



**Girl Scouts
Visit The
Senior
Center**



**Welcome to
Connections
Keeping *YOU*
Connected!**



2017 – Building for a Better Tomorrow!

A Series of Articles by
Executive Director
Kevin MacDonald

Welcome to “Connections”, we hope you will enjoy the first edition of our updated newsletter which replaces the “Mighty Oak”. A little smaller in size, a full picture on the front page, a new name with an emphasis on keeping you connected to everything happening at the Senior Center and so much more. We have also added a few games and a crossword puzzle.

We are so fortunate to be working with Moe and Linda Hafizi from Prime Publication and the publishers of The Magazine of Santa Clarita to help us put this publication together and keep you connected. We have plenty of room if you are interested in advertising in Connections, so please contact Jennifer DeHaven at 661-259-9444.

The Senior Center held the Annual Celebrity Waiter Event in February which raised over \$100,000 for our programs and services. A fun filled event with waiters, Elvis, wild table decorations and music themes from every genre’. Special thanks to our Co-Chairs – Vanessa Wilk and Tony Watson, Brian Koegele our MC and the many sponsors noted in Connections.

Thanks to a wonderful grant from the Henry Mayo Newhall Foundation we are retiring our 20-year-old Handyworker Trucks with almost new Handyworker trucks – please keep spreading the news that we can fix almost anything – to see if you qualify for assistance, please call Lisa Hilton at 661-259-9444.

Important news:

This month – we plan to launch our public campaign to raise \$3 million for the new senior center, with hopes of breaking ground this summer. You can follow all the action at our new website link: www.newseniorcenter.org

We hope you have a wonderful month, that you stay warm and dry and feel “Connected”!

Kevin MacDonald can be reached at kmacdonald@scv-seniorcenter.org or at 661-259-9444



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**Featured On The Cover:
Girl Scout Troop 1542**

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- Anne Scott
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Volunteer Spotlight: Bill & Sharon Black

By Robin Clough, Volunteer & Recreation Coordinator

Volunteers Bill and Sharon Black attest, “We are doers, not watchers!” For six years they have been setting up the lunchroom daily for nearly 200 guests. Food Service Director, Joanna Vallenga states she appreciates “their sincere dedication to our staff, volunteers and seniors. They embody our mission statement daily by helping us promote the quality of life for our seniors – just by doing what they do best. Bill and Sharon are very punctual & reliable in helping us in the sanitation and setup of the multipurpose room for lunch service while ensuring the standards are being maintained.”

When Bill retired from Appel and Sharon from her position as a medical receptionist, they were persuaded to try lunch at the Senior Center. Inspired when he saw a volunteer with a physical limitation, Bill thought “If he can do it, I should volunteer!” Sharon saw how it was helping Bill and soon began volunteering with him. “It makes us feel good,” she shares. “The Senior Center is our joy and our life. We have met so many friends.”

Bill and Sharon go above and beyond. Bill has even become famous for his coffee skills. Joanna Vallenga says

“Bill takes a lot of pride in brewing the coffee - and his secret ingredient is love. With the first

good care of them. We are very appreciative of their help.”

Recently battling cancer



sip, you’ll immediately notice the aroma, acidity, body and flavor. Bill just “gets it and I love drinking his coffee” so much that I will now refer to Bill as “The Coffee Master.” They both take special care of Adult Day Program guests. Coordinator Kerry Guardino says, “Bill and Sharon are sincerely the nicest people. They are always willing to help setting up tables and make the lunch experience perfect. They go out of their way to find out how many people we have for lunch so they can take

and undergoing chemotherapy, Bill insisted on continuing to volunteer in spite of the toll the treatment was taking. “The Center needs my help, and I must be there for them,” he says. “It also gives me purpose to help and then stay to have a good time.” Bill and Sharon have extraordinary dedication and even schedule other commitments around their volunteerism.

The SCV Senior Center is grateful for the wonderful volunteerism of “doers” Bill and Sharon Black.

Senior Center Scholar Series

Annie Oakley, Wild West Sharpshooter

Wednesday, March 29 – 10:00 - 11:00 a.m.

