrated their Diamond (70th) Anniversary. He leaves a void in the hearts of his two grandchildren and five great-grand children. Don took part in many activities at the center and will be missed by the many friends he made here, including all his Meals on Wheels buddies. Rest in Peace Don...



#### Edward Radcliffe

At the time of going to press, we received the sad news that Ed Radcliffe passed away unexpectedly a few days ago. We send our prayers to his wife, Missy for strength to endure the days ahead. Their son, Gene, has arrived and is taking care of making arrangements. We will post further information when it arrives on the bulletin board. Ed enjoyed his fellow bocce team players and exercise buddies and they too, will miss his presence. Rest in Peace Ed...



Please join me in sending our condolences to the wives, family members and many friends of Don and Ed...

## Thank You for You Generous Donations

- \$100 **Mindy Broughton** for Patio Furniture Fund in Honor of her Aunt Sandy Payton
- \$100 **MWA** for Patio Furniture Fund in Honor of Darshana Croskrey
- \$100 **MWA** Towards Join Hands Day Beautification Project
- \$300 **OSH Hardware Store**
- Creekside Storage** ~ Storage Box
- Kathy James** ~ Four new tea towels for the newly painted kitchen!
- Peter Maurer** ~ Two Chess Sets & Timer to the Chess Club, Authored two books, My Way & My Way II – Donated to the Center
- Ret. SV Fire** ~ Labor for the wooden planters for the deck
- Chief Bruce Scott / Donna Silvia** ~ Materials for the wooden planters for the deck
- Anonymous \$5, Anonymous \$3, Judy Gilchrist \$10, Marilee Gregory \$5, Betty Johansen \$5** ~ Sound System
- Marlyn Crook \$5, Marge Leland \$10** ~ Patio Furniture Fund
- Ace Scarborough** ~ Paint for Beautification Day

## Your Dues Are Due

By Fran Rosen

The Scotts Valley Senior Center is Yours  
The fun starts as you walk through the doors  
Dancing, discussions, games galore  
It's all that you would want and more

You can learn crafts, computers and iPADS too  
It's all here waiting just for you  
But.....whether you go fast or slow  
Keeping the center takes dough

And your dues are what pays the bills  
So we can keep on happening still  
So pay your dues and join the fun  
This call goes out to everyone



Go slow or go fast  
It's as you choose  
There's so much to gain  
And nothing to lose



Writing and dinners, and Meals on Wheels  
Bingo and Bunko and Boutique deals  
Movies and Laughter and Companionship  
Renew your membership ~ Show that you're hip!

## Welcome New Members

Marian Disparati, Bonnie Estrada, Carol Hotchkiss, Lisa Jenkins, Phyllis Weber & Claudia Williams

### 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)

## 10-Day Mahjong Cruise to Mexico

(Round Trip from San Francisco)



**Grand Princess**



**Leave: January 9, 2016**



**Return: January 19, 2016**

Fares starting from \$999 per person +  
\$156pp taxes, fees and port charges

**Everyone is Welcome!**

See or call Darshana for more details 831.438.8666.



### 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.

# Platinum Business Sponsors



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## Scotts Valley Property Management

### Jeanne Shada, CCAM

Real Estate Broker  
 DRE #00606749

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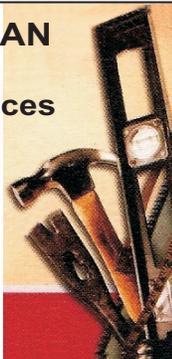
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President

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Fax: (831) 438-2378

Cell: (831) 212-1578

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

## Please Support Our Wonderful Business Sponsors



## 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)  
[www.myscottsvalley.com](http://www.myscottsvalley.com) and [www.facebook.com/MyScottsValley](http://www.facebook.com/MyScottsValley)



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: 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