

The next Board of Directors meeting will be Monday, July 21, 2025 at 3:15 pm. This meeting will be open to the public.

#### **Board of Directors**

Linda Bradley President  
Kenneth Frieze Vice-President  
Elaine Horton Secretary  
David Melilli Treasurer

Linda Floyd Director  
David Feinberg Director  
Cheryl Sewell Director  
Michelle Speth Director  
Don Simon Director  
Lisa Johnson Director  
Gil Albiani Director  
Lynn Wheat Director  
Sarah Bontrager City of Elk Grove Rep.

#### **Staff**

Margo Chaney, Interim Executive Director  
executivedirector@thesceg.org

Renee Hodgkin, Activities Director  
activities@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](http://www.theSCEG.org) / [www.LivingFitSeniors.com](http://www.LivingFitSeniors.com)

**\$50.00 Annual Membership and**  
**\$2 per event fee for most programs., Visit our website at**  
**[www.thesceg.org](http://www.thesceg.org)**



**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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## AUGUST 2025 NEWSLETTER



The Senior Center will be closing at 2:00pm on Friday August 15th - for carpet cleaning

There will be no Bridge Session on that Friday.



# GET ARTSY WITH Renée

## Rolled Paper Art

**Thursday, August 14th \$15.00 Supply Fee + \$2.00 Program Fee**

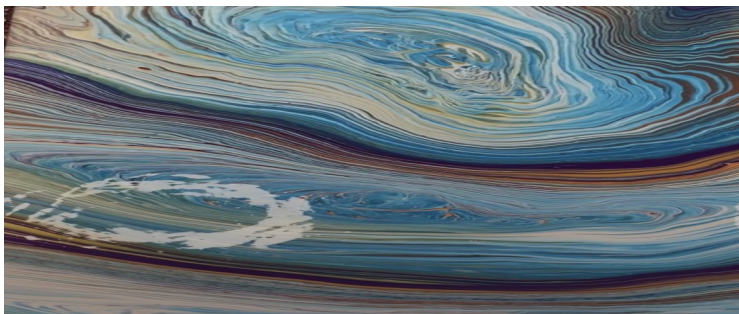
**Try your hand at rolling magazine pages into a work of art. Try a leaf or if you are feeling adventurous try a flower/starburst.**



## Pour Painting

**Thursday, August 28th \$20.00 Supply Fee + \$2.00 Program Fee**

**It's Back! The pour painting you love to create! This time we will be making a "Tree Ring Pour". We will be using cups to make the "tree rings" Curious?? Come give it a try!**



**Join us for a new art class in August!**

## Healing Art with Larry Ramos

Wednesdays @ 8:30am - Week 2 and Week 4 of the month

Join award winning artist, 20 year Crocker Art Museum Instructor and Art Healer Larry Ramos on a healing art journey.

This is an all-level art class and is designed especially for beginners.

Professional materials & supplies provided.

Supply Fee of \$15.00 for each class (paid direct to the instructor)

\$2.00 Regular program fee applies.

Class size is limited to 25 students.

### August Art Classes:

Week 2 (August 13th): Create a watercolor and collage fantastical farm bouquet.

Week 4 (August 27th): Create a collage imaginary magical being.

### Benefits:

Increase your artistic vocabulary

Open your collective consciousness

Learn new art techniques

### Course Outline:

\*Share your fears / memories of art

\*Watercolor & Collage techniques

\*Guided practice and creation of art piece

\*Share what you love about each artist's creation

\*Take pictures & put the pieces on mats.

Please Register at the Front Desk



SCEG Grandparent's Day Sun-  
dae Social

Join us on Saturday, September 6th as we celebrate Grandparent's Day with Ice Cream Sundaes!

Saturday, September 6th.

11:00am to 1:00pm

Bring your kids, grandkids, neighbor kids, or no kids! Join us for a fun day of Chocolate and Strawberry Ice Cream Sundaes and a special craft project to make as well.



Tickets go on Sale on  
Monday, August 11th @  
8:00am

5 and Under = \$Free

Have extra grocery bags???

The Elk Grove Food Bank needs your clean, plastic & paper grocery bags. Bring them to the Senior Center and they will be delivered to the Food Bank.



INSURANCE SERVICES

Need help with Medicare & Medi-Cal?

Patrina from SBHIS Insurance services will be here on Tuesday, August 12th & Wednesday, August 13th 8:30a - 12:00 to help answer your questions. Look for the table in the lobby.

We are sad to announce that our Front Desk Assistant, Bella will be leaving us!! Bella's last day will be Wednesday, August 20th.

Please join us for cookies that day and give her lots of hugs and well wishes as she begins her college journey at Sac State!!

WE LOVE YOU

BELLA!

WE WISH YOU THE ABSOLUTE  
BEST!!!!!!





