



Scotts Valley Senior Center



An Invitation for You **Thanksgiving Potluck Luncheon**



November 18th at 1pm



The Rotary Club of Scotts Valley will provide Turkey, Ham, Mashed Potatoes & Gravy and Stuffing
Members may sign up to provide an Appetizer, Side dish, Salad, Dessert or Beverages (Per Couple) **or** You may opt to Pre-Pay \$8.00 (per person)
Sign-ups are **REQUIRED**
Deadline to Sign-up is close of day Tuesday November 15th
Sheet may be found at the Reception Desk

November 2016 Newsletter

Like Us on Facebook

Coordinator's Message



As the weather cools and we find ourselves sipping mugs of hot apple cider versus tall glasses of iced tea, I welcome you to this, the November issue of the senior center's newsletter.

One of the most important events of this month is our annual **Scotts Valley Holiday Craft Faire**. One major change this year is

that it is no longer going to be a two-day event but for **ONE-DAY ONLY on Saturday November 5th from 8am to 4pm**. **Don't forget to pick up your free holiday postcard from the center. We will have them up until they run out or Thur Nov 4th – whichever comes first.** This card is a deal you DO NOT want to miss. You will bring the completed postcard with you to enter a very special drawing when you visit the craft faire on Saturday. Stop by the senior center library to drop it off in a special container. I would like to remind you that last year, the basket contained a beautiful mercury glass Santa Claus holding gift certificates to restaurants and businesses around Scotts Valley. This is a very special drawing for a holiday basket **valued at over \$100!!!**

We hope you will all come out to support our vendors as they sell their wonderful, unique, well-priced, handcrafted items. Our hardworking volunteers will be ready to serve you our famous "chicken dinners" and other delicious meals under the eagle eye of **Marlene Flannery**. Supervised by **Terri Lesniak**, the bake sale tables will be groaning under the weight of scrumptious home-baked goodies, ready and begging to go home with you. And, not to forget, our Raffle Team Co-Chairs – **Pat Huntsinger, Pat Minton-Bont and Donna Silvia**, who will have raffle tickets at the ready to sell for you the princely sum of \$1 each. Their wonderful display of prizes donated by our vendors, will allow YOU to choose the prizes YOU would like to win!

Thank You student volunteer, **Saashin Subramaniam**, for helping to prepare a power-point presentation. Time was of the essence; he worked fast and methodically to pull it together from my scribbled notes – Kudos! The Mayor and councilmembers were very appreciative of your efforts!! We gave them, the staff and audience a glimpse into "Life at the Center" and I am happy to report that it was very well-received ☺

On another note, we hope you will attend our **Thanksgiving Potluck Luncheon**. In a change to previous years, the Turkey, Ham, Mashed Potatoes & Gravy and Stuffing will be cooked

by **Bruno's BBQ** and provided by **Scotts Valley Rotary Club**. This will allow Marlene and her crew to sit and break bread with all of us! Everything else will be the same with members providing the appetizers, side dishes, desserts and beverages. But remember, you **HAVE** to sign up in order to attend this event ☺

Lastly, being an election year, it is very important to exercise your right to vote. For some of you this may pose a considerable problem. **Community Bridges** would like you to know that they are offering free rides to go and vote should any of you have difficulty in getting to your polling station. You may call 831.688.8840 for more information.

That is all we have space for so I wish you all a safe and very Happy Thanksgiving ☺

Until Next Time ~ Darshana Croskrey

Scotts Valley Banner Announcement....

It was a pleasure to hear that the Press-Banner Readers gave Scotts Valley Senior Center a "Rave" in their 2016 Faves & Raves Contest.



Scotts Valley

2016 HOLIDAY CRAFT FAIRE

ALL HAND-CRAFTED GOODS!
Saturday November 5th ~ 8am to 4pm

Scotts Valley Senior Center & Community Center • 370 Kings Village Rd, Scotts Valley
Sponsored by the Scotts Valley Senior Center. Proceeds benefit programs and resources at the center.
For more information, please call (831) 438-8666

Pick up a post card prior to the event and bring with you to enter our **FREE** raffle drawing for a prize over \$100 value.

