



Scotts Valley Senior Center



Aloha~We invite you to the 4th Annual Sponsor Appreciation Reception

We celebrate and give thanks to our Business Sponsors for their continued support of Scotts Valley Senior Center.

**Friday, October 7th from 5pm to 7pm
Scotts Valley Senior Center**

**Music by Pacific Paradise Strummers
and dancers from Hula School of Santa Cruz**

Appetizers and Beverages will be served.
Members and Sponsors ~ Complimentary
Extra Guests ~ \$5.00 per person

RSVP Required to dcroskrey@scottsvally.org
or 831-438-8666 by Monday, October 3rd



October 2016 Newsletter

Like Us on Facebook

Coordinator's Message



Welcome to Autumn Dear Members! If you have received this newsletter, I say to you Congratulations and Welcome Back, as it means that you have renewed your membership. Thank You so much. I and our volunteers look forward to another exciting

year with you in each other's company
I bursting with some **FANTABULOUS** news to share....

Our shabby lady with her good bones is finally getting a facelift! The Scotts Valley Parks Advocates have allocated **\$7000** to replace the carpeting in the library, office and on the stage, install stair railings AND paint the interior of the center! **Thank YOU so much SVPA** and especially **Lisa Bustichi** for bringing the matter to her colleagues' attention ☺

A big thank you goes to **Les Trois Amis** on preparing and serving a delicious **Grandparent Day Brunch**. Markey and Janet and their trusty pals did a grand job of it. Everyone who attended really enjoyed themselves. We look forward to their Holiday Luncheon in December.

It was really nice to meet **Suzanne Stone**, the executive director of the newest memory care facility in The Santa Cruz County; **Westwind Memory Care**. They will be opening in the Spring. **Jeanne Shada**, we are thankful to have your continuing support and kinds words about our center. **Do not forget to RSVP for the Sponsor Appreciation Reception**. It will be fun and I cannot believe that this will be our fourth year!

Members, please remember that the **Craft Faire** is almost here and we do need lots of help. Signup sheets are on the notice board. Please feel free to talk with Marlene, Donna, Terri, Sandy or me about ways in which to help.

This note is short but sweet as inside, there is lots to read!!!

Happy Halloween,

Until Next Time ~ Darshana Croskrey



Free Senior Dental Day - Saturday, October 15th

For all seniors who are in need of dental care, Dientes Community Dental Care and Grey Bears have teamed up to present "Give Seniors a Smile Day" on Saturday, October 15th. Dientes and volunteer hygienists from the Monterey Bay Dental Hygienists Association will provide free dental services to low income, uninsured seniors (no dental insurance).

Appointments ARE REQUIRED and space is LIMITED. Email Sammi to schedule your appointment at spaz@dientes.org or telephone 831.621.2566 now.



Senior Dental Care

*** SPECIAL EVENT - NOT TO BE MISSED *** "CYBERSECURITY" ~ Stop, Think, Connect

WHAT: Cybersecurity MEANS staying safe on-line!

WHY: Own your on-line presence!!

HOW: Learn strong, safe on-line habits with an expert from the Scotts Valley Public Library!!

WHERE: Scotts Valley Public Library
Fireside Rm, 251 Kings Village Rd

WHEN: Monday, October 3rd

TIME: 10am ~ 11:30am

COST: FREE



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

Thank You Member, **Diane Cohen and Oliver** the Parrot for sharing information about Oliver's seven children and rain forests at the August Armchair Topics!



Happenings at the Center



Markey Bachtel and Janet Oneto and all of their team. A big shout out and thank you to Les Trois Amis for the **Grandparent Day Celebration Brunch**.



BOCCE FUN!



BOCCE

Many active seniors enjoy playing bocce ball. It is an excellent activity to get outside, it provides some moderate exercise and the opportunity to meet wonderful people. The Senior Center leagues play Monday thru Friday mornings from April thru October. The end of season party will be held Saturday, October 22nd from 10 am to Noon at the Skypark courts. Registration for next Spring will begin at the end of February.



Special Events - Activities

Armchair Topics and Birthday Celebrations



POTENTIAL WATER RATE INCREASES – HOW WILL THIS AFFECT YOU?