Rooms A-1 & A-2

Both lucky and extremely talented Annie Oakley used her astonishing marksmanship to escape a poor childhood in Ohio and rise to become the first female superstar in what had been a male-dominated profession. Annie Oakley was born Phoebe Ann Mosey on August 13, 1860. Her amazing talent first came to light when the then 15-year-old won a shooting match with traveling-show marksman Frank E. Butler (whom she married). The couple joined Buffalo Bill's Wild West show a few years later where she dazzled audiences with her shotgun abilities, splitting cards on their edges, snuffing candles, and shooting the corks off bottles. While maintaining her modest wardrobe, she also knew how to please a crowd, blowing kisses and pouting theatrically whenever she intentionally missed a shot. In 1884, Oakley attracted the attention of legendary Native American warrior, Sitting Bull, who "adopted" her and named her "Watanya Cicilla," or "Little Sure Shot." Oakley became a renowned international star, performing before royalty and heads of state.



Join Professor Lissa Brassfield for this fascinating presentation!

Attention Tuesday and Thursday Participants in Classrooms A1 & A2

AARP Tax Services will be utilizing Rooms A1 and A2 on Tuesdays and Thursdays, February 8 – April 18, 2017, 8:00 a.m. – 4:30 p.m.

A1 and A2 Tuesday/Thursday Classes will be held in alternate rooms, times, or canceled during this time:

- Anthro/History Club: Room A-6 (will meet at regular time: 9:30 – 11:00 a.m.)
- Art Club – Canceled or may use Atrium (Art Club will continue to meet on Wednesdays)
- Junior Bridge – Canceled
- Table Tennis: Fridays, 1:00- 4:00 p.m. (Except 2/24 and 3/31; Check with receptionist in advance to confirm availability.)
- Restorative Yoga: Room A6, 8:15 -9:15 a.m.
- Coloring Club: Rooms A4 and A5, 9:30 – 10:30 a.m.

Thank you for your patience and flexibility.



Thank You For Loving The Senior Center



TRIPS & TOURS

SCVSC Trips & Tours Presents Fun and Adventurous Outings for All Ages

Aquarius Hotel in Laughlin/

Old Town Oatman - 2 Nights/3 Days!!

Departs: Monday, May 01, 2017 at 8:30 am

Returns: Wednesday, May 03, 2017 at approx. 5:30 pm

Cost: \$199.00 dbl / \$249.00 single

Cancellations up to April 3, 2017 (no refunds thereafter)

Stay at the beautiful Aquarius Hotel and Casino! The next day, the 2nd, hop on the bus for a trip to the old west town of Oatman or stay behind and play at the casino. Located on the historical Route 66, Oatman will take you back in time to the era of the old Wild West with daily gun battles in the streets and visit the hotel where Clark Gable and Carol Lombard honeymooned! Also, have fun feeding and visiting with the local wild burros that roam the streets!



Discover Switzerland, Austria & Bavaria

July 20 – 29, 2017

Journey through spectacular mountain scenery and picturesque cities as you experience the enchanting Alpine cultures of Switzerland, Austria and Bavaria. Spend four nights each in the UNESCO World Heritage city of Bern and the charming Alpine city of Innsbruck. Walk the halls of the 13th-century Château de Chillon, a princely residence on the shores of Lake Geneva. Ride the legendary GoldenPass Panoramic Train from Montreux to the Alpine ski resort Gstaad. Explore Lucerne, the "Swiss Paradise on the Lake." Visit Mozart's birthplace and the Mirabell Gardens, featured in the "Sound of Music," during your time in Salzburg. See the fairytale castle, Neuschwanstein. Visit Oberammergau, a picture-perfect traditional German Alpine village. Sample traditional regional cuisine, including cheese fondue, at some of the oldest and most famous restaurants in Europe.

Pricing: \$3,999pp Double, \$4,299 pp Single

* For bookings made after 1/21/2017 call for rates.

* Included in Price: Round Trip Air from Los Angeles Intl Airport, Air Taxes and Fees/Surcharges, Hotel Transfers

* Not Included in Price: Cancellation Waiver and Insurance of \$280 per person

* All Rates are Per Person and are subject to change based on air inclusive package from LAX.



March Health & Wellness Lectures



New Innovations in Hearing & Hearing Aids

Presented by: Nola Aronson, M.A. CCC-A, SCV Advanced Audiology

Wednesday, March 1st – 1:00 – 2:00 p.m. – Room A1, A2

Hearing is one of the five senses that is very important in maintaining a healthy quality of life. Hearing benefits your balance, communication with family and friends, and the things you can see and hear around you. Join us for Nola's presentation to learn about new innovations in the field, receive a hearing screening, and enter to win a door prize.



