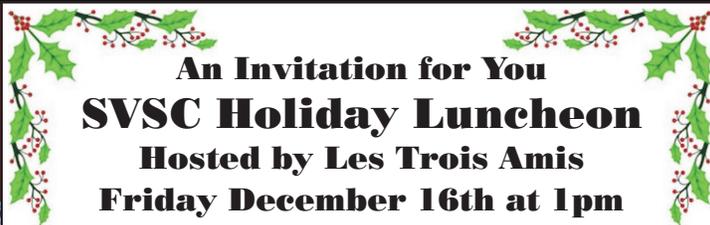




Scotts Valley Senior Center



An Invitation for You SVSC Holiday Luncheon Hosted by Les Trois Amis Friday December 16th at 1pm

Tantalizing your tastebuds with a specially designed Four-Course meal starring Cornish Game Hens!

Members \$12.00 & Guests \$14.00

Paid Sign-ups are REQUIRED

FIRM deadline: Noon on Tuesday December 12th so we may plan accordingly. **NO LATE REQUESTS WILL BE ACCEPTED...** please plan ahead.

December 2016 / January 2017 Newsletter

Like Us on Facebook

Coordinator's Message



Happy Holidays Dear Members,

First things first - This issue serves as BOTH your **DECEMBER AND JANUARY** newsletter. Please do not throw it away prematurely!!! Also, do keep our Holiday closures in mind to avoid any disappointments.

A humongous shout out to EVERYONE who helped the Chairs with the **2016 Holiday Craft Faire!!!** Each one of you played a vital role in making the event a successful one. Thank you to all of the following people for taking on some major commitments on various parts of the whole...

Advertising: Harold Rice, Patsy Rice & their team

Bake Sale: Terri Lesniak and her bakers & packers

Clean Up Crew: Jim Eaton, Jane Eaton, Leatrice Bachan and others

Furniture Removal and Return: Scotts Valley Exchange Club & Scotts Valley Fire Department

Kitchen Crew: Marlene Flannery and helpers

Raffle Crew: Ken Bont, Pat Bont, Pat Huntsinger, Donna Silvia and their sellers

Special Assignments: Marissa Castro, Mark Silvia, Clara Vaughn & Zoran

Storage Site: Generously donated by Cindy from Town Center Storage

*** Sometimes my brain misfires, so my sincere apologies; please forgive me if I have inadvertently left someone out!

We say a big **Thank You** to Rosanna Herrera, President of the Scotts Valley Rotary Club and her fellow colleagues, Patrizia Matarrazi, Dick Scoppetone, Ralph Rauscher and Chef Micky Phelps for preparing and serving the main meal for the annual Thanksgiving Potluck Luncheon. This is the fifth meal generously donated by the Club since September 2014!!!

A couple of reminders.....

The **Oneto Family** have donated a cute, decorated Christmas Tree to raffle off with the proceeds to purchase much needed pots and pans for the kitchen. They will even deliver AND the tree can be decorated all year long for the various holidays, taking up hardly any space at all ☺

DO NOT forget to sign up for our Holiday Luncheon. Les Trois Amis have a fantastic menu planned for you and I and my helpers will have a fun time planned for you too ☺

Saashin Subraminiam would like me to convey his appreciation to all the members who participated in his middle school science faire project. He continues to be available to help members on Wednesdays with computer help between 3pm and 4pm. **Please remember to fill out the iPad Survey in last month's issue and return it to the center so we may better plan classes for you.**

Lastly, **THANK YOU** to each and every one of you for participating and lending a helping hand in so many ways to keep our center a happy and thriving place to be throughout this year. I wish you all Peace, Safety, Comfort and Fellowship through this Holiday Season and Health and Happiness in 2017.

Until Next Time ~ Darshana Croskrey

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 7th.**
- ☛ 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 7th.**
- ☛ **A WINNING PROPOSITION ~ THANK YOU SO MUCH JANET ONETO and FAMILY**



Happenings at the Center



Gayle and Nancy Amack won the grand Raffle Prize at the Craft Fair. Donna presented the Prize to Gayle.

Thank You Exchange Club and SV Fire Department!

The Exchange Club continues to support the center by providing strong backs to move excess furniture off the premises for the duration of the craft faire and its timely return.

Thank You Exchangite, Garrett, for coordinating the efforts and for also, arranging with Fire Chief Grebil, to bring in some of his fellow colleagues from Scotts Valley Fire Dept to lend their assistance too!

AND....we thank Cindy at Town Center Storage for donating the space - YOU ALL ROCK!!!



Holiday Craft Faire!



Armchair Topics and Birthday Celebrations

On behalf of the center, I would like to thank Piret Harmon, Executive Director of the Scotts Valley Water District for hosting the October Armchair Topics and sharing critical information regarding the potential water rate increases. The challenges facing the district are many and it was really good for those present to be able to have an open exchange of concerns.

