



Scotts Valley Senior Center



Scotts Valley Rotary Club Presents The Drive-In Experience

Starring "Hamburger Bar" & "Ice-Cream Sundae Bar"

Friday, September 16th at 5:00pm
Members \$10 / Non-Members \$12

Pre-paid event ONLY ~ Sign-up deadline is September 13

Pull in and park yourself at your favorite table. President, Rosanna Herrera and her fellow Carhop Rotarians will be eagerly awaiting your arrival to greet, feed and entertain you this evening!

Thank You Rotary Club for Supporting SVSC

September 2016 Newsletter

Like Us on Facebook

Coordinator's Message



IMPORTANT SEPTEMBER NOTICE FOR ALL MEMBERS...

Heads-up....This newsletter issue serves as your **FINAL REMINDER** to renew your membership!!! If you have not already done so, we would appreciate you taking care of this matter immediately ~ Thank You So Much ☺

Thank You wishes are flying to **Saashin Subraminiam** and **Marlyn Crook**. We shared our vacation experiences for Armchair Travels. Between the three of us, we covered most of the Baltic and Scandinavian countries, six European countries and Korea. An excellent time was had by all. We will continue in September with a travelogue presentation by member, **Ed Hillman**. We look forward to you joining us and finish off by celebrating with the **Birthday Cake Celebration** for September ☺

Terri Lesniak, you are a star...Thank You for all your hard work organizing this year's Flea Market. With over 40 vendors, it was a total success. Thank You **Leatrice Bachan, Diane Cohen, Marlyn Crook, Jane Eaton, Jim Eaton, Marlene Flannery, Charlotte Hoogasian, Terri Ritchie, Patsy Rice, Harold Rice** and **Carol Rogers** for your hard work ☺

The Tri-Tip Dinner was a success. **Scott Hamby** and **Kristin Ard** did a wonderful job of BBQing the tri-tip and **Marlene's** Bananas Foster was decadent. I am happy that so many of you got to meet our new City Manager, **Jenny Haruyama**. Thank you everyone who helped with the event including our entertainers, **Isabella Negrete** and **Ed Hillman** AND.....to everyone who did not stay for dinner but came for the Annual General Board Meeting. We also thank members, **Naida Valentine** and **Jack Dilles** for making the Goodwill run that evening as we had quite a lot of "stuff" cluttering up the center ☺

Don't forget to mark your calendars for the following:

- ✓ Sammy Khalil invites you for the 1st Friday Potluck
- ✓ Connie Adkins and Suki Marin invite you for Coffee & Conversation
- ✓ Les Trois Amis invites you to the Grandparents Day Brunch Celebration
- ✓ Marlene Flannery invites you to Muncheon Movie
- ✓ SV Rotary invites you to The Drive-In Experience

NEW ON THE CALENDAR - CHECK THEM OUT:

- ✓ LeAnn Bjelle & Sherril Wiechmann ~ Knit & Knatter
- ✓ Pat Bont ~ Farkle
- ✓ Marlese Roton ~ Craft your own Beaded Glasses (Spectacles) Holder

Please do stop in and say Hello, I would love to see you!
Until Next Time ~ *Darshana Croskrey*

Grandparents Day Brunch Celebration

Day: Saturday, September 10th
Time: 8am ~ Noon
Cost: \$8 Adults / \$4 Kids (under 3 free)

Come on out with your family and friends to celebrate this special morning with Les Trios Amis. Barbara, Markie and Janet (friends since childhood), will bring to your palate a fresh and delicious, you don't want to miss out on....**BRUNCH**. ♥

Menu

Sausages, Scrambled Eggs
Fresh Fruit
French Toast Casserole
Assorted Muffins
Coffee Cake
Orange Juice & Coffee



Annual Membership Due Now



This is a **FINAL** 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!

Happenings at the Center

Tri-Tip Dinner

Once again the annual tri-tip dinner was deemed a success by all. **Scott Hamby** and **Kristin Ard** did a great job of cooking the meat and **Marlene's** Bananas Foster disappeared FAST! We got to meet our wonderful new City Manager, **Jenny Haruyama**. Everyone enjoyed her fresh energy.

