



Scotts Valley Senior Center



"Grandma's Comfort Dinner"

Deliciously prepared by Queen of the Kitchen, Marlene and Her Wonderful Crew

Meatloaf and Accompaniments
Entertainment and Raffle included

Friday, June 17th
5:00pm - 7:00 pm

\$12 Members / \$14 Guests
Pre-Paid Event Only ~ Deadline 6/14

Don't miss the fun ~ Sign Up NOW



May 2016 Newsletter

Coordinator's Message



It never ceases to amaze me as to how fast time flies! June is upon us which means many of you, with hearts full of joy and pride, are attending graduation ceremonies and celebrations; more of life's milestones! For others, it means travel, a change of air. For all of us, it means longer daylight hours and enjoying the bounty of locally produced summer fruits and vegetables, walks on the beach and rambling among the redwoods – Welcome Summer ☺

For those of you who attended our **Passion for Fashion Show**, how fun was that??!! A humongous THANK YOU to everyone who made it possible. The photographs in this issue will help show how successful the event was and the three course meal, starring Chicken Parisian, was incredible thanks to Marlene and her dedicated volunteers ☺

In addition, **THANK YOU** to the servers, decorators, incredibly generous participating businesses and sponsors, photographers, videographer, all the models (men, women and children - who are all mentioned further in this issue)! I would like to give a special shout out to Gabriella Crowley and Jim & Jane Eaton who worked quietly behind the scenes to make sure everything flowed smoothly! And last but not least, thank you to all the attendees. By Wednesday before the event we were **SOLD-OUT!!!** Member, George Haas is making the final edit changes to his video that will be posted to the Scotts Valley Senior Center Facebook page. Talking about FB, our editor, Becca Mosley, routinely updates the page. I urge you all to check out it out and give us feedback ☺

Unfortunately, logistical issues meant that we had to **cancel the June Flea Market**. However, it is all systems go for the **"At the Hop II" Sock Hop**. Mark your calendars for Saturday June 25th – Buy your tickets **EARLY** – they will go on sale on June 5th - Donna Silvia and her team are busy preparing and you **DO NOT** want to miss this fun-filled evening ☺

Check out the calendar of events. I welcome you all to try out a different class or activity. Perhaps you would like to try out the Muncheon Movie for a fun afternoon of food, conversation and movie. If you can throw three dice and count to 21, Bunko may be the game for you. Signing up for our monthly dinner is a great social activity. You will get to meet friends and neighbors whilst enjoying a delicious meal in a lovely setting ☺

Take time to smell the roses...

Until Next Time ~ **Darshana Croskrey**

Penny Drive for Meals on Wheels

It is a pleasure to report that our center helped to money to support **Meals On Wheels!!!** Thank You to June Barber, Gloria Chan, Carol Rogers and Margaret Serena for gamely transporting the pennies over to Bay Federal Credit Union. With the help of Wendy, the branch manager, we turned the pennies into the princely sum of \$291.56 and deposited it directly into the MOW account.



Music . Dancing . Food . Fun The Fabulous 50's



All Ages Welcome!

Prizes for various categories including Best Costume!

June 25, 2016

6pm ~ 10pm

Scotts Valley Senior Center
370 Kings Village Road
Scotts Valley
(831) 438-8666

Pre-paid Event Only
\$20 Per Person . \$35 Per Couple

Come in 50's attire for more fun but not required.



Happenings at the Center



"PASSION FOR FASHION" FASHION SHOW

We give a humongous Thank You to our wonderful sponsors. Your generous contribution were invaluable to the success of this event!

Dedra Bennett of Zinnia's Gift Boutique, George Haas-Photography & Videography Studio, Becca Mosley-Graphic Artist, Lori Canton-Photographer, Sandy Payton and Jo-Ellen Smith-Bailey Properties.

Fashion Show by:
Encore Resale Boutique

Lori Owens - 5167 Scotts Valley Drive, Scotts Valley
Fuse Consignment & Gift Boutique
Cindy Marshall - 222 Mt Hermon Rd, Suite 1, Scotts Valley
Heidi's Closet

Heidi Zentner - 6980 Highway 9, Felton
Faust Salon & Spa

Anna Wu - 219 Mt Hermon Rd, Suite A1, Scotts Valley



Happenings at the Center



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



MEDITATION with Doug Herda

This class will be taught by member, Doug Herda, who has been practicing meditation for 25 years. 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.