Positive Living

Presented by: Etta Martin, LCSW, Supportive Services Consultant, Santa Clarita Valley Senior Center

Wednesday, March 29th – 1:00 – 2:00 p.m. – Room A1, A2

If you maintain positive feelings and emotions you will improve your quality of life. Being positive will strengthen your overall well-being, promote caring relationships, and increase energy and vitality. Join Etta for this presentation on tips in self-managing a positive life.



Happiness and Aging

Presented by: Rolando Toledo, MPH, Wellness Education Specialist, Facey Medical Foundation

Wednesday, March 22nd – 1:00 – 2:00 p.m. – Room A1, A2

Are you a happy person? Studies have shown that wisdom increases with age as well as happiness. Older adults are more optimistic and have a positive outlook on life than the younger stressed out generations. These qualities result in longer life expectancy. Join us for this informative lecture to learn how you can increase your happiness to gain a more positive outlook on life.



Senior Moments Live - Senior Living Options

Presented by SCV Senior Resource Alliance presents

Panel Speakers: Jeff Albert, Mary Dembkowski, Lesile Tasevski, and Joel Green

Wednesday, March 15th – 1:00 – 2:00 p.m. – Room A1, A2

Older adults desire to live in their home for as long as they can to maintain their independence. However, knowing and accepting the fact you may need extra help is sometimes a challenge. Join the panel of speakers in discussing the different living options you have when your needs change and how you can continue to maintain your dignity in the process.

Pain and How to Talk to Your Doctor

Presented by: Pamela Merriam, MSN, RN-BC, OCN, Pain Management Nursing Certified, Clinical Nurse Specialist, Henry Mayo Newhall Hospital

Wednesday, March 8th – 1:00 – 2:00 p.m. – Room A-1

According to the Institute of Medicine of the National Academies, over 100 million Americans suffer from chronic pain. If you suffer from pain it is very important to maintain a good relationship with your doctor. This will ensure you receive adequate care and treatment. Join us for this informative presentation to learn how to manage your pain and helpful tips on ways to effectively communicate with your doctor.



March 2017 -

Health & Wellness Schedule

Health Screenings

Blood Pressure Checks:

- Tuesdays from 10:30am – 12pm, in the Hallway Office

Hearing Screening:

- Wednesday, March 15th, after the scheduled Health & Wellness lecture

Support Groups

- Emotional Support Group: Tuesdays from 10:00am – 11:00am
- Grief Support Group: Tuesdays from 11:00am – 12:00pm
- Caregiver Support Group: Fridays from 9:30am – 10:30am
- Caregiver Workshop: Fridays from 10:30am – 11:30am
- Visually Impaired Support Group – Monday, March 13th and 27th 12:30 – 1:30pm, Bouquet Canyon Senior Apartments



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Patrice Rifkind, Au.D. Doctor of Audiology/Owner
Kevin Bolder, Au.D. Doctor of Audiology
Celeste Sandoval, HIS Hearing Aid Dispenser/Patient Care

MARCH
Is National Nutrition Month

Eat Right!



Thanks, Henry Mayo.



Henry Mayo
Newhall Hospital



henrymayo.com/stories

Healthy Aging

By Leonard Brennan | National Council on Aging

Taking Charge of Oral Health: 3 Ways to Prevent Dental Disease as We Age

Many people—both patients and healthcare professionals alike—believe that toothaches, painful bleeding gums, and tooth loss are as inevitable as gray hair, wrinkles, and fragile skin. The truth is—dental

tooth brushes and floss aides be adapted for people with arthritis that make them easier to hold? The answer to all of these is YES!

Additionally, many different mouth rinses and toothpastes are available to stop decay and kill the bacteria that can cause gum disease and bad breath.

tion, but saliva actually has magical properties that protect us from disorders, like severe and rapid tooth decay, yeast infections, and gum disease. More than 400 of the most commonly prescribed drugs for older adults promote dry mouth and taste disturbances. If you are currently taking any medications, and have noticed these symptoms, talk with your doctor to see if there are other medication options you could try.

