



Scotts Valley Senior Center



Americana Hamburger Picnic Dinner

Hamburgers, Macaroni Salad,
Baked Beans, Watermelon
Root Beer Floats and Cookies



Friday, September 18th ~ 5pm

Members \$10 / Non-Members \$12

Pre-Paid Event ONLY

Deadline to sign up and pay is Sept 14th



Coordinator's Message



Today saw Scotts Valley Unified School District celebrate its first day of the 2015-16 school year, Scotts Valley Water District started their free daily giveaway of free recycled water to all residents and Scotts Valley Senior Center experienced, along with many other residents, an electricity blackout that forced us to cancel Bingo! On top of that, well, what a month August turned

out to be, both here at the center and for me personally as I joined the In-Law/Out/Law Club!

So Many Thank Yous , where to start?

Thank You, Thank You, Thank You to the core team of volunteers who put in extra hours to make sure things ran smoothly while I took extra time to prepare for our family wedding festivities. This dedicated group was much appreciated by all. It was comforting to know the center was in good hands.

Sponsor Updates

Thank You to Platinum Sponsor Bruno's BBQ, Gold Sponsor, Peninsula Bio Medical, Bronze Sponsor, Rogers Automotive and Paige Thibodeau, D.C. for renewing their sponsorships and to Shirley Supina from Hospice of Santa Cruz County for increasing their sponsorship from Copper to Platinum status!!! We thank all four businesses for their continued support of our center

AGM & Tri-Tip Dinner

On behalf of the SVSC Board Members we thank all who attended the Annual General Meeting on August 21st... We had a great turnout! Board President Ferd Bergholz reported on the budget; Recreation Division Manager, Kristin Ard, gave an update on the status of the bingo board. Preceding them though was a whole different story - there was an oral presentation led by member, Donna Silvia.

THANK YOU from the bottom of my heart to Pat Bont, Marlyn Crook, Marlene Flannery, Betty Johansen, Terri Lesniak, Sandy Payton, Patsy Rice, Carol Rogers and Donna Silvia who led the charge, with so many of the membership behind them, and pulled wool over my eyes!!!

Yes, imagine my shock when everyone caught me unawares as they honored my leadership at the center! I was presented with a special award and many speeches to celebrate the growth of the center over the past four years. As I told everyone that night, I have not done it alone. It takes a village to make things happen and each and every one of you who volunteers alongside me deserve pats on your backs too. I was sent home with

September 2015 Newsletter

my beautiful award, a folder full of heartfelt written tributes from so many of you and a beautiful fake orchid that has no absolutely NO chance of dying because of my black thumb!!!

I am proud of the reputation our center holds for the welcome we exude, programming for all ages and different interests, strong internal support systems, outreach into the community-at-large and the fun events we put on.

That Brings Me To...

The absolutely delicious meal that followed the AGM... Thank You City Manager Steve Ando and Public Works Director Scott Hamby, for once again continuing the tradition of over 20 years, cooking the tri-tip for our members! Delicious and tender, you both did a great job and of course, Marlene and her crew excelled once again with the sides and desserts. Thank You to all who were involved in the much anticipated event and I hope to see you all at the Pancake Breakfast

Until Next Time ~ *Darshana Croskrey*

 Flippin' Pancakes for... 

The Annual Grandparents Day Pancake Breakfast

Saturday September 12th from 8am to 12 noon



Scotts Valley Senior Center
370 Kings Village Rd. SV
Adults \$7.00 Kids 4-10 \$4 under 4 free

BREAKFAST SPECIALS

All-you-can-eat Pancakes:
Banana Walnut
Pumpkin Spice & Plain
Served with Ham & Scrambled Eggs
Orange Juice & Coffee



Happenings at the Center



Annual General Membership Meeting



**"Tri-Tip Heaven"
Dinner
August 21st**



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.

September 2	September 9	September 16	September 23	September 30
Macaroni & Cheese	Meatball Stroganoff	Chicken Enchiladas	Vegetable Quiche	Spaghetti w/Meatballs
Broccoli	Mixed Vegetables	Refried Beans	Vegetable Medley	Cauliflower
Beet Salad	Green Salad	Green Salad	Green Salad	Romaine Salad
Bread & Butter	Bread & Butter	Spanish Rice	Bread & Butter	Bread & Butter
Banana	Nectarine	Cantaloupe	Fresh Fruit	Fresh Fruit
Milk	Milk	Flan	Milk	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.

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



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.

