



# Scotts Valley Senior Center



## July Dinner ~ SVSC Presents "Summer Fun & Game Night"

Marlene and her SVSC Crew will delight you with  
**Chicken Piccata & Accompaniments**  
**Followed a delicious Tiramisu**

Game tables of your choice can be set up for play.

**Friday, July 15th**  
**5:00 pm**

**Members \$12.00 / Guests \$14.00**  
**Sign up deadline is July 12th**



### July 2016 Newsletter

## Coordinator's Message

### Lots of Fun at BINGO!



First things first....It is that time of year dear members....July 1st always means that **YOUR ANNUAL DUES ARE DUE NOW!!!** I ask that you remit your \$20 renewal payment as soon as possible together with any changes in information e.g. new telephone numbers, change of email address, volunteer activity updates, etc. Your prompt response will assist us greatly with expediting this process.

I would like to thank **Marlene Flannery and Donna Silvia** for holding the fort while I was on vacation. It was a huge commitment of volunteer time and added responsibilities. You are both **AWESOME** as are all the usual suspects who lent their support too.

My most grateful thanks go to **Ira & Dianne Kessler and Harvey & Irene Bustichi** for volunteering to cook for the May Dinner. As I was winging my way over to your beautiful homeland, you were treating our members to an Italian meal. Italy, or rather "Eatally", the food, the culture, the people, the history, the beauty of the land – **ALL WONDERFUL!!!**

Talking about dinner, all in attendance, will attest, **Marlene's meatloaf dinner** was absolutely scrumptious for the June dinner. Thank YOU **Kristin Mann, founder of the Central Coast Baton Twirlers** and **Bel**, her protégé who is also the grand-daughter of one of our members, Roselle Deshields, for coming out to treat us to a demonstration of baton twirling demonstration and the opportunity for members to "have a go". Nick Hartman, Sandy Hartman, Ray Saavedra and Donna Silvia, you were all great sports! There is another gathering coming right up; don't forget to sign up for **Marlene's famous Chicken Piccata Dinner**. It is an annual favorite and you do not want to miss out.

Let's all wish a **Happy 50th Birthday to the City of Scotts Valley**. There is an extra special celebration taking place on July 4th. The Parks Advocates, Kristin Ard and her team at Parks and Rec, our hardworking Public Works crew, our awesome SVPD and SVFD, local businesses, service clubs and many other good folk have been working hard to plan an expanded parade route, entertainment and fireworks show. Purchase your tickets early at a discount from the Parks and Rec office. You may also purchase for the princely sum of \$3.00 a commemoration pin over there as well! Many hands make light work....so if you are interested in volunteering to help with any part of the day, please contact Kristin Ard at 438-3251 or better, email her at [kard@scottsvally.org](mailto:kard@scottsvally.org) – she will be so very glad to hear from you.

Mark your calendars for the **FLEA MARKET**.....Saturday August 6th from 8am to 2pm. Thank You Terri Lesniak for once again, being the chair person for this event. There will be something for everyone. Join us for Marlene's delicious offerings for breakfast and/or lunch and call the center for more information regarding reserving booth spaces \$15 for one spot and \$25 for two spots...Call 831.438.3103 – Terri, to reserve a space for YOU.

The "Sisters" continue to do a fabulous job. We love our "**La Boutique**" and so does everyone who shops there. At this time as they are short on inventory they are requesting donations. If you are downsizing or doing some late, late spring cleaning, please do think about bringing your lovely items to the center.

As I write this letter to you, a group of hard-working members, under the direction of Donna Sylvia, are in the main hall preparing for the 2nd annual sock hop, "**At the Hop II**" ~ I am certain that it will be a swinging good time!!! I will share about it next time!

In closing, I wish each and every one of you a safe, wonderful July 4th holiday celebration and share with you a quote that resonates with me :

*"What is the essence of America?*

*Finding and maintaining that perfect, delicate balance between freedom "to" and freedom "from."* Marilyn vos Savant

Until Next Time ~ **Darshana Croskrey**



# Happenings at the Center



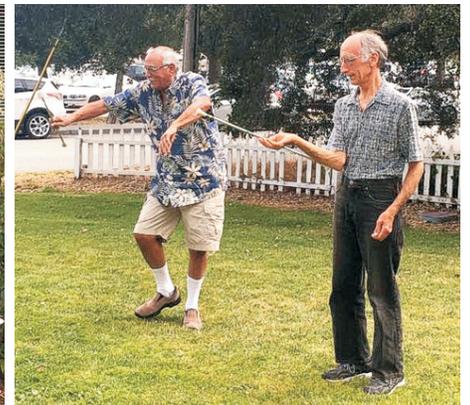
**Grandma's Comfort Dinner on June 17th was enjoyed by all!**



