



SCV SENIOR CENTER Connections

JUNE, 2017



\$11.4 Million
Total Project Cost

\$1.75 Million
Remaining Goal

**“Have you made
your contribution?”**
www.newseniorcenter.com



*Inside ...
Health & Wellness
Trips & Tours
Word Games
June Menu*



2017 – Building for a Better Tomorrow!

A Series of Articles by
Executive Director
Kevin MacDonald

This month, I wanted to share with you a letter that Peggy Rasmussen, President of the Board and I are sending to thousands of individuals asking them to support our campaign to build a new Senior Center for you and your loved ones. We hope you will join us on this incredible journey!

“Without the SCV Senior Center, my husband would not be here today. It gives us a reason to get up and gives us a place to go.”

- Sharon Black, SCV Senior Center Volunteer

Dear Friends,

For over 40 years, the SCV Senior Center has provided vital programs and services for our seniors – as well as a place to connect and thrive. Now, for the first time, we are asking for your support of the Capital Campaign to help us build a new Senior Center in Santa Clarita.

Today, you can help us realize the dream of a new Senior Center for our growing number of seniors and their families. The new Center will be three times larger than the existing facility and will include numerous amenities – but, we need you to make this happen.

The Support for a New Center is Growing

The County of Los Angeles and City of Santa Clarita have both made very substantial funding commitments – but, we need you!

A Center for Now and the Future

This is a significant opportunity for growth and a chance to make a lasting impact on today’s – and tomorrow’s – seniors. Will you rally behind us and contribute to this campaign? You can be a part of this historic effort and claim that you helped build this momentous Center in the heart of Santa Clarita!

Make a Donation for Generations to Enjoy!

Join hands with us as we build a Center for you, your family and generations to come. Please give what you can. Thank you for believing in our mission as we serve our seniors together. Make this an investment for a lifetime.



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Site of the new
SCV Senior Center

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Anne Scott
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SCV SENIOR CENTER
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magazine.com



SCV Senior Center New Building Campaign
22900 MARKET STREET • SANTA CLARITA, CA 91321
(661) 259-9444

NewSeniorCenter.com

Building Party!!!!!!!!!!!!

Tuesday, June 22, 2017

5:30 p.m. – 7:30 p.m.

At the Senior Center – 22900 Market Street, Santa Clarita

Admission: Free!

Music, Beer, Wine & Friends - Casual Attire

Featuring: John & Bob, The Memory Makers & Special Guest
Adam Tunney – Great Band Singer of Yesteryear!

A Fun Evening for Everyone!

Required: Accept our Envelope at the Door to make a Donation to
helping us Build a New Senior Center and leave the envelope with us.

Come join the party and help us make build something special for the
Seniors in the Santa Clarita Valley

RSVP – Yes, please call Diane at 661-259-9444

Out of town? Sick? – make a donation at newseniorcenter.com



BUILDING OUR FUTURE TOGETHER – OPENING 2018 WITH YOUR SUPPORT!

Volunteer Spotlight: Anne Scott

By Robin Clough, Volunteer & Recreation Coordinator

Coming from Georgia and South Carolina, volunteer Anne Scott brings true southern hospitality and charm to the SCV Senior Center. Anne shares that “the Lord blessed me with a lot of energy,” which is very apparent by the time and hard work she contributes as a volunteer.

Anne was a school administrator in South Carolina for 30 years, in charge of 800 children and 85 personnel. “The buck stopped with me,” she states. “Just like my work at the Senior Center, I always tried to make things better and the schools became Blue Ribbon winners.”

While in Georgia, Anne volunteered at the senior center where she memorized all membership ID card numbers so guests did not have to get out their cards! She relocated to Santa Clarita to be near her son, who teaches at Masters Seminary and was determined to continue her volunteerism for seniors.

Three days a week Anne serves lunches and afterward can be found enthusiastically scrubbing pots, pans, floors, and anything in her sight. She takes joy in the work realizing that it is making a difference. Anne also volunteers as lunch cashier and

is the talent behind “Anne’s Corner” in our Connections Newsletter. Her column includes recipes, stories, and jokes. Anne states, “I want people to read it and have a laugh.”



