

## Senior Center of Elk Grove

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Elk Grove, CA  
95624



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)

Linda Bradley President

Vice-President

Kenneth Frieze Secretary

Treasurer

Elaine Horton Director

David Metilli Director

Michelle Speth Director

Don Simon Director

Lisa Johnson Director

Gil Albiani Director

Lynn Wheat Director

Sarah Bontrager Director

City of Elk Grove Rep.



### Staff

Margo Chaney, Executive Director  
[thescegexecdirector@gmail.com](mailto:thescegexecdirector@gmail.com)

Renee Hodgkin, Activities Director

Erica Reeder, Front Desk Assistant  
[thescegasstdirector@gmail.com](mailto:thescegasstdirector@gmail.com)

The next Board of Directors meeting will be  
Tuesday, January 20th, 2026 at 3:15 pm.  
This meeting is open to the public.

### Board of Directors

Linda Bradley President

Kenneth Frieze Vice-President

Elaine Horton Secretary

David Metilli Treasurer

Linda Floyd Director

David Feinberg Director

Chery Sewell Director

Michelle Speth Director

Don Simon Director

Lisa Johnson Director

Gil Albiani Director

Lynn Wheat Director

Sarah Bontrager Director

City of Elk Grove Rep.

SCEG PARTNERS



**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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# JANUARY 2026 NEWSLETTER



Due to increased costs, the annual membership fee for the Senior Center will be increasing to \$60.00 per year beginning January 1, 2026. You will see the increase when your membership comes up for renewal. Should you have any questions, please see the front desk.

There will be no Get Artsy with Renee in January. She is busy planning fun crafts for later!!

## New Program!

Great news! There's a new Women Supporting Women group starting on January 21st 2026. This is your meeting to talk in a safe, non-judgmental and confidential environment. Whatever is on your mind, we want you to join us! Our lives change every day and this is a great place to gain support.



Maria Spann and Mary Gahart are your co-facilitators.

## 3 Part Healing Art with Larry Ramos

New day and Time!

Fridays at 2:00pm

January Class Dates:

Jan 2nd - Drawing & Watercolor

Jan. 9th - Dance Draw and Paint

Jan. 16th - Drawing Watercolor and Collage

15.00/1 Class~35.00/3 Classes Supply Fee & 2.00 Program Fee

Must be a full member to join

## Join the Lunch Bunch!

**Tuesday, January 13th at 11:30am -**

**Location: Mountain Mikes Pizza**

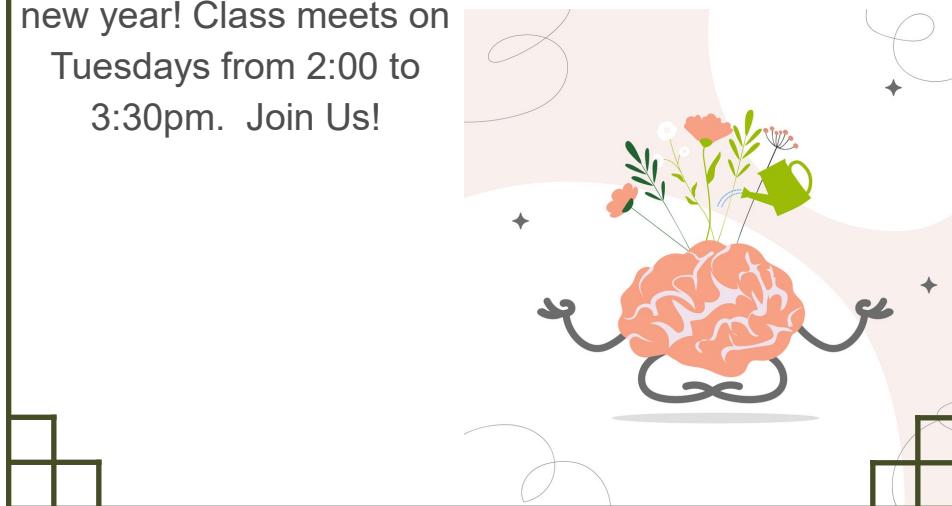
**Please register for the January Lunch bunch  
meetup at the front desk by Jan. 2nd.**

New Year's Resolution

Get More Mindful!