Thank You **Isabella Negrete** for delighting us with your rendition of our National Anthem and for also helping to serve our members. Isabella is a sophomore at Scotts Valley High School. She loves all forms of the performing arts and actively participates in the school's musicals as well as local productions. In addition, she plays trombone in the Santa Cruz Youth Symphony, and has an avid interest in writing, natural sciences, and astronomy. Recently, Isabella won the title of California State Teen Ambassador to perform and promote the advancement of youth throughout the state. We will be seeing Isabella around the center in the near future ☺

The after dinner entertainment was provided by **Ed Hillman**. A member of our center and a very talented musician, we were treated to a Walt Disney history lesson and sing-a-long. That trip down Memory Lane was interesting and very-well received. Thank You Mr. Hillman for a lovely show!

FLEA MARKET DAY

Kudos to our lovely **Maylee Ritchie**, grand-daughter of Board Member, **Terrie Ritchie**. She stepped in to lend a helping hand in the kitchen on the Flea Market Day. She and **Marlene** enjoyed working together. She was a huge help cleaning up the pavement and tree signs after the event was over. Good Eye Maylee!



Scotts Valley Art, Beer & Wine Faire...

It was a beautiful weekend for this year's Art, Beer & Wine Faire. Scotts Valley Senior Center teamed up with Scotts Valley Senior Life Association (formally Montevelle Community Life), and shared information regarding both organizations and other resources available to seniors our community. SVSLA President, **Dave Hodgin** led the charge. Thank You **Sherilyn Dominique**, **Nick Hartman**, **Sandy Hartman**, **Sandy Payton** and all the other volunteers who assisted with the event. A special shout out to **George Haas** for his strong back and all the extra running around between the two organizations, prior, during and after the event.



Congratulations to our Computer Helper, Saashin Subraminiam

This summer, Saashin traveled to Korea with Master Choi and a few of her elite students for a cultural and competitive trip. They competed against students from around the world. He made it all the way to the finals and received the 2nd Place win at the Chosun University Presidential International Poomsae Taekwondo Championship Competition. **Members**, please keep in mind that he is at the center on Wednesday afternoons to assist you with technology help together with his mentor, Maurice Mamon! **Well Done Saashin!!!**



Darshana Has Black Thumb

If you want something to grow; NO.....if you want a plant to survive, DO NOT whatever you do, put Darshana in charge of it! A humongous SHOUT OUT goes to volunteers, **Nancy Nichols** and **Linda Picard**. These two dear ladies, for a good while now, have been hefting water containers to keep the plants around the center looking fresh and lovely. This chore can be time-consuming and arduous so.....
THANK YOU SO VERY MUCH! XOXOXO



Fall Art Rotation

Ageless Art is a County program where artists go into senior residential facilities to work with the residents. Thank You **Sondra Cohelan** (who manages the project), for returning for the fourth year to put up a show. This time, it is work done by the residents of Pacific Coast Manor. Please take a moment to check out their efforts in the main hall and in the library. Darshana usually holds a reception for them however, none of the residents from this project are mobile enough to come to our center. There is a comment sheet on the bulletin board by the kitchen. It would be lovely for Sondra to be able to take your comments back to the residents and share them with the artists. **Thank You!**



FUN CRAFT ACTIVITY Beaded Eye Glass Holders

Don't you just hate it when you set your glasses down and forget to put them back on? Not a problem any longer...

Join **Marlese Roton** and she will guide you through this easy project. If your glasses are not sitting on your nose, they will be hanging in place around your neck. No more wasting time looking for mislaid glasses! Don't forget that they make useful and inexpensive gifts as well.

Date: Thursday, September 22nd
Time: 1:30pm to 3:00pm
Cost: Members \$4.00
Non-Members \$5.00



**Pre-Paid Event Only ~
Sign Up Now!!!**

FARKLE (New Activity - One time event!)

What is FARKLE??? Do you want to get FARKLED???

You've played Yatzee, Bunko and now we have FARKLE!!!

It's a game to increase your mental agility, it's social and it generates A LOT of laughter ☺

Join Pat & Pat Bont, Harvey & Irene Bustichi, Gary and Jill Cramer, Kay Amos, Sandy Payton and all the rest of the gang for a fun afternoon.

MARK YOUR CALENDARS...

Date: Thursday, October 20th
Time: 1:15pm to 3:15pm
Cost: Members \$2.00 Non-Members \$3.00



2016 Santa Cruz Follies

Featuring a
Frank Sinatra
100th Birthday
Musical Tribute

Happy Days Are Here Again

Directed by Kris Wheeler
September 14, 15, 16 & 17 at 1:00pm
September 16 at 7:30pm
Santa Cruz Civic Auditorium
Adult Tickets: \$20
Call 831.423.6640 for tickets and information.

