



Scotts Valley Senior Center



“Tri-Tip Heaven” Dinner

City Fathers Tri-Tip, Twice Baked Potato, Corn & Tomato Salad, Summer Squash & Pineapple Cake

Friday, August 21st ~ 5pm

Members \$14

Non-Members \$16

Pre-Paid Event ONLY

Deadline to Signup and Pay is August 18th.



Coordinator's Message



Hot and humid, it feels like we are living in Florida and not California doesn't it?? I hope you can sit with a long cold glass of lemonade and enjoy reading this August issue of our newsletter!

Reminders

❖ **Aug 1st ~ Flea Market** – Call Terri Lesniak for a booth space, tell your friends and neighbors about it, stop

by the kitchen for Marlene's Breakfast Casserole and other good stuff. Thank you to everyone who has dropped off nice things to sell for the center's booth run by Charlotte Hagoosian and Carol Rogers. Don't forget that The Boutique will be open too and Sue Kerr and Linda Carney will have some great deals for you too ☺

❖ **August 21st ~ FINAL DEADLINE to pay your 2015-2016 membership fee of \$20** - if you don't, NO more newsletters for you so will miss out on all the fun that takes place here at the center

❖ **August 21st ~ Annual General Meeting @ 5pm** ~ Everyone is welcome

❖ **August 21st ~ Tri-Tip Heaven Dinner** following AGM ~ and a delicious meal it is too, a much anticipated event every year – Thank You Fran Rosen for the poem reminder

Thank You

A HUMONGOUS Thank You to the following wonderful souls for helping me to put on the **Annual Volunteer Luncheon**:

From beginning to end, the roles each of you played made for a successful event which was thoroughly enjoyed by all of our guests.

❖ Chi-Cha Russo, thank you for coming out of retirement to cater the delicious food; Sue Vaughn, I think you can make those scones with your eyes closed and one hand tied behind your back from now on; and yours truly will NOT be making any more sausage rolls until Christmas!!!

❖ Julie O'Brien and Ray Saavedra carting all that china back and forth was A LOT of work; Anita Cocking, Anita Kurita, Kelly Cox, Lori Lindeki and Wendy Harrison, props for all the running back and forth; and Grant Horne, Matthew Sims-Johnson and Ross Vaughn, you young men were work horses and a delight to work with!

❖ Gerry Boyes, Carol Conta and Rosie Horne your work ethic and stamina was incredible; Jeanne Whiting, Thank You for offering to prepare all the favors and making them look so pretty; Peggy Lopez, your flowers added so much to the

August 2015 Newsletter

Tri-Tip Dinner

by
Fran
Rosen

It's time for the Tri-Tip Dinner
By our BBQ Kings, it's a winner
Steve and Scott will be a-waiting
Sign up now, no hesitating!
The sides are by Marlene and Crew
What wonderful goodies they plan for you
Friday the 21st at 5pm
Mark your calendars, see you then!!!

scene and Pearl Mendes, Thank YOU so much for your simply delightful Hula dancing and singing.

❖ Thank you to all volunteers for joining us and those who went the extra mile and came wearing their hats and last of all those great guys from Public Works for the set up and break down of tables and chairs and solving those pesky problems with sound equipment and Wifi!

Molto Bene ~ Grazie

The **Tuscan Summer Dinner** was a tremendous success with lots of new faces present. The food was out of this world - the chicken so tender, one could cut it with a plastic fork!! Once again, Marlene and her crew knocked it out of the ballpark!!! Congratulations to Nancy Amack for winning the lovely Italian Dinner basket and Thank You to Marlyn Crook and Fran Rosen for helping me to create our fun entertainment and Ferd Bergholz for keeping our libations flowing that night ☺

Houston, We Have Lift-Off...

