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 runs as a non-profit, non-sectarian and non-political organization of friendly neighbors.

Daily Center

Daily Center Hours

Mondays: Monday through Wednesday: Closed
Thursday: Closed
Friday: Closed

Other Hours for Special Events

Directors office hours: Closed
Phone Number: 831-438-8666
Address: 370 Kings Village Road
Scotts Valley, CA 95066

Please note - We are Closed Every Fourth Friday of the month. No classes or activities will take place on these days. We apologize for any inconvenience this may cause.

Center Board Members

Fred Bergholz – Chairman of the Board
Harvey Bustichi
Gillian McGlaze
Margaret Schraft
Donna Silvia
Tom Steinhaus

Editor: Becca Mosley

Monthly Newsletter is in beautiful color on Facebook.

PERMIT #431
SANTA CRUZ, CA

Scotts Valley Senior Center
370 Kings Village Road
Scotts Valley, CA 95066

dcroskrey@scottsvalley.org

See this and older newsletters at www.fbergholz.com
Senior Center Website: www.scottsvallseniorcenter.html

Check us out on Facebook:

Scotts Valley Senior Center

Center is closed EVERY 4th Friday of the month for ADMINISTRATION DAY: 5/22, 6/26, 7/24, 8/28, 9/25, 10/23, 11/27, 12/25

May 2020 Newsletter

Coordinator’s Message

Hello Members,

I hope this newsletter finds you all healthy and safely navigating the waters of the world in which we are currently residing in. It has been stressful times for everyone I know. Each household is at the helm of its own vessel, steering their own course in choppy waters. For the lucky few, its full steam ahead with no problems. On the other hand, we are all looking out the windows for the ship to come in. It has been times of hesitancy for some of us, as we all want to know for sure that we are all safe and healthy.

As difficult as it is, our City and County leaders are working hard to look for ways to keep us moving forward through this crisis. The centers remain closed with the Shelter-In-Place Order having been extended through the end of May. Therefore, donations to the boutique will not be accepted until after we re-open now (whenever that might be). Some safety restrictions will slowly start to be lifted by the Governor or local level, but please continue to observe all safety measures.

The opening of the Scotts Valley Farmers’ Market has all been postponed. The Scotts Valley Public Library is working hard to look for viable options to offer its members while the Shelter-In-Place continues (see page 11).

For your well-being, be good to YOURSELVES. Look for ways to stay busy. Keep structure in your day. Get dressed. Stay hydrated. Exercise. Eat food that is nourishing. If you live alone, be sure to find time and space for yourself to be alone. Participate in some of our ZOOM classes or go outside for a walk. The Scotts Valley City Library will be sending a newsletter to all members when restrictions are lifted. The State will post when ready.

The Museum of Art & History is working on creating a new exhibit that will debut in October called “Howl!” It is a celebration of 12 years of The Howl with a focus on the works created during the pandemic. The Scotts Valley Club is currently looking for people to help with the project. The Scotts Valley City Library will be sending a newsletter to all members when restrictions are lifted. The State will post when ready.

The Scotts Valley City Library will be sending a newsletter to all members when restrictions are lifted. The State will post when ready.

I urge you all, if you have not done so already, to turn off the notifications for Facebook, sign up for My Scotts Valley and if you use email, sign up for Next Door to keep you in the know about what is happening in our community. Sometimes, there are threads that you do not want to participate in...but no problem, turn off the notifications for those particular threads. Let me know if you want more information.

We have many angels walking among us. A lady purchased $25 gift certificates from Scotts Valley Market (a $1000 worth) for those in need of food. Our own Mari Rossi purchased 20 bags of groceries containing fruits, vegetables and staples, specifically for seniors in need. Gateway Bible Church, St. Agustin’s Catholic Church and St. Philip’s Episcopal Church continue to provide food pantries for anyone in need. Residents are purchasing gift certificates to support our small local businesses as they work valiantly to survive. Even though they struggle, they still support the community like Bruno’s Bar & Grill, Togo’s Sandwiches, and Rita’s Custards, who have generously donated to those in need, fed workers on the front lines, and other causes.

Let us all do our bit and try and lend our support if and wherever we can. To see page 3!

Thank you to the following participants: Maureen Ahrens, Kimber Baldwin, Eleanor Carolan, Shirley Greenwood, Sofia Grigg, Lulu Hubbard, Jenine Huxtable, Miyako Kadekawa, Annette Ligon, Cheryl Lira, Mary Pedult, Ellyn Peterson, Cathy Stevens, Kim Stewart and her daughter, Kim Stewart.