Food Service Director Joanna Vallelunga praises Anne saying, “Anne assists in many areas of our Food Services Program. She is a learning coach, cashier, server, busser, dishwasher and readily slides to assist anywhere help is needed. She is the epitome of a volunteer!”

Anne is amazed at how much is accomplished at the SCV Senior Center and the level of activity. She says, “I love being able to interact and joke with everyone. The people here make it really a blessing.”

Anne is a world traveler and has lived in seven different states. She says, “I am happy and content wherever I am.” She philosophically shares that it is not the location as much as the people that make a place special.

The SCV Senior Center is grateful to Anne Scott for her warmth, extraordinary volunteerism, and for being one of those “people that make the place special.”

Crochet & Jewelry Making

With Janet Battison

Learn basic crocheting techniques to create your own afghan, scarf, or pot holder!

Discover the joy of making your own jewelry.

All levels welcome.

First class will be an introduction and overview.

Please contact instructor Janet Battison if you have any questions: j1candle@gmail.com



First & Third Mondays

Beginning June 5, 2017

Crochet: 9:00 a.m. – 10:00 a.m.

Jewelry: 10:00 a.m. – 11:00 a.m.

No charge

Saturday, June 17

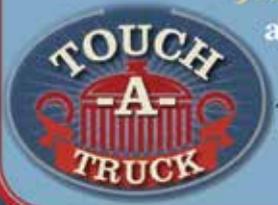
9:00 a.m. – 1:00 p.m.

at Central Park

27150 Blouquet Canyon Road,
Santa Clarita, CA 91350

"Come and enjoy a family friendly day that will give children young & old a chance to explore all kinds of amazing vehicles."

Councilwoman, Marsha McLean
Event Chair



Get up close and personal with cool vehicles and the people who drive them!



- Face Painting
- Balloon Animals
- Obstacle Course
- Beach Ball Drop
- Sensory Friendly Activities
- More Fun!

- Food
- Ice Cream
- Etc.



\$5 per person
Dads accompanied by a paying child get in **FREE!**
Children 2 and under **FREE!**

- Sheriff's Cars
- Fire Trucks
- Ambulances
- Dump Trucks
- Military Vehicles
- And Many More!

Ways To Give

DONATE ONLINE at newseniorcenter.com

WRITE A CHECK to SCVCOA-Building Fund (Memo: Capital Campaign) & Mail to 22900 Market Street., Santa Clarita, CA 91321

CALL IN A CREDIT CARD DONATION to the SCV Senior Center 661-259-9444

ARRANGE GIFTS of Stocks, Securities & More with Executive Director Kevin MacDonald; 661-259-9444 ext. 123

Your Donation is tax deductible

Presented by
Creative Source Marketing

Live Concert, Dinner & Dancing

Featuring



And Special Guest
Ramiko Stevens &
Music Ensemble

Sunday, June 25, 2017 5 - 10:30pm

Hyatt Regency Ballroom

24500 Town Center Drive, Valencia, CA 91355

Ticket Information:

Dinner, Concert & Dancing: \$65

Concert & Dancing: \$40

(Ask about early bird 10% off till 4/30)

Tickets available at:

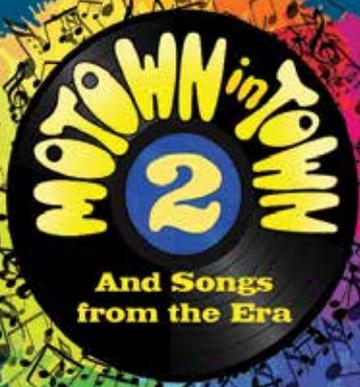
FastFrame, Valencia 661-291-1325

SCV Senior Center, Newhall 661-259-9444

Paypal accepted

Or call 661-312-3422

or visit ZonyGordon.com/creative-source-marketing



Art show, silent auction & boutique in the lobby
Benefiting the SCV Senior Center



In cooperation with



May Health & Wellness Lectures

Elder Abuse Awareness: Protect Yourself and Loved Ones

Presented by: Representatives from WISE & Health Aging and Adult Protective Services



Wednesday, June 7th - 1:00 – 2:00 p.m. Room A1, A2

World Elder Abuse Awareness Day is June 15th this year. Over millions of cases of elder abuse are reported each year. There are many types of elder abuse: physical abuse, sexual abuse, financial abuse, isolation, or neglect. Elder abuse can happen anywhere and affects seniors across all socioeconomic groups, cultures and races. Join us for this informative presentation and learn how to protect yourself and your loved ones.

