



Scotts Valley Senior Center



December 2015 / January 2016 Newsletter

Coordinator's Message



Happy Holidays Everyone! Just a reminder that THIS ISSUE will serve you for TWO MONTHS – December and January.

First off, the 2015 Holiday Craft Faire was a huge success. Every year over the past five years, we have managed to make a little bit more than the previous year in spite of some tough challenges. This was its 22nd year and as

always an amazing effort was put forth by SO MANY PEOPLE and it all paid off by being a stellar year! As is my way, I would like to thank EVERYONE who participated in the 2015 Craft Faire – indeed, this particular list is going to be VERY LONG. I will complete my thanks in the next newsletter as I hate to leave anyone out but for now: **THANK YOU EVERYONE WHO DEVOTED TIME TO OUR FUNDRAISER!!!**

The **Thanksgiving Potluck Luncheon** was once again deemed a huge success by the attendees. We could not do it without Marlene and all of her helpers. Unfortunately, we roped our photographer into kitchen service so this year we have no photographs to share but those 80 or so guests in attendance will have fond memories!

We will be having our wonderful formal **Holiday Luncheon** on December 11th. I hope to see you all there! In addition, please remember our **New York New Year's Eve Party** that will take place on Thursday December 31st from 6pm to 10pm. The people who attended last year had a most splendid time and this year should prove to be more of the same. Sign up now. If you are single, find a friend to pair up with to take advantage of the price break!!!

Thank You Dear Members for all of your support this year in keeping our center a happy and thriving haven. January will be here before we know it so, with all my heart I wish you all a very "Happy Everything" Holiday Season and a most Wonderful and Healthy 2016!

Until Next Time ~ **Darshana Croskrey**

Happy Holidays to All



Annual Holiday Luncheon



**Friday, December 11th
1pm to 3pm**

Scotts Valley Senior Center
\$13 Members and \$15 Non-Members



Menu

Tomato Basil Soup and Sour Cream Biscuit
Pear and Gorgonzola Salad
Chicken Lombardy, Holiday Pasta-Rice and
Roasted Brussel Sprouts with Bacon,
Strawberry Cheesecake

**Entertainment Included ~ Free Raffle Drawing Ticket
Pre-Paid Event Only**

Sign up and pay by close of day on December 8th



Mark Your Calendars

New York New Year's Eve Celebration!

December 31, 2015 6pm to 10pm
Scotts Valley Senior Center
\$30 per person OR \$40 per couple

Food, Music, Party Favors, Raffles, Silent Auction
Drivers may be provided
Pre-Paid Event & Pre Sign-Ups for Rides

BUY YOUR TICKETS NOW
For More Info: 438-8666
Door Prize Ticket & Live Auction

Happenings at the Center

Holiday Antiques and Crafts Faire



Activities and Information



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.

December 2nd	December 9th	December 16th
BBQ chicken	Turkey w/mushroom gravy	Turkey mole
Baked beans	Broccoli	Corn
Romaine salad	Yam casserole	Romaine salad
Roll & butter	Barley pilaf	Spanish rice
Tangerine	Roll & butter	Corn tortilla
Milk	Cranberry jello	Orange
	Milk	Milk



Sorry no menu available for January

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



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



Tim Grasso
One of our wonderful drivers



By Fran Rosen

(Scotts Valley Senior Center Poet Laureate)

We meet each week and find our cards
We see our Wednesday friends
Most of us were here for lunch
We don't want the day to end
We quiet down and watch the board
We cover our numbers called
The excitement as we cover one
Our minds feel overhauled
A dab of disappointment, yet
We're glad when a friend wins
And we clear our cards again
We quiet down the din
Maybe this game will be mine
Maybe I'll have the luck
I know it's just a game for fun
But I want those two bucks!
Yes, we're here in friendship
And the secret we all know
It's having just one number left
When someone else yells out BINGO!!!



Going the Extra Mile

Thanks to Pat Bont, we now have a beautifully quilted sign over the entrance door to our library. Pat heard there was a need and "someone" jokingly said perhaps she should quilt one. Well! No sooner said than done! It did take her about three days and then, with Donna Silvia's assistance, it went up into place. **Thank You Pat!**



Special Events

Armchair Topics and Birthday Celebrations



Guest Speaker
Erin O'Brien-Kerr

Nervous about walking at night?
Do you get strange calls at home?
Worried about your grandkids playing in the neighborhood?
What do you do if your car brakes down?

