

December 6: 39th Annual Grey Bears Holiday Dinner



DECEMBER 2015
Grey Bears
connect sustain recycle

Improving the health and wellbeing of seniors through volunteerism and community participation.

It's happening!

We are pleased to announce that Grey Bears is working with Ernie Mill of Mill Construction and architect Teall Messer to erect a new building to replace the one lost in last year's thrift store fire. The 3,000 square-foot, steel frame building accomplishes our immediate need for more thrift store space. What's more, as part of the Phase Two Master Plan, the building can be moved and expanded as a more functional replacement of the Brown Bag distribution warehouse. The Grey Bears Board of Directors views this approach as a long-term investment that also fills our current retail store needs.

Thrift Store manager, Lynn Ranghiasci, is delighted with the plans. "We're so grateful for all of our thrift store donors, shoppers, staff, and volunteers. Everyone is looking forward to the additional space to showcase our merchandise more effectively, expand our processing and repair center, and improve the flow of donation drop offs."

We need your donations to meet our goal of having the building up by spring 2016. Please consider an end of year contribution to the Grey Bears Fire Recovery Fund by clicking the link on our website. Every dollar contributed gets us closer to opening the door to our expanded Thrift Store. We greatly appreciate your loyal support.

Upcoming Events

Please Note: No brown bag delivery Christmas week (Dec 24-25) and New Year's week (Dec 31)

December 1

Holiday dinners to homebound seniors will be delivered with brown bags on December 17-18.

December 3

After Hours Thrift Store 1/2-Off Sale, 4-7pm, refreshments, gifts and more.

December 6

39th Annual Grey Bears Holiday Dinner, SC Civic Auditorium, 11:30am.

December 12

Thrift Store 1/2-Off Sale, 10am-3pm.

Month of February, 2016

Mark your calendars for Mahalo Mondays at Hula's Grill when 10% of all Monday sales benefit Grey Bears!



CELEBRATE THE HOLIDAYS!

Join us at the Grey Bears 39th Annual Holiday Dinner **THIS SUNDAY, December 6, 11:30am** at the Santa Cruz Civic Auditorium. Delicious holiday meal, hand-made gifts, entertainment and Santa.

Thrift Store & Computer Electronics Store

STOREWIDE 1/2-OFF SALE
SATURDAY, December 12, 10am-3pm

Unique holiday gift ideas, decorations, clothing and accessories, furniture, housewares, computers, audio-video and more!

VOLUNTEER SPOTLIGHT
2015 LIFETIME VOLUNTEER AWARD

Eleanor Stitt



Born October 1, 1938. "I was raised on seven acres southwest of Boston. We butchered and smoked a pig every year and enjoyed domestic geese. I attended Wellesley College where my great aunt taught biblical

history and my mother also graduated."

Favorite color: "I like the entire rainbow."

Travel much? "I lived in New Zealand in the '60s and worked as a children's librarian. I loved 'tramping' (hiking). I returned and worked at the New York Public Library for seven years. I also spent six months in Africa."

How you found Santa Cruz? "In 1981 a fellow Mensa member asked me to house sit his home in Santa Cruz for six months. I loved this area, bought a house and have been here ever since. I ran the Santa Cruz Learning Center for gifted and dyslexic children and adults, and worked in the Santa Cruz City Schools K-12 Library."

On volunteering: "I attended the holiday dinner in 1998 and was invited to join. My membership check was lost in the office, so I decided Grey Bears needed my help. Each week I make sure that every senior we serve is on a route and receives a brown bag. My job reminds me that the drivers are the essential links to the success of the program. I'm inspired by everyone here that goes above and beyond to make sure Grey Bears is successful."

Best thing about getting older: "The aches and pains remind me that my nerves are working."

Worst thing: "The days are getting shorter."

Best advice for youth? "Maintain good posture."



Chair Yoga Breathing Exercise

New science is showing that slowing down and deepening your breathing helps to control blood pressure, lower heart rate, make arteries more flexible and reduce stress and anxiety. This exercise of alternate nostril breathing is said to balance energy flow throughout the body.

