



Scotts Valley Senior Center



"A Tuscan Summer"

Chicken Piccata, Tuscan Salad, Mushroom Risotto, Green Beans Almondine & Tiramisu

Friday, July 17th
5pm

Members \$12 / Non-Members \$15

Pre-Paid Event Only

Deadline to Signup and Pay is July 14th



Coordinator's Message



Summer is here with foggy mornings giving way to blue skies and warm sunshine! As is usual at this time, please accept this issue **AS YOUR SECOND REMINDER that your annual membership fee is due July 1st**. Thank You Margaret Serena for assisting me with this huge task. Please help us make the process smoother by paying promptly and also advising us of any updates

needed including any wishes to volunteer at the center (You may be LOL but I am serious)!!!

With regard to our **May Armchair Topic session**, I would like to thank member, Diane Cohen and my good friend, Hospice grief support volunteer, Deb Gissing, for stepping in on a moment's notice for our guest speaker, Shirley Supina. Shirley was struck down with the flu at the last minute. Our attendees would have been so disappointed if we would have had to cancel. They all found it beneficial ~ **YOU BOTH ROCK!!!**

We are so proud of our Poet Laureate, **Fran Rosen**. You will see pieces of her creative talent throughout this issue. Congrats Fran from all of us on placing in the City's poetry contest.

Thank You to EVERYONE who helped with the **"Around the World in 80 Days" Dinner**, and especially those who stepped up at the eleventh hour to keep things going when our poor Donna Silvia had a fall within an hour of the event. We hope that by the time this newsletter goes to press, you are well on the road to recovery.

A sincere Thank YOU goes to:

Chefs ~ Terry, Chef Owner of ABC Chinese, Adeeb, Chef Owner of Scotts Valley's newest restaurant, Café Hanna - Greek Cuisine, Darshana Croskrey, Rita Eiriksson, Marlene Flannery, Veronique Fossgreen, Geri Gibson, Bethany Grace, Diane Kessler, Sammy Khalil, Padma Rudraraju & Chi Cha Russo.

Décor ~ Donna Silvia, Lois Rossini & Chiara Carbone

Entertainers ~Maureen Ahrens, Chiara Carbone, Bethany Grace, Ed Hillman, Betty Johansen, Jack McKellar, Diane Kessler, Sandy Payton & Tamina Schwartz

Kitchen ~ Gerry Boyes, Marlene Flannery, Geri Gibson, Terri Lesniak, Carol Rogers & Chi-Cha Russo

Servers ~ Bethany Grace, Sandi Payton, Gerry Rieger, Bill Schraft & Tamina Schwartz

July 2015 Newsletter

Some Reminders:

- ☑ Remember to sign up with Terri Lesniak for a booth at the August Flea Market, 831-438-3013.
- ☑ Pay your dues so you can continue having fun with us!
- ☑ Don't forget the Annual General Membership Meeting on August 21st at 5pm.

It has been a very busy first six months of the year and the second half will prove to be the same. Please see me if you would like to volunteer. Thank you to our newest volunteer, Nancy Nichols, for signing up to care for the plants! Currently, we are in dire need of volunteer van drivers, as well as folks to assist Marlene in the kitchen and Donna Silvia on the decorating crew. With Gabriela gone, Meals on Wheels is looking for her replacement.

Have a Safe and Happy July 4th Celebration, Until Next Time ~ Darshana Croskrey



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



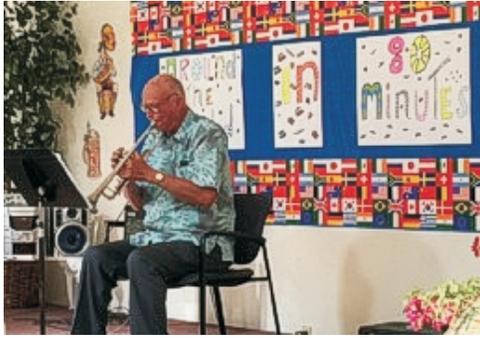
Go slow or go fast
It's as you choose
There's so much to gain
And nothing to lose



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!

Happenings at the Center

“Around the World in 80 Minutes” Dinner



**Thank you for coming!
And a big Thank You
to all our Volunteers!**

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.

