

The next Board of Directors meeting will be Monday, January 9, 2023 at 3:15 pm. Meetings are open to the public.

Board of Directors

Ray Schultze President
Linda Gunn Vice-President
Elaine Horton Secretary
Nick Soberanis Treasurer
Linda Bradley Director at Large
Jon Colton Director at Large
Ken Frieze 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 CCSO

Staff

Christine Cuddy, Executive Director
executivedirector@thesceg.org
Renee Hodgkin, Activities Director
activities@thesceg.org
Michelle Ernster, Program Assistant
programassistant@thesceg.org

Senior Center of Elk Grove



Your Everything Center

8230 Civic Center Drive
Suite 140
Elk Grove, CA 95757

Phone Number
916-685-3160

Website
www.thesceg.org
www.LivingFitSeniors.com

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.

SCEG PARTNERS



CITY OF ELK GROVE



The Senior Center of Elk Grove is an independent 501(c)3 nonprofit organization.

Membership is \$50 per year and each class/program is \$2

Alternately, one may choose not to be a member and will pay \$5 per class/program.

Donations are always welcome and may be tax deductible.

All seniors are welcome regardless of what city you live in. Friends of the Senior Center who are under 50 years old may join as an associate member and participate in all programs.

Senior Center of Elk Grove



Your Everything Center

January 2023 Newsletter



We are so pleased to spend the New Year with you!

Trip to Feather Falls Inside - See page 4

The Senior Center will be closed the following federal holiday days:

Monday, January 2nd and Monday, January 16th

Get Artsy with Renée



Gnomes

Thursday, January 12, 2023
at 1:00 pm

Gnomebody knows how funtastic it is to make their very own Gnome at the Senior Center.

Please be aware - Gnomes are known to steal hearts with their cuteness!

This class is wonderfully fun. The pictures just show a couple of samples of the myriad ways you can personalize your new Gnome buddy.

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.



Wonderful Water Beads

Thursday, January 26, 2023
at 1:00 pm

Water beads expand many times their original size come in many colors and are so much fun to work with.



There will be many items you can add to your vase to make a great display. These pictures are just a sneak peek at what you can create.



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.

We Did it Again!



We have new classes and "old" classes with new and changing times this month!
Two Classes from Fitness by Design (Michelle Ernster)

HAVING A BALL - Mondays at 1:00 pm

This new exercise class is full of fun and will effectively challenge your abs, core, legs and upper body using a small exercise ball.

The program uses a combination of pilates, muscle work and stabilization for balance. * A yoga mat is needed for this class

CORE & CARDIO - CHAIR - Tuesdays at 8:30 am

Ready to get your heart pumpin' and your feet tappin'? This class will help to improve heart health, burn calories and strengthen your abs and core. All from your chair! * No equipment needed

and

GENTLE BOOTCAMP - Wednesdays 12:30 pm

This Low Intensity Interval Training (LIIT) is a workout by Zenny Cusick that will cover all of your exercise needs. Gentle Bootcamp combines cardio, strength and flexibility. It's a quick and easy way to enjoy a workout. This class will use light weights - no more than 5 lbs. Bring your own or the Center has weights to use.

LIGHT BODY TONING - Added Day - Thursdays 8:30 am

STANDING PILATES - Added Day - Mondays at 10:30 am

Hula on Mon. at 2:30 pm is discontinued.

Tai Chi Fan will resume in February.

Please note - for your safety, PLEASE wear appropriate shoes in exercise classes. Sandals, flip flops and any shoes with a "heel" are not safe to exercise in.

Feather Falls Casino

New Day Trip from the Senior Center of Elk Grove



Join us on a fun trip to a Senior Center favorite -

Feather Falls Casino

Thursday, January 19, 2023

This beautiful casino offers gambling, buffet* and other outstanding restaurants plus lots of fun!

Tickets go on sale Tuesday, January 3rd at 10:00 am

Members \$45

Non-Members \$65

Cost includes bus trip, snacks to and from the casino and driver tip only.

Bus leaves the Senior Center parking lot at 8:00 am and arrives back at 5:00 pm

*Seniors will receive a 20% discount at the Buffet plus join Feather Falls "Player's Club" and receive \$10 free play!