After the presentation, it was a pleasure to be able to celebrate Piret's birthday and that of member, Ann Fenske. We all enjoyed some delicious Italian Rum Cake!



Chamber Awards 2016

On behalf of the Scotts Valley Chamber of Commerce Executive Director, Danny Reber, it is a pleasure to share the recipients of their 2016 community Awardees:

Man of the Year ~ Chief John Weiss

Woman of the Year ~ Elizabeth Walch

Youth of the Year ~ Ellana Weingord

Business of the Year ~ Patti Malone of Malone's Grande Grill & Bar

Organization of the Year ~ Scotts Valley Parks Advocates

(City Council Representatives: Diane Bianconi, Lisa Bustichi, Patti Malone, Joe Nedney & Bill Turner and City Staff Member, Kristin Ard)

Educator of the Year ~ John Postovit

Danny and his Chamber Ambassadors invite you to the:

Community Gala Awards

007 Theme Event at Green Hills Event Center
1500 Green Hills Road Scotts Valley CA 95066

Saturday, January 21, 2017 ~ 6pm to 11pm

Early bird \$75pp before 1/6, \$100 after ~ available at Chamber Office



Left to right are: Lisa Bustichi, Patti Malone, Bill Turner, Kristin Ard, Joe Nedney, Danny Reber, Mayor Donna Lind, Doreen Balanos, Darshana Croskrey, Jeanette Larkin and Letha Brown

Special Events - Activities

Armchair Topics and Birthday Celebrations



Mega Celebration Social for November, December and January Birthdays!

Day: Thursday January 26th 2017
Time: 1:15pm to 3pm
Cost: Free (Everyone is Welcome)

Muncheon Movie

Day: Tuesday
 January 10th

Time: Noon

Cost: \$5 Members
 \$6 Guests

Movie: "Shawshank Redemption" starring Morgan Freeman and Tim Robbins.



Lunch: TBD...Prison Fare - Give it a go, you know it's gonna be GREAT!!!

Deadline to sign up and pay is: Friday January 6th by close of day.

Project Scout 2016 Tax Services for Senior Citizens

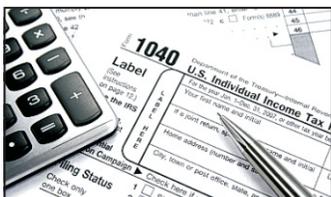
You may sign up for your tax appointment now by stopping by or calling the center at **831.438.8666**. To qualify for this complimentary service, the following criteria apply:

- You are age 60 or above
- You classify as low-income
- At the time of the appointment, you must show your driver's license or ID card.

This service will take place EVERY Thursday from 1:30pm to 3:30pm from February 9th through April 13th

Appointment IS required, walk-ins ARE NOT accepted.

Please arrive at 1:30pm with ALL your paperwork and a good book – appointees will be seen in the order that they signed up.



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 December Birthday Members!

Sue Camarena	1	Wellington Smith	1	Nancy P. Amack	2
Colleen Harrison	4	Jim Purdy	4	Marilyn Quaintance	5
Jill Searles	5	C. J. Parke	6	Fred Hill	7
Sandy Hartman	8	Anne Austin	10	Hilary Stanley	10
Mel Fandrich	12	Candy Fontana	12	Tom Ard	14
Inge Kask	14	Bart Bartholomew	15	Mary Donnelly	15
Mabel Gidcumb	15	Joan Teitler	16	Debbie Welch	17
Jill McFarlen	19	Cindy Pensinger	19	Christine Steinhaus	19
Dawn Sugarman	19	Terri Simpson	21	Becca Mosley	22
Ralph Rauscher	22	Shirley Hipwell	23	Judy Ferguson	26
Kim Jones	26	Gene Bernhardt	28	Nancy McNulty	29
Jo Phillips	29	J. R. Roberts	29	Claudia Scott	29
Arlene Steele	29	Heidi Winkler	29	Mary Anna Dill	30
Lynda Smith	30	Mildred Vogler	31		

HAPPY BIRTHDAY to our January Birthday Members!

Janice Matthews	1	Anne Stephens	2	Lynn Huggins	3
Tom Finn	4	Donna Ungermann	4	Betty Gaddam	5
Lorraine Amos	7	Donna Buelow	7	Frantz-Crafton	7
Douglas Andersen	9	Joyce Ellorin	9	Missy Ratcliffe	9
Nancy Hanson	10	Beverly Sollars	10	Patricia W. Christmann	11
Mara Murphy	11	Rabia Barkins	12	Lois Jordheim	12
Joan Pedersen	12	Carolyn Lance	13	Carol Severson	14
Janel Moreno	15	Hilemi Bowers	16	John Cernac	16
Mark Johansen	16	Darshana Patel-	16	Val Reed	16
Barbara Abshier	18	Kathryn Hill	18	Frances Jolley	18
Donna Jones	18	Agnes Margerum	18	Donna Prior	18
Ferd Bergholz	19	Lydia Bogner	19	Connie Drysdale	19
Wendy Harrison	19	Lynne Nichols	19	Linda Fabry	20
LaVerle (Lee) L.	21	Barbara Aluffi	22	Laurel deGrassi	22
Miyoko Kadekawa	22	Joy Bertrand	23	Judy Richards	23
Jeanne Carriere	24	Edie Johnson	25	Loreen Bridges	26
Janine Charlton	26	Carol Hotchkiss	26	Melodie Pehr	26
Karen Hill	28	Barbara Symons	28	Phyllis Weber	28
John Patrick O'Reilly	29	Jody Cramer	30	Brenda Hillier	31