Please join our special guest, Piret Harmon – General Manager, Scotts Valley Water District for our October Armchair Topics on Thursday October 27th at 1:15pm to learn about this situation and to give your input to the Rate Study.

SVWD strives to provide essential services to the community and to take a proactive approach on planning and preparing for the future while trying to keep rates and fees fair and affordable. To achieve this, the District is conducting a comprehensive rate and fee study. The study includes the following tasks:

- ◆ Develop a financial model to determine the District's revenue requirements
- ◆ Conduct cost of service and tiered rate analyses
- ◆ Conduct connection and impact fee analyses
- ◆ Develop a rate structure that fulfills community objective while ensuring adequate revenue to support the District's cost requirements.

As part of the rate study, District is considering possible rate increases over the next 5-year period.

Please pass the words to your friends and neighbors to attend...

Date: Thursday, October 27th
Time: 1:15pm



Followed by **BIRTHDAY CAKE CELEBRATION at 2:15pm**

Everyone is welcome!

SCOTTS VALLEY WATER DISTRICT

Muncheon Movie

PRE-PAID EVENT ONLY

Date: Tuesday, Oct 11th
Time: Noon - 3pm
Cost: Members \$5 & Guests \$6

Lunch: TatorTot Casserole & Accompaniments followed by Dessert.



Movie: "The BFG"
Big Friendly Giant by Steven Spielberg

Deadline to signup: October 7th
Price includes Lunch, Dessert, Movie, Popcorn and Soda



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 October Birthday Members!

Deborah Hertzler- 1	Terica Pratt 1	Kitty A. Sutton 1
Christy Drewry 2	Rosemary Herda 2	Lois Rossini 2
Janice Seals 2	Marilyn Brandon 3	Paul Sommer 3
Karen Moore 4	Marjorie Williams 4	Claudia Williams 4
Jeanne Bender 6	Betty Bly 6	Betty Brinck 8
Laurie Holmes 8	Ann Porritt Shaw 9	Billie Street 9
Marcy Allingham 10	Tom Steinhaus 10	Cliff Barrett 11
Peter H. Young 11	Carol Lee 13	Linda Carney 14
Mary M. Wickum 14	Gary Allyne 15	Harvey Bustichi 15
Marion Cernac 15	Clara Jackson 17	Betty Ranney 17
Jeanine Speckman 17	Lesley Youdall 17	Lesley Youdell 17
Steve Johnson 18	Holly Martin 19	Janet Oneto 19
Lynn Beckmann 20	Gloria Sheehan 20	Diane Meader 21
Patricia Karo 22	Ruth D. Schaffer 22	John Thomas 22
Irene Bustichi 23	Pearl Mendes 23	Bill Schraft 23
Fran McBrien 26	Maria Demarest 27	Paul Feeley 27
Jeri Green Oneto 27	Maria Chang 28	Ann Fenske 28
Priscilla Lucia 28	Christine Mason 28	Deanna McIntyre 30
Roselle DeShields 31	Sue Stauffer 31	

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 & Terri Fahrenholtz	\$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

The Arts

KNIT & KNATTER (New Activity)

Join **LeAnn Bjelle** and **Terri Fahrenholtz'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

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. Class is open to all, but meet with Billie to discuss all the possibilities/projects that are open to you.

Date: Every Tuesday
 EXCEPT for the 2nd Tuesday of the month
Time: 2pm to 9pm
Cost: \$40 for each 8-week session

WRITING CLASS

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



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! There's no such thing as a un-interesting life...it becomes interesting, even extraordinary when you write it down and share it with others. 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 at 831.439.0616 for info.

WATERCOLOR ~ All levels

This class is offered by well-known local artist and center member, **Beverly Martin**. Don't worry about initial supplies as Beverly 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 & INTERMEDIATE UKULELE

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

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



Movement

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



ZUMBA

The **Zumbarinas** and their 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

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



Join **Tamima Schwartz** for line dancing 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... a lot of toe-tapping fun.

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



Activities

Games

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.

Date: Mondays
Time: 1:00pm to 3:00pm
Cost: \$2 Members / \$3 Non-Members

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. He looks forward to meeting you!

