

The next Board of Directors meeting will be Monday, July 12, 2021 at 3:15 pm. Meetings are open to the public.

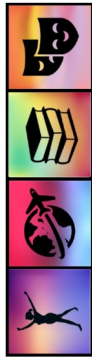
Board of Directors

Michelle Orrick	President
Linda Bradley	Vice-President
Elaine Horton	Secretary
Nick Soberanis	Treasurer
Jon Colton	Director at Large
Ken Frieze	Director at Large
Bill Hitchcock	Director at Large
Linda Gunn	Director at Large
Rita Rubin	Director at Large
Chuck Woods	Director at Large
Sarah Bontrager	City of Elk Grove
Gil Albani	CCSD

Staff

Patricia Beal, Executive Director
executivedirector@thesceg.org
Christine Cuddy, Assistant Director
assistantdirector@thesceg.org
Renee Hodgkin, Program Technician
programtech@thesceg.org
Debbie Glincher, Activities Director
activities@thesceg.org

Senior Center of Elk Grove



Your Everything Center

8230 Civic Center Dr.
Suite 140
Elk Grove, CA 95757
M-F 8:00 am - 4:00 pm

Phone Number
916-685-3160

Website

www.thesceg.org
www.LivingFitSeniors.com

SCEG PARTNERS

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.



Your Everything Center

Programs and Events



Reopening
JULY 19, 2021

Please come JOIN US!

Living fit has never
been so important

8230 Civic Center Drive, Suite 140, Elk Grove, CA 95757
916-685-3160
www.LivingFitSeniors.com and www.thesceg.org



REOPENING

We will begin with a “soft” reopening on the dates below. There will be **no programs** on those days. Staff will be there to answer questions, hand out program calendars, take in the new Membership Information forms and process renewals. We will also be giving new membership cards to those members who have completed the new form and are current or have already paid their membership fees.

- Tuesday, July 6, 2021, through Friday, July 9, 2021, 10:00 am to 2:00 pm
- Monday, July 12, 2021, through Wednesday, July 14, 2021, 10:00 am to 2:00 pm

The Center will fully reopen for programs on Monday, July 19, 2021, at 8:00 am.

Our first program will be Aerobics with Debbie Glincher at 8:30 am.

MEMBERSHIP INFORMATION FORMS

In preparation of reopening, we have developed a new Membership Information and Hold Harmless form to be completed and signed by every current, returning and new member.

Before you sign the form, please be sure you read and understand the written portion of it. We have made a few changes, particularly regarding COVID 19, to the Hold Harmless. Every participant will be required to complete the new form before participating in any way at the Center.

CHANGES

The Board of Directors, at the June 14, 2021, meeting, voted to change the Annual Membership Fee from \$30 to \$40 per year which equals an .83 cent change per month.

The good news is every program will now cost only \$2 per person. We believe this fee structure will streamline the program check-in process.

The Center has taken enhanced health and safety measures for its members and staff, so you will see some physical changes throughout the Center as well.

VACCINATIONS AND MASKS

We continue to monitor and will implement all State and County mask and vaccination requirements and guidelines now and in the future. At this time, the State and County health officials have released the following mask and vaccination requirements effective June 15, 2021: **Masks are required for unvaccinated individuals in indoor public settings and businesses.** If you are **unvaccinated**, you are currently required to wear a **mask at all times inside the Senior Center. By not wearing a mask you self-attest that you are vaccinated.** However, if you are vaccinated, please feel free to wear a mask for your own peace-of-mind.

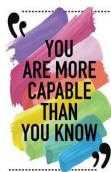
Wearing a mask does not mean the person is unvaccinated.

PREVIOUSLY PURCHASED GIFT CARDS

If you currently have a Gift or Payment card with a balance, you may use those funds towards your membership fee, move the balance to your member account for program fees or request a refund. Please note, without the **physical** Gift/Payment card, we cannot verify the balance of the card and therefore cannot move, use, or refund any amount you may have left on the card. We will no longer be selling Gift/Payment cards.

