

370 Kings Village Road ♦ Scotts Valley, California 95066 ♦ (831) 438-8666

♦ See this and older Newsletters on the internet at www.fbergholz.com ♦ e-mail us at SVSenCenter@prodigy.net ♦

Senior Center News Update April 2012

COORDINATOR'S MESSAGE.....

Dear Members,

We will start with the big news first. Congratulations are in order. Drum roll please...Conrad Sudduth has announced he is retiring and Kristin Ard has been named his successor, taking over as the new Parks & Recreation Manager. Good Luck to both of them as they journey along the new paths their lives will be taking.

In spite of inclement weather, the Spring Pancake Breakfast & Bake Sale was a great success and went off without a single hitch! Everyone LOVED the cinnamon apple pecan pancakes and fresh blueberry pancakes. Our bakers came through with delicious treats to sell and we all had a relaxing time visiting and catching up with each other. Amazingly, we were all cleaned up and out of the center by 12:57pm! Humongous thanks to our wonderful crew who prepped and served and to everyone else who came out despite the rain.

The Irish Stew and home-made ice-cream sandwiches were an especial hit served at Muncheon Movie by Marlene. Though we had a glitch with The Quiet Man, I did show Secretariat – a really good movie. Since the Irish love their horses and betting is a beloved sport, I figured it was enough of an Irish connection!!!

In spite of changes to the Exercise, Line Dance and Zumba classes, Cherry, Sammy and Leatrice and their students, with the assistance of Betty, Jill and Janis, have all transitioned well. Our new Investment Discussion Group got off to a great start with eight folks in attendance and an enjoyable time was had by all - Thank you Wayne!

Armchair Topics had such a good time this month, they shared for almost three hours!!! I would love to see you at April's Armchair Topics (see schedule for details). All I can say is there is nothing better than learning history from the history makers. Come and share, come and listen.

We had a bigger crowd than usual sharing the birthday cake celebration. It was delicious as always. I would once again, like to thank our anonymous donor for helping to make it happen!

As seasons change, so do our "snowbird members". They are making plans to return to their other lives and homes. It is a bittersweet time as we say goodbye to these volunteers and participants of the center. But as we all know, Fall will be here before we know it! I wish them safe travels. Until next month ~ Darshana Croskrey

TAX SEASON IS ALMOST OVER:

Project Scout Tax Assistance for Seniors

Only two weeks left – Apr 5th and Apr 12th from 1pm to 3pm. Complimentary services to help file your tax return. Seniors 60 and older will get first priority. Please note: Limited openings available. Call the center and sign up now!

SPRING BOCCE IS HERE: ...Now leagues five days a week!

Season Dates: April 2nd to June 15th ~ Tournament on Saturday June 16th

New players welcome ~ No experience necessary ~ Free lessons

Limited openings available for fulltime team players in one week-day league or on-call substitutes.

Stop by the Senior Center and pick up paperwork.

HAPPY BIRTHDAY to the Following Scotts Valley Senior Center Members for April

If You see any of these Members, Please wish them a HAPPY BIRTHDAY

Karen Mayer	2	Linda Rossi	2	Ruth Anne Hunter	3
Tom Blease	5	Linda Depner	5	Janice Lages	5
Henry Crook	6	Wayne Shada	6	Lena Silva	6
Karlene Reyes	8	Florence Elliott	9	Gloria Frazier	11
Diane L. McCarty	12	Bill Lynch	14	Cathy Seapy	14
Kenneth Simpkins	14	Janet Hassler	16	Mary Kirk	16
Lori Lindeke	19	Ralph L. Reyes	19	Manuel W. Carvalho	21
Rita Eiriksson	21	John Daly	22	Mark Edwards	22
Dolores Glissman	24	Vivian Logan	24	Joyce Rudy	24
John Crivello	25	Clair Dubois	25	Rena Maxwell	25
Joan Brown	26	Virginia Lefever	26	Velma I. Potter	26
Mary Smith	26	Marion Broughton	28	Beverly Crook	28
Judith Hillman	29	Bob Seely	29	Gerry Rieger	30
Herb Snow	30				



We Wish All of Our Birthday Seniors, for This Month, Best Wishes from The Entire Scotts Valley Senior Center. Have a Great Month and Remember that You are Only as Old as You Feel. So, for this month Feel Very Young!

