

The next Board of Directors meeting will be Monday, January 13, 2025 at 3:15 pm. This meeting will be open to the public.

Board of Directors

Linda Bradley	President
David Feinberg	Vice-President
Elaine Horton	Secretary
David Melilli	Treasurer
Linda Floyd	Director
Kenneth Frieze	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
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Margo Chaney, Assistant Director
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Bella Jones, Front Desk Assistant
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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

SCEG PARTNERS



CITY OF
ELK GROVE



AGENCY
ON AGING
AREA 4



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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December 2024 Newsletter



The Senior Center of Elk Grove
Presents

HOLIDAY GIFT FAIRE

Saturday, December 14
9:00 AM - 4:00 PM

The Senior Center of Elk Grove elves are at it again!
 They've made SO MUCH STUFF!
 Lovingly hand made knit items, food items,
BASKETS, stocking stuffers, hats,
 scarves, soup and MORE!
 Plus **40+** vendors will be selling their fabulous items.
 One stop shopping for everyone on your list!

HO-HO-HOPE TO SEE YOU THERE!



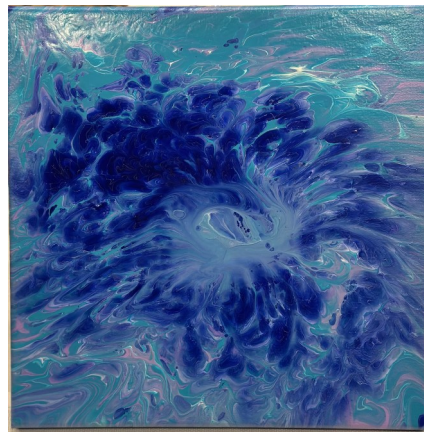
Get Artsy with Renée

Pour Painting Thursday, December 12th - 1:00 pm

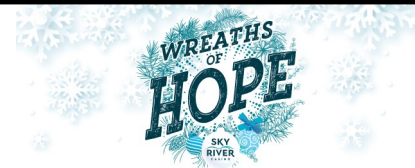
Join us for a fun pour paint project where you get two gorgeous items out of one pour. The possibilities are endless!

The vase and picture are perfect as a gift, or show pieces in your own home.

You must pre-register for this class. \$20 supply fee due at registration and \$2 program fee day of the class.
For paid members only.



It's THAT time of year again ... **COLD!** We already have a steady stream of forgotten sweaters, jackets and umbrellas being turned in to the front desk. PLEASE check your area before leaving. Put your keys in the sweater/coat pocket so you can't leave without them. And of course, if you're missing something, ask the front desk to see the Lost & Found.



The Senior Center of Elk Grove will have a wreath at Sky River Casino's Wreaths of Hope event!

We call her "The Betty" and think it represents the fun, vibrant, active seniors at the Senior Center.

Vote for our wreath at Sky River Casino, December 1st through December 31st. You must be a Sky River Rewards member, but sign-up is free and easy, plus you get a free \$15 to play with.

We could win up to \$3,500 for the Center!

Ukulele Holiday Concert



Come enjoy the 3rd Annual
Ukulele Holiday Concert on
Wednesday, December 18th at 2:30 pm.

These talented players will surround you
with the spirit of the holidays, tickle your
funny bone and bring a smile to your face.

Don't miss this special tribute to the
holidays like only the Ukulele
performers can do!

December class changes/closures

Private Tai Chi with Lucy	CLOSED 12/03 and 12/10
Tai Chi Flow	CLOSED 12/06
Zumba	There will be a substitute 12/03 & 12/05
Bingo	CLOSED 12/13
Bridge	CLOSED 12/13
Hula	CLOSED 12/17, 12/24 and 12/31
Tuesday Line Dancing	CLOSED 12/17, 12/24 and 12/31
Parkinson's Support Group	CLOSED 12/18 and 12/20
Aerobics	CLOSED 12/23
Mindfulness & Meditation	CLOSED 12/24 and 12/31
SENIOR CENTER	CLOSED 12/25 - All classes closed

It's simply that time of year again! This may not be a comprehensive list. Call the front desk with questions about possible additional changes.

The Senior Center will be closed:

Wednesday, December 25th - Holiday
Wednesday, January 1st - New Years Day
Monday, January 20th - MLK Holiday

Survey

In the coming months, we will be asking random members some questions about their views on the Senior Center, our future and what things you may want to see in our future. Everyone's opinion is important to us and your cooperation will be very appreciated.

Silver & Fit & Renew Active Changes

As many of you may have heard, there are changes coming to the **Silver & Fit** and **Renew Active** programs.

With open enrollment currently happening, insurance plans making changes to the exercise benefits, we are asking you to please be patient with the staff and volunteers while we navigate multiple companies to see how this affects our members and the center.

The information we have received so far is limited.

We do know you will need your insurance card!

If you receive something with information about your exercise program bring it on in. We will copy it and put it into your record if there is.

Be sure you arrive 15-30 minutes before your first exercise class in the new year, so we may get the eligibility check out of the way. Arriving right before class will make you late and we don't allow late entrance to classes.

