



Scotts Valley Senior Center



Italian Friends Feast Dinner

Friday, May 20th ~ 5pm

Harvey & Irene Bustichi

Ira & Diane Kessler

Join in for a fun and tasty gathering

Antipasto, Meatballs & Spaghetti,
Spring Salad & Garlic Bread, Crème Puffs

Members \$10 / Guests \$12

PREPAID EVENT ONLY

Sign Up and Pay by Tuesday May 17th



May 2016 Newsletter

Coordinator's Message



Welcome to the Merry Month of May my dear members. All is in bud and bloom. I know many of you are taking advantage of the quieter season and are off on Spring travels. Graduations and the summer holidays are peeking around the corner.

Kicking off our Thank Yous, it was remiss of me not to include everyone who helped put on such a splendid **St. Patrick's Day feast**. Brian Kindell, you are a star! Your loaves of soda bread were so moist and delicious. Who would have thought to include cardamom? Ed Hillman, you always engage us with your musical talents and interesting historical tidbits. Marlene and Crew, as always, you did an amazing job. Ferd Bergholz kept everyone's whistles wet and lovely Donna Silvia, set the ambience with her decorating skills! **Thank You ALL so much!**

Taxes over for another year!!! Kudos to Project Scout volunteers, Bob O'Brien and Dave Andrew. You guys continue to help provide such a valuable service to our senior community. You are ably assisted by Carol Rogers whose efforts we could not do without; keeping order and helping to fill out the prerequisite paperwork.

Thank You to Les Trois Amis and their wonderful crew for cooking the delicious **Spring Fling dinner**. It was DELICIOUS and got rave reviews! The Banana Shortbread Pie was incredible. Barbara, Markey and Janet will be back to cook for us in the very near future. In the meantime, do not forget to sign up for the **Italian Friends Dinner**. Our, yes you got it, Italian friends, Harvey & Irene Bustichi and Ira & Diane Kessler will have another delicious meal prepared for you all to enjoy from the old country

So many more Thank Yous need to go out as April was a VERY busy month...to the Kiwanis of the Valleys for their **K-Day Clean Up Project** here at the center, to all our wonderful volunteers for Spring Pancake Breakfast, Barrow Emerson from Santa Cruz Metro and Fifth District Supervisor, Bruce McPherson as guest speakers for Armchair Topics and last but not least, to Scotts Valley Rotary on their new project, Wisdom Bridges, about preserving memories (more on this project to follow later).

A reminder everyone, we will have two **flea markets** this year, on June 4th and August 6th. Thank You Terri Lesniak for once again, stepping up as our Flea Market Chair. Come in and sign up for your spot now.

2016 will see Scotts Valley commemorate its 50th Birthday. Planning is underway for an extra big, extra special celebration for the July 4th festivities. If anyone is interested in working on a senior center float, please contact me RIGHT AWAY.

May you all enjoy May Day and Memorial Day festivities!
Until Next Time ~ Darshana Croskrey



Blanket Kids in Caring

A most enjoyable afternoon was spent with about 17 of our members and 20+ 4-H club members and siblings. They gathered together to make fleece blankets for the Ronald McDonald House. RMH is a non-profit who serves children and their families under traumatic pediatric care. This worthy cause was a joint effort, the Felton 4-H members pre-prepped the blankets for tying; the center who provided the treats.



Happenings at the Center



Spring Pancake Breakfast

In spite of the inclement weather, I am happy to report that we had a steady stream of folks joining us for breakfast. Marlene Flannery and her wonderful crew had things running smoothly. Thank You Amreet Grewal, Claudia Marshall, Jen Bachman, Geri Gibson, Charlotte Hoogasian, Terri Lesniak, Don Maurer, Sandy Payton, Carol Rogers, Chi Cha Russo, Tamima Schwartz, Donna Silvia and Millie Vogler. Board member, Terri Ritchie, brought along her 8 year old granddaughter to help wait on the tables as well. Mailee, you were a most awesome helper and we cannot wait for you to return to the center and grace us with your delightful presence.