OUR WRITING GROUP

By Fran Rosen

We all have such great tales to tell
Of back when we were young
Come write them down so you can share
Don't leave the songs unsung
Your children and grandchildren
Want to know just who you are
What made you tick?
Write it - you're the star!
We share our pasts, our lives, our joys
What made us who we are
Come, write it down before it's lost
And you've written a memoir!

Sponsor Update

- ★ Thank YOU **June Barber**, Vocal Teacher and **Bustichi & Son Construction** for renewing your Copper Level sponsorships. We appreciate your continuing support of our center.
- ★ For you golfers out there...**Scotts Valley Host Lions** will have their **17th Annual Golf Tournament** at the Boulder Creek Golf course on **September 23rd at 12:30pm**. \$100pp includes a round of golf and a BBQ dinner or only \$15 for BBQ only. Please call Lion **Tim Kirby** at 831.335.4853 for tix and more information. This fundraiser supports SV Youth and Sight & Hearing Foundations.
- ★ Don't forget that **Kiwanis of the Valleys** will be hosting the third and final concert in the FREE summer concert series on **Sunday September 25th at 2:30pm to 6pm** to raise monies for music programs in local schools. It will be **The Rayburn Bros** followed by **The Coffis Bros**.

Activities

KNIT & KNATTER (New Activity)

It gives me great pleasure to introduce KNITTING at the center. Please consider joining **LeAnn Bjelle** and **Sherril Wiechmann's** Knitting Group. We will welcome knitters of all levels.

The benefits of knitting are many.....

- Creativity
- Hand/Eye Coordination
- Memory & Interpretation Skills
- Fine motor Skills
- Social Interaction
- just to name a few!

Yes, it is traditionally a "women's" craft, however, I do urge any of our male members to feel free to participate for the very reasons stated above. As they say, "Health is Wealth"!!!

No investment needed for beginners except \$1.00 to purchase knitting needles from La Boutique – **Sue** and **Linda** keep plenty in stock. We will have complimentary wool for you ☺

When: Every Tuesday

Time: 10:30am – 12pm

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

YOGA

Aryveda means the science of life for personal healthcare. Yoga is just one part of Aryvedic 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 Zumbarnas 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



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-3:00pm ~ **Bridge** (intermediate/advanced)

Monday 1:00pm-3:00pm ~ **Canasta, Chess, Mahjong, Scrabble**

Thursday 1:15pm-3:15pm ~ **Pinochle**

Thursday 1:15pm-3:15pm ~ **Bunko** (every 2nd Thursday only)

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

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, September 12th
(on-going every 2nd Monday of the month)

Time: 10:30am to 12:00pm

Cost: Free



POTLUCK "FIRST 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, September 2nd
(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

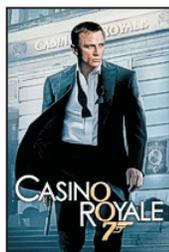


Sit back and relax and enjoy another session dedicated to travel. Very well-traveled, Member Ed Hillman, is going to share some their experiences. We would LOVE for you to join us!

Date: Thursday, September 29th
Time: 1:15pm
Cost: Complimentary ~ followed by Birthday Cake Celebration.

Everyone is welcome!

Muncheon Movie



PRE-PAID EVENT ONLY

Date: Tuesday Sept 13th
Time: Noon - 3pm
Cost: Members \$5 & Guests \$6

Lunch: European Fare With Flair!

Movie: "Casino Royal" starring Daniel Craig

Deadline to signup: Friday Sept. 9th

Low Vision Exposition

Sponsored by Vista Center

Date: Saturday, September 24th
Time: 10am to 3pm
Place: Loudon Center Community Center
 301 Center Street, Santa Cruz CA
Cost: FREE

Pre-Register ANY Monday, Tuesday or Wednesday and receive a **FREE LUNCH**.
 Call 831.458.9766

Medicare Annual Enrollment Period

2016 Educational Forum

Date: Tuesday, November 22nd
Time: 1pm to 3pm
Place: Scotts Valley Public Library
 251 Kings Village Road
 Scotts Valley CA 95066

No Registration Necessary



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 September Birthday Members!

