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8230 Civic Center Drive
Suite 140
Elk Grove, CA 95757
M-F 8:00 am - 4:00 pm



Phone Number
916-685-3160

Website

www.thesceg.org
www.LivingFitSeniors.com

PRIVACY POLICY - The Senior Center of Elk Grove does not and will not sell, rent or give away our member's information, including names, addresses, email addresses or phone numbers.

SCEG PART-



The next Board of Directors meeting will be Monday, May 13, 2024 at 3:15 pm. This meeting will be open to the public.

Board of Directors

Ray Schultze President
Linda Bradley Vice-President/Treasurer
Elaine Horton Secretary
Jon Colton Director
David Feinberg Director
Ken Frieze Director
Richard Gunn Director
Marie Jachino Director
Vicki Nicholson Director
Don Simon Director
Sarah Bontrager City of Elk Grove

Staff

Christine Cuddy, Executive Director
executivedirector@thesceg.org
Renee Hodgkin, Activities Director
activities@thesceg.org
Margo Chaney, Assistant Director
assistantdirector@thesceg.org
Kathleen Greer, Program Assistant
programassistant@thesceg.org

Senior Center of Elk Grove



Your Everything Center

MAY 2024 NEWSLETTER

It's Big Day of Giving Time!!

Welcome to May!



Don't forget. **Big Day of Giving is May 2nd.** The Senior Center needs all the help you can give us! Don't know how to donate? Just ask us! We have A LOT of raffle prizes for donors!

For a \$5 donation on Big Day of Giving, we're giving away special brownies and lollipops. There will be a table and volunteers right inside the front door to give you your goodies!



Board elections will happen this month. We have quite a few Board candidates to consider. See your ballot and information on pages 6 and 7.



NEW TRIP AVAILABLE! We're going to Sonoma Harvest for a tour and olive oil/vinegar tasting then to the Jelly Belly factory for lunch and a tour! See page 11.



THANK YOU for being a part of the Senior Center of Elk Grove



The Senior Center will be closed Mon., May 27, 2024 in honor of Memorial Day

Donation Form

Checks and credit cards returned with this form will be held in our locked safe until [Big Day of Giving](#) on May 2, 2024.



Name on Card _____

Card number _____

Expiration Date _____ Code on back _____

Signature _____

(Required for credit card processing)

Signature _____

Zip Code _____



THANK YOU! *thank you!*

Please give us your name, address and phone number so you may receive a receipt of your donation for tax purposes and prize notification.

Name _____

Address _____

Phone _____



The Senior Center is getting ready for **Big Day of Giving!**











See page 4 for a list of raffle prizes you may be eligible to win!

For a \$5 donation on Big Day of Giving, we're giving away special brownies and lollipops. There will be a table and volunteers right inside the front door to give you your goodies!

How To Give

- Please use the donation form to donate by check or credit card. We will not process these donations until May 2nd. **Please do not mail cash.**
- Go to www.theSCEG.org and use the Big Day of Giving link on the front page to give by credit card anytime.
- Go to www.bigdayofgiving.org/donate/seniorcenterofelkgrove to give online.
- Donate in person at the Senior Center, Monday through Friday 8:00 am to 4:00 pm using cash, check or charge.

