



# Scotts Valley Senior Center

**December 2014 / January 2015  
Newsletter** Editor: Becca Mosley



## Annual Holiday Luncheon

Friday, December 12, 2014

1:00pm - 3:30pm

\$13 members and \$15 non-members

*Includes a 4-course meal starring Pork a l'Orange  
and entertainment plus free raffle drawing ticket*

*Pre-Paid Event only*

*Signup and pay by close of day on 12-9-14*



## Coordinator's Message

**Hello Members,**

We go to press VERY early this month for the combined December/January issue which means that I would like to wish you a very Happy Thanksgiving. This year so far has been jam-packed and shows no sign of slowing down!! My message to you needs to be short yet there is a lot to cover in this issue including two calendar months.

The Holiday Luncheon will take place on December 12th at 1pm - be sure to sign up early, a good time is much anticipated! And...**NEW THIS YEAR...**the center is having its first ever "New York New Year's Eve" Party on December 31st from 6pm to 9pm. Don't be lonely this year, we will keep company together. There will be drivers to ferry you to and from the center for those of you who would like to come but are afraid to drive. Read all about both events further along in this issue. You are not going to want to miss out on the fun and good food. Proceeds will benefit the Bingo Board Replacement Fund ☺

I want to thank EVERYONE who pitched in and made our Holiday Craft Faire so successful. There are too many of you to list right now as time is short but I want to say that I am so thankful for the dozen folks who stepped up and took on key positions this year. You all know who you are, your work impeccable from start to finish, you were all a pleasure to work with - I am so looking forward to next year's Faire with you - THANK YOU!

This is it...I believe this is my shortest letter to you, I do not like that at all but some of you are probably cheering!!!

All laughter aside, I wish all of you in our Scotts Valley Senior Center Family a holiday season filled with warmth, joy and laughter and a new year filled with hope and peace.

Until next time ~ **Darshana Croskrey**



## Scotts Valley Chamber of Commerce Awards Dinner

It was a very special evening to see Marlene Flannery and Ayan Patel honored for their service to the community. Scotts Valley Chamber Executive Director, Nicole Pini-DeLauder, Judge Paul Marigonda, Mayor Jim Reed and County Board Supervisor, Bruce McPherson presented the awards from the Senate, the State Legislature, Santa Cruz County Board of Supervisors, and the Scotts Valley Chamber of Commerce.

**Congratulations** once more to Marlene and Ayan. We are so proud of you. Thank you both for your service to our Scotts Valley Senior Center





# Happenings at the Center

## We Have Outgrown our Notice Board

Thank you to Joe, Rene and Jesse from Scotts Valley Public Works for a job well done. Our poor old notice board was in disrepair and was too small for our needs. Thanks to the City, for funding our two lovely new notice boards with walk up access for the physically disabled. We will no longer need to share space with the City!



## Thank Heavens for the Exchange Club

For the fourth year running, we give thanks to the Scotts Valley Exchange Club for helping to move our excess furniture for the annual Craft Faire. It is hard work and these wonderful volunteers move it all out into storage before the event and then move it all back in after the event. Their efforts help make our event successful! Pictured here are Exchange members Russ, Garrett and Chris ~



Thank YOU Exchange Club!!!

## A Very Happy Winner

"Roxy the Robot has found a new permanent home with winner, Stephanie Aguilar. Stephanie, a vendor at the event, designs and makes unique license plate cuff jewel accessories. Her manufacturing plant is located in Los Gatos and it will be Roxy's new home. "The guys at the plant are going to love her", said the happy and excited new owner seen her with creator, Renee McAnally.



## The 21st Annual Holiday Craft Faire

In spite of the rain, I am happy to report that our annual craft faire was a great success! This was due to my AWESOME Chairs and their volunteer teams. Thank You to all of you who supported this venture in any way – Chairs, volunteers, attendees, vendors, sponsors... and everyone else!



## The Deck Umbrellas are HERE!!!!

President Dave Hodgins and Vice-President, Diane Bianconi of Monteville Community Life assemble new umbrellas for the Scotts Valley Senior Center's back deck with Darshana!

Thank Goodness for SVSC Member Zoran Vujicic's muscle strength. It came in handy for carting the bases and umbrellas back and forth! Thank You Monteville Community Life for your generosity!





# Happenings at the Center

## Thanksgiving Potluck Luncheon a Great Hit

Another Thanksgiving is behind us. Our luncheon was a great success with over 65 people in attendance! Once again, Marlene did a wonderful job as did all the attendees who did their part by providing additional dishes to complement the delicious meal provided by the kitchen.