Happenings at the Center

Congratulations to our Santa Cruz County Fair Winners



Beautifully Made



Penny Cotter

Congratulations to our Santa Cruz County Fair Winners!

Back row (left to right): Shirin Schumacher, Pat Dressell, Karen Allyn, Yvonne McClish, Billy Street Front: Sue Greco, Karla Locatelli and Penny Cotter in the top corner.

As usual, members of Billie Street's Home Arts Class took several ribbons at this year's Santa Cruz County Faire. A special shout-out to Karen Allyn who won in the BEST APPLE PIE category. She brought in a pie to share with everyone and it was TRULY SCRUMPCIOUS!!!

Win a Decorated Christmas Tree see page 8 for details.

Don't forget to pick up your Craft Faire postcard at the center to enter a free raffle drawing to win a gift valued over \$100.



Red Ribbon Week Kick-Off BBQ

Thank You Members, Charlotte Hoogasian and Carol Rogers, for representing the Senior Center at the Red Ribbon Week kick-off festivities. They enjoyed a delicious steak and chicken lunch.



First Friday Potluck hosted by Sammy Khalil

Sponsor Appreciation Reception



Becca Lori Aki

It was another lovely evening as we celebrated our sponsors at the 4th Annual Sponsor Appreciation Reception. Marlene and her crew put on a lovely spread. The **Threes Amigas** and the **Pacific Paradise Strummers** entertained us with wonderful Hawaiian music and dance. Thank You to all who attended. It was nice to introduce our sponsors to the members ☺

Special Events - Activities

Armchair Topics and Birthday Celebrations



Will return in January with a mega celebration for November, December and January birthdays

Muncheon Movie

Will return in January

Cyber Security List ~ Scamming Seniors is ON THE RISE

Please see Darshana if you would like your name added to the CYBERSECURITY list. She attended the presentation put on by the public library system and considered it to be excellent AND SCARY. If you use ANY digital tools, telephones included, it would behoove you to attend and learn how to protect yourself on-line.

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

CANCELLED ~ New York, New Year's Eve Party

Please accept our apologies...due to circumstances beyond our control, we have had to cancel our 3rd Annual New York New Year's Eve Party.



Lost & Found

Please make a point of checking the Lost & Found box. It is stuffed to the gills! Any remaining items on November 28th will be donated to Goodwill.



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 November Birthday Members!

Donna Hollister	2	Kathy James	3	Ken Gorny	4
Alonzo (Lonnie)	5	Marty Carlson	5	Charlotte (Mike) Flynn	5
Jan Rosenberg	5	Connie Adkins	6	Pat Eggleton	10
Charles Kirkman	10	Diane Warren	11	Terri Ritchie	12
Jean Gregson	13	Pat Morotti	13	Frankie Amrine	14
Sherilyn Dominique	14	Patti Bach	16	Carolyn Fitz	16
Leslie Stagnaro	16	Marcie Dekking	17	Meryl Everett	17
Ben Tinetti	17	Patricia Torres	17	Linda Benko	18
Bev Edmundson	18	Ingrid Austin	20	Mary Ann Dominguez	20
Robert Kerr	20	Hanneke Chappell	21	Terri Fahrenholtz	21
Sharon Hansen	21	Evelyn Pugmire	21	Ira Kessler	23
Maureen Ahrens	24	Andrea Losee	25	Loraine T. Lovato	25
Elaine Myers	25	Bonnie Estrada	26	Jack Marshall	26
Larry Mosley	27	Vivian Thomas	29	Elaine Finney	30
Gloria Jan	30	Lisa Jenkins	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
Farkle	Irene Bustichi/Sandy Payton	\$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
Stretch & Condition	June Barber	\$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

Activities

The Arts

KNIT & KNATTER

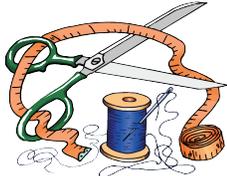
Regretfully, due to lack of participation, we announce the closure of Knit & Knatter. Thank You so much LeAnn Bjelle for graciously leading this activity for the past two months!