**Yummy!**



**Thank you Central Coast Baton Twirlers for providing entertainment.**



## Focus on the Volunteers Harold and Patsy Rice

By Darshana Patel-Croskrey

What happens when your mother decides you need to get back into the dating pool with a blind date? In Patsy's case, it means she just celebrated her 54th wedding anniversary to Harold Rice this past March! I'll get to that in a moment but first...



Patsy's family moved from Chicago during the Great Depression. They traveled the iconic Route 66 and settled in Hawthorne, CA. She herself, grew up in Inglewood and attended Westchester Junior and Senior High. An only child, she spent a very happy childhood in the company of her mother and elderly relatives. Not really comfortable in the presence of her peers, her Grandfather Petie provided a safe, quiet presence; he was the role model for her to know what qualities to expect in a husband – always tender, protective, supportive and very hard-working.

The women of the family were strong, resilient women who loved nature. Vacations were spent camping and living off the land. Yosemite was a special them all. From them, Patsy received her love of cooking, gardening, embroidery, canning and fishing...every single one of them LOVED to fish! She spent many hours with them as they fished off the Redondo Pier. The boys at the beach liked her company because they discovered that she could body surf and play football with the best of them when she took a break from fishing.

It was lucky that Patsy was resilient too. She was a happily married Airforce wife and young mother when her husband, Jim, was tragically killed in an auto accident in Tennessee. Their daughter, Lorraine, was only 15 months old at that time. Having a young child to care for Patsy had to rally herself. Being of a thrifty nature she managed, using Jim's benefits, to purchase a home for the two of them. To help make ends meet, she took in a room-mate, Heather.

Harold is a Canadian from British Columbia. His family, for generations, have lived in Vancouver. There, he was an assistant Pro Golfer at the tender age of 22. He was in So Cal learning to become a lab technician. He and Patsy met when Patsy's mom set up a double date for Patsy and Heather. Harold was smitten by Patsy and they were married after three months of meeting each other! In 1965, the three of them moved from So Cal to Ben Lomond where they soon welcomed their son, Jeffrey, into the world.

Enjoying the simple pleasures in life, after seven years, they moved to a bigger property in Bonny Doon. Both Harold and Patsy agree that the 17 years spent as "Dooners" and shared with their two children and 42 animals, were the best years of their lives. Patsy even taught Harold to fish! Every year all four of them had entries in the Santa Cruz County Faire. Harold was a talented wood worker. He had all the wonderful qualities of a husband and father that were inspired by Patsy's grandfather all those years ago! For 25 years he traveled over the hill to Kaiser working in the medical technology field. Patsy was not only a Domestic Engineer, she was also a Brownie and Girl Scout Leader, the President and Secretary of the Santa Cruz Genealogical Society and a docent at Longs Marine Lab.

Making the decision to downsize, these Dooners moved to Scotts Valley and into the Montevelle Community. The senior center has been blessed with their presence as they volunteer in so many areas: in the kitchen, on the advertising team, newsletter collation, assist on special events, fundraisers and more. Patsy also is the leader of the SVSC Book Worms and both she and Harold participate in many of the classes and activities.

Both of them are happy and grateful for the center, affectionately calling it their second home. "With no relatives in the area, our "family" is here at the center and the only thing that can make it better for us is to have it open six days a week with evening events and activities", says Patsy. "Our children like knowing that the center is here for us and worry less about being that they're so far away in Utah and Oregon", she continued. "We're here nearly every day", added Harold who enjoys playing Scrabble with other members on Mondays.

On behalf of the center and its members, I thank both Patsy and Harold for ALL their efforts in helping to make the Scotts Valley Senior Center a vital hub for seniors. Their assistance helps the organization run as smooth running as possible.

## Your Dues Are Due

by Fran Rosen

The Scotts Valley Senior Center is yours  
The fun starts as you walk through the doors  
Dancing, discussions, games galore  
It's all that you would want and more

You can learn crafts, computers and iPADS too  
It's all here waiting just for you  
But...whether you go fast or slow  
Keeping the center takes dough

And your dues are what pay the bills  
So we can keep on happening still  
So pay your dues and join the fun  
This call goes out to everyone

Go slow or go fast  
It's as you choose  
There's so much to gain  
And nothing to lose

Writing and dinners and Meals on Wheels  
Bingo and Bunko and Boutique deals  
Movies and laughter and companionship  
Renew your membership, show that you're hip!