Flu or Cold Symptoms?



It's important to know the difference between flu and cold symptoms. A cold is a milder respiratory illness than the flu. While cold symptoms can make you feel bad for a few days, flu symptoms can make you feel quite ill for a few days to weeks. The flu can also result in serious health problems such as pneumonia and hospitalizations.

What are common cold symptoms?

Cold symptoms usually begin with a sore throat, which usually goes away after a day or two. Nasal symptoms, runny nose, and congestion follow, along with a cough by the fourth and fifth days. Fever is uncommon in adults, but a slight fever is possible. Children are more likely to have a fever with a cold.

With cold symptoms, the nose teems with watery nasal secretions for the first few days. Later, these become thicker and darker. Dark mucus is natural and does not usually mean you have developed a bacterial infection, such as a sinus infection. Several hundred different viruses may cause your cold symptoms.

How long do cold symptoms last?

Cold symptoms usually last for about a week. During the first three days that you have cold symptoms, you are contagious. This means you can pass the cold to others, so stay home and get some much-needed rest.

If cold symptoms do not seem to be improving after a week, you may have a bacterial infection, which means you may need antibiotics.

Sometimes you may mistake cold symptoms for allergic rhinitis (hay fever) or a sinus infection. If cold symptoms begin quickly and are improving after a week, then it is usually a cold, not

allergy. If your cold symptoms do not seem to be getting better after a week, check with your doctor to see if you have developed an allergy or sinusitis.

What are common flu symptoms?

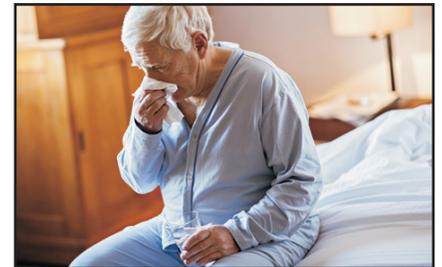
Flu symptoms are usually more severe than cold symptoms and come on quickly. Symptoms of flu include sore throat, fever, headache, muscle aches and soreness, congestion, and cough. Swine flu in particular is also associated with vomiting and diarrhea. Most flu symptoms gradually improve over two to five days, but it's not uncommon to feel run down for a week or more. A common complication of the flu is pneumonia, particularly in the young, elderly, or people with lung or heart problems. If you notice shortness of breath, let your doctor know. Another common sign of pneumonia is fever that comes back after having been gone for a day or two.

Just like cold viruses, flu viruses enter your body through the mucous membranes of the nose, eyes, or mouth. Every time you touch your hand to one of these areas, you could be infecting yourself with a virus, which makes it very important to keep hands germ-free with frequent washing to prevent both flu and cold symptoms.

Is it flu or cold symptoms?

How do you know if you have flu or cold symptoms? Take your temperature, say many experts. Flu symptoms often mimic cold symptoms with nasal congestion, cough, aches, and malaise. But a common cold rarely has symptoms of fever above 101 degrees. With flu symptoms, you will probably have a fever initially with the flu virus and you will feel miserable. Body and muscle aches are also more common with the flu. This table can help determine if you have cold or flu symptoms.

Symptoms	Cold	Flu
Fever	Sometimes, usually mild	Usual; higher (100-102 F; occasionally higher, especially in young children); lasts 3 to 4 days
Headache	Occasionally	Common
General Aches, Pains	Slight	Usual; often severe
Fatigue, Weakness	Sometimes	Usual; can last 2 to 3 weeks
Extreme Exhaustion	Never	Usual; at the beginning of the illness
Stuffy Nose	Common	Sometimes
Sneezing	Usual	Sometimes
Sore Throat	Common	Sometimes
Chest Discomfort, Cough	Mild/moderate; hacking cough	Common; can become severe
Complications	Sinus congestion; middle ear infection	Sinusitis, bronchitis, ear infection, pneumonia; can be life-threatening
Prevention	Wash hands often; avoid close contact with anyone with a cold	Wash hands often; avoid close contact with anyone who has flu symptoms; get the annual flu vaccine
Treatment	Decongestants; pain reliever/fever reducer medicines	Decongestants, pain relievers, or fever reducers are available over the counter; over-the-counter cough and cold medicines should not be given to young children; prescription antiviral drugs for flu may be given in some cases; call your doctor for more information about treatment.



