



Scotts Valley Senior Center



Tri-Tip Dinner by Fran Rosen

It's time for that tri-tip dinner
 By our BBQ King and Queens, it's a winner
 Scott, Jenny and Kristin will be a-waiting
 Sign up now, no hesitating!
 The sides are by Marlene and Crew
 What wonderful goodies they have planned for you!



Friday, August 12th at 5pm
 Members \$14 / Guests \$16

Annual General Meeting at 4:30pm
Dinner Service at 5:00pm

August 2016 Newsletter

Happy 50th Birthday to Scotts Valley!

Coordinator's Message



"Summer time and the living is easy"...I hope that this newsletter finds you all having a wonderful time! Unfortunately, time is short and space is tight so I need to be brief this month. **Here we go:**

■ **The City of Scotts Valley will be 50 years old this month.**

Mayor Donna Lind and the City Council Members invite you all to a complimentary **Community BBQ at MacDorsa Park on Tuesday August 2nd from 4pm to 7pm.** Let's celebrate the past and the future...visit with friends and neighbors, take a tour of Scott House, have fun!

- Please attend the **Flea Market on August 6th** – we would appreciate your support ♥
- **\$20 Annual membership fee** was due on July 1st. This issue serves as a second reminder if you have not already paid - Thank You!
- Please note Change of Date for the **Annual General Meeting AND Tri-Tip Dinner** FROM August 19th to August 12th 4:30pm.
- Heads-up...upon much consideration it has been decided that starting this year, our **Craft Faire 2016** will go from a two-day event to a ONE-DAY EVENT.
- We welcome **Lisa Mansfield to the Parks and Rec Dept.** She is Carol O'Neill's replacement and many of you will meet her over time, especially if you are in Bocce or Swimming.
- **Thank You** all for the wonderful compliments on the Chicken Piccata dinner. We thoroughly enjoy planning meals and cooking for you ♥
- **Thank You** Donna Silvia (decorating), Marlene Flannery (cooking), Patsy Rice (advertising) and ALL of your wonderful committee members and volunteers, for working on "At the Hop II". It was very well-received and we look forward to next year's event with much anticipation!

Well, that is it for this month...**Stay cool and be safe!**

Until Next Time ~
 Darshana Croskrey



DATE CHANGE for Annual General Meeting

Friday August 12th ~ The ANNUAL GENERAL MEETING will take place at 4:30PM followed immediately by our delicious annual **Tri-Tip Dinner.** Our City leaders traditionally cook this meal and it gives me great pleasure to invite you to meet our New Scotts Valley City Manager, **Jenny Haruyama**, who will be joined by **Scott Hamby** ~ Public Works and **Kristin Ard** ~ Parks & Recreation! Everyone is welcome to attend the meeting, however as always, the dinner is a **PRE-PAID** event only. **Sign up NOW**

Welcome Jenny Haruyama

By Fran Rosen

*We have a new City Manager
 We all greet and welcome her
 She has a varied past
 And she has landed here at last
 Raised here in Scotts Valley
 Through our schools and all its rallies
 She's in touch with old and new
 And now she's glad to be serving you
 A distinguished past in city management
 Her prior years have been well spent
 She brings young blood; new ideas too
 She's well prepared on what to do
 At our Tri-Tip Dinner on August 12
 Into your questions she will delve
 It'll be your chance to say Hello
 And see what a great start she will go
 Once again, Welcome Jenny*

You will make new friends here, there are so many!

Multi-Family

FLEA MARKET

**Saturday
 August 6th
 8am ~ 2pm**



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!

Happenings at the Center



Summer Fun Dinner and Game Night

We enjoyed
Chicken Piccata
and Tiramisu



Focus on the Volunteer ~

Charlotte Hoogasian by Fran Rosen & Darshana Croskrey



The lovely, diminutive Charlotte was born on March 13th, 1924 in Holden, Massachusetts; the fourth child out of five. Charlotte had a very happy childhood. Those were the Depression Years, and although her father was employed as a mechanic, her mother helped the family coffers by doing housework for people. In addition, she was a great cook but an even better baker, so she also had a reputation for baking and decorating wedding cakes! "At Christmas time, Mother would literally bake hundreds and hundreds of cookies to give to family, friends and strangers" Charlotte recalled, during her interview. "She would be baking when I went to sleep and she would be baking when I woke up. I don't know when she slept!" Charlotte also did her bit to help the family out by picking blueberries that her father would then sell, and she helped her older sister with the housework that a family of seven generated.