Scotts Valley Senior Center
370 Kings Village Road
Scotts Valley, California 95066
831-438-8666

dcroskrey@scottsvalley.org

Like us on Facebook
 Wear Your Mask In Public
 Keep Up The Hand Washing
 Practice Social Distancing
 Beware of Scammers
 Be Safe, Not Sorry

Pam Turner and Peggy Williams. Please forgive me if I left anyone out! It was a pleasure working with you all for this great cause.

On our City’s website, there are all kinds of helpful information. Do check it out periodically to stay informed. Council Member, Donna Lind did share with me that there is a possible tentative plan for restaurants to help feed at risk seniors. However, we do not have any concrete yet to report. The State will post when ready. Here is the State’s link for their website: https://covid19.ca.gov/restaurants-deliver-home-meals-for-seniors/

Let me know if you need help with technology so you can participate. Pay special attention to the issue shared by member, Pam Turner and Peggy Williams.

Given the circumstances, we have to end the generational program. Thank You!

May 2020 Newsletter

Pam Turner and Peggy Williams. Please forgive me if I left anyone out! It was a pleasure working with you all for this great cause.

On our City’s website, there are all kinds of helpful information. Do check it out periodically to stay informed. Council Member, Donna Lind did share with me that there is a possible tentative plan for restaurants to help feed at risk seniors. However, we do not have any concrete yet to report. The State will post when ready. Here is the State’s link for their website: https://covid19.ca.gov/restaurants-deliver-home-meals-for-seniors/

Let me know if you need help with technology so you can participate. Pay special attention to the issue shared by member, Pam Turner and Peggy Williams.

Given the circumstances, we have to end the generational program. Thank You!

May 2020 Newsletter

Pam Turner and Peggy Williams. Please forgive me if I left anyone out! It was a pleasure working with you all for this great cause.

On our City’s website, there are all kinds of helpful information. Do check it out periodically to stay informed. Council Member, Donna Lind did share with me that there is a possible tentative plan for restaurants to help feed at risk seniors. However, we do not have any concrete yet to report. The State will post when ready. Here is the State’s link for their website: https://covid19.ca.gov/restaurants-deliver-home-meals-for-seniors/

Let me know if you need help with technology so you can participate. Pay special attention to the issue shared by member, Pam Turner and Peggy Williams.

Given the circumstances, we have to end the generational program. Thank You!
Voices from The City.....

It was a pleasure to have City Manager, Tina Friend, share news last month about happenings in the City and her work during these challenging times. This month, Vice-Mayor Derek Timm and Council Member, Donna Lind gives us a glimpse into their lives as the Corona Virus pandemic continues. Stay tuned as next month we will hear from Mayor Randy Johnson, Council Member Jack Dilles and Council Member Jim Reed.

From the Desk of Donna Lind...

Hope you’re well, practicing social distancing and now wearing masks in public places such as local stores or picking up food to go. Someone joked we’ll all have different tan lines this year!

While sheltering in place, I’ve undertaken home organizing, enjoyed finding old photos and revisiting memories that had been stored away. Still there’s only so much time we can spend indoors and exercise has always been an important part of my life. Thankfully we live in a beautiful area with lots of areas to walk and still observe social distancing.Funny how we’d never heard of some words like “shelter in place,” “social distancing” or something like “ZOOM Meetings,” which are now such a part of our lives!

As a City Council Member, I have many meetings, now done by computer. I’m quickly learning about meetings using ZOOM, which is much more pleasant than the news of the world. I have also spent time planting in the garden and expect a bumper crop of veggies in a few months. I even dusted off my old BB gun from Boy Scouts and have taught my girls to be markswomen. Take that COVID-19!

From the Desk of Derek Timm...

We are all grieving the loss of our lives before COVID-19 and future plans that have been interrupted. However, it is a time that allows us to take stock of the things we have and practice gratefulness in our lives. I am personally grateful for my wife, children, community, home and health. Loss of so much emphasizes what is truly most important.

As your Vice-Mayor, I have also been focusing on keeping our community healthy - both in communicating best practices around COVID-19, but also in making sure our small businesses survive. Along with my fellow council members, I have been relaying to small business how to obtain government grants and loans. Additionally, encouraging the community to support our businesses by purchasing gift cards. One great method is RideOutTheWave.org - which allows you to select many local businesses and buy gift cards to use in the future. We can all help keep their businesses afloat.