Have you been curious about what “mindfulness” and “meditation” are all about? Now is your chance to join this long-running class here at the Senior Center. Each week during the months of January and February, we will be learning about mindfulness fundamentals. Each class will be chocked full of easy to digest information and will include guided exercises in breathwork, nervous system regulation and meditation. What a great way to start the new year! Class meets on

Tuesdays from 2:00 to 3:30pm. Join Us!



We kindly ask that you use your patience at the front desk for the next couple of months. We have 2 new employees that have just started and are learning!

Also, all Fitness program members will need to have their insurance re-verified in January for the fitness program . We have over 300 members on this program so please bring your patience with you when you come to the center.

Thank you for your understanding.

### Save the Date:

The next AARP Senior Safe Driving Course will be offered on March 13th.

More details to come in February.



### January Schedule Changes



Thursday Jan 1 ~ No Classes ~ We are Closed

Tuesday Jan 6th ~ No Hula or Line Dancing

Thursday Jan 8th ~ No Line Dancing

Thursday Jan 8th ~ No Improv

Tuesday Jan 13th ~ No Hula or Line Dancing

Thursday Jan 15 ~ No Line Dancing

Friday Jan 16th ~ Holiday Bingo

Monday Jan 19th ~ No Classes ~ We are Closed

Tuesday Jan 20th ~ No Hula or Line Dancing

Wednesday Jan 21st ~ No Tai Chi with Frank

Wednesday Jan 21st ~ No Chair Pilates

Wednesday Jan 21st ~ No Chair Yoga

Thursday Jan 22nd ~ No Line Dancing

Tuesday Jan 27th ~ No Hula or Line Dancing

Thursday Jan 29th ~ No Line Dancing

We kindly request that if you are not feeling well that you please STAY HOME!!! This is for the protection of staff and other members. Please don't share your germs!!



# January 2026

Membership is \$60 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 Wk 2 & 4	\$\$ Gentle Yoga 8:30	Quilting 8:30
\$\$ Chair Exercise 9:00	\$\$ Men's Talk Group 9:30	\$\$ Beginning Ukulele Wk 1 & 3	\$\$ 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 11:30	\$\$ Traditional Tai Chi No Class 01/21	\$\$ Chair Exercise 10:30	Parkinson's Caregivers Support 3rd Fri 10:15
\$\$ Women's Talk Group 10:00	\$\$ Chair Exercise 11:30	Alzheimer's Caregivers Support Wk 1	\$\$ Improv No Class 01/08 11:30	\$\$+ Bingo Holiday Session 01/16 12:00
\$\$+ Oil Paint Bob Ross Style wk 1 & 3 11:00	\$\$ Mahjong 1:00	Parkinson's Support Group Wk 3	\$\$ Light Body Toning 11:30	\$\$ Walk Strong Fit 12:00
\$\$ Aerobics 11:30	\$\$ Hawaiian Hula No Class 01/06 01/13 01/20 01/27 1:00	\$\$ Ukulele Practice 10:30	Scrabble 12:00	\$\$ Bridge 1:00
\$\$ Core & Strength 11:30	\$\$ Line Dancing No Class 01/06 01/13 01/20 01/27 2:00	\$\$ Spanish Class 10:30	\$\$ Rhythm & Motion 1:00	\$\$+ Healing Art Wk 1,2 and 3 2:00
\$\$ Bridge 1:00	\$\$ Genealogy 2:00	\$\$ Book Group Wk 2 11:00	\$\$ Rock Painting wk 1 & 3 1:00	
\$\$ Writing Group 1:00	\$\$ Mindfulness & Meditation 2:00	\$\$ Chair Pilates No Class 01/21 11:00	\$\$ Men's Talk Group 1:00	
\$\$ Intermediate Hatha Yoga 1:30		\$\$ Aerobics 11:30	Grief Support Group wk 2 & 4 2:00	
		\$\$ Chair Yoga No Class 01/21 12:15	\$\$ Line Dancing No Class 01/08 01/15 01/22 01/29 2:00	
		\$\$ Zumba Chair 12:30		
		\$\$ Bunco 12:45		
		\$\$+ Cardmaking Wk 2, 4 & 5 1:00		
		Women Supporting Women 1:00		
No Classes Mon 01/19		\$\$ Open Dance 2:00		