As always, call the Senior Center with any questions.

Senior Center of Elk Grove



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December 2024

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

Monday		Tuesday		Wednesday		Thursday		Friday	
				No Programs 12/25					
Light Body Toning No Class 12/16	8:30	Gentle Yoga	8:30	Standing Pilates	8:30	Gentle Yoga	8:30	Tai Chi Flow No class 12/06	8:30
Chair Exercise	8:30	Knit & Crochet	9:30	Brain & Body	8:30	Chair Exercise	9:00	Quilting	8:30
Chair Exercise	9:00	Men's Talk Group	9:30	Chair Exercise	9:00	Open Artist Studio	9:00	Chair Exercise	9:00
Women's Talk Group	10:00	Zumba Gold	10:00	Chair Exercise	10:00	Open Games	9:00	Mahjong	9:30
Chair Exercise	10:00	Guitar Workshop	11:00	Tai Chi	10:00	Zumba Gold	10:00	Chair Exercise	10:00
Standing Pilates No Class 12/16	10:00	Zumba Chair	11:30	Alzheimer's Caregivers Support Group 1st Wed	10:00	Intermediate Spanish	10:30	Parkinson's Caregivers Support Group 3rd Fri No December	10:15
Open Games	10:00	Sign Language	12:30	Parkinson's Support Group No December	10:30	Improv	11:30	Bingo No game 12/13	12:00
Oil Painting Bob Ross Style 1st & 3rd Mon.	11:00	Mahjong	1:00	Ukulele	10:30	Light Body Toning	11:30	Women's Talk Group	12:00
Español Conversacional 2nd & 4th Mon.	11:00	Hula No Class 12/17, 12/24 & 12/31	1:00	Book Group 2nd Wed	11:00	Scrabble	12:00	Bridge No game 12/13	1:00
Aerobics No Class 12/23	11:30	Line Dance All Levels No Class 12/17, 12/24 & 12/31	2:00	Sambassa World Fitness	11:00	G.I.T F.I.T	1:00		
Core & Strength	11:30	Genealogy	2:00	Aerobics	11:30	Rock Painting 1st & 3rd Thursday	1:00		
Western Line Dance No Class 12/16	1:00	Mindfulness & Meditation No Class 12/24 & 12/31	2:00	Chair Yoga	12:15	Get Artsy w/Renee 2nd Thursday	1:00		
Bridge	1:00			Zumba Chair	12:30	Men's Talk Group	1:00		
Writers Group	1:00			Bunco	12:45				
Intermediate Hatha Yoga	1:30			Cardmaking	1:00				
				Open Dance Ballroom & More	2:00				

MERRY
EVERYTHING
AND
HAPPY
ALWAYS





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. Some rooms are darkened, some have begun warm-ups or instruction. Also, the disruption of a late arrival is not fair to those who have arrived on time.

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 program-by-program basis.


We also can't allow you to go speak to a friend or the instructor while the class is in progress for the same reasons. Thank you for your understanding. 8


 **The Park** 
AT LAGUNA SPRINGS

Join us at the

SENIOR CENTER OF ELK GROVE
HOLIDAY GIFT FAIRE 

For some yummy
hot chocolate and coffee!
Proceeds donated to the
Senior Center of Elk Grove

 SATURDAY DECEMBER 14TH
9:00 AM TO 4:00 PM 

HOLIDAY WORD SEARCH



O P R I N L I G G Q Q R G L U N H Z E F
C H Z Q E J A O R E I N D E R I R L Q
M B M O L S Z T V W U P O B N D T T V V
N H N J O L L Y N U Y E N M I H C C E U
X P M N P P S F I A G K A C L Y V H S Z
D L A E H X C E L B S F P G C E T Q E G
Z O M N T H E D A Y S G N I T E E R G M
S D Z I R V T Q P S G S B W C C P W V Q
P U I Z O V A J A E O R U A C F S O G S
G R E H N X R L B P Y N N N H R S O I L
B N Z C S T B H J O M D P I M O A B V M
Y M I S T L E T O E Y R D E E S M C I U
G O C N O R L D K C O Q O N R T T W N B
W K Y Q C Z E J A G O V T D R Y S D G Q
L O R T K L C N I C G P N R Y L I N X S
J N X J I R E F B A V A P J E H R D C Z
X L W O N H T A E R W V I I L E H A Y E
W L R D G Z G Y L D J C G N X E C M B O
M Y A D I L O H L S U H J A W N Z A M J
I X P D B T V H S K M W S E L D N A C U

BELLS
CANDLES
CANDY CANE
CARDS
CELEBRATE
CHIMNEY
CHRISTMAS

RUDOLPH
SANTA
SEASON
SLEIGH
STOCKING
TREE
WREATH

ELVES
FROSTY
GIFT
GIVING
GREETINGS
HOLIDAY
JOLLY

JOY
MERRY
MISTLETOE
NOEL
NORTH POLE
REINDEER



grateful
THANKFUL
blessed