Before the Shelter-For-Place Order, I was training for a half ironman, which was cancelled. Luckily, it has been rescheduled to next April. I am just wearing for the other year - HA! Despite the setback, I am enjoying the time away from work, to stay in shape and keep up my training. I highly recommend finding time in your day to exercise. I find that it really helps to relieve the stress.

At home, I enjoy painting, and have shared this enjoyment with my kids. We converted our living room into an art studio, and it is an opportunity to shift our minds into the creative side - which is much more pleasant than the news of the world. I have spent time planting in the garden and expect a bumper crop of veggies in a few months. I even dusted off my old BB gun from Boy Scouts and have taught my girls to be markswomen. Take that COVID-19!

Speaking of gratefulness, I would like to acknowledge how hard our City Staff is working through these times, and how incredible a job our First Responders and Police are doing. Our community can’t thank you enough for your sacrifices. If you have ideas on how to help our local businesses or other ideas for our City, please email me at dlindslind@earthlink.net or call 831-438-4187. If you have questions, don’t hesitate to email me at dlindslind@earthlink.net or call 831-438-4187.

In closing, I urge you to be cautious against any types of scams, stay vigilant to safe practices against COVID-19 and keep yourselves as safe as possible — Donna

Happy May

Sheltering-in-Faith

Learn from Santa Cruz County leaders of diverse faith traditions, perspectives, and practices to help with Sheltering in Place. This event is brought to you through a partnership between the Santa Cruz Public Libraries ands the Watsonville Public Library.

Four Part Series: All programs will be live on Zoom and will be recorded and available on the SCPL YouTube Channel 72 hours after the event. For those without internet access, or those who prefer, you may call in to listen to the event without a computer. We do ask that you register in advance to receive an email reminder about the event.

Part 1 - Crisis & Recovery: Learn from faith traditions that have experienced crisis and recovery and how their stories can provide wisdom and hope while we Shelter in Place. Monday, May 4 10-11:30am. Register at https://bit.ly/SCPL-Faith1.


Scotts Valley Senior Life Association (SVSLA)… Hosts a COMPLEMENTARY ZOOM Training for its Spring Project

Join in from the comfort of your own home!

Have you heard of ZOOM? Have you participated in fun classes, family gatherings, coffee chats, etc. using ZOOM?? Would you like to know how to use ZOOM so you can join in some activities your friends from the Senior Center during this closure??

ZOOM is an application on your phone, computer or other devices. ZOOM is an “App” to communicate with people from the comfort of your own home (or anywhere to that matter).

The Scotts Valley Senior Life Association (SVSLA) is a non-profit 501(c)(3) organization. It offers seminars and trainings on a variety of topics pertaining to the senior citizens. SVSLA is providing this COMPLEMENTARY ZOOM Training as a service to ALL seniors in the Scotts Valley area. The training will be conducted by George Haas, Vice-President SVSLA. SVSLA’s mission, with this program, is to reach seniors that may feel isolated and lonely, especially during these difficult times. Some of you may know George as he is a member of the Scotts Valley Senior Center. He has participated in the Fashion Shows, has volunteered his time videotaping and photographing events, assisted Marlene Flannery in the kitchen and has assisted with advertising our events.

For more information: Please call George Haas at (831)334-7763

Limited Activity Schedule For May

Although the center is closed, we are fortunate that the following Instructors/Activity leaders are continuing to hold sessions using the ZOOM App on your digital devices. If you would like to participate, please email drcroskrey@scottsvalley.org or leave a phone message on 831.438.8666 so we can get you connected.

Please note: Line Dance and Yoga classes are up and running. Beginning-Beginning Tap Dance, Meditation, Qi Gong, Teatime with Darshana and Zumba will commence week May 17th. Armchair Topics and Bookworms are once a month on their designated dates.

<table>
<thead>
<tr>
<th>Date</th>
<th>Activity</th>
<th>Instructor</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>May 28th</td>
<td>Armchair Topics</td>
<td>Molly</td>
<td>1-2 pm</td>
</tr>
<tr>
<td></td>
<td>Beg-Beg Tap Dance</td>
<td>Patti</td>
<td>Monday 11:30-12:30pm</td>
</tr>
<tr>
<td></td>
<td>Book Worms</td>
<td>Patsy</td>
<td>May 15th 1-2:30 pm</td>
</tr>
<tr>
<td></td>
<td>Line Dance</td>
<td>Tamima</td>
<td>Tuesday 12-1 pm</td>
</tr>
<tr>
<td></td>
<td>Qi Gong</td>
<td>Denise</td>
<td>Monday 4-5 pm</td>
</tr>
<tr>
<td></td>
<td>Teatime with Darshana</td>
<td>Darshana</td>
<td>Tuesday 3-4 pm</td>
</tr>
<tr>
<td></td>
<td>Yoga</td>
<td>Padma</td>
<td>Thursday 4-5 pm</td>
</tr>
<tr>
<td></td>
<td>Zumba</td>
<td>Monique</td>
<td>Tuesday 9-10 am</td>
</tr>
</tbody>
</table>