Special Events - Activities

Come to the Multi-Family

FLEA MARKET

**Saturday
June 4th
9AM ~ 2PM**



**\$15 per booth or \$25 for two
S.V. SENIOR CENTER ~ 370 KINGS VILLAGE ROAD
Call for more information: 831.438.8666**



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:

- May** **All Together in One Place**
by Jane Kirkpatrick
- June** **A Paris Wife** by Paula McLain
- July** **Doc Susie** by Virginia Cornell

Date: Friday, May 20th
(Third Friday of each month)

Time: 1:00 pm

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



Kiwanis "K-Day" Project

A tiny but mighty group of SV/SLV Kiwanians weeded, cleaned gutters, potted plants, washed windows, trimmed vegetation, pulled nails and staples and patched walls! Thank You Linda Benko, Marques Hunter, Dr. John Stevens, Willie Croskrey, Jack Dilles. Not pictured are Jim Melehan and Mike Stewart.



Our Wonderful Scotts Valley Leaders



Center Donations

Lynn Barker \$10 (new member)
Diane Cohen \$20 (Taxes)
Ole & Gwen Christiansen \$10 (non-members)



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)

Where: Senior Center Library

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

Activities

YOGA

Ayurveda means the science of life for personal healthcare. Yoga is just one part of Ayurvedic practice and there are many different forms of yoga. Our instructor, Padma Rudraraju, has been practicing yoga for her entire life. She welcomes you to join her and reap the many rewards to protect one's health and pro-long life. Find a time to suit you.



Dates: Monday - 8:45am Thursday - 10:45am
Cost: Members \$3.00 Non-Members \$5.00

STRETCH 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

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 Zumarinas 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

WRITING CLASS

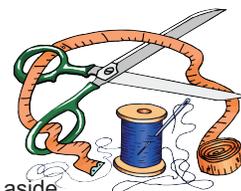
Day: Tuesdays **Time:** 10am to 12pm
Cost: Members \$5.00 Non-Members \$6.00



Seniors ~ Do you ever look at your life and think "Perhaps I should write a memoir?" We all have stories to tell and if they aren't written down, they will be gone forever! 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.

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

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



A New Door and Patio Are In....



It took a while but it is done..... our new door is finally IN!!! Our appreciation goes to the Scotts Valley Parks Advocates, Councilman Dene Bustichi and SVSC Board President, Ferd Bergholz for making it happen. **We love it and the extra space it will allow us ~ Thank You!**

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, May 9th
(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, May 6th
Time: 12:30pm to 2pm
Cost: \$2.00 and a potluck dish to share



Special Events

Armchair Topics and Birthday Celebrations



Armchair Topics will be taking a short break and will resume in July.

Birthday Cake Celebration will take place at 2pm on May 26th ~ All are welcome!



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.

Muncheon Movie

PRE-PAID EVENT ONLY

Date: Tuesday, May 10
Time: Noon - 3pm
Cost: Members \$5 & Guests \$6



Movie: Learning to Drive
 Starring Ben Kingsley and Patricia Clarkson

Lunch: Chicken Tikka Pita Pockets with Sides & New York Cheesecake

Price includes Lunch, Dessert, Movie, Popcorn and Soda

Deadline to Sign Up is Friday, May 6th.

HAPPY BIRTHDAY to our May Birthday Members!

Carol Hara	1	Helen Piexoto	1	Lynn Brint	2
Michael O'Connor	2	Margaret Schraft	3	Tamima Schwartz	3
Caroline Ramirez	4	Elaine Rohlfes	5	Fred Elkins	6
Marilyn Snyder	7	Rita Christie	10	Cramer Cramer	11
Lyndia Storey	11	Lynne Anderson	12	Nick Hartman	12
Martha Kaufeldt	12	Bev Johnson	13	Jon P Sansung	14
Don Bargiacchi	15	Carol Rogers	15	Sandra Lee Payton	16
Diane Cohan	17	Lee M Kind	17	Mary Gigliotti	18
Jane Tremayne	18	Lupe Barenfus	19	Helga Freyer	20
Gabrielle Hudson	21	Morris Quanrud	21	B. Brooke Peterson	22
Audrey Vizzard	22	Sandy Blacklock	24	Eugene Bustichi	24
Sophie Moore	24	' DeFalco	26	Jane Mattes	26
Leslie Austin	27	Stephanie Friedrich	27	Jane Pennington	27
Ray Saavedra	27	Marie P. Thompson	27	Tom Moretti	28
Joe Lavelle	29	Pearl Sanborn	29	Pamela Stokes	29



March Armchair Topics ~ Santa Cruz Metro Budget Cuts

Thank You CEO/General Manager, Barrow Emerson and Fifth District Supervisor Bruce McPherson, for such an informative and detailed presentation regarding the upcoming budget cuts. There are informational packets available at the center for anyone who missed the meeting.