As much as we want to see the good in our daily lives, we still need to be aware of what is happening around us; most especially as seniors, sometimes we can be easy targets for acts of violence. In one short hour, Damsel in Defense Erin O'Brien-Kerr, will be here to give you crime statistics, valuable safety tips, techniques and tools to protect yourself AND answer your questions.

So whether you are 9 or 90, be aware, be proactive, be knowledgeable so YOU are in control. Learn how to better equip yourself on a daily basis. The name sounds like it is for women only...NOT SO! Gentlemen are also welcome. Pass the word among your family, friends and neighbors. This 60 minutes may save a life. Mark your calendars NOW:

Date: Thursday January 28th, 2016
Time: 1pm to 2pm
Place: Scotts Valley Senior Center
Cost: Free
RSVP: 831.438.8666

Armchair Topics will be followed by a mega celebration for November, December & January birthdays at 2pm!!!



NOTHING IS MORE IMPORTANT
than the *safety* of those you love.



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.

HAPPY BIRTHDAY to our December Members!

Sue Camarena	1	Nancy P. Amack	2	Debbie Horton	2
Meeja Ma	2	Jim Purdy	4	Marilyn Quaintance	5
Fred Hill	7	Sandy Hartman	8	Linda Owens	9
Anne Austin	10	Hilary Stanley	10	Lillian Hand	11
Mel Fandrich	12	Candy Fontana	12	David Toepfer	12
Tom Ard	14	Inge Kask	14	Bart Bartholomew	15
Mary Donnelly	15	Joan Teitler	16	Lynne Hallock	17
Debbie Welch	17	Jill McFarlen	19	Cindy Pensinger	19
Christine Steinhaus	19	Dawn Sugarman	19	Jolene Tackett Foley	20
Daryl Allen	22	Becca Mosley	22	Ralph Rauscher	22
Rita Whittam	22	Shirley Hipwell	23	Patricia Dayton	27
Gene Bernhardt	28	Nancy McNulty	29	Jo Phillips	29
J. R. Roberts	29	Claudia Scott	29	Arlene Steele	29
Laura McCabe	31	Mildred Vogler	31		



HAPPY BIRTHDAY to our January Members!

Janice Matthews	1	Rashmi Patel	1	Susan King	2
Anne Stephens	2	Lynn Huggins	3	Tom Finn	4
Donna Ungermann	4	Carole Giles	5	Faith Stewart	5
Lorraine Amos	7	Donna Buelow	7	Frantz-Crafton	7
Jim McCarthy	8	Douglas Andersen	9	Joyce Ellorin	9
Missy Ratcliffe	9	Nancy Hanson	10	Beverly Sollars	10
Jeanne Thomas	10	Jan Burnham	11	Patricia W. Christmann	11
Sharon Anderson	12	Lois Jordheim	12	Joan Pedersen	12
Carolyn Lance	13	Janel Moreno	15	Darshana Patel-	16
Barbara Abshier	18	Kathryn Hill	18	Frances Jolley	18
Donna Jones	18	Agnes Margerum	18	Donna Prior	18
Ferd Bergholz	19	Lydia Bogner	19	Connie Drysdale	19
Wendy Harrison	19	Lynne Nichols	19	Linda Fabry	20
Shel Rosell	20	LaVerle (Lee) L. Brown	21	Barbara Aluffi	22
Miyoko Kadekawa	22	Judy Richards	23	Jeanne Carriere	24
Edie Johnson	25	Vitaliy Lee	25	Loreen Bridges	26
Janine Charlton	26	Carol Hotchkiss	26	Melodie Pehr	26
Velma Robertson	26	Karen Hill	28	Niki Italiano	28
Phyllis Weber	28	John Patrick O'Reilly	29	Jody Cramer	30
Loretta Taylor	30	Brenda Hillier	31		

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 and 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.

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.

ZUMBA

The Zumbarrinas 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.



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

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



SVSC BOOK WORMS

In the SVSC Library

Everyone is most welcome to what should be, a most interesting conversation! Light refreshments will be served.