3. Stay away from acid-producing foods

Your odds of having dental disease isn't just how well you brush, or the medications you take, but it's also what you eat and how often you indulge. Germs love to feed on sticky sugary foods, which produce acid that promotes tooth and gum decay—and that means cavities. For every exposure to sugar, bacteria produce acids that burn your teeth and gums for twenty minutes.

Remember that oral problems are not inevitable as we age. These are three easy ways you can take charge of your oral health to age well. But it's still important to see your dentist for routine checkups and cleanings.

diseases are not a normal part of aging. They are actually very preventable, and an important part of healthy aging. Here are three tips to help you maintain great oral health as you age.

1. Adopt the right oral techniques

Is an electric toothbrush better than a manual toothbrush? Are there flossing aids available to make the process a little easier? Can handles of

There are also products that are specifically formulated for dry mouth and painful ulcers. Schedule time to talk to your dentist, primary doctor, or physical therapist about these brushing and flossing techniques, as well as preventative products that might be right for you.

2. Make sure you're producing enough saliva!

Many medications and illnesses can limit saliva produc-



Interested In Advertising In Connections?

Please Call Jennifer DeHaven

661-259-9444 ext: 144

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

<i>Happy St. Patrick's Day</i>		Greek Entrée Salad with Turkey ¹	Spaghetti & Meatball ² A classic senior favorite	Tuna Salad Sandwich ³ In house, made to ensure freshness
Chili Egg Puff ⁶	Fish & Chips ⁷ New & Improved Recipe	Cranberry Chicken ⁸ Chicken With Cranberry Sauce	Kalbi Beef ⁹ Korean Style Beef Strips in Sweet & Savory Sauce Over Wild Brown Rice	Chicken Jambalaya ¹⁰ Chicken tossed in a Zesty Tomato Sauce & Corn
Savory Pork Stew ¹³ Pork with onion, yellow bell pepper, garlic, tomatoes, rosemary & thyme	Chicken Galinhada Topped Farofa ¹⁴ A savory Brazilian delight Brazilian Chicken Stew w/ tomatoes and onions	Choice Day ¹⁵ Roasted Fish OR Greek Salad w/ Hot Fish	Napa Almond Chicken Salad Sandwich ¹⁶ Apples, Grapes, Chicken, Celery	Mediterranean Meat Stew ¹⁷ Brown & Wild Rice, Cubed Beef & Gravy
Fish Soft Taco ²⁰ NEW RECIPE!	Choice Day ²¹ Egg Hash OR Beef Liver & Onions	Lemon Caper Chicken ²² Chicken with lemon wedges and capers	Fish Veracruz ²³ Fish Fellets braised with tomatoes, capers, olives & herbs	Turkey Burger ²⁴ Whole Grain Bun & Turkey Patty
Pasta Bolognese ²⁷ Pasta with slow simmered meat sauce	BBQ Pulled Pork Sandwich ²⁸ BBQ Sauce, Pork & Hoagie	Egg Salad Sandwich ²⁹ In-house made to ensure freshness	Balsamic Glaze Chicken ³⁰ A Senior Center Favorite Chicken with Balsamic Sauce	Pescado Puttanesca ³¹ Cod fish garnished with a zesty & savory stir-fry of tomatoes, capers & olives

Note: Menu is subject to change without notice.

Menu for March 2017



The Braille Van will be at the Senior Center on Wednesday, March 8th from 10:00am to 2:00pm

You Are Invited To Join Us For...



Eat Smart, Live Strong

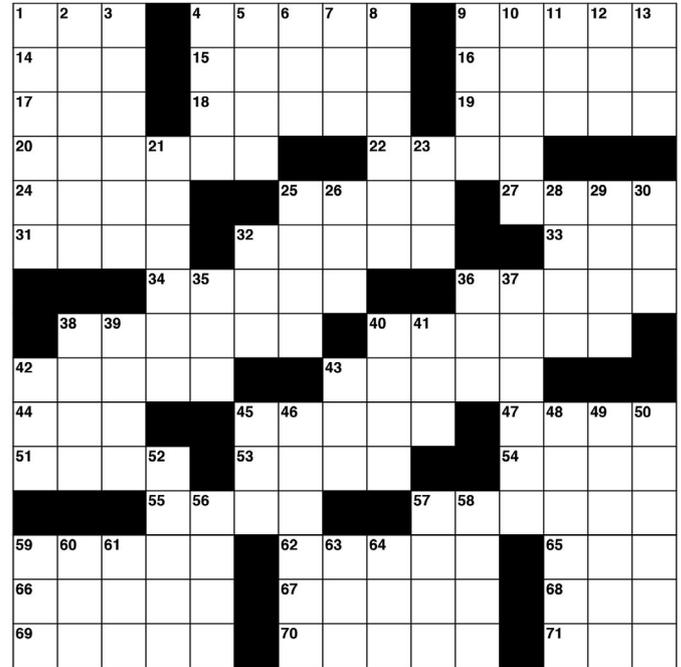
Enjoy fun and lively activities
Talk about easy ways to make smart food choices, exercise more

