



# Scotts Valley Senior Center



## St. Patrick's Day Dinner

There Were Such Goodies Last Year, Remember Them?

By Fran Rosen

Marlene and her crew will be busy as before  
Our St. Patrick's Day Dinner is coming once more!  
Corned Beef & Cabbage and Irish Soda Bread

Write it on your calendar  
So you won't forget



**Friday, March 18th ~ 5pm to 7pm**

\$13 Members / \$15 Guests

Pre-Paid Event Only - Deadline to Sign Up March 15th

### March 2016 Newsletter

## Coordinator's Message



**Top O' the Morning to All of Our Members!** Can you believe we are in MARCH!!! There is so much happening in and around the center but first...

The **2015 Tax Season** has got off to a great start. We are lucky to have Bob O'Brian and Dave back to take care of things and a HUGE shout out to Carol Rogers for acting as their admin to make sure that Thursday afternoons run smoothly! Thank You Donna Silvia and Janet McMillan for helping me to clean and sort out our

off-site storage – a job well-done, pats on your backs as it was an arduous task on a warm day. Marlene Flannery, as per usual, outdid herself in serving up a delicious Mardi Gras Gumbo for our Muncheon Luncheon. I took a stint in the kitchen and tossed pancakes for dessert. Talking about the kitchen, Mille Merci...THANK YOU JUDY KOLBMANN for immediately volunteering to taking on the laundry chore after you received your February issue containing the request!!!

We have been very busy cleaning and updating files, not a simple task as it may seem. Thank You Margaret Serena and Marlene Flannery for all of your help with this chore! Meals On Wheels always runs their "**Penny Fundraiser**" every February. If you have spare pennies that you would like to donate, please bring them in. We will continue to collect them as we got off to a little start. A big Thank You to those of you who have been bringing your pennies in by word of mouth and also to those of you who have taken the piggy boxes to local businesses to collect donations. You are AWESOME!



Thank You to EVERYONE who attended our One-Hour Empowerment Session put on by **Erin O'Brien-Kerr of Damsels in Defense**. Yes, we even had a few guys attending too and ALL OF US found it to be a highly informative session. Given the escalation in crime, I will be arranging another session in a couple of months. It is very valuable for EVERYONE from 9 to 90 ☺

Lastly, a round of applause for our **Scotts Valley Rotarians!!!!!!** They put on a wonderful luncheon for us with entertainment and raffle gift. It was a wonderful, relaxing afternoon, enjoyed by all. Don't forget to sign up for this month's Corned Beef and Cabbage Dinner AND FYI – the Movie is back in Muncheon Movie. You DO NOT want to miss The Intern starring Robert De Niro and Anne Hathaway...a senior shows the youngsters just how much value seniors and their experiences are worth. That with Irish Stew and Apple tart and Custard is something you don't want to miss out on ☺

**For each petal on the shamrock  
This brings a wish your way  
Good Health, Good Luck & Happiness  
For today and everyday**

Until Next Time ~ Darshana Croskrey

## Project Scout 2015 Tax Services for Senior Citizens



You may sign up for your tax appointment now by stopping by or calling the center at **831.438.8666**. To qualify for this complimentary service, the following criteria apply:

- You are age 60 or above
- You classify as low-income
- At the time of the appointment, you must show your driver's license or ID card.



**This service will take place EVERY Thursday from 1:30pm to 3:30pm from February 4th through April 14th.**

**An appointment IS required, walk-ins ARE NOT accepted.**

Please arrive at 1:30pm with ALL your paperwork and a good book – appointees will be seen in the order that they signed up.



## Armchair Topics & Birthday Celebrations

# Happenings at the Center



**Valentine's Luncheon  
Hosted by  
SV Rotary Club**



# Special Events - Activities

## Blanket Kids in Caring ~ SIGN UP NOW

SVSC is teaming up with Felton 4H to bring you an inter-generational community project in tying fleece blankets for children in pediatric care.