June Barber	1	Judy Osborn	1	Esther Wilson	2
Douglas Kracl	3	Eugene Martin	3	Dorothy Seib	3
Terry Hjorth	5	Shirley Russell	5	Sondra Keane	6
Catherine O'Kelly	6	Peter Maurer	8	Glenda Carry	9
Evelyn Jones	9	Pam Simmons	9	Lori Rubin	12
Pam Smith	12	Robert Charlton	13	Kelly Gladder	13
Roxanne Gundersen	13	Donna J. Guttebo	13	Diane Miller	13
Marilyn Crook	14	Diane Haas	14	Dianne Kessler	14
James McCarthy	14	Dolores DeVogelaere	16	Dianna Renner	16
Joan Williams	16	John Bachan	17	Sonja Bender	17
Betty Cederlund	17	Sandy Welch	17	Bob Holmes	18
Anna Miller	18	Judy Husted	19	Maureen Leimbach	19
Bob Wilson	19	Doris Barrow	20	Rick Edwards	20
Sue Greco	20	Helen Kain	21	Sonia O'Brien	21
John Russell	21	Nancy Blease	23	Helen McKibben	23
Dave Andrew	24	Judie Kolbmann	24	Robin Erwin	25
Louise Hickey	25	Yvonne McClish	25	Stephany Aguilar	26
Jan Wagner	26	Edith Dittert	27	Marilyn Matthews	27
Connie Brock	28	Zoran Vujicic	28	Evelyn Anderson	29
Neal Berezin	29	George Haas	29	Ella Allyne	30
Marian Disperati	30	Carol Kester	30	Jennifer Parsons	30

Activity Leaders

m = Members
 n/m = Non-Members

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
Knit & Knatter	LeAnn Bjelle & Sherril Wiechmann	\$2 m	\$3 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

SEPTEMBER	Labor Day Holiday Grandparents Day Brunch Celebration S.V. Rotary Club ~ The Drive-in Experience Administration Day	9/5 9/10 9/16 9/23	Center Closed 8am – Noon 5pm Center Closed
OCTOBER	SVSC Board Meeting Sponsor Appreciation Reception 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 S.V. Rotary Club ~ Thanksgiving Potluck Luncheon Thanksgiving Break	10/31 - 11/4 11/5 11/7 11/11 11/18 11/23 - 11/27	Center Closed (Mon-Fri) 8-4pm Center Closed Center Closed 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.

Santa Cruz METRO: www.scmtd.com/en/ 831-425-8600

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.

September 7th	September 14th	September 21st	September 28th
Chicken Tortilla Soup	Rigatoni Casserole	Sliced Turkey	Crab Cake w/Lemon Wedges
Fiesta Mixed Vegetables	Broccoli	w/Mushroom Gravy	Peas w/ Mushrooms
Tossed Green Salad	Caesar Salad	Mixed Green Salad	Romaine Salad
Spanish Rice	Roll/ Butter	Cauliflower	Pesto Noodles
Fresh Fruit in Season	Orange	Barley Pilaf	Roll/ Butter
		Banana	Strawberries



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.

September Calendar

Monday

Tuesday

Wednesday

Thursday

Friday

Grandparents Day Brunch Celebration

Day: Saturday, September 10th
Time: 8am ~ Noon
Cost: \$8 Adults / \$4 Kids (under 3 free)



Come on out with your family and friends to celebrate this special morning with Les Trios Amis. Barbara, Markie and Janet(friends since childhood), will bring to your palate a fresh and delicious, you don't want to miss out on...**BRUNCH.** ♥

Menu
Sausages
Scrambled Eggs
Fresh Fruit
French Toast
Casserole
Assorted Muffins
Coffee Cake
Orange Juice
& Coffee

1

Bocce 9am - 11:30am
Watercolor 9am - 12pm
Zumba 9:30am - 10:30am
Yoga 10:45am - 11:45am
Beg & Int Ukulele 12pm - 1pm



Pinochle 1:15pm - 3:15pm

2

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

5



Center Closed

6

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



Home Arts 2pm - 9pm

7

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



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

8

Bocce 9am - 11:30am
Watercolor 9am - 12pm
Zumba 9:30am - 10:30am
Yoga 10:45am - 11:45am
Beg & Int Ukulele 12pm - 1pm
Bunko 1:15pm - 3:15pm



Pinochle 1:15pm - 3:15pm

9

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

12

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

13

Zumba 9am - 10am
Bocce 9am - 11:30am
Writing Class 10am - 12pm
Knit & Knatter 10:30am-12pm
Muncheon Movie "Casino Royal" 12-3:30pm