Learn how to Eat Smart and Live Strong!



Join us on Thursday's
March 9th, March 16th, March 23rd & March 30th
From 10 am - 11 am
Location: Rooms A4 & A5

Q T E S S W M A M L W I R Z S
 L I R F R E E Z I N G V A N U
 Y I X Q W O B N I A R B O N N
 T K U U K R A D A L F W P Q N
 T H U N D E R B I C L O U D Y
 S H A I L I G H T N I N G A P
 O S S B Z B L I Z Z A R D G T
 R L Q Z G L H I C Z A S R Q Y
 H E L C X E L Z Z I M D S U T
 T E R M R K S P N G C Z S O H
 S T P H I M O I A O X L P H A
 I H U O R T N T L Z T A E H W
 M A V A W G S D M O O R W S I
 V Q O A A S U Q Y H L M V L N
 G O T A Y D U J X X G Y S S G



By Evelyn Johnson - www.qets.com

- Blizzard
- Cloudy
- Cold
- Dark
- Drizzle
- Foggy
- Freezing
- Hail
- Heat
- Hurricane
- Icicles

- Lightning
- Mist
- Mizzle
- Rainbow
- Raining
- Sleet
- Snow
- Sunny
- Thawing
- Throst
- Thunder

ACROSS

- 1 Public transportation
- 4 Special case only (2 wds.)
- 9 Major division in a long poem
- 14 Colony insect
- 15 Swimming stroke
- 16 Egg-shaped
- 17 Lose moisture
- 18 Greeting
- 19 Layered
- 20 Become moldy
- 22 U.S. Department of Agriculture
- 24 Fencing sword

25 Ceases

- 27 Write down quickly
- 31 Bird's home
- 32 " __ porridge hot..."
- 33 Pester
- 34 __ bird
- 36 Folded sheet of paper
- 38 Operatic basses
- 40 Baseball's Strawberry
- 42 Beginning
- 43 Tax payer's fear
- 44 Bullfight cheer
- 45 Lays in the sun
- 47 Dines
- 51 Happy

- 53 Gawk
- 54 Cultivate
- 55 Western state
- 57 Pet name
- 59 Hippopotamus' nickname
- 62 Bye
- 65 Wing
- 66 Land measurements
- 67 Serious
- 68 Fisherman's tool
- 69 Plant starters
- 70 Musical time
- 71 Attempt

DOWN

- 1 Evil guys (2 wds.)
- 2 Green
- 3 Fashions
- 4 Throb
- 5 Sketched
- 6 Movie 2001's talking computer
- 7 Night bird
- 8 Rain bringers
- 9 Arctic
- 10 Relating to birds
- 11 Not (refix)
- 12 Fasten
- 13 Peculiar
- 21 Dislike intensely

- 23 Compass point
- 25 Snaky fish
- 26 Congressional vote
- 28 Merely
- 29 Animal's hind part
- 30 Self-esteem
- 32 Not against
- 35 Fire remains
- 36 Friday (abbr.)
- 37 Mexican food brand
- 38 Duck "beak"
- 39 Location
- 40 Nobleman
- 41 Advertisements
- 42 Marsh
- 43 American sign language

- 45 Constrictor snake
- 46 Appalled
- 48 Brazen
- 49 Hard worker
- 50 Hot, after exercising
- 52 Fooled
- 56 Throw in the air
- 57 Bottomless
- 58 European monetary unit
- 59 Owns
- 60 Winter hazard
- 61 Before (prefix)
- 63 Deer
- 64 Large computer co.

solution on page 14

AARP Tax-Aide



Free Tax Help!

For taxpayers with low- and moderate-income, with special attention to those age 60 and older.

