

The next Board of Directors meeting will be August 17, 2026 at 3:15 pm.
This meeting is open to the public.

Board of Directors:

David Feinberg - President
Kenneth Frieze - Vice-President
Lisa Johnson - Secretary
David Myrick - Treasurer

Linda Floyd - Director
Elaine Horton - Director
Marie Jachino - Director
Ben Biddle - Director
Lynn Wheat - Director
Jeff Scanlon - City of Elk Grove Rep.

Staff:

Margo Chaney, Executive Director
executivedirector@thesceg.org

Erica Reeder, Assistant Director
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Carmen Garcia, Activities Director
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Desiree Nicholson
frontdesk@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.

Senior Center of Elk Grove



Your Everything Center

a 501(c)3 Nonprofit Organization
8230 Civic Center Drive, Suite 140
Elk Grove, CA 95757

\$60 Annual Membership &
\$2 per program fee for most
programs.

Visit our website at
www.thesceg.com
Phone: 916-685-3160



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a 501(c)3 Nonprofit Organization

August 2026 Newsletter

"AUGUST IS
THE BORDER
BETWEEN
SUMMER AND
AUTUMN;
IT IS THE MOST
BEAUTIFUL
MONTH I KNOW."

— TOVE JANSSON
ITSALLYOUBOO.COM

August Schedule Changes

Monday, August 3rd - No Core & Strength

Wednesday, August 5th - Grief Support
Returns with a New Facilitator

Wednesday, August 12th - No Open Dance



OPERATION
Clear Vision

— Don't Toss Them. Give the Gift of Sight. —

Pride of Laguna Creek
Lions Club
in Partnership with
VFW Post 2073

DRIVE BY. DROP OFF. MAKE A DIFFERENCE.

THANK YOU
for helping others see clearer.

THURSDAY
AUGUST 27
— 3-7 PM —

8230 Civic Center Drive
Elk Grove, CA 95757

In Front of
DISTRICT 56
(NORTH SIDE)

DONATE
GLASSES
HEARING AIDS
CELL PHONES

KEEP REUSABLE
ITEMS OUT OF
OUR LANDFILLS.
RECYCLE.
MAKE AN IMPACT.

Join the Lunch Bunch!

Tuesday, August 10th at 11:30 am
Location: Peasanos

Please register at the front desk by
Friday, August 7th

Senior Health & Resource Fair

Interact with dozens of local resources. Learn about what resources are available to the senior community!

Thursday, September 17th
10:00 am - 2:00 pm

Free entry! Open to all!

There will be no regular programs Thursday, September 17th



Senior Center of Elk Grove BBQ Sock Hop

Thursday, August 20th
5:00 PM - 8:00 PM



Enjoy hamburgers, hot dogs, sides & dessert. Dress up in your 50's & 60's attire and come dance the night away! Enjoy live music, line dancing presentation, classic cars & fun!

Tickets:

\$25 Members \$30 Non-Members

Tickets available: Monday, July 13th
at 8:00 am at the front desk.



Late Policy: Most programs have a late policy! Please be in the room and ready to begin at the start time of the program.

Full Program Notification: If you are notified that the program you want to attend is full, please do not enter the room. Please choose another program to attend or come back for the program the next time it is in session.

General Behavior: Please be respectful and courteous to staff, instructors, facilitators, volunteers and your fellow members.

Membership: \$60.00 yearly fee and \$2.00 per program. This membership allows access to all programs. Members receive discounted rates when buying tickets for fundraising events and Day Trips.

Fitness Plan: May attend fitness programs only. Membership fee is “waived” (insurance does not reimburse the Senior Center). \$2 program fees reimbursed by insurance up to 11 classes. Tickets for fundraising events and Day Trips will be at “Non-Member” price.

Non-Members: May not attend any regular programming. Fundraising events and Day Trips will be charged the “Non-Member” price. Non-members may attend educational presentations and are required to sign in at the front desk in the Guest Book.

Please let the front desk know if you would like a veggie burger!

Grief Support

Kayla Freyja with Dignity Memorial will be facilitating a new grief support group on the first Wednesday of each month. It will be held in the Spruce Room at 1:00 pm. This program does not require a \$2 program fee, but you must be a full access member to attend.



Caregivers

Anyone attending a program that utilizes a chair or is participating in the exercise or activity is considered a participant in the program. Caregivers that are attending programs with the person they are caring for and participating are required to have a membership, check in at the front desk and pay the \$2 program fee. Please see the front desk if you have any questions.

Are you new to Elk Grove? Looking to make new friends?
Wanting to enjoy friendly, lively conversation?
Wednesday's Women's Open Discussion is your welcoming group! They enjoy the friendships they are making with open conversations about anything and everything. Travel, hobbies, family, education, health, etc. We're looking forward to meeting you!

This presentation is full! If your name is on the list and you're not able to attend, please let the front desk know so we can take your name off and move up a person on the waiting list.

A colorful poster for a 'Tech for Silvers!' workshop. At the top, a laptop and a smartphone are shown. The title 'TECH FOR SILVERS!' is in large, bold, blue letters. Below it, a blue banner reads 'FREE TECH WORKSHOP'. Underneath, in black text, is 'AT ELK GROVE SENIOR CENTER'. A red banner says 'Learn to stay safe and connected online!'. Below this are four icons: 'Avoid SCAMS & FRAUDS' (with a dollar sign and envelope), 'Smart PASSWORD Tips' (with a padlock and asterisks), 'Email & SPAM Help' (with an envelope and exclamation mark), and 'Sign Up for LOCAL ALERTS' (with a bell and smartphone). A blue banner says 'Join Us for a Fun, Hands-On Class!'. Below that, in large black text, is 'Monday, August 3rd' and '2:00 PM - 4:00 PM'. Two orange banners at the bottom say 'Bring Your Own Device (Phones, Tablets, etc.)' and 'Must Pre-Register at the Front Desk!'. At the very bottom, there are three small photos showing people at the workshop. The footer includes the location 'Elk Grove Senior Center - Activity Room' and logos for 'Tech4Silvers' and 'Granite Bay High School'.



