

Village Santa Cruz County News



www.villagesantacruz.org
December 2021



by Dody Anderson

Did you know...?

Individuals 70 and older can now continue to renew their driver's license online or by mail through Dec. 31, 2022. Seniors can renew at dmv.ca.gov/online -- including for Real ID renewals, even if their notice states that a field office visit is required.

If you are applying for a Real ID for the first time, you can start the application online and upload required documents. But you must visit a field office to take a photo and finalize the process.

Hearing Aids promote healthy aging

Hearing aids do more than amplify sound, they help people stay strong and healthy through their senior years, reveals a new study in the journal *Geriatrics*.

Scientists at John Hopkins Bloomberg School of Public Health put nearly 3,000 older adults through a series of exercises and found that those who corrected their hearing loss had better balance, endurance and slower declines in physical function over time compared to those with uncorrected hearing. The scientists say hearing provides key information to the neural circuits of the brain related to body movement.

Crafting with a Purpose On November 19 Village folks gathered at the Capitola Library for a holiday tree crafting project.



see page 4 for more details

Belt Loop Success:



Having a hard time getting your belt through the loops? Try putting the belt through your pants BEFORE you put them on, pull up, and then tighten.

Interest Groups 2022

Download [2022 Interest Group Ideas](#) document on our website for the latest updates on member suggestions for Interest Groups and to prepare for the All-Member meeting on Dec 13.

(see Coming Up section for details)

Coming UP in December



We're still zooming some of our events. Members will receive Zoom information in weekly eBlasts. Look for your eBlast on Saturday.

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

Wed, Dec 1, SLV Coffee @ Mountain Roasting Co., 10:30 AM - 11:30AM The SLV Circle will meet at Mt. Roasting Co. in Felton (in the plaza where Safeway is located) in Felton. All fully vaccinated members welcome. Members pay for their own charges.

Wed, Dec 1, Aptos Circle Meet-up @ Seascapes Resort (inside in the atrium), 1:30 PM. This public meet up is open to all who are fully vaccinated.

Thurs, Dec 2, Village Board Monthly Business Meeting, 12:30 - 2:15 PM on Zoom. All Village members welcome to attend. Email info@villagesantacruz.org for an agenda.

Tues, Dec 7, Guided Meditation, 4:30 PM - 4:45 PM, on Zoom. Lay down, sit in a chair or on your mat. Breathe. Relax. Join us for a 15-minute guided meditation. No previous experience meditating required. This is for everybody. Led by Bruce.

Tues, Dec 7, Pickleball, 4:30 PM -5:30 PM @ Sergeant Derby Park. All fully vaccinated Village members welcome; bring your own paddle.

Thurs, Dec 9, Westside Circle meet-up, 1:00 PM - 2:00 PM @ Shrine Coffee. We welcome fully vaccinated participants to our in-person get-together. Shrine Coffee is located on Westcliff Dr., connected to St. Joseph's Church. We'll meet on the outdoor patio. Members pay for their own charges.

Fri, Dec 10, Westside Circle White Elephant & Dessert Potluck, 1:00 PM - 3:00 PM, at Sandy's home. Dessert potluck and White Elephant Gift Exchange. This has been planned as an indoor /outdoor event, but could wind up being entirely indoors if we get blessed rain. All vaccinated members welcome. Members, see weekly eblast or log into website for additional details. RSVP Required.

Continued on next page...

Coming UP in December...continued

Mon, Dec 13, 2022 Interest Groups, 4-5pm, on Zoom. All-member Zoom meeting to match people of similar interests for ongoing activities and form groups to form for 2022. We'll prioritize ideas from the October all member meeting in addition to suggestions that have been submitted since then, and consider what we have the time & ability to pursue. [Click here to review 2022 Interest Group Ideas](#). Email additional ideas to info@villagesantacruz.org

Tues, Dec 14, 2022 Mid-County Coffee @ Michael's on Main, 1:30 PM -2:30 PM Vaccinated Mid-County Circle members gather for coffee and conversation. Join us for great conversations! Take the opportunity to meet other Village Santa Cruz members in the Soquel/Capitola/Live-Oak area. Members pay their own charges.

