

The next Board of Directors meeting will be Monday, August 8, 2022 at 3:15 pm. Meetings are open to the public.

Board of Directors

Ray Schultze President
Chuck Woods Vice-President
Elaine Horton Secretary
Nick Soberanis Treasurer
Jon Colton Director at Large
Ken Frieze Director at Large
Linda Gunn Director at Large
Marie Jachino Director at Large
Doc Laudon Director at Large
Vicki Nicholson Director at Large
Don Simon Director at Large
Sarah Bontrager City of Elk Grove
Gil Albiani CCSD

Staff

Christine Cuddy, Executive Director
executivedirector@thesceg.org

Renee Hodgkin, Activities Director
activities@thesceg.org

Senior Center of Elk Grove



Your Everything Center

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Elk Grove, CA 95757

Phone Number
916-685-3160

Website
www.thesceg.org
www.LivingFitSeniors.com

Non-Profit
U.S. Postage
Permit 25
Elk Grove, CA
95624

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.

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ELK GROVE



Senior Center of Elk Grove



Your Everything Center

August 2022 Newsletter



TRAVEL is coming! Collette Travel will introduce several trips VERY soon! We will have the information and ability to sign up for the trips by mid-August.

THANK YOU for your patience and enthusiasm!



Did you know that we have close to **300** hours of programs, classes and events every month? Exercise, Art & Creativity, Games, Support Groups, Genealogy and so much more.

With so much to do, why not try something new? See page 7

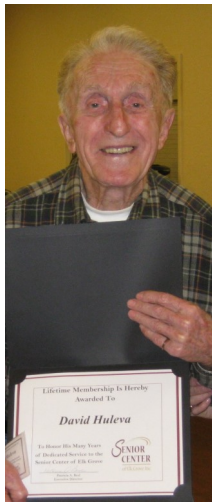
BEAT THE BOREDOM!

BINGO!

To accommodate those who ride the local transport busses, we have changed the start time of Bingo to 12:00 pm.

DAVID HULEVA is Turning 100!

Many of the seniors from the "old" Center remember David. He volunteered for Meals on Wheels and has been recognized by many City and County leaders as an invaluable volunteer for many organizations. His smile lights up any room he is in.





David is turning 100 on Wednesday, August 17th!

His niece Tamra has asked that we let all members know that a special **SURPRISE** Birthday "Drive-By/Walk-By" greeting has been planned for Noon-time on August 17th. David has been missing his friends since COVID hit and this is a **WONDERFUL** way to let him know how much he is valued and loved by our community.

The address is
9512 Colton Avenue, Elk Grove, CA 95624

Please join David and his family for a special **SURPRISE** hello!

What's better than Line Dancing?  **I Love** 
LEARNING to LINE DANCE! *Line Dancing*

Join us for an hour long Learn to Line Dance session every Monday at 1:30 pm. Then join us again on Thursdays at 2:30 pm to show off your new oh-so-impressive moves! \$2 activity fee. No experience necessary for Monday's class.

Get Artsy with Renee

Free-Style Frames!

Thursday, August 11, 2022
at 1:00 pm



You can never have too many frames - to show off!

This fun class will allow you to be as creative or colorful or crazy as you'd like. You must be a member and

pre-register. Renee's classes fill quickly so register today!

\$15 supplies fee at registration and \$2 activity fee day of class.



Pour Painting with a Twist

Thursday, August 25, 2022
at 1:00 pm



We know you LOVE Pour Painting. How about Pour Painting with a Twist?

This - you've got to try!

You must be a member to attend and pre-register. Renee's classes fill quickly so register today! \$15 supplies fee at registration and \$2 activity fee day of class.



Senior Center of Elk Grove

Monthly Calendar



Your Everything Center

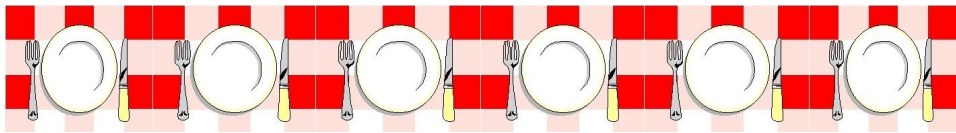
August 2022

MONDAY Programs	Time	TUESDAY Programs	Time	WEDNESDAY Programs	Time	THURSDAY Programs	Time	FRIDAY Programs	Time
Tai Chi for Arthritis Beginners	9:00 AM	Balance Matters <i>Video Only</i>	8:30 AM	Aerobics <i>Video Only</i>	8:30 AM	Tai Chi Fan Beginners	8:30 AM	Cardio Drumming <i>Video Only</i>	8:30
Chair Exercise	9:00 AM	Knit & Crochet	9:30 AM	Tai Chi for Arthritis	9:00 AM	Open Artist Studio	9:00 AM	Quilting Group	9:00 AM
Tai Chi for Arthritis Intermediate	9:45 AM	Zumba Gold	10:00 AM	Chair Exercise	10:00 AM	Tai Chi Fan Intermediate	9:15 AM	Chair Exercise	10:00 AM
Game Time	10:00 AM	Men's Talk	10:00 AM	Tai Chi with Frank	10:00 AM	Gore & More	10:00 AM	Mahjong	10:00 AM
Chair Exercise	10:15 AM	Dinner & Lunch Bunch Interest Meet	11:30 AM	Ukulele Fun/Practice	10:30 AM	Game Time	10:00 AM	Bingo EARLIER TIME	12:00 PM
Core & Strength	11:30 AM	Gentle Yoga	11:45 AM	Book Group August 10	11:00 AM	Core & Strength	11:30 AM	Bridge	1:00 PM
Writers Group	1:00 PM	Sign Language	1:00 PM	Parkinson's Support Group August 17		Scrabble	12:30 PM		
Bridge	1:00 PM	Mahjong	1:00 PM	Core & Strength	11:30 AM	Gentle Yoga	1:00 PM		
Beginning Line Dancing	1:30 PM	Genealogy Workshop	2:00 PM	Bunco	12:45 PM	Get Artsy with Renee August 11 & 25	1:00 PM		
		Genealogy Guided Session	3:00 PM	Card Making	1:00 PM	Line Dancing Class	2:30 PM		

Dinner & Lunch Bunch

Do you miss going out to dinner or lunch? Hate dining alone? Want to meet some other like-minded adults that crave great food and even better company?

Let's meet at the Senior Center on **Tuesday, August 9th at 11:30 am** to see if there is any interest in starting a Dinner & Lunch Bunch! **ALL members are welcome.**



Your Patience is Appreciated!

We're still working on bringing in some new "live" exercise programs and hope to accomplish this in the next week or so.

Check your weekly email updates for news about exercise programs. We may even bring in guest instructors for some "try-outs"!

In the meantime, we continue to show Aerobics, Balance Matters and Cardio Drumming videos, featuring Debbie Glincher. See the calendar for days and times.

Do you like ...

Murder Mystery?



Singing?

How about a game of **Pictionary?**



Maybe **High/Low?**

Trivia or Charades?



Maybe you like them ALL! See Christine or Renee for more information.

BEAT THE BOREDOM!