

The next Board of Directors meeting will be Monday, Aug. 12, 2024 at 3:15 pm. This meeting will be open to the public.

Board of Directors

Linda Bradley	President
David Feinberg	Vice-President /Interim Treasurer
Elaine Horton	Secretary
Linda Floyd	Director
Kenneth Frieze	Director
Mary Gahart	Director
Richard Gunn	Director
David Melilli	Director
Cheryl Sewell	Director
Don Simon	Director
Maria Spann	Director
Michelle Speth	Director
Sarah Bontrager	City of Elk Grove Rep.

Staff

Christine Cuddy, Executive Director
executivedirector@thesceg.org

Renee Hodgkin, Activities Director
activities@thesceg.org

Margo Chaney, Assistant Director
assistantdirector@thesceg.org

Bella Jones, Front Desk Assistant
frontdesk@thesceg.org

Senior Center of Elk Grove



Your Everything Center
a 501(c)3 Nonprofit Organization

8230 Civic Center Drive, Suite 140, Elk Grove, CA 95757
916.685.3160 www.theSCEG.org / www.LivingFitSeniors.com

Membership is \$50 per year with a \$2 per event fee for most programs.



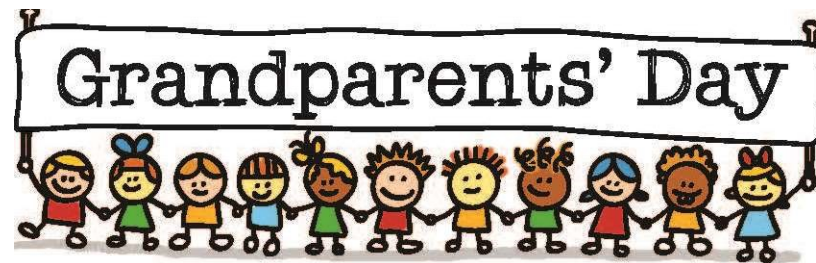
PRIVACY POLICY - The Senior Center of Elk Grove does not and will not sell, rent or give away our member's information, including names, addresses, email addresses or phone numbers.

Non-Profit
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95624



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AUGUST 2024 NEWSLETTER



Celebrate Grandparent's Day with a Waffles and Ice Cream Celebration!

September 7th - 10:00 am to 12:00 pm

Waffles, vanilla ice cream, chocolate and caramel sauces, whipped cream, strawberry and blueberry toppings, sprinkles and more will make this Grandparent's Day special for everyone!

\$15 for those 13 and over
\$5 for children 12 and under

Every child receives a special prize!
Don't have a grandbaby? No worries! Come enjoy a fun breakfast out with friends.

Tickets go on sale Monday, August 12th at 8:00 am

GET ARTSY WITH RENÉE



Sunny Day Sunflowers

Thursday, August 8th - 1:00 pm

Welcome more sunny days with these fabric sunflowers!

You get to make 3 from a variety of fabrics.

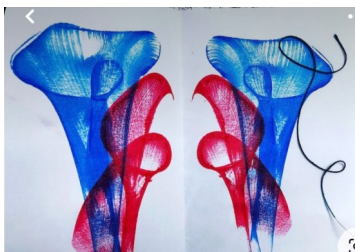
You must be a **paid** member & pre-register. Renee's classes fill quickly so register today! \$15 supplies fee at registration and \$2 activity fee day of class.

String Pull Paint

Thursday,
August 22nd at
1:00 pm



See the fun, beautiful designs you can make with paint and string



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

Bodega Bay

September 24, 2024

Bodega Bay - famed as much for its beauty as for its "birds" - is a wonderful stepping off point for the new adventure level trips.



- Begin your journey at 8:00 am as the bus leaves for a ride through beautiful Northern California towards the coast.
- Your first stop will be to explore the famous Potter Schoolhouse and Saint Teresa Church.
- Then it's on to the Artisan's Co-op & Bodega Country Store area for some sightseeing and shopping.
- Next is a phenomenal lunch at the Tides Restaurant.
- Next stop - Bodega Head Trail. Hike the trails around Bodega Head and take in the beauty before you.
- The bus will leave for home at 5:30 pm, with arrival back at the Center is estimated to be 8:00 pm (it will be dark out).

Layers and sturdy shoes are recommended!

\$150 for members

\$175 for non-members

Tickets go on sale Tuesday, August 13 at 8:00 am

Please note, this trip has an activity level of 3 to 4. Long sitting times (bus), uneven pavement, stairs, and hiking trails are all part of this trip.