Tues, Dec 14, Pickleball, 4:30 -5:30 PM @ Sergeant Derby Park. All fully vaccinated Village members welcome; bring your own paddle.

Wed, Dec 15, SLV Walk, 10:30 AM -12:00 PM @ TBA The SLV Circle will walk together, location to be announced.

Wed, Dec 15, Aptos Circle White Elephant & Potluck, 1:00 - 3:00 PM Aptos Circle is having an indoor Appetizer and Desert potluck at Dody and Tom's home. To get in holiday mood, we will have a White Elephant exchange. As with most Aptos Circle gatherings, all fully vaccinated members are welcome. Members, see weekly eblast or log into website for additional details. RSVP Required.

Mon, Dec 20, Westside Circle: Stories of Our Lives, 1:00 - 2:00 PM on zoom We'll each share an Interest, Passion, Skill, or Hobby that we have and talk about what it means to us in our life.

Tues, Dec 21, Guided Meditation, 4:30 - 4:45 PM, on Zoom. Lay down, sit in a chair or on your mat. Breathe. Relax. Join us for a 15-minute guided meditation. No previous experience meditating required. This is for everybody. Led by Dee.

Tues, Dec 21, Pickleball, 4:30 - 5:30 PM @ Sergeant Derby Park. All fully vaccinated Village members welcome; bring your own paddle.

Tues, Dec 28, Pickleball, 4:30 PM -5:30 PM @ Sergeant Derby Park. All fully vaccinated Village members welcome; bring your own paddle.

RSVP to all events at: info@villagesantacruz.org
or register online at www.villagesantacruz.org
(members must log into website to register online for member-only events)

Sleep Aid



Sleep Aid: Here is a hint to relax and calm yourself to sleep better: Cut off both ends of one washed, unpeeled banana. Place it in two to three cups of boiling water for 5 minutes. You can add cinnamon and honey to taste if wanted. Strain and drink. The peel's magnesium and potassium relax muscles, helping you fall asleep fast. Suggested by a sleep specialist.

**To learn more about
Village Santa Cruz County
visit our webpage at
www.villagesantacruz.org
or contact
info@villagesantacruz.org**

Crafting with a Purpose (continued from page 1)

On November 19 Village folks gathered at the Capitola Library for a holiday tree crafting project. With these trees we hope to bring some holiday cheer to residents of long term care facilities.

The trees will be delivered, by volunteers in Family Service Agency's I-You Venture program.

The project was spear-headed by Dody, who also gave us a zoom presentation on how to make the trees, for those not yet ready to meet indoors.

Thank you, Dody, for organizing this and thanks to all who participated.



Mary K and her creation

In Our Community

Smart Driver classes plan return in 2022 - The AARP Smart Driver classes in Santa Cruz County will begin in January if Santa Cruz County has a Yellow (moderate) or Blue (low) COVID-19 tier, according to organizers. To enroll in a 2022 class now, call 831-247-3097.

West Cliff HOLIDAY OUTDOOR MARKET, Dec 11 @ 10:00 AM - 4:00 PM. Come enjoy West Cliff Holiday Outdoor Market which will feature unique artisans and local food trucks. This one-of-a-kind market will be held in two parking lots along West Cliff Drive in Santa Cruz. Enjoy the fresh air as you stroll among many artisan booths and specialty food while taking in the view. Come enjoy the LIVE MUSIC and admission is FREE!

Christmas with Santa Cruz Chorale, Dec 18 & 19. The Santa Cruz Chorale, a community based non-profit organization founded in 1983, performs a wide-ranging repertoire including works from the 14th century through music of the 21st century. Although several members of the Santa Cruz Chorale are professional musicians and some direct musical groups of their own, all volunteer their time, and are, at the very least, amateurs in the original sense of the word: people who seriously pursue an art for the love of it. Go to Santa Cruz Chorale for more info