Accessing Your Medical Record & Your Patient's Rights

Presented by: Alex Hollenbach, Director & Fred Legaspi, Manager, Health Information Management, Henry Mayo Newhall Hospital

Wednesday, June 14th - 1:00 – 2:00 p.m. Room A1, A2

Health information is all your medical information that the hospital has on you. This is information on your medical history such as, procedures, diagnoses, lab results, and symptoms. This information is helpful to you and health professionals in understanding your health and different health changes. Join us for this informative presentation on how to be an advocate for yourself in understanding your health information.



Preserving Your Memory

Presented by: Dr. Haydeh Fakhrabadi, Psy.D., Clinical Psychologist II, Los Angeles County Department of Mental Health

Wednesday, June 21st - 1:00 – 2:00 p.m. Room A1, A2

As you get older changes occur in all parts of the body, including the brain. Therefore, it is quite common for you to experience moments of forgetfulness. However, having moments of forgetfulness does not necessarily mean you have serious memory problems. Join us for this informative lecture to learn useful tips and brain exercises to sharpen your thinking and keep moments of forgetfulness to a minimum.



Fighting Inflammation in the Kitchen

Presented by: Nina Young, MS, RD, Wellness Education Specialist, Facey Medical Foundation

Wednesday, June 28th - 1:00 – 2:00 p.m. Room A1, A2

Inflammation is a normal and beneficial process of our body's however, it can become a health issue when it gets out of hand. Did you know that chronic inflammation can lead to chronic disease such as, obesity, cancer, and heart disease? Your diet plays a vital role in getting inflammation or not. Join us for this educational presentation to learn what healthy food to eat in order to avoid unhealthy inflammation.



**May 2017 -
Health & Wellness Schedule**

Health Screenings

Blood Pressure Checks:

- Tuesdays from 10:30am – 12:00pm, in the Hallway Office

Support Groups

• **Emotional Support Group:**

Tuesdays from 10:00am – 11:00am

• **Grief Support Group:**

Tuesdays from 11:00am – 12:00pm

• **Caregiver Workshop:**

Fridays from 9:30am – 10:30am

• **Caregiver Support Group:**

Fridays from 10:30am – 11:30am

• **Visually Impaired Support Group:**

Monday, June 12th and June 26th, 12:30 – 1:30pm, Bouquet Canyon Senior Apartments

THE PERFECT MATCH...YOU AND HOME INSTEAD SENIOR CARE



Home Instead SENIOR CARE®
To us, it's personal.™
661-254-8701
All our caregivers are experienced, screened, bonded and insured.

Trusted in-home care... from 90-minutes to 24 hours

- Meal Preparation
- Bathing/Dressing
- Walking/Exercising
- Lt Housekeeping/Linens
- Medication Supervision
- Transportation/Errands

HCO # 194700208 CA License



The Braille Van is scheduled to be at the Senior Center on Tuesday June 13th from 10:00am to 2:00pm.

WORLD ELDER ABUSE AWARENESS DAY (WEAAD) 

SCAM BINGO!

Presented by:

SMARTER than a scammer
A PROJECT OF WISE & HEALTHY AGING
www.wiseandhealthyaging.org
(310) 394-9871

LOS ANGELES COUNTY AREA AGENCY ON AGING
WORKFORCE DEVELOPMENT, AGING AND COMMUNITY SERVICES

ADULT PROTECTIVE SERVICES
<http://wdacs.lacounty.gov/contact-us/>
211 or (800) 510-2020 / (877) 477-3646

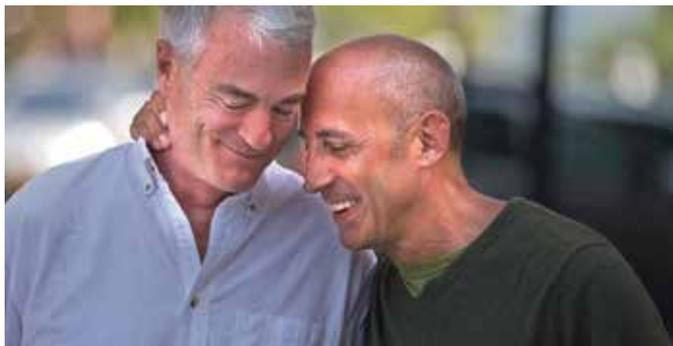
Wednesday, June 7, 2017 - 1:00 pm
At the Santa Clarita Valley Senior Center Room: A-1 & A-2
Play and learn about common scams and schemes, stay for PRIZES!