MONTHLY BIRTHDAY CELEBRATIONS.....

Please note monthly birthday celebrations will take place on the LAST Thursday of the month at 2:00pm . This party is open to all. Come join us to wish a Happy Birthday to this months Birthday celebrates.

PLEASE HELP WITH "PROJECT FOR LOVE":

The 4H Club received a grant for \$1000 to build stuffed bears with the help of seniors to give to emergency agencies for use with traumatized children. They chose to partner with us, Scotts Valley. We need MANY MORE seniors to volunteer to help build bears. Please sign up at the reception desk if you can help.

DATE: Thursday May 3rd, 2012 **TIME:** 1:00 PM to 3:00 PM **PLACE:** Scotts Valley Senior Center

Additional Need: Six volunteers to provide baked goods for this event. Please call the center if you can help.

SELLING LIKE HOTCAKES: Gift Discount Books

Be sure to get your own copy. Don't miss out and be sure to tell your friends and neighbors about them. Save yourself some money, treat yourself well and support the center ALL at the same time!

Cost of books \$12 each

A MUST FOR OLDER AMERICANS: **More CPR/AED Classes coming**



Please join this effort to get as many of our members trained and qualified. We have decided CPR & AED Classes will be offered on an on-going basis at our center. As groups of 12 sign up on the sheet at the front desk, a date will be then be set.

Testimonials about last month's class:

"I want to add my strong support for having more CPR classes. As seniors we are the most likely to need to use it on other seniors. Our instructor's down to earth approach about a stressful subject impressed me. He took his time, was willing to share personal experiences, and not only taught the "how to's" but also the "whys". The hands on experience with the dummies and the defibrillator has given me the confidence and skills to use CPR if needed. It could make the difference of saving the life in a friend or spouse." ~ Nick Hartman

"I really wish I had taken this CPR class before my husband had cardiac arrest. The CPR class I had taken prior to his cardiac arrest gave such complicated directions I couldn't remember them all. The directions for CPR in this class were simple and I think I can remember them in an emergency." ~ Betty Johansen

"Thank you so much for giving us the gift of the CPR class. I had taken a CPR class many years ago and had forgotten most of what I learned. I was surprised to find out that they have simplified the CPR method. It is so doable now! I also was glad to learn about how to use the defibrillator which we have at the Senior Center. It is so easy to use. John, the instructor, and the other twelve people in the class were very supportive. The time was certainly well spent. Thank you so much for arranging this class. I highly recommend this class to everyone!" ~ Sandy Hartman

"If you want to do something that will help others in medical distress, this CPR class is the thing to do. The training was very personal, interestingly done and memorable. Everyone went away feeling that they could do CPR if there was ever a need to do so." ~ Margaret Schraft



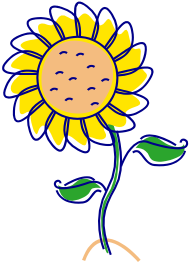
DONATIONS RECEIVED ~ A Big Thank You to:

Sandy Payton ~ for the donation of a crock pot and tea towels in memory of Riva Slaughter's (her mother) love for the Senior Center

Carla and Chris Brown ~ for the donation of a Sony plasma flat screen TV

Ross Poulson and Lora Schraft ~ 14 glass vases and 2 wine holders to be added to our party/event supplies

WELCOME NEW MEMBERS:



June Aries, Linda Blenio, Anita Cocking, William Codiga, Cynthis Farmer, Ken Gorny, Lynn Hawkinson, Robert Mapes, Sherri Norbosh, Jennifer Parsons, Vaughn Parsons, Sandy Payton, Bob Rossini, Jane Tremayne and Kristi Wolf ☺

THANK YOU FOR JOINING US!

GONE BUT NOT FORGOTTEN:



Theresa Bergholz, Gwen Eddy, Edie & Lee Grobe, Ruth Ann Hunter, Bob Mullins, Alice Ritchie and Riva Slaughter.

YOU WILL ALL BE DEARLY MISSED!

Websites with Great information:

Try out www.fbergholz.com

You will find links to many useful websites and a link to a year of Senior Center Newsletters.