Usually, the time of year will give you some sense of what you're dealing with. The standard flu season runs from fall to spring of the next year.

When do I call the doctor with flu or cold symptoms?

If you already have flu or cold symptoms, it's important to call your doctor if you also have any of the following severe symptoms:

- **Persistent fever:** A fever lasting more than three days can be a sign of another bacterial infection that should be treated.

- **Painful swallowing:** Although a sore throat from a cold or flu can cause mild discomfort, severe pain could mean strep throat, which requires treatment by a doctor.

- **Persistent coughing:** When a cough doesn't go away after two or three weeks, it could be bronchitis, which may need an antibiotic. Postnasal drip or sinusitis can also result in a persistent cough. In addition, asthma is another cause of persistent coughing.

(continued on page 5)

Flu or Cold Symptoms? *(continued from page 4)*

■ **Persistent congestion and headaches:** When colds and allergies cause congestion and blockage of sinus passages, they can lead to a sinus infection (sinusitis). If you have pain around the eyes and face with thick nasal discharge after a week, you may have a bacterial infection and possibly need an antibiotic. Most sinus infections, however, do not need an antibiotic.

In some cases, you may need to get emergency medical attention right away. In adults, signs of a crisis include:

Severe chest pain	Severe headache	Shortness of breath
Dizziness	Confusion	Persistent vomiting

In children, additional signs of an emergency are:

Difficulty breathing or rapid breathing	Bluish skin color	Not drinking enough fluids
Lethargy and failure to interact normally	Extreme irritability or distress	Symptoms that were improving and then suddenly worsen
Fever with a rash	•	•

Can I prevent flu or cold symptoms?

The most important prevention measure for preventing colds and flu is frequent hand washing. Hand washing by rubbing the hands with warm soapy water for at least 20 seconds helps to slough germs off the skin.

In addition to hand washing to prevent flu or cold symptoms, you can also get a flu vaccine to prevent seasonal influenza. Seasonal flu activity in the United States generally peaks between late December and early March. Within two weeks of getting a flu vaccine, antibodies develop in the body and provide protection against flu. Children receiving the vaccine for the first time need two doses delivered one month apart.

Antiviral medicine may also help prevent flu if you have been exposed to someone with flu symptoms.

WebMD Medical Reference Reviewed by Carol DerSarkissian on September 17, 2016

Sources

SOURCES: © 2016 WebMD, LLC.
All rights reserved.



Ferd Bergholz

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: December 2nd & January 6th
(on-going every 1st Friday of the month)
Time: 12:30pm to 2pm
Cost: \$2.00 and a potluck dish to share



COFFEE and CONVERSATION

Date: December 12th & January 9th
(on-going every 2nd Monday of the month)
Time: 10:30am to 12:00pm
Cost: Free



FARKLE

You've played Yatzee and 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: January 19th
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



SVSC BOOK WORMS with Patsy Rice

The SVSC Book Worms had a wonderful field trip to Steinbeck Museum & Home! Patsy Rice even managed to get an even more discounted price at the last minute; instead of the senior rate of \$9.95pp, they paid only \$7.50pp!!!

EVERYONE seemed to really enjoy the two hours allotted for the museum. They then got their exercise in by walking the two blocks down to the Steinbeck House for the most delicious of meals!!!! Their docent fed them more interesting tidbits while the group enjoyed their lunch. The group finished up their afternoon by returning to Scotts Valley, where they met up once more to hold their book discussion. All in all, it was a wonderful bright happy day away from all the stress of the world affairs!

A reminder...

The Winter Read at BookShop S.C. starts December 1st.

The Porter Library Local Author Series starts in January. Carpooling is available. It is the second Wednesday of the month from January to April, inclusive from 10:30am-11:30am.

If you have any questions about either event, please call Patsy Rice at 831-439-9632.

Upcoming Meetings:

Friday December 9th, 2016

The December meeting will once again, take place off-site with a Holiday Luncheon taking place at Ristorante Italiano on Soquel Avenue. The group will meet to car-pool at Noon at the senior center in time for their 12:30pm reservation at the restaurant.

Friday January 20th, 2017

The January meeting will go back to the regularly scheduled meeting on the 3rd Friday of the month 1pm to 2:30pm in the SVSC Library.