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, September 4th

Time: 12:30pm to 2pm

Cost: \$2.00 and a potluck dish to share



COFFEE & CONVERSATION

Hostesses, Connie Adkins and Suki Marin, invite you to get your week off to a good start every 2nd Monday of the month. They welcome you to join them for a lively exchange words, ideas, gossip (only the "kind" kind) and of course, good coffee!

Date: September 14th

(on-going every 2nd Monday of the month)

Time: 10:30am to 12:00pm

Cost: Free

BOCCE BALL UPDATE / OPENINGS

Welcome to all the returning and new bocce players as we begin our Fall 2015 Bocce Season. We have a few vacancies in the Monday and Thursday leagues; if you are interested in joining please contact **Susan Taylor, Bocce Chairperson** via email: suestoy@cruzio.com or 831-461-9301.

Thank you to Bob White for helping to raise some of the money to cover the cost of purchasing a new broom to groom the courts. Also, thank you to Bev and Steve Johnson for donating two new shade umbrellas to replace the broken umbrellas.

Kristin Ard reported that plans to improve the drainage and sidewalks around the bocce courts are being updated; she hopes the job will go out to bid soon.



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

Areas for discussion include:

Health Matters

It's important to have a plan before health problems arise.

Here are some issues to discuss:

- ◆ Current health problems, physicians, medications, and hospital preference.
- ◆ Health insurance. What kind of coverage? Is it adequate? Where is the policy?
- ◆ Is there a living will? Where is it? Who is named as health care proxy?
- ◆ Who would help in an emergency. A neighbor? A friend? Do they have a key and know how to contact family?



Living Arrangements and Long-Term Care

Most seniors have a strong desire to maintain their independence. Yet, growing older often brings changes that threaten this independence. Talking about options before a crisis is especially important. Topics include:

- ◆ Driving status. Any recent fender benders or accidents? When was her last vision exam? Do current glasses provide adequate correction? Has he taken a driving review class lately?
- ◆ Need for additional help. Where would she like to receive needed help? In her home? Is he willing to use in-home and community-based services? Is he receptive to other living arrangements, e.g. living with family, assisted living or other residential care? What can she afford?

Financial Planning

Making sure finances are in order can bring peace of mind to the entire family and provide protection when life changes do occur. Topics include:

- ◆ General overview of financial resources and expenses.
- ◆ Who can sign on the bank accounts? Pay bills in the event of an emergency?
- ◆ Is there a Durable Power of Attorney? Who has been given the responsibility to manage financial issues?
- ◆ Has she completed any estate planning? Who are the financial advisors?
- ◆ Location of his bank and investment accounts, and other important financial documents.

End-of-Life Issues

These are important issues for families to discuss before the time comes. When you share your wishes it means things will be handled the way you prefer, and your family won't be left guessing about what to do. Topics include:

- ◆ Desires for medical care if terminally ill. Feelings about heroic measures.
- ◆ Is there a living will? A durable power of attorney for health care?
- ◆ Wishes for burial and funeral arrangements. Is there a burial policy?
- ◆ Is there a will or trust? Is it up-to-date? Where are the documents? Who are the legal advisors?

Conversations about important life issues may not always be easy, but they are vitally important. They cause us to look into the future and wrestle with difficult issues. These conversations can help a person maintain control at a time in their lives when they may not be able to speak for themselves. They provide important guidance for a family faced with a sudden or difficult decision. And they can help preserve independence, dignity and quality of life.

Remember, most people want to have these conversations, they just don't know where to begin. So start talking.



Ferd Bergholz

Behind the Scenes Tributes..... By Fran Rosen



Marlene



No one ever wonders, everybody knows
Marlene's the one who feeds us; her cooking is like prose
The planning of the menus, her special recipes
She just keep going; her wonders never cease
She has been here late at night preparing for the morning
And then you'll find her back again, practically at dawning
She doesn't only man the stove, she does the shopping too
So everything will be ready for the coming of her crew
She has a way about her that makes others want to help
Efficient, unassuming, a quiet, cheerful self
We look forward to her dinners which are truly gourmet fare
You can tell the joy she feels, and then you feel the love that's there
And do we all say "Thank you" for your taking care of us?
With your expertise and caring, and always with no fuss!

Tom



He sits there every Wednesday, on the corner piano seat
He fills the room with music, with a calmness or a beat
He plays for us nostalgia, tunes we knew in days gone by
They bring a smile to our lips, and sometimes bring a sigh
Then suddenly there'll be a tune a little more upbeat
A tune to which we used to dance, it makes us tap our feet
Tom has a collection of songs, we so love to hear
To remind us of yesterdays; perhaps someone we held dear
Keep playing every Wednesday, keep our memories in view
Thank you Tom, for treating us; for keeping old days new.