Dementia and Alzheimer's Disease 101: The Difference and Why it Matters By Lauren Snedeker, LMSW

Dementia and Alzheimer's disease are often spoken about interchangeably, but they are not the same condition. During Dementia Awareness Week, we want to share the different types of dementia and the warning signs.

Dementia vs. Alzheimer's Dementia is a general



term that describes a wide range of symptoms associated with a decline in memory or other thinking skills, including judgment, reasoning, and complex motor skills. There are several dementia-related illnesses, and Alzheimer's is one of them.

Alzheimer's disease is the most common cause of dementia and accounts for 60–80% of dementia cases. It is a chronic disease that causes memory loss or difficulty thinking or problem-solving—to the point where it interferes with everyday activities. Alzheimer's disease can progress to the point where a person doesn't remember their own family and might undergo a complete personality change.

Other types of dementia include:

Vascular dementia: A decline in memory and thinking skills brought on by blockage or reduction of blood flow to the brain that deprives the brain of oxygen and nutrients. Risk factors are similar to those for heart problems,

stroke, and other diseases that affect blood vessels.

Lewy Body dementia (LBD): An umbrella term that refers to both Parkinson's disease dementia and dementia with Lewy bodies, which are protein deposits that develop in nerve cells in the brain regions involved in thinking, memory, and movement.

Frontotemporal dementia (FTD): The Mayo Clinic describes FTD as a diverse group of uncommon disorders that primarily affect the frontal and temporal lobes of the brain—the areas generally associated with personality, behavior, and language.

These dementia-related illnesses are not a normal part of aging, and in order to limit your chances of getting dementia and/or to better manage the condition, it's important to know the symptoms and the prevention techniques that are most effective.

Preventing dementia

The biggest risk factors for these conditions are things you often can't control, including age, family history, and genetics. However, the good news is that studies suggest that lifestyle changes can slow or prevent onset.

Exercise: Staying active isn't just good for your heart; it's also great for your brain.

Sleep: Your brain does important stuff while you are sleeping, so getting at least 7 hours of deep sleep a night is crucial.

Be smart about your diet: Research suggests that the foods you eat can affect your brain health, both for the better and for the worse.

Control other chronic conditions: Keep your blood pressure, cholesterol, and blood sugar within recommended limits.

Be mindful of harmful substances: Limit alcohol use and eliminate smoking.

Challenge your brain: Try small things, such as brushing your teeth or eating with your non-dominant hand.

Continue to pursue favorite hobbies or take up new ones: Art, music, gardening, and learning a new language are just a few that can help keep your mind active.

Manage stress: Relaxation techniques, such as yoga or meditation, can be helpful.

Use your health care: Visit your doctor or health care professional regularly and be sure to stay up-to-date on preventive screenings and benefits.

Warning signs and symptoms

The following are some common warning signs and symptoms of dementia. Keep in mind that every individual is unique and may not exhibit all of them. Always consult a physician to discuss changes in memory and thinking

An advertisement for Audiology Associates. It features a large graphic of a hearing aid in the background. The text reads: "Audiology associates", "Better Hearing Begins Now!", "Happy Father's Day!", "HEARING TIES US TOGETHER", "Schedule a hearing evaluation today!", "661.284.1900", and "www.audiologyassociates.net". There are also photos of two audiologists, Patricia Kiland, Au.D. and Kevin Solder, Au.D., and a photo of an elderly couple.

