



Scotts Valley Senior Center



April Dinner ~ Spring Fling

Introducing Les Trois Amis
(Barbara, Janet & Markie)



Join us as they tantalize our taste buds with
Beef Short Ribs and Accompaniments!

Friday, April 15th
5:00 pm

\$12 Members \$14 Guests
Pre-Paid Event Only - Deadline 4/12
Don't miss the fun ~ Sign up NOW

April 2016 Newsletter

Coordinator's Message



April Showers will bring May Flowers...it has been great to have all this rain. Indeed, a welcome change to this time last year! Water makes our plants grow and volunteers make our center grow...

Thank You for stepping up and lending a hand:

| | |
|--------------------|---------------------------------------------|
| Birthday Greeter | Charlotte Hoogonian |
| Guest Chefs | Les Trois Amis ~ Barbara, Janet & Markie |
| iPAD Instructor | Galina Cantey |
| MCL Representative | George Haas |

Thank YOU Marc Silvia for your incredible patience and handyman skills. My office is an inviting place of calm and no clutter. It once again allows for creative thought and energy to flow once more!

Ken Gorny, you too, are a star! During the torrential downpour the rain gutters flooded. They were starting to leak "inwards". A potential disaster was averted because Ken went up and cleared the gutters. Phew, THANK YOU KEN!

HELP....I would like to put a call for help with the **Spring Pancake Breakfast**, Blanket Kids in Caring and the fashion show. Yes, the SVSC Fashion Show is back after a hiatus of six years!!! We are very excited and hope everyone will join us for the "Passion for Fashion" Show.

On behalf of the center, I would like to thank local author, Kathryn Gualtieri for speaking at the March **SVSC Bookworm Meeting**. It was an outstanding success with our member. The conversation traversed many decades, experiences, cultures and more.

In the interest of well-being, please think about signing up to take part in the **Blankets Kids in Caring Project** that will take place on **April 20th**. In conjunction with Felton 4-H, we will make fleece blankets for the Ronald McDonald House for pediatric cancer care patients.

Spring cleaning fervor continues...

Local service club and an SVSC sponsor, Kiwanis of the Valleys, will lend helping hands to sprucing up the center. If you are able and feel the urge to help out, please do join us

Lastly, **Becca Mosley** and I have a request of **ALL** our members who use Facebook....PLEASE, PLEASE, PLEASE "Like" the **Scotts Valley Senior Center FB page**. This would help create more visibility. Becca continuously posts various items and photos from events. We would love to see more comments and feedback.



Until Next Time ~ **Darshana Croskrey**

You're Invited to Our "PASSION FOR FASHION" FASHION SHOW SATURDAY, APRIL 30TH AT 12PM - 2:30PM

Scotts Valley Senior Center
370 Kings Village Road, Scotts Valley

Cost: \$20



Three Course Luncheon
Fashion Show by:

Encore Resale Boutique
Fuse Consignment & Gift Boutique
Heidi's Closet
Faust Salon & Spa
Door Prizes

Proceeds benefit programs
at the senior center



Look Whooo's Retiring?



Owl have you know, it's **Carol O'Neil** from SV Parks and Recreation. Regretfully for us and happily for her, Carol will go on to enjoy new adventures in life. Let's give her a huge Hoot Hoot Hooray!!!

Carol is Kristin's Admin at Pks & Rec. A portion of her work includes administrative work for SVSC and she is a the liaison for us to the City of Scotts Valley. Always supportive of our endeavors, we will miss Carol and her help.

**Love and Hoots from Owl of us from the
Scotts Valley Senior Center!**

Happenings at the Center

Special Delivery...

It was an unexpected pleasure to receive this beautiful basket full of delicious goodies from **P G & E** this week...

During the last forceful storm front, classes were cancelled or adjusted, as once again, the center turned into their command post. It became a refuge for emergency personnel to eat, rest and re-group. **Ron Clemens of Crown Catering Services - Scotts Valley/Ben Lomond Markets**, together with his staff prepared and served three solid and delicious meals a day to the workers.