Tax season is never taxing for those who utilize the services of AARP tax volunteers at the SCV Senior Center. Jim Ozasky is the SCV Senior Center local coordinator for AARP's Tax Aid Foundation program. It is targeted to those with low-income and seniors, but provides full service as well. His extraordinary team of volunteer tax counselors are trained each year on state and federal tax regulations, and are certified by the IRS to provide tax preparation services.

Services are free and will be offered at the SCV Senior Center February 7 through April 18 on Tuesday and Thursdays from 9 a.m. to 3 p.m.

To schedule an appointment to have your taxes prepared, contact the SCV Senior Center receptionist at 661-259-9444.

SCV Senior Center Advisory Council

Meet Merrilyn Lawson this month's featured SCV Senior Center Advisory Council member.



Merrilyn is one of our talented "Crafters" who provides handmade items sold to raise money for the Senior Center activities. Karen is also the Council's contact point for seniors living at The Willows.

The role of the SCV Senior Center Advisory Council is to be an advocate for Senior Center attendees, as well as all seniors, by promoting independence, dignity and quality of life. For more information about SCV Senior Center Advisory Council, please contact the Senior Center at 661-259-9444.



Linda Arous, M.D.
Family Medicine



Lena Arous, M.D.
Internal Medicine

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OFFICE HOURS

Monday - Friday 8:00am-5:00pm

Closed on Saturday & Sunday

Recreational Fun at The Senior Center

St. Patrick's Day Celebration



Friday, March 17, 2017
11:30 – 12:30 pm
Dining Room

Celtic Harp & Vocal Performance
by Kristie Rose

Irish Tunes with John O'Swinford & Co.
Lucky Cake sponsored by Atria Senior Living



First & Third Thursdays • Fourth Saturdays!

March 2, March 16, & March 25
Thursdays: 2:00 p.m. – 5:00 p.m.

Doors open at 1:30 p.m.

Saturday: 1:00 p.m. – 3:00 p.m.

Doors open at 12:30 p.m.

\$10 (cash only)

SCV Senior Center Dining Room

Try your luck to win cash prizes! Door prizes!

Daubers Available for Purchase - \$1 each

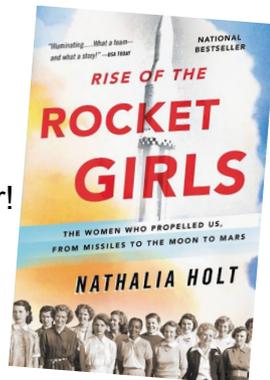
Extra Black Out Sheets - \$1

Powerball - \$1

We thank the Fountain Glen Apartments for generously donating bingo equipment and to Nancy & Roland Pacheco for their sponsorship.

Rise of the Rocket Girls Book Discussion

Celebrate the
City of Santa Clarita
Public Library's
"One Story One City"
at the SCV Senior Center!
Thursday, March 9, 2017
1:00 – 2:30 pm
SCV Senior Center



The riveting true story of the women who launched America into space. In the 1940s and 50s, from Missiles to the Moon to Mars. Based on extensive research and interviews with all the living members of the team, "Rise of the Rocket Girls" offers a unique perspective on the role of women in science: both where we've been, and the far reaches of space to which we're heading.

Contact Robin to check out a book copy:
rclough@scv-seniorcenter.org, 661-259-9444



Concert & Art Exhibit "Man, Oh Man!"

Concert of Songs Based on Men's Names

As a companion piece to last summer's popular music program "Girl's Night Out," which featured songs based on women's names, the Silvertone Singers are pleased to present "Man, Oh Man!" This program features favorite tunes from several decades, including "Fernando," "Elmer's Tune," "Message to Michael," "Bill Bailey," "Alexander's Ragtime Band," and many more.