Request for articles for this page:

If you have something interesting to tell our membership, this is the place to do it.



CHANGE OF ART:

A big THANK YOU goes out to artist, Valri Peyser.

Her artwork has been on display for the past two months and enjoyed by our members. Our next exhibit is "Ageless Art". It features artwork created by the residents of Oak Tree Villa, Scotts Valley and Aegis of Aptos. The exhibit is on display April 1 - May 30, 2012. Do stop in and enjoy!

Senior Homecare



Chris Hauck
Community Relations

LIVING ASSISTANCE SERVICES

Serving the
Santa Cruz & Monterey Bay Area

"We Build Friendships With Families"

Santa Cruz 831.430.0616
Monterey 831.392.0876

Fax 831.430.0612
www.AngelCareForSeniors.com

Trusted Senior Care

Home Helpers provides non-medical and personal care in homes, retirement communities, nursing homes, hospitals, and more.



Making Life Easier™

Caregivers are bonded and insured.

Our flexible care plans are tailored to fit your needs and budget.

831-477-6265
www.EastBayHomeHelpers.com



Office: (831) 438-2356

Fax: (831) 438-2378

Cell: (831) 212-1578

Dene Bustichi
President

Email: dene@bustichi.com

Lic. No. 595141

OAK TREE VILLA
SCOTTS VALLEY
BROOKDALE SENIOR LIVING

Exceptional Senior Living
Independent and Assisted Living

100 Lockewood Lane, Scotts Valley, CA 95066
(831) 438-7533
RCFE# 445294156
www.brookdaleliving.com

LOCKEWOOD HAIR DESIGN

Open Tuesday - Friday By Appointment Only

Ask about our

► Half Price Special ◀

for cuts and sets

first time customers only, please

100 Lockewood Lane
Scotts Valley, CA 95066



439-9435

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

AGE-IT HANDYMAN SERVICES
Home Repair Services

JERRY E. MARTIN

Owner Operator
Santa Cruz County CA 95062
Cel# (831) 419-2139 / (831) 479-7841

jermart50@yahoo.com
jermart50@yahoo.com



ARE YOU PAYING TOO MUCH INCOME TAX?
ARE YOU HAVING BOOKKEEPING PROBLEMS



CALL

SMALL BUSINESS CONSULTING, INC
TERRY GUY & ASSOCIATES

831.438.1440

FOR AN APPOINTMENT

(OPEN 7 DAYS A WEEK)

5610 Scotts Valley Drive, Ste C
Scotts Valley, CA 95066

(IN SCOTTS VALLEY JUNCTION SHOPPING CENTER)
831.438.1440



MIREL'S BODY SHOP



Al Costa - Owner

4860 B Scotts Valley Drive
Scotts Valley, CA 95066

Phone (831) 438-3388
FAX # (408) 438-5841



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



Restaurant & Catering



245-H Mt. Hermon Rd., Scotts Valley, CA 95066
www.brunosbbq.com • get2bbq@hotmail.com
P 831•438•2227 F 831•438•6642



Showcase, REALTORS®

237 Mt. Hermon Road
Scotts Valley, California 95066
Office (831) 438-8400
Fax (831) 438-9730
Web Site www.c21showcase.com



Each Office Is Independently Owned And Operated

Office 1997-2006



JOHN A STEVENS DDS

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

New patients welcome
www.johnstevensdds.com
E-Mail: stvnssdds@pacbell.net

Attorney At Law

ROBERT L. HULTZEN

Specializing in LIVING TRUSTS
FREE CONSULTATION IN YOUR HOME
(831)425-8998

WE Need More Advertisers !