It is finally happening... The new **bingo board** has been ordered!!! Thank You Ferd Bergholz and Kristin Ard for persevering in your efforts to find just the right sized one; Pam Simmons and Oak Tree Villa/Brookdale Living for organizing the first fundraiser to start the pot with \$551; everyone who was involved in helping with all subsequent fundraisers for example New York New Year's Eve and At the Hop to name just two of them and to everyone who made outright financial donations to raise all the additional funds!! It has been impressive to reach our goal after only one year with everyone's combined efforts – THANK YOU ☺

Another long-term project nicknamed “**Marlene's Patio**”, is about to break ground. It is the small patio and door access that will be located at the side of the stage by the kitchen. Work will commence in the next couple of weeks. We thank the SV Parks Advocates, Ferd Bergholz and Mayor Dene Bustichi for their combined efforts to make this possible ☺

As always, remember to stay cool and hydrated,
Until Next Time ~ *Darshana Croskrey*

Happenings at the Center



Annual Volunteer Luncheon



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.

August 5th	:	August 12th	:	August 19th	:	August 26th
Veggie Pizza	:	Lemon Chicken	:	Meatloaf	:	Baked Fish w/lemon
Broccoli	:	Cauliflower	:	Gravy	:	Sweet Potato
Spinach Salad	:	Bok Choy	:	Mash Potatoes	:	Coleslaw
Banana	:	Pearl Barley	:	Romaine Salad	:	Fruit Crisp
Milk	:	Fresh Fruit	:	Bread & Butter	:	Milk
	:	Milk	:	Strawberries	:	
	:		:	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.

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



Volunteer Recognition Award



It was with pleasure at the Annual Volunteer Luncheon that on behalf of the SVSC Board, President Ferd Begholz, presented **Carol Rogers with a Lifetime Membership Award** as a token of appreciation for her volunteer efforts and commitment to the center.

For the past four years, Carol has worked closely with the director on administrative work, hosting the reception desk and being on many of the special committees for various projects. She spends at least three days a week volunteering at the center, and oftentimes, as many as five.

Lovely, quiet, unassuming Carol is grace under fire at all times, with her a serene countenance and calm attitude. Thank You Carol for your support and concern of the director, volunteers and members. The award is well-deserved!

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: Friday, August 7th
Time: 12:30pm to 2pm
Cost: \$2.00 and a potluck dish to share



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



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

Talking About Important Life Issues for Seniors by LIFE Senior Services Part 1 of 2

According to a national survey, seniors and their adult children hardly ever discuss key aging issues with one another. Only one in three seniors report discussing health topics regularly with their kids, fewer than eight percent have discussed long-term care options with each other, and fewer than one in five have discussed life insurance or wills.

While we can't always predict the changes we will experience as we grow older, we do know that the most common changes are related to health, living arrangements, the need for assistance, finances, and end-of-life issues. By talking about these important life issues and planning ahead, families find it easier to cope with the changes, crisis decision-making can be avoided, and personal control is retained even in difficult situations.

Although the majority of those surveyed said they are comfortable discussing these important issues, the reality is they seldom do. The main reason mentioned: No one is starting the conversation. So how and where do you start?

Begin by thinking about the "What ifs"

Some questions to get you started include:

- ◆ What if I had a stroke and could no longer live alone? Where would I want to live? My home with help? With my family? Assisted living?
- ◆ What if I developed significant memory loss? Who would I want to pay my bills? Help me make financial or medical decisions?
- ◆ What if my mother had a heart attack and needed help? What in-home or community-based services could help? What can I do?

Setting the Stage

Next you start the conversation.

- ◆ Be alert to natural opportunities to talk about these issues. For example, if someone you know is going through an aging situation, bring it up and talk about how your family might handle a similar situation.
- ◆ Discuss getting together to talk about these issues. You could even use this article as a stimulus for the meeting.
- ◆ Meet in person if possible. These subjects are more difficult to discuss on the phone. If a face-to-face meeting isn't possible, be sure to set aside time to talk uninterrupted.
- ◆ Choose a time and place that is comfortable and relaxing, and keep distractions to a minimum. Many families find it helpful to avoid busy times like the holidays.



Getting Started

- ◆ Before meeting, consider making a checklist of the topics you'd like to discuss.
- ◆ Involve others, parents may want to talk with all their children together or adult children may want their siblings present.
- ◆ Start out slow and easy, don't try to cover everything in one marathon conversation.
- ◆ Remember to listen to one another respectfully. Some families find taking notes helpful.



The balance of this article will be in next month's issue.