Big Day of Giving Raffle Prizes

All Donors (1 Raffle Entry) RAFFLE ENTRY FOR SaveMart Gift Card	\$25 or More (1 Raffle Entry) RAFFLE ENTRY FOR SaveMart Gift Card	\$75 or More (1 Raffle Entry) RAFFLE ENTRY FOR SaveMart Gift Card	\$100 or more (1 Raffle Entry) RAFFLE ENTRY FOR SaveMart Gift Card	\$150 or More (1 Raffle Entry) RAFFLE ENTRY FOR SaveMart Gift Card	\$200 or more (1 Raffle Entry) RAFFLE ENTRY FOR SaveMart Gift Card	\$250 or More (1 Raffle Entry) RAFFLE ENTRY FOR SaveMart Gift Card
	 SAFeway.			 JOANN	 amazon  LOWES	 Olive Garden  TRADER JOE'S  HOBBY LOBBY
	PLUS RAFFLE ENTRY Safeway Gift Card	PLUS RAFFLE ENTRY Safeway Gift Card	PLUS RAFFLE ENTRY Safeway Gift Card	PLUS RAFFLE ENTRY Safeway Gift Card	PLUS RAFFLE ENTRY Safeway Gift Card	PLUS RAFFLE ENTRY Safeway Gift Card
	PLUS RAFFLE ENTRY Kohls Gift Card	PLUS RAFFLE ENTRY Kohls Gift Card	PLUS RAFFLE ENTRY Kohls Gift Card	PLUS RAFFLE ENTRY Kohls Gift Card	PLUS RAFFLE ENTRY Kohls Gift Card	PLUS RAFFLE ENTRY Kohls Gift Card
		PLUS RAFFLE ENTRY Raley's Gift Card	PLUS RAFFLE ENTRY Raley's Gift Card	PLUS RAFFLE ENTRY Raley's Gift Card	PLUS RAFFLE ENTRY Raley's Gift Card	PLUS RAFFLE ENTRY Raley's Gift Card
			PLUS RAFFLE ENTRY Joann AND Target Gift Cards	PLUS RAFFLE ENTRY Joann AND Target Gift Cards	PLUS RAFFLE ENTRY Joann AND Target Gift Cards	PLUS RAFFLE ENTRY Joann AND Target Gift Cards
			PLUS RAFFLE ENTRY Amazon AND Lowes Gift Cards	PLUS RAFFLE ENTRY Amazon AND Lowes Gift Cards	PLUS RAFFLE ENTRY Amazon AND Lowes Gift Cards	PLUS RAFFLE ENTRY Amazon AND Lowes Gift Cards
						PLUS RAFFLE ENTRY Olive Garden AND Hobby Lobby AND Trader Joe's Gift Cards

For Big Day of Giving donations, the more you give, the more opportunities you have to win!

For example, if you donate \$75, you will be entered into 3 raffles but if you donate \$150, you will be entered into 5 raffles!

GET ARTSY WITH RENÉE



Alcohol Ink Coasters/Trivets

Thursday, May 23rd at 1:00 pm

Back by Popular Demand!

Impress your guests with one-of-a-kind coasters/trivets. Imagine your gorgeous design on the front, cork on the back and your friends ooo-ing and ahhh-ing!

You must be a paid member & pre-register. Renee's classes fill quickly so register today! \$20 supplies fee at registration and \$2 activity fee day of class.

COME SEE OUR WADDLE OF PENGUINS

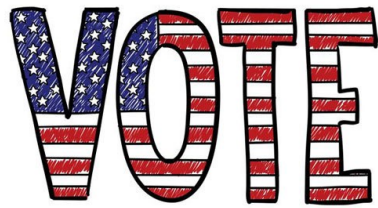


THEY'VE ARRIVED JUST IN TIME



FOR BIG DAY OF GIVING! BUY YOURS TODAY!





Included in this newsletter is a ballot for the Senior Center of Elk Grove Board of Directors Election.

As in most elections, voting gives you a voice. The Board of Directors represent you in some Senior Center decisions.

Candidates who have chosen to participate have given the Senior Center information about themselves and why they want to serve on the Board, so you, the voter may make an informed decision. There will be a Board Election page on our website www.theSCEG.org and a binder with the candidates information will be available at the Front Desk.

A "Meet & Greet" so members may get to know the candidates will be held Wed. May 8th from 9:30 am to 11:30 am. Free coffee will be served.

Members in good standing as of May 1, 2024 are asked to vote on the ballot found on page 7 and return to the address below. Your signature, name, address and phone number **must** be included on the form.

You may also drop off your ballot or vote at the Senior Center front desk. All ballots must be received no later than 4:00 pm, Friday, May 31, 2024.