Charlotte lived on the outskirts of town and across the street from her grandparent's farm, and most of her other large extended family members lived on the same street. She remembers everyone gathering for the haying, a favorite time for her. Charlotte's older brother contracted TB and spent the summers on an army cot placed in the sun by her mother. The harsh Massachusetts winters found him, together with Charlotte and their younger sister, in their grandparent's cottage in St. Petersburg, Florida. The other two children missed out because they had to go to school

Charlotte loved school. She participated in many projects and loved "racing" as she calls it...she was a great runner, and a member of 4-H and Girl Scouts. Her all girl high school was a "trade" school. There she became....wait for it....a MECHANIC and a MACHINIST...collective gasp! She went to work in a wire mill that made different kinds of industrial chains.

Charlotte's husband, Donald, went to the boys' trade school. She met him through her cousin, Fred. He became an electrician. For one of their dates, they skipped school and went to see "Gone with the Wind" and forged notes for their teachers! They married in 1943 and lived in Norfolk, Virginia for a year where Donald was stationed. When he left to serve in the Pacific and the Atlantic, she moved back with her parents for those 6 ½ years. She made it to Long Beach to greet his ship when he was discharged. After a short stay in L.A., they returned to settle down in Massachusetts.

Donald's first big electric project was for the monks at Spencer Abbey in Spencer. This was where he met Bob Hope and Bing Crosby who were there on a retreat. In order to help with household expenses, Charlotte used her love of the home arts, creativity and agriculture, to create a bountiful garden. She made not only wedding dresses but entire bridal party outfits as well! She made a good team with her mom who made wedding cakes. Charlotte stayed home while their children, Linda, Donald Jr., and Clifford Bruce were young, but went back into the workforce polishing lenses for cameras and telescopes once Clifford went to high school. Tragically, Clifford Bruce died in an accident at age 27. She continued to work until Donald took sick and needed her care until he passed away.

Charlotte moved to Scotts Valley at the age of 90 to live with her daughter and fellow SVSC member, Linda Picard and son-in-law, Ray. She had been the Sexton at Christ Memorial Episcopal Church for 30 YEARS where she cleaned, mowed lawns, shoveled snow, landscaped and decorated. We are so fortunate to be benefiting from all her skills; unfortunately (or perhaps fortunately) for her, there is no snow for her to shovel!!!

We do not call Charlotte the Energizer Bunny for nothing...since suffering from a stroke, Charlotte takes Meditation and Exercise

classes, helps in the kitchen, is the SVSC Birthday Fairy, plays Bingo and Canasta and is a Member of the Sunshine Girls. She says that the center and her friends here have been invaluable to her recovery. And if all that was not enough, she also volunteers at the Food Bank at St. Philips Episcopal Church and attends St. Agustin's Church. Charlotte has made her mark in the Scotts Valley community. The light of her life are her precious grandchildren, Amanda, Christopher, Donyelle, Keith and Michael. They live coast to coast and she delights in being with them as time allows. She hopes to live to 100 and bake a cake with Marlene's help to celebrate ~ Thank You Charlotte!!!

San Lorenzo Valley & Scotts Valley Meal and Food Programs (August 2016)

Tuesdays through Saturdays (also 4th Mondays). Valley Churches United, **Food Pantry and Food Distribution programs.** Tues-Thurs 9-11:45 and Saturday 10-11:45. 1st and 3rd Fridays 9-11 are for seniors only. USDA Distribution on 4th Monday 10-1. For SLV, Scotts Valley, and Bonny Doon residents. Ben Lomond across from Ben Lomond Market, 336-8258.

Tuesdays

- **12:00.** Felton Presbyterian Church, 6090 Highway 9, across from Rite Aid, 335-6900. **"Free Lunch Tuesday"**
- **2:30-6:30.** Felton Farmers' Market, Hwy 9 and Russell. Up to \$10 matched when customers use their CalFresh (EBT/SNAP) cards. The extra money must be used for fresh produce at the market.