July 1st	:	July 8th	:	July 15th	:	July 22nd	:	July 29th
Fiesta Mixed Vegetables	:	Crab Salad	:	Sweet & Sour Chicken	:	Vegetable Lasagna	:	Turkey Pot Roast
Mexican Rice	:	Garden Vegetable Soup	:	Sesame Green Beans	:	Caesar Salad	:	Roasted Red Potatoes
Green Salad	:	Green Salad	:	Napa Cabbage Salad	:	Zucchini	:	Green Salad
Fresh Fruit	:	Bread & Butter	:	w/Peanut Dressing	:	Garlic Bread	:	Bread & Butter
Milk	:	Mandarin Jello	:	Brown Rice	:	Banana	:	Banana
	:	Milk	:	Pineapple Chunks	:	Milk	:	Milk
	:		:	Almond Cookie	:		:	



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.



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.

Come to the

FLEA MARKET



Saturday, August 1st ~ 8am to 2pm

Chairperson: Terri Lesniak

Call for more information: 831.438.3013

Flea Market Booth Prices:

\$15 for one spot or \$25 for two spots

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: Cancelled - Center Closed first Friday
Time: 12:30pm to 2pm
Cost: \$2.00 and a potluck dish to share



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 Sharon Carson for more details 831.475.9012



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: July 13th (on-going every 2nd Monday of the month)
Time: 10:30am to 12:00pm **Cost:** Free

Scotts Valley Poetry Contest 2015

With pleasure we recognize member, **Fran Rosen**; she is 2nd Place Winner in this year's contest sponsored by **The Scotts Valley Arts Commission!**



Darshana was honored to be asked by Fran to read her poem at the last City Council meeting and to receive the award on Fran's behalf. We share the poem with you with a warning that it will make your heart pump faster.



Skating Down the Mountain

by Fran Rosen

*Around the corner, a block away
I'll venture to the top today*

*The second block is an upgrade
But I'm big, I'm 10 today*

*My roller skates are fastened tight
I waddle up with all my might*

*I finally get up to the crest
Atop the mountain, that's the best!*

*I turn and look at the street below
I know I've got to start off slow*

*And in the center I must ride
Or hit the cars on either side*

*I start off slowly as I wished
But gradually comes that swish*

*I feel it as I pick up speed
The exhilaration that I need*

*I'm flying down the mountain now
As fast as my courage will allow*

*I've come a mile from the top
But now, how will I ever stop?*

*I know that I should stop and turn
But that's a trick I haven't learned*

*I'm nearing the corner, cars will cross
How do I stop? I'm at a loss*

*I'm almost there at a dead heat
I'll use the cars to stop my feet*

*I touch each car as I go passed
I'm slowing down, at last, at last*

*I come to a stop, good luck does reign
I turn.....and start up that hill again*

15 Warning Signs You May Need to Hang Up Your Keys

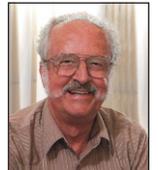


1. Feeling uncomfortable, nervous, or fearful while driving
2. Dents and scrapes on the car or on fences, mailboxes, garage doors, curbs etc.
3. Difficulty staying in the lane of travel
4. Getting lost
5. Trouble paying attention to signals, road signs and pavement markings
6. Slower response to unexpected situations
7. Medical conditions or medications that may be affecting your ability to handle the car safely
8. Frequent "close calls" (i.e. almost crashing)
9. Trouble judging gaps in traffics at intersections and on highway entrance/exit ramps
10. Other drivers honking at you and instances when you are angry at other drivers
11. Friends or relatives not wanting to ride with you
12. Difficulty seeing the sides of the road when looking straight ahead
13. Easily distracted or having a hard time concentrating while driving
14. Difficulty turning around to check over your shoulder while backing up or changing lanes
15. Frequent traffic tickets or warnings by traffic or law enforcement officers in the last year or two.

If you notice one or more of these warning signs you may want to have your driving assessed by a professional or attend a driver refresher class. You may also want to consult with your doctor if you are having unusual concentration or memory problems, or other physical symptoms that may be affecting your ability to drive.