Continued on facing page

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

Happy Father's Day

Happy Father's Day			1 Kalbi Beef	2 Chicken Jambalaya
5 Savory Pork Stew	6 Sweet and Sour Chicken	7 Roasted Fish Entrée	8 Napa Walnut Chicken Salad Sandwich	9 Mediterranean Beef Stew
12 Fish Taco	13 Egg Hash (contains pork, egg, spinach and potato)	14 Lemon Caper Chicken	15 Cod Veracruz (contains diced tomato, capers, herbs)	16 The "MacDonald" Turkey Burger
19 Pasta Bolognese (Tomato sauce simmered in beef)	20 BBQ Pulled Pork Sandwich	21 Egg Salad Sandwich	22 Balsamic Chicken	23 Pescado Puttanesca (Cod Fish topped with tossed diced tomato, vegetables and herbs)
26 Chicken Curry	27 Chili Egg Puff	28 Beef Taco Salad	29 Mexican Fish and Salsa	30 Pasta with Chicken (creamy tomato sauce, sundried tomato, spinach, parmesan cheese)

Note: Menu is subject to change without notice.

Menu for June 2017

abilities. A thorough assessment by your physician or a specialist, such as a neurologist, can determine what is causing these symptoms.

Difficulty finding words

Trouble completing multi-step tasks

Challenges with identifying time, person, or place

Misplacing familiar objects

Personality changes

Loss of interest in important responsibilities

Expressing false beliefs

Changes in judgment

Whether you are a professional, family member, friend, spouse, or community member, it is beneficial to understand different causes that can impact one's memory other than the potential presence of dementia.

Physical health changes, such as a vitamin deficiency, thyroid problem, urinary tract infection, medication side effects, stress, Substance abuse, and depression may all cause changes in memory and other symptoms of dementia, such as confusion. A thorough assessment

by your physician or specialist, such as a neurologist can determine what is causing these symptoms.

Take action

Although it can be scary or challenging to acknowledge changes within ourselves or someone close to us, it is important to do so and take action.

Early detection of memory issues can allow you to participate in care planning decisions and explore clinical trials. For some, receiving a diagnosis also can provide some relief in knowing that it's not something they are doing but rather something that is occurring in them.

For those who have been diagnosed with Alzheimer's or another form of dementia, it's important to learn how to maintain quality of life and keep health care costs down. Chronic Disease Self-Management Education (CDSME) workshops—developed by Stanford University—are evidenced-based community programs proven to help individuals with early stage dementia and their

Car Parts 1 - Word Search

Find the words hidden in the grid of letters.

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

- | | |
|----------------|----------------|
| AIR BAG | MUFFLER |
| BODY | POWER WINDOW |
| BRAKE | RADIO |
| CAR SEAT | ROOF |
| CARRIER RACK | SEAT BELT |
| CHILD SEAT | STEERING WHEEL |
| CRUISE CONTROL | TAIL LIGHT |
| DEFOGGER | TIRES |
| DOORS | TRUNK |
| ENGINE | WHEELS |
| GAS TANK | WINDSHIELD |
| HOOD | |

MOVIE TIME

Wednesday, June 14 (and every second Wed.)

1:00 p.m., Room A6

Donation optional: \$1.00

Popcorn available for \$0.50

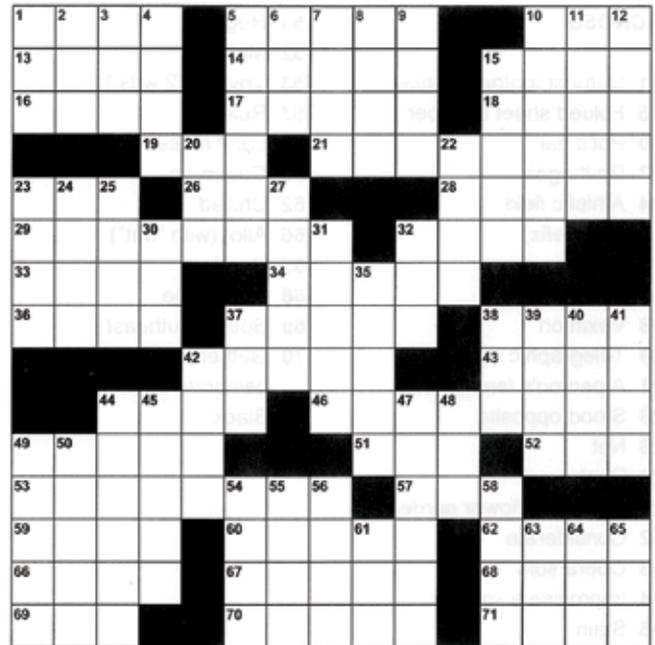
Call Senior Center for movie title

Winner of Best Picture Award in 1944 Drama,
 Romance, War (Run time 1 hr., 42 min.)