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)



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.



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

Aryurveda means the science of life for personal healthcare. Yoga is just one part of Aryurvedic 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 Zumbarnas 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.

Note: If you are new to Meditation, you should arrive 20 minutes early (10:50 – 10:55 am) before the class so we can go through some preliminary instructions on the Meditation steps. **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: Bunko will return in January
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: Will return in December.
(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

In October, the Book Worms welcomed to more members to the group, Marcy Allingham and Sam Watkins. September's pick, A Man Called Ove, received an average of 9.1% which is our highest mark book ever and the October book, Pocketful of Names got an average of 8.2%.

Coming up in November is the Steinbeck trip...a reminder for the group to meet in the senior center's back parking lot at 9:15am. The outing will consist of the museum tour, lunch at Steinbeck House and a review session at Patsy's home, where the Steinbeck novels read during the month by the members will be discussed. All in all, it should be a wonderful field trip

IMPORTANT DATE CHANGE...

The Book Worms have changed the date for the December meeting to December 9th with a holiday outing to Ristorante Italiano on Soquel Avenue in Santa Cruz. They will once again meet in the senior center back parking lot; this time at 12:15pm to carpool.

Patsy would like to remind everyone that the Winter Read Program at Bookshop Santa Cruz will begin on December 1st for those members interested in signing up for it.

A reminder that the Local Author Series will restart at the Porter Memorial Library in Soquel. The series will take place January through April inclusive, on the second Wednesday of the month from 10:30am to 11:30am. Need to leave here early to get a seat.

In the Works...

Local author, Joyce Oroz, will be a guest speaker at the Book Worm's May meeting.

Please direct all questions to Patsy Rice at 831.439.9632 ~ Thank You!

Upcoming Reading List:

November A Steinbeck book of your own choice
December The Little Bookstore of Big Stone Gap by Wendy Welch
January The Bookman's Tale by Charlie Lovett
February Martin Marten by Brian Doyle

Date: Friday, November 16th
Time: 9:15am to approximately 3pm ~ Field Trip
Cost: Members \$2.00 Non-Members \$3.00

CALLING ALL MAHJONG PLAYERS...

A reminder that even though the 2017 Mahjong Cards will not be mailed out until March, we need to get our order in now in order to support Valley Churches United. Please see Darshana to make sure she has your name on the list by **NO LATER THAN November 28th – Thank You!**

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

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.



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.

- November 9th**
- Baked Fish w/Lemon
 - Baked Sweet Potato
 - Coleslaw w/Carrots
 - WW Bread/Butter
 - Apple
 - Milk

- November 16th**
- Beef Taco
 - Black Beans
 - Green Salad w/Tomatoes
 - Spanish Rice
 - Banana
 - Milk

- November 30th**
- Macaroni & Cheese
 - Broccoli
 - Beet Salad
 - WW Bread/Butter
 - Tangerine

- Will NOT serve on:**
- November 2nd & 23rd.
 - Lunch will be available at Highlands Park Senior Center.
 - Please follow the regular routine for signing up and call them at 831.336.8900 by Noon on the prior Tuesday at the very latest to insure your place.



