

# Village Santa Cruz County News

December 2022



[www.villagesantacruz.org](http://www.villagesantacruz.org)



Please consider donating to Village Santa Cruz County's efforts, as we raise funds to bring the Village to Watsonville.

[Donate Here](#)

Or send a check, made out to:

**SCGives** (with Village Santa Cruz in the memo)

to: Volunteer Center 1740 17th Ave., SC 95062

**Thanks so much to all who have already donated.**



**A special shout out to**

**Café Cruz.** They started out our SCGives campaign out, with a \$500 challenge grant. Thank you so much [Cafe Cruz](#)

**Behind the scenes  
tour of the  
Monterey Bay  
Aquarium!**



Village members enjoy their behind-the-scenes tour.



**Village Holiday Party!**

**Thursday, December 15**

**noon - 2 PM**

Good food!

Speed Friending!

No Talent/Talent Show!

and

a chance for Village members to meet and greet members outside of your area Circles.



**ATTENTION!**

Those who have been knitting/crocheting for long term care patients, you need to have your projects to Dody by **Friday, Dec. 2nd.** Cheryl and her friends sent me their gifts and they are so beautiful and warm.

Thank you for making the holiday little warmer and happier for those in long term care.



# Celebrate the season with your Village friends!

## Coming UP in December

We're still zooming some of our events. Members will receive zoom information in weekly eBlasts.

If you are not yet a Village member but would like to join one of our events, to meet some Village members, please contact [info@villagesantacruz.org](mailto:info@villagesantacruz.org)

**Thursday, December 1st, Westside Meet-up, 1:00 PM - 2:00 PM** @ Iveta Coffee, 2125 Delaware Ave. Santa Cruz [Iveta Coffee](#)

**Thursday, December 1st, Goal Accountability Group, 7:00 - 7:30 PM**, via Zoom.

**Monday, December 5th, Guided Meditation, 4:30 - 4:45 PM**, via Zoom. This 15 minute guided meditation is on Zoom. All members welcome to attend.

**Tuesday, December 6th, Pickleball, 4:00 - 5:00 PM** @ Derby Park, 508 Woodland way, Santa Cruz. All fully vaccinated Village members welcome. Please bring your own paddle.

**Wednesday, December 7th, SLV Coffee Meet-Up, 10:30 - 11:30 AM**, @ Mountain Art Center, 2341 Mill Str. Ben Lomond, [Mountain Art Center](#)

**Wednesday, December 7th, Aptos Circle Meet Up, 1:30 - 2:30 PM**, @ Aptos Methodist Church, 221 Thunderbird Drive, Aptos. This is a public gathering, open to all fully-vaccinated folks.

**Thursday, December 8th, Village Monthly Board Meeting, 12:30 PM - 2:15 PM**, via Zoom

**Thursday, December 9th, Goal Accountability Group, 7:00 - 7:30 PM**, via Zoom.

**Monday, December 12th, Westside "Days of Our Lives" Discussion, 1:00 - 2:00 PM** via zoom, Topic: "What are our plans for ourselves as we age?"

**Tuesday, December 13th, Mid County Meetup, 1:00 - 2:00 PM**, @ Coffeetopia, 1443 Capitola Rd.

**Tuesday, December 13th, Pickleball, 4:00 - 5:00 PM** @ Derby Park, 508 Woodland way, Santa Cruz. All fully vaccinated Village members welcome. Please bring your own paddle.

## Coming Up... continued

**Thursday, December 15th, Village All-Member Holiday Party! 12:00 PM - 2:00PM,** @Non-Profit Insurance Alliance, 300 Penetta Ave. Santa Cruz, 95060 Note: Be sure to RSVP to [info@villagesantacruz.org](mailto:info@villagesantacruz.org). See our Eblast and the above notice for additional detail. Hope to see you there!

**Thursday, December 15th, Movie/Theater Discussion Group, 3:00 PM – 4:00 PM,** via Zoom.

**Thursday, December 15th, Goal Accountability Group, 7:00 - 7:30 PM,** via Zoom.

**Monday, December 19th, Memoir Writing, 1:30 PM – 3:00 PM,** Because of the very personal nature of our writings, which we share, this group is currently closed to new members. Contact [info@villagesantacruz.org](mailto:info@villagesantacruz.org) if you'd like to start a 2nd Memoir Group.