COVID-19 PANDEMIC SPECIAL OFFER

Compliments of Togo’s Scotts Valley

We are all operating under difficult and unusual circumstances these days. To help brighten your day and to know that you are being thought of, on Sunday May 17, Togo’s Scotts Valley would like to offer you a delicious meal kit…!! FREE! Not only will this meal be FREE, it will be delivered to your door, by members of the Scotts Valley Police Officers’ Association!!

Please understand that due to the nature of the logistics of this generous offer, there are restrictions on eligibility to qualify. They are as follows:

- Minimum Age: 60 years old and above, on a fixed income with limited access to food
- Delivery Address MUST be in Zip Code 95066
- Offer applies to the FIRST 50 Signups only
- Call and leave a clear message on 831.438.0742 with your call-back number or email scottsvallotogos@gmail.com – You will receive a confirmation call

Armchair Topics Takes An Exciting Return

Join us for a ZOOM meeting

...for a Meet & Greet and introduce yourself to our new host for Armchair Topics, MS. MOLLY MATTHEWS. Molly has an exciting program lined up and ready to share with you. You may also get your requests in for topics which interest YOU! The intent of the forum is for educating yourself to live your best lives possible taking in factors which affect all of us in the aging process together with situations that life throws at you. Not only is Molly vivacious and full of energy, but she has a great understanding, knowledge and experience to guide us and have fun along the way.

Date: May 28th 1pm - 2pm Cost: Free

BOCCIE UPDATE

A State Mandated “Shelter in Place” Order means that Spring Bocce League has now been delayed indefinitely as we don’t know when the Senior Center will be reopened. We will need to allow volunteers time to prepare the courts and for Bocce Chair, Susan Taylor, to schedule a lesson for the new players.

For now the Spring Bocce League has been canceled. All the registrations received will be used for the Summer Bocce League. Bocce players will be assigned by email of any updates regarding this situation by Susan, once she receives them from our SV Parks & Rec Manager, Kristin Ard (Kard).
Activities

Games

SCRABBLE ~ On Hold
Double the fun by bringing along a friend, triple your word pleasure by knowing we welcome all levels-Novice, Int., 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.

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

CHESS ~ On Hold
Want to exercise your brain? Looking for intermediate to expert level chess players. Come join Peter on Monday afternoons. He looks forward to meeting you!

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

MAHJONG ~ BEGIN/INTER ~ On Hold
Looking for something new? Darshana introduces Mahjong to brand new players. She makes it easy to understanding rudiments of the game so that you may join in on.

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

MAHJONG ~ BEGIN/INTER ~ On Hold
Looking for something new? Darshana introduces Mahjong to brand new players. She makes it easy to understanding rudiments of the game so that you may join in on.

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

Poker ~ On Hold
It's backaa... Backroom Poker. It's alive and well. Join Lynda and the gang. They are looking forward to welcoming you.

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

Pinochle ~ On Hold
We have a fun and lively group of pinochle players. They would LOVE to have you join them. Donna is happy to schedule a separate time to teach you the

Instructor: Donna Silvia
Date: Thursdays
Time: 1:00pm to 3:00pm
Cost: $2 Members / $3 Non-Members

Bunko ~ On Hold
We welcome you for some dice-playing fun.

Instructor: Irene Buschti and Sandy Payton
Date: (2nd Thursday of the month)
Time: 1:15pm to 3:15pm
Cost: $7.00 Members $8.00 Non-Members

RUMMIKUB ~ On Hold
Please join Mary Van Diepen for some RummiKub fun. Don’t know how to play? Not to worry, she will show you how. It’s fun and easy but it sure will to keep those fuzzy brain cells sharp. Come on, give it a go!

Instructor: Mary Van Diepen
Date: Mondays
Time: 1:00pm to 3:00pm
Cost: $2 Members / $3 Non-Members

Movement

STRETCH and CONDITION ~ on YouTube
Most of the workout is done sitting in a chair. It is a fantastic head to toe conditioning of the joints and muscles including the spinal cords. They also believe laughter is the best medi-

Instructor: June Barber recommended Home workout for age 70 plus. Beat the Coronavirus. Keep fit and stay well.
https://youtu.be/y90SOedECbw

Yoga
Aryuveda means the science of life for personal healthcare. Yoga is just one part of Aryuvedic practice and there are many different forms of yoga. Join Padma and reap the many rewards to protect one’s health and pro-long life.