Activities and information

YOGA

Ayurveda means the science of life for personal healthcare. Yoga is just one part of Ayurvedic 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 Zumbarinas 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

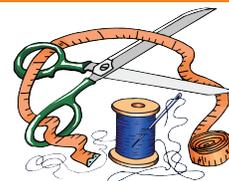
Come on down, don't be shy....

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

This month our group discussed a field trip to Steinbeck museum/home and reading another one of his books sometime in the future. We are also interested in getting a local author to Scotts Valley for a lecture on their writing. Our discussion book this month was Snow Falling on Cedars...many of us had read it once before but, enjoyed it a second time around and found different things of interest the second time around and it scored 9.5...Was one of our best books ever. We have another new member today...Helen McKibben. We'd like to welcome our new member. If you enjoy reading and sharing with others you're very welcome to come join us every third Friday of the month. You can call me if you have any questions at 831-439-9632.



Book selection for the next two months:

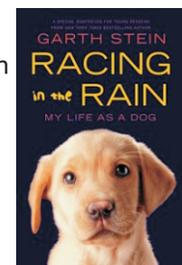
September: The Art of Racing in the Rain by G.Stein
October: Wesley the Owl by Stacy O'Brien

Date: Friday September 18 & October 26

(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, September 24th
Time: 1:15pm - 2:15pm
Cost: Complimentary

Due to circumstances beyond our control, our guest speaker will be rescheduled and instead, just for this month, this hour will be an opportunity for members to gather and enjoy a good conversation without a set topic in mind.

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.

Muncheon "No Movie" Day

PRE-PAID EVENT ONLY

Marlene's got a Special Treat in store for you: Quiche, Green Salad, Fruit Salad, Lemon Cake.

Date: Tuesday, September 8th
Time: Noon
Cost: Members \$5 / Non-Members \$6



Sign up by close of day Friday, September 4th.

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.



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.

June Barber	1	Sharon Medler	1	Judy Osborn	1	Mary Lois Schmidt	1
Mary Wei	2	Esther Wilson	2	Douglas Kracl	3	Eugene Martin	3
Dorothy Seib	3	Susan Oliver	4	Terry Hjorth	5	Barbara Rae Kelley	5
Shirley Russell	5	Joan Gehrke	6	Sondra Keane	6	Elaine Moore	6
Catherine O'Kelly	6	Peter Maurer	8	Jim Melehan	8	Glenda Carry	9
Evelyn Jones	9	Pam Simmons	9	Lori Rubin	12	Robert Charlton	13
Kelly Gladder	13	Roxanne Gundersen	13	Donna J. Guttebo	13	Diane Miller	13
Marlyn Crook	14	Diane Haas	14	Dianne Kessler	14	Jean McCarthy	14
Mary Mullis	15	Alicia Kennedy	16	Joan Williams	16	John Bachan	17
Sonja Bender	17	Betty Cederlund	17	Sandy Welch	17	Marilyn Chambers	18
Bob Holmes	18	Anna Miller	18	Judy Husted	19	Maureen Leimbach	19
Bob Wilson	19	Doris Barrow	20	Rick Edwards	20	Sue Greco	20
Richard Rea	20	Joanne Stewart	20	Helen Kain	21	Sonia O'Brien	21
Carol Marconett	22	Nancy Blease	23	Helen McKibben	23	Bob Bickers	24
Judie Kolbmann	24	Kathleen Lanahan	24	Louise Hickey	25	Sue Kirkpatrick	25
Yvonne McClish	25	Stephany Aguilar	26	Quincy Halbhook	26	Pauline Hart	26
Jan Wagner	26	Edith Dittert	27	Debby Dodds	27	Janet Geyer	27
Wanda Griffis	27	Marilyn Matthews	27	Connie Brock	28	Zoran Vujicic	28
Evelyn Anderson	29	Cynthia Farmer	29	Virginia Szabo	29	Art Welcher	29
Marian Disperati	30	Louise Everton	30	Carol Kester	30	Jennifer Parsons	30
Bonnie Ruger	30	Dave Wilson	30				

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
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 + potluck dish	
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

September Calendar

Monday

Tuesday

Wednesday

Thursday

Friday



Scotts Valley Senior Center

1
Zumba 9am - 10am

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

2
Meals on Wheels Lunch 11:30am - 12pm

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

3
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

4
Beg/Int Line Dance 9am - 10am
Stretch & Condition 10am - 11am
Art of Sketching 10am - 11:30pm
Zentangle Art & Mixed Media 11:30am - 12:30pm
Potluck Friday Lunch 12:30pm - 2:00pm
Muncheon Deadline