New Art - Ceramics Painting

Come paint some great ceramic pieces with instructor Kris Chalas, owner of Color Me Mine here in Elk Grove!

Choose from the following:

Dinner Plate

Pasta Bowl

Mug



You can't go wrong with a unique piece, decorated by you and your own creativity!

**You must be a member and pre-register.
\$22 supplies fee at registration and
\$2 activity fee day of class.**

Mindfulness & Meditation

Tuesdays at 2:00 pm

January 3 - Emotions

January 10 - Self-Compassion

January 24 - Compassion for Others

February 14 - Loving Kindness

February 28 - Sympathetic Joy

**We have heard nothing but wonderful things about this program from our members.
Give it a try!**

Sensitivities



We ask all participants to be aware of their “scent” while at the Senior Center. Heavy perfumes, lotions and other heavy scents make breathing difficult for most and sometimes painful or impossible for those with more chronic conditions, including COPD. We are all here to enjoy the experience and be a part of an awesome community. Let’s make it pleasant for all!

LUNCH BUNCH

The next Lunch Bunch outing will be Wednesday, January 25th at 1:00 pm at the Plaza del Sol Mexican Restaurant. It is located at 8553 Elk Grove Blvd., near Big Lots (99 and Elk Grove Blvd.)

Please call the Senior Center at 916-685-3160 to reserve your spot!



Holiday Gift Faire

Thank you to everyone who came to the Holiday Gift Faire on December 10th! It was a wonderful success. It’s fantastic to end the year with such an awesome fundraiser!

Special THANK YOU’s to Claudia Horn, Diane Herteg, Rosemary DiSalvi, Ray Schultze, Don Simon, Ken Frieze, Sarah Bontrager, Cheryl Sewell, Mike Cuddy, Ka Her, Vicki Catherwood and the Senior Center staff for their tireless work and dedication. This event could not have happened without the help of all of you.

Happy New Year Puzzle

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

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|-----------|-------------|-----------|-----------|-------------|-----------|
| toast | time square | streamers | sparklers | resolution | party |
| new year | music | midnight | memories | mask | last |
| kiss | january | hourglass | holiday | happy | goodbye |
| gold | goals | gathering | games | future | friends |
| fireworks | festivities | family | drinking | dancing | countdown |
| confetti | clock | cheers | champagne | celebration | celebrate |
| bubbly | ball drop | balloons | ball | | |

REMINDER!

The Front Desk will have some changes in the New Year

We will have one line for those who are simply checking in, including wallet and \$2 check-ins only. No other transactions will be allowed in this line.

The 2nd line will be for other money transactions such as adding money in your wallet (even if you're also checking in), membership renewals, etc. The person behind the desk will ask you to remain at the Front Desk until your transaction is complete. This may mean you will need to come a few minutes early to be on time to your class.

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Please be mindful of those in line behind you and have your membership card in hand. Spending several minutes at the desk looking for it is not fair to those in line who are ready, and you may be asked to return to the back of the line until your card is found.

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Most classes/programs can't allow late-comers into the rooms once they have begun. This is for your safety as well as the safety of the other participants. 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. Some rooms are darkened, some have begun warm-ups or instruction. All programs begin at their posted times.

Additionally, participants will be able to access their program's room no more than 15 minutes before posted start time.

Please be kind to the Front Desk personnel about these changes. They are simply following the Executive Director 's instructions.

Collette Travel

Collette Travel is a premier travel partner and wonderful supporter of the Senior Center of Elk Grove. Their trips are breathtaking and fantastically affordable!

Call or come to the Senior Center for a brochure or more information.

Spain's Classics

March 17-28, 2023



Islands of New England

September 21-28, 2023



Christmas on the Danube

December 9-17, 2023



Did you know that Collette Travel has SO MANY MORE trips on their web site? If you're looking for something in particular, call the Senior Center and just ask. We can look it up for you and even help you book it!

America's Cowboy Country

June 18-25, 2023



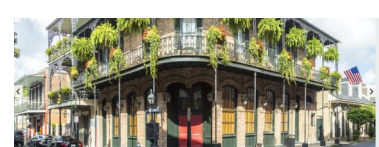
Italy's Treasures

October 21-November 1, 2023



America's Music Cities

March 10-17, 2024



Greece Island Hopper

April 11-21, 2024