We can't wait to see you again!

**EXERCISE - Did you know, we have over 20 hours of
exercise programs weekly at the Center?
Be stronger than your excuses!**



Aerobics Instructor - Debbie Glincher Mon & Wed 8:30 am \$2	<p>Every class is different and interesting with instructor Debbie Glincher. Light weights, toning bands and exercise balls are used to give you the workout your body and mind crave. Come in, work out early before your brain knows what you're doing!</p>
Balance Matters Instructor - Debbie Glincher Tues & Thurs 8:30 am \$2	<p>Want a true workout while seated? Balance Matters is for you. Work your arms, legs and core muscles from your seat and feel the results in better balance, more stamina and toned muscles.</p>
Chair Exercise Award Winning Video Mon, Wed, Fri 10:00 am \$2	<p>This easy, award winning video is perfect for those who have never, or haven't exercised in a while. Gentle movements, easy to follow instructions are perfect for almost all levels of ability and can be done from your chair, wheel chair or even standing.</p>
Chair Fitness Instructor - Michelle Ernster Mon & Wed 1:00 pm \$2	<p>This next level in-your-chair exercise class is an outstanding way to stay fit and healthy. Michelle Ernster leads the class with her awesome and fun teaching style. Light weights, bands and other equipment may be used.</p>
Core & Strength Instructor - Michelle Ernster Mon & Wed 11:30 am \$2	<p>Core and Strength is a wonderful program for those seeking a highly effective, yet a little less than a full aerobic workout. This program will strengthen your body, tone your muscles and bring back the stamina you used to have.</p>
FAME Friday Aerobics - Meditation - Exercise Instructor - Debbie Glincher Fri 8:30 am \$2	<p>Want to be FAME-us? Come join our newest, coolest exercise class! Get ready for the weekend with Aerobics, Balance/Core and Total Relaxation. Developed for our members and only at the Senior Center of Elk Grove!</p>
Gentle Yoga Instructors - Julie Han Tues 11:45 am Thurs 1:00 pm \$2	<p>Gentle Yoga is a wonderful way to produce the benefits of yoga in a gentle form. Mind, body and spirit all play a role in how our bodies work. Gentle Yoga brings those elements together for a peaceful, healthy you.</p>



Line Dance Instructor Jill Croft Beginner Thurs 2:00 pm Just Dance Thurs 3:00 pm \$2 each	<p>Let's dance! No partner is needed. Just bring your enthusiasm and love of great music. Dance like no one is watching, because they aren't. They're there to have fun just like you. No judgement, no critiquing, just pure enjoyment of movement to fantastic tunes.</p>
Qigong Instructor - Lucy Lau Tues 8:15 am \$2	<p>Qigong is a mind-body unity practice that improves mental and physical health by integrating postures, movements and breathing techniques to bring positive, healing energy into your life. Join vibrant instructor Lucy Lau in this class that may be done standing or sitting.</p>
Stretch & Relax Instructor - Debbie Glincher Wed 2:30 pm Thurs 10:00 am \$2	<p>Stretching, working your muscles is the cornerstone of all movement. Work out and tone those all important muscles in Stretch & Relax. Instructor Debbie Glincher will guide you through the correct techniques so your body reaps the most benefit.</p>
Sun Style Tai Chi for Arthritis (Beginners) Instructor - Lucy Lau Mon & Wed 9:00 am \$2	<p>Sun Style Tai Chi is known as Tai Chi for arthritis because of its gentle posture, high standing position and footwork that does not strain the knees. Join Instructor Lucy Lau for this innovative class.</p>
Tai Chi for Arthritis (Intermediate) Instructor - Lucy Lau Mon & Wed 9:45 am \$2	<p>Members with no prior Tai Chi experience are encouraged to learn Sun Style Tai Chi before moving on to the intermediate level. Join Instructor Lucy Lau for this innovative and highly effective class.</p>
Tai Chi Instructor - Frank Gaviola Thurs 10:00 am \$2	<p>Join Sensei Frank Gaviola for this popular, low impact exercise. After your first class, you'll understand why this program is praised by so many for its gentle movement and sense of peaceful spirit. Nourish your mind while strengthening your body.</p>
Zumba Gold Instructor - Linda Taylor Tues 10:00 am \$2	<p>Dance, dance, dance! Put your moves to the test in this sassy, high energy exercise. Music to get your heart pumping, moves to keep your feet flying and enough enjoyment to leave you smiling all day. Start your day with music, dance, a little sparkle and fun!</p>