7
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

8
Zumba 9am - 10am
Writing Class 10am - 12pm
Muncheon "No Movie" Day 12pm


9
Meals on Wheels Lunch 11:30am - 12pm
Bingo 1pm - 3pm

Technology Open Session 2:30pm - 4pm

10
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

11
Beg/Int Line Dance 9am - 10am
Stretch & Condition 10am - 11am
Art of Sketching 10am - 11:30pm
Zentangle Art & Mixed Media 11:30am - 12:30pm


14
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

15
Zumba 9am - 10am

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

16
Meals on Wheels Lunch 11:30am - 12pm
Bingo 1pm - 3pm
Technology Open Session 2:30pm - 4pm


17
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

18
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
Americana Hamburger Dinner 5pm-7pm

21
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

22
Zumba 9am - 10am
Writing Class 10am - 12pm
Beg/Int Line Dance 12am - 1pm
Home Arts 2pm - 9pm


23
Meals on Wheels Lunch 11:30am - 12pm

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

24
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

25

Administration Day Center is CLOSED

28
 Same Activities as September 21st

29
 Same Activities as September 22nd

30
 Same Activities as September 23rd

 **Grandparents Day Pancake Breakfast September 12th (see page 1)** 

Activities and Information

Are You or Someone You Know Experiencing Memory Loss?

Please join us for these free presentations.

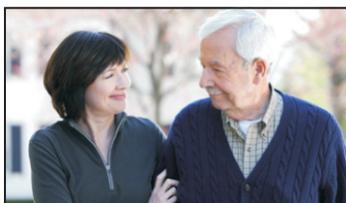
The Basics: Memory Loss, Dementia, and Alzheimer's Disease

Date: Tuesday, September 29, 2015 Time: 4 – 6 pm

Learn about the symptoms of Alzheimer's disease and other types of dementia, causes and risk factors, how Alzheimer's affects the brain, how to get a thorough diagnosis, the stages of the disease, and treatments and services that can help.

Location:

Scotts Valley Library
251 Kings Village Road
Scotts Valley, CA 95066



Cost: Free

Pre-registration Requested

Please email ggoudreau@alz.org or call 800.272.3900.
Co-sponsored by: Alzheimer's Association

Americana Hamburger Dinner by Fran Rosen

Hamburger dinner, with sides galore

A luscious dessert, who could want more?

We take the lowly hamburger to new heights

And turn it into a culinary delight

Friday the 18th from five pm to seven

Get ready for a taste of heaven!



Donations List for September 2015

Anonymous Donor ~ \$120 towards a new mahjong set

Linda Pellet ~ Mahjong Set and Two Cribbage Boards

Thank you for the above donations to the center.

Your support is VERY gratefully received.

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



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.

2015 Major Events Calendar

SEPTEMBER	Labor Day Holiday	9/7	Center Closed
	Grandparents Day Pancake Breakfast	9/12	8am – Noon (Saturday)
	"Americana Hamburger Picnic" Dinner	9/18	5pm
	Administration Day	9/25	Center Closed
OCTOBER	SVSC Board Meeting	10/1	3:30pm (open to all)
	Sponsor Appreciation Reception	10/2	5pm - 7pm (open to all)
	NO DINNER THIS MONTH	-----	-----
	Columbus Day Holiday	10/12	Center Closed (Monday)
	SV City Council Presentation	10/14	6pm
Administration Day	10/23	Center Closed	
NOVEMBER	"Antique & Holiday Craft Faire	11/7-11/8	Saturday 9-4 Sunday 10-4
	Closed for week - Craft Faire Prep	11/2–11/6 & 11/9	Center Closed (Monday–Monday)
	Veteran's Day Holiday	11/11	Center Closed (Wednesday)
	Thanksgiving Potluck	11/13	1pm
	Thanksgiving Break	11/26 – 11/30	Center Closed
DECEMBER	Holiday Luncheon	12/11	1pm
	New Year's Eve Party	12/31	6pm - 9pm (Thursday)
	Holiday Break	12/19 – 1/3/16	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 ~

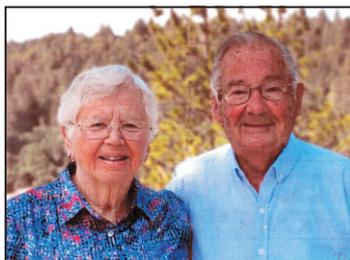
Life has its ups and downs
But we like to see smiles not frowns
If you're not feeling up to par
We send our thoughts to where you are
And if you're here and feeling blue
We hope our wishes uplift you!



