



**Independence  
Day  
Lunchtime  
Celebration!**

**Wednesday,  
July 3rd**

**11:30 – 12:30pm  
Bella Vida  
Grand  
Banquet Hall**

**BBQ!**

**Fiddlesticks &  
Ivory Band!**



**REMEMBER: THE SCV SENIOR CENTER  
WILL BE CLOSED ON JULY 4th!**

**MEET THE NEW  
SANTA CLARITA COMMITTEE  
ON AGING BOARD PRESIDENT:  
ELIZABETH HOPP**



Elizabeth is a 40 year resident of the Santa Clarita Valley and has been a member of the SCVCOA board since 2013. In addition, she has served numerous nonprofits such as the Boys & Girls Club of Santa Clarita Valley, Henry Mayo Newhall Memorial Hospital, Betty Ferguson Foundation, Santa Clarita Child & Family Center, SCV Chamber of Commerce, Michael Hoefflin Foundation for Children's Cancer, Friendz, SCV Chamber of Commerce and many others. We are so excited to have her!



**New  
SCVCOA  
Board of Directors  
take office  
July 1, 2019**

## **IT'S INTAKE TIME! ...**

July is the beginning of our new Fiscal Year! Please remember that you will be asked to complete a New Universal Intake form starting Monday, July 1st. In addition to other information, please be prepared to provide your emergency contact name and phone number, physician name and phone number, and list of medications.

New intakes can be obtained from the front desk concierge and at the Banquet Hall entrance desk.

The Bella Vida staff and volunteers will be available to assist you in completing the form.

## Health & Wellness Lectures

### Improving Your Sleep Hygiene

**Presented by:** Alissa M. Myatt, LCSW,  
Henry Mayo Newhall Hospital

**Wednesday, July 10th**  
**1:00 – 2:00 p.m.**

As you age you may notice that your sleeping patterns change whether it is going to sleep earlier, not sleeping as many hours per night, or waking up earlier. Sleep is important in memory formation and helps your body to build a strong immunity against disease. Join us for this educational presentation to learn what steps you can take to improve your quality of sleep.



### New Treatment Options for Prostate Conditions

**Presented by:**  
*Dr. Adam Plotnik, MD, UCLA Health*

**Wednesday, July 17th**  
**1:00 – 2:00 p.m.**

An enlarged prostate gland, known as 'benign prostatic hyperplasia', is a common disorder in men resulting in urinary symptoms such as a weak stream, incomplete emptying and increase frequency. Prostate artery embolization is a non-surgical, minimally invasive outpatient procedure that treats this condition.



### Know the Signs of a Stroke

**Presented by:** *Dr. Neha Mirchandani, MD, Vascular Neurologist and Debbie Welch, MSN, RN, NP-C, PCCN, Nurse Practitioner*

**Wednesday, July 24th**  
**1:00 – 2:00 p.m.**

Join us for an educational presentation to learn about the signs and symptoms of a stroke and ways to help manage risks factors of stroke.



### Colorectal Cancer Prevention and Screening

**Presented by:**  
*Dr. Leach, M.D., Medical Oncologist, City of Hope*

**Wednesday, July 31st**  
**1:00 – 2:00 p.m.**

Seven out of ten people diagnosed with colorectal cancer have no symptoms.



Did you know that colorectal cancer is the second leading cause of cancer-related deaths in the United States for both men and women combined? Individuals older than 45 are at a higher risk. Join us for this informative presentation to learn how to prevent this type of cancer and what screenings are available.

## Support Groups

**Emotional Support Group:**  
Tuesdays 10:00am – 11:00 a.m.

**Grief Support Group:**  
Tuesdays from 11:00am – 12:00 p.m.

**Caregiver Workshop:**  
Fridays from 9:30am – 10:30 a.m.

**Caregiver Support Group:**  
Fridays from 10:30am – 11:30 a.m.

**Visually Impaired Support Group:**  
Monday, July 8<sup>th</sup> and July 22<sup>nd</sup> 12:30 – 1:30 p.m.  
Bouquet Canyon Senior Apartments

### Supporting Grandparents & Relative Caregivers

**SCV Senior Center**  
27180 Golden Valley Road,  
Santa Clarita, CA 91350  
Thursdays from 10–11:30 a.m.

**Antelope Valley**  
Lowtree Wellness House  
1038 W. Ave J-5 (off 10<sup>th</sup> St. West)  
Lancaster, CA 93534  
Join us Tuesdays from 6–8 p.m.  
Wednesdays from 9:30-11:30 a.m.

## *New Classes Beginning in July*

### **Boot Scootin' with Sally**

Time to kick up your heels with Sally as she leads the class through fun and lively line dances. Sally brings it up a notch and uses a wide variety of tunes to keep the energy upbeat.

**Classes start on July 9th!**



Tuesdays  
9:00-10:30 a.m.  
Room F  
\$3.00/class

### **Dancin' Feet**

Enjoy a fun and easy way to reduce stress, increase joint function, boost mental activity and lessen arthritis pain. Using a chair, dance and move to the upbeat music.