This basket was their way of saying Thank You to us but on behalf of all of us, we say **THANK YOU** to them for being right here, for all of us, in ugly weather and dangerous situations.



St. Patrick's Day Celebration

Welcome to My Den! It is a pleasure to share these photographs with you all. As everyone knows, my office is often the revolving catch-all for the bits and bobs of the senior center's daily life and special events. Thus as much as I and my volunteers try our best, it is rarely an organized space. This problem has been resolved thanks to **Marc Silvia**. This busy guy made time last weekend to plan, measure, shop for and put up, new shelving. Leading this re-organizing venture was his mom and SVSC member, **Donna Silvia**. Assisting them was their friend **Rachel Grubbs** and of course, yours truly! Stop by and say Hello. You will even be able to have a seat without having to move everything out of your way ☺



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 at the Ronald McDonald House in the pediatric cancer care unit.

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 Senior Center
RSVP: Sign up at Reception Desk,
 Call 831.438.8666 or email dcroskrey@scottsvally.org



SVSC BOOK WORMS with Patsy Rice

The Book Worms welcome and encourage you to join their club. They now number ten members in total. It is quite a lively group.

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 carools over to Soquel.

Upcoming Reading List:

April **The Lace Reader**
Brunonia Barry

May **All Together in One Place**
Jane Kirkpatrick

Date: Friday, April 15th
(Third Friday of each month)

Time: 1:00 pm

Cost: \$2 Members / \$3 Non-Members

Scotts Valley Senior Center

Spring PANCAKE



ANNUAL
FUNDRAISER

Breakfast Saturday, April 9th ~ 8am - Noon

*All-You-Can-Eat Pancakes:
Apple Cinnamon Pecan & Blueberry
Ham, Eggs, OJ & Coffee*

**Adults \$7 & Kids \$4
children under 3 free**



370 Kings Village Road

438-8666

*Proceeds benefit
S. V. Senior Center!*

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 must qualify.

**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.**



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 11:15am-12:15pm
 (except every 4th Friday in the month)

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



Instructor, **Doug Herda**, offers two types of classes. Here he is with his Meditation Drop-In students. Never tried meditation before? Curious? Give Doug's Meditation Beginner Class a try. The benefits are huge. Go on... **you will LOVE it!**

Special Events

Armchair Topics and Birthday Celebrations



Date: Thursday April 28th at 1pm

Topic: You-Tube,
A Trip Down Memory Lane

Back by popular demand, join Darshana as we visit tunes and shows from yesteryear.

This fun session will culminate with Birthday Cake Celebration. Everyone is Welcome

Muncheon Movie

PRE-PAID EVENT ONLY

Date: Tuesday, April 12th

Time: Noon

Cost: Members \$5
& Guests \$6

Movie: *Bridge of Spies*
starring Tom Hanks



Lunch: Borscht,
Beef Samsa, Latkes & Fruit Pavlova

Price includes Lunch, Dessert, Movie,
Popcorn and Soda

Deadline to Sign Up is Friday, April 8th.



MUNCHEON MOVIE IS BACK TO A STANDING OVATION!

Hospice Advance Directives

It is that time of year once more. Members of the Hospice team will be available to answer questions about Advance Health Care Directives for you and/or your loved ones. In addition, they will help you to complete the forms.

Date: Friday, April 8th

Time: 1pm – 3pm



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 April Birthday Members!

| | | | | | |
|--------------------|----|-------------------|----|------------------|----|
| Linda Rossi | 2 | Carol Ann Toepfer | 2 | Nancy Nichols | 4 |
| Patsy Rice | 4 | Linda Depner | 5 | Janice Lages | 5 |
| Henry (Hank) Crook | 6 | Karlene Reyes | 8 | Jeff Fraser | 9 |
| Laurie Norton | 9 | Chi-Cha Russo | 10 | Gloria Frazier | 11 |
| Mike Lobue | 11 | Bonnie Rodgers | 13 | Bill Lynch | 14 |
| Cathy Seapy | 14 | Mary Kirk | 16 | Laura Mast | 16 |
| Marilyn Vaughn | 18 | Ralph Reyes | 19 | Cookie Leaf | 20 |
| Rita Eiriksson | 21 | Bob Leaf | 21 | Anita Locketti | 21 |
| John Daly | 22 | Donna Nation | 22 | Sheri Norbosh | 22 |
| John Crivello | 25 | Claire Dubois | 25 | Rena Maxwell | 25 |
| Bernice Rendrick | 25 | Roger Hanson | 26 | Velma I. Potter | 26 |
| Jolinda Resa | 26 | Mary Ward | 26 | Marion Broughton | 28 |
| Judith Hillman | 29 | Gerry Rieger | 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 | 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 |
| iPAD Class (4 weeks) | Galina Cantey | \$48 m | N/A |
| 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 |