Be proactive, and let Santa Cruz Metro know how these cuts are going to affect you and learn what you can do to have your voice heard!

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

SVSC 2016 Master Event Calendar

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.



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.

May 4th
Turkey Divan
Beet Salad
Spinach Salad
Brown Rice Pilaf
Roll & Butter
Apple & Milk

May 11th
Chicken Alfredo
Spinach Salad
Green Beans
Bread & Butter
Orange & Milk

May 18th
Beef Tacos
Black Beans
Green Salad
Spanish Rice
Banana & Milk

May 25th
Rigatoni Casserole
Broccoli
Caesar Salad
Roll & Butter
Orange & 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.

May Calendar

Monday

Tuesday

Wednesday

Thursday

Friday

2

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

3

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

 Home Arts 2pm - 9pm

4

Meals on Wheels Lunch 11:30am - 12pm

 Bingo 1pm - 3pm
 Computer & Digital Help Desk 2:00pm - 4pm

5

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

 Pinochle 1:15pm - 3:15pm

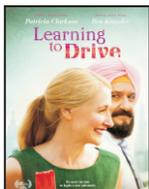
6

Beg/Int Line Dance 9am - 10am
Stretch & Condition 10am - 11am
 Meditation Beginner 10am - 11am
 Meditation Drop-in 11:15am-12:15pm
 Potluck Friday Lunch 12:30pm - 2:00pm
 Deadline for Muncheon Movie

9

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

10

Zumba 9am - 10am
 Writing Class 10am - 12pm
Muncheon Movie "Learning to Drive" Noon - 3pm


11

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

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

12

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

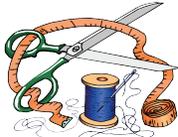
13

Beg/Int Line Dance 9am - 10am
Stretch & Condition 10am - 11am
 Meditation Beginner 10am - 11am
 Meditation Drop-in 11:15am-12:15pm


16

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


17

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

 Deadline Italian Friends Feast

18

Meals on Wheels Lunch 11:30am - 12pm

 Bingo 1pm - 3pm
 Computer & Digital Help Desk 2:00pm - 4pm

19

Watercolor 9am - 12pm

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

20

Beg/Int Line Dance 9am - 10am
Stretch & Condition 10am - 11am
 Meditation Beginner 10am - 11am
 Meditation Drop-in 11:15am-12:15pm
 Book Worms 1-2:30pm
Italian Friends Feast Dinner 5pm - 7pm

23

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

24

Zumba 9am - 10am
 Writing Class 10am - 12pm

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

25

Meals on Wheels Lunch 11:30am - 12pm

 Bingo 1pm - 3pm
 Computer & Digital Help Desk 2:00pm - 4pm

26

Watercolor 9am - 12pm
 Zumba 9:30am - 10:30am
 Yoga 10:45am - 11:45am
 Beginning Ukulele 12pm - 1pm
 Armchair Topics 1pm
 Birthday Celebrations 2pm
 Pinochle 1:15pm - 3:15pm

27

Center is CLOSED

ADMINISTRATION DAY

30 Center Closed

Memorial Day

31

Same Activities as May 24th


Happy Mother's Day on May 8th!

Mother's Day May 8th

Tick-Tock, Tick-Tock Our lives - it's all moving too fast

A special feature from Kay & Leslie, founders
Grandparentslink.com.



This is an article from the Huffington Post

Over some really powerful martinis, (GRANDparent size!), we recently had a conversation with one of our close friends about 'time'. How have we gotten from point A to point Q so fast? Our lives are moving at such a rapid pace; we feel like the hands of a giant clock spinning round and round. And as we continued to sip our libations, we realized if we quieted ourselves enough, we could actually hear the ticking.

What prompted this conversation: our upcoming high school reunions. Should we attend or not? These reunions are not the 25-year milestones. Nope, we are talkin' 40 and 50-year reunions. Is that possible? Woosh...how does that happen? Really, whom are we kidding?

Okay, so we all might have a few more aches or pains, a couple more complaints about things that bother us, but each one of us agreed that here we are... alive and well and 'this age'. Without defining what this means, inherently we all knew! Sometimes yes, we feel a bit older, and maybe look a bit older, but seriously 50 years since high school? Just yesterday we were raising our kids, and they went off to college, got married, and now here we are grandparents. And we are this age...