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

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, June 13th
(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, June 3rd
Time: 12:30pm to 2pm
Cost: \$2.00 and a potluck dish to share



Special Events - Activities

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 2:15pm on June 30th ~ 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.

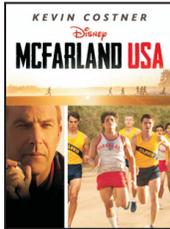
HAPPY BIRTHDAY to our June Birthday Members!

Rudolph Guttebo	1	Karen McNicoll	2	Margaret Serena	2
Nick Karo	3	Jean C. Brewster	4	Donald Calby	4
Caroline Elam	4	Marilee Gregory	4	Bonnie Palmer	4
Patricia Castagnolia	6	Cynthia Dzendzel	6	Patti Fickett	7
Dave Hodgins	8	Carmen Mulholand	11	Kenneth Bont	12
Lynn Hawkinson	13	Patricia "PJ" Treat	13	Madeleine Finn	14
Lyn O'Niel	14	Ed Hillman	15	Olga Euben	16
Larry Bidinian	17	Gloria Blyth	19	Janice Coney	19
Fred Chin	20	Deede Landers	20	Kathy Hormel	21
Linda Alsbury	22	Gene Griggs	22	Lynn Mooney	22
Donna Curto	23	Jean Newman	24	Robert White	24
Nancy Hartshorn	25	Jim Miller	26	E.J. (Al) Land	29
Beverly K. York	29	Doloris Dein	30	Marilyn Mickelwait	30

Muncheon Movie

PRE-PAID EVENT ONLY

Date: Tuesday, June 14
Time: Noon - 3pm
Cost: Members \$5 & Guests \$6



Movie: McFarland, USA
 Starring Kevin Costner

Lunch: Chile Verde Burritos, Rice & Beans & Mexican Dessert

Price includes Lunch, Dessert, Movie, Popcorn and Soda

Deadline to Sign Up is Friday, June 10th.



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.

Upcoming Reading List:

June A Paris Wife by Paula McLain
July Doc Susie by Virginia Cornell

Date: Friday, June 17th
 (Third Friday of each month)

Time: 1:00 pm

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

Scotts Valley Senior Center Board Meeting

Thursday, June 2nd
 3:30pm
 Senior Center Library

Everyone Welcome See You There!

Italian Friends Dinner

Thanks to our chefs, Irene & Harvey Bustichi, Diane & Ira Kessler & Marlene Flannery... and to our lovely hostess, Donna Silvia.



SVSC 2016 Master Event Calendar

JUNE	Volunteer Luncheon	TBD	1pm (by invitation only)
	SVSC Board Meeting	6/2	3:30pm (open to all)
	SVSC Flea Market	6/4 CANCELLED	8am - 2pm
	SVSC ~ Grandma's Comfort Dinner	6/17	5pm
	Administration Day	6/24	Center Closed
	SVSC Sock Hop	6/25	6pm - 10pm
JULY	MEMBERSHIP RENEWAL	7/1	DUE NOW!!!
	Independence Day Holiday (SVSC Float!!!)	7/4	Center Closed
	Les Trois Amis ~ Chicken Piccata Dinner	7/15	5pm
	Administration Day	7/22	Center Closed
AUGUST	SVSC Flea Market	8/6	8am - 2pm
	SVSC Annual General Meeting	8/19	4:30pm
	SV Rotary ~ Tri-Tip Heaven Dinner	8/19	5pm
	Administration Day	8/26	Center Closed
SEPTEMBER	Labor Day Holiday	9/5	Center Closed
	Grandparents Day Pancake Breakfast	9/10	8am - Noon
	SVSC ~ Hamburger BBQ Dinner	9/16	5pm
	Administration Day	9/23	Center Closed
OCTOBER	SVSC Board Meeting	10/6	3:30pm (open to all)
	Sponsor Appreciation Reception (Octoberfest)	10/7	5pm - 7pm (open to all)
	NO DINNER THIS MONTH	-----	-----
	Columbus Day Holiday	10/10	Center Closed (Monday)
	SV City Council Presentation	10/19	6pm
	Administration Day	10/28	Center Closed
NOVEMBER	Closed for week - Craft Faire Prep	10/31 - 11/4	Center Closed (Mon-Fri)
	Craft Faire Weekend	11/5 - 11/6	Sat 9-4pm & Sun 10-4pm
	Clean Up from Faire	11/7	Center Closed
	Veteran's Day Holiday	11/11	Center Closed
	SV Rotary ~ Thanksgiving Dinner	TBD	TBD
	SVSC ~ Thanksgiving Potluck Luncheon	11/18	1pm
	Thanksgiving Break	11/23 - 11/27	Center Closed
DECEMBER	Les Trois Amis Holiday Luncheon	12/16	1pm
	New York New Year's Eve Party	12/31	6pm - 10pm
	Holiday Break	12/19 - 1/2/16	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.