Interested In Advertising In Connections?
 Please Call Jennifer DeHaven
 661-259-9444 ext: 144

FATHER'S DAY



By Evelyn Johnson - www.qets.com

ACROSS

- 1 Defunct football league
- 5 Foilded sheet of paper
- 10 Pot's Pal
- 13 Do it again
- 14 Athletic field
- 15 Air (prefix)
- 16 Not far
- 17 Instruct
- 18 Vexation
- 19 Telegraphic Signal
- 21 A person's female child
- 23 Stood opposite
- 26 Net
- 28 Rent
- 29 Patterned flower garden
- 32 Considerate
- 33 Opera solo
- 34 Improvise a speech
- 36 Stain
- 37 Large water body
- 38 Acting (abbr.)
- 42 Foe
- 43 Speak indistinctly
- 44 Vanish
- 46 Person sensitive to art
- 49 Texas stew
- 51 Regret
- 52 Man

- 53 Voyage (2 wds.)
- 57 Rule
- 59 Land mass
- 60 Grown-up
- 62 Chilled
- 66 Allot (with "out")
- 67 Dried up
- 68 Apple type
- 69 South southeast
- 70 Gathering of people to celebrate or have fun
- 71 Black

DOWN

- 1 Vase
- 2 Perceive
- 3 Food & drug administration (abbr.)
- 4 Male aristocrat
- 5 Male Parent
- 6 Unrefined metal
- 7 Guide
- 8 S.A. Indian
- 9 Next to Kauai
- 10 5 Group
- 11 Constellation
- 12 "___ Dame"
- 15 Pallid
- 20 Reverence
- 22 Fluent
- 23 Baths
- 24 Retired Persons association (abbr.)
- 25 Triad
- 27 Support
- 30 Make Lace
- 31 Water retention
- 32 Relation
- 35 Tier
- 37 Less than two
- 38 Fire remains
- 39 Horse fly
- 40 Ballet skirt
- 41 Shade of black
- 42 Rewrite
- 44 Limited
- 45 Fish tank growth
- 47 Muggy
- 48 British drink
- 49 Mollusks
- 50 Lawn waterers
- 54 File
- 55 Belief
- 56 Happy cat sound
- 58 Woman to whom a man is married
- 61 Allow
- 63 Baby bear
- 64 Self-esteem
- 65 Loud noises

solution on page 14

Caregivers successfully manage chronic conditions. The workshops can be completed in-person at a local organization in your community or even online. To learn more about workshops in your community, contact your local area agency on aging.

If you have questions, or are looking for support with dementia, the Alzheimer's Foundation of America has a toll-free national help line where you can talk with a licensed social worker. Call 866-232-8484. Understanding dementia can help change the conversation, alleviate stigma around dementia-related illnesses, and increase support for individuals living with them. If you know someone who might have dementia, please share this information with them.

SCV Senior Center Advisory Council

Meet Judy Strong.

This month's featured SCV Senior Center Advisory Council member.



Judy has responsibility for Council Membership & Attendance as well as being one of the Advisory Council's Virtual Art Team members providing Art Lessons for seniors, at the Senior Center.

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.

Celebrate Philippine Independence Day

Monday, June 12 – 12:00 p.m.

Dining Room Enjoy traditional songs of the Philippines and learn about their rich culture.

Ballroom Dance & Karaoke Fun!

Tuesday, June 13 – 1:30 – 2:50 p.m.

Dining Room - \$5

Facilitated by Art Reyes

All proceeds benefit the new SCV Senior Center building.



Sobita Mallia, M.D.
Internal Medicine/Geriatrics

Stay local and receive quality healthcare at



HERITAGE
Sierra Medical Group



Currently accepting new patients with Medicare, Medicare/Medi-Cal & Medicare Advantage Health Plans!
For information on how to become a Heritage Sierra Medical Group member, or to inquire on other Providers available in the Santa Clarita Valley, please contact our Member Services Department at (661) 273-7346.