Please return your ballot to:
Senior Center of Elk Grove
8230 Civic Center Drive, Suite 140
Elk Grove, CA 95757



Senior Center of Elk Grove Board Election Ballot

Please choose from 1 (one) up to but no more than 10 (ten)



Candidate

Vote



Mary Gahart	
Donald E. Simon	
Linda Bradley	
Kenneth W. Frieze	
Elaine Horton	
Maria E. Spann	
Michelle Speth	
Linda Floyd	
Doretta Morgan	
Cheryl Sewell	
Richard Gahart	
David Steven Mililli	



Name

Printed

Signature

Date

Address

Phone

Senior Center of Elk Grove



Your Everything Center
a 501(c)3 Nonprofit Organization

8230 Civic Center Dr, #140
Elk Grove, CA 95757

916-685-3160

www.theSCEG.org

May 2024 Activity Calendar

Monday		Tuesday		Wednesday		Thursday		Friday	
Light Body Toning	8:30 am	Gentle Yoga	8:30 am	Cardio Moves	8:30 am	Gentle Yoga	8:30 am	Standing Pilates	8:30 am
Chair Exercise	9:00 am	Knit & Crochet	9:30 am	Brain & Body	8:30 am	Chair Exercise	9:00 am	Quilting	8:30 am
Women's Talk Group	10:00 am	Men's Talk Group	9:30 am	Grief Group 3rd Wed NEW	8:30 am	Open Artist Studio	9:00 am	Chair Exercise	9:00 am
Chair Exercise	10:00 am	Zumba Gold	10:00 am	Chair Exercise	9:00 am	Open Games	9:00 am	Mahjong	9:30 am
Standing Pilates	10:00 am	Guitar Workshop	11:00 am	Chair Exercise	10:00 am	Zumba Gold	10:00 am	Chair Exercise	10:00 am
Open Games	10:00 am	Zumba Chair	11:30 am	Tai Chi	10:00 am	Beginning Spanish	10:30 am	Parkinson's Caregivers 3rd Fri	10:15 am
Aerobics	11:30 am	Sign Language	12:30 pm	Alzheimer's 1st Wed	10:00 am	Ham It Up	11:30 am	Bingo	12:00 pm
Core & Strength	11:30 am	Mahjong	1:00 pm	Parkinson's 3rd Wed	10:30 am	Light Body Toning	11:30 am	Bridge	1:00 pm
Beg Western Line Dance	1:00 pm	Hawaiian Hula	1:00 pm	Ukulele	10:30 am	Intermediate Spanish	12:00 pm		
Bridge	1:00 pm	Line Dance All Levels	2:00 pm	Beginning Guitar	11:00 am	Scrabble	12:00 pm		
Writers Group	1:00 pm	Genealogy	2:00 pm	Book Group 2nd Wed	11:00 am	Rock Painting 1st & 3rd Thur	1:00 pm		
Intermediate Hatha Yoga	1:30 pm	Mindfulness	2:00 pm	Jazz Dance	11:00 am	Get Artsy w/Renee 2nd & 4th Thur	1:00 pm		
				Aerobics	11:30 am	Men's Talk Group	1:00 pm		
				Chair Yoga	12:15 pm	Adv Western Line Dance	2:30 pm		
				Zumba Chair	12:30 pm				
				Bunco	12:45 pm				
				Cardmaking	1:00 pm				

CHANGES TO BEGINNING GUITAR

In June, Beginning Guitar will start an eight week class rotation. For the benefit of all aspiring guitar players, an eight week program that grows with you is a much more beneficial program than a drop in class that has some beginning at week one and some who have been playing for several weeks.

Through May, the class will be as we have held it the past couple of months. In June, those who wish to begin the eight week course should be present in the class on June 5th. After that date, no new players will be accepted until the new rotation begins in August and it will no longer be shown on the regular event calendar.

Please feel free to contact the front desk with any questions.



Losing someone you love can turn your world upside down. Friends and family can and often do offer help and support but may not fully understand the unique experience of loss.

The Senior Center of Elk Grove is offering a monthly facilitated peer support group for those who have lost a loved one, where participants can share stories and discuss their grief process with others living through the same profound loss.

The Grief Support group will meet the third Wednesday of the month at 8:30 am. The first group meeting will be Wednesday, May 15th. 10



NEW TRIP

Presenting the Sonoma Harvest Olive Oil and Vinegar Tasting plus Jelly Belly Tour and Lunch



Join us on June 13th for the Sonoma Harvest Olive Oil and Vinegar Tour & Tasting plus a trip to the Jelly Belly Factory.

The bus leaves at 9:00 am towards Sonoma Harvest. Enjoy a tour and tasting of five olive oils and five balsamic vinegars with fresh bread.