Felton 4H is seeking 20 SVSC members to work collaboratively with 20 4H members to create fleece blankets to brighten up a child's world as a tangible sign of the caring of our community. We hope many hands will lend a hand to work alongside the 4Hers (ages 5 – 19), to tie simple knots to finish the edges of the blankets. As the knots are formed, the work is shared and conversations exchanged, we hope that the experience will help knit together different generations. Imagine a child who has traveled a rough path cuddling up with a cozy fleece blanket with all our well-wishes woven in!

**Date:** Wednesday, April 20th  
**Time:** 4pm – 5:30pm  
**Place:** Scotts Valley Community Center  
**RSVP:** Sign up at Reception Desk,  
 Call 831.438.8666 or email [dcroskrey@scottsvally.org](mailto:dcroskrey@scottsvally.org)



## SVSC Bocce Update

The City of Scotts Valley has completed the upgrades to the Skypark bocce courts; hopefully the courts will be dry enough for play when the SVSC Spring 2016 Bocce Season begins the week of April 4, 2016. Registration for the Spring 2016 Bocce League will begin February 22nd, and end on March 11, 2016 at the Parks & Recreation Office located by the Skypark soccer fields.

- New and returning players are encouraged to sign up early.
- Although preference will be given to players returning from the Fall 2015 League, new players are encouraged to sign up and are always welcome.
- You need to be a member of the Scotts Valley Senior Center to be eligible.
- A free lesson will be provided to all interested players.

If you have any questions please contact Susan Taylor, SVSC Bocce Chairperson via email: [suestoy@cruzio.com](mailto:suestoy@cruzio.com) or call 831-461-9301.



## 46th Annual All You Can Eat (Best in the District) Crab Cioppino Feed and Dance



Brought to you by The Scotts Valley Host Lions Club

Saturday, March 5, 2016

**Where:** C.P.D.E.S. Hall, Harvey West Park. Santa Cruz  
**Time:** 6:00pm No-Host Cocktails / 7:30pm Dinner / Band 9:00 pm-Midnight

Live band and dancing ~ The Billy Martini Show  
 \$50.00 per person

To Purchase Tickets or for more information please call Harvey Bustichi  
 831-229-5785 / [hbustichi@aol.com](mailto:hbustichi@aol.com)  
 All Proceeds Support Local Youth and Community Activities



## SVSC BOOK WORMS with Patsy Rice

The Book Worms welcome and encourage you to join their club. We have something very exciting planned for you this month! Murder in the Pines by Kathryn Gualtieri is the March reading book. **Kathryn Gualtieri will be HERE, at the center, as our guest author.** Thank You Patsy Rice for setting up this visit. I know you will have an interesting conversation.

Ms. Gualtieri's first mystery novel is Murder in the Pines. She lives in central California and divides her time between Carmel-By-The-Sea and Capitola. A former member of Carmel's Historic Preservation Committee, she served a stint in Sacramento as the State Historic Preservation Officer and chaired the State Historical Resources Commission. She has a lifelong interest in California history and is the author of Half Moon Bay: Birth of a Coast-side Town.

The Book Worms are continuing their monthly field trip to Porter Memorial Library every second Wednesday of the month. You are welcome to join them. Please let Patsy Rice know ahead of time - 831.439.9632, as the group meets at the center and carpools over to Soquel.

### Upcoming Reading List:

<b>March</b>	<b>Murder in the Pines</b> Kathryn Gualtieri	<b>Date:</b> Friday, March 18th
		<b>Time:</b> 1:00 pm
<b>April</b>	<b>The Lace Reader</b> Brunonia Barry	<b>Cost:</b> \$2 Members
		\$3 Non-Members
<b>May</b>	<b>All Together in One Place</b> Jane Kirkpatrick	

## MEDITATION



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.

Beginner is approximately 4 weeks and then you may switch to the Drop-In Class if you wish to do so.