Center Donations

Anonymous \$20 (Computer Help) and Ferd Bergholz ~ New Patio Table w/6 Chairs & a Storage Bench



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.



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.

June 1st	June 8th	June 15th	June 22nd	June 29th
Turkey Divan	Chicken Alfredo Casserole	Crab Cakes w/Lemon	Vegetarian Lasagna	Stir Fry Chicken
Beet Salad	Spinach Salad w/Carrots	Potato wedges	Broccoli	Pineapple Chunks
Roll	Italian Green Beans	Coleslaw	Caesar Salad	Sesame Carrots
Brown Rice	Wheat Bread & Butter	W Wheat Bread	Wheat Bread & Butter	Brown Rice
Melon Slice	Strawberries	Melon Wedge	Banana	Fortune Cookie

Bingo cards are brought out at 12:30 pm.

June Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
 <p>June 25th 6pm ~ 10pm</p> <p>All Ages Welcome!</p> <p>Pre-paid Event Only</p> <p>\$20 Per Person \$35 Per Couple</p>	<p>1</p> <p>Bocce 9am - 11:30am Meals on Wheels Lunch 11:30am - 12pm</p>  <p>Bingo 1pm - 3pm Computer & Digital Help Desk 2:00pm - 4pm</p>	<p>2</p> <p>Bocce 9am - 11:30am Watercolor 9am - 12pm Zumba 9:30am - 10:30am Yoga 10:45am - 11:45am Beginning Ukulele 12pm - 1pm</p>  <p>Pinochle 1:15pm - 3:15pm SVSC Board Meeting 3:30pm (open to all)</p>	<p>3</p> <p>Bocce 9am - 11:30am 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</p>	
<p>6</p> <p>Yoga 8:45am - 9:45am Bocce 9am - 11:30am Stretch & Condition 10am - 11am Bridge 12:15pm - 3pm Scrabble 1pm - 3pm Chess 1pm - 3pm Canasta 1pm - 3pm Mahjong 1pm - 3pm Bocce 1pm - 3pm Zumba Friends 6pm - 7pm</p>	<p>7</p> <p>Zumba 9am - 10am Bocce 9am - 11:30am Writing Class 10am - 12pm Beg/Int Line Dance 12am - 1pm Home Arts 2pm - 9pm</p> 	<p>8</p> <p>Bocce 9am - 11:30am Meals on Wheels Lunch 11:30am - 12pm Bingo 1pm - 3pm</p>  <p>Computer & Digital Help Desk 2:00pm - 4pm</p>	<p>9</p> <p>Bocce 9am - 11:30am Watercolor 9am - 12pm Zumba 9:30am - 10:30am Yoga 10:45am - 11:45am Beginning Ukulele 12pm - 1pm Bunko 1:15pm - 3:15pm</p>  <p>Pinochle 1:15pm - 3:15pm</p>	<p>10</p> <p>Beg/Int Line Dance 9am - 10am Bocce 9am - 11:30am Stretch & Condition 10am - 11am Meditation Beginner 10am - 11am Meditation Drop-in 11:15am-12:15pm Deadline for Muncheon Movie</p>
<p>13</p> <p>Yoga 8:45am - 9:45am Bocce 9am - 11:30am 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 Bocce 1pm - 3pm</p>	<p>14</p> <p>Zumba 9am - 10am Bocce 9am - 11:30am Writing Class 10am - 12pm Muncheon Movie "McFarland USA" Noon - 3pm</p>  <p>Deadline Grandma's Dinner</p>	<p>15</p> <p>Bocce 9am - 11:30am Meals on Wheels Lunch 11:30am - 12pm</p>  <p>Bingo 1pm - 3pm Computer & Digital Help Desk 2:00pm - 4pm</p>	<p>16</p> <p>Bocce 9am - 11:30am Watercolor 9am - 12pm</p>  <p>Zumba 9:30am - 10:30am Yoga 10:45am - 11:45am Beginning Ukulele 12pm - 1pm Pinochle 1:15pm - 3:15pm</p>	<p>17</p> <p>Beg/Int Line Dance 9am - 10am Bocce 9am - 11:30am Stretch & Condition 10am - 11am Meditation Beginner 10am - 11am Meditation Drop-in 11:15am-12:15pm Book Worms 1-2:30pm Grandma's Comfort Dinner 5pm - 7pm</p>
<p>20</p> <p>Yoga 8:45am - 9:45am Bocce 9am - 11:30am Stretch & Condition 10am - 11am Bridge 12:15pm - 3pm Scrabble 1pm - 3pm Chess 1pm - 3pm Canasta 1pm - 3pm Mahjong 1pm - 3pm Bocce 1pm - 3pm Zumba Friends 6pm - 7pm</p>	<p>21</p> <p>Zumba 9am - 10am Bocce 9am - 11:30am Writing Class 10am - 12pm</p>  <p>Beg/Int Line Dance 12am - 1pm Home Arts 2pm - 9pm</p>	<p>22</p> <p>Bocce 9am - 11:30am Meals on Wheels Lunch 11:30am - 12pm</p>  <p>Bingo 1pm - 3pm Computer & Digital Help Desk 2:00pm - 4pm</p>	<p>23</p> <p>Bocce 9am - 11:30am Watercolor 9am - 12pm Zumba 9:30am - 10:30am Yoga 10:45am - 11:45am Beginning Ukulele 12pm - 1pm Pinochle 1:15pm - 3:15pm</p>	<p>24</p> <p>Center is CLOSED</p>  <p>ADMINISTRATION DAY</p>
<p>27</p> <p>Same Activities as June 20th</p>	<p>28</p> <p>Same Activities as June 21st</p>	<p>29</p> <p>Same Activities as June 22nd</p>	<p>30</p> <p>Birthday Celebrations 2pm</p> <p>Same Activities as June 23rd</p>	