Instructor: Padma Rudraruja
Days: Thursday and Sunday 4-5pm
Cost: FREE on ZOOM

Line Dance
Come line dance to a variety of music. This lively class is for beginner to intermediate level. It’s a lot of toe-tapping fun.

Instructor: Tamima Schwartz
Days: Tuesday 12pm to 1pm
Friday 12pm to 1pm
Cost: FREE on ZOOM

Zumba
Guys and Gals, it’s time to join the party – our Zumba party. Instructor, Monique McInturf, has just the right moves for you! Even if you have a more limited physical level of ability, Monique will have adaptations for you.

Instructor: Monique McInturf
Days: Tuesday 9am to 10am
Cost: FREE on ZOOM

Santa Cruz County Grocery Stores Senior Hours-Covid-19

Costco-Santa Cruz
Store Hours: 9am-8:30pm
Seniors & Vulnerable Guests: Tues & Thurs 8am-9am

CVS Scotts Valley
Store Hours: Daily 9am-9pm
Seniors and Vulnerable Guests: No accommodations

Shopper’s Corner- Santa Cruz
Store Hours: 8am-8pm
Seniors & Vulnerable Guests: will take phone and email orders. Send list via email with your name and phone number and they will call you when its ready for pick up.
shoppers.statements@gmail.com

Staff of Life –Santa Cruz
Store Hours: 9am-8pm
Seniors & Vulnerable Guests: Monday-Friday 8am-9am

Safeway Felton
Store Hours: 7am-9pm
Seniors & Vulnerable Guests: Tuesdays & Thursdays 7am-9am

Safeway Scotts Valley
Store Hours: 6am-10pm
Seniors & Vulnerable Guests: Everyday 6am-9pm

Safeway- Morrisey Santa Cruz
Store Hours: 7am-9pm
Seniors & Vulnerable Guests: Tuesdays & Thursdays 7am-9am

Safeway 41st Soquel
Store Hours: 6am-10pm
Seniors & Vulnerable Guests: Tuesdays & Thursdays 6am-9am

Safeway Aptos
Store Hours: 6am-9pm
Seniors & Vulnerable Guests: Tuesdays & Thursdays 6am-9am

Safeway Westside Santa Cruz
Store Hours: 6am-10pm
Seniors & Vulnerable Guests: No Senior Hours at this time

Scotts Valley Market
Store Hours: M-F 7am-8:30, Sat/Sun 9am-8pm
Seniors and Vulnerable Guests: 65+ Sat & Sun 8am-9pm

Target
Store Hours: 8am-9pm
Seniors & Vulnerable Guests: Wednesdays 8am-9am

Trader Joe’s- Capitola
Store Hours 9am-7pm
Seniors & Vulnerable Guests: no senior only hours but they can shop from the car, bring list and payment method call 831-425-0140 they will come out and go shopping for you. “if they are very busy expect delays, very short staffed”

Walgreens Scotts Valley
Store Hours: M 9am-9pm, Tues 8am-9pm, Wed-Sun 9am-9pm
Seniors and Vulnerable Guests: Tues 8am-9am

Wild Roots Felton & Boulder Creek
Store Hours: 9am-7pm
Seniors & Vulnerable Guests: Mon-Friday 9am-10am

Whole Foods 41st Capitola
Store Hours: 8am-9pm
Seniors & Vulnerable Guests: 60+ 8am-9am

Compiled by Robert Aldana

A Trip to Italy from Your Easy Chair

Since we are now being asked to stay home until this thing is over, we thought you may like a little ‘Trip to Italy’ from the past. I am doing a lot of going through my old pictures. I am so glad that I have them! If you have any old pictures, now would be a great time to revisit them. These pictures are from a trip that my beloved late wife Fran, my mom, Teresa and I took in 1989. If you are a Facebook user, you may have seen these. Everyday I am posting about 15 or 20 pictures from this trip. It was a wonderful trip in those days. Today is NOT the time to visit there. It will get better and we will soon be able to return to a MORE NORMAL life. Until that day, make the best of everyday - Stay Safe and Stay Home. None of us are getting any younger!

Now is the time to revisit your Past Trips and Vacations. Stay Well and I will see you soon, Ferd Bergholz
Good Computer and Phone Practices During the Pandemic

It is more important than ever to be mindful of your online access.