Activities



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.

| | | | |
|------------------------|-------------------|-------------------|--------------------|
| April 6th | April 13th | April 20th | April 27th |
| Sweet & Sour Chicken | Clam Chowder | Turkey Pot Roast | Vegetarian Lasagna |
| Stir-Fried Green Beans | Crackers | Roasted Potatoes | Broccoli |
| Cabbage Salad | Spinach Salad | Green Salad | Caesar Salad |
| Brown Rice | Bread & Butter | Bread & Butter | Bread & Butter |
| Pineapple Chunks | Apricot Crisp | Tangerine | Tangerine |
| Milk | Orange Juice | Milk | Milk |



Bingo cards are brought out at 12:30 pm.

B I N G O
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.

Bruce McPherson visits the center to serve MOW

Former California Secretary of State and current Santa Cruz County 5th District Supervisor, **Bruce McPherson**, waited on our Meals on Wheels dining guests on March 23rd. We enjoyed his visit as he served and chatted with everyone. Thank Bruce for being our Meals on Wheels Superhero that day. Members, please don't forget to bring in your pennies for the MOW Penny Drive....we have a few days more to go and as you can see from the photo, we are doing REALLY WELL in filling up our glass bowl.



Welcome New Members

Barbara Aluffi, Markie Bachtel, Lynn Barker, Donal Calby, Marcie Dekking, Maria Demerest, Dolores De Vogelaere, Ann Fenske, Colleen Harrison, Edna Lyles, Janice Seals, Lynda Smith, Vivien Thomas and P.J. Treat

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)



Center Donations

| | |
|--------------------|---------------------------|
| Edna Lyles | \$10 Donation |
| Janice Seals | \$10 Donation |
| SV Host Lions Club | Pancake Breakfast Signage |



NEW CLASS: USING AN iPad

Instructor: Galina Cantey
Dates: Mondays, April 25, May 2, 9, and 16
Time: 9am to 10am
Cost: \$48 (for all four classes)

Do you have an iPad or a mini iPad? Not sure how to use it or want to know more about what it can do??

Then here is your chance to learn! Join Galina for this 4-week series as she takes you through the basics of iPad in a simple and effective manner.

Limited class size
Pre-Paid Only
Sign up NOW



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, April 1st
(on-going every 2nd Monday of the month)
Time: 10:00am to 12:00pm
Cost: Free



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, April 11th
Time: 12:30pm to 2pm
Cost: \$2.00 and a potluck dish to share



SVSC 2016 Master Event Calendar

| | | | |
|---------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------|
| APRIL | Kiwanis of The Valleys Cleanup Hospice Advance Directives Spring Pancake Breakfast Les Trois Amis ~ Short Rib Dinner Administration Day SVSC Fashion Show | 4/2 4/8 4/9 4/15 4/22 4/30 | 8:30am - 2:30pm 1pm - 3pm 8am - Noon 5pm Center Closed 12 - 2:30pm |
| MAY | The Italian Friends ~ Tuscan Dinner Administration Day Memorial Day Holiday | 5/20 5/27 5/30 | 5pm Center Closed Center Closed |
| JUNE | 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 |
| JULY | 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 |
| AUGUST | 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 |
| SEPTEMBER | 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 |
| OCTOBER | 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 |
| NOVEMBER | 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 |
| DECEMBER | Les Trois Amis 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 |
| JANUARY 2017 | 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.