Wednesdays

- **12-2.** San Agustin Catholic Church, 257 Glenwood Dr, Scotts Valley (next to the fire station), 438-3633. **Food Distribution**

Thursdays

- **10:00-2:30.** (doors open 9:00-3:00). St. John's Catholic Church, down from Rite Aid, Highway 9 and Russell, Felton. 335-4657. **Thursday Lunch**
- **11-12.** Mountain Community Resources (a Community Bridges program), 6134 Highway 9, across from Rite Aid, Felton. 335-6600. **Food Distribution**
- **5:00-6:30.** St. Philip's Episcopal Church, 5271 Scotts Valley Drive, Scotts Valley. 438-4360. **Food Distribution.**

Fridays

- **5-5:30 p.m.** Gateway Bible Church, 5000 Granite Creek Road, Scotts Valley, CA 95066. 438-0646. "Fridays at Five" **Food Distribution**

Sundays

- **August 21,** 12:30-2:15. Redwood Christian Center, 6869 Highway 9, Felton (at Fall Creek Drive, near San Lorenzo Valley High School). 335-5307. **Lunch**
- **August 28,** 2:00. SS Peter & Paul Orthodox Church, 9980 Highway 9, Ben Lomond, north of town, 336-2228. **Dinner**

Meals on Wheels (a Community Bridges program), hot meals at dining centers in Ben Lomond (MF, 336-5366) and Scotts Valley (Wednesdays, 438-8666). Reservation required, \$2.50 requested donation, for age 60+ (limited exceptions). Meals delivered if eligible, 454-3180.

Grey Bears Brown Bag Program, weekly bag of produce to be picked up in Ben Lomond, Felton, or Scotts Valley. Delivery available for homebound seniors. \$30 annual membership fee, for age 55+. www.greybears.org (479-1055).

Except as noted, all programs are free of charge – Schedules are subject to change. Submit Changes/Additions to slsvsmeals@gmail.com

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.



Days: Monday - 8:45am Thursday - 10:45am
Cost: \$3 Members / \$5 Non-Members

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.



Days: Mondays and Fridays
Time: 10:00am to 11:00am
Cost: \$2 Members / \$3 Non-Members

LINE DANCE

Days: 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 Zumbarninas 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.



Days: Mondays 6:00pm / Tuesdays 9:00am / Thursday 9:30am
Cost: \$3 Members / \$5 Non-Members

WRITING CLASS

Day: Tuesdays **Time:** 10am to 12pm
Cost: \$5 Members / \$6 Non-Members



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.

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



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: Friday Meditation Drop-in
(except every 4th Friday)

Time: 11:15am-12:15pm

Where: Senior Center Library

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



BEGINNING UKULELE

Stan Meidinger is offering weekly beginning ukulele lessons. Ongoing classes are on:

Day: Thursdays **Time:** 12:00pm to 1:00pm
Cost: \$7 Members / \$8 Non-Members



GAMES, GAMES and more GAMES....

For some fun and games the center's the place to be!

Monday 12:15pm ~ **Bridge** (intermediate/advanced)
Monday 1:00pm ~ **Canasta, Chess, Mahjong, Scrabble**
Thursday 12:00pm ~ **Pinochle**
Bunko (every 2nd Thursday only)

Come on down, don't be shy....

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



MAHJONG ~ BEGINNING/INTERMEDIATE

Looking for something new? Ever wondered what Mahjong is about? Darshana Croskrey introduces Mahjong to brand new players. She has taken away the intimidation of this complex game by breaking it down to an easy understanding in simple segments. Once you start, you will be hooked!!!

SCRABBLE

Please join Mother-Daughter Duo, Betty and Donna Cederlund on the Scrabble boards. Double the fun by bringing along a friend, triple your word pleasure by knowing we welcome all levels - novice, intermediate, expert. We want you all to come and play with the aim for people to play at their preferred level and have several tables going

CHESS

Want to exercise your brain? Member, Peter Maurer is looking for intermediate to expert level chess players. Come and join him on Monday afternoons.



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, August 5th
(on-going every 1st Friday of the month)
Time: 12:30pm to 2pm
Cost: \$2.00 and a potluck dish to share



Special Events - Activities

Armchair Topics and Birthday Celebrations



Special Guests: Oliver the Parrot and his buddy, Diane Cohan

Join us for a VERY, VERY entertaining afternoon with Oliver, a handsome macaw. I want to tell you more about him but I think in this case, it will be better to keep all his information a surprise for that afternoon. What I will tell you though is that if he is feeling silly and mischievous, there will be some dancing!!! Oliver and Diane visit many schools and senior centers around the county sharing their love for life. I should mention that as it is the summer holidays, this event would be a perfect opportunity to schedule a playdate with your grandchildren. Oliver, Diane and I are looking forward to meeting YOU!