- Make sure you have a very strong password on your home WiFi. DO NOT USE public or unsecured networks.
- Make sure your anti-virus software and computer updates are current to protect your computer.
- Be very wary of clicking on suspicious links in personal and work emails and websites, especially those related to coronavirus. 50% of sites related to coronavirus are more likely to be malicious. Please access this information only through the CDC.gov website and your county website; Santa Cruz is https://www.santacruzhealth.org/ and Santa Clara is scgov.co.
- Do not share your work laptop/computer with family members, unless they have separate accounts.
- Do not save the passwords locally on your system if prompted. Either keep a log of them or use a password manager.
- Each website that requires an account and password should have a different password.
- If you click on a link in an email message that looks like it’s from a financial institution you do banking with, enter your account/password with a bad password. If the site accepts it, then you know it was a fake site trying to steal your logon information.
- During this time of the pandemic, scammers will be on the attack via email, websites and phone calls trying to get information about you. Don’t give them any and request a call back number that you can verify with.
- If someone calls/emails you about needing information about your Government Stimulus check, it’s a scam. Don’t give them anything.
- If you get a call from Microsoft, Apple, Facebook or other tech organization saying they have detected a problem with your computer, hang up. They don’t call you directly.

Provided by Montevalla Tech Expert, Randy and Montevalla Community Manager, Rachael Milray

REGARDING LA BOUTIQUE

For safety reasons, the following will apply now that the Shelter-In-Place Mandate has been extended:

There will be no sales made out of the boutique whilst the center is closed and we will not be accepting any deliveries until the center officially re-opens.

We apologize for any inconvenience this causes.

PROGRAM UPDATE

- Meals On Wheels - All Dining Sites closed until further notice. Seniors needing home delivery please call 831.646.3180 Ext 101 to sign up. If you would like to donate funds to help MOW please make your cheques payable to Meals On Wheels and mail it to:

Meals on Wheels for Santa Cruz County
519 Main Street Watsonville, CA 95076-4356.

Donations of any size will be much appreciated!

- Lift Line is offering free rides for grocery shopping, pharmacy needs and banking business. You may call 831.688.8840 Ext 200 for more information.

- Volunteer Center of Santa Cruz County can provide properly vetted and identified shoppers to provide shopping services for you. Please call 831.627.0700.

- If you would like to assist with any of the 10 programs under Community Bridges, visit communitybridges.org for volunteer opportunities or call 831.662.2000 for more information.

DUE TO COVID-19 PRECAUTIONS

Project Scout VITA/TCE Sites will not reopen until further notice.

The New Filing Deadline Is July 15th, You Have Time To Get Your Taxes Done!

Use Free Tax Filing Software

https://www.myfreetaxes.org/ or https://www.creditr llama.com/tax

E-mail/call Project Scout eduardos@seniornsgs.org 831-318-1014

projects scoutoffice@gmail.com 831-724-2606

Leave a detailed message with your full name, if you are a senior 60 and over, and contact info. One of our tax-prep volunteers will connect with you to assist you.

Activities

TAP DANCE ~ Beginning-Beginners

Go on...give it a go. It’s never too late and you’re never too old. This class will be geared to beginning-beginners. Wear comfortable clothes you can move in. Tap shoes are not recommended immediately. It will be fine to have flexible shoes with soles that make a little noise on the floor. A thin soled tennis shoe would be good (no thick soled shoes). Patti is looking forward to meeting all of you, men and women.

Instructor: Patti Ford

Date: Mondays

Time: 11:30am to 12:30pm

Cost: $40 on ZOOM

QI GONG ~ Choe-gung

Qi Gong, like Tai Chi is an ancient practice rooted in Traditional Chinese Medicine and known for its many mental and physical health benefits. The practice combines simple, gentle movements with deep breathing routines to enhance the body and calm the mind. All are welcome.

Wear comfortable clothes and shoes.

Instructor: Denise Allen

Date: Mondays

Time: 4pm – 5pm

Cost: FREE on ZOOM

SVSC BOOK WORMS

Book Worms should read as this:

As the center is closed due to the Shelter-In-Place Order, we will be having our regularly scheduled meeting via ZOOM. Please contact Patsy or Darshana to let them know if you would like to partici- pate AND if you need help setting it up on your phone, computer or other device. Happy to assist! Patsy 408-839-9562.