Sign up Deadline Hamburger Dinner

14

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



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

15

Bocce 9am - 11:30am
Watercolor 9am - 12pm
Zumba 9:30am - 10:30am
Yoga 10:45am - 11:45am
Beg & Int Ukulele 12pm - 1pm
Pinochle 1:15pm - 3:15pm



16

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
Hamburger BBQ Dinner 5pm - 7pm



19

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

20

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

Home Arts 2pm - 9pm



21

Bocce 9am - 11:30am



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

22

Bocce 9am - 11:30am
Watercolor 9am - 12pm
Zumba 9:30am - 10:30am
Yoga 10:45am - 11:45am
Beg & Int Ukulele 12pm - 1pm
Pinochle 1:15pm - 3:15pm
FUN CRAFT ACTIVITY
Beaded Eye Glass Holders 1:30pm to 3:00pm

23

Center is CLOSED



ADMINISTRATION DAY

26

Same Activities as September 19

27

Same Activities as September 20

28

Same Activities as September 21

29 Same Activities as September 22

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

30

Same Activities as September 16

General Home Safety

The following home safety tips can help keep you and your loved ones safe:

- Consider a medical alert or a buddy system.
- Keep a fire extinguisher and smoke detector on every floor.
- Never smoke when alone or in bed.
- Always get up slowly after sitting or lying down. Take your time, and make sure you have your balance.
- Wear proper fitting shoes with low heels.
- Use a correctly measured walking aid.
- Remove or tack down all scatter rugs.
- Remove electrical or telephone cords from traffic areas.
- Avoid using slippery wax on floors and Wipe up spills promptly.
- Avoid standing on ladders or chairs.
- Have sturdy rails for all stairs inside and outside the house, or, if necessary, purchase a stairlift.
- Use only non-glare 100 watt equivalent or greater LED bulbs (or the fluorescent equivalents.)
- Make sure that all stair cases have good lighting with switches at top and bottom.
- Make sure that staircase steps should have a non-slip surface.

BATHROOM SAFETY

- Leave a light on in your bathroom at night.
- Use recommended bath aids, securely installed on the walls of the bath/shower stall and on the sides of the toilet.
- Skid-proof the tub and make sure the bath mat has a non-slip bottom.
- To avoid scalds, turn water heater to 120 degrees Fahrenheit or below.
- Mark cold and hot faucets clearly.
- Use door locks that can be opened from both sides.
- If possible, bathe only when help is available.

KITCHEN SAFETY

- Keep floors clean and uncluttered and illuminate work areas.
- Mark "on" and "off" positions on appliances clearly and with bright colors.
- Store sharp knives in a rack and Store heavier objects at waist level.
- Use a kettle with an automatic shut-off.
- Store hazardous items separate from food.
- Avoid wearing long, loose clothing when cooking over the stove.
- Make sure food is rotated regularly and check expiration dates.

DRUG SAFETY

- Review your medicines frequently with your doctor or pharmacist and when you take new medication.
- Make sure medicines are clearly labeled and Dispose of any old or used medicines.
- Read medicine labels in good light to ensure you have the right medicine and always take the correct dose.
- Never borrow prescription drugs from others.
- Check with your doctor or pharmacist before you mix alcohol and your drugs.
- Have medication dispensed in a bubble pack or convenient dispenser.
- Check with your doctor or pharmacist before mixing non-prescription drugs



Ferd Bergholz



SVSC BOOK WORMS with Patsy Rice

Patsy Rice led the Book Worms in a lively discussion at the August meeting for "Prodigal Summer" by Barbara Kingslover. It received a 7% rating from the nine members in attendance.

An upcoming trip was also discussed and finalized. The group of 12 will be visiting Steinbeck Museum and Steinbeck House on November 16th, with an early departure starting at 9:00am. This will allow for a two hour museum tour followed by a short walk to the Steinbeck House for lunch at 12:00pm with a docent. Following lunch, the group will return to SVSC to discuss the Steinbeck books read throughout the month of November.

The Book Worms will be going to their annual off-site Holiday Luncheon in December. The details are still being worked out and will be released in an upcoming issue.

With regard to Author Visits, the group is going to invite local author, Joyce Oroz, to speak at a Book Worms meeting next year. Patsy and Darshana will publicize the event once the details are in place.

The Porter Library Author Series will restart in January and the group will once again have regular visits in place January through April. Again, details will be released in upcoming issues of the newsletter.