Books by Vinnie Hansen include: One Tough Cookie ~ Death With Dessert ~ Tang is Not Juice ~ Rotten Dates ~ Murder, Honey ~ Art, Wine and Bullets ~ Black Beans and Venom

DECEMBER ~ Off-site Holiday Luncheon Mtg

Date: Friday, December 18th **Time:** 1:00pm
Where: Ristorante Italiano, 555 Soquel Ave, #150, Santa Cruz

Upcoming Books:

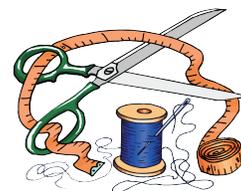
December "Lopsided Christmas Cake" by Wanda Brunstetter
January "The Guernsey Literary and Potato Peel Pie Society" by Annie Barrows and Mary Ann Schaffer

Date: Friday, January 15th **Time:** 1:00pm
Where: Senior Center **Cost:** \$2 Members/\$3 Non-M

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: Tuesdays
 EXCEPT for the 2nd Tuesday of the month
Time: 2pm to 9pm
Cost: \$40 for each 8-week session

WRITING CLASS

Date: 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. 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 831.439.0616 for more info.

WATERCOLOR ~ All levels

This class is offered by well-known local artist and center member, Beverly Martin. She will get you through the first class at which time she will give you a supply list. The class has two parts to it:

- Students work on a personal painting with the instructor rotating and working individually with each person
- The instructor will teach a 15 to 30 minute structured lesson using a certain technique(s) on an on-going piece of artwork. The students will then use that example to create the same thing on their own individual pieces of the same piece of artwork.

Date: Thursdays **Time:** 9am to Noon
Cost: \$10 (m) \$15 (n-m)



BEGINNING UKULELE

Stan Meidinger is offering weekly beginning ukulele lessons. Ongoing classes are on:

Date: Thursdays **Time:** 12:00pm to 1:00pm
Cost: \$7 Members / \$8 Non-Members



NEW CLASS COMING IN JANUARY!

Learn to Meditate with Doug Herda

This class will be taught by member, Doug Herda, who has been practicing meditation for 25 years. A former software development professional for over 40 years, he found that meditation enriched his life and kept him centered in the hectic pace of technology. Doug received his meditation teacher training certificate two years ago through the Ananda School of Yoga and Meditation and uses the Hong-Sau method.



This class will be conducted with participants sitting in a chair.

Class will begin with a structured opening followed by a concept lesson. It will be followed by meditation and ending with a structured closing.

Date: Fridays (except every 4th Friday in the month)
Time: 10:00am to 11:00am
Where: Senior Center Library
Cost: Members \$2.00 / Non-Members \$3.00



December Calendar

Monday

Tuesday

Wednesday

Thursday

Friday



Happy Holidays

1
Zumba 9am - 10am
ZUMBA
FITNESS
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 2:00pm - 4pm

3
Watercolor 9am - 12pm
Zumba 9:30am - 10:30am
ZUMBA
FITNESS
Yoga 10:45am - 11:45am
Beginning Ukulele 12pm - 1pm
Pinochle 1:15pm - 3:15pm

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

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



Hanukkah * December 6-14

8
Zumba 9am - 10am

Writing Class 10am - 12pm



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

Bingo 1pm - 3pm
Technology Open Session 2:00pm - 4pm

10
Watercolor 9am - 12pm
Zumba 9:30am - 10:30am
Yoga 10:45am - 11:45am
Beginning Ukulele 12pm - 1pm
Pinochle 1:15pm - 3:15pm

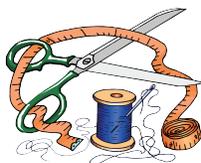


11
Beg/Int Line Dance 9am - 10am
Stretch & Condition 10am - 11am
Art of Sketching 10am - 11:30pm
Holiday Luncheon 1pm



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



16
Meals on Wheels Lunch 11:30am - 12pm
Bingo 1pm - 3pm

Technology Open Session 2:00pm - 4pm

17
Watercolor 9am - 12pm
Zumba 9:30am - 10:30am
Yoga 10:45am - 11:45am
Beginning Ukulele 12pm - 1pm

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



22 First Day of Winter

23

24
Christmas Eve

25 Merry



Christmas Day

Holiday Break ~ Center Closed 12/19/15 - 1/3/16



28

29

30

31

**Holiday Break ~ Center Closed 12/19/15 - 1/3/16
Center re-opens 1//416**



**New Year's
Eve Party**
6pm - 10pm
(see page 1)



January Calendar

Monday

Tuesday

Wednesday

Thursday

Friday

Muncheon Movie

Date: Tuesday, January 12th

Time: Noon

Cost: Members \$5.00 & Non-M \$6.00



In honor of the neat film that Ferd had put together of our wonderful ocean wildlife here in the Santa Cruz and Monterey Bay area, we will be serving Tilapia Tacos and other Yummies.