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.

iPad Survey

We want to offer iPad classes here at SVSC that meet the needs of our community. This questionnaire will help us determine what classes to offer ~ **Thank You for your help.**

Please turn in this questionnaire by December 2nd by one of the following methods: **Drop off** at the Reception Desk at the center **or Mail it** back to: Scotts Valley Senior Center, 370 Kings Village Road, Scotts Valley CA 95066 **or Email** your answers to msmarilynmliller@gmail.com

1. **What devices do you use?** Circle all that apply:
 - a. Windows computer
 - b. Apple computer
 - c. iPad
 - d. iPhone
 - e. Other (specify) _____
 - f. None.
2. **If you have a device, what do you use it for?** Circle all that apply:
 - a. Sending email
 - b. Banking
 - c. Shopping
 - d. Watching Videos
 - e. Reading News
 - f. Playing Games
 - g. Other (please specify) _____
 - h. Do Not Use

3. **If you have an iPad which IOS version is on your iPad?** Circle one:
Do Not Know 6 7 8 9 10
4. **What would you like to learn with an iPad?** Circle all that apply:
 - a. Send/receive email
 - b. Banking
 - c. Shopping
 - d. Watching videos
 - e. Reading news
 - f. Playing games
 - g. Other (please specify) _____
5. **Optional: Your Name(s)** _____



November Calendar

Monday

Tuesday

Wednesday

Thursday

Friday

1

2

3

4

Holiday Craft Faire Closures

Craft Faire Prep Week Oct 31st ~ Nov 4th inclusive.
November 5th is the Craft Faire – ONE DAY ONLY

Pick up a post card prior to the event and bring with you →
to enter our FREE raffle drawing for a prize over \$100 value.



Scotts Valley
2016
HOLIDAY
CRAFT FAIRE
ALL HAND-CRAFTED GOODS!
Saturday November 5th ~ 8am to 4pm
Scotts Valley Senior Center & Community Center • 370 Kings Village Rd, Scotts Valley

7

Center is Closed
for CLEAN UP



8

Zumba 9am - 10am

ZUMBA
FITNESS

Writing Class 10am - 12pm



9

Meals on Wheels Lunch
11:30am - 12pm

Bingo 1pm - 3pm



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

10

Watercolor 9am - 12pm

Zumba 9:30am - 10:30am

Yoga 10:45am - 11:45am

Beg & Int Ukulele 12pm - 1pm



Pinochle 1:15pm - 3:15pm

11

Veterans Day
Center is
CLOSED



14

Yoga 8:45am - 9:45am

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

15

Zumba 9am - 10am

Writing Class 10am - 12pm

Beg/Int Line Dance

12am - 1pm



Home Arts 2pm - 9pm

Deadline Sign up for
Thanksgiving Potluck

16

Meals on Wheels Lunch
11:30am - 12pm



Bingo 1pm - 3pm

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

17

Watercolor 9am - 12pm



Zumba 9:30am - 10:30am

Yoga 10:45am - 11:45am

Beg & Int Ukulele 12pm - 1pm

Pinochle 1:15pm - 3:15pm

18

Beg/Int Line Dance 9am - 10am

Stretch & Condition

10am - 11am

Meditation Drop-in

11:15am-12:15pm

Thanksgiving Potluck

Luncheon 1pm



21

Yoga 8:45am - 9:45am

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

22

Zumba 9am - 10am

Writing Class 10am - 12pm

Beg/Int Line Dance

12am - 1pm

Home Arts 2pm - 9pm



23

Thanksgiving Break 11/23 – 11/27 Center Closed



24

25

28

Same Activities
as November 21

29

Same Activities
as November 22

30

Same Activities
as November 16

See you at the
Holiday
Craft Faire!
Don't forget
your postcard!



Scotts Valley
2016
HOLIDAY
CRAFT FAIRE
Saturday November 5th ~ 8am to 4pm

What can seniors do to protect themselves from identity theft?

My brother-in-law, who's 77, recently had his identity stolen and I want to make sure it doesn't happen to me.

—Worried Relative

Dear Worried,

Great question! Each year around 17 million people fall victim to identity theft, which happens when someone gets access to your Social Security number, bank or credit card account number, or other identifying information and uses it to steal from you. Here are some free steps you can take to reduce your risks.