Our *happy* place

Scrabble Thurs 12:30 pm \$2	You know what's great for your whole well-being? Thinking, using your brain. Scrabble would be an excellent way to use those brain cells. You don't need to be a word master, the regular participants will happily teach you.
Writing Group Facilitator - Loy Holder Mon 1:00 pm \$2	Love to write? Participants showcase their short stories, articles, chapters and other works of art with other like minded writers. Friendly critiquing and words of encouragement are given freely.
Alzheimer's Support Group To Be Announced No Fee	This support group is for caregivers dealing with a loved one, family, friend, or other person with Alzheimer's disease. The group is led by trained facilitators. We are sorry, the Center does not have the ability to care for your loved one with Alzheimer's during the meeting.
Neuropathy Support Group To Be Announced No Fee	If you or someone you care about has neuropathy, participating in a support group offers ways to better understand and come to terms with your own situation.
Parkinson's Support Group Facilitator - Myron Jansen 3rd Wed of the month 11:00 am \$2	Parkinson's Support Group of Elk Grove holds round table discussions, informative presentations, and often hosts guest speakers. All who are affected by Parkinson's: family, caregivers and loved ones are welcome to participate.
COMING SOON! Renee's Craft Corner Karaoke Trivia! Music	We are continually looking for new, interesting and fun things for our members. If you have ideas for programs or seminars, please feel free to see a Staff member or Front Desk Volunteer.

join us

Why the Senior Center of Elk Grove?

The Senior Center of Elk Grove is a stand-alone non-profit 501(c)3 organization that was founded in 1983.

Over the years, we have evolved into the fantastic, vital Center we are today and we will continue to grow with our community.

Our exercise instructors are outstanding and at the top of their fields. Licensed (where required), insured and experienced, the instructors truly understand how adult bodies may differ. They give positive, needed feedback and modify their programs to fit our members needs.

As a community, the members of the Senior Center are diverse, caring adults who are outstanding examples of what it means to be happy, healthy and vibrant.


We offer resources and information to all seniors and their families in our community and strive to make Elk Grove and the surrounding cities a safe and healthy place for seniors to call home.

COME JOIN US! Membership is easy and affordable. Membership fees are \$40 per person, per year and activity fees are only \$2 per session. Choose from 30+ programs a week, led by awesome staff, instructors and volunteers. Living fit has never been so important!


Grow, glow and gain confidence knowing you're feeding your physical and mental well-being while keeping your fiscal well-being in tact.

We look forward to seeing you at the Center.