Deadline to Sign Up is Friday Jan 8th!!!



1

**HAPPY
NEW YEAR**

**Center is
CLOSED**

New Year's Day

4

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

5

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



6

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



Technology Open Session 2:00pm - 4pm

7

Watercolor 9am - 12pm
Zumba 9:30am - 10:30am
Yoga 10:45am - 11:45am
Beginning Ukulele 12pm - 1pm



Pinochle 1:15pm - 3:15pm

8

Beg/Int Line Dance 9am - 10am
Stretch & Condition 10am - 11am
Meditation 10am - 11am
Art of Sketching 11am - 12:30pm
Potluck Friday Lunch 12:30pm - 2:00pm

11

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

12

Zumba 9am - 10am
Writing Class 10am - 12pm
Muncheon Movie Day "Ferd's Whales and More!" 12pm
See Information Above



13

Meals on Wheels Lunch 11:30am - 12pm



Bingo 1pm - 3pm
Technology Open Session 2:00pm - 4pm

14

Watercolor 9am - 12pm
Zumba 9:30am - 10:30am
Yoga 10:45am - 11:45am
Beginning Ukulele 12pm - 1pm
Bunko 1:15pm - 3:15pm



Pinochle 1:15pm - 3:15pm

15

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

18

Martin Luther King Day
Center is CLOSED



19

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

20

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



Technology Open Session 2:00pm - 4pm

21

Watercolor 9am - 12pm
Zumba 9:30am - 10:30am
Yoga 10:45am - 11:45am
Beginning Ukulele 12pm - 1pm
Pinochle 1:15pm - 3:15pm



22



Administration Day
Center is CLOSED

25

Same Activities as January 11th

26

Same Activities as January 19th

27

Same Activities as January 20th

28

Same Activities as January 21st

29

Same Activities as January 15th

Is 'Expired' Food Safe to Eat?

Confusion over date labels leads us to toss groceries that are still good

FOR EVERY DOLLAR AMERICANS spend on food, they chuck about 10 cents' worth into the trash. That doesn't sound like much, but it adds up fast-to the tune of about \$1,500 per year, on average, for a family of four, according to the Department of Agriculture. Not only is that a hit to your wallet; food waste also has far-reaching consequences. Food is the largest source of garbage in landfills, and it's a significant contributor to the production of methane, which is a cause of global warming. And then there are the water, electricity, fuel, and other resources wasted on growing and producing food that no one ever eats.

Picky kids, busy lifestyles, and poor planning are a few reasons so much of what we toss into our grocery carts winds up in garbage cans. But another major factor is a misconception about what all of those date labels on food packages- "sell by," "use by," "best by," and the like-really mean.

"Most consumers don't realize that they're really more about food quality than food safety," says Robert Gravani, Ph.D., a professor of food science at Cornell University. Food may not be at its peak after those dates, but such factors as staleness and color change are quality problems, not safety concerns. The truth is that in many cases, food on a shelf-or even in a fridge-past the date on the package is fine to eat and doesn't have to be thrown away.

"Foodborne illness comes from contamination, not from the natural process of decay," says Dana Gunders, a staff scientist at the Natural Resources Defense Council and the author of the "Waste-Free Kitchen Handbook" (Chronicle Books, 2015). "And our senses are well-equipped to recognize decay." Foods past their prime may develop mold, become rancid, or spoil in other ways, but they are likely to look, smell, and taste bad before they actually become unsafe to eat.



There's no federal requirement that foods carry a date label except for infant formula, where the concern is nutritional quality, not safety. Several states have regulations, but the guidelines used to set the dates-and the meaning of terms-vary. The USDA offers these general definitions:

'SELL BY'. This is the date by which manufacturers suggest that retailers remove the product from shelves. The goal is to ensure quality for a period of time after you buy it. That can be several days to several weeks, depending on the item. For instance, milk, assuming proper refrigeration, should last five to seven days past its sell-by date before turning sour.