Reading List:

December The Little Bookstore of Big Stone Gap by Wendy Welch

January The Bookman's Tale by Charlie Lovett

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

December Calendar

Monday

Tuesday

Wednesday

Thursday

Friday



1

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
Stretch & Condition 10am - 11am
Meditation Drop-in 11:15am-12:15pm
Potluck Friday Lunch 12:30pm - 2:00pm



5

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

6

Zumba 9am - 10am
ZUMBA
FITNESS
Writing Class 10am - 12pm
Beg/Int Line Dance 12am - 1pm
Home Arts 2pm - 9pm



7

Meals on Wheels Lunch 11:30am - 12pm
Christmas Tree Raffle
Bingo 1pm - 3pm



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

8

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
Stretch & Condition 10am - 11am
Meditation Drop-in 11:15am-12:15pm



Bookworms Holiday Luncheon at Ristorante Italiano ~ noon carpool & lunch at 12:30pm

12 Deadline Sign up for Holiday Luncheon

Yoga 8:45am - 9:45am
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
ZUMBA
FITNESS
Writing Class 10am - 12pm

No Muncheon Movie in December

14

Meals on Wheels Lunch 11:30am - 12pm

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

15

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
Stretch & Condition 10am - 11am
Meditation Drop-in 11:15am-12:15pm
Les Trois Amis Holiday Luncheon 1pm



19



20

21

22

23



26



27

28

29

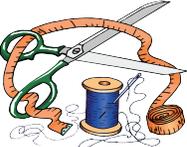
30



Holiday Break 12/19/16 – 1/2/17 Center Closed

Holiday Break 12/19/16 – 1/2/17 Center Closed

January Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
<p>2</p> <p>Happy New Year!</p> <p>Center Re-Opens 1/3/17 Tuesday</p>	<p>3</p> <p>Zumba 9am - 10am Writing Class 10am - 12pm</p>  <p>Beg/Int Line Dance 12am - 1pm Home Arts 2pm - 9pm</p>	<p>4</p> <p>Meals on Wheels Lunch 11:30am - 12pm Bingo 1pm - 3pm</p>  <p>Computer & Digital Help Desk 2:00pm - 4pm</p>	<p>5</p> <p>Watercolor 9am - 12pm Zumba 9:30am - 10:30am</p>  <p>Yoga 10:45am - 11:45am Beg & Int Ukulele 12pm - 1pm Pinochle 1:15pm - 3:15pm</p>	<p>6</p> <p>Beg/Int Line Dance 9am - 10am Stretch & Condition 10am - 11am Meditation Drop-in 11:15am-12:15pm Potluck Friday Lunch 12:30pm - 2:00pm</p> 
<p>9</p> <p>Yoga 8:45am - 9:45am Stretch & Condition 10am - 11am Coffee & Conversation 10:30-12 Bridge 12:15pm - 3pm Scrabble 1pm - 3pm Chess 1pm - 3pm Canasta 1pm - 3pm Mahjong 1pm - 3pm Bocce 1pm - 3pm Zumba Friends 6pm - 7pm</p>	<p>10</p> <p>Zumba 9am - 10am Writing Class 10am - 12pm</p> <p>Muncheon Movie "Shawshank Redemption" 12-3:30pm</p> 	<p>11</p> <p>Meals on Wheels Lunch 11:30am - 12pm</p>  <p>Bingo 1pm - 3pm Computer & Digital Help Desk 2:00pm - 4pm</p>	<p>12</p> <p>Watercolor 9am - 12pm Zumba 9:30am - 10:30am Yoga 10:45am - 11:45am Beg & Int Ukulele 12pm - 1pm</p>  <p>Bunko 1:15pm - 3:15pm Pinochle 1:15pm - 3:15pm</p>	<p>13</p> <p>Beg/Int Line Dance 9am - 10am Stretch & Condition 10am - 11am Meditation Drop-in 11:15am-12:15pm</p> 
<p>16</p> <p>Martin Luther King Day Center is CLOSED</p> 	<p>17</p> <p>Zumba 9am - 10am Writing Class 10am - 12pm Beg/Int Line Dance 12am - 1pm</p>  <p>Home Arts 2pm - 9pm</p>	<p>18</p> <p>Meals on Wheels Lunch 11:30am - 12pm</p>  <p>Bingo 1pm - 3pm Computer & Digital Help Desk 2:00pm - 4pm</p>	<p>19</p> <p>Watercolor 9am - 12pm</p>  <p>Zumba 9:30am - 10:30am Yoga 10:45am - 11:45am Beg & Int Ukulele 12pm - 1pm Pinochle 1:15pm - 3:15pm Farkle 1:15pm - 3:15pm</p>	<p>20</p> <p>Beg/Int Line Dance 9am - 10am Stretch & Condition 10am - 11am Meditation Drop-in 11:15am-12:15pm Book Worms 1pm-2:30pm</p> 
<p>23</p> <p>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</p>	<p>24</p> <p>Zumba 9am - 10am Writing Class 10am - 12pm Beg/Int Line Dance 12am - 1pm Home Arts 2pm - 9pm</p> 	<p>25</p> <p>Meals on Wheels Lunch 11:30am - 12pm</p>  <p>Bingo 1pm - 3pm Computer & Digital Help Desk 2:00pm - 4pm</p>	<p>26</p> <p>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 & Mega Birthday Celebrations 1:15pm</p> 	<p>27</p> <p>Center is CLOSED ADMINISTRATION DAY</p> 
<p>30</p> <p>Same Activities as January 23</p>	<p>31</p> <p>Same Activities as January 24</p>	<p>CANCELLED ~ New York, New Year's Eve Party</p> <p>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.</p>		