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

## LINE DANCE

**Date:** Noon every Tuesday  
(Except for the 2nd Tuesday)  
9am every Friday  
(Except for the 4th Friday)  
**Cost:** \$2 Members / \$3 Non-Members  
**Instructor:** Tamima Schwartz



With old favorite sounds, some latest hits, and a few global tunes thrown in for good measure, this lively class is for beginner to intermediate level. Join us for some toe-tapping fun.

## ZUMBA

The 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

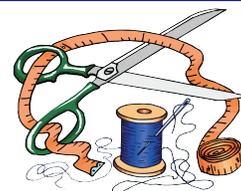
**Day:** Tuesdays **Time:** 10am to 12pm  
**Cost:** Members \$5.00 Non-Members \$6.00



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.**

**Day/Time:** 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, July 11th  
(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, July 1st  
**Time:** 12:30pm to 2pm  
**Cost:** \$2.00 and a potluck dish to share



# Special Events - Activities

## Armchair Topics and Birthday Celebrations



**Date:** Thursday, July 28th

**Topic:** Armchair Travels

**Time:** 1:15pm

Join us as we share our travel stories!

This fun event will culminate with Birthday Cake Celebration at 2:15pm ~ Everyone is welcome.

## Muncheon Movie

**PRE-PAID EVENT ONLY**

**Date:** Tuesday, July 12

**Time:** Noon - 3pm

**Cost:** Members \$5  
& Guests \$6



We will be showing the epic 2008 movie, "Australia" starring Nicole Kidman and Hugh Jackman! In keeping with the theme, we will be serving an Aussie meal of Steak and Ale Pie, Mushy Peas and Lammingtons!!!

Price includes Lunch, Dessert, Movie, Popcorn and Soda

**Deadline** to Sign Up is Friday, July 8th.

## Center Donations



Karen Allyn	\$25
Anonymous	\$20
L & J Cordano	\$60
Maria Demerest	\$50
Friends of Blaine Street	\$100
Susan Taylor	\$25

Donations are needed at the Senior Center Boutique



**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 July Birthday Members!

If You see any of these Members, Please wish them a HAPPY BIRTHDAY

Betty Johansen	2	Mary Lynne	3	Bruce Eggleton	4
Terri Lesniak	4	Dede K. Beam	5	Susan Taylor	5
Claudia Marshall	6	Ken Murphy	6	Genie Dee	7
Diane Griggs	8	Doug Marshall	10	John Newman	11
Christina Anhorn	12	Gayle Hamilton	13	Heidi Jackson	13
Joann Keener	15	Valerie Sims	15	Patsy Gardner	16
Susan Kerr	17	Detra Heron	18	Sonya Mullin	21
Sammy Watkins	21	Charlda A. Behrens	22	Mary Liang	22
Peggy Tartaglino	22	Jeff Ustick	23	Victoria Davis	25
Pat O'Connor	25	Vic Ramirez	25	Maxine Richards	26
Donna Edwards	28	Jane Melford	28	Jean Huffman	29