Guard your personal information: Never give your Social Security number, credit card number, checking or savings account numbers to anyone unless you initiate the contact. Also, do not carry your Social Security card around in your wallet or purse, and don't carry around your Medicare card either unless you're going to the doctor.

Get off mailing lists: Put a stop to preapproved credit-card offers, which is a gold mine for ID thieves. To do this visit optoutprescreen.com or call 888-567-8688 - they will ask for your Social Security number and date of birth. You can stop other junk mail at dmachoice.org, and reduce telemarketing calls at donotcall.gov.

Use strong passwords: To safeguard your personal data on your smartphone or tablet don't use a password that's easy to hack, like 1234 or 0000. Also, make your computer passwords more than 8 characters long, with uppercase and lowercase letters, numbers, and symbols like # and %, and use different passwords on different accounts. If it's hard to remember them, try a password manager service like dashlane.com, truekey.com or lastpass.com.

Be wary of unknown emails: Never click on links in emails from strangers, or those that claim to be from the Social Security Administration, IRS or other government agencies, or from your bank, phone or credit card company warning of a "problem." This can result in identity-stealing malware being installed on your computer. To protect your computer from malware, install antivirus software (see avg.com and avast.com for free options) and set up automatic security updates and full weekly scans.

Secure your mail: Empty your home mailbox quickly or buy a locked mailbox to deter thieves. And mail outgoing payments from a U.S. Postal Service mailbox or the post office, not from your more vulnerable home mailbox.

Get safer credit cards: If you don't already have one, get an EMV chip credit card from your credit card provider. They're much more difficult for fraudsters to hack than magnetic strip cards.

Shred unneeded documents: Buy a crosscut paper shredder so you can shred all unneeded records, receipts, statements, preapproved credit offers or other papers you throw out that has your financial or personal information.



Monitor your accounts: Review your monthly bank and credit card statements carefully, and see if your bank or credit card issuer offers free alerts that will warn you of suspicious activity as soon as it's detected. If they do, sign up for them or use eversafe.com, which will do it for you for a small fee.

Watch your credit: Check your credit report at annualcreditreport.com or call 877-322-8228. You can receive one free report a year from each of the three major credit bureaus (Equifax, Experian and TransUnion), so consider staggering your request so you can get one free copy every four months.

Set up security freezes: If you don't plan to apply for new credit, loans, insurance or utility services, freeze your credit reports so crooks can't open up new accounts in your name. Rules vary by state, but the \$5 to \$20 fee is waived if you're 65 or older, or show proof of past ID theft. Security freezes are set up at all three credit bureaus at equifax.com, experian.com and transunion.com.

This article was excerpted for the on-line **Huffington Post**.



Ferd Bergholz

Christmas Tree Raffle ~ \$5.00 per ticket

- Member Janet Oneto, has kindly offered to donate a beautifully decorated Christmas tree to be raffled off and delivered to the lucky winner!
- Proceeds will benefit the Senior Center Kitchen with the purchase of new pots and pans.
- The drawing will take place on just prior to the start of Bingo on **Wednesday December 10th**.
- Spread the word around town... Help us sell as many tickets as possible.
- Tickets go on sale from November 14th all the way through to the morning of December 10th.**
- A WINNING PROPOSITION ~ THANK YOU SO MUCH JANET ONETO and FAMILY



FARKLE

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: Starting in January, Farkle will return as a regular monthly activity every 3rd Thursday of the Month

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!