SVSC 2016 Master Event Calendar

 DECEMBER	Les Trois Amis Holiday Luncheon "New York New Year's Eve" Party Holiday Break	12/16 CANCELLED 12/19 – 1/2/17	1pm Center Closed	
 JANUARY 2017	Center Re-Opens Martin Luther King Day Administration Day	1/3/17 1/16/17 1/27/17	Tuesday Center Closed Center Closed	
	NOTE: Circumstances may require SVSC to make changes and cancellations. We apologize for any inconvenience this may cause. Text in <i>italic</i> 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.

December 7th	:	December 14th	:
Lemon Chicken	:	Salmon Patty W/ Tartar Sauce	:
Carrots	:	Cauliflower	:
Steamed Bok Choy	:	Spinach Salad	:
Barley Pilaf	:	Dilled Noodles	:
Pineapple Chunks	:	Whole Wheat Bread/ Butter	:
	:	Banana	:

January Menu is not available.
Please call the center in January.



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.

Welcome New Members!

*Dawn Banks, Donna Bernardi,
Cindy Marshall, Susan Murnen
and Marguerite Schmidt*

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)

End of the Year Financial Thoughts to Ponder

By SVSC Member, Axel Funke, E.A.

Many of us will make New Year's resolutions. What is more important though is to examine our financial health and to make some pro-active tax planning moves. With only a short time left before the end of the year, now is a good time to review your tax situation and the state of your financial affairs. This is especially important for Senior Citizens. It also makes good sense in light of the recent election results, which may have far-reaching tax consequences. Following are a number of financial and tax strategies you may want to consider before the end of the year:

- ◆ If you have recently moved to California, there may be unexpected tax consequences. Also, your will or trust, your durable power of attorney, and your health care directive may not conform to California law. You should seek professional advice.
- ◆ If your will or trust was prepared more than two years ago you should have it updated since recent changes in law may make this necessary.
- ◆ If you plan to retire this year or next year you have to make some critical decisions. Get good professional advice.

- ◆ You may want to review your retirement plan and your life insurance policies to ensure that your beneficiaries designations are what you intended.
- ◆ The law allows each taxpayer a gift tax exemption of \$14,000 in 2016. You could make gifts to family members and help them to buy a home for example. To pay college tuition for your grandchildren also works.
- ◆ Consider tax-deductible donations to your church or favorite charity.
- ◆ There are a number of time-sensitive strategies that can save you a lot of taxes by shifting income or expenses between 2016 and 2017. Taxes are likely to be lower in 2017.
- ◆ Are your personal and financial records in order? What documents do you need to keep? Where? How long? This may be the time to think about this.

The above suggestions are just the tip of the iceberg. Nevertheless, you should review your individual situation with your tax professional, estate planner or attorney BEFORE December 31st. Failing to do so MAY cost you or your heirs the loss of your hard earned money.



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!

Marty Carlson
Gloria Frazier
Fran Rosen
Peter Young

Gone But Not Forgotten

Sadly, recently in October, we lost member **Syd Carlson**. Syd had been ill for quite some time and was lovingly cared for by her husband, Marty Carlson. Always a very busy lady, she loved quilting and the home arts. A master bridge player, she taught Bridge for many years at the Highlands Park Senior Center. This gregarious and funny lady will be missed and we send our sympathies to Marty and their family.

We send our condolences to member, Gloria Frazier and her family. Her husband, Ron, passed away in October due to complications of cancer. Many of you who have been members for more than five years, will remember **Ron Frazier** as a dedicated volunteer on our center's van service.

Both were residents of Spring Lakes and their many friends there will miss them dearly ~ **Rest in Peace Syd and Ron.**

Cheers to All These Years

Join us in wishing our lovely little **Mel Fandrich** the most wonderful day filled with lots of visitors, good food and much laughter as she celebrates her **96th birthday on December 14th!!!**



Very **Happy Anniversary** wishes to Board Member, **Harvey Bustichi and his lovely wife, Irene**. They just celebrated **59 years of marriage**.



Cheers to **90 years young Ms. Connie Adkins!!** Wave to her when she toodles by in her yellow VW bug.