We thank Board President, Ferd Bergholz for putting together a wonderful DVD of the whale watching trips from this summer and sharing it with us. There are extra copies for sale in The Boutique for \$10 a piece. It is a beautiful compilation of nature at its best and the proceeds from the sale of these DVDs will go towards the Bingo Board Replacement Fund – Thank You to Marie Thompson for buying the first one ☺



## Sponsor News

We welcome new Copper Level sponsor, **Pacific Garden Chapel**, located on Cayuga Street in Santa Cruz. More about them and Linda Depner in the next issue. In the meantime, it was an honor for me as a member of the **Kiwanis** of the Valleys (a sponsor of SVSC), to present a cheque for \$20,000 to the **Scotts Valley Music Director, Beth Hollenbeck**. Those monies were raised through the **Music at Skypark Concert Series** and I thank all the seniors who came out every month through the summer to support music education for our children in the community. And...mark your calendars as our sponsors, **The Host Lions of Scotts Valley** with SVSC Board Member **Harvey Bustichi** leading the charge; they will be putting on a **Spaghetti Feed** on Friday January 16, 2015 – More information may be found below.



## "New York New Year's Eve" Party

Gather with us as we ring in the New Year

Drinks, Hors d'oeuvres, Music,  
Raffles, Silent Auction

Drivers provided for those who cannot drive at night

**Wednesday, December 31, 2014**

**6 pm to 9 pm**

**\$20 per person OR \$35 per couple**

Proceeds to benefit the  
Bingo Board Replacement Fund

**Pre-Paid Event Only & Pre-Signups for Rides**



## Pasta for Sight

Hosted by the Lions Club  
Recycle for Sight

Friday, January 16, 2015

**5:30 pm to 8:30 pm**

**\$15.00 per person**

Pasta, Salad, Garlic Bread & Dessert

**Bring in a pair of old eye-glasses or hearing aid  
and receive a free glass of wine or soda**

This fundraiser helps seniors and low income folks to  
receive services, equipment and operations!

**Pre-Paid Event Only**

For Tickets Call Harvey Bustichi at  
831.438.1848 for your tickets



# Activities

## SCRABBLE ~ NEW



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 ~ NEW



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??? Then join in the latest craze at the center. 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



## LINE DANCE

Noon every Tuesday (Except for the 2nd Tuesday)  
 9am every Friday (Except for the 4th Friday)



## POKER

On behalf of the SVSC Poker Group, I would like to invite you to play poker with us. We would be more than happy to teach you how to play the various games we play. Just call a Lambert at 438-0580 any day between the hours of 11am and 1pm if you would like more information. The Poker Group and I hopes you will accept this invitation ~ Ruth



**Date:** Every Thursday  
**Time:** 1:13pm to 3:15pm  
**Cost:** \$2 Members / \$3 Non-Members

## PARTNER'S BRIDGE



**Date:** Thursdays  
**Time:** 1:15pm – 3:15pm

They will find partners for you. Come to improve your play  
 Call Lee Brown for more info at 430-9645

## BEGINNING UKULELE

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



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

## WATERCOLOR ~ All levels

This class is offered by well-known local artist and center member, Beverly Martin. 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)

## New Class ~Starting in January



## THE ART OF SKETCHING ~ Instructor, Sammy Khalil

**Date:** Fridays  
**Time:** 11am to 12:30pm  
**Cost:** \$5 members and \$7 non-members



Sammy will share his knowledge to teach you basic sketching using a variety of medium - graphite, charcoal, pastels, watercolors, pencils, crayons, ink and more. Sammy's goal is for you to be able to complete a sketch in a short period of time and, for one's inner creativity to blossom. He believes that anyone can produce wonderful results given some basic knowledge. Join Sammy and unleash your inner artist!

## ART OF ZENTANGLE

The Art of Zentangle promotes therapeutic relaxation. The processes used will help increase your mental focus, fine motor skills and ease stress and anxiety.

**Date:** Fridays (Except for 4th Friday)  
**Time:** 11:30am to 12:30pm  
**Instructor:** Angie Wisdom  
**Cost:** \$3 members/\$5 non-members



## SVSC BOOK WORMS

My name is Patsy Rice and I invite you to join myself and other Bookworms! We read a wide selection of books made by member's choice. December we are reading "Girl in Hyacinth Blue" by Susan Vreeland and January "Factory Man" by Beth Macy. In December, besides reading our monthly book, we are planning a field trip to a Christmas luncheon. Sometime, between January and April, we will take a field trip to the Porter Memorial Library to visit one of their local author speakers. Please come and join us...

**Date:** Friday, December 19 & January 16  
 (on-going every 3rd Friday of the month)  
**Time:** 1:00pm to 2:30pm  
**Cost:** \$2 Members / \$3 Non-Member





# Activities and Information

## POTLUCK FRIDAY LUNCH

Potluck Friday is growing! Join our hosts, Elaine and Joe Zuniga, as they welcome you to the table of this informal gathering to share food and conversation!