Connie Brock
Marty Carlson
Gloria Frazier
Steve Johnson
Ira Kessler
Sonia O'Brien
Margaret Sereda
Sally Smythe

Cheers to All These Years

Join us in congratulating a very lovely couple, **Nick and Sandy Hartman**, as they recently celebrated their **46th wedding anniversary!**



Welcome New Members

Vicki Bencich, Dixie Carnes, Carol Cole, Malcolm Cole, Pam Downing, Chuck Edgemon, Jackie Edgemon, Betty Gaddan, Geri Gibson, Fran Golder, Anne Harding, Renee Harding, Meradith Hennes, Annie Hiens, Tom Hiens, Eden Israel, Kim Jones, Kate Klein, Nancy Lahtimin, Becky McNulty, Marilyn Miller, Ron Marino, Sue Roberts, Joanne Stewart, Nell Sulborski and Bob Talkington

Gone But Not Forgotten

Pitt Simmons

November 22, 1933 to October 12, 2016



It was in a little log cabin in Enterprise, Alabama where Pitt Simmons made his entrance to our world. Unfortunately, Pitt's father had died in an accident shortly prior to his birth, but his presence was eagerly greeted by his mother and siblings. Pitt was a loving son, ever helpful who maintained a strong and close relationship with his mother throughout her life.

School life was made easier because he was popular and it helped that Pitt excelled at basketball and running. However, times were hard, so Pitt joined the Navy but only after convincing his mother to sign off on the paperwork as he had only just turned 17. After he completed his basic training, Pitt was stationed in California, in the Bay Area.

It was here that he met the love of his life, Pam. Unknowingly setting the scene, his "bestie" and her "bestie" had invited each of them to a picnic in Santa Clara where Pam was raised. They were immediately smitten with each other. Pam loved his accent and his southern manners. She was 16 and he was 17. What were they to do as Pam's family did not approve of the match? Once again, Pitt turned to his mother, seeking her counsel on the step he was about to take, and to receive her blessing and permission.....Pitt and Pam ELOPED!!! To say Pam's mother was upset is putting it mildly but she soon came around when she realized her daughter had married a very good man.

Pitt was shipped overseas and spent seven months at sea on the waters around the Philippines. Upon his return, Stateside, he and Pam settled in Santa Clara where he attended junior college to become a pressman. While there, he also took a class to operate a back hoe and that was it...it led Pitt to start his own business operating heavy equipment.

The Simmons Family moved to Scotts Valley in 1969. Shortly after moving here, they settled in Mission Springs. They have been members of Community Covenant Church for over 43 years. Retiring at 65, Pitt enjoyed a long and happy retirement surrounded by friends, family and his hobbies. One of these hobbies included building a teardrop with his grandson! Open heart surgery in 2012 meant Pitt had to slow things down a notch and that is when he and Pam discovered the Scotts Valley Senior Center. Pitt loved Bingo; he loved Coffee & Conversation and he absolutely loved Marlene's cooking and looked forward to the monthly dinners! He also participated in the pilot program for Wisdom Bridges with Scotts Valley Rotary Club. Ever the gentleman, his humor, kind words and presence were always a balm to all of us here at the center.

This Southern Gentleman, 50% Choctaw Indian and 50% white has left an indelible legacy here on Earth in his four sons, Mark, Gil, Chad and Bobby, 12 grandchildren and five great-grandchildren. Mark is a retired Santa Cruz County law enforcement officer, Gil took over the reins of Pitt's business when Pitt retired, Chad following into the business too and Bobby, with his love for speed, racing motorcycles.

On behalf of the Scotts Valley Senior Center Members, we send our sincere condolences to Pam and her family. May the showers of the days of mourning bring sunshine with the wonderful memories Pitt has left with all of you.



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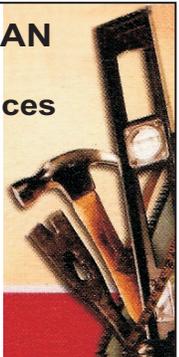
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Scotts Valley Senior Center Mission Statement

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

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Chairman of the Board
Harvey Bustichi
Gary Cramer
Gillian McGlaze
Terri Ritchie
Margaret Schraft
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Editor:
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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: 11/25, 12/23



Scotts Valley Senior Center

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