## Living Healthy and Aging Gracefully



**AUGUST 13TH  
2-3 PM**

Topics include  
Physical Health and Activity  
Mental and Emotional Wellbeing  
Preventive Care & Healthy Habits

Tina Schmidt RN Coach

**Please Pre-Register at the Front Desk to Attend.**

**Don't forget, the SCEG BBQ & Sock Hop is**

**Saturday, August 9th! "Be There or Be Square"!**

## **Join the Lunch Bunch!**

**Tuesday, August 12th at 11:30am -**

**Location: The Horn BBQ**

**Bring cash and a smile.**

**The September meetup will be decided at the  
August meetup.**

**Please register for the August Lunch bunch  
meetup at the front desk by August 8th.**

**Widowed Persons Association of California Support Group:**

**Who:** Any and all widows or widowers are invited

**When:** Every Sunday from 3:00pm to 5:00pm

**Where:** 2628 El Camino Ave. Ste D-18

Group meets in the meeting room of the WPAC of-  
fice - Enter from the back parking lot



The widowed persons association is designed to be of help  
to recently widowed men and women, but any and all widows  
and widowers are welcome as a community by this organiza-  
tion. There is no charge to participate.

**Join Syndee Hendricks on August 20th at 1:00pm**

**Unlock Your Best Life At Any Age**

Discover how Syndee created and maintains her best life at 72!  
Optional \$20.00 Materials Fee: Includes book and other materials.

Join us for a new exercise class on Fridays!

## Walk Strong Express

40 minute long walking workout video.

This powerful and effective cardio and body sculpting workout uses a resistance band while marching at a brisk pace that varies in intensity and levels to challenge muscles in a variety of ways.

Fridays @ 12:00pm

Video Instructed

Cost: \$2.00

20 Spaces Available

Resistance Band Needed



**Sambassa with Geno Torres is Back on  
Wednesdays @ 11:00am**

## Temporary August Schedule Changes

**Monday August 4th Aerobics - No Class**

**Tuesday August 5th Mindfulness & Meditation - No Class**

**Wednesday August 6th Aerobics - No Class**

**Monday August 11th Aerobics - No Class**

**Wednesday August 13th Open Ball Room Dancing - No Class**

**Wednesday August 13th Aerobics - No Class**

**Friday August 15th Bridge - No Session**

**Tuesday August 19th Chair Zumba - No Class**

**Wednesday August 20th Chair Zumba - No Class**

**Monday August 25 Core & Strength - No Class**



**THE SENIOR CENTER WILL BE  
CLOSING AT 2:00PM ON FRIDAY,  
AUGUST 15TH FOR  
CARPET CLEANING.  
THERE WILL BE NO  
BRIDGE SESSION THAT DAY**



# Senior Center of Elk Grove



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## August 2025

Membership is \$50 per year  
Most programs cost \$2

Monday		Tuesday		Wednesday		Thursday		Friday	
Light Body Toning	8:30	Gentle Yoga	8:30	Standing Pilates	8:30	Open Games	8:00	Tai Chi Flow	8:30
Chair Exercise	8:30	Knit & Crochet	9:30	Brain & Body 8/13 & 8/27	8:30	Gentle Yoga	8:30	Quilting	8:30
Chair Exercise	9:00	Men's Talk Group	9:30	Healing Art Wk 2 & 4	8:30	Chair Exercise	9:00	Chair Exercise	9:00
Open Games	9:00	Zumba Gold	10:00	Chair Exercise	9:00	Open Artist Studio	9:00	Mahjong	9:30
Chair Exercise	10:00	Guitar Workshop	11:00	Chair Exercise	10:00	Zumba 30/30	10:00	Chair Exercise	10:00
Standing Pilates	10:00	Zumba Chair No Class 8/19	11:30	Traditional Tai Chi	10:00	Intermediate Spanish	10:30	Parkinson's Caregivers Support Group	10:15
Women's Talk Group	10:00	Mahjong	1:00	Alzheimer's Caregivers Support Group 1st Wed	10:00	Improv	11:30	Bingo	12:00
Oil Paint Bob Ross Style week 1 & 3	11:00	Hawaiian Hula	1:00	Parkinson's Support Group 3rd Wed	10:30	Light Body Toning	11:30	Walk Strong Fitness	12:00
Español Conversational week 2 & 4	11:00	Line Dance All Levels	2:00	Ukulele Practice	10:30	Scrabble	12:00	Bridge No Class 8/15	1:00
Aerobics No Class 8/4 & 8/11	11:30	Genealogy	2:00	Book Group 2nd Wed	11:00	Rhythm & Motion	1:00		
Core & Strength No Class 8/25	11:30	Mindfulness & Meditation No Class 8/5	2:00	Sombassa Fitness	11:00	Rock Painting week 1 & 3	1:00		
Bridge	1:00			Aerobics No Class 8/6 & 8/13	11:30	Get Artsy w/Renee week 2 & 4	1:00		
Writing Group	1:00			Chair Yoga	12:15	Men's Talk Group	1:00		
Intermediate Hatha Yoga	1:30			Zumba Chair No Class 8/20	12:30	Grief Support Group week 2 & 4	2:00		
				Bunco	12:45				
				Cardmaking	1:00				
				Syndee Speaks 8/20	1:00				
				Open Dance No Class 8/13	2:00				