Power Against Fraud Seminar

BROUGHT TO YOU BY THE
ELK GROVE POLICE DEPARTMENT
VOLUNTEERS IN POLICE SERVICE

Wednesday, August 12, 2026
Senior Center of Elk Grove
2:30 PM – 3:45 PM

Elk Grove PD wants our citizens to be prepared for potential fraud and economic crimes. Older adults are seen as easy targets of crimes such as identity theft, impersonation scams, and telephone, internet and mail fraud.

At this fraud prevention seminar, **UPDATED for 2026**, you will learn simple yet effective self-defense strategies to increase your **POWER AGAINST FRAUD**. Don't let yourself fall victim to fraud. Take advantage of the opportunity to harden yourself as a target by attending this on-site seminar.



Program fees are now paid at the front desk. If you are a member, you may use your wallet to pay your \$3 fee! BINGO cards and raffle tickets are still purchased at the back tables before entrance to the room.

\$3 - Membership

\$4 - Non-Membership

\$4 - Fitness Plan Only

Debit and credit card transactions must be more than \$5. This applies to members only and may only be used to pay the program fee.

Monday, August 24th - 2:00 pm to 4:00 pm

Join host Gisselle Palma with Habitat Health in the Maple Room.

Habitat Health provides an alternative to nursing home care through the Program of All-Inclusive Care for the Elderly (PACE), helping older adults stay at home with a care team, meals, pharmacy access, and health insurance for eligible participants.

Monday, August 31st - 2:30 pm to 3:30 pm

Join host Amanda Sylva with Listos Disaster

Preparedness in the Maple Room. Learn about 10 different types of disasters to be prepared for. Prepare you, your family, friends, neighbors and people you care for to be ready when a disaster strikes!

Watch for information in the weekly newsletter and a flyer at the desk to let you know when you can sign up for these 2 presentations!

August Calendar

SCEG

(\$\$) \$2 Program Fee

(\$\$+) \$2 plus additional program fee/supplies

Monday		Tuesday		Wednesday		Thursday		Friday	
\$\$ Light Body Toning	8:30	\$\$ Gentle Yoga	8:30	\$\$ Standing Pilates	8:30	\$\$ Open Games	8:30	\$\$ Tai Chi Flow	8:30
\$\$ Chair Exercise Video	8:30	\$ Chair Core Exercise Video	8:30	\$\$ Brain & Body 8/12 & 8/26	8:30	\$\$ Gentle Yoga	8:30	Quilting	8:30
\$\$ Harvest Story	8:30	Knit & Crochet	9:30	\$\$ Chair Exercise Video	9:00	\$\$ Chair Exercise Video	9:00	\$\$ Chair Exercise Video	9:00
\$\$ Chair Exercise Video	9:00	\$\$ Men's Talk Group	9:30	\$\$ Chair Exercise Video	10:00	Open Artist Studio	9:00	\$\$ Mahjong	9:30
\$\$ Open Games	9:00	\$\$ Zumba Gold	10:00	\$\$ Traditional Tai Chi	10:00	\$\$ Zumba 30/30	10:00	\$\$ Chair Exercise Video	10:00
\$\$ Chair Exercise Video	10:00	\$\$ Guitar Workshop	11:00	Alzheimer's Caregivers Support 8/5	10:00	\$\$ Chair Exercise Video	10:30	\$\$ Men's Open Discussion	11:30
\$\$ Standing Pilates	10:00	\$\$ Zumba Chair	11:30	Parkinson's Caregivers 8/19	10:30	\$\$ Improv	11:30	\$\$+ BINGO	12:00
\$\$ Women's Talk	10:00	\$\$ Chair Ex Video	11:30	\$\$ Ukulele Practice	10:30	\$\$ Light Body Toning	11:30	\$\$ Walk Strong Fit Video	12:00
\$\$ Aerobics	11:30	\$\$ Balance & Posture Ex. Video	12:30	\$\$ Intermediate Spanish	10:30	\$\$ Chair Yoga Video	11:30	\$\$ Bridge	1:00
\$\$ Core & Strength No Class 8/3	11:30	\$\$ Mahjong	1:00	\$\$ Book Group 8/12	11:00	Scrabble	12:00	\$\$ Chair Exercise Video	1:00
\$\$ Chair Exercise Video	12:45	\$\$ Hawaiian Hula	1:00	\$\$ Chair Pilates No Class June, July, Aug.	11:00	\$\$ Rhythm & Motion	1:00		
\$\$ Bridge	1:00	\$\$ Line Dancing	2:00	\$\$ Sambassa June, July, August	11:00	\$\$ Rock Painting 8/6 & 8/20	1:00		
\$\$ Writing Group	1:00	\$\$ Genealogy	2:00	\$\$ Aerobics	11:30	\$\$ Men's Talk	1:00		
\$\$ Intermediate Hatha Yoga	1:30	\$\$ Mindfulness & Meditation	2:00	\$\$ Chair Yoga	12:15	\$\$ Line Dancing	2:00		
				\$\$ Zumba Chair	12:30				
				\$\$ Bunco	12:45				
				\$\$+ Cardmaking 8/12 & 8/26	1:00				
				\$\$ Women's Open Discussion	1:00				
				Grief Support Group 8/5	1:00				
				\$\$ Open Dance No Class 8/12	2:00				
				\$\$ Chair Exercise Video	2:45				