**Date:** December 5th, (Every 1st Friday of the month)  
**Time:** 12:30pm to 2pm  
**Cost:** \$2.00 and a potluck dish to share

## COFFEE & CONVERSATION

Hostesses, Connie Adkins and Suki Marin, invite you to get your week off to a good start every 2nd Monday of the month. They welcome you to join them for a lively exchange words, ideas, gossip (only the "kind" kind) and of course, good coffee!



**Date:** Monday, December 8th & January 12th (on-going every 2nd Monday of the month)  
**Time:** 10:30am to 12:00pm  
**Cost:** Free

## It's Never Too Early For Tax Preparation!!!



Project Scout will once again offer complimentary tax preparation and filing for seniors. As usual, this service is strictly for ages 60 years of age and older and at our site, it requires an appointment - NO WALK-INS ACCEPTED. We will start taking reservations for appointments beginning the week of January 12th, 2015. Tax preparers will begin Thursday February 5th and continue every Thursday thereafter until Thursday April 9th, 2015. Do not be disappointed, make your appointment early and start collecting your required paperwork early!!!

## COMPUTER CLASSES Technology ~ Ayan Patel

**Dates:** Every Wednesday  
**Cost:** Free\*  
**Time:** 2:30pm to 4:30pm



\* However, donations of any amount gladly accepted – proceeds will benefit the Sound System Fund.

Using the center's computers, Ayan will be available to help you navigate the system, answer questions for you and trouble-shoot problems you may be having with your Apple or PC. He can also help you with your own laptops, tablets, iPADS, Smart phones, Droids, etc. ~ Great for beginners!

**Save the Date: 2-21-15**

## STAYING SAFE IN A CHANGING WORLD

**Hosted by Monteville Community Life**

(a 501c3 charity dedicated to enhancing the lives of all seniors in our community and providing educational opportunities to them with a focus on healthy living habits)

Hear from the Experts ~ Join the conversation ~ Meet New Neighbors

### Topics Include:

- ★ Ambulance Response Protocols
- ★ Banking Safely
- ★ Emergency Preparedness for Natural Disasters
- ★ Home Safety & Fall Prevention for Seniors
- ★ Recognizing & Responding to Computer Fraud
- ★ The Role of Adult Protective Services



**For:** ALL Scotts Valley Seniors Citizens  
**Date:** Saturday, February 21, 2015  
**Time:** 1 pm  
**Place:** The Mill Building, Monteville Senior Park  
 552, Bean Creek Road, Scotts Valley  
 Carpooling is recommended

**Cost:** FREE

Complimentary raffle drawing ticket & light meal at the conclusion of the presentation

For more information, please telephone 831.438.1309

## Activity Leaders

**m = Members**  
**n/m = Non-Members**

|                                  |                                |                |            |
|----------------------------------|--------------------------------|----------------|------------|
| <b>Art of Sketching</b>          | Sammy Khalil                   | \$5 m          | \$7 n/m    |
| <b>Bingo</b>                     | Project Scout                  | \$.50 per card |            |
| <b>Bocce</b>                     | Mimi Patterson                 | \$2 m          | N/A        |
| <b>Book Worms</b>                | Patsy Rice                     | \$2 m          | \$3 n/m    |
| <b>Bunko</b>                     | Irene Bustichi/Sandy Payton    | \$7 m          | \$8 n/m    |
| <b>Bridge</b>                    | Marilyn Snyder                 | \$2 m          | \$3 n/m    |
| <b>Canasta</b>                   | Mercedes Sarsi                 | \$2 m          | \$3 n/m    |
| <b>Chess</b>                     | Peter Maurer                   | \$2 m          | \$3 n/m    |
| <b>Computer Lab</b>              | Ayan Patel                     | Free           | Free       |
| <b>Cribbage</b>                  | Fran Rosen                     | \$2 m          | \$3 n/m    |
| <b>Coffee &amp; Conversation</b> | Connie Adkins/ Suki Marin      | Free           | N/A        |
| <b>Stretch &amp; Condition</b>   | June Barber                    | \$2 m          | \$3 n/m    |
| <b>Handbells</b>                 | Shirley Hipwell                | Free           | Free       |
| <b>Home Arts</b>                 | Billie Street                  | \$5 m          | \$6 n/m    |
| <b>Korean Cooking</b>            | EunKyung Otte                  | \$15 m         | \$18 n/m   |
| <b>Line Dance</b>                | Tamima Schwartz                | \$2 m          | \$3 n/m    |
| <b>Mahjong</b>                   | Darshana Croskrey              | \$2 m          | \$3 n/m    |
| <b>Meals on Wheels</b>           | Sandy Payton                   | \$2.50 m       | \$2.50 n/m |
| <b>Muncheon Movie</b>            | Marlene Flannery               | \$5 m          | \$6 n/m    |
| <b>Pinochle</b>                  | Donna Silvia                   | \$2 m          | \$3 n/m    |
| <b>Partner's Bridge</b>          | Lee Brown                      | \$2 m          | \$3 n/m    |
| <b>Poker</b>                     | Ruth Lambert                   | \$2 m          | \$3 n/m    |
| <b>Potluck Lunch</b>             | Elaine & Joe Zuniga            | \$2            |            |
| plus a potluck dish to share     |                                |                |            |
| <b>Scrabble</b>                  | Donna & Betty Cederlund        | \$2 m          | \$3 n/m    |
| <b>Ukulele</b>                   | Stan Meidinger                 | \$7 m          | \$8 n/m    |
| <b>Watercolor</b>                | Beverly Martin                 | \$10 m         | \$15 n/m   |
| <b>Writing</b>                   | Jack McKellar & Joanne Stewart | \$5 m          | \$6 n/m    |
| <b>Yoga</b>                      | Padma Rudraraju                | \$3 m          | \$5 n/m    |
| <b>Zentangle Art</b>             | Angie Wisdom                   | \$3m           | \$5 n/m    |
| <b>Zumba</b>                     | Leatrice Bachan                | \$3 m          | \$5 n/m    |



