

The next Board of Directors meeting will be Monday, July 8, 2024 at 3:15 pm. This meeting will be open to the public.

**Board of Directors**

Linda Bradley President  
David Feinberg Vice-President /Interim Treasurer  
Elaine Horton Secretary  
Linda Floyd Director  
Kenneth Frieze Director  
Mary Gahart Director  
Richard Gunn Director  
David Melliti 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  
activities@thesceg.org  
Margo Chaney, Assistant Director  
assistantdirector@thesceg.org  
Bella Jones, Front Desk Assistant  
frontdesk@thesceg.org



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

Membership is \$50 per year with a \$2 per event fee for most programs.



**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.

Non-Profit  
U.S. Postage  
Permit 25  
Elk Grove, CA  
95624

**More Information on Page 4**

JOIN THE SENIOR CENTER FOR OUR  
**BBQ/CHILI COOKOFF**

 **VS**   
GUYS GALS

**SAT. AUGUST 3RD, 4PM-7PM**

 **\$15 TICKETS** 

TICKETS GO ON SALE MONDAY, JULY 8TH  
AND INCLUDE FOOD, F\*U\*N, RAFFLE,  
GAMES, CHILI TASTING AND VOTING!

**COME HUNGRY AND INVITE YOUR FRIENDS!**

8230 CIVIC CENTER DRIVE, SUITE 140  
ELK GROVE, CA 95757

**WWW.THESCEG.ORG | 916-685-3160**

A PORTION OF TICKET SALES WILL GO TOWARDS THE  
PURCHASE OF BOOKSHELVES FOR THE BACK LOBBY.



Senior Center of Elk Grove