On an entirely different note...Patsy needs your help. She is looking for "Marci". She called about joining the Book Worms but unfortunately, Patsy has lost her number

So Marci, if you happen to read this....PLEASE call Patsy Rice at 831-439-9632

Upcoming Reading List:

- September** "A Man Called Ove" by Fredrik Blackman
- October** "Pocketful of Names" by Joe Coomer
- November** Read a "Steinbook" of your choice
- December** "The Little Bookstore of Big Stone Gap" by Wendy Welch

Date: Friday, September 16th

Time: 1:00pm-2:30pm

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

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!



Dolly Halbrook
Betty Johansen
Inge Kask
Al Land
Mercedes Sarci

Gone But Not Forgotten

Wayne Johansen

October 22, 1929 to July 28, 2016

Rest In Peace

Sadly, we have lost one of the good guys, Wayne Johansen. Wayne was a very accomplished man and lived an incredibly full life. After an idyllic childhood and student life, he served in the United States Navy during the Korean War as a fighter pilot. He received the Navy Commendation Medal for Valor for his bravery and seven Air Medals for flying 70 missions off the aircraft carrier, USS Princeton. After teaching at the "Top Gun" Navy pilot school, Wayne went to work on defense satellites.

During his retirement life, Wayne would move a lot but he ALWAYS volunteered at his local senior centers. In Rockville, Maryland he used his expertise in technology to build and repair computers to give seniors the opportunity to learn to use computers. When he moved to California, he continued building and repairing computers but in addition, started the Computer Club at the Sunnyvale Senior Center by securing grant funding and finding ways to make the program self-sustaining.

Landing in Scotts Valley brought him to our center. As a member of the Tech Team along with Darshana Croskrey, Debby Dodds, Ayan Patel and Tamima Schwartz he helped re-vitalize the technology offerings to our seniors and acted as a mentor to Ayan for almost three of the four years that Ayan volunteered with us. In addition, Wayne led a finances/investment class until his health started to deteriorate.

Wayne thoroughly enjoyed our center and its activities. He especially appreciated Marlene's cooking and attended as many "foodie" events as his health would allow!

Our kind and generous Wayne will be missed. We send our heartfelt sympathy to his dear wife of 27 years, Betty Johansen, their children and respective families.

The world was a better place for having you with us Wayne. Now it is time to fly away free.



Welcome New Members

Joy Bertrand, Mary Anna Dill, Lisa Dilles, Christy Drewry, Amrit Grewal, Mercedita B. Haley, Andrea Losee, Marlese Roton, Ann Shaw, Lilian Stagnaro, Mike Stewart

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

Center Donations ~ Thank You!

Patrick & Leslie Crook		Paper Goods
David Lundberg		Plums
John & Leatrice Bachan		\$10
Chuck Edgemon (for purchase of therapy bands)		\$60
Dolly Halbrook (for purchase of serving spoons)		\$10
Victoria Smith-Raymond (a generous guest)		\$20

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
PHOTOGRAPHY

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



The Kiwanis of the Valleys
last free concert of the Summer,
on September 25th from 2pm to 6pm
The Rayburn Bros followed by
The Coffis Bros!

Scotts Valley Host Lions

17th Annual Golf Tournament
Boulder Creek Golf course
September 23rd at 12:30pm.
\$100pp includes a round of golf
and a BBQ dinner or only \$15 for
BBQ only. Please call
Lion Tim Kirby at 831.335.4853
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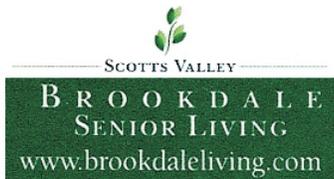
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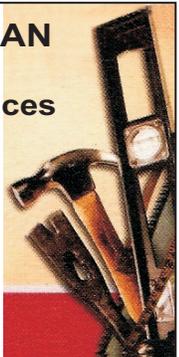
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Scotts Valley Senior Center Mission Statement

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: 10 am - 2 pm
Friday: 10 am - 1 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
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Gillian McGlaze
Terri Ritchie
Margaret Schraft
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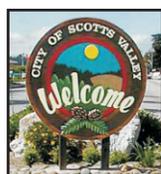
Senior Center Website: www.scottsvally.org/parks/senior_center.html

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



Scotts Valley Senior Center

370 Kings Village Road
Scotts Valley, CA 95066

Labor Day

September 5th ~ Center is Closed