Milestone Celebrations

Cheers to 70 Years

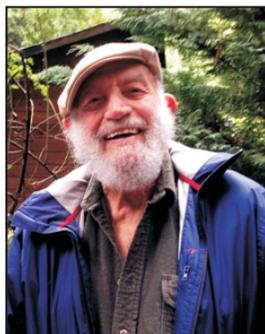
Congratulations are in order for members, Evelyn and Don Anderson, as they celebrate their Diamond Anniversary - 1945 to 2015!!! This spry and active couple keep busy and we wish them many more happy years to come.



Rest In Peace Al Wasserman

It is with sadness that we say Goodbye to member, Al Wasserman. This Boulder Creek resident (by way of being an Ohio native) was an avid sailor, world traveler and storyteller. As a civil rights activist, Al was proud to have marched with Reverend Martin Luther King in Selma. Later in the 60s, he was very active in the anti-war movement during the Vietnam War.

We send our sincerest condolences to Al's friends and family. His friends will miss his valuable presence in Writing Class and the Book Worms Club here at the center. Al is survived by his three children, sons Marty Wasserman and Harvey Wasserman and daughter, Cindy Wasserman.



ALVIN WASSERMAN
10/01/26 ~ 8/14/15



Grandparents Day Breakfast

by Fran Rosen

Pancakes, eggs and ham too
Oh what wonders await you?
Bring your friends and family
It's an event they'll want to see
Perhaps they'll be a bake sale here
If enough people volunteer
Saturday the 12th from eight to noon
Mark your calendar, we'll see you soon!

Pancake
Breakfast



Welcome New Members

Douglas Andersen, Anne Austin, Doris Barrow, Bart Bartholomew, Lynn Beckmann, Gene Bernhardt, Lonnie Beverly, Gerry Boyes, Michele Boynton, Lynn Brint, Jeanne Carriere, Jody Cramer, Victoria Davis, Diane Dearing, Mr. Dearing, Marian Disparati, Bonnie Estrada, Olga Euben, Marlene Erickson, Gloria Frazier, Stephanie Friedrich, Mary Gigliotti, Nancy Hartshorn, Dave Huemoeller, Carol Hotchkiss, Linda Jenkins, Pam Johnson, Donna Jones, Charles Kirkman, Loretta Kirkman, Jeanne Loomis, Laura Mast, Rena Maxwell, Jill McFarlen, Diane Meader, Lynn Mooney, Yvonne Nelson, Judy Osborn, Lori Rubin, Anne Rupert, Phyllis Weber, Art Welcher, Diane Welcher, Claudia Williams and Leslie Youdall

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)

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



2015 SVSC Flea Market Chair: Terri Lesniak ... You are a ROCK STAR!!!



In honor of the wonderful job you did with chairing our two flea markets this year, the following poem is dedicated to you on our behalf; created by SVSC Poet Laureate, Fran Rosen

The day started out cloudy, but then the sun came out
It brightened up our tables and made us want to shout
Our wares glowed in the sunlight, as people came to shop
They started out just browsing as they made us their first stop
Electronics, tools and clothing, crafts and housewares, too
People found such treasures; things to buy and things to do
And to keep them going...a gourmet breakfast casserole
And donuts and great coffee, so there'd never be a lull
Potato salad, Polish sausage, on a lightly toasted bun
A drink to wash it all down...What deliciousness! What fun!
Whether shopper or a vender, it was wonderful to be here
So you can start your planning...to be here again next year!!!

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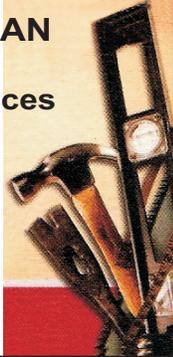
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Scotts Valley Senior Center Advertising Rates Per Year

LEVEL	WHAT IS INCLUDED	COST
Copper	Newsletter only	\$60
Bronze	Small (approx 4" x 6") customized display on Sponsor Board	+\$50
Silver	Medium (approx 6" x 8") customized display on Sponsor Board	+\$100
Gold	Large (approx 8" x 11") customized display on Sponsor Board	+150
Platinum	Best value: Includes the newsletter, large display on the Sponsor Board and one free rental of the facility (up to a maximum of four hours). Please note, the facility has to be available at time of booking. This deal is valued at over \$400!!!	\$250

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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@scottsvalley.org

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

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



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