12 Summer Safety Tips for the Elderly

The summertime is a time of fun and relaxation for most people. But for seniors, the heat and sun can be dangerous if the proper precautions aren't taken. Here are some great tips that the elderly, as well as their caregivers, can use to make sure they have a fun, safe summer.

Stay Hydrated: Seniors are more susceptible to dehydration than younger people because they lose their ability to conserve water as they age. They also can become less aware of their thirst and have difficulty adjusting to temperature changes. Remember to drink water often, and be sure to pack some for those long summer drives.

Dr. William Greenough, of Johns Hopkins Geriatric Center, says that caregivers should make sure seniors are drinking sweat replacement products (that contain salt and potassium) to replace water they lose during the summer.

Talk to Your Doctor: Check with your medical team to make sure any medications you are on won't be affected by higher temperatures – especially if you don't have air conditioning in your home. Some medications are less effective if stored at temperatures higher than room temperature (approximately 78 degrees Fahrenheit), and the last thing anyone wants is for a preventable medical condition to become aggravated due to high temperatures.

Keep Your Cool: Even small increases in temperature can shorten the life expectancy for seniors who are coping with chronic medical conditions. Shopping malls, movie theaters and libraries provide welcome, cool spaces if a senior's own home isn't air conditioned. They also afford a great opportunity to get out of the house and get some exercise, without the exhaustion of the heat. Contact your local Area Agency on Aging to inquire if there are any programs to assist seniors with fewer resources to get air conditioners. "Seniors are much more vulnerable to the harmful effects of heat, as their bodies do not adjust as well to sudden changes in temperature," shares Dr. Lubna Javed of HealthCare Partners Medical Group. "Some chronic medical conditions and prescription medications can impair the body's ability to react efficiently to rising temperature."