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

Tuesdays through Saturdays (also 4th Mondays). Valley Churches United, **Food Pantry and Food Distribution programs**. Tues-Thurs 9-11:45 and Saturday 10-11:45. 1st and 3rd Fridays 9-11 are for seniors only. **USDA Distribution Dec. 12**. For SLV, Scotts Valley, and Bonny Doon residents. Ben Lomond, corner of Highway 9 across from Ben Lomond Market, 336-8258. **Closed Dec. 18 through Jan. 2.**

Tuesdays, noon. Felton Presbyterian Church, 6090 Highway 9, across from Rite-Aid, 335-6900. **"Free Lunch Tuesday."**

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

Thursdays 10:00-2:30 (doors open 9:00-3:00). St. John's Catholic Church, down from Rite-Aid, Highway 9 and Russell, Felton. 335-4657. **"Thursday Lunch." Closed Dec. 29.**

Thursdays, 11-12. Mountain Community Resources (a Community Bridges program), 6134 Highway 9, across from Rite Aid, Felton. 335-6600. **Food Distribution.**

Thursdays, 5:00-6:30, St. Philip's Episcopal Church, 5271 Scotts Valley Drive, Scotts Valley. 438-4360. **Food Distribution.**

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

Sunday, Dec. 11, 12:30-2:15. Redwood Christian Center, 6869 Highway 9, Felton (at Fall Creek Drive, near San Lorenzo Valley High School). 335-5307. **Christmas Meal.**

Sunday, Dec. 25, 10:00 a.m. Felton Presbyterian Church, 6090 Highway 9, across from Rite-Aid, 335-6900. **Christmas Brunch and Worship Gathering.**

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

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

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

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	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

Platinum Business Sponsors



HOSPICE
OF SANTA CRUZ COUNTY
Compassionate Care Since 1978

940 Disc Drive
Scotts Valley, CA 95066
Phone: 831-430-3000
Fax: 831-430-9272
info@hospicesantacruz.org
www.hospicesantacruz.org

**START BURNING FAT
FOR FUEL IN ONE HOUR**

www.FatsGoAway.com

**B. Brooke Peterson,
Lady Rejuvenator**

(561) 628-1845

10 DAYS to Reset your Metabolism



**Breakfast & Lunch
Monday - Sunday
6 am - 2 pm**

Auntie Mame's
3103 Scotts Valley Drive
Scotts Valley, CA 95066
831-438-1840



Cindy Saunders
Care Resource Manager
5274 Scotts Valley Drive, Suite 102
Scotts Valley, CA 95066
Phone: 831-430-0616
csaunders@visitingangels.com
www.visitingangels.com/santacruz

*Scotts Valley
Property Management*

Jeanne Shada, CCAM
Real Estate Broker
DRE #00606749

4615-B Scotts Valley Dr. P: (831) 438-2208
Scotts Valley, CA 95066 F: (831) 438-3206
shadaway@aol.com



Restaurant & Catering

Rosanna Herrera, Proprietor
230-G Mt. Hermon Rd., Scotts Valley, CA 95066
www.brunosbbq.com • get2bbq@hotmail.com
P 831 • 438 • 2227 F 831 • 438 • 6642



Santa Cruz Moose Lodge #545
831.438.1817
2470 El Rancho Drive
www.scmoose545.org

**Rotary Club of
Scotts Valley**

P.O. Box 66781
Scotts Valley CA 95067



*Humanitarian ~ Local & Global
Serving Scotts Valley and the World*

Meet Mondays at 12:15pm
at Bruno's Barbeque
230G Mount Hermon Road

**health
markets.**

Life | Health | Medicare | Long-Term Care

Manfred Luedge

Licensed Insurance Agent
CA License # 0121053

mluedge@HealthMarkets.com
www.HealthMarkets.com/manfredluedge
C 831-750-9343



**AVAILABLE FOR YOUR
IN-HOME CARE NEEDS**

24 hrs day / 365 days a year!

Serving Santa Cruz County
831-480-3990
www.fshomecare.com

Call Us Today for a
Complimentary In-Home Assessment!
Bonded and Insured

Scotts Valley Host Lions Club



Moto is simply "We Serve"

**Dedicated to Worldwide
"Sight and Hearing Conservation Programs"**

Supporting many local
community groups and charities

P.O. Box 66602, Scotts Valley, CA 95067
831-345-8766
scottsvallion@aol.com



Jesse Gabriel Flippen
5610-C Scotts Valley Drive
Scotts Valley, CA 95066
tel (831) 430-6145 cell (408) 429-9797
web jessegabriel.com
e-mail info@jessegabriel.com

Gold Sponsor



Westwind
a memory care community

160 Jewell Street ~ Santa Cruz
831-421-9100
www.WestWindMemoryCare.com



George E. Haas
1715 42nd Avenue, Capitola, California 95010
(831) 334-7763
www.moneyconcepts.com/ghaas
ghaas@moneyconcepts.com

All Securities Through Money Concepts Capital Corp.
Member FINRA / SIPC
11440 North Jog Rd, Palm Beach Gardens, FL 33418 - 561-472-2000



Bronze Sponsors

Copper Business Sponsors

ROGERS AUTOMOTIVE

"YOUR PERSONAL MECHANIC"

FOREIGN AND DOMESTIC
ELECTRICAL . MECHANICAL
REPAIRS AND MAINTENANCE

(831) 438-3111

5524 SCOTTS VALLEY DR
P.O. BOX 67300
SCOTTS VALLEY, CA



Paige Thibodeau, D.C.