OFFICE HOURS

Monday - Thursday 9:00am-4:30pm Friday 1:00pm-5:30pm Closed Saturday & Sunday

25775 McBean Pkwy • #107 • Valencia, CA 91355
Phone: (661) 799-7007 Fax: (661) 799-7215

In partnership with Henry Mayo Newhall Hospital

Recreational Fun at The Senior Center



First & Third Thursdays Fourth Saturdays!

June 1, June 15, and June 24

2:00 p.m. – 5:00 p.m.

Doors open at 1:30 p.m.

SCV Senior Center Dining Room

Everyone 18 and older welcome!

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.



Friday, June 16, 2017

11:30 – 12:30 pm

Dining Room

Music

Games

Root Beer Floats

The Big Four

And Their Influence on California

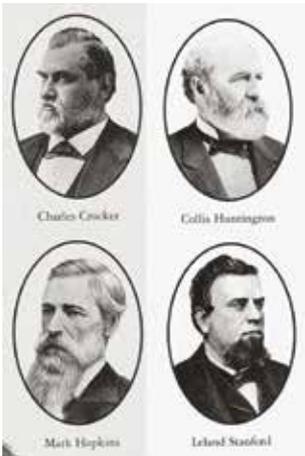
Wednesday, June 21

11:00 – 12:00 p.m.

Rooms A-1 & A-2

As heads of the new Central Pacific line, the most important men around were known as "The Big Four".

On April 30, 1861, Leland Stanford became president; Collis Huntington, vice president; Mark Hopkins, treasurer; and Charles Crocker, construction supervisor. They became wealthy as owners of the Central Pacific line of the Transcontinental Railroad, and later the Southern Pacific Railroad. Their wealth enabled them to control California politically and economically for years. Although "The Big Four" was the name popularly given to these famous and influential businessmen, philanthropists and railroad tycoons they themselves



preferred to be known as "The Associates." Join Professor Lissa Brassfield for this fascinating presentation!

**The SCV Senior Center
Silverstone Singers under the
direction of John Swinford
Present ...**

**Fifty Years on the
Great Broad Way!**



Thursday, June 29, 2017

Concert: 2:45 – 4:30 p.m.

SCV Senior Center Dining Room

Donations Accepted

In the first of a two-part concert series, the Silverstone Singers will present Fifty Years on the Great Broad Way, featuring Broadway show tunes from across the decades. The first half of this series contains hits from Annie (1977), Ain't Misbehavin' (1978), Chicago (1975), A Chorus Line (1975), Fiddler on the Roof (1964), and Guys and Dolls (1950).

More fun than a date with Ethel Merman and less expensive than a round-trip ticket to New York City, this show is guaranteed to provide an afternoon of musical memories!

Light Refreshments will be served



Ann Scott

Anne's Corner

Am I becoming a cynical philosopher?

I read that 4,153,237-people got married last year. Not to cause any trouble, but wouldn't that be an even number?

Today a man knocked on my door and asked for a small donation for the local swimming pool. I gave him a glass of water.

I find it ironic that the colors red, white and blue stand for freedom until they are flashing behind me.

A recent study has found that women who carry a little extra weight, live longer than the men who mention it.

If you think nobody cares whether you are alive, try missing a couple of payments.

I can't understand why women are okay that JC Penney has an older women's clothing line named, "Sag Harbor."

Money can't buy happiness, but it keeps the kids in touch.

Did you know that dolphins are so smart that within a few weeks of captivity, they can train people to stand on the very edge of the pool and throw them fish?

Relationships are a lot like algebra. Have you ever looked at your X and wondered Y?

America is a country which produces citizens who will cross the ocean to fight for democracy but won't cross the street to vote.

They say, "money talks" but all mine ever says is "good-bye."

My pharmacist asked me my birth date again today. I'm certain she is going to give me a present.

The reason Mayberry was so peaceful and quiet was because nobody was married: Andy, Aunt Bea, Barney, Floyd, Howard, Goober, Gomer, Sam, Earnest T Bass, Helen, Thelma Lou, Clara and of course Opie. The only married person was Otis and he stayed drunk.