Ferd Bergholz

Tuscan Summer Dinner



Fun on July 17th

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

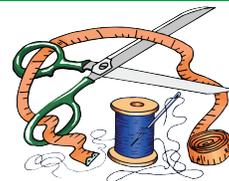
Come on down, don't be shy....

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

SVSC BOOK WORMS

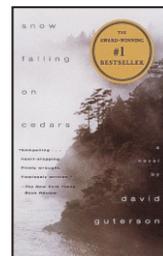
The Bookworms went on a field trip in July to McKenzie's Restaurant at Pasatiempo for lunch and their book discussion. The book was Call the Midwife by Jennifer Worth and it received a 7.8 score. They were joined by two new members ~ Linda Evans and Laura Mast. If you enjoy reading and sharing with others you are very welcome to come join Patsy Rice and the group.



Book selection for the next three months:

August: Snow Falling on Cedars by David Guterson
September: The Art of Racing in the Rain by Garth Stein
October: Wesley the Owl by Stacy O'Brien

Date: Friday August 21st
(on-going every 3rd Friday of the month)
Time: 1:00pm to 2:30pm
Cost: \$2.00 Members/ \$3.00 Non-Members



Special Events

Armchair Topics and Birthday Celebrations



Armchair Travel Time

Date: Thursday, August 27th
Time: 1:15pm - 2:15pm
Cost: Complimentary

We're all going on a summer holiday! Join us in our magic armchairs as we travel the globe using Google Earth. This is your chance to play travel agent and share your special places with the other members.

Followed by **Birthday Cake Celebration** at 2:15 - 3:00pm.

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**.

William Brown	1	Marylee Clamon	1	Barbara Ann Henrick	1
Linda Kramer	1	Yolanda Sion	3	Judy Pedersen	4
Nancy Bowie	5	Diane Davis	6	Ladislav Pinheiro	6
John Warburton	6	Alan Knox	7	Harold Rice	7
Walt Weston	9	Georgeann White	9	Amanda Danner	10
Cindy Phinn	10	Robert Clamon	13	John Elam	14
Samy G. Khalil	14	Diane Dearing	15	Sue Harless	15
Bob Rossini	15	Dolores K. Webber	15	Paul Duffy	16
Marilyn Payne	16	Linda Pellett	16	Ronnie Trubek	16
Shirley Greenwood	17	Debi Roberts	17	Beth Zumot	17
Jill Cramer	18	Karen Simmons	18	Claudia Keane	19
Joy Miller	19	Julia Niland	19	Cindy Ortiz	19
Suki Marin	20	Betty Vig	20	Rich Alsbury	21
Marilyn Bickers	21	Brian Peterson	21	Linda Evans	23
Lou Mays-Avelar	23	Barbara Austin	24	Helen Barnes	24
Pam Spehar	24	Alberta Young	24	Nancy Park	25
Katherine Sowards	25	Floralie Williams	26	Steven Rieger	27
Sheila Wilke	27	Annie Nixon	28	Carol Artman	29
Zora Dennis	29	Karen Diamond	29	Virginia Hooper	29
Donna Cederlund	30	Doris Russell	31		

August Muncheon "No Movie" Day

PRE-PAID EVENT ONLY

As we go to print, Marlene is still going through her repertoire of recipes to plan a delicious lunch and dessert for you to enjoy. As always, it will be delicious and the conversation, delightful!

Please join her on:

Date: Tuesday, August 11th
Time: Noon
Cost: Members \$5 /
 Non-Members \$6



Sign up by close of day Friday, August 7th.