Line Dancing with Tamima

These fun-loving SVSC line dancers are pictured here with Instructor, Tamima Schwartz. Welcome Home Tamima. She and Don took off for their annual jaunt to visit various states and various relatives. **Thank you Maureen Ahrens** for substituting and keeping everyone in shape.



April Calendar

Monday

Tuesday

Wednesday

Thursday

Friday

Scotts Valley Senior Center



Spring PANCAKE Breakfast Saturday, April 9th ~ 8am - Noon

ANNUAL FUNDRAISER

All-You-Can-Eat Pancakes:
Apple Cinnamon Pecan & Blueberry
Ham, Eggs, OJ & Coffee

370 Kings Village Road
438-8666
Proceeds benefit S.V. Senior Center!

Adults \$7 & Kids \$4
children under 3 free

You're Invited to Our
PASSION FOR FASHION FASHION SHOW
Saturday, April 30th
at 12pm - 2:30pm
Public is Invited
\$20 Buy your tickets now!

1

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

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
Computer & Digital Help Desk 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
Tax Help 1:30pm - 3:30pm
By Appointment Only

8

Beg/Int Line Dance 9am - 10am
Stretch & Condition 10am - 11am
Meditation Beginner 10am - 11am
Meditation Drop-in 11am-12
Hospice Advance Directives 1pm - 3pm

Deadline for Muncheon Movie

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 "Bridge of Spies" Noon - 3pm



Deadline Les Trois Amis Dinner

13

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



Computer & Digital Help Desk 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
Tax Help 1:30pm - 3:30pm
By Appointment Only

15

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
Les Trois Amis ~ Short Rib Dinner 5pm - 7pm

18

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

19

Zumba 9am - 10am
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
Computer & Digital Help Desk 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

Center is CLOSED



ADMINISTRATION DAY

25 Same Activities as April 18th

iPAD Class 9am - 10am
4 week session starts

26 Same Activities as April 19th

27 Same Activities as April 20th

28 Same Activities as April 21st

Armchair Topics 1pm
Birthday Celebrations 2pm

29 Same Activities as April 15th

Don't Return Calls From These Area Codes — It's a Scam!

A scam that repeats itself in modified forms every few years is once again spreading throughout the United States. Don't be a victim!



Criminals target people simply by calling them. Intended victims receive a call on their phones from area code 473 which rings once and then disconnects, thereby arousing the call-recipient's natural curiosity — “who just called me and from where?” Sometimes the caller actually allows the phone to ring long enough for the victim to answer — after which the caller (or the caller's robocaller system) makes groaning sounds or otherwise indicates that he or she is in distress and then hangs up, enticing the victim to wonder what is going on and call back.

If either of these happens to you – don't call back.

While area code 473 may appear to be domestic, it is not. This area code was created in the late 1990s for the islands of Grenada, Carriacou, and Petite Martinique, which, like the United States, use country code 1. Calls placed to 473 numbers are international calls and can be quite expensive – and, because the criminals sometimes establish the number which the victim sees on his or her caller ID as a premium service number – the rate can exceed \$20 for the first minute!

473 is not the only area code from which this scam has been perpetrated. Beware calls coming in from area codes 809, 284, 649 and 876, which like 473 are international, and are known to have been used for similar scams. Of course, if you do not have a calling plan that includes calls to Canada, there are many other area codes for which you could be billed international dialing rates, but so-called “one ring,” “ring and run,” or “dial and disconnect” scams are not typically perpetrated using Canadian numbers.

If you have voicemail – as pretty much everyone does today – there is usually no reason to call back missed calls from numbers that you do not recognize, regardless of the area code from which they originated. If a caller has something important to say, he or she can leave a message identifying himself or herself (or send you a text message). Don't let curiosity get the best of you.

“Ring and run” scams are not new; when 900 numbers and pagers were popular in the days before the proliferation of the Internet and cell phones (it's hard to believe that was less than a generation ago), criminals would page people asking them to return calls to such numbers. Eventually, people learned not to call back anyone with a 900 number. Likewise, until shortly before the turn of the century, the Caribbean islands using the American country code 1 all used the same area code, 809; scams were perpetrated, but, after a while, people learned to avoid calling that single area code. The latest crop of scams exploits the advances in technology – the implementation of many new area codes makes it difficult for most people to recognize what is a domestic number and what is not, and the proliferation of cell phones (rather than pagers) means that sounds of trouble can be played to victims, exploiting their caring about others in distress.