**Tuesday, December 20th, Pickleball, 4:00 – 5:00 PM** @ Derby Park 508 Woodland Way, Santa Cruz. All fully vaccinated Village members welcome. Please bring your own paddle.

**Wednesday, December 21st, SLV Circle Members Walk, 10:30 – 11:30 AM,** Location TBD

**Wednesday, December 21st, Aptos Circle Luncheon, 1:30 – 2:30 PM,** @ TBD

**Thursday, December 22nd, Goal Accountability Group, 7:00 - 7:30 PM,** via Zoom.

**Tuesday, December 27, Mid County Luncheon, 12:30 PM – 1:30 PM,** @ El Jardin, 655 Capitola Rd., Santa Cruz. [El Jardin](#)

**Tuesday, December 27th, Pickleball, 4:00 – 5:00 PM,** @ Derby Park 508 Woodland Way, Santa Cruz. All fully vaccinated Village members welcome. Please bring your own paddle.

**Thursday, December 29th, Goal Accountability Group, 7:00 - 7:30 PM,** via Zoom.

### RSVP for all Events

[info@villagesantacruz.org](mailto:info@villagesantacruz.org) or at our website calendar [www.villagesantacruz.org](http://www.villagesantacruz.org)  
members must log into website to register online for member-only events

**Village Santa Cruz County**

[www.villagesantacruz.org](http://www.villagesantacruz.org)

[info@villagesantacruz.org](mailto:info@villagesantacruz.org)

## Adopt-A-Family

The Volunteer Center of Santa Cruz County is calling on the community to join its annual Adopt-A-Family program to support neighbors in need.

Out of 450 families in the program this year, many are still in need of adoption.

There are a number of ways to support the program including adopting a whole family, purchasing individual items or grocery gift cards, volunteering in the Adopt-a-Family warehouse to wrap and sort gifts, or donating funds to support the project.

Wrapped gifts must be returned to the donation center from Dec. 8 and Dec. 13. For information on the program and families in need, visit

[Adopt a Family](#).

### **Monterey Bay Aquarium to bring back community open house.**

The Monterey Bay Aquarium announced that it is bringing back the Community Open House event next year.

Anyone who lives in Monterey County, Santa Cruz County, or San Benito County will get free admission to the aquarium January 21-29, 2023. In order to get in for free, you must show a photo ID and proof of residence.

**TOY Project, Together Old and Young.** The purpose of the TOY Program is to promote intergenerational learning and create new possibilities for older adults and young children to learn together and benefit from each others' company. We believe that this is more important than ever before in all continents of the world.

[Toy Project](#)



On Nov. 1, our Village hosted an online presentation by Pisces Aquamation, a company offering water cremation. It was quite fascinating and informative. If you missed this and are interested in learning more, you can watch the [Webinar](#) passcode: 2@O^Ua\$t

If you are trying to improve your cholesterol, try legumes.

Beans and other legumes are high in fiber, which binds to cholesterol in the intestines so it's excreted instead of entering your bloodstream, where it can harm your heart.



by Dody Anderson

When we were learning to drive, we were instructed to place our hands on the steering wheel at 10 and 2. Well, now physical therapist share if your shoulders or neck have issues, you should position your hands at 7 and 5. Besides improving your pain issues, airbags are at the 10 and 2 positions. Your hands would be partly in the path of an airbag if deployed and the results would not be pretty. If your hands are at the 10 and 2 position when an airbag explodes, they will come back so fast that they can break your nose or eye sockets.

The National Highway Traffic Safety Administration now recommend keeping your left hand between 7 and 8 on the wheel and your right hand between 4 and 5.

### **Women in their 80s!!!**

Seeking personal accounts by women in their 80s for an anthology of prose and poetry on being an octogenarian.

What has been your experience with relationships, challenges, humor, surprises, gifts, and daily life? No restriction on style or length. Previously published work accepted. To be edited by Dena Taylor and Wilma Chandler. Send to [detaylor@cabrillo.edu](mailto:detaylor@cabrillo.edu) or Wilma Chandler, 885 35th Ave. Santa Cruz Ca 95062.