# December Calendar

| Monday                                                                                                                                                                                                                                                                                                              | Tuesday                                                                                                                                                                                                   | Wednesday                                                                                                                                                                                                                                                                                                     | Thursday                                                                                                                                                                                                                                                              | Friday                                                                                                                                                                                                                                                                   |
|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>1</b><br>Yoga 8:45am - 9:45am<br>Stretch&Condition 10am-11am<br>Coffee & Conversation 10:30am - 12pm<br>Health News 11am - 12pm<br>Blood Pressure Checks 11:45am - 12:15pm<br>Bridge 12:15pm - 3pm<br>Scrabble 1pm - 3pm<br>Chess 1pm - 3pm<br>Canasta 1pm - 3pm<br>Mahjong 1pm - 3pm<br>Zumba Friends 6pm - 7pm | <b>2</b><br>Zumba 9am - 10am<br><br>Writing Class 10am - 12pm<br>Beg/Int Line Dance 12am - 1pm<br>Home Arts 2pm - 9pm    | <b>3</b><br>Meals on Wheels Lunch 11:30am - 12pm<br>Bingo 1pm - 3pm<br>Technology Open Session 2:30pm - 4pm<br><br>Yoga 5:30pm - 6:30pm<br> | <b>4</b><br>Watercolor 9am - 12pm<br>Zumba 9:30am - 10:30am<br>Yoga 10:45am - 11:45am<br>Beginning Ukulele 12pm - 1pm<br>Cribbage 1:15pm - 3:15pm<br>Poker 1:15pm - 3:15pm<br>Partner's Bridge 1:15 - 3:15pm<br>Pinochle 1:15pm - 3:15pm<br>SVSC Board Meeting 3:30pm | <b>5</b><br>Beg/Int Line Dance 9am - 10am<br>Stretch & Condition 10am - 11am<br>Handbells Rehearsal 10am - 11am<br>Art of Sketching 11am - 12:30pm<br>Zentangles Art 11:30am - 12:30pm<br>Potluck Friday Lunch 12:30pm - 2pm                                             |
| <b>8</b><br>Yoga 8:45am - 9:45am<br>Stretch&Condition 10am-11am<br>Coffee & Conversation 10:30am - 12pm<br>Health News 11am - 12pm<br>Blood Pressure Checks 11:45am - 12:15pm<br>Bridge 12:15pm - 3pm<br>Scrabble 1pm - 3pm<br>Chess 1pm - 3pm<br>Canasta 1pm - 3pm<br>Mahjong 1pm - 3pm<br>Zumba Friends 6pm - 7pm | <b>9</b><br>Zumba 9am - 10am<br>Writing Class 10am - 12pm<br>                                                            | <b>10</b><br>Meals on Wheels Lunch 11:30am - 12pm<br>Bingo 1pm - 3pm<br>Technology Open Session 2:30pm - 4pm<br>Yoga 5:30pm - 6:30pm<br>                                                                                    | <b>11</b><br>Watercolor 9am - 12pm<br>Zumba 9:30am - 10:30am<br>Yoga 10:45am - 11:45am<br>Beginning Ukulele 12pm - 1pm<br>Cribbage 1:15pm - 3:15pm<br>Poker 1:15pm - 3:15pm<br>Partner's Bridge 1:15 - 3:15pm<br>Pinochle 1:15pm - 3:15pm                             | <b>12</b><br>Beg/Int Line Dance 9am - 10am<br>Stretch & Cond 10am - 11am<br>Handbells Rehearsal 10am - 11am<br>Art of Sketching 11am-12:30pm<br>Book Worms 1pm - 2:30pm<br>Zentangles Art 11:30am - 12:30pm<br><b>Holiday Luncheon</b> 1:00pm                            |
| <b>15</b><br>Yoga 8:45am - 9:45am<br>Stretch & Condition 10am - 11am<br>Latest Health News 11am - 12pm<br>Blood Pressure Checks 11:45am - 12:15pm<br>Bridge 12:15pm - 3pm<br>Scrabble 1pm - 3pm<br>Chess 1pm - 3pm<br>Canasta 1pm - 3pm<br>Mahjong 1pm - 3pm<br>Zumba Friends 6pm - 7pm                             | <b>16</b><br>Zumba 9am - 10am<br>Writing Class 10am - 12pm<br>Beg/Int Line Dance 12am - 1pm<br><br>Home Arts 2pm - 9pm | <b>17</b><br>Meals on Wheels Lunch 11:30am - 12pm<br>Bingo 1pm - 3pm<br>Technology Open Session 2:30pm - 4pm<br>Yoga 5:30pm - 6:30pm<br><br>Happy Hanukkah<br><b>Hanukkah Begins</b>                                       | <b>18</b><br>Watercolor 9am - 12pm<br>Zumba 9:30am - 10:30am<br>Yoga 10:45am - 11:45am<br>Beginning Ukulele 12pm - 1pm<br>Cribbage 1:15pm - 3:15pm<br>Poker 1:15pm - 3:15pm<br>Partner's Bridge 1:15 - 3:15pm<br>Pinochle 1:15pm - 3:15pm                             | <b>19</b><br>Beg/Int Line Dance 9am - 10am<br>Stretch & Condition 10am - 11am<br>Art of Sketching 11am - 12:30pm<br>Book Worms 1pm - 2:30pm<br>Zentangles Art 11:30am - 12:30pm<br> |
| <b>22</b><br>                                                                                                                                                                                                                                                                                                       | <b>23</b><br><b>Holiday Break</b><br>12/22/14 through 1/4/15                                                                                                                                              | <b>24</b><br><b>Christmas Eve</b>                                                                                                                                                                                                                                                                             | <b>25</b><br><br><b>Christmas Day</b>                                                                                                                                            | <b>26</b><br><br><b>Kwanzaa Begins</b>                                                                                                                                              |
| <b>29</b><br><b>Holiday Break</b><br>12/22/14 through 1/4/15                                                                                                                                                                                                                                                        | <b>30</b><br>                                                                                                                                                                                             | <b>31</b><br><br><b>New Year's Eve Party</b><br>6pm - 9pm<br>(see page 3)                                                                                                                                                  | <b>HANDBELLS</b><br><br>Rehearsal Time: 10am to 11am<br>Rehearsal Dates: Dec 5 & 12<br><b>Performance</b> will take place on Friday December 12th at the Holiday Luncheon        |                                                                                                                                                                                                                                                                          |