**Day/Time:** Friday Meditation Beginner 10am-11am  
 Friday Meditation Drop-in 11am-12pm  
 (except every 4th Friday in the month)

**Where:** Senior Center Library  
**Cost:** Members \$2.00 / Non-Members \$3.00



# Special Events

## Armchair Topics and Birthday Celebrations



Guest Speaker ~ **Barrow Emerson** of Metro Santa Cruz

Date: Thursday March 31st at 1pm

Santa Cruz Metropolitan Transit District (METRO) will be making major reductions to its services in September 2016. METRO's Planning Manger Barrow Emerson will be speaking at the Scotts Valley Senior Center to talk about:

- Reasons for these changes
- Discuss how METRO is approaching its service reduction planning
- Outline the schedule for the **DECISION-MAKING PROCESS.**

I would like to add that it behooves all seniors to know how these cuts are going to affect them. Even if you do not use the services that will be provided at this time because you have no need for them, **THINK** about the fact that life changes in a heartbeat... **WHAT IF** circumstances change for you beyond your no control - it does happen! Put yourself in the shoes of "IF" you need services, what would you like to see in place?

**Tiny Budget + Reduced Services = Your Voice / Your Needs**

**BE proactive, NOT reactive ~ Don't lose YOUR say in the decision making process!**

**To find out more information and to sign-up for project updates please visit our website at [www.scmetroforward.com/](http://www.scmetroforward.com/)**

## Muncheon Movie

PRE-PAID EVENT ONLY

Date: Tuesday, March 8

Time: Noon

Cost: Members \$5 & Guests \$6

Movie: "The Intern" starring Robert De Niro and Anne Hathaway



Lunch: Irish Stew and Mashed Potatoes, Apple Tart and Custard

Price includes Lunch, Dessert, Movie, Popcorn and Soda

Deadline to Sign Up is Friday, March 4th



**Happy Birthday 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 March Birthday Members!

Yvonne Nelson	1	Donna Silvia	3	Doreen M. Land	4
Peijing H. Woo	4	Lisa Bustichi	8	Joan Cunningham	8
Marlene Flannery	9	Lois Alford	10	June Langhoff	10
Howard Lowe	10	Cherry Nittler	10	Leatrice Bachan	11
Melody Kingsbury	11	Vaughn Parsons	12	Gloria Crivello	13
Marlene Erickson	14	Barbara Higgs	14	Anne Jacques	14
Antonia Kwalick	14	Charlotte Hoogarsian	15	Patsy J. Wright	16
Pat Engelding	17	Pat Huntsinger	17	Don McClish	17
Charles Rouse	17	Nancy Deming	18	Josie Schoonover	18
Mary Mulligan	21	Sally Serena	21	Becky Cole	22
David F Mc Clay	24	Laura Moler	24	Mary Neill	24
Gillian McGlaze	29	Linda Picard	29	Sheron Hsu	30
Mercedes Sarsi	31				

## 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	Maurice Mamon	Free	Free
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
Meditation	Doug Herda	\$2 m	\$3 n/m
Muncheon Movie	Marlene Flannery	\$5 m	\$6 n/m
Pinochle	Donna Silvia	\$2 m	\$3 n/m
Potluck Lunch	Sammy Khalil	\$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
Zumba	Leatrice Bachan	\$3 m	\$5 n/m

## Focus on the Instructor Stan Meidinger

by Darshana Patel-Croskrey

**From prisons to the POTUS and everything in-between, Stan has played for them all! That caught your attention didn't it? Read on...**



Stan Meidinger's family came "out west" in the 1920s from North Dakota. He, himself is a Santa Cruz native. An idyllic childhood was spent in Capitola with his siblings. Stan's strong work ethic was ingrained early on in life by his parents who made sure their children all put in time from 5th grade on in the family owned business; some of you may remember it as the Mid-Town Market on Porter Street and Soquel Drive. He graduated from Soquel High and then went on to Cabrillo College.

Stan credits his mother for his musical talent. She loved to sing, played the piano and was part of a trio who performed for years at their family's place of worship, Twin Lakes Church. Starting in 3rd grade Stan too, sang in the church choirs and at school. Along the way he learned to play the accordion, bass, fiddle, guitar and his beloved ukulele.