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

August Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
3 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	4 Zumba 9am - 10am  Writing Class 10am - 12pm Beg/Int Line Dance 12am - 1pm Home Arts 2pm - 9pm	5 Meals on Wheels Lunch 11:30am - 12pm  Bingo 1pm - 3pm Technology Open Session 2:30pm - 4pm	6 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	7 Beg/Int Line Dance 9am - 10am Stretch & Condition 10am - 11am Art of Sketching 10am - 11:30pm Potluck Friday Lunch 12:30pm - 2:00pm August Muncheon Deadline
10 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	11 Zumba 9am - 10am Writing Class 10am - 12pm August Muncheon "No Movie" Day 12pm 	12 Meals on Wheels Lunch 11:30am - 12pm Bingo 1pm - 3pm  Technology Open Session 2:30pm - 4pm	13 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	14 Beg/Int Line Dance 9am - 10am Stretch & Condition 10am - 11am Art of Sketching 10am - 11:30pm 
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24 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	25 Zumba 9am - 10am Writing Class 10am - 12pm Beg/Int Line Dance 12am - 1pm Home Arts 2pm - 9pm 	26 Meals on Wheels Lunch 11:30am - 12pm  Bingo 1pm - 3pm Technology Open Session 2:30pm - 4p	27 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 Armchair Topics 1:15pm - 2:15pm Birthday Cake Celebration 2:15pm - 3pm	28  Administration Day Center is CLOSED
31 Same Activities as August 24th	 Enjoy Your Summer 			

Activities and information

Focus on the Volunteer ~ Donna Silvia

Submitted by Darshana Patel-Croskrey



Donna Silvia with her trademark silver and mercury pixie-cut hair style and statuesque height has become a familiar sight around the Scotts Valley Senior Center. And how did this Willits, California native get here you might ask? Well first...by way of a Greyhound bus when at the age of 18, she decided to trade her small woodland town for the sun, sand and Pacific Ocean

found at the coastal town of Santa Cruz. In short order, Donna found a job...purchased a car...and rented an apartment all on her own; something that is most definitely, a rare possibility for most 18 year olds in today's world!!!

It is amazing that the happenings of the first three days in her new apartment did not send Donna running back for the hills! She worked as an inspector for Sylvania Electronics. Working the swing shift, on her first night, she finished working and came out to go home to her new place but FORGOT WHERE IT WAS!!! She finally drove to Spivy's Restaurant and sat there all night until it was light enough to go and hunt for her apartment. On the second night, she came out of work to find her two front tires had been slashed. She waited for her boss to finish his shift so he could come and help her deal with the situation. Then, on the third night after work, she arrived home in her alleyway to find the porch light out. It was very spooky and pitch black but she made inside her house and went straight to her bedroom. While Donna started to change clothes her old-fashioned blinds flew up!!! She freaked out, dropped to the floor, managed to crawl into the living room and spent the rest of the night curled up on the floor!!!

Donna met her husband, Jerry, at Sylvania, he was the manager and she was the inspector and it irritated him no end that an 18 year old was inspecting his work on the Sputnik! What did she know??? They did not get on well at all and Donna soon moved to

Carmel Valley working for Bank of America thus starting a career in banking that spanned 42 years. A promotion bought her back to Santa Cruz. Whilst cruising the then, two-way Boardwalk in her red Sprite sports car, another forest green Sprite passed by in the opposite direction. Lo and Behold, it was Jerry. Reconnected and falling in love, they married in 1967 at Holy Cross Church. Donna and Jerry built a beautiful home on Graham Hill Road and soon welcomed their son, Mark (who incidentally, also volunteers at SVSC)! It soon became something else; their home housed one of the most amazing collections of vintage microphones. What once started out as a hobby, turned Jerry into a world renowned authority on microphone restoration.

As Jerry's health deteriorated, Donna decided to retire to spend time with him. However, she has kept her ties with friends and colleagues from Bank of America, City Bank, Washington Mutual and Union Bank and with fellow Kiwanians and Rotarians over the hill, Felton Business Association, and Santa Clara, Aptos and Santa Cruz Chambers of Commerce!

One day, and I would say a LUCKY day for me and SVSC, Donna walked into my office, invited her-self to sit down and proceeded to tell me how she could help me. Since that day, she has done just that, starting with the Pinochle Club. Sadly after enjoying a 46 year long, happy marriage, Jerry passed away in 2012.

Since then Donna has taken on more roles including Decorating Chair, cooking dishes and assisting Marlene in the kitchen, signing on as Craft Faire Raffle Co-Chair, helping to fundraise by being on several committees including the "Beautification Project", "New York New Year's Eve" and "At the Hop" events. She has also moved in next door to the center and loves living in "Downtown Scotts Valley" walking everywhere with Katie, her 16 year old Lahaska Apso. Not slowing down in the slightest, her latest adventures has been to join The Red Hat Society and go RVing.