# January Calendar

**Monday**

**Tuesday**

**Wednesday**

**Thursday**

**Friday**

## Senior Center Van Information



Please give at least 24 hour notice for all van trips and pick up has to be within Scotts Valley. Our drivers are volunteers and sometimes unavailable to drive.

**Monday:** Groceries and Banking  
**Tuesday:** Medical Appointments/Groceries  
**Wednesday:** Lunch and Bingo at the Center  
**Thursday:** Medical Appointments/Groceries  
**Friday:** Shopping

**Members**  
 Travel within Scotts Valley:  
 \$1.50 one way or \$3.00 round trip  
 Travel outside Scotts Valley:  
 \$6.00 one way or \$7.00 round trip

**Non/Members**  
 Travel within Scotts Valley:  
 \$2.00 one way or \$4.00 round trip  
 Travel outside Scotts Valley:  
 \$7.00 one way or \$8.00 round trip  
 Van Donation price allows a total of two stops.  
 Each additional stop is \$.50

**1**

**HAPPY  
NEW YEAR**

**2**

**Holiday Break**  
 12/22/14 through 1/4/15

**New Year's Day**

**5**

**Yoga** 8:45am - 9:45am  
**Stretch&Condition** 10am-11am  
**Coffee & Conversation** 10:30am - 12pm  
**Health News** 11am - 12pm  
**Blood Pressure Checks** 11:45am - 12:15pm  
**Bridge** 12:15pm - 3pm  
**Scrabble** 1pm - 3pm  
**Chess** 1pm - 3pm  
**Canasta** 1pm - 3pm  
**Mahjong** 1pm - 3pm  
**Zumba Friends** 6pm - 7pm

**6**

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



**7**

**Meals on Wheels Lunch** 11:30am - 12pm  
**Bingo** 1pm - 3pm  
**Technology Open Session** 2:30pm - 4pm  
**Yoga** 5:30pm - 6:30pm