## Activity Leaders

m = Members  
n/m = Non-Members

<b>Art of Sketching</b>	Sammy Khalil	\$5 m	\$7 n/m
<b>Bingo</b>	Project Scout	\$.50 per card	
<b>Bocce</b>	Susan Taylor	\$2 m	N/A
<b>Book Worms</b>	Patsy Rice	\$2 m	\$3 n/m
<b>Bunko</b>	Irene Bustichi/Sandy Payton	\$7 m	\$8 n/m
<b>Bridge</b>	Marilyn Snyder	\$2 m	\$3 n/m
<b>Canasta</b>	Mercedes Sarsi	\$2 m	\$3 n/m
<b>Chess</b>	Peter Maurer	\$2 m	\$3 n/m
<b>Computer Lab</b>	Maurice Mamon	Free	Free
<b>Coffee &amp; Conversation</b>	Connie Adkins/ Suki Marin	Free	N/A
<b>Stretch &amp; Condition</b>	June Barber	\$2 m	\$3 n/m
<b>Home Arts</b>	Billie Street	\$5 m	\$6 n/m
<b>Line Dance</b>	Tamima Schwartz	\$2 m	\$3 n/m
<b>Mahjong</b>	Darshana Croskrey	\$2 m	\$3 n/m
<b>Meals on Wheels</b>	Sandy Payton	\$2.50 m	\$2.50 n/m
<b>Meditation</b>	Doug Herda	\$2 m	\$3 n/m
<b>Muncheon Movie</b>	Marlene Flannery	\$5 m	\$6 n/m
<b>Pinochle</b>	Donna Silvia	\$2 m	\$3 n/m
<b>Potluck Lunch</b>	Sammy Khalil	\$2 + potluck dish	
<b>Scrabble</b>	Donna & Betty Cederlund	\$2 m	\$3 n/m
<b>Ukulele</b>	Stan Meidinger	\$7 m	\$8 n/m
<b>Watercolor</b>	Beverly Martin	\$10 m	\$15 n/m
<b>Writing</b>	Jack McKellar & Joanne Stewart	\$5 m	\$6 n/m
<b>Yoga</b>	Padma Rudraraju	\$3 m	\$5 n/m
<b>Zumba</b>	Leatrice Bachan	\$3 m	\$5 n/m

# SVSC 2016 Master Event Calendar

<b>JULY</b>	MEMBERSHIP RENEWAL Independence Day Holiday (SVSC Float!!!) SVSC Chicken Piccata Dinner Administration Day	7/1 7/4 7/15 7/22	DUE NOW!!! Center Closed 5pm Center Closed
<b>AUGUST</b>	SVSC Flea Market SVSC Annual General Meeting SV Rotary ~ Tri-Tip Heaven Dinner Administration Day	8/6 8/19 8/19 8/26	8am - 2pm 4:30pm 5pm Center Closed
<b>SEPTEMBER</b>	Labor Day Holiday Grandparents Day Pancake Breakfast SVSC ~ Hamburger BBQ Dinner Administration Day	9/5 9/10 9/16 9/23	Center Closed 8am – Noon 5pm Center Closed
<b>OCTOBER</b>	SVSC Board Meeting Sponsor Appreciation Reception (Octoberfest) NO DINNER THIS MONTH Columbus Day Holiday SV City Council Presentation Administration Day	10/6 10/7 ----- 10/10 10/19 10/28	3:30pm (open to all) 5pm - 7pm (open to all) ----- Center Closed (Monday) 6pm Center Closed
<b>NOVEMBER</b>	Closed for week - Craft Faire Prep Craft Faire Weekend Clean Up from Faire Veteran's Day Holiday SV Rotary ~ Thanksgiving Dinner SVSC ~ Thanksgiving Potluck Luncheon Thanksgiving Break	10/31 - 11/4 11/5 – 11/6 11/7 11/11 TBD 11/18 11/23 - 11/27	Center Closed (Mon-Fri) Sat 9-4pm & Sun 10-4pm Center Closed Center Closed TBD 1pm Center Closed
<b>DECEMBER</b>	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
<b>JANUARY 2017</b>	Center Re-Opens	1/3/17	Tuesday

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



## Annual Membership Fees Due July 1st!

### 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.



## 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.



**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.

**July 6th**  
Chicken Enchilada Casserole  
Fiesta Vegetables  
Green Salad  
Spanish Rice  
Fresh Fruit  
Milk

**July 13th**  
Rigatoni Casserole  
Broccoli  
Caesar Salad  
Roll & Butter  
Strawberries  
Milk

**July 20th**  
Baked Fish  
Sweet Potato  
Spinach Salad  
Peach Crisp  
Milk

**July 27th**  
Meatloaf w/Gravy  
Baked Potato  
Cabbage Salad  
Roll & Butter  
Citrus Compote  
Milk

# July Calendar

Monday

Tuesday

Wednesday

Thursday

Friday



## Scotts Valley's Annual 4th of July Parade, Flyover and Fireworks

The parade and flyover will begin at 3pm on Scotts Valley Drive and the pre-fireworks festivities at Skypark Park, including food, live music, a petting zoo, a bounce house, and games, starts at 4pm. Then settle in on a blanket for the fireworks show at 9:15 pm.

Happy 50th Birthday Scotts Valley!