Bingo Fri 12:15 pm \$2 fee plus \$.50 Per Card, Limit 6 Cards	What is more satisfying than being the first to yell BINGO! Grab your friends and join us for an exciting afternoon of Bingo. Prize pots depends on amount of players. Three extra large Bingo screens in our new gorgeous Center gives everyone a perfect view. Young or young-at-heart, everyone loves BINGO!
Blood Pressure Check Fri 10:30 am to 11:30 am No fee	A registered nurse will check your blood pressure for free Friday mornings at the Center. Confidential and informative, a weekly check of your blood pressure is a fantastic way to keep in tune with your health and well-being. Please note, this is not a substitute for medical care, please see your doctor with concerns.
Book Group 2nd Wed of the month 11:00 am \$2	Not many things are better than holding a great book in your hands, the feel of the paper and the unique smell of the pages. Sharing that great book with other reading enthusiasts is simple joy. Join the monthly Book Group to discuss new titles and well loved classics. Book list available at the Front Desk.
Bridge Mon & Fri 1:00 pm \$2	Card playing is a fantastic way to keep your brain sharp, which is especially important as we get older. Bridge is a classic card game, massively popular for over 90 years. Occasionally, Bridge lessons are given at the Center. Keep an eye on our newsletter for dates and times.
Bunco Wed 12:45 pm \$2 	Bunco has a fun, storied past. Often the game of choice at speakeasys, police were often referred to as Bunco Busters. It's a fun, easy game of 3 dice and 100% luck. Lively chatter, lots of laughter and the occasional cow bell can be heard when the Bunco players are on a "roll."
Card Making Instructor - Connie DeGarmo 1st & 3rd Wed of the month 1:00 pm \$3 \$5 supplies fee (hostess)	Elegant cards, funny cards, birthday cards - nothing brightens up a day like a lovely card. Talented Instructor Connie DeGarmo supplies the samples, cut-outs, card stock and embellishments, you provide the glue, handy work and maybe a little bit of magic. \$5 supplies fee paid directly to instructor..

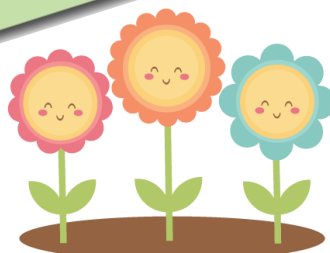


Dominoes Thurs 10:00 am \$2	Dominoes is a logic based multiplayer game we're very excited to introduce to the Center. Easy to learn and play, Dominoes is a great way to work on concentration and logic skills while having a terrific time with friends new and old alike.
Genealogy Workshop Instructor - Karen Nahoun Tues 2:00 pm \$2 	Join genealogy guru Karen Nahoun as you work through your family origins. Family trees are fascinating and yours is most certainly no exception! A membership to Ancestry.com is suggested for record keeping and information gathering purposes.
Genealogy Workshop Guided Practice Sessions Instructor - Karen Nahoun Tues 3:00 pm \$2	Participants may bring their own devices or use the SCEG computers for practice and research. Computers are limited and are available on a first come basis. Ancestry.com will be available to participants to access during the independent Practice/Research hour.
Knit & Crochet Tues 9:30 am No Fee	Join the Knit and Crochet group for lively chat, new ideas, sharing patterns and fun. This is not a class. The members and volunteers are not instructors, but they are willing to help if you're stuck on something!
Mahjong Mon 10:00 am \$2	This fascinating, fun and challenging game is played with tiles at tables with 3 - 4 players. Mahjong is a game of skill, strategy and calculations but still with a degree of chance. Learn how to play Mahjong, or bring your knowledge and play other participants.
Men's Talk Group Tues 10:00 am \$2	The Men's Talk Group meets to discuss hobbies, life experiences, cars, local news and other interests. Guest speakers such as doctors, police chiefs, fire chiefs and other notable figures make occasional guest appearances. All backgrounds are welcome.
Open Artist Studio Thurs 9:00am \$2	Bring your favorite medium and join like minded artists on Thursday mornings for some fun, sharing and maybe a little showing off. Take some time to get to know other local artists and make some friends for life.

I'M SO EXCITED!



WELCOME
★ BACK ★



WELCOME
• BACK •
WE MISSED
YOU



Did You Know?

As of July 19, 2021 at 8:00 am - the day we reopen - the Center will have been closed:

- 1 year, 4 months, 5 days and 16 hours
- 492 days
- 42,566,400 seconds
- 709,440 minutes
- 11,824 hours

In that time we sent out approximately 24,000 pieces of mail to members, made 20,000 auto-calls, recorded over 170 live programs, developed an entire online world for seniors at LivingFitSeniors.com and missed all of you every moment of every day!