All his life, Stan has adhered to "Eat, Sleep, Play Music" as his personal mantra! He firmly believes that music is therapeutic and is a great "left brain" building exercise. Before retiring, Stan worked at the Cement Plant in Davenport for 45 years. Over the years, he has played big gigs and little gigs, for his family, friends, parishioners, newlyweds, funerals, co-workers, strangers, jailbirds (Soledad and San Quentin), and even President Obama.

Stan's musical resume is impressive to say the least! He was the original founding member of the Bear Creek Boys, a bluegrass band that played at the Straw Hat pizza parlors in the 70s on Mission Street and 41st Avenue. He was in the house bands for both Roaring Camp and Paul Masson Vineyards for many years and is currently in the house bands for the Santa Cruz Boardwalk and Seascape Country Club's Tiki Fridays. Stan has opened for Dizzy Gillespie, Doc Watson, George Shearing, Lester Flatt, Merle Haggard & George Harrison - to name but a few!!!

Even in retirement, Stan continues to lead a busy life. He enjoys serving the senior community and plays at rest homes. He leads a local Hawaiian style band called the Island Breeze Band and runs the Luau Entertainment Company, an event planning company with fire dancers, hula dancers, musicians, and more at his fingertips. Stan also teaches students at Santa Cruz City Schools on Ukulele Building Classes and Ukulele Instruction. If that is not enough, WE, are sooooo lucky to have him here at the center teaching our members!

But, in spite of all of the above, the one thing that stands out first and foremost is his love for, and commitment to, HIS FAMILY. He credits his wife, Melissa, for the greatest 43 years of marriage as his greatest accomplishment...she dances hula and they entertain together. They have a son, Brook and a daughter, Molly, whose families live locally. For Stan, having lived a great outdoor life, surfing our shores for over 55 years and playing music since 3rd grade, he makes time with his three grandchildren, Hayley, Jake and Angelo, sharing his skills and creating memories galore

**On behalf of the Scotts Valley Senior Center and its members, it is with great pleasure that I thank Stan Meidinger for his commitment to our center!**

## Shirley Sapina of Hospice Invites You "Advance Health Care and End of Life Planning Decisions"

We brought you the Senior Health Faire to help keep you in your homes and independent as long as possible. We brought you Estate Planning so you could put your financial affairs into order. Scotts Valley Senior Center has once again teamed up with Monteville Community Life to share a resource with you that EVERYONE should know about. Conducted by Hospice of Santa Cruz County, it is called, "Advance Health Care and End of Life Planning Decisions". It is not a topic that most of us want to address BUT it is a smart decision to do so for MANY reasons. Before you even reach "that" stage, it is vital to know what your options will be, how to keep those options open, understanding the fine print regarding your wishes and knowing about all the resources that are available to you. Knowledge is power and as I always say, be proactive versus reactive - YOU are YOUR best advocate!!!

**Date:** Saturday, March 12th  
**Time:** 3:00 pm  
**Place:** The Monteville Mill House  
552 Bean Creek Road  
Scotts Valley CA 95066

**Cost:** FREE Refreshments will be served

For your convenience, due to the limited parking available at The Mill, the Senior Center will be running a shuttle from the car park across the street from senior center where there is plenty of parking.

**TELL** your family members, friends and neighbors about this vital event!

**BRING** your family members, friends and neighbors to this vital event! We look forward to seeing you.

**Please call 408.781.6303 to reserve your seats**



## POTLUCK FRIDAY LUNCH

Potluck Friday is growing! Join our host, Sammy Khalil, as he welcomes you to the table of this informal gathering to share food and conversation!