1

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

4

Center is CLOSED



5

Zumba 9am - 10am  
 Bocce 9am - 11:30am  
 Writing Class 10am - 12pm  
 Beg/Int Line Dance 12am - 1pm  
 Home Arts 2pm - 9pm



6

Bocce 9am - 11:30am  
 Meals on Wheels Lunch 11:30am - 12pm  
 Bingo 1pm - 3pm



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

7

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

8

Beg/Int Line Dance 9am - 10am  
 Bocce 9am - 11:30am  
 Stretch & Condition 10am - 11am  
 Meditation Drop-in 11:15am-12:15pm

Deadline for Muncheon Movie

11

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

12

Zumba 9am - 10am  
 Bocce 9am - 11:30am  
 Writing Class 10am - 12pm  
**Muncheon Movie "Australia"**  
 Noon - 3pm



Sign up  
 Deadline  
 Summer Fun  
 Dinner

13

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



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

14

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



Pinochle 1:15pm - 3:15pm

15

Beg/Int Line Dance 9am - 10am  
 Bocce 9am - 11:30am  
 Stretch & Condition 10am - 11am  
 Meditation Drop-in 11:15am-12:15pm  
 Book Worms 1pm-2:30pm

Summer Fun Dinner  
 and Game Night  
 5pm - 7pm

18

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

19

Zumba 9am - 10am  
 Bocce 9am - 11:30am  
 Writing Class 10am - 12pm



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

20

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



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

21

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

22

Center is CLOSED



ADMINISTRATION DAY

29

Same Activities  
 as July 18th

26



Same Activities  
 as July 19th

27

Same Activities  
 as July 20th

28

Armchair Topics 1:15pm  
 Birthday Celebrations 2:15pm



Same Activities  
 as July 21st

29

Same Activities  
 as July 8th

## Driving: The New Elephant in the Room for Seniors

**Living without a car can be difficult and inconvenient – but is it safe for seniors to be behind the wheel?**

By Ronan Factora, M.D. May 11, 2016

Some of the most difficult physician-patient discussions revolve around the issue of driving. Driving is a part of everyday life in America – a necessity that allows you to go to work on a regular basis, visit friends and family, and manage everyday activities, such as shopping for groceries, going to church and transporting children and grandchildren. Unless a person lives in a metropolitan area with well-developed public transportation, living without a car can be difficult and inconvenient.

But many individuals develop limitations in their ability to continue to drive independently. Vision problems interfere with a person's ability to see the road and avoid objects and other vehicles. Hearing problems hinder the ability to modify driving at the sound of car horns or police/fire department sirens. Arthritis, Parkinson's disease and the effects of stroke can impair a person's ability to perform the mechanics of driving. Cognitive impairment or dementia can interfere with a person's ability to remember directions to familiar locations or the rules of the road.

Concerns about driving ability noticed by the individual or by family should not be ignored. Family members refusing to allow an individual to drive them or their children should be considered red flags. Unexplained dents and scratches on the car, new traffic citations for accidents and running through red lights and stop signs are also clues that there are driving problems. Often, individuals with driving limitations will self-limit their driving to familiar locations, good weather and daytime, and avoid highways and heavy-traffic areas. The problem arises when an individual does not recognize that there is a problem at all.

Just like any other medical problem, a loss or impairment in a person's ability to drive should be broached with a person's

physician. Underlying causes, particularly vision and hearing problems, mobility limitations and cognitive impairment, should be sought. Though the findings of a physician's office evaluation may be associated with higher risk of getting into an accident, the gold standard for evaluating safety and the ability to drive independently is an occupational therapy driving evaluation. An evaluation with a physician may identify deficits, but the therapist may also identify situations where limited, low-risk driving will still be reasonable for the individual – hence, complete cessation of driving may not be necessary.

As much as possible, attempts should be made to allow driving with the minimum restrictions necessary for safety. Loss of driving ability has been associated with depression and worsening physical impairments in older persons. It should also be pointed out, though, that if an individual is told to stop driving completely, the recommendation should be followed. In circumstances where an individual continues to drive despite recommendations against it, the person's physician may ask the state department of motor vehicles to suspend the driver's license. Individuals who continue to drive without a valid driver's license are at risk for fines or jail time associated with this violation. Additionally, some auto insurance companies may refuse to cover any liability for damages to a person's vehicle or the other vehicle (including injury to the other driver) involved in an accident if the driver who was cited was driving against the recommendations of their physician.

The recommendation to stop driving is not easy for physicians to make, but greater success in preserving safety can be achieved through involvement of an occupational therapist and with support from the patient's family.