This Article was published on the internet by AARP. Please use these as ideas about your own driving. It is summer and there are many more children on or streets, so **Please Drive Carefully**. We want you to come to our events without having any problems.

Ferd Bergholz



Bon Voyage Gabriela!

The Meals on Wheels crowd gave **Gabriela Marcones** a lovely send off as she heads across country to Miami before returning to Brazil and starting her new life as a university student. Gabriela was very touched and told everyone that her three months at the center were some of the best in her life!



Don't miss the next Flea Market August 1st



Activities and Information

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.

ZUMBA

The Zumbarnas and their tiny but mighty leader, Leatrice Bachan, want to invite you to join them for an invigorating hour of fun and laughter as you dance your way to good health. Latin plus global sounds, new sounds, old faves, fast beats and slow, this class is fully adaptable to suit YOUR fitness needs; Leatrice guides you every step of the way. Give it a go, you never know, Zumba may become your next addiction.



Mondays 6:00pm / Tuesdays 9:00am / Thursday 9:30am

Cost: Members \$3.00 Non-Members \$5.00

GAMES, Games and more Games....

For some fun and games the center's the place to be!

12:15pm Mondays ~ **Bridge** (intermediate/advanced)
1:00pm Mondays ~ **Canasta, Chess, Mahjong, Scrabble**
1:15pm Thursdays ~ **Bunko** (every 4th Thursday only),
Cribbage, Pinochle & Poker

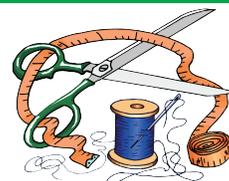
Come on down, don't be shy....

Cost: Members \$2.00 Non-Members \$3.00

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 Joanne Stewart at 831.439.0616 for more information.

POKER

Come on you poker players out there, Tessie and the Gang are waiting for you in the back room ~ be there on Thursday. We would be more than happy to teach you how to play the various games we play. The Poker Group hopes you will accept this invitation ~ Ruth



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

SVSC BOOK WORMS

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.



Our book for **July:** Call the Midwife by Jennifer Worth

Date: Friday, July 17th (On-going every 3rd Friday of the month)
Time: 1:00pm to 2:30pm
Cost: \$2 Members/ \$3 Non-Members

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

Special Events

Armchair Topic and Birthday Celebrations

“I was There When...”



Come and share your life experiences that coincide with some history's greatest or significant moments. They may be of serious, lighthearted, scientific, political, agricultural, unexpected, entertaining or “other” categories. This living historical recount may be of interest to your grandchildren or other young people in your lives so please feel free to invite them to attend. An added incentive may be the Birthday Cake Celebration that will follow the session!

Date: Thursday, July 30th
Time: 1:00pm - 2:00pm
Cost: Complimentary

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**.

Kent Rice	1	Betty Johansen	2	Mary Lynne	3
Virginia LeRoy	3	Bruce Eggleton	4	Terri Lesniak	4
Dede K. Beam	5	John W. Lambert	5	Gail Paynter	5
Susan Taylor	5	Webster Kneass II	6	Claudia Marshall	6
Ken Murphy	6	Genie Dee	7	Diane Griggs	8
Bonnie Vogt	9	Doug Marshall	10	Peggy Reiner	10
John Newman	11	Michael Phinn	11	Michele Noe	12
Gayle Hamilton	13	Heidi Jackson	13	Karyn Neth	14
Janet Collins	15	Mary Ann Leippe	15	Valerie Sims	15
Alyce Bond	16	Susan Kerr	17	Detra Heron	18
Johanna Mitrovich	18	Wilene Miller	20	Christina Anhorn	21
Carol Bell	21	Sonya Mullin	21	Charlda A. Behrens	22
Hugh Davidson	22	Mary Liang	22	Peggy Tartagliano	22
Joan Morton	23	Jeff Ustick	23	Pat O'Connor	25
Vic Ramirez	25	Maxine Richards	26	Marie Gilliland	27
Donna Edwards	28	Jane Melford	28	Jean Huffman	29
Meikam Weers	30	Twyla Van Pykeren	31		

July Muncheon “No Movie” Day

PRE-PAID EVENT ONLY

Hard to beat last month's Tilapia Piccata, Sides & Raspberry Pie, but... WE'RE GONNA DO IT!!! ~ IT'S A SURPRISE!!