'BEST BY' AND 'USE BY'. Those terms tell you when to eat (or freeze) a product for the best quality. A jar of salsa may not taste as fresh and tangy as it's supposed to, for example, and crackers may be soft instead of crisp after those dates.

How are the dates determined? In most cases, manufacturers decide on dates and terms based on their own product testing. According to a report from the NRDC and Harvard University, they use a number of methods, such as lab tests and taste testing, to set them. And consumers have no way of knowing the background. In many cases, dates are conservative, and if you go beyond them, you may not notice any difference in quality, especially if the date has recently passed.

And in some cases, even items that have seen better days can still be used. "Use sour milk like buttermilk in pancake or biscuit batter," Gunders says. "You can revive wilted vegetables like carrots and celery by soaking them in ice water, and salad greens that are too limp to serve raw can be sautéed."

This article was taken from the December 2015 Consumers Report. It has Great information that can save Seniors money on their food budget.

Ferd Bergholz



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, December 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: Monday, December 14th

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

Time: 10:00am to 12:00pm

Cost: Free

2015 Major Events Calendar

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)
JANUARY	New Year's Day	1/1	Center Closed
	Martin Luther King Day	1/18	Center Closed
	Administration Day	1/22	Center Closed

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 ~

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!

Connie Adkins
Rita Eiriksson
Rudy Guttebo
Wayne Johansen
Sammy Khalil
Peter Maurer
Sandy Payton
Margaret Schraft

Cheers To All These Years...

Together, with members, **Steve and Gerry Rieger**, we send Happy Birthday Greetings to Gerry's dear momma, member **Mel Fandrich** as she celebrates her **95th birthday on December 14th!** We always look forward to seeing her lovely smile and happy spirit at the Meals on Wheels lunches every week. **Congratulations Mel!**



Donation ~ Thank You

A BIG Thank You to **Betty Cederlund** for crocheting a lovely lap rug in fall colors to help raise money towards the portable Cambro oven that Marlene would like for the kitchen to help make her work that much easier. We raffled it off at the Thanksgiving Potluck Luncheon and our very generous guests helped to raise \$143 towards the \$200 oven! Thank You to everyone who participated by purchasing raffle tickets! We are well on the way to make this happen for our dear Marlene!



NO MORE BROWN MEDICINE BOTTLES PLEASE DO NOT BRING IN!

We regret that the program is over and we will no longer be collecting your used medicine bottles for The Malawi Project.



Welcome New Members

Joan Bedford, Mary Childs, Kathy Hormel, Gabriel Hudson, Clara Jackson Jon Sansung & Heidi Winkler

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)

Sponsor Updates



Congratulations to our sponsors, Kiwanis of the Valleys. This was their 7th Season of Music at Skypark. They presented SVUSD Superintendent, Penny Weaver, with a cheque for \$20K at an awards dinner on November 11th. This means that they have raised over \$100K for music in our local schools. They do not do it alone; the bands, business sponsors, food vendors, volunteers and attendees (a lot of our seniors), ALL helped to make it happen. Very well done ~ Kudos all round.

Well Done **Montevale Community Life**...they put on a Senior Planning Needs event on November 7th that was very well-received. It was chaired by member Axel Funke who said about 70 people came out and all found it most informative. MCL plans to continue providing these types of events to help seniors. This one was the second one this year; earlier in the Spring, they put on a health and safety faire that was quite successful too.

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.



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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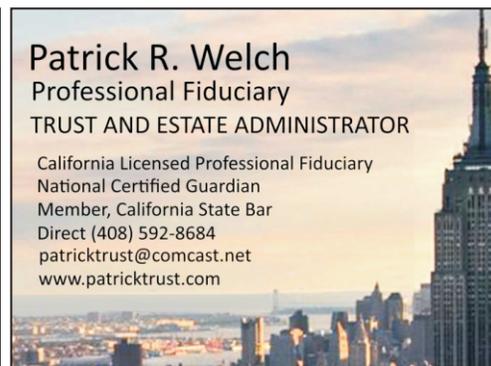
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Our Center is happy to welcome new Bronze Level sponsor, Maurice Mamon of Aardvark Technical Services. Members will also be glad to know that he will taking over the Technology Open Sessions from Ayan starting October 7th. So come on in and see Maurice for help with your digital toys on Wednesdays. Please note the new time of 2pm to 4pm.

Thank You Maurice!

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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: 12/25, 1/22



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

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

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to be Jolly!*