Stay in Touch: High temperatures can be life-threatening, so communication plays an important role in ensuring the safety of the elderly. For seniors, you should let friends and family know if you'll be spending an extended period of time outdoors, even if you're only gardening.

"Caregivers should check on the health and welfare of their loved ones at least twice a day," suggests Dr. Javed.

Meet Your Neighbors:

Get in touch with those who live in your neighborhood and learn a bit about them and their schedules. If you are elderly, see if a younger neighbor – perhaps even one of their kids – can come by and check on you occasionally to make sure everything is all right. The extra company and friendship that can result is a bonus!

Know Who to Call: Prepare a list of emergency phone numbers and place them in an easy to access area. This way, the right people can be called to help quickly preventing any further



issues or preventing medical problems from getting worse. Fill out a Senior Care Emergency Checklist and post it on your refrigerator.

Wear the Right Stuff: Everyone, including seniors, should dress for the weather. When it's warm out, some people find natural fabrics (such as cotton) to be cooler than synthetic fibers. Stock your summer wardrobe with light-colored and loose-fitting clothes to help feel cooler and more comfortable.

Protect Your Eyes: Vision loss can be common among the elderly, and too much exposure to the sun can irritate eyes and cause further damage. Wearing sunglasses can protect your eyes from harmful UV rays and preserve your vision.

Know the Risks of Hyperthermia: During the summer, be particularly cautious about abnormally high body temperatures – a condition known as hyperthermia. Heat stroke is an advanced form of hyperthermia that can be life-threatening. Make sure to know the warning signs and get medical attention immediately if you or anyone you know is experiencing these symptoms:

Body temperature greater than 104 degrees; A change in behavior, such as acting confused, agitated or grouchy;

Dry, flushed skin; Nausea and vomiting; Headache; Heavy breathing or a rapid pulse; Not sweating, even if it's hot out; Fainting

"Elderly individuals have a harder time knowing when they are dehydrated and their bodies have more difficulty regulating their temperatures," says Dr. Ronan Factora of the Cleveland Clinic says. "As a result, they are more prone to heat stroke."

If you (or an elderly loved one) start to feel any of these symptoms, ask for medical help and then get out of the heat, lie down and place ice packs on your body.

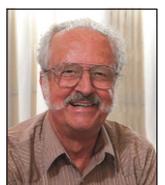
Rub on Sunscreen and Wear Hats: Everyone, young and old, should wear sunscreen when outdoors. The elderly especially need the extra sun protection to help keep them healthy. Caregivers, family and friends can help by gently reminding loved ones about applying sunscreen and helping to put it on when necessary. Hats are also a great idea, especially for those with light colored hair and those with only distant memories of a full head of hair.

Apply Bug Spray: The elderly is particularly prone to West Nile Virus and encephalitis, Dr. Factora notes. If you live in areas where there are a lot of mosquitoes and where West Nile Virus is present, and if you spend a lot of time outdoors (particularly at night), use mosquito repellent to help reduce the risk of getting bit by a mosquito carrying this virus.

Exercise Smart: If you enjoy outdoor activities such as walking or gardening, make sure to wear the proper clothing and protective gear. It is also important to keep track of time. Do not stay out for long periods and make sure to drink even more water than usual when exercising. Also consider getting outdoor exercise earlier in the morning or later in the evening when the sun is not at its peak.

Article taken from Care.Com

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
Wayne Johansen
Claudia Marshall
Missy Ratcliffe
Maxine Richards
Evelyn Reynolds
Millie Vogler

Welcome New Members

Ella Allyne, Gary Allyne, Jane Andrew, David Andrew, John Cernac, Marian Cernac, Robert Erwin, Joanne Keener, Herb Leippe, Mary Ann Leippe, Jeri Oneto, Terica Pratt, Val Reed, John Russell, Janet Schmetz, Christine Sommer, Paul Sommer, Nell Sulborski, Alice Urrutia, Naida Valentine 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

Marlene's Patio

Thank You Ferd Bergholz for generously donating the beautiful patio table and six cushioned chair set for the side patio, together with the storage bench. As you can see, our volunteers and the patio's namesake, are putting them to good use :)



Bocce Update

Spring Bocce will be wrapping up on June 11th with the end-of-season party. All five leagues were full and everyone had fun playing. Thanks go to the City of Scotts Valley for all their improvements and to the many bocce players who pitched in to work on the resurfacing. A BIG "Thank You" to everyone who has helped to make the Skypark Bocce Courts the best in the county.