Date: Tuesday, July 14th
Time: Noon
Cost: Members \$5 / Non-Members \$6

Sign up by close of day Friday, July 10th.

Lost and Found

Please check the Lost and Found. On July 15th it will all go to Goodwill!

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.

Activity Leaders

m = Members
n/m = Non-Members

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

July Calendar

Monday

Tuesday

Wednesday

Thursday

Friday



1
Meals on Wheels Lunch
 11:30am - 12pm

Bingo 1pm - 3pm
Technology Open Session
 2:30pm - 4pm

2
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
Volunteer Luncheon 1pm
 (by invitation only)

3
Independence Day Holiday
Center Closed


6
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

7
Zumba 9am - 10am

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

8
Meals on Wheels Lunch
 11:30am - 12pm
Bingo 1pm - 3pm

Technology Open Session 2:30pm - 4pm

9
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

10
Beg/Int Line Dance
 9am - 10am
Stretch & Condition
 10am - 11am
Art of Sketching
 10am - 11:30pm
Zentangles & Mixed Media
 11:30am - 12:30pm
July Muncheon Day deadline

13
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

14
Zumba 9am - 10am
Writing Class 10am - 12pm
July Muncheon "No Movie" Day 12pm
 Surprise Menu
July Dinner Deadline

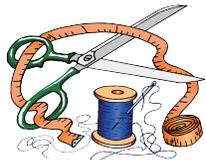
15
Meals on Wheels Lunch
 11:30am - 12pm
Bingo 1pm - 3pm
Technology Open Session 2:30pm - 4pm


16
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

17
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
"A Tuscan Summer" Dinner 5pm-7pm

20
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

21
Zumba 9am - 10am
Writing Class 10am - 12pm
Beg/Int Line Dance
 12am - 1pm
Home Arts 2pm - 9pm


22
Meals on Wheels Lunch
 11:30am - 12pm

Bingo 1pm - 3pm
Technology Open Session
 2:30pm - 4pm

23
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

24

Administration Day Center is CLOSED

27
Same Activities as July 20th

28
Same Activities as July 21st

29
Same Activities as July 22nd

30 **Same Activities as July 23rd**
Armchair Topics
 1:15pm - 2:15pm
Birthday Cake Celebration
 2:15pm - 3pm

31
Same Activities as July 17th

Activities and Information

Focus on the Written Word

Submitted by Darshana Patel-Croskrey

Instead of interviewing someone for the "Focus" article this month, I decided on sharing something a little different. This week, I learned that the members of the writing class had to write a piece about someone they know who "inspires" them....and I found myself privy to the following:



Inspiration ~ Jolinda Resa

"My friend, Fran Rosen, inspires me with her poetry. Each week I look forward to the glad, sad, inspiring poems. She brings alive her traditions and her life in New York. At times I find her poems calming and serene. Then she surprises us with her joyful wit and mischievous fun-filled poems. Always rhyming. She writes of days gone by or of her own family with so much love. I so admire her creative talent. I wish her well, and know that when they are published, all who read them will share my joy" ~ Jolinda Resa

Jolinda's piece gave me joy as I too, so admire Fran's poetry. Each and every piece Fran has written speaks to me in some way. Well...yes, you got it...when Fran heard that SHE was responsible for inspiring the above composition, Fran could do no less than to respond with....

Tribute ~ Fran Rosen

In writing group we all look back to tributes of the past
We write of people funny and sad of memories that did not last
When asked to write a memory of an impact we did see
Imagine my surprise and pleasure, to find the subject was me

Jolinda wrote a tribute of my verse and poetry
Of how it gave her pleasure to hear my poems read so fluidly

What joy it all has given me to know I affect another
Who anxiously awaits each week to hear what I will utter
The others also in my group have expressed this pleasure

At hearing of the memories some of which I treasure
To impact someone else's life as they have done to mine
Somehow makes my life more worthwhile and I feel my heart shine

So I hope dear members that you enjoyed Jolinda's and Fran's pieces and now feel inspired to put pen to paper as well. If you want to go one step further and want to join them, please do not hesitate to call Instructor, Joanne Stewart at 831.439.0616 for more information!