Date: Friday May 15th Time: 1pm – 2:30pm

The Arts

The Arts

CUSTOM CARD MAKING ~ On Hold

In this day and age where things are so cookie cutter, the old same-old, same-old, learn to create your own beautiful, one-of-a-kind, hand-made cards for those very SPECIAL PEOPLE and very SPECIAL OCCASIONS IN YOUR LIFE. Fran Scott is excited to have you join her every month she will cover a different theme. Unleash your imagination and remember...this is a good way for seniors to use their fine motor skills. Sign-up by the end of the day on the previous Thursday.

Instructor: Fran Scott

Date: Every 2nd Tuesday

Time: 10:30am – 12pm

Cost: $6 per session per week

HOME ARTS ~ On Hold

Have up to seven hours of dedicated time set aside for your hobby? This is the class for you! Billie has been teaching the creative arts for over 50 years. Students can drop in at different times between 2pm and 9pm.

Instructor: Billie Street

Date: Every Tuesday, except for the 2nd Tuesday of the month

Time: 2pm to 9pm

Cost: $40 for each 8-week session

WATERCOLOR ~ On Hold

This class is offered by well-known local artist and center member. Don’t worry about initial supplies, Beverly will get you through the first class and will give you a supply list.

- 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 artwork.

Instructor: Beverly Martin

Date: Thursdays

Time: 9am to Noon

Cost: Members $10 Non-Members $15

IPAD/IPHONE/ANDROIDS

Our instructor will help you navigate the wonders of the IPAD world! See receptionist to sign up for your slot. Bring your IPAD and/or your PHONE. This will be a 20 minute one-on-one session.

Instructor: Marilyn Miller

Need Help? Leave a message at 831-438-8666.
**Gone, But Not Forgotten...**

**Kelly Gladder – September 12, 1953 - April 14, 2020**

As a City, we pay tribute and give thanks for the presence of this beautiful soul from our Scotts Valley community. Kelly Andre Kawamahii Gladder, who passed away after a courageous 5 1/2 year battle with cancer. Kelly was born to parents, Robert and Mary Lou DeFalco in Holyoke, Massachusetts. Robert served in the U.S. Air Force and they were stationed in Massachusetts, Delaware and Alaska, as well as the Philippines. The family finally settled in Makaha on the island of Oahu when Kelly was 12, where she attended middle school and high school. Kelly then attended college in Oregon and Colorado before settling in the Bay Area. Meeting her soulmate, Ed Gladder, they married March 25, 1986.

Kelly had an incredible entrepreneurial spirit and was truly a “Queen of Hospitality.” From her years in the food industry, she had a variety of successful small businesses, including “Cakes & Bloom” (creating beautiful wedding cakes). “Tie the Knot” (wedding consulting firm) and Gashouse Pizza right here in Scotts Valley, which was awarded Business of the Year by the Chamber of Commerce in 2005. However, she probably was best known as the owner of Mint Cafe & Wine Bar, which she started in 2007, with her husband, Ed. Just a couple of days ago, Kelly ALSO devoted a huge amount of her time, talents and treasure to support the Scotts Valley community. That includes us here at the Scotts Valley Senior Center - behind the scenes in so many ways. Such were her efforts that The Chamber once again honored her, this time as Scotts Valley 2010 Woman of the Year.

We send our condolences to Ed, Robert, her sister Erin and all family and friends. Kelly remains with us in many hearts and with the memory of her friend, Jen Mead. “Her spirit is coasting on the ocean breeze, with a paper cup in one hand and a little dog trailing –” Mahalo Kelly

---

**Rita Gladders – April 21, 1935 - March 22, 2020**

With sadness I share news of our lovely Rita’s passing. Born in Copenhagen, Denmark, she spent her childhood during WWII with her parents, Halvor and Else, and her siblings. Robert and Evelyn. Her family’s traditional business for generations was as antique dealers. However, in her spare time, she worked in the palace as a Royal Chef and so it was that Rita inherited a love for cooking, hospitality and impeccable manners.

At 19, Rita went to England as an au pair for an upper class family, moving on to Iceland with another family and it was there that Rita met the Icelandic love of her life, Sigurdur Eiriksson. The family immigrated to the United States. Moving from New York, to Oklahoma, to Montana, to Southern California, they retired to Boulder Creek in 1967. Sigurdur was involved in the computer industry in Silicon Valley. It was there, in 1986, that he became the founder of the “Core Memories,” the invention of the very beginning of the microchip.