Recommended by Forbes The criminals' new tactic reinforces the need for people to be aware of international area codes within the US country code of 1 – after all, how difficult would it be for criminals to leave a voicemail claiming to be a collection agency, doctor, police department, or other “real sounding” party and ask the recipient to call back at some domestic-sounding, but international, phone number? How many people would likely fall prey to such a scam?

While 809, 473, 284, 649 and 876, may be the primary sources of the current danger, here is a list of (non-Canadian) area codes that are international. All but a few are relatively new, having been split off from 809 in the late 1990s. **Stay safe!**

- | | |
|----------------------------------------------|------------------------------------|
| 242 – Bahamas | 664 – Montserrat |
| 246 – Barbados | 758 – St Lucia |
| 264 – Anguilla | 767 – Dominica |
| 268 – Antigua | 784 – St. Vincent & Grenadines |
| 284 – British Virgin Islands | 809, 829, 849 – Dominican Republic |
| 345 – Cayman Islands | 868 – Trinidad and Tobago |
| 441 – Bermuda | 876 – Jamaica |
| 473 – Grenada, Carriacou & Petite Martinique | 869 – St. Kitts & Nevis |
| 649 – Turks and Caicos | |



**STOP
Do Not Call!**

Ferd Bergholz



“Advance Health Care and End of Life Planning Decisions”

Last month Scotts Valley Senior Center once again teamed up with Montevelle Community Life to share a resource that EVERYONE should know about. Conducted by Shirley Sapina with Hospice of Santa Cruz County, “Advance Health Care and End of Life Planning Decisions”.



Photo by George Haas Photography



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
Terri Franzenholtz
Wayne Johansen

Cheers to All These Years

We wish Many Happy Returns to our SVSC Birthday Fairy, **Charlotte Hoogosian** and her bingo playing buddy, **Evelyn Reynolds**, as they celebrated their 92nd and 93rd birthdays. And indeed we include, the Queen of Our Kitchen, who is now 84 years young – **Marlene Flannery** and our Queen of Décor, **Donna Silvia!** Also, we must not forget die-hard Pinochle souls, **Joan Bedford** and **Gayle Amack**...she celebrated 89 years and he celebrated 85 years and SVSC Poet Laureate, **Fran Rosen**, 76. It is also a great pleasure to say Cheers to 54 Years to members, **Harold and Patsy Rice** and to elopees, **Bob and Laurie Holmes** (they said it would never last), as both couples recently celebrated their wedding anniversaries!



Charlotte (92) and Evelyn (93) Birthdays



Joan Bedford & Gayle Amack



Harold & Patsy Rice
54 years married



Marlene



Donna



Fran



Laurie & Bob

Bob was painting in his studio and was unavailable for a picture ☺



Sponsor Updates

SVSC Sponsors lead very busy lives!

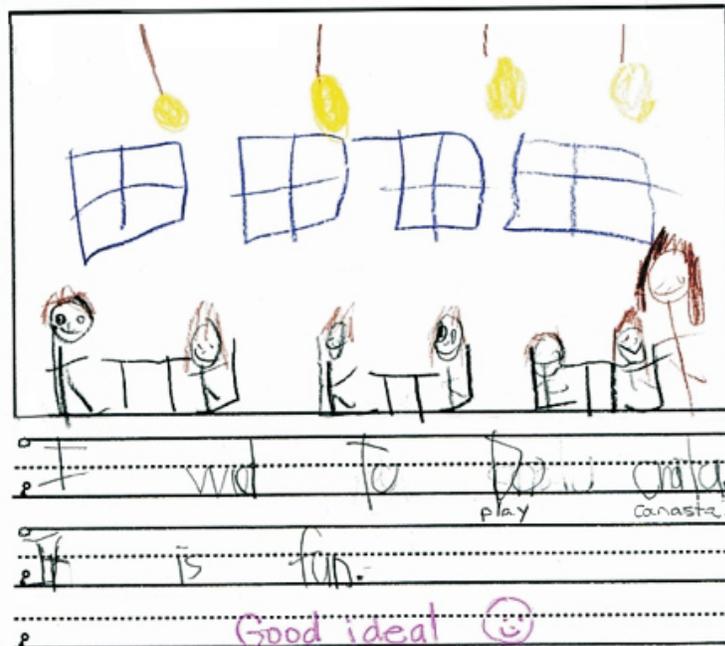
The **Lions** just completed their annual Crab Cioppino Feed & Dance. We thank them for the donation of a new indoor/outdoor sign for our pancake breakfasts – no more wrenching of backs and pulling out splinters – Thank You Lions Club and Harvey Bustichi for coordinating