Some of us start new things on a very small scale so, in closing, I leave you with the following:

My Heart's Delight ~ Darshana

3 o'clock . 3 o'clock
It's almost in sight
For a fun afternoon
Of pinochle delight



2015 Major Events Calendar

JULY	MEMBERSHIP RENEWAL Volunteer Luncheon Independence Day Holiday "A Tuscan Summer" Dinner Administration Day	7/1 7/2 7/3 7/17 7/24	DUE NOW!!! 1pm (by invitation only) Center Closed 5pm Center Closed
AUGUST	SVSC Flea Market Annual General Meeting Tri-Tip Heaven Dinner Administration Day	8/1 8/21 8/21 8/28	8am - 2pm 5:00pm 5:15pm Center Closed
SEPTEMBER	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
OCTOBER	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
NOVEMBER	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
DECEMBER	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.**

Special Thoughts

Sunshine Note



Thinking of You, We Miss You ~

Connie Adkins, Lee & Bill Brown, Herb & Roxanne Gunderson, Peter Maurer, Becca Mosley, Donna Silvia, Pit & Pam Simmons and Millie Vogler

Milestone Celebrations

Ed and Millie Vogler



Thank You for You Generous Donations

Kay Amos ~ Four (4) Brand New Card Tables for The Center
Donna Silvia ~ \$40 ~ Patio Furniture Fund
Carolyn Fitz ~ Coffee Stirrers for the kitchen

WATER EXERCISE CLASS and RECREATION

Water exercise for all ages/Adaptive Water Therapy has started. We invite you all to join in this healthy and fun activity. There is an organized workout for the first hour. Lifeguards have equipment and suggested exercise information on hand. The second hour is free time for recreation or continued use of equipment. Motorized lift for easy entry and exit access to the pool. Constant 90 degree temperature.

Date: Fridays (through late Autumn)
Time: 11:30am to 1:30pm
Place: Siltanen Park
127 Vine Hill School Road
Cost: Punch cards are available ~
5 punches for \$25



Sign up at SV Parks and Recreation building now.

BOCCE BALL UPDATE/OPENINGS

The Spring Bocce Season has ended and we are just beginning the Summer League. We are a few players short on Tuesday, Wednesday and Thursday due to many of the regular players taking a leave of absence. If **YOU** are interested in learning, or playing, and have free time any of these mornings, please fill out a registration form at the Recreation Office. The Summer League goes through August 14th and the games are played between 9 AM and 11:30 AM at the SkyPark Bocce Courts.

I am happy to answer any further questions. Please contact me at the number listed below.

Susan Taylor ~
Bocce Chairperson 831.461.9301



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



NOTICE ~ Annual General Meeting

This year's Annual General Meeting will take place on:

Date: Friday, August 21, 2015
Time: 5:00 pm

This meeting is open to the public. However, ONLY members in good standing may vote on any agenda items requiring a vote.

Immediately following the AGM, the center will proceed with its pre-paid "Tri-Tip Heaven" August Dinner that will, according to tradition, be prepared by our City Manager, Steve Ando and Public Works Director, Scott Hanby.



FUN FOR ALL!

It was a very special hour at the center when Wendy Harris and her special needs students came and learned some line dance moves from our instructor, Tamima, and some of our members ~ Thank You to all who participated and especially Tamima!

May Armchair Topics - Hospice Informational



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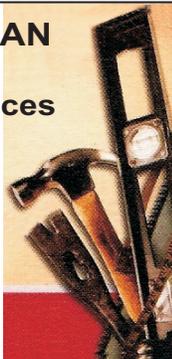
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Scotts Valley Senior Center Hours

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
Senior Center Website: www.scottsvally.org/parks/senior_center.html
www.myscottsvally.com and 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@scottsvally.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: 7/24, 8/28, 9/25, 10/23, 11/27, 12/25.



Scotts Valley Senior Center

370 Kings Village Road
Scotts Valley, CA 95066