Summer Bocce begins the week of June 13th. If you are interested in playing, and you are a member of the Scotts Valley Senior Center, please go to the Scotts Valley Recreation Office and fill out a registration form, even though it will be past the registration period...we always need players during Summer Bocce because many regular players take a Leave of Absence.

If you have any questions, please contact:

Susan Taylor, SV Sr. Center Bocce Chairperson

Via Email: suestoy@cruzio.com OR Call: 831-461-9301.



FLEA MARKET Saturday June 4th 9AM ~ 2PM
CANCELLED



FLEA MARKET CANCELLED

Due to Circumstances beyond our control, the June Flea Market has been cancelled. We apologize for any inconvenience this may have caused.

Platinum Business Sponsors



HOSPICE
OF SANTA CRUZ COUNTY
Compassionate Care Since 1978

940 Disc Drive
Scotts Valley, CA 95066
Phone: 831-430-3000
Fax: 831-430-9272
info@hospicesantacruz.org
www.hospicesantacruz.org

**START BURNING FAT
FOR FUEL IN ONE HOUR**

www.FatsGoAway.com

**B. Brooke Peterson,
Lady Rejuvenator**

(561) 628-1845

10 DAYS to Reset your Metabolism



**Breakfast & Lunch
Monday - Sunday
6 am - 2 pm**

Auntie Mame's
3103 Scotts Valley Drive
Scotts Valley, CA 95066
831-438-1840



Cindy Saunders
Care Resource Manager
5274 Scotts Valley Drive, Suite 102
Scotts Valley, CA 95066
Phone: 831-430-0616
csaunders@visitingangels.com
www.visitingangels.com/santacruz

*Scotts Valley
Property Management*

Jeanne Shada, CCAM
Real Estate Broker
DRE #00606749

4615-B Scotts Valley Dr. P: (831) 438-2208
Scotts Valley, CA 95066 F: (831) 438-3206
shadaway@aol.com



Restaurant & Catering

Rosanna Herrera, Proprietor
230-G Mt. Hermon Rd., Scotts Valley, CA 95066
www.brunosbbq.com • get2bbq@hotmail.com
P 831 • 438 • 2227 F 831 • 438 • 6642



Santa Cruz Moose Lodge #545
831.438.1817
2470 El Rancho Drive
www.scmoose545.org

**Rotary Club of
Scotts Valley**

P.O. Box 66781
Scotts Valley CA 95067

*Humanitarian ~ Local & Global
Serving Scotts Valley and the World*

Meet Mondays at 12:15pm
at Bruno's Barbeque
230G Mount Hermon Road



**health
markets**

Life | Health | Medicare | Long-Term Care

Manfred Luedge

Licensed Insurance Agent
CA License # 0121053

mluedge@HealthMarkets.com
www.HealthMarkets.com/manfredluedge
C 831-750-9343



**AVAILABLE FOR YOUR
IN-HOME CARE NEEDS**

24 hrs day / 365 days a year!

Serving Santa Cruz County
831-480-3990
www.fshomecare.com

Call Us Today for a
Complimentary In-Home Assessment!
Bonded and Insured

Scotts Valley Host Lions Club



Moto is simply "We Serve"

**Dedicated to Worldwide
"Sight and Hearing Conservation Programs"**

Supporting many local
community groups and charities

P.O. Box 66602, Scotts Valley, CA 95067
831-345-8766
scottsvallion@aol.com

**Jesse Gabriel
PHOTOGRAPHY**

Jesse Gabriel Flippen
5610-C Scotts Valley Drive
Scotts Valley, CA 95066
tel (831) 430-6145 cell (408) 429-9797
web jessegabriel.com
e-mail info@jessegabriel.com

Thank You to our Business Sponsors



MAKING CHANGE IS HARD TO DO!

In order to make the lives of our hard working receptionists easier, please remember to keep extra dollar bills handy when coming to the center.