Date: Thursday, August 25th

Topic: Oliver the Macaw (a LIVE presentation)

Time: 1:15pm

Cost: Complimentary ~ followed by Birthday Cake Celebration.

Everyone is welcome!

Muncheon Movie

PRE-PAID EVENT ONLY

Date: Friday, August 9th

Time: Noon - 3pm

Cost: Members \$5 & Guests \$6

Lunch: Middle Eastern Fare



Movie:

"Whiskey Tango Foxtrot" starring Tina Fey

Deadline to signup: Friday August 5th

Price includes Lunch, Dessert, Movie, Popcorn and Soda

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 August Birthday Members!

William Brown	1	Marylee Clamon	1	Barbara Ann Henrick	1
Linda Kramer	1	Yolanda Sion	3	Judy Pedersen	4
Nancy Bowie	5	Diane Davis	6	Ladislav Pinheiro	6
John Warburton	6	Harold Rice	7	Nell Sulborski	9
Georgeann White	9	Amanda Danner	10	Robert Clamon	13
John Elam	14	Samy Khalil	14	Janet McMillan	14
Lynn Barker	15	Diane Dearing	15	Sue Harless	15
Bob Rossini	15	Marilyn Payne	16	Shirley Greenwood	17
Dave Huemoeller	17	Jill Cramer	18	Karen Simmons	18
Loretta Kirkman	19	Cindy Ortiz	19	Suki Marin	20
Betty Vig	20	Rich Alsbury	21	Brian Peterson	21
Linda Evans	23	Lou Mays-Avelar	23	Barbara Austin	24
Helen Barnes	24	Alberta Young	24	Katherine Sowards	25
Steven Rieger	27	Sheila Wilke	27	Sandra Bacon	28
Naida Valentine	28	Carol Artman	29	Zora Dennis	29
Jane Andrew	30	Donna Cederlund	30		

Activity Leaders

m = Members
n/m = Non-Members

Art of Sketching	Sammy Khalil	\$5 m	\$7 n/m
Bingo	Project Scout	\$.50 per card	
Bocce	Susan Taylor	\$2 m	N/A
Book Worms	Patsy Rice	\$2 m	\$3 n/m
Bunko	Irene Bustichi/Sandy Payton	\$7 m	\$8 n/m
Bridge	Marilyn Snyder	\$2 m	\$3 n/m
Canasta	Mercedes Sarsi	\$2 m	\$3 n/m
Chess	Peter Maurer	\$2 m	\$3 n/m
Computer Lab	Maurice Mamon	Free	Free
Coffee & Conversation	Connie Adkins/ Suki Marin	Free	N/A
Stretch & Condition	June Barber	\$2 m	\$3 n/m
Home Arts	Billie Street	\$5 m	\$6 n/m
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

AUGUST	SVSC Flea Market SVSC Annual General Meeting SVSC ~ Tri-Tip Heaven Dinner Administration Day	8/6 8/12 8/12 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 <i>Craft Faire (One day event only)</i> Clean Up from Faire Veteran's Day Holiday SV Rotary ~ Thanksgiving Dinner SVSC ~ Thanksgiving Potluck Luncheon Thanksgiving Break	10/31 - 11/4 11/5 11/7 11/11 TBD 11/18 11/23 - 11/27	Center Closed (Mon-Fri) 8-4pm 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. Text in *italic* means that the information has changed.



Annual Membership Fees Due

Dues Reminder: This is a second reminder that your annual membership fee is due and payable. This entitles you to activity discounts, a monthly newsletter and voting rights. At \$20 per year, it is an excellent value for money!

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.

August 3rd
Sweet & Sour Chicken
Stir Fry Green Beans
Napa Cabbage Salad
w/Peanut Dressing
Brown Rice
Citrus Compote

August 10th
Potato, Kale &
Cheese Enchiladas
Cauliflower
Mexico City Rice
Romaine Salad
Strawberries

August 17th
Vegetarian Lasagna
Broccoli
Caesar Salad
WW Bread/butter
Banana

August 24th
Salmon Patty w/Lemon
Peas & Carrots
Spinach Salad/Tomatoes
Brown Rice Pilaf
Roll/Butter
Strawberry Fruit Crisp

August 31st
Chicken Florentine
Green Peas
Romaine Salad
WW Bread/Butter
Fresh Fruit



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.