Here's how: Sit comfortably tall with eyes lightly closed. Place the index and middle fingers together above the bridge of nose just above the eyebrow center. Pressing your right thumb to close your right nostril, inhale slowly through the left nostril until your lungs are full, pause. Close the left nostril with the ring finger and release thumb on the right nostril for a slow, complete exhale, pause. Keeping left nostril pressed, inhale slowly through the right nostril and pause. Close right nostril with thumb and release ring finger to open left nostril and exhale. Repeat

each side for 4-5 rounds, finishing with an exhale through the left nostril.

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Please join us in welcoming Sarah Kauffman to the Grey Bears Chair Yoga program. Sarah is an RYT 200 certified instructor who will guide you in a gentle

exploration of slow yoga poses combined with breathing exercises that both relax and rejuvenate. Her classes are instilled with a sense of joy and play, and all levels and ages are welcome, Thursdays 9:30am.



Healthy Recipe
Roasted Roots

This satisfying and easy-to-make dish will be a crowd pleaser at your holiday get-together, or enjoy as leftovers. Use any root vegetables from your brown bag and add any others that you like such as those listed below.

Ingredients

- 2 onions, quartered
- 10 cloves garlic, unpeeled
- 2 cups carrots cut into 1" to 2" pieces
- 1 medium celery root, peeled and cut into 1" to 2" pieces
- 2 parsnips, peeled and cut into 1" pieces
- 2 small turnips, peeled and cut into 2" pieces
- 1-2 sweet potatoes (not yams), peeled and cut into 3" pieces
- 1 cup winter squash, peeled and cut into 2" cubes
- 2-3 potatoes, cut into quarters, 2" to 3"
- 1-2 white or gold beets, peeled and cut into 2" pieces (optional)
- 2 tablespoons olive oil
- Salt and pepper
- 3 sprigs rosemary
- 3 sprigs thyme

For the Glaze:

- 2 Tbsp olive oil
- 2 Tbsp maple syrup
- 2 Tbsp balsamic vinegar
- 1/2 Tsp chopped fresh or dried rosemary

Directions: preheat oven to 425°F.

Combine vegetables in large glass baking dish. Add olive oil, salt and pepper and toss well. Add the herb sprigs. Be sure vegetables are spread evenly. Use more than one baking dish if needed.

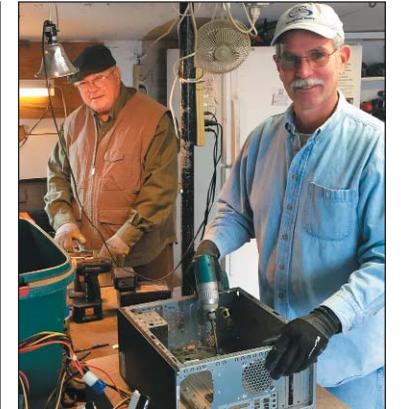
Bake for 40 minutes. Remove and check that vegetables are cooked through.

Cook for another 5 minutes or until they are tender but not mushy. Remove herb sprigs and add salt and pepper.

While vegetables are cooking, combine glaze ingredients and heat for about 5 minutes until thickened. Pour over the vegetables right before serving and stir to combine. Serve hot on a large platter.

Yield: 8-10 Servings

A walk around the campus



From the top: Quality control volunteers preparing this week's bags; John the "eggman;" online books volunteers rock!; sorting bread with Eric and Bob; Leon and Bob disassembling old computers.



Holiday Gift Ideas

From unusual like-new books, fabulous glassware, arts & crafts, jewelry and tumbled glass, the Grey Bears Thrift Shop has holiday gifts galore.



Drop in to our regular weekly classes!

Chair Yoga with Suzi
Tue & Fri, 9:30am, and
with Sarah, Thur at
9:30am.

**Cooking classes
with Chef Emily**
2nd Sat (next is Dec 12);
and Chef Poppy
(4th Sat, no class
Nov/Dec,
next class is Jan 23),
10am-12:30pm.

**Intro to Computers
with Donna**
sign up now for
January classes.

**One-on-One tech help
with Joe**
Mondays by appt,
10am-1pm.

Spanish with Ruth
Wednesdays
12:30 & 1:30pm
(classes return Jan 6).

Taiko Drumming
Weds, 6pm-7pm. Contact
instructor for details.

Call 831-479-1055
or email
tess@greybears.org
for more info.



CONNECT WITH US ON FACEBOOK

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