**Date:** Friday, March 4th  
**Time:** 12:30pm to 2pm  
**Cost:** \$2.00 and a potluck dish to share



## COFFEE and 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, March 8th  
(on-going every 2nd Monday of the month)  
**Time:** 10:00am to 12:00pm  
**Cost:** Free



# SVSC 2016 Event Calendar

<b>JANUARY</b>	Return from Holiday Break NO DINNER THIS MONTH Martin Luther King Administration Day	1/4 ----- 1/18 1/22	Monday ----- Center Closed Center Closed
<b>FEBRUARY</b>	SVSC Board Meeting President's Day Holiday SV Rotary Club ~ Valentine's Day Dinner Administration Day	2/4 2/15 2/19 2/26	3:30pm Postponed Center Closed 1pm Center Closed
<b>MARCH</b>	Advance Healthcare/End of Life Planning SVSC ~ St Patrick's Day Dinner Administration Day	3/12 3/18 3/25	3pm – 5pm 5pm Center Closed
<b>APRIL</b>	Hospice Advance Directives Spring Pancake Breakfast Les Trois Amis ~ Short Rib Dinner Administration Day SVSC Fashion Show	4/8 4/9 4/15 4/22 4/23	1pm - 3pm 8am - Noon 5pm Center Closed 11 – 2:30pm
<b>MAY</b>	The Italian Friends ~ Tuscan Dinner Administration Day Memorial Day Holiday	5/20 5/27 5/30	5pm Center Closed Center Closed
<b>JUNE</b>	Volunteer Luncheon SVSC Board Meeting SVSC Flea Market SVSC ~ Grandma's Comfort Dinner Administration Day SVSC Sock Hop	TBD 6/2 6/4 6/17 6/24 6/25	1pm (by invitation only) 3:30pm (open to all) 8am - 2pm 5pm Center Closed 6pm – 10pm
<b>JULY</b>	MEMBERSHIP RENEWAL Independence Day Holiday (SVSC Float!!!) Les Trois Amis ~ Chicken Piccata Dinner Administration Day	7/1 7/4 7/15 7/22	DUE NOW!!! Center Closed 5pm Center Closed
<b>AUGUST</b>	SVSC Flea Market SVSC Annual General Meeting SV Rotary ~ Tri-Tip Heaven Dinner Administration Day	8/6 8/19 8/19 8/26	8am - 2pm 4:30pm 5pm Center Closed
<b>SEPTEMBER</b>	Labor Day Holiday Grandparents Day Pancake Breakfast SVSC ~ Hamburger BBQ Dinner Administration Day	9/5 9/10 9/16 9/23	Center Closed 8am – Noon 5pm Center Closed
<b>OCTOBER</b>	SVSC Board Meeting Sponsor Appreciation Reception (Octoberfest) NO DINNER THIS MONTH Columbus Day Holiday SV City Council Presentation Administration Day	10/6 10/7 ----- 10/10 10/19 10/28	3:30pm (open to all) 5pm - 7pm (open to all) ----- Center Closed (Monday) 6pm Center Closed
<b>NOVEMBER</b>	Closed for week - Craft Faire Prep Craft Faire Weekend Clean Up from Faire Veteran's Day Holiday SV Rotary ~ Thanksgiving Dinner SVSC ~ Thanksgiving Potluck Luncheon Thanksgiving Break	10/31 - 11/4 11/5 – 11/6 11/7 11/11 TBD 11/18 11/23 - 11/27	Center Closed (Mon-Fri) Sat 9-4pm & Sun 10-4pm Center Closed Center Closed TBD 1pm Center Closed
<b>DECEMBER</b>	Holiday Luncheon New York New Year's Eve Party Holiday Break	12/16 12/31 12/19 – 1/2/16	1pm 6pm - 10pm Center Closed
<b>JANUARY 2017</b>	Center Re-Opens	1/3/17	Tuesday

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

# March Calendar

**Monday**

**Tuesday**

**Wednesday**

**Thursday**

**Friday**



**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  
  
**Computer & Digital Help Desk** 2:00pm - 4pm

**3**  
**Watercolor** 9am - 12pm  
**Zumba** 9:30am - 10:30am  
**Yoga** 10:45am - 11:45am  
**Beginning Ukulele** 12pm - 1pm  
**Pinochle** 1:15pm - 3:15pm  
**Tax Help** 1:30pm - 3:30pm  
**By Appointment Only**

**4**  
**Beg/Int Line Dance** 9am - 10am  
**Stretch & Condition** 10am - 11am  
**Meditation Beginner** 10am - 11am  
**Meditation Drop-in** 11am-12  
**Potluck Friday Lunch** 12:30pm - 2:00pm  
**Deadline for Muncheon Movie**