**Deadline: December 30th, 2022**

**Village Santa Cruz is on FaceBook!**  
**Find us [here](#). Like our page and share your stories!**



# In Our Community

**Heritage Holiday Craft and Gift Fair 2022, Friday, and Saturday, December 2 and 3** @ the Santa Cruz County Fairgrounds, Noon to 9:00 pm each day. The Harvest, Crosetti, and Fine Art buildings will be filled with great handmade crafts and gift ideas for this holiday. Come join us to find crafts, gifts, antiques, collectibles, toys, and much more. Join the Holiday Lights walk thru each evening, Lights come on at 5:30pm. [Holiday Lights at the Fairground](#)

**Mid-County Senior Center and the Lavender Ladies have joined to bring a holiday bazaar** from 9 a.m. to 2 p.m. **Saturday, December 3** at the center, 829 Bay Ave., Capitola. The event features handcrafted items perfect for holiday gift giving. Join us for a cup of hot chocolate, holiday treats and easy shopping. Proof of vaccination is required to enter the hall, but masks are optional. For details, call 831-476-4711 or visit [mcsc-capitola.org](http://mcsc-capitola.org)

**Next Stage Productions Presents: Winter Wonder**, a musical production benefitting Second Harvest, produced by Sally Bookman & Grainne O'Flynn, **Sunday, December 4** @ 2:00 PM. \$10 donation. [Find out more](#)

**Holiday Helpers will accept donations and wrapped gifts for the often forgotten care facility residents in Santa Cruz County.** Gifts suggestions include new lap blankets, scarves, slippers, slipper sox, socks, shirts, lotions, calendars, crossword puzzles, word search, adult coloring books, etc. Please mark packages for men or women, with sizes, ready for delivery to the care facility residents. Cards as well as cash donations are appreciated. Donations can be dropped off from 9 a.m. and noon, **Monday through Friday, through December 7** at the Family Service Agency/I-You Venture, 104 Walnut Ave., Suite 208, Santa Cruz. For information and drop-off options, call 831-459- 8917, ext. 205, email [Cleveland.n@fsa-cc.org](mailto:Cleveland.n@fsa-cc.org) or visit [www.fsa-cc.org](http://www.fsa-cc.org).

**Grey Bears Holiday Dinner set Dec. 10-11**, Reserve a time to pick up your to-go dinner at the Grey Bears 49th Annual Holiday Dinner drive-thru. **Please sign up before Dec. 8.** The Grey Bears kitchen team is already planning a healthy and delicious menu, including turkey, mashed potatoes, gravy, cranberry sauce, veggies, roll with butter, and pie. A vegetarian option of manicotti is also available upon request. • 10 a.m. to 1 p.m. Dec. 10: Old Flea Market parking lot, 2260 Soquel Drive, Santa Cruz behind Grey Bears. • 10 a.m. to 1 p.m. Dec. 11: Old Flea Market parking lot, 2260 Soquel Drive, Santa Cruz, behind Grey Bears. • 10 a.m. to 1 p.m. Dec. 10: Watsonville Senior Center, 114 E. Fifth St., Watsonville

## Articles and Videos

**I'm young. They're old. Yet our friendship means the world to me:** Intergenerational friendships can anchor a person in their local community, help them access new world views – and be fun. By Erica Berry, The Guardian, Nov 23, 2022 [Read Full Article](#)

**Hidden Brain podcast: Watch Your Mouth, <https://hiddenbrain.org/podcast/watch-your-mouth/>**  
**Part1** - If you're bilingual or multilingual, you may have noticed that different languages make you stretch in different ways. Cognitive scientist Lera Boroditsky studies how the structure of the languages we speak can change the way we see the world.

**Part2** - A conversation with linguist and author John McWhorter, who shares how languages evolve, and why we're sometimes resistant to those changes.

(Over Thanksgiving my sister-in-law said she was in a conversation with relatives from the younger generation and couldn't understand half of what they said. This is for those of us who have, at one time or another, questioned some of the language used by younger generations - and I'm not talking about swear words:)

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