Rita was BUSY! She started a childcare program out of her home for 14 children PLUS their own four children! Sadly, Sigurdur unexpectedly died at a young age so closing her childcare program, Rita went to work as a missile technician at Lockheed for 10 years! Along the way, she volunteered with the Girl Scouts, Boy Scouts, 4-H, the PTA and raised her children – Robert, Linda, K-K and Leif, to be strong and independent. In addition, Rita embodied the spirit of a civic leader; a well-respected and involved member of the community. She served as a Red Cross Emergency Response Volunteer, was on the YMAC Board for San Lorenzo Valley where she was honored as Volunteer of the Year, served as an Election Poll Worker in Boulder Creek and was a member of the Board of Directors in Coffee Cozy, known as the “Madame Ya-Yas!” A world traveler and a tour organizer in her retirement, she said her favorite place to visit in the planet was Tasmania.

Rita has been a member of our senior center for the past six years. Her love and interest for people from all walks of life made her a wonderful volunteer for us. Wednesdays found her calling bingo. She assisted with administrative tasks, was a member of the 4-H, the Red Hat Society and the YMCA Board. Rita participated in the Passion for Fashion Shows and was so helpful with public relations. Over the years she treated us to many Danish dishes including delicious Aebleskivers with Lingonberry Jam! Rita lived a well-lived life leaving a legacy of four children, six grandchildren and four great-grandchildren to whom we send our condolences. As the Danish say….

**Beb Bishop-York, Mel Fandrich, Doug Kracel, Jerry Reiger, Steve Reiger, Millie Vogler**

---

**Thinking of You**

Kelly Andre Keaweamahi Gladder

Delivering a special message of love and support.

---

**Museum of Art and History, Santa Cruz Calls for Participation in a New Exhibit: “These Uncertain Times”**

On October 16, 2020 MAH will be opening a new exhibit on the subject of Sheltering in Place. Call for submissions deadline is October 1st. This exhibit will be an opportunity for artists to respond to the current global pandemic.

The theme will be “Sheltering in Place,” and the idea is for artists to comment creatively, artistically, poetically, through any medium, about how the pandemic has impacted their lives, their work, their world, their community, their planet. Then, the exhibit will be a place of reflection and recovery for visitors and an opportunity to move forward together in these challenging times.

The exhibit will be a potential entry point into the San Lorenzo Valley and Scotts Valley Meal and Food Programs ~ May 2020

**San Lorenzo Valley and Scotts Valley Meal and Food Programs ~ May 2020**

All info correct as of 4/30 but subject to change due to Covid-19. Call for updates or check NextDoor.com (search SLV meal) for more info.

**FOOD DISTRIBUTIONS**

Tuesday through Thursday (USDA 4th Mondays), Valley Churches United, Tues-Thurs 9-11:45. 1st and 3rd Fridays 9-11 AM for seniors only. USDA Distribution on 4th Monday 10-1. For SLV, Scotts Valley, and Bonny Doon residents. Ben Lomond, corner of Highway 9 across from Ben Lomond Market, 336-8258.

Wednesday, 12-2, San Agustin Catholic Church, 257 Grant Rd, Scotts Valley (next to the fire station), 438-3633. DRIVE-THROUGH.

Wednesdays, 5-7. Junction Park, Boulder Creek, 415-680-4281. HOT TO-GO MEALS, GROCERIES, ESSENTIAL LIVING SUPPLIES.

Thursdays, 10:30-12. Mountain Community Resources (a Community Bridges program), 6134 Highway 9, across from Rite Aid, Felton. 335-6600. DRIVE-THROUGH.

Thursdays, 5:00-6:30, St. Philip’s Episcoal Church, 5271 Scotts Valley Drive, Scotts Valley. 438-4360. DRIVE-THROUGH.

Meals on Wheels (a Community Bridges program), $2.50 requested donation per meal. For age 60+ (limited exceptions). 494-3160. DINING CENTERS available for homebound seniors. ALL CLIENTS ELIGIBLE FOR MEAL DELIVERY.

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

**NORMAL OPERATION MEALS**

Tuesdays, noon, Felton Presbyterian Church, 6090 Highway 9, across from Rite-Aid. 335-6900. DRIVE-THROUGH.

Thursdays, 11-1, St. John’s Catholic Church, down from Rite-Aid, Highway 9 and Russell, Felton. 335-4657. DRIVE-THROUGH.

Sunday, May 3, 2:00-4:00, SS Peter & Paul Orthodox Church, 9880 Highway 9, Ben Lomond, north of town, 336-2228. DRIVE-THROUGH.

** Except as noted, all programs are free of charge — Schedules are subject to change.

Submit Changes/Additions to slsvmeal@gmail.com