The **Kiwanis of the Valleys** are ramping up for Music at Skypark but before that, they will be donating their efforts on April 2nd to spring clean our center for their K-Day Project

The **SV Arts Commission** together with **Jesse Gabriel Photography** and **Bay Photo** will shortly announce the details of their 3rd Annual Scotts Valley Photography Contest. The theme this year will be "The Essence of Scotts Valley". All ages are invited and there will be cash prizes awarded. On April 15th, competition details may be found at www.SVContest.com

Hospice of SCC and **George Haas of Money Concepts** have been busy working with Montevelle Community Life and SVSC to provide an excellent End of Life Planning Presentation; George is also part of the SVSC Fashion Show Committee. Mark your calendars for Saturday April 30th – It will be a blast!!!

What could you do if you were 100 years old?



Member, **Hanneke Chappell**, was blown away by this piece of artwork that her grandson brought home from school. She was blown away because he had used a memory of his from a couple of years ago when she brought him to the center. The first graders in Mrs. Posten's class at Baymonte School, were assigned a writing and drawing assignment: "**What Can You Do at Age 100?**" As you can see, **Thomas** had no problem with coming up with an answer; playing cards at the senior center! Well, may we all live to a 100 and be doing just that!

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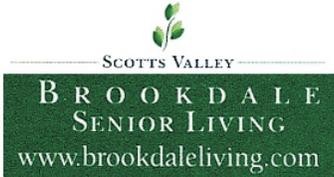
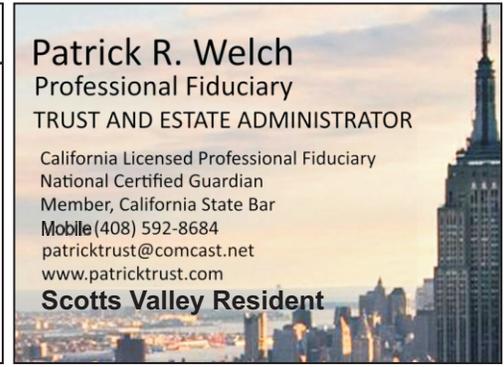
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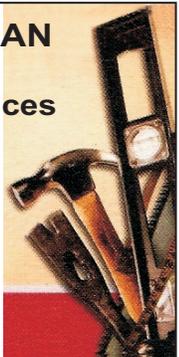
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Owner Operator
Santa Cruz County CA 95062

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Scotts Valley Senior Center Mission Statement

The Senior Center's purpose is to provide a place where seniors may find companionship, help and the opportunity to pursue their interests in educational, recreational and craft activities, and to promote the goodwill and public interests of the community. It is a non-profit, non-sectarian and non-political organization of friendly neighbors.

Dues are \$20.00 per year, payable each July 1st. All donations are tax-deductible. Please make check payable to Scotts Valley Senior Center. Lifetime Membership fee is \$100. To be eligible for membership, you must be 50 years or older. New members pay pro-rated dues.

Darshana Croskrey

(831) 438-8666

Center Coordinator, dcroskrey@scottsvally.org

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

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Harvey Bustichi
Gary Cramer
Gillian McGlaze
Terri Ritchie
Margaret Schraft
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See this and older newsletters at www.fbergholz.com

Senior Center Website: www.scottsvally.org/parks/senior_center.html

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



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