**7**  
**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

**8**  
**Zumba** 9am - 10am  
**Writing Class** 10am - 12pm  
**Muncheon Movie "The Intern"** Noon - 3pm  


**9**  
**Meals on Wheels Lunch** 11:30am - 12pm  
  
**Bingo** 1pm - 3pm  
**Computer & Digital Help Desk** 2:00pm - 4pm

**10**  
**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  
**Tax Help** 1:30pm - 3:30pm  
**By Appointment Only**

**11**  
**Beg/Int Line Dance** 9am - 10am  
**Stretch & Condition** 10am - 11am  
**Meditation Beginner** 10am - 11am  
**Meditation Drop-in** 11am-12

**14**  
**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

**15**  
**Zumba** 9am - 10am  
**Writing Class** 10am - 12pm  
**Beg/Int Line Dance** 12am - 1pm  
**Home Arts** 2pm - 9pm  
  
**Deadline St. Patrick's Day Dinner**

**16**  
**Meals on Wheels Lunch** 11:30am - 12pm  
**Bingo** 1pm - 3pm  
  
**Computer & Digital Help Desk** 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  
**Tax Help** 1:30pm - 3:30pm  
**By Appointment Only**  
**St. Patrick's Day**

**18**  
**Beg/Int Line Dance** 9am - 10am  
**Stretch & Condition** 10am - 11am  
**Meditation Beginner** 10am - 11am  
**Meditation Drop-in** 11am-12  
**Book Worms - Guest Speaker Kathryn Gualtieri** 1-2:30pm  
**St. Patrick's Day 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  
**Computer & Digital Help Desk** 2:00pm - 4pm

**24**  
**Watercolor** 9am - 12pm  
**Zumba** 9:30am - 10:30am  
**Yoga** 10:45am - 11:45am  
**Beginning Ukulele** 12pm - 1pm  
**Pinochle** 1:15pm - 3:15pm  
**Tax Help** 1:30pm - 3:30pm  
**By Appointment Only**

**25**  
**Center is CLOSED**  
  
**ADMINISTRATION DAY**

**29**  
**Same Activities as March 21st**

**29**  
**Same Activities as March 22nd**

**30**  
**Same Activities as March 23rd**

**31** **Same Activities as March 24th**  
**Armchair Topics** 1pm  
**Guest Speaker: Barrow Emerson of Metro Santa Cruz**  
**Birthday Celebrations** 2pm

3/13 Set Clocks forward 1 hour

## The Truth About Expired Meds

If you have pills older than the “Fonz” in your medicine chest, here’s what you need to know about when (and how) to toss them by Michele Shapiro, December 15, 2015 AARP News.

### Taking expired medication could be dangerous.

There’s certainly controversy about expiration dates on food, but as upsetting to your stomach as it can be to eat items that are no longer fresh, taking expired medications can be more complicated and, in certain cases, have far greater consequences. “If the drug is an over-the-counter product for minor aches and pains, you may not get 100 percent of the benefits if the expiration date has passed, but it’s not dangerous,” explains Rabia Atayee, an associate clinical professor of pharmacy at the University of California, San Diego.



However, for people taking medications for chronic or life-threatening illnesses — such as heart conditions, seizures, COPD or severe allergies — a drug that’s not completely effective can be downright dangerous, she says.

Here are some answers to common questions that may help you stay out of harm’s way when it comes to ingesting and discarding expired medications.

#### 1. “I have some five-year-old antibiotics I want to take on my vacation in case I get sick. Are they still good?”

They won’t make you sick, but they may not be strong enough to fight off infection, which can be harmful. Over time, antibiotics stored at home can lose up to 50 percent or more of their strength, meaning they may not be able to halt a potentially life-threatening bug that’s invading your system. Plus, if you’re taking leftover antibiotics from a past illness, you won’t have a complete dose to knock out all the bacteria. As Amy Tiemeier, associate professor of pharmacy practice at St. Louis College of Pharmacy, points out, not taking a full dose allows the most drug-resistant bacteria to remain in your body. You then risk getting the same infection again and needing a stronger drug to knock it out, which could mean more side effects and pricier antibiotics.