Art Exhibit

**Featuring masterpieces by
SCV Senior Center art students.**

Thursday, March 30, 2017
Concert: 2:45 – 4:30 p.m.
Art Show: 2:00 p.m.
SCV Senior Center Dining Room
Donations Accepted



Please join us for an afternoon of visual and auditory stimulation and merriment!
Light Refreshments will be served



Anne's Corner

MARCH 17th
ST. PATRICK'S DAY

Ann Scott

Even though St. Patrick was once a pagan, he is one of Christianity's most widely known figures. The modern secular holiday is based on the original Christian Saint's feast day that was thought to be the date of his death. In 1737, Irish immigrants in the U.S. began observing the holiday in Boston and held the first St. Patrick's Day parade in New York City in 1762. It is widely celebrated in many countries today. There are parades, dancing, eating Irish foods and wearing of the green. In modern day Ireland, St. Patrick's Day had traditionally been a religious occasion. In 1970 Irish laws mandated the government pubs be closed on March 17. But in 1995 that changed and the government wanted to use the day to promote tourism. Last year close to one million took part in Ireland's St. Patrick's Day parade in Dublin, Ireland and its festivities. They also celebrate in Dublin, GA. They feast on Irish bacon and cabbage. There is a lot of folklore about the shamrock, leprechaun, and pinching those who do not wear green.



Even though St. Patrick was once a pagan, he is one of Christianity's most widely known figures. The modern secular holiday is based on the original Christian Saint's feast day that was thought to be the date of his death. In 1737, Irish immigrants in the U.S. began observing the holiday in Boston and held the first St. Patrick's Day parade in New York City in 1762. It is widely celebrated in many countries today. There are parades, dancing, eating Irish foods and wearing of the green. In modern day Ireland, St. Patrick's Day had traditionally been a religious occasion. In 1970 Irish laws mandated the government pubs be closed on March 17. But in 1995 that changed and the government wanted to use the day to promote tourism. Last year close to one million took part in Ireland's St. Patrick's Day parade in Dublin, Ireland and its festivities. They also celebrate in Dublin, GA. They feast on Irish bacon and cabbage. There is a lot of folklore about the shamrock, leprechaun, and pinching those who do not wear green.

WISDOM VERSUS AGE

A farmer visited his son's college. Watching students in a chemistry class, he was told they were looking for a universal solvent. "What's that?" asked the farmer. "A liquid that will dissolve anything," he was told. "That's a great idea," agreed the farmer, "but when you find it, what are you going to keep it in?"



The Reason I Don't Play Poker



Rita Roth

In order to be a good poker player and win lots of money one must have an inscrutable demeanor, unfortunately I do not. Whatever I am thinking and feeling is readily apparent on my face. If I am sad it shows, If I am happy, that shows too. If I am angry and you ask me "what's wrong?" even if I say "nothing is wrong, every thing is just fine" you will know better.

Can you imagine me in a cut throat poker game? Everyone has thrown their money in the pot and the cards are being dealt. I look at my hand and before I know it I am grinning from ear to ear. If I were a dog I would be wagging my tail. This would not be good, Instead of throwing more money into the pot my opponents would start folding like badly put together beach chairs. I would undoubtedly take the pot and rake in about \$9.75.

I don't know how one gets to be inscrutable. Is it something that some people are born with, or is something that is acquired only after long years of practice? Either way it must be a very useful characteristic. For bargaining purposes it would be without peer. Imagine going to a garage sale and spotting an item that you really, really want, and being able to feign indifference, if not outright disdain. That would be so much more effective than rushing up and saying something like "oh I really want this, how much are you asking for it?" the price would automatically be raised by at least 20%.

My sister is a better garage sale negotiator than am I. Whenever she asks the price of something she always prefaces the query with the word "little" therefore implying that because it is "little" it is of small value. It doesn't matter if the object is a massive oak wardrobe, her inquiry would still include the word little.

My total lack of inscrutability was never more apparent than when I first saw the house in Frazier Park that was to become my home. I loved it at first sight and following true to form, I made no secret of this fact. As I danced from one room to the other proclaiming my delight, the realtor was probably already deciding how he would spend his commission.

So there you have it. I don't have a poker face and therefore I can never play poker..

Let The **MUSIC** PLAY



Saturday
February 18, 2017
at 5:00pm

at the
Celebrity Waiter Dinner

THANK YOU TO ALL OF OUR SPONSORS

Head Table



Platinum Tables



Gold Tables



Silver Tables



THANK YOU TO OUR MEDIA SPONSOR



THANK YOU TO OUR INKIND SPONSORS



Ongoing Classes at the SCV Senior Center

The SCV Senior Center offers over 100 educational, recreational, and supportive programs on a regular basis. Most activities are for adults 18 and over. For more complete information and fees, please call the Center at 661-259-9444, or visit our website at www.scv-seniorcenter.org