**Classes start on July 9th!**

Thursdays  
1:00-2:00p.m.  
Room F  
\$5.00/class



### **Beginning Tap Dance**

Have you always wanted to learn to tap dance, but didn't know how to get started? It's time to channel your inner Fred Astaire, Ginger Rogers and Gene Kelly! Join Laura as she explains and demonstrated the basic steps of tap dancing.

**Classes start on July 11th!**



Tuesdays &  
Thursdays  
10:30-11:15 a.m.  
Room A  
\$3.00/class

### **Chair Yoga**

Yoga is a wonderful way for adults to loosen and stretch sore muscles, increase flexibility and boost coordination and balance. All these mind and body benefits may be safely achieved with the aid of a chair.

**Classes start on July 16th!**

Tuesdays & Thursdays  
10:45-11:30 a.m.  
Room F  
\$4.00/session or  
\$30/month



## *Mediation for Health and Happiness*



**Classes start on July 9th!**

**Tuesdays and Thursdays**  
**Class time 10:30-11:15 a.m.**  
**Room A**  
**Cost: \$3/class**

Please bring a journal/notebook to class.  
Yoga mat/towel optional.

## Cinema Series

Enjoy an afternoon looking into the life of astronaut Neil Armstrong and the historic space mission that led him to become the first man to walk on the moon on July 20, 1969.

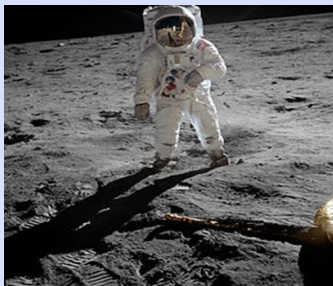
Starring Ryan Gosling, Claire Foy,  
Jason Clark



Run time 2 hours 21  
minutes

**July 10, 2019**  
**1:30 p.m., Room A6**  
**Donation optional:**  
**\$1.00**  
**Popcorn available**  
**for \$0.50**

## Scholar Series



**Apollo 11: One  
Small Step**

**Wednesday, July  
10**  
**10:00 - 11:00 a.m.**  
**Room H**

During the 1950s and early 1960s, the United States and the Soviet Union were locked into a rivalry commonly referred to as The Cold War. Political, economic and military tensions ran high as each nation attempted to prove its superiority. In 1957, the Soviet Union launched the first artificial satellite, Sputnik, and the belief that the Soviets could launch nuclear weapons across long distance sparked fear around the world. President Dwight D. Eisenhower responded by creating NASA and the "Space Race" went full throttle. On July 20, 1969, the United States displayed its superiority when it landed Apollo 11, commanded by Neil Armstrong and piloted by Buzz Aldrin, on the moon. This historic event was broadcast worldwide and was a pivotal point in the U.S.-Soviet Union Cold War.

## Trips & Tours

### Pala Casino & Resort

Tuesday, August 13, 2019  
Price: \$28.00  
(No Refunds!)

Departs 9:00 am & Returns approx. 6:30 pm

### JRW Group Entertainment Presents It's Hip to be Square

Wednesday, 09/25/2019  
Price: \$72.00  
Includes a fabulous lunch!  
(No Refunds after 08/14/19!)

Departs 10:30 am & Returns approx. 5:00 pm

### Chukchansi Gold Casino & Trip to Yosemite!

Monday, Oct. 7<sup>th</sup> thru  
Wednesday, Oct. 9<sup>th</sup>, 2019  
\$ 259 dbl occ/ \$299 single  
(No refunds! after 08/14/2019)

Departs 8:00 am & Returns approx. 6:30 pm





*Visit the Trips & Tours Desk at the Sharp Business Center 10:00am—1:00pm for more information or to purchase tickets.*



## BELLA VIDA BOOKWORMS!

Bella Vida is partnering with the SCV Library to bring you this new reading group. Each month the Bookworms will read a wonderful book provided by the library and then meet once a week to discuss the drama, intrigue, suspense, adventure and romance that unfolded in the chapters.