A Chiropractic Corporation
THIRD GENERATION CHIROPRACTOR
(831) 438-0308

Advanced Proficiency Rated Activator
Methods Chiropractic Technique®

SCOTTS VALLEY CHIROPRACTIC
4736 Scotts Valley Drive, Suite B
Scotts Valley, CA 95066
www.scottsvallychiropractic.com

Patrick R. Welch

Professional Fiduciary
TRUST AND ESTATE ADMINISTRATOR

California Licensed Professional Fiduciary
National Certified Guardian
Member, California State Bar
Mobile (408) 592-8684
patricktrust@comcast.net
www.patricktrust.com

Scotts Valley Resident



SCOTTS VALLEY
BROOKDALE
SENIOR LIVING
www.brookdaleliving.com

Ana Nuckles

Marketing Director
Main (831) 438-7533
anuckles@brookdaleliving.com

100 Lockwood Lane, Scotts Valley, CA 95066



Dean Bustichi
Giovanni Bustichi

Office: (831) 438-2356

Fax: (831) 438-2378

CONSTRUCTION www.bustichi.com
Lic. #1005867 dene@bustichi.com

Benito & Azzaro
Pacific Gardens Chapel
Advanced Funeral Planning

Cathleen M. Lucid

Family Services Director

www.pacificgardenschapel.com

CA Lic. # 0139096

1050 Cayuga St, Santa Cruz, CA 95062
(831) 423-5721

Fancy Nails



Professional
Nail Care &
Waxing for
Ladies &
Gentlemen

(831) 461-9500

216 Mt. Hermon Road #F
Scotts Valley, CA 95066

(Inside King's Village Shopping Center)



JOHN A STEVENS DDS

Family Dentistry
221 H Mount Hermon Road
Scotts Valley, CA 95066
831 440 1830

Fax: 831 440 1829 stevensdds@comcast.net

SENIOR NETWORK SERVICES

Linking Senior with Services

831-462-1433

1777A Capitola Road
Santa Cruz, CA 95062

www.seniornetworkservices.org

Welcome to our new Bronze Sponsor

AARDVARK

Technical Support Services

System Recovery • Emergency Services • Consulting
Malware Removal • Workstation Setup/Migration
Staff Augmentation • Network and Desktop Support

WEBSITE: aardvarktss.com
EMAIL: mauricem@aardvarktss.com
SKYPE: [mauricem.aardvarktss](https://www.skype.com/user/mauricem.aardvarktss)

Maurice Mamon
831.247.1566
OVER 15 YEARS EXPERIENCE

The Scotts Valley Kiwanis Club
WANTS YOU!

Serve the community!

Have fun doing it!



Serving the community
& it's Children since 1984

Contact US! info@svkiwanis.org

June Barber

Voice Instructor
Masters in Vocal Performance
University of Illinois



P.O. Box 67263
Scotts Valley, CA 95067

831-461-9246

junbar222@gmail.com

Thank You to our Wonderful Sponsors!

MARY KAY

Linda M. Depner
Independent Beauty Consultant



831-359-9137
Scotts Valley, CA 95066

lindadepner@marykay.com
www.marykay.com/lindadepner

ACE-IT HANDYMAN SERVICES
Home Repair Services

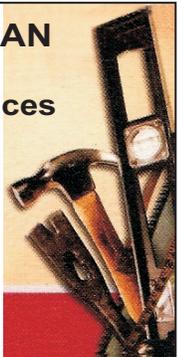
JERRY E. MARTIN

Owner Operator
Santa Cruz County CA 95062

(831) 419-2139 Cell

(831) 479-7841

Jermart50@yahoo.com



Scotts Valley Senior Center Mission Statement

The Senior Center's purpose is to provide a place where seniors may find companionship, help and the opportunity to pursue their interests in educational, recreational and craft activities, and to promote the goodwill and public interests of the community. It is a non-profit, non-sectarian and non-political organization of friendly neighbors.

Dues are \$20.00 per year, payable each July 1st. All donations are tax-deductible. Please make check payable to Scotts Valley Senior Center. Lifetime Membership fee is \$100. To be eligible for membership, you must be 50 years or older. New members pay pro-rated dues.

Darshana Croskrey

(831) 438-8666

Center Coordinator, dcroskrey@scottsvally.org

Scotts Valley Senior Center Hours

Monday and Wednesday: 10 am - 4 pm

Tuesday, Thursday: 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: Holiday Break 12/19/16 to 1/2/17, 1/16, 1/27



Scotts Valley Senior Center

370 Kings Village Road
Scotts Valley, CA 95066

Tis the Season to be Jolly!