Realizing that all three of us were slowly feeling the effects of

the martinis and the subject matter, each of us revealed how important it is to be present in the moment, and enjoy where we are NOW. This is a simple element of being mindful.

In other words, none of us want to be concerned about the next few minutes, tomorrow, or the next month. Instead, we need to savor each moment. And, with that thought, we decided it was time to eat all the olives left in the martini glasses and order some ice cream. Why? Because we can.

And that's just it... we must take it all in. Because we can. Let's enjoy every single minute. Because we can, because you can. We may be totally exhausted at the beginning and end of the day, but at least we have the day. The desire to live, to relish the moments, and to go forward is what personally drives us. One of 'us' has a design business, writes a book and chairs four events in the community. And one of 'us' designs, contracts and builds homes, wins club championships in golf, and donates her time to work in a soup kitchen in East Harlem. Oh, and most importantly, both of 'us' love taking care of our families, and those insatiable grandchildren of all ages. Why? Because we can.

The question here may be: why? Why do it all, why feel as if we have to do it all? The answer: the clock is ticking forward not backward, and we want to make sure we get to keep living, loving and laughing and just being.

So join in, and go have a martini on us... with extra olives, of course!



**Enjoy Every Day that you
Get Out of Bed in the Morning. Ferd Bergholz**



**Les Trois Amis
Short Rib Dinner
April 15th**



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!

Patsy Rice
Claire Dubois
Margery Williams
Wayne Johansen
Terri Franzenholtz

Gone But Not Forgotten...

Georgiana Clark ~ The Lion of Roaring Camp

October 28, 1934 to March 2, 2016



Santa Cruz County lost one of their "Greats" recently. Georgiana Clark became the CEO and President of Roaring Camp upon the death of her husband, Norman Clark, in 1985. They met while she was an airline stewardess and she left her beloved Hawaii to move to the Santa Cruz Mountains with him. Georgie, as she was known, through sheer hard work and determination, continued to run and expand RR to its present form today. She and her husband helped found and also finance the California Travel Industry Association. Recently, the CTIA recognized Georgie by honoring her with a Lifetime Achievement Award. She was also recognized by the Whitehouse; a flag was raised in her honor.

A Celebration of Life was held in her memory in the Bret Harte Hall, Roaring Camp, on April 4th. It was done in true Hawaiian style culminating in a train-ride for all the attendees to the top of the mountain in an engine named, The Georgiana.

On behalf of the Scotts Valley Senior Center and its members, we send deepest sympathies to her daughters Chemene, Melani and Kapiolani and their respective families. To Georgie we say Aloha to the Lion of Roaring Camp, RIP.



Welcome New Members

Ella Allyne, Gary Allyne, David Andrew, Jane Andrew, Jack Dilles, Miyoko Kadakawa, Joann Keener, Jeri Green Oneto, Terica Pratt, Val Reed, Janet Schmetz, Jill Searles, Nell Sulborski, Christine Sommer, Paul Sommer, Alice Urrutia and Beth Zumot

THANK YOU FOR JOINING OUR SV SENIOR CENTER

Want to become a member?

Join the center, join the fun...It's easy as 1.2.3.

- 1 - See one of our nice receptionists during center hours
- 2 - Spend two minutes filling your membership application form
- 3 - Turn in form and \$20 annual fee to the nice receptionist – **DONE! (New members pay pro-rated dues)**

Senior Center Van Information

Please give at least 24 hour notice for all van trips and pick up has to be within Scotts Valley. Our drivers are volunteers and sometimes unavailable to drive.

- Monday:** Groceries and Banking
- Tuesday:** Medical Appointments/Groceries
- Wednesday:** Lunch and Bingo at the Center
- Thursday:** Medical Appointments/Groceries
- Friday:** Shopping

Members

Travel within Scotts Valley:
\$1.50 one way or \$3.00 round trip
Travel outside Scotts Valley:
\$6.00 one way or \$7.00 round trip

Non/Members

Travel within Scotts Valley: \$2 one way or \$4.00 round trip
Travel outside Scotts Valley: \$7 one way or \$8.00 round trip

Van Donation price allows a total of two stops.

Each additional stop is \$.50



Tim Grasso
One of our wonderful drivers

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

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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: 5/27, 6/24, 7/22, 8/26, 9/23, 10/28, 11/25, 12/23



Scotts Valley Senior Center

370 Kings Village Road
Scotts Valley, CA 95066

MEMORIAL DAY



May 30th