Ferd Bergholz



### SVSC BOOK WORMS with Patsy Rice

The group continues to grow. All kinds of activities are planned throughout the year (besides just reading a book a month and reporting on it)! HOWEVER, please note, that during the summer we will be just reading our book of the month and having our once a month meeting.

In the fall, we are planning to read a book on Steinbeck and have a field trip to his library followed by a luncheon at his home in Salinas; and in December, we will have our special off-site holiday luncheon meeting. Please stay tuned for more information over the coming months

The first part of next year (2017), we will once again, resume the monthly field trips to Porter Library for its local author series again.

If you have any questions do not hesitate to call Patsy at 831-439-9632.

#### Upcoming Reading List:

**July** "Doc Susie" by Virginia Cornell  
**August** "Prodigal Summer" by Barbara Kingslover  
**September** "A Man Called Ove" by Fredrik Blackman

**Date:** Friday July 15th (Every Third Friday of each month)

**Time:** 1:00 pm

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

## Come to the

# FLEA MARKET



**Saturday, August 6th**  
**8AM ~ 2PM**

**Come to the Flea Market**  
**Scotts Valley Senior Center**  
**370 Kings Village Road, Scotts Valley**  
Chairperson: Terri Lesniak  
Call for more information: 831.438.3013

#### Flea Market Booth Prices:

**\$15 for one spot or \$25 for two spots**  
**Something for everyone, treasures to be found!**

# 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!



Syd Carlson  
Wayne Johansen  
Evelyn Reynolds  
Pitt Simmons  
Sheila Wilke

## Cheers to All These Years

Congratulations to one of our lovely receptionists, **Millie Vogler** and her knight in shining armour, Ed...they celebrated their **Diamond Anniversary (60 Years!!)** with a getaway to the Gold Country. A surprise party caught them totally off guard and they celebrated again among their family and friends.



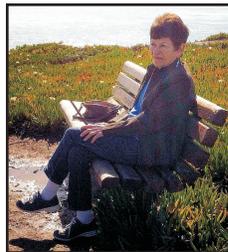
Our center coordinator, **Darshana and her hubby, Willie Croskrey**, will have been married for **31 years** this July. They recently traveled to Europe to celebrate, just as they did all those years ago for their honeymoon!



## Gone But Not Forgotten

Rest in Peace **Jane Kathryn Pennington**  
May 27, 1933 ~ June 19, 2016

We received word that longtime Scotts Valley resident and senior center member, Jane Pennington, recently passed away after a long illness. She had been suffering from a heart condition since Christmas. Jane had been a very active member of the center for over 15 years and a dedicated parishioner of San Augustin Church. In 1979 Jane, her husband Charles and younger son, Charlie, founded Scotts Valley Printing. For 25 years they served the needs of many local startups and small businesses in the local area. Sadly, both Charles and Charlie preceded her in death.



Jane was a generous and hardworking member of our center; someone who could be counted on to lend support. We send our condolences to her son, Gary (Sebastopol, CA), daughter, Diana (Windsor, CA) and her daughter-in-law, Liz (Scotts Valley, CA) and their respective families.

## Welcome New Members

Rabia Barkins, Robin Erwin, LouAnn Hofmann,  
Mark Johansen, Pamela Johansen, Fran Johnson,  
Glen Johnson, John Russell, Leslie Steiner,  
Barbara Symons & Jean Williams

### THANK YOU FOR JOINING OUR SCOTTS VALLEY 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
Gold	Large (approx 8" x 11") customized display on Sponsor Board	+150
Platinum	<b>Best value:</b> Includes the newsletter, large display on the Sponsor Board and one free rental of the facility (up to a maximum of four hours). Please note, the facility has to be available at time of booking. <b>This deal is valued at over \$400!!!</b>	\$250

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**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

## Sponsor Update



Mark your calendars as the **Kiwanis of the Valleys** get ready to bring you "2017 Music at Skypark", a free summer concert series ~ **July 31st, August 28th and September 25th** from 2pm to 6:00pm.

**Thank You to our Business Sponsors**

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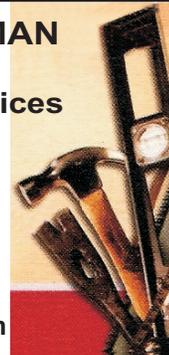
### JERRY E. MARTIN

Owner Operator  
Santa Cruz County CA 95062

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

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

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Check us out  
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Senior Center



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



### Scotts Valley Senior Center

370 Kings Village Road  
Scotts Valley, CA 95066



## Happy 50th Birthday Scotts Valley!