**8**

**Watercolor** 9am - 12pm  
**Zumba** 9:30am - 10:30am  
**Yoga** 10:45am - 11:45am  
**Beginning Ukulele** 12pm - 1pm  
**Cribbage** 1:15pm - 3:15pm  
**Poker** 1:15pm - 3:15pm  
**Partner's Bridge** 1:15 - 3:15pm  
**Pinochle** 1:15pm - 3:15pm  
**Bunko** 1:15pm - 3:15pm

**9**

**Beg/Int Line Dance** 9am - 10am  
**Stretch & Cond** 10am - 11am  
**Art of Sketching** 11am-12:30pm  
**Book Worms** 1pm - 2:30pm  
**Zentangles Art** 11:30am - 12:30pm

**12**

**Yoga** 8:45am - 9:45am  
**Stretch & Condition** 10am - 11am  
**Latest Health News** 11am - 12pm  
**Blood Pressure Checks** 11:45am - 12:15pm  
**Bridge** 12:15pm - 3pm  
**Scrabble** 1pm - 3pm  
**Chess** 1pm - 3pm  
**Canasta** 1pm - 3pm  
**Mahjong** 1pm - 3pm  
**Zumba Friends** 6pm - 7pm

**13**

**Zumba** 9am - 10am  
**Writing Class** 10am - 12pm



**14**

**Meals on Wheels Lunch** 11:30am - 12pm  
**Bingo** 1pm - 3pm  
**Technology Open Session** 2:30pm - 4pm  
**Yoga** 5:30pm - 6:30pm



**15**

**Watercolor** 9am - 12pm  
**Zumba** 9:30am - 10:30am  
**Yoga** 10:45am - 11:45am  
**Beginning Ukulele** 12pm - 1pm  
**Cribbage** 1:15pm - 3:15pm  
**Poker** 1:15pm - 3:15pm  
**Partner's Bridge** 1:15 - 3:15pm  
**Pinochle** 1:15pm - 3:15pm

**16**

**Beg/Int Line Dance** 9am - 10am  
**Stretch & Condition** 10am - 11am  
**Art of Sketching** 11am - 12:30pm  
**Book Worms** 1pm - 2:30pm  
**Zentangles Art** 11:30am - 12:30pm  
**Pasta for Sight Dinner** (See page 3) 5:30-8:30pm

**19 Martin Luther King Day**

**Yoga** 8:45am - 9:45am  
**Stretch & Condition** 10am - 11am  
**Latest Health News** 11am - 12pm  
**Blood Pressure Checks** 11:45am - 12:15pm  
**Bridge** 12:15pm - 3pm  
**Scrabble** 1pm - 3pm  
**Chess** 1pm - 3pm  
**Canasta** 1pm - 3pm  
**Mahjong** 1pm - 3pm  
**Zumba Friends** 6pm - 7pm

**20**

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

**21**

**Meals on Wheels Lunch** 11:30am - 12pm  
**Bingo** 1pm - 3pm  
**Technology Open Session** 2:30pm - 4pm  
**Yoga** 5:30pm - 6:30pm

**22**

**Watercolor** 9am - 12pm  
**Zumba** 9:30am - 10:30am  
**Yoga** 10:45am - 11:45am  
**Beginning Ukulele** 12pm - 1pm  
**Cribbage** 1:15pm - 3:15pm  
**Poker** 1:15pm - 3:15pm  
**Partner's Bridge** 1:15 - 3:15pm  
**Pinochle** 1:15pm - 3:15pm

**23**

**Center is  
CLOSED**



**26**

**Same Activities  
as 19th**

**27**

**Same Activities  
as 20th**

**28**

**Same Activities  
as 21st**

**29**

**Same Activities  
as 22nd**

**30**

**Same Activities  
as 16th**



## Tech News

### Safety Reminders for Phone, Internet and Your Health

Tis the season to be Jolly, and to be extra safe with your phone, cell phone, your computer and your health.

#### Tips for your Home Phone:

You need to register your phone number in the "Do Not Call Registry". If you have the internet available you can go to my website [www.fbergholz.com](http://www.fbergholz.com) and select the Do Not Call Me List selection. It is at the top of the left hand column. You will need to have an e-mail address to use this service. If you do not have the internet or an e-mail address, you can call 1-888-382-1222 to register your phone numbers. This will put you on the government list that stops most annoying phone calls. It does take about a month to activate so do it as soon as possible.

Please, please, please Do Not do what my mother used to do. When she got an unwanted call she would tell them "I am a 90 year old women living alone and I do not want your service". It took me a long time to get her to just hang up the phone. It is very dangerous to give them any information about yourself.