ARTS & CRAFTS CLASSES

Art Club: Tues., Wed. & Thurs., 9:30am – 12:00pm, Room A2

Mindfulness Coloring Club: Thurs., 10:00am – 11:30am, Room A1 with Mary Ellen Dittmore

Needlework: Mon., 9:00am – 12:00pm, Room A1

Watercolor Virtual Art Lessons: Beginner level: Fri. 1:30pm - 3:30pm; Intermediate level: Thurs. 9:30am – 11:30am, Room A6

DANCE & MUSIC

Line Dance by Ramona Thomas: Mon., 2:00pm – 3pm, Dining Room

Line Dance by Helen Walker: Tues., 9:30am – 10:30am, Dining Room

Line Dance by Marie Del Georgio: Wed., 6:00pm – 7:30pm, Dining Room

Orchestron: Wed, 2:45pm - 5:30pm, Rooms A1 & A2

Silvertones Singers: Mon., 12:00pm – 2:00pm, Newhall Community Center

Tap Dancing by Laura Russell: Thurs., 9:30am – 10:15am, Dining Room



FITNESS PROGRAMS

Advanced T'ai Chi Ch'uan by Allen Wells: Tues., Thurs., 8:45am - 9:30am, Dining Room

Beginning T'ai Chi Ch'uan by Allen Wells: Tues., Thurs., 8:00am – 8:40am, Dining Room

EZ T'ai Chi Ch'uan by Sarah Lowman: Tues., 3:00pm – 4:00pm, Dining Room

Fitness: Mon., Wed., & Fri., 8:30am - 9:30am, Dining Room

Flex & Flow Yoga by Diane Hedrick: Mon. & Wed., 4:15pm – 5:00pm, Dining Room

Restorative & Gentle Yoga: Thurs., 8:20am – 9:20am, Rooms A1 & A2

Sit & Be Fit Chair Exercise by Linda Bennett: Mon., Wed., Fri., 9:45am - 10:15am, Dining Room

Zumba Gold – Mon., Wed. & Fri., 3:30pm - 4:15pm, Dining Room



LIFELONG LEARNING

Archaeology & History Discussion Group: Tues., 9:30am to 11:00am, Room A1 free

French by Daniele Washburn: Wed., 10:00am – 11:00am, Support Services Conference Room

Digital Drop In by Julie Oshiro: Second Thurs, 9:00am – 11:00am, Reception Office

Billiards Lessons for Ladies by Russ Evans: Tues., Beginners 4:30pm – 6:00pm, Experienced 6:00pm – 8:00pm

Computer Class - PC and Mac: Call SCV Senior Center for more information.

Creative Writing: Mon., 2:00pm – 3:30pm, Mary's Room (Room A6)

Sharpen Your Computer Skills: Word and Excel computer classes for beginners. Call for more information

ZoomText Computer Tutoring for the Visually Impaired: Call SCV Senior Center for an appointment.

PERSONAL DEVELOPMENT

AARP Drivers Safety: Monthly, Rooms A1 & A2, Call SCV Senior Center for an appointment.

Conscious Aging Workshops by Dr. Teri Crane: 4th Wed., 2:00pm - 3:30pm, Mary's Room (Room A6)

Current Events Discussion Group: Mon., 10:00am - 11:30am, Support Services Conference Room

Mindful Meditation for Health & Happiness: 2nd & 4th Monday, 1:00pm – 2:00pm, Mary's Room (Room A6)

RECREATION & LEISURE

Beginning Duplicate Bridge Lesson: Tues., 12:30pm - 4:30pm, Mary's Room (Room A6)

Bingo: 1st and 3rd Thursdays, 2:00pm, Dining Room (\$10 – cash only)

Duplicate Bridge: Mon., 1:00pm – 4:00pm, Room A2

Duplicate Bridge Evenings: Tues., 6:45pm – 10:00pm, Dining Room

Canasta: Mon., 1:00pm - 4:30pm, Mary's Room (Room A6)

Chess Club: Mon. – Fri., 10:00am – 2:00pm, Room A5

Pinochle: Mon., Wed., Fri., 1:00pm - 4:30pm, Room A4

Food & Knick-Knack Bingo: Fri., 10:30am - 11:30am, Room A2

Ping Pong: Tues, 1:00pm – 4:00pm, Room A1

Wii Games: Tues. & Thurs., 1:00pm – 3:00pm, Mary's Room (Room A6)