**Tuesdays at 10 a.m.**  
**Room A beginning July 22.**  
**Space is limited. Please see Blyth to register.**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>1</b> <b>Balsamic Glaze Chicken</b> A Senior Center Favorite! Chicken with balsamic sauce	<b>2</b> <b>Carnitas Taco Salad</b> Pulled pork over crispy tortillas and topped with lettuce, tomato and cheese	<b>3</b> <b>SPECIAL BBQ MENU CELEBRATING INDEPENDENCE DAY!</b>	<b>4 CENTER CLOSED</b> 	<b>5</b> <b>Creamy Lemon Chicken</b> Creamy lemon sauce over roasted baked chicken
<b>8</b> <b>Sweet and Sour Pork</b> Pork that is smothered in sweet and sour sauce	<b>9</b> <b>Chicken Milano</b> Chicken with garlic, sun-dried tomatoes and fresh basil.	<b>10</b> <b>Roasted Pork Loin and Gravy</b> Taste of home roasted pork loin with gravy	<b>11</b> <b>Beijing Beef</b> Beef strips sautéed with Asian spices, mixed peppers and an Asian vegetable medley	<b>12</b> <b>Tuna Salad Sandwich on Artisan Ciabatta Roll</b>
<b>15</b> <b>Korean BBQ Beef</b> Marinated beef strips marinated in Korean seasoning	<b>16</b> <b>BBQ Pulled Pork Sandwich</b> BBQ Sauce, Pork & Hoagie	<b>17</b> <b>Chile Egg Puff</b> "A Senior Center Favorite"	<b>18</b> <b>Asian Sesame Chicken Salad</b> Romaine, chicken, won ton strips, mandarin & Asian sesame vinaigrette	<b>19</b> <b>Spaghetti and Meatballs</b> Classic Italian Meal!
<b>22</b> <b>Shepard's Pie</b> Layered meat, mashed potatoes and vegetables	<b>23</b> <b>Honey Southwest Chicken Salad</b> Entrée salad with black beans, corn and bell peppers with chicken and honey BBQ drizzle	<b>24</b> <b>Beef Stew</b> Cubed beef slow simmered and Vegetables	<b>25</b> <b>Fish and Chips</b> Battered and roasted cod served over fries	<b>26</b> <b>Pork Au Champignons</b> French simmered pork with onions, mushrooms, vegetables and wine
<b>29</b> <b>Napa Almond Chicken Salad Sandwich</b> Apples, Grapes, Chicken, Celery on Wheatberry Bread	<b>30</b> <b>Pasta Bolognese</b> Italian noodles topped with slow simmered sauce and elegantly seasoned ground beef	<b>31</b> <b>Chicken Coq au Vin</b> Chicken and vegetables topped with an elegantly balanced sherry reduction		
				



	Monday	Tuesday	Wednesday	Thursday	Friday
8:00	Chess	Beginning Tai Chi (A), Chess	Chess	Beginning Tai Chi (A), Chess	Chess
8:30	Aerobics**	Intermediate Tai Chi (A)	Aerobics**	Intermediate Tai Chi (A), Intermediate Watercolor Art	Aerobics**
9:00	Needlecraft		Art: Acrylics/Oil	<b>Beginning Tap Dance*</b>	Crafts & Needlework
9:30		Anthro/History		Tap Dance	Caregiver Support
9:45	Sit & Be Fit		Sit & Be Fit		Sit & Be Fit
10:00	Current Events; <b>Bella Vida Bookworms*</b>	Emotional Support <b>Line Dance with Sally*</b>	2 <sup>nd</sup> Career Center (4 <sup>th</sup> Wednesdays)		
10:30		<b>Meditation*</b>	Blood Pressure Screening	<b>Meditation*</b>	Food Bingo
10:45	Chair Pilates & Stretch	<b>Chair Yoga*</b>	Chair Pilates & Stretch	<b>Chair Yoga*</b>	Chair Pilates & Stretch
11:00		Grief Support			
11:30		<b>Beginning Tai Chi (B)</b>		<b>Beginning Tai Chi (B)</b>	
12:00		<b>Intermediate Tai Chi (B)</b>		<b>Intermediate Tai Chi (B)</b>	
12:30	Duplicate Bridge, Pinochle		Pinochle	Mah Jongg	Pinochle
1:00	Canasta	Wii Bowling	Senior Cinema (2 <sup>nd</sup> Wednesdays) Health /Wellness	Wii Bowling <b>Ping Pong*</b> <b>Dancing Feet*</b>	Hand Drumming
1:30					Beginning Watercolor Art
2:00	Line Dance, Creative Writing, Silvertones	Ladies Billiards	Journal Writing (3 <sup>rd</sup> Wednesdays) Conscious Aging (4 <sup>th</sup> Wednesdays)		
2:30		<b>Zumba*</b>		<b>Zumba*</b> Bingo (3 <sup>rd</sup> Thursday)	
3:00	Zumba Gold	EZ Tai Chi	Zumba Gold		Zumba Gold
3:15					
4:00	Flex & Flow Yoga		Flex & Flow Yoga		

**\*New Classes and Starting Dates:**

- Bella Vida Bookworms: Beginning July 22 at 10:00 a.m. in Room A
- Beginning Tap Dance: Beginning July 11 at 9:00 a.m. in Room F
- Chair Yoga: Beginning: Beginning July 16 at 10:45 a.m. in Room F
- Meditation for Health & Happiness: Beginning July 9 at 10:45 a.m. in Room A
- Line Dancing with Sally: Beginning July 9 at 10:00 a.m. in Room F
- Dancing Feet-Chair Dance: Beginning July 11 at 1:00 p.m. in Room F
- Ping Pong-It's Back!: Beginning July 11 at 1:00 p.m. in Room G
- Zumba: Beginning July 16 at 2:30 p.m. in Room F
- Beginning/Intermediate Tai Chi (B): Beginning July 16 in Room G

**\*\* CLASS SIZE IS LIMITED**

**Happy 4<sup>th</sup> of JULY**



Let Freedom Ring...