#### 2. “Are there any medications that I should never, ever use beyond their expiration dates?”

Yes, absolutely. Oral nitroglycerin (NTG), a medication used for angina (chest pain), may lose its potency quickly once the bottle is opened and should never be taken after the expiration date. Similarly, insulin, used to control blood sugar in those with diabetes, may stop working after its expiration date. Other drugs you need to be sure are full strength include anticonvulsants, warfarin, digoxin, thyroid preparations and oral contraceptives.

Another must-toss once the expiration date has passed: inhalers. “They will lose potency after their expiration date,” Tiemeier says. “If you’re having an acute respiratory attack and your inhaler doesn’t work, it could be a dangerous situation.” Ditto for EpiPens; the epinephrine in auto-injectors loses its potency. As with inhalers, EpiPens are used in life-

threatening situations like anaphylaxis, so using an expired one is a major health threat.

Lastly, using ophthalmic (eye) drops past their expiration date could be dangerous because of the high risk for bacterial growth. You could risk losing your vision from contaminated drops, Tiemeier says.

#### 3. “Is a drug’s expiration date the same thing as the ‘use-by’ date I see on my prescription vials?”

**No.** The expiration date is the one legally required to be on the original large container the pharmacist receives for dispensing drugs. The “discard after” or “do not use after” date on bottles or packages given to patients is often for a shorter time — generally a year after dispensing — because of safety reasons once the drug is no longer being stored at the pharmacy. Some states even require pharmacists to add this date. Drugs such as nitroglycerin and insulin have even briefer “use by” windows: nitroglycerin’s is typically six months; insulin’s is 28 days from the first use, says Atayee.

#### 4. “I keep all my medications on the kitchen counter so I remember to take them, rather than in my medicine chest. Are they safe there?”

It depends. Heat and humidity can affect a drug’s potency, and a small kitchen gets hot quickly when the stove or oven is being used. Ironically, the medicine cabinet in your bathroom isn’t ideal for storing drugs either, particularly if the space lacks proper ventilation and gets hot and humid. “Meds need to be kept in a dry, cool place,” says Atayee, who suggests using a storage box with a lid. Also important: Don’t store medication in your car’s glove compartment. It may seem convenient, but the temperature extremes can affect the drug’s strength.

#### 5. “How can I safely dispose of expired medications?”

While your first instinct may be to crush and flush them, doing so can contaminate drinking water. And when it comes to controlled substances, like narcotic painkillers, you don’t want to leave any around: More than half of those who abuse drugs such as painkillers, tranquilizers and stimulants get them from a family member or friend without that person’s knowledge, according to the 2011 National Survey on Drug Use and Health. Atayee suggests taking controlled substances to the sheriff’s department. The U.S. Drug Enforcement Administration coordinates a nationwide drug “take-back” day in September, when communities, pharmacies and law enforcement groups pay to dispose of expired medications until a permanent statewide program is in place.

If your community doesn’t offer a take-back program, you can always crush the meds and put them into empty bottles of liquid bleach, or in used cat litter, to prevent them from getting into the wrong hands, Atayee suggests.

#### 6. “How often should I clean out my medications?”

If you want meds that you know will be potent, aim for every six months. Time this purge to coincide with other safety habits you do at home at the half-year mark, such as checking the batteries in your fire alarm. “Think of it as a whole-house safety check,” Atayee says.



Ferd Bergholz

# 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  
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## Cheers to All These Years

Happy Birthday Wishes for our lovely **Millie Bustichi** who recently celebrated her 90th birthday with close family and friends!

A warm welcome and **Happy 89th Birthday** wishes for one of the newest members of our SVSC family, **Joan Bedford!** We are delighted that you enjoy our company here at the center.



## Gone But Not Forgotten

It is with much regret I share the news that **Dolly Hernan** passed away during the holiday season. We send our condolences to her daughter, Gina Hernan and other family members. Her bridge club friends will miss her greatly.