Thank YOU Donna Silvia, for all of your support and commitment to the members of the Scotts Valley Senior Center!! May your energy and great spirit be ever flowing.

2015 Major Events Calendar

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 following the Annual General Mtg 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	"Antique & Holiday Craft Faire Closed for week - Craft Faire Prep Veteran's Day Holiday Thanksgiving Potluck Thanksgiving Break	11/7-11/8 11/2-11/6 & 11/9 11/11 11/13 11/26 - 11/30	Saturday 9-4 Sunday 10-4 Center Closed (Monday-Monday) 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 ~

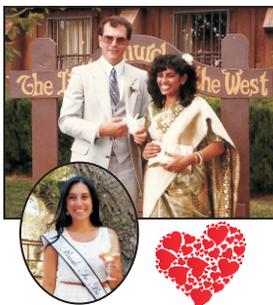
Nancy Amack, Tom Blease, Linda Blenio, John Daly, Claire Dubois, Herb Gunderson, Janet Hassler, Lynn Hawkinson, John & Ruth Lambert, Peter Maurer, Missy Radcliffe, Patsy Rice, Velma Robinson, Fran Rosen, Rosine Rothwell, Ruth Schaffer, Margaret Schraft, Jane Tremayne & Millie Vogler

Milestone Celebrations

Congratulations are in order for member, **Linda Picard** and her husband **Ray**, who celebrated **45 years of marriage** on June 27th. They are seen here relaxing with Linda's mother, member **Charlotte Hagoosian**. We have both Charlotte and Linda to thank for the upkeep of the front flower beds!



Busy planning for their daughter's wedding that will take place this month, members **Willie & Darshana Croskrey** reached their **30th wedding anniversary** on July 29th. They plan to mark this milestone occasion with a delayed European riverboat cruise next Spring.



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



Welcome New Members

Lynn Beckmann, Gerry Boyes, Lynn Brint, Jeanne Carriere, Victoria Davis, Diane Dearing, Husband Dearing, Elaine Finney, Gloria Frazier, Stephanie Friedrich, Charles Kirkman, Loretta Kirkman, Jeanne Loomis, Laura Mast, Rena Maxwell, Diane Meader and Judy Osborn

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)

Hear Ye, Hear Ye, Hear Ye... An Invitation Scotts Valley Senior Center Annual General Membership Meeting

Friday, August 21st
5pm (followed by the monthly dinner)
Scotts Valley Senior Center
370 Kings Village Road, Scotts Valley
Open to the Public
Only members in good standing are eligible to vote.



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: \$30.00 per person

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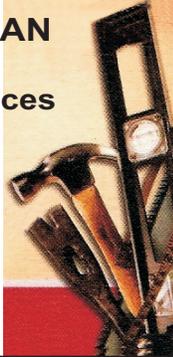
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Sponsor Update

Kiwanis of the Valleys Presents
MUSIC AT SKYPARK

Free Concert Series in the Park

Last Sunday of Aug & Sept

2:30pm to 6:00pm

Food & Beverages Available
Proceeds support music
education in local schools



August 30th ~ The Joint Chiefs & Extra Large
9/27 ~ The Bourbon Brothers & The Coffin Brothers

NOTICE!

The 2015 START TIME is 2:30 ~ Concerts end @ 6PM !!!

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

See this and older newsletters at www.fbergholz.com
Senior Center Website: www.scottsvally.org/parks/senior_center.html
www.myscottsvally.com and www.facebook.com/MyScottsValley

Center closed EVERY 4th Friday of the month for ADMINISTRATION DAY: 8/28, 9/25, 10/23, 11/27, 12/25.

Scotts Valley Senior Center Hours

Monday & Wednesday: 10 am - 4 pm

Tuesday, Thursday, 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.

Center Board Members

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



Editor:
**Becca
Mosley**



Scotts Valley Senior Center

THIRD and FINAL NOTICE

LAST ISSUE - if you have NOT renewed your Annual Membership Subscription of \$20 this will be the last newsletter that you will receive
FINAL DEADLINE to renew is Friday August 21st.



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