August

Senior Center of Elk Grove



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2024

Monday		Tuesday		Wednesday		Thursday		Friday	
Light Body Toning	8:30	Gentle Yoga	8:30	Standing Pilates	8:30	Gentle Yoga	8:30	Quilting	8:30
Chair Exercise	8:30	Knit & Crochet	9:30	Brain & Body	8:30	Chair Exercise	9:00	Chair Exercise	9:00
Women's Talk Group	10:00	Men's Talk Group	9:30	Grief Group 3rd Wed	8:30	Open Artist Studio	9:00	Mahjong	9:30
Chair Exercise	10:00	Zumba Gold	10:00	Chair Exercise	9:00	Open Games	9:00	Chair Exercise	10:00
Standing Pilates	10:00	Guitar Workshop	11:00	Chair Exercise	10:00	Zumba Gold	10:00	Parkinson's Caregivers 3rd Fri	10:15
Open Games	10:00	Zumba Chair	11:30	Tai Chi	10:00	Ham It Up No class 8/22	11:30	Bingo	12:00
Aerobics	11:30	Sign Language	12:30	Alzheimer's Caregivers 1st Wed	10:00	Light Body Toning	11:30	Women's Talk Group	12:00
Core & Strength	11:30	Mahjong	1:00	Parkinson's 3rd Wed	10:30	Intermediate Spanish NO CLASS in August	12:00	Bridge	1:00
Beg Western Line Dance	1:00	Hula No class 8/13 & 8/20	1:00	Ukulele	10:30	Scrabble	12:00		
Bridge	1:00	Line Dance All Levels No class 8/13 & 8/20	2:00	Book Group 2nd Wed	11:00	G.I.T F.I.T	1:00		
Writers Group	1:00	Genealogy	2:00	Sambassa World Fitness	11:00	Rock Painting 1st & 3rd Thur	1:00		
Intermediate Hatha Yoga	1:30	Mindfulness & Meditation No class 8/6	2:00	Aerobics	11:30	Get Artsy w/Renee 2nd & 4th Thur	1:00		
				Chair Yoga	12:15	Men's Talk Group	1:00		
				Zumba Chair	12:30	Adv Western Line Dance	2:30		
				Bunco	12:45				
				Cardmaking	1:00				
				Open Dance Ballroom & More No class 8/14 & 8/28	2:00				

Dementia Caregiver Education Series

August 28th, September 25th and

October 23rd - 2:00 pm to 3:30 pm

DEMENTIA CAREGIVER EDUCATION SERIES



August-September-October 2024
4th Wednesday of each month
2:00pm to 3:30pm

Presentation I

Planning for Aging
Stephani Gunther, Del Oro CRC

August
28

Presentation II

**Understanding
Alzheimer's and Dementia**
Denise Davis, Alzheimer's Association

**Caregiving Today:
It's a Balancing Act**
Felicia Juntunen, Elder Care Management

September
25

**Understanding and Responding
to Dementia Related Behaviors**
Denise Davis, Alzheimer's Association

**Compassionate Communication
between Adult Children
& Aging Parents**
Felicia Juntunen, Elder Care Management

October
23

Community Education Panel
Denise Davis, Alzheimer's Association
Stephani Gunther, Del Oro CRC
Felicia Juntunen, Elder Care Management

Advance Registration Required for each session.
See Registration information on back.



Hosted by



Senior Center of Elk Grove

8230 Civic Center Drive, Suite 140, Elk Grove 95757



*If you require respite care, please contact Del Oro CRC at (916) 728-9333 at least 2 weeks BEFORE scheduled event.

Join us Wed., August 14th at 2:00 pm

Live Strong & Safe



Live Strong & Safe Fall Prevention Program is a one-hour session that provides a comprehensive overview of fall prevention, including home safety and medication management.

DATE & TIME	LOCATION
Wednesday August 14th 2:00-3:00PM	Senior Center of Elk Grove 8230 Civic Center Dr #140 Elk Grove

PROGRAM DISCUSSION INCLUDES:

- Fear of falling
- Risk factors
- Exercise
- Nutrition
- Environmental safety and home modifications

PRE-REGISTRATION IS RECOMMENDED. PLEASE CALL (916) 685-3160 TO RESERVE A SPACE.

AGENCY
ON AGING
AREA 4

IMPORTANT REMINDER

We would like to remind participants that there is a code of conduct here at the Senior Center.

You may **NOT** tell another participant to move out of "your" spot. "You" do not have a spot. Anyone who does this, will be removed from the room, regardless of whether it's exercise, Bingo or art.

Please be **KIND** to one another. It's easy & contagious.