#### Tips for your Cell Phone:

Use the Do Not Call List above to register your Cell Phone also.

If you get a call that no one speaks after you answer the call, hang up and Do Not call that number back. There is a scam out there that charges you \$5 to \$10 on your phone bill for just calling back a number. Only call back numbers that you know. If someone wants to talk to you, they will call again.

#### Tips for your computer:

Do Not open a link from an e-mail you receive. It can lead to a virus or a site you will not like. I know it is a pain, but type in the address of the website yourself, It is much safer in the long run. If it is a site you use all the time, save it as a Favorite or a Bookmark.

#### Tips for your Health:

If your Doctor approves it for you, BE SURE TO GET YOUR FLU SHOT. Drive careful this winter. We may get some rain and that make our roads very slippery. Watch for children, especially during school hours.

Have a Great and Merry Christmas, Happy Holidays, and a Safe and Happy New Year. I will talk to you again next Year.

By **Ferd Bergholz**  
Board Chairman



**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.**

**Celebrate October, November, December and January Birthdays on January 29th at 1:00 pm.**

### December Birthdays

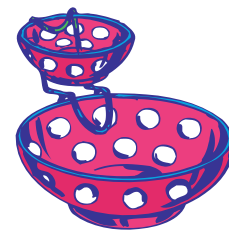
|                     |    |                    |    |                     |    |
|---------------------|----|--------------------|----|---------------------|----|
| Sue Camarena        | 1  | Doreen Bergstrom-  | 2  | Debbie Horton       | 2  |
| Meeja Ma            | 2  | Janis Rice         | 2  | Marilyn Quaintance  | 5  |
| C. J. Parke         | 6  | Fred Hill          | 7  | Lorrie Timmons      | 7  |
| Sandy Hartman       | 8  | Linda Owens        | 9  | Jerri White         | 9  |
| Carolyn Martin Shaw | 10 | Lillian Hand       | 11 | Mel Fandrich        | 12 |
| Candy Fontana       | 12 | Tom Ard            | 14 | Inge Kask           | 14 |
| Mary Donnelly       | 15 | Margaret Humphries | 16 | Joan Teitler        | 16 |
| Lynne Hallock       | 17 | Debbie Welch       | 17 | Palmer R. Smith     | 18 |
| Dale Bates          | 19 | Cindy Pensinger    | 19 | Christine Steinhaus | 19 |
| Thais Winkleman     | 19 | Daryl Allen        | 22 | Becca Mosley        | 22 |
| Ralph Rauscher      | 22 | Rita Whittam       | 22 | Shirley Hipwell     | 23 |
| Susan Stella        | 25 | Kim Jones          | 26 | Patricia Dayton     | 27 |
| Nancy McNulty       | 29 | Jo Phillips        | 29 | J. R. Roberts       | 29 |
| Joyce Rubin         | 29 | Claudia Scott      | 29 | Arlene Steele       | 29 |
| Laura McCabe        | 31 | Willard Roberts    | 31 | Mildred Vogler      | 31 |

### January Birthdays

|                  |    |                        |    |                        |    |
|------------------|----|------------------------|----|------------------------|----|
| Rashmi Patel     | 1  | Susan King             | 2  | Lynn Huggins           | 3  |
| Tom Finn         | 4  | Donna Ungermann        | 4  | Carole Giles           | 5  |
| Faith Stewart    | 5  | Joan Favero            | 6  | Lorraine Amos          | 7  |
| Donna Buelow     | 7  | Candy Frantz-Crafton   | 7  | Jim McCarthy           | 8  |
| Douglas Andersen | 9  | Cecilia Black          | 9  | Joyce Ellorin          | 9  |
| Missy Ratcliffe  | 9  | Nancy Hanson           | 10 | Jeanne Thomas          | 10 |
| Jan Burnham      | 11 | Patricia W. Christmann | 11 | Sharon Anderson        | 12 |
| Lois Jordheim    | 12 | Susan Day              | 13 | Carolyn Lance          | 13 |
| Janel Moreno     | 15 | Marion Cantacessi      | 16 | Darshana Patel-        | 16 |
| Barbara Abshier  | 18 | Kathryn Hill           | 18 | Frances Jolley         | 18 |
| Agnes Margerum   | 18 | Donna Prior            | 18 | Ferd Bergholz          | 19 |
| Lydia Bogner     | 19 | Connie Drysdale        | 19 | Wendy Harrison         | 19 |
| Lynne Nichols    | 19 | Shel Rosell            | 20 | LaVerle (Lee) L. Brown | 21 |
| Miyoko Kadekawa  | 22 | Judy Richards          | 23 | Ikuko Takagi           | 23 |
| Edie Johnson     | 25 | Vitaliy Lee            | 25 | Al Telles              | 25 |
| Diana Belzer     | 26 | Loreen Bridges         | 26 | Janine Charlton        | 26 |
| Melodie Pehr     | 26 | Velma Robertson        | 26 | Niki Italiano          | 28 |
| Loreta Taylor    | 30 | Brenda Hillier         | 31 |                        |    |

## Donations Need at The Boutique

We thank everyone who helps support The Boutique - those who donate, those who buy, those who tell others about it! Sue and Linda would like you to know that now that the Holiday Craft Faire is over, they are actively seeking more donations as their inventory is low. Should you decide to start your Spring Cleaning early, they would be overjoyed if you would send off items their way!



## Sunshine Note

### Thinking of You, We Miss You ~

Leatrice Bachan, Ken Bont, Janet Hassler, Carol Rogers  
and Padma Rudraraju



## Cheers To All These Years...

**Connie Adkins** having  
her cake and eating it  
with guy friends,  
**Wayne Johansen**  
and **Joe Zuniga**  
on her  
**88th Birthday.**



Many Happys to  
**Donna Hollister**,  
thoroughly enjoying  
her **81st Birthday**  
with a chicken dinner  
during the  
Holiday Craft Faire!



## Gone But Not Forgotten

We send our sincere sympathies and prayers for strength  
through the dark days ahead to the **Caspian Family** and the  
**Alsbury Family** for the heartbreaking losses of their  
respective children - **May they Rest in Peace.**

## Welcome New Members

Stephanne Caverly, Gayle Hamilton, Carol Netzey  
and John Patrick O'Reilly

### THANK YOU FOR JOINING OUR SV 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)**

### Thank You for Your Generous Donations

**Anonymous** ~ \$140 to the Bingo Board Replacement Fund

**Chocolate Visions** ~ \$20 Gift Certificate for the Holiday Raffle  
Drawing Basket

**Gary & Jill Cramer** ~ Annual rent & labor for a raised bed plot  
in the Annette Marcum Garden

**Jeanne Kring** ~ \$20 to the Bingo Board Replacement Fund

**John & Ruth Lambert** ~ \$5 to the Bingo Board Replacement  
Fund

**Janet Oneto** ~ Giant Glass Father Christmas for the Holiday  
Raffle Drawing Basket

**Oturo Sushi** ~ \$20 Gift Certificate for the Holiday Raffle  
Drawing Basket

**Donna Silvia** ~ \$20 Gift Certificate for the Holiday Raffle  
Drawing Basket

**Marie Thompson** ~ \$10 to the Bingo Board Replacement Fund  
(sale of Whale DVD from Ferd)

**Various** ~ \$63 to the Bingo Board Replacement Fund



### 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 suffi-  
cient food for all the diners.

**December 3**  
Navy Bean Soup  
Pasta Salad  
Green Salad  
Roll & Butter  
Banana & Milk

**December 10**  
Sweet & Sour Chicken with Rice  
Stir-Fried Green Beans  
Cabbage Salad  
Fortune Cookie  
Pineapple Chunks & Milk

**December 17**  
Baked Fish  
Sweet Potato  
Coleslaw  
Banana & Milk

### Meals On Wheels Holiday Closure Reminders

The center will be closed from Wednesday November 26th and will  
re-open on Monday December 1st

There will be **NO MOW SERVED** at the center on the following days:

**November 26th, December 24th, December 31st**

The center will be closed from Monday December 22nd and will  
re-open on Monday January 5th. Meals On Wheels will be served  
on Wednesday January 7th – please sign up accordingly.

**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.

**Bingo cards are brought  
out at 12:30 pm.**





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## Scotts Valley Senior Center Hours

**Monday, Wednesday:** 10 am - 4 pm

**Tuesday, Thursday and Friday:** 10 am - 2 pm

### Other Hours for Special Events

#### Directors office hours:

11 am to 2 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.

See this and older newsletters on the internet at [www.fbergholz.com](http://www.fbergholz.com)  
Senior Center Website: [www.scottsvally.org/parks/senior\\_center.html](http://www.scottsvally.org/parks/senior_center.html)  
[www.myscottsvally.com](http://www.myscottsvally.com) and [www.facebook.com/MyScottsValley](https://www.facebook.com/MyScottsValley)



Scotts Valley Senior Center

**CENTER CLOSED:** Holiday Break 12/22-1/4/15 ~ Re-open 1/5/15



### Scotts Valley Senior Center

370 Kings Village Road  
Scotts Valley, CA 95066



## 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**

Center Coordinator

(831) 438-8666

[dcroskrey@scottsvally.org](mailto:dcroskrey@scottsvally.org)

## Scotts Valley Senior Center Board Members

Ferd Bergholz ~ Chairman of the Board

Harvey Bustichi

Gillian McGlaze

Margaret Schraft

Gary Cramer

Terri Ritchie

Tom Steinhaus