Pleas Don't Say "Oh No"



Rita Roth

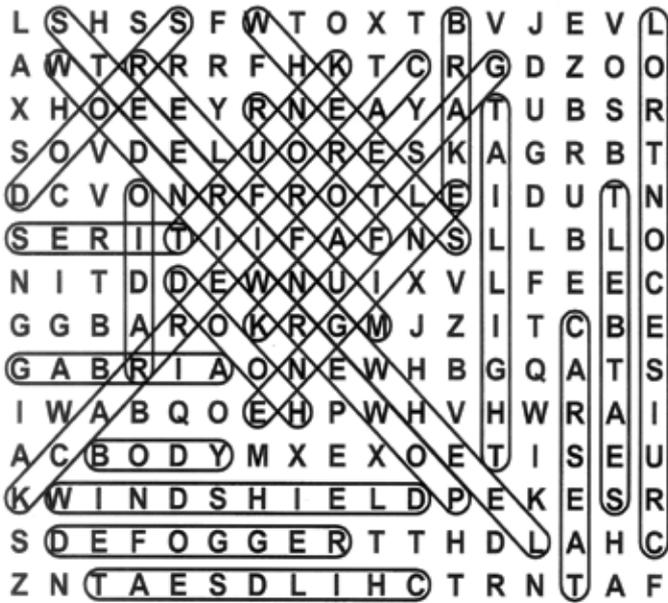
Has this ever happened to you? You are sitting in the passenger seat of the car, just relaxing and gazing out the window at nothing when all at once your companion who is driving said car, says in a loud and dramatic voice. "Oh no." Fearing the worst, you say in quivering tones, "What is it? What's wrong?" Are they having a heart attack? Did they suddenly lose their vision? Did they spot an alien space craft about to land beside the car? What terrible thing is happening?

From time to time, something of this nature plays out between Christopher, my significant other, and me... Since his answer to my apprehensive question is apt to be "I forgot to take back the movies" or something equally benign, you would think that I would stop reacting to his "oh no's" and regard them with the nonchalance that they deserve. But, sad to say, I am the kind of person that reacts to the possibility of a threat even when there isn't one. In fact, my mantra has always been, "When in danger or in doubt, run in circles, scream and shout". I am not saying that this is a good thing and I would much rather be a devil-may-care person that doesn't worry too much about things that may not even happen. But alas, we are who we are

A close relative of "oh no" is the "uh-oh." I don't believe that it carries the same weight, but it also implies that something you would rather not have happen has happened. Christopher quite often will use the "uh-oh" and although it doesn't fill me with the same degree of apprehension, it is enough to evoke a worried "now what?" from me.

I have discussed at some length, with my significant other, his unwarranted use of the "oh no" and the "uh-oh" "Why don't you save them in case, heaven forbid, they are really appropriate, and not because the dog spilled his water or you broke your shoelace or some such other silliness?" I ask him. I have even made suggestions for other words that he could employ, words that I use. Something like "oh darn it" or "oh for Pete's sake," for instance. But I am afraid that just doesn't do it for him. So, what am I to do? I'll keep you posted.

Car Parts 1 - Solution



For more puzzles like this, visit the following webpage:
http://www.puzzles.ca/large_print_word_search.html
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FATHER'S DAY

Solution:



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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

Crochet Lessons: 1st & 3rd Mondays, 9:00 – 10:00 am, Room A2
Jewelry Making: 1st & 3rd Mondays, 10:00 – 11:00 am, Room A2
Art Club: Tues., Wed. & Thurs., 9:30am – 12:00pm, Room A2
Needlework: Mon., 9:00am – 12:00pm, Room A1
Watercolor Virtual Art Lessons: Beginner level: Fri. 2:00pm - 4:00 pm;
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

Pickleball Thurs., 4:30 – 6:00 p.m. Dining Room
Beginning T'ai Chi Ch'uan by Allen Wells: Tues., Thurs., 8:00am – 8:40am, Dining Room
Advanced T'ai Chi Ch'uan by Allen Wells: Tues., Thurs., 8:45am - 9:30am, 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 – 11:30am, 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

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

Senior Cinema, 2nd Wednesday, 1:00, 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)