August Calendar

Monday

Tuesday

Wednesday

Thursday

Friday

1
 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

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

 Home Arts 2pm - 9pm

3
 Bocce 9am - 11:30am

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

4
 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

5
 Beg/Int Line Dance 9am - 10am
 Bocce 9am - 11:30am
 Stretch & Condition 10am - 11am
 Meditation Drop-in 11:15am-12:15pm
 Potluck Friday Lunch 12:30pm - 2:00pm
 Deadline for Muncheon Movie

8
 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

9
 Zumba 9am - 10am
 Bocce 9am - 11:30am
 Writing Class 10am - 12pm
 Muncheon Movie "Whiskey Tango Foxtrot" Noon - 3pm

 Sign up Deadline Tri-Tip Dinner

10
 Bocce 9am - 11:30am
 Meals on Wheels Lunch 11:30am - 12pm
 Bingo 1pm - 3pm

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

11
 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

12
 Beg/Int Line Dance 9am - 10am
 Bocce 9am - 11:30am
 Stretch & Condition 10am - 11am
 Meditation Drop-in 11:15am-12:15pm
 Annual General Mtg 4:30pm
 Tri-Tip Dinner 5pm - 7pm

15
 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

16
 Zumba 9am - 10am
 Bocce 9am - 11:30am
 Writing Class 10am - 12pm
 Beg/Int Line Dance 12am - 1pm
 Home Arts 2pm - 9pm


17
 Bocce 9am - 11:30am
 Meals on Wheels Lunch 11:30am - 12pm

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

18
 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

19
 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

22
 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

23
 Zumba 9am - 10am
 Bocce 9am - 11:30am
 Writing Class 10am - 12pm

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

24
 Bocce 9am - 11:30am
 Meals on Wheels Lunch 11:30am - 12pm

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

25
 Bocce 9am - 11:30am
 Watercolor 9am - 12pm
 Zumba 9:30am - 10:30am
 Yoga 10:45am - 11:45am
 Beginning Ukulele 12pm - 1pm
 Armchair Topics 1:15pm
 Birthday Celebrations 2:15pm
 Pinochle 1:15pm - 3:15pm

26
 Center is CLOSED

 ADMINISTRATION DAY

29
 Same Activities as August 22

30
 Same Activities as August 23

31
 Same Activities as August 24

Community BBQ at MacDorsa Park on Tuesday August 2nd from 4pm to 7pm to celebrate the City of Scotts Valley's 50th Birthday!

Electronic Devices Do Not Last Forever

Smoke Alarms Life

I know that you have been told over and over that you must change the batteries in your smoke detector every year. But, did you know that the life span of the Detector itself is 10 Years. Yes, you may be putting new batteries in a faulty detector.

There is an easy answer to this problem. Today you can buy a smoke and CO2 detector that has a 10 year battery installed. You do not change the battery because it is Not replaceable. When the replace light comes on, you just replace the entire unit. Yay , no more batteries going off in the middle of the night every year. Beep – Beep – Beep. Does that sound familiar?

Your Computer Life

When do you need to change out your computer? If your computer seems to be slower than it used to be, it may be due to some of the programs you have added or it may just be that you are getting faster. If your computer just fails, it is definitely time for a new one or a major repair. Do you have your data and pictures backed up? If not, you have a Big problem. To avoid a loss in the future, be sure to get your files backed up. It can be done on external hard drives, flash drives, DVDs, Blu-ray disks, or on-line backup services. Be sure to protect your data to avoid serious problems.

Your Cell Phone Life

Is your battery failing too often? Do your applications fail to update? Does the camera not save photos anymore? Well, it may be time to make a trip to your phone supplier. You may not need to replace it yet, but you may need a memory upgrade, new battery, or just a good tune up. Try not to be caught up in

the hype of trying to sell you an upgraded phone that you may not really need.

Your GPS system in your car

If you have and use a GPS system in your car, you know how handy it can be, but are the street maps up to date? If your system is more than a couple of years old, it may be time to consider a map upgrade. If your unit is built in to your car, you can get a map update from your dealer. If your GPS is a portable or one you added to your car, you may have a Free map upgrade available. Check with your manufacturer. But, if there is a charge to update, look at purchasing a new one instead. It may be a cheaper and better option because you will get new maps and possibly an updated system.