Gold Sponsor

MONEY CONCEPTS
WEALTH MANAGEMENT & FINANCIAL PLANNING

George E. Haas
1715 42nd Avenue, Capitola, California 95010
(831) 334-7763
www.moneyconcepts.com/ghaas
ghaas@moneyconcepts.com

All Securities Through Money Concepts Capital Corp.
Member FINRA / SIPC
11440 North Jog Rd, Palm Beach Gardens, FL 33418 - 561-472-2000

Bronze Sponsors

Copper Business Sponsors

ROGERS AUTOMOTIVE

"YOUR PERSONAL MECHANIC"

FOREIGN AND DOMESTIC
ELECTRICAL . MECHANICAL
REPAIRS AND MAINTENANCE

(831) 438-3111

5524 SCOTTS VALLEY DR
P.O. BOX 67300
SCOTTS VALLEY, CA



Paige Thibodeau, D.C.

A Chiropractic Corporation
THIRD GENERATION CHIROPRACTOR
(831) 438-0308

Advanced Proficiency Rated Activator
Methods Chiropractic Technique®

SCOTTS VALLEY CHIROPRACTIC
4736 Scotts Valley Drive, Suite B
Scotts Valley, CA 95066
www.scottsvallychiropractic.com

Patrick R. Welch

Professional Fiduciary
TRUST AND ESTATE ADMINISTRATOR

California Licensed Professional Fiduciary
National Certified Guardian
Member, California State Bar
Mobile (408) 592-8684
patricktrust@comcast.net
www.patricktrust.com

Scotts Valley Resident



Ana Nuckles

Marketing Director
Main (831) 438-7533

anuckles@brookdaleliving.com

100 Lockwood Lane, Scotts Valley, CA 95066



Dene Bustichi

President

www.bustichi.com

Office: (831) 438-2356

Fax: (831) 438-2378

CONSTRUCTION Cell: (831) 212-1578

Lic. No. 595141 dene@bustichi.com

Benito & Azzaro Pacific Gardens Chapel Advanced Funeral Planning

Cathleen M. Lucid

Family Services Director

www.pacificgardenschapel.com

CA Lic. # 0139096

1050 Cayuga St, Santa Cruz, CA 95062
(831) 423-5721

Fancy Nails



Professional
Nail Care &
Waxing for
Ladies &
Gentlemen

(831) 461-9500

216 Mt. Hermon Road #F
Scotts Valley, CA 95066

(Inside King's Village Shopping Center)



JOHN A STEVENS DDS

Family Dentistry
221 H Mount Hermon Road
Scotts Valley, CA 95066
831 440 1830

Fax: 831 440 1829 stevensdds@comcast.net

SENIOR NETWORK SERVICES

Linking Senior with Services

831-462-1433

1777A Capitola Road
Santa Cruz, CA 95062

www.seniornetworkservices.org

Welcome to our new Bronze Sponsor

AARDVARK Technical Support Services

System Recovery • Emergency Services • Consulting
Malware Removal • Workstation Setup/Migration
Staff Augmentation • Network and Desktop Support

WEBSITE: aardvarktss.com
EMAIL: mauricem@aardvarktss.com
SKYPE: mauricem.aardvarktss

Maurice Mamon
831.247.1566
OVER 15 YEARS EXPERIENCE

The Scotts Valley Kiwanis Club WANTS YOU!

Serve the community!

Have fun doing it!



Serving the community
& it's Children since 1984

Contact US! info@svkiwanis.org

June Barber

Voice Instructor
Masters in Vocal Performance
University of Illinois



P.O. Box 67263
Scotts Valley, CA 95067

831-461-9246

junbar222@gmail.com



MARY KAY®

Linda M. Depner
Independent Beauty Consultant



831-359-9137
Scotts Valley, CA 95066

lindadepner@marykay.com
www.marykay.com/lindadepner

ACE-IT HANDYMAN SERVICES Home Repair Services

JERRY E. MARTIN

Owner Operator
Santa Cruz County CA 95062

(831) 419-2139 Cell

(831) 479-7841

Jermart50@yahoo.com



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

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

Editor:
Becca Mosley



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

Check us out on Facebook
 Scotts Valley Senior Center



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

Too Much Fun at Bingo ~ Here are the winners!



Carol



Rita



Charlotte



Doug



Charles



Donna