Sadly, we have had to say goodbye to member, **Doug Greer AKA "Turkey Egg"**. Doug was one of the earliest SVSC members. Whenever he visited the center, Doug always had such marvelous stories about his days working in the movie industry. At the of age seven, his freckles had earned him the role of Turkey Egg in *The Little Rascals!* His childhood was spent working with many actors including Mickey Rooney, John Wayne and Jackie Cooper. During WWII, Doug was assigned to a mountain division of the Ski troops and later went to work for Lockheed. We send our sympathies to his family.



~ Rest In Peace Dolly and Doug ~

## Sponsor Updates

I would like to Welcome our latest sponsor, Gold Member, George Haas of Money Concepts, Wealth Management and Financial Planning. Some of you know George as the center's representative on the Montevelle Community Life Board and he is also a member of the center's volunteer driver team.

We have the Hospice, Before, During and After Event coming up on March 12th . Mark your calendars. It will take place at Montevelle and to make things easier, the senior center will run a shuttle from the center to Montevelle so that parking will not be an issue. George will be your driver.

If anyone loves crab, watch out for the SV Lions Club Crab Cioppino Fed and Dance on March 5th – more information in this newsletter.

Thank You Voice Instructor, June Barber for once again renewing your sponsorship ☺

## Center Donations



Donation from Computer Help Member ~ \$20  
Ferd Bergholz ~ Portable Amplifier and Two Microphones  
Carol Artman ~ Kitchen Towels

## Welcome New Members

Sandra Bacon, Mary Ann Dominguez, Mabel Gidcumb,  
Janet McMillan, Lynne Nicol and Wellington Smith

### THANK YOU FOR JOINING OUR SV SENIOR CENTER

#### Want to become a member?

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- 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)



## 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.

**March 2nd**  
Chicken Alfredo Casserole  
Spinach Salad w/Carrots  
Broccoli  
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Banana

**March 9th**  
Salisbury Steak w/Gravy  
Mashed Potatoes  
Romaine Salad  
WW Bread / Butter  
Tangerine

**March 16th**  
Turkey Pot Roast  
Roasted Red Potatoes  
Green Salad  
WW Bread / Butter  
Orange

**March 23rd**  
Vegetarian Chili  
Carrots  
Spinach Salad  
Cornbread / Butter  
Tangerine

**March 30th**  
Baked Fish  
Sweet Potato  
Romaine Salad  
WW Bread / Butter  
Banana



## BINGO

**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.**

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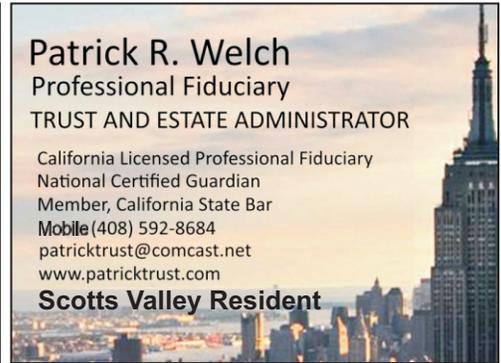
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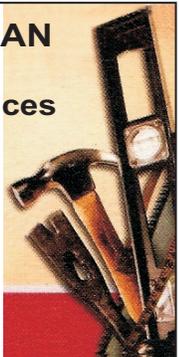
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# Scotts Valley Senior Center Mission Statement

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](mailto:dcroskrey@scottsvalley.org)

## Scotts Valley Senior Center Hours

**Monday and 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:**  
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Scotts Valley Senior Center

See this and older newsletters at [www.fbergholz.com](http://www.fbergholz.com)

Senior Center Website: [www.scottsvalley.org/parks/senior\\_center.html](http://www.scottsvalley.org/parks/senior_center.html)

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

Center closed EVERY 4th Friday of the month for ADMINISTRATION DAY: 3/25, 4/22, 5/27, 6/24, 7/22, 8/26, 9/23, 10/28, 11/25, 12/23



### Scotts Valley Senior Center

370 Kings Village Road  
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**3/13 Set Clocks forward 1 hour**