Your Digital Camera

If you have a digital camera, other than your Phone Camera, you should read this section. If you have what is called a "Point and Shoot" camera, you already know that its size and convenience are a big plus for you. A DSLR is a larger camera with interchangeable lens. Normally either of these cameras is good until it breaks or you have decided you need a better unit. Point and Shoot cameras are getting better each year. If you question how good yours is, you might want to take it in to a store and compare the features of new cameras to yours. If you get serious about having very nice pictures, you will want to move up to a DSLR and a couple of lenses. Most cameras do not fail, you just want to upgrade to get additional features. Go have fun with your camera.



Ferd Bergholz



SVSC BOOK WORMS with Patsy Rice

It was another good meeting for the Book Worms. They all enjoyed the Doc Susie book, some more than others. It got a 7.63% average. Pictures of "snow bird" member, Betty Vig's beautiful home in Wisconsin were shared. Betty continues to be a part of the group from thousands of miles away until she returns for the Winter and Spring months!

The group discussed the upcoming events of this year and the coming year and encouraging more members to participate, especially in coming to the Porter Library Local Author series. They also discussed a request for the group to host another local author next year as the last one was so successful.

Regarding the upcoming field trip to the Steinbeck Museum and lunch at his home, the Book Worms need at least 12 people signed up to guarantee a reservation to have a docent speak to the group during lunch. Carpooling will be encouraged using the center as the departure point. Tentatively, the group is looking at a Wednesday in November, possibly the 9th or the 16th.....stay turned!

If you are interested or have any questions, please do not hesitate to call Patsy Rice at 831-439-9632 or you may catch her at one of the events at the senior center

Upcoming Reading List:

August	Prodigal Summer by Barbara Kingslover
September	A Man Called Ove by Fredrik Blackman
October	Pocketful of Names by Joe Coomer
November	Steinbeck book of your choice
December	The Little Bookstore of Big Stone Gap by Wendy Welch

Date: Friday, August 19th **Time:** 1:00pm - 2:30pm
Cost: \$2.00 Members / \$3.00 Non-Members

Adaptive Water Therapy Class

- ◆ For ALL ages
- ◆ Sling Lift and ADA Lifts are available
- ◆ Water temperature kept at 90 degrees
- ◆ Water toys and floaties available

Day: Fridays

Time: 4:15pm to 5:45pm

Where: Siltanen Park Swim Center
127 Vine Hill Road, Scotts Valley

Cost: Purchase a punch card at the Parks and Rec office
5 Classes for \$25



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!



Wayne Johansen

Welcome New Members

Patti Bach, Le Ann Bjelle, Michele Boynton, Loreen Bridges, Carol Burrus, Maria Chang, Connie Drysdale, Charlotte (Mike) Flynn, Aurora Leglu, Robin Mara, Mara Murphy, Sandra Rindu, Darleen Schroeder, Glenn Smith and Carla Vaughn

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)

Cheers to All These Years

Hip Hip Hooray for **Bob and Lois** as this lovely couple celebrates **49 years** of marriage on August 12th!!! They are pictured here with most of the members of their lovely family and we could not resist the gorgeous one of the two of them on their cruise to Alaska.



Gone But Not Forgotten

Rest in Peace Dear Evelyn Reynolds

Regretfully, we said Goodbye to member, **Evelyn Reynolds**, who was reunited with her beloved husband, Donald, early on the morning of July 4th. We give our sympathies to her beloved daughter and fellow SVSC member, Sheila Wilke. Evelyn is also survived by two grandchildren, Cary and Lisa and five beautiful great-grandchildren.

Evelyn was an active member of the center and leaves behind many friends in the Meals on Wheels, Bingo and Coffee and Conversation groups. Into her 90s, this native Brit, felt very lucky to have been fit enough to make a trip home to see family earlier this year ~ Cheerio Evelyn!

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

Center Donations

Charlotte Hoogasian –
Electric Kettle for the Kitchen

Thank
You! 

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	Best value: 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. This deal is valued at over \$400!!!	\$250

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**Jesse Gabriel
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A reminder that sponsor, the **Kiwanis of the Valleys**, hosts the free summer concert series, **Music at Skypark** on the last Sunday in July, August and September from 2pm to 6pm! Here they are in the **July 4th parade**.

Next concerts August 28th and September 25th



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

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