PODIATRIST

Dr. Kathleen A Alles

Committed to gentle, quality care
of the foot and ankle

438-3668

In the Safeway/Longs Shopping Center
Scotts Valley

Scotts Valley Property Management

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

Jeanne Shada
Owner/Broker



Wm. Clayton Greene *Limited Edition Contemporary Designs*



**fine jewelry
design**

831 438-1844
fax 438-2282

*14, 18, 24 Karat Gold
Platinum & Sterling Silver*

Hand Fabrication
Lost Wax Casting
Cad-cam artists
Laser welding

*245-Y Mt. Hermon Road
Scotts Valley, California 95066*

Gena Greene

Matthew B. Zwerling, PT, MS
Physical Therapist / Owner

ZWERLING PHYSICAL THERAPY

5403 Scotts Valley Dr., Ste. C
Scotts Valley, CA 95066
(831) 438-1878

ROGERS AUTOMOTIVE

"YOUR PERSONAL MECHANIC"

AUTO -MARINE- INDUSTRIAL
ELECTRICAL -MECHANICAL

"REPAIRS AND MAINTENANCE"



(831) 438-3111

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

**Be SURE to talk with any
business owner that you
know, to give them an
opportunity to advertise
HERE !!!**

SENIOR NETWORK SERVICES

Linking Seniors with Services

831-462-1433

1777A Capitola Road
Santa Cruz Ca 95062

www.seniornetworkservices.org

Support Our Business Members

Please continue to support our existing Business members and help us locate some new ones. Our Business members help support the activities of the Center. Please let our director know about any new prospects for New Members.

**The SCOTTS VALLEY SENIOR CENTER
serves lunch and plays Bingo every Wednesday.**

Please join us for our weekly bingo games on Wednesdays from 1:00-3:00, 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.

Lunch starts at 11:30 am till 12:20 pm and is provided by Meals on Wheels.

Donation of \$2.50.

You must sign up by Tuesday at noon.

Bingo cards are brought out at 12:30 pm.

NEW ACTIVITIES

COMING SOON: A 9:00am Wednesday Work Out Class

If you loved the Jane Fonda exercise tapes from the 80s and 90s, then you will surely enjoy her set of new exercise DVDs for those of us over 60. Jane, herself, is over 70. Margaret Schraft will be leading a class of approximately 55 minutes every Wednesday at 9 AM starting in May. She will be using two different DVDs:

- Fit & Strong™, a low-impact routine to build strength, and
- Firm and Burn™, three low-impact aerobic workouts.

Margaret has been using both of these DVDs for many months and will testify as to how much more energy and strength she has achieved. Starts on May 2nd, and will cost \$2.00

New Groups Forming:

We have had SEVERAL requests for starting the following groups: Mah Jong, Mexican Train and Beginning Bridge. If you are interested in any of these, please see the receptionists to add your names to the lists. This will help Darshana to gauge the level of interest and getting these activities added the schedule.

SCOTTS VALLEY SENIOR CENTER HOURS for 2012

Monday, Wednesday 10:00am - 4:00pm

Tuesday, Thursday and Friday 10:00-2:00

Other Hours for Special Events

Directors office hours of 10:00am to 1:00pm on work days

Phone Number 438-8666

Please note - On the fourth Friday of every month, the center will be closed due to the City of Scotts Valley furlough days. No classes or activities will take place on these days. We apologize for any inconvenience this may cause.

SCOTTS VALLEY SENIOR CENTER IMPORTANT VAN INFORMATION

PLEASE KEEP AND POSTGUIDELINES FOR VAN

MONDAY: GROCERIES & BANKING
TUESDAY: MEDICAL APPOINTMENTS/GROCERIES
WEDNESDAY: LUNCH & BINGO AT THE CENTER
THURSDAY: MEDICAL APPOINTMENTS/GROCERIES
FRIDAY: SHOPPING

»» PLEASE GIVE At Least 24 HOURS NOTICE FOR ALL VAN TRIPS. »»
Remember, our drivers are volunteers and sometimes unavailable to drive.

VAN DONATIONS – S.V. SENIOR CENTER MEMBER

SV TRIPS-----\$1.50 ONE WAY \$3.00 Round Trip

SANTA CRUZ TRIP-----\$6.00 (one way or round trip)

NON-MEMBERS

SV TRIPS-----\$2.00 ONE WAY SANTA CRUZ-----\$7.00(one way or round trip)

VAN DONATION PRICE ALLOWS A TOTAL OF 2 STOPS. EACH ADDITIONAL STOP IS \$.50

NEEDS LIST -- if folks would like to donate

Marlene's kitchen needs list: mini size and regular size foil cupcake holders, two more crockpots, a teapot, kitchen shears, trivets, bottle-brushes of different sizes

Other Needs: DVD player

Senior Center April 2012

Activities Schedule:

Monday

9:00am	Yoga	Padma Rudraraju	\$5.00
10:00am	Exercise	Cherry Nittler	\$2.00
11:00am	Blood Pressure	Mimi Patterson	FREE
11:15 am	Step into Fitness	Mimi Patterson	FREE
12:00pm	Bridge	Lee DiGeronimo	\$2.00
1:00pm	Canasta	Janet Hassler	\$2.00
1:00pm	Pinochle	Donna Silvia	\$2.00
2:00pm	Investment Dis Grp	Wayne Johansen	\$2.00 *Last Monday of each month only
6:00pm	Zumba Friends	Leatrice Bachan	\$2.00

Tuesday

9:00am	Zumba	Leatrice Bachan	\$3.00
10:00am	Beg Ukulele	Marty Carlson	\$3.00 -- New Class
11:00am	Ukulele Jam	Diane Nielsen	\$2.00
12:00pm	Muncheon Movie	Marlene Flannery	\$5.00 * 2nd Tuesday each month only
2:00pm	Home Arts	Billie Street	\$5.00 * 1st, 3rd, 4th & 5th Tuesdays

Wednesday

11:30am	Meals on Wheels	John Kiegelis	\$2.50 Suggested Donation
1:00pm	Bingo	Project Scout	\$0.50 per Card

Thursday

9:30am	Zumba	Leatrice Bachan	\$3.00
9:00am	Watercolor	Beverly Martin	\$7.00
11:00am	Yoga	Padma Rudraraju	\$5.00
12:00pm	Cribbage	Sandi Butler	\$2.00
1:00pm	Poker	Ruth Lambert	\$2.00
1:00pm	Armchair Topics	The Center	Free *Last Thursday of each month only
<ul style="list-style-type: none"> • Topic: From the Front Line to the Home Front ~ April 26th 			
2:00pm	Birthday Celebration	The Center	Free *Last Thursday of the month only

Friday

(Furlough Friday – The Center is closed every 4th Friday)

9:00am	Intermediate Line Dance	Sammy Khalil	\$2.00
9:00am	Tai Chi	Mary Mulligan	\$7.00
10:00am	Exercise	Cherry Nittler	\$2.00
11:00am	Beg Line Dance	Sammy Khalil	\$2.00
11:15 am	Step into Fitness	Mimi Patterson	FREE

SPECIAL EVENT ~ Spring Fling Dinner

Friday April 20th at 4:30pm

Senior Center

Cost: Members \$12 ~ Guests \$15

(includes entertainment & raffle ticket)

Proposed Menu—Baked Ham, 24 Hour Salad, Jello Salad, Scalloped Potatoes and Dessert

Pre-paid signups only ~ Cut-off date to signup and pay is Apr 17th

URGENT Call for Volunteer Drivers.....

The Center’s van service is being utilized more these days so it would be nice if we can have one or two more drivers added to the roster. If you are interested, please contact Darshana for details – 438-8666

MUNCHEON MOVIE: Tuesday, April 10th at Noon

Lunch: Broccoli Potato Soup & Chinese Chicken Salad
Movie: “Moneyball” starring Brad Pitt . It’s a 2012 Oscar winning movie (released 2011) based on a true story regarding the Oakland A’s baseball team
Cost: \$5 Members \$6 Non-Members

COMPUTER CLASSES UPDATE:

Thank you for filling out the surveys. They are still available at the front desk. Things are progressing well. Ayan and his team will be running a Basic Class pilot program in May and Debby Dodds will be running an IPAD pilot program in June. Stay tuned for more updates.

ARMCHAIR TOPICS:

Join “Our Gang” with Hollywood star Doug “Turkey Egg” Greer of The Little Rascal fame, as he leads a wonderful afternoon of conversation “From the Front Line to the Home Front”...funny, sad, heartwarming, exciting stories shared. Come and reminisce whether you were an active participant or an at home supporter.

Thursday, April 26th at 1:00pm Cost: Free

RETURN SERVICE REQUESTED

Scots Valley Center
370 Kings Village Road
Scots Valley, CA 95066



PRSR1 STD
U.S. POSTAGE
PAID
SANTA CRUZ, CA
PERMIT #431