Date: Mondays
Time: 1:00pm to 3:00pm
Cost: \$2 Members / \$3 Non-Members

MAHJONG ~ BEGINNING/INTERMEDIATE

Looking for something new? Ever wondered what Mahjong is about? Want to challenge your brain – both sides???? **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!!! Come and join the Mahjong Gang.

Date: Mondays
Time: 1pm to 3pm
Cost: \$2 Members / \$3 Non-Members



POKER

Come on you poker players out there. Start a group. Who's in???



Date: Every Thursday
Time: 1:13pm to 3:15pm
Cost: \$2.00 Members / \$3.00 Non-Members

BUNKO

Irene Bustichi and Sandy Payton, welcome you for some dice-playing fun.



Date: Thursday, October 9th
Every 2nd Thursday of the month
Time: 1:15pm to 3:15pm
Cost: \$7.00 Members \$8.00 Non-Members

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, October 7th
(on-going every 1st Friday of the month)
Time: 12:30pm to 2pm
Cost: \$2.00 and a potluck dish to share



SVSC BOOK WORMS with Patsy Rice

Patsy Rice and the rest of the Book Worms invite you to join them for lively discussions EVERY THIRD FRIDAY OF THE MONTH. They love to see new faces and have lots of fun things planned besides the monthly readings, such as field trips, holiday luncheons and author visits

Upcoming Reading List:

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, October 21st
Time: 1:00pm-2:30pm
Cost: Members \$2.00 Non-Members \$3.00

County of Santa Cruz ~ Administrative Office California Property Tax Postponement Program

Elderly, disabled homeowners eligible for property tax deferment. Do you or a loved one need help keeping up with residential property tax payments?

The PTP Program allows eligible homeowners to postpone payment of property taxes on a primary residence.

To be eligible for PTP, you must:

- ◆ Be at least 62, or blind or have a disability
- ◆ Own and occupy the home as your primary place of residence
- ◆ Have a total household income of \$35,500 or less
- ◆ Have at least 40% equity in the property
- ◆ Other requirements

The interest rate for taxes postponed under PTP is 7% per year. Funding for the program is limited. There is only \$13M available. Applications will be processed on a first-come, first-served basis. Only CURRENT YEAR property taxes are eligible for postponement.

Repayment under the PTP Program becomes due when the homeowner:

- ◆ Moves or sells the property
- ◆ Transfers title
- ◆ Defaults on a senior lien
- ◆ Refinances
- ◆ Dies
- ◆ Chooses to obtain a reverse mortgage

This State re-established the program this year after it had been suspended in 2009.

http://www.sco.ca.gov/ardtax_prop_tax_postponement.html

The State will accept applications starting October 1st, 2016

Questions? Contact the Controller's Team at 800.952.5661 or postponement@sco.ca.gov



COFFEE and CONVERSATION

Date: No Coffee and Conversation in October
(on-going every 2nd Monday of the month)
Time: 10:30am to 12:00pm
Cost: Free



SVSC 2016 Master Event Calendar

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.

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

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.

Welcome New Members

Linda Benko, Paul Feeley, Laurel de Grassi, Rose Dyson, Mercedita Haley, Holly Martin, Ann Saner and Terri Simpson

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)

Center Donations ~ Thank You!

\$20 Jane Tremayne ~ to Marlene for Kitchen Equipment
Thank You for your generous donations to our 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.

October 5
Potato, Kale and Cheese Enchiladas
Cauliflower w/ Red Pepper
Fiesta Cabbage Salad
Mexico City Rice
Orange

• **October 12th**
• Turkey Stew
• Broccoli
• Tossed Green Salad
• Biscuit/ Butter
• Spiced Apple Slices

• **October 19th**
• Salmon Patty w/Lemon
• Peas & Carrots
• Spinach Salad
• Brown Rice Pilaf
• Berry Crisp

• **October 26th**
• Stir Fry Chicken
• Sesame Carrots
• Pineapple Chunks
• Brown Rice
• Fortune Cookie



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.

October Calendar

Monday

Tuesday

Wednesday

Thursday

Friday

3
 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

4
 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

5
 Bocce 9am - 11:30am
 Meals on Wheels Lunch 11:30am - 12pm
 Bir 1pm - 3pm

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

6
 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
 SVSC Board Meeting 3:30pm (Open to all)

7
 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
 Sponsor Appreciation Reception 5pm-7pm (Open to all)
 Deadline for Muncheon Movie

10
Columbus Day Center is Closed

 No Coffee & Conversation

11
 Zumba 9am - 10am
 Bocce 9am - 11:30am
 Writing Class 10am - 12pm
 Knit & Knatter 10:30am-12pm
 Muncheon Movie "The BFG" The Big Friendly Giant 12-3:30pm


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

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

13
 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

14
 Beg/Int Line Dance 9am - 10am
 Bocce 9am - 11:30am
 Stretch & Condition 10am - 11am
 Meditation Drop-in 11:15am-12:15pm


17
 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

18
 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

19
 Bocce 9am - 11:30am
 Meals on Wheels Lunch 11:30am - 12pm

 Bingo 1pm - 3pm
 Computer & Digital Help Desk 2:00pm - 4pm
 SV City Council Presentation 6pm

20
 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

21
 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


24
 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

25
 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


26
 Bocce 9am - 11:30am

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

27
 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
 Armchair Topics 1:15pm
 Water Rate Hike!
 Birthday Celebrations 2:15pm

28
Center is CLOSED ADMINISTRATION DAY

Hotel Transylvania 2 Movie & Dinner in Skypark!
 Dinner: 4:30-7:30 Food Trucks
 Movie: 6:30-8:00pm
 Come in Costume!

31
 Same Activities as October 24

Aloha ~ We invite you to the 4th Annual Sponsor Appreciation Reception
 Friday, October 7th
 5pm to 7pm
 Scotts Valley Senior Center

Craft Faire Closures
 Craft Faire Prep Week Oct 31st ~ Nov 4th inclusive.
 Nov 5th is the Craft Faire – ONE DAY ONLY
 We are closed Nov 7th for CLEAN UP.

BACK IT UP! Safeguarding your digital goods

BACKING UP COMPUTER files is a lot like exercising: Even though it's important to do, people don't always carve out the time to do it.

But as everyone's personal and professional life becomes increasingly digital—irreplaceable photos and videos, documents and music—it's critical to back it all up in case something happens to the original files. Of course, students also need to protect their schoolwork, including essays, book reports, study notes and more.

Importance of backing up

You might know that sinking feeling when you realize important computer files have vanished into thin air. This could happen in a number of ways: a nasty computer virus, hardware malfunction, natural disaster (such as fire or flood) or power surge. And keep in mind, countless laptops are lost or stolen on a regular basis.

In a flash, your entire digital life could be gone forever—unless you proactively back up your important files on a regular basis. It doesn't really matter how you do so, as long as you do something and fairly often—perhaps once a month or so for casual users.

So, what should you preserve? All of your documents should be archived. Digital photos and video footage cannot be replaced, so frequently backing up these memories is a good idea. Contact information for all your friends, family and work associates should also be backed up—and may already be synched with your smartphone—as well as calendar appointments, notes and tasks. Your music collection, audiobooks, website bookmarks and/or anything else that is irreplaceable—or at least an inconvenience—if lost, should also be on the list.

Ways to back up

You can back up your important files in a number of ways. Here are three popular choices.

External hard drive. As small as a pack of playing cards, an external hard drive can be plugged into an available USB port on a laptop or desktop and it will show up as a new



drive. Capacity typically starts at 1 terabyte (about 1,000 gigabytes), which is enough to hold many thousands of photos, videos, songs and documents. Desktop hard drives are meant to be kept in one place, such as a home office, and require external power (that is, they need to be plugged into an AC outlet). A smaller portable hard drive gets its power from the computer itself, and can be brought with you.

USB flash drive. Pinky-size “thumb drives” plug into an available USB port on your computer, so you can manually drag and drop files onto the drive. While inexpensive, reliable and durable—they don't have moving parts like a spinning hard drive—flash drives don't store as many files as an external drive. These flash drives can also be plugged into many TVs, to play videos, photos or music.



You could also back up files onto an SD or microSD memory card instead of a thumb drive—it's the same basic technology.

Cloud backup. These online services store your files for you behind a password-protected website or app. Popular providers include OneDrive, Dropbox, Google Drive and iCloud. While you don't get a lot of free storage (they average around 10 GB), your local files are stored off-site to protect your files from local threats. With cloud services, you can access all of your backed-up stuff from virtually any internet-connected computer, tablet or smartphone in the world.

A few other tips

If you back up files to a hard drive, you should make a duplicate or triplicate onto additional drives—just in case one drive fails in the future. Also, keep them in different places, such as a safety deposit box, a trusted relative's house or a different room in your home than your computer.

If you use a word processor like Microsoft Word, be sure to have the program auto-save every minute or so, just in case of a computer crash, and/or have it synched with the OneDrive cloud service (which is an option). Google Docs users won't have to worry, as it always saves work online to the cloud.



Ferd Bergholz

Sponsor Update

- SVSC welcomes **Westwind Memory Care** as a new Gold Level business sponsor. Under the leadership of its Executive Director, **Suzanne Stone**, the facility is slated to open shortly, in early Spring
- A big thank you goes to **Scotts Valley Property Mgmt Co** and its owner, **Jeanne Shada**, for renewing her Platinum Level sponsorship. She said, “I think the Senior Center does a wonderful job in finding many activities for seniors in our community!”
- The **Kiwanis of the Valleys** would like to thank all the seniors who come out to enjoy the free summer concert series, Music at Skypark, this season. Your support has once again, raised funds for music programs and equipment in our local schools.
- The **SV Host Lions** continue to be busy and this month are supporting Valley Churches United Missions with a Steak & Pasta Dinner. Call **Dene Bustichi** at 438.2356 for tickets. More details are included in this newsletter.

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



Sunshine Note



Thinking of You, We Miss You ~

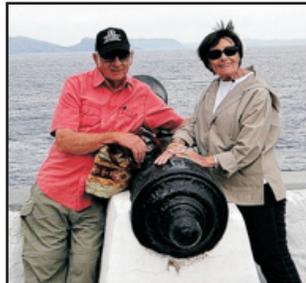
Life has its ups and downs
But we like to see smiles not frowns
If you're not feeling up to par
We send our thoughts to where you are
And if you're here and feeling blue
We hope our wishes uplift you!

Caroline Elam
Charlotte Hoogasian
Dolly Halbrook
Al Land
Elaine Myers
Marilyn Quaintance
Fran Rosen
Pitt Simmons

Cheers to All These Years

Happy 52nd Anniversary to Vic & Carol Ramirez ~

They were married on October 8,
1964. This picture was taken in
Greece on the island of Hydra.
They have been residence of
Scotts Valley for 52 years.



Gone But Not Forgotten

John Wesley Elam, III August 1940 ~ August 2016 Chicago, IL ~ Scotts Valley, CA



Our 6'5" gentle giant, John Elam, passed away at his home in Scotts Valley surrounded by his loving family following a decline with dementia. He is survived by his wife and soulmate of 46 years, Caroline; two children, Nicole and Miles, daughter-in-law, Rebecca and beloved grand-daughter, Zoe.

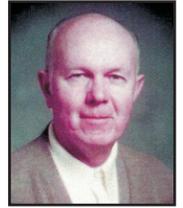
John was born and raised in Chicago. He loved the arts, especially jazz music and played trumpet in high school. Graduating from the University of Illinois with a BS degree in Electrical Engineering, John re-located to Southern California where he worked in the communications and aerospace industries for over 40 years. John and Caroline met while they were both working for Allied Signal. His life was consumed with love for his family, his work and playing golf!

Retirement life was as busy as ever as both he and Caroline got C.E.R.T. (Community Emergency Response Team) Certified. They received their Ham Radio licenses and worked on local disaster preparedness teams - conducting drills at schools, hospitals, etc. John was also an ambassador for riding the bus system in Torrance where he would help the elderly to safely navigate the system. His lifetime love of music had him volunteering as an usher for the Civic Center Symphony and the Inglewood Symphony. John's "Bucket List" item was that he would have a grandchild and his wish came to fruition when Miles and Rebecca presented him with precious Zoe. They were inseparable buddies!

On behalf of our SVSC family, we send condolences to the Elam Family, extended family and friends. You have earned your rest John ~ Your golf course awaits you.



Mr. Quincy Halbrook September 26, 1921 ~ August 8, 2016



This Arkansas native joined the US Navy as a Second Lieutenant in WWII. He was sent to serve in the South Pacific. After the war, in 1946, Quincy got a job with the US Geological Survey Team. His work involved mapping the Western USA. A country boy at heart, he loved the great outdoors.

Quincy and his love, Dolly, married on May 21, 1961. He proposed after just two dates! From the day they met until the day he passed away, Dolly says that Quincy was the most perfect gentleman! She feels so blessed to have had over 54 wonderful and precious years with Quincy and raising their beautiful family together. He so loved their grandchildren Tyson, Matthew, Justin and Heatherlyn and great-grandchildren Elliot, Naomi, Quinn, Garrett, Emily Rose and Lily Anne.

The Halbrooks have been Scotts valley residents since early 1970. Quincy loved square dancing, golfing and was a member of SIRS. In 1971, Quincy and Dolly were considered early pioneers by being one of the first people to buy the land that the mobile homes were placed upon in Montevalle Mobile Home Park. This kind of mobile home park was the first of its kind.

Quincy will be dearly missed by all who knew him and we tender our sympathies to Dolly and her family members. Rest in Peace.

Doreen Marrion Land March 4, 1929 ~ August 3, 2016 Scotts Valley



With much sadness we received the news of Doreen's passing following a brief illness. She was 87. Canadian born Doreen had an extraordinary life with her birth and early years spent in a remote northern part of Victoria Island in British Columbia.

Doreen's grandmother was a member of the upper classes in England. Due to an innocent indiscretion with a member of the household staff, she was banished to Canada with her new husband and 160 acres of land. So isolated was this spot, that the only way to arrive there was by a coastal drop-off by sailors in a rowboat containing provisions and a cow! They lived among the Native Americans who helped them and showed them how to survive in their new life.

Doreen soon moved to Vancouver. Al migrated to Vancouver from his native Norway. The two of them met at a Sons of Norway Dance and it was love at first sight for both of them! She and Al relocated to Santa Cruz County in 1960. Residents for 56 years, they spent the past 12 years in Spring Lakes - SV.

An accomplished artist in various mediums, Doreen had her work represented by a Chicago gallery. As a master wood carver, she was the president and treasurer of the Santa Cruz Woodcarvers' Association. Doreen and Al loved square dancing and were members of the Lucky Steppers dance group. Because of her family circumstances, Doreen learned to love genealogy from a very early age. And, in their almost 65 years of marriage, with their love traveling, the couple traveled extensively... Lapland, Norway, Australia, New Zealand and the United Kingdom to name but a few of their travels and they LOVED camping and fishing in the interior of British Columbia.

From the members of our center, we send wishes for strength to Al and their children and respective families as they adjust to the passing of their beloved Doreen.

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5pm Cocktails ~ 6pm Dinner
Scotts Valley Community Center
\$30 per person

Information or tickets, please contact:
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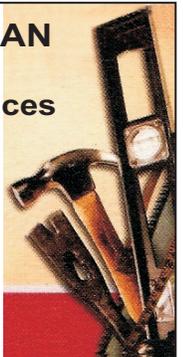
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Scotts Valley Senior Center Mission Statement

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
Gary Cramer
Gillian McGlaze
Terri Ritchie
Margaret Schraft
Tom Steinhaus

Editor:
**Becca
Mosley**



See this and older newsletters at www.fbergholz.com

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

Check us out on Facebook,  **Scotts Valley Senior Center**

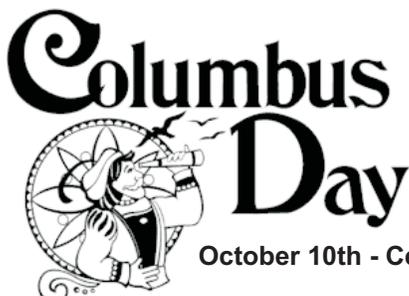


Center closed EVERY 4th Friday of the month for ADMINISTRATION DAY: 10/28, 11/25, 12/23



Scotts Valley Senior Center

370 Kings Village Road
Scotts Valley, CA 95066



October 10th - Center is Closed