After, head over to the nearby Jelly Belly Factory. Here you'll be given a tour ticket so you may take the self guided tour at the time you please. Lunch will be on your own at their Café and Snack Bar. Enjoy entrees like a Turkey Avocado BLT, or French Dip, Panini's, Salads, Hamburgers, Fish & Chips and more. All entrees are under \$11 and sides run from \$6 to \$8. Soft Drinks run about \$4. (Our front desk will have a copy of their menu for you to see their selections).

Fee for the trip is \$75 for members and \$90 for nonmembers.

Tickets go on sale Tuesday, May 21st at 8:00 am.

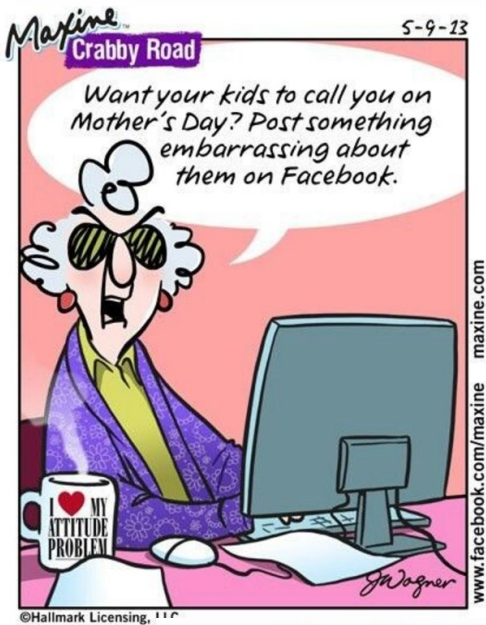
Happy Mother's Day



In addition to being a great place to exercise, have fun and learn new things, the Senior Center is also here to support you in many other ways.

Whether you're looking for resources for a friend, family member or yourself, we have information and resources to fit most situations.

We know discussing personal matters can be uncomfortable or embarrassing and stressful. The staff of the Senior Center will be discreet and kind. You may request a meeting with any member of the staff for privacy. You will always be treated with respect and care.



MOMS



All Shapes. All Sizes. All wonderful.
HAPPY MOTHER'S DAY!

NEASC's
 neascartoons.com

LATE POLICY



Our main priority at the Senior Center is the safety of all participants. Therefore, we cannot allow late arrivals in **most** classes/programs.

Yes, even if you're only one to two minutes late.

The front desk staff has the authority to decide if entry to an in-progress class is safe for all participants on a person-by-person and program-by-program basis.

This also applies if you drop your things off in class and then - let's say - run out to your car for something. Coming back in late also counts as being late, even if you've already checked-in and have your things in the class. You will be stopped from going back to the class and will have to wait to collect your things.

This is not punishment, it's about safety & courtesy for everyone.



Sing and Dance on Thursdays has been cancelled.

We apologize, but it simply did not take off the way we'd hoped. If you're looking for a way to get your creativity out, try **Ham It Up** on Thursdays at 11:30 am.



**ELK GROVE LIONS CLUB
COMMUNITY BREAKFAST**

You Deserve a Break Today

The Elk Grove Lions are serving all-you-can-eat pancakes. They are served along with a side of scrambled eggs, bacon or sausage, and fruit. Coffee is available too. On special occasions, we may be serving biscuits and gravy.

**2ND SATURDAY OF THE MONTH
8AM-10AM
ALBIANI RECREATION CENTER
8830 SHARKEY AVE**



\$10 ADULTS - \$4 CHILDREN



First Call
HOSPICE

**VOLUNTEERS
NEEDED**

Make a Difference in a Hospice Patient's Life!

Volunteers are an important part of the patient's hospice care team. Volunteers provide companionship visits for patients. These visits may include talking with patients, reading to them, doing crafts, taking them outside in their wheelchair, providing respite to a caregiver, playing cards or board games, and sometimes simply sitting quietly next to a patient's bed.

We are always looking for compassionate, caring people. If you would like to make a different, please contact us.

Daisy Gutierrez, Volunteer Coordinator
916-907-3521
Office Phone: 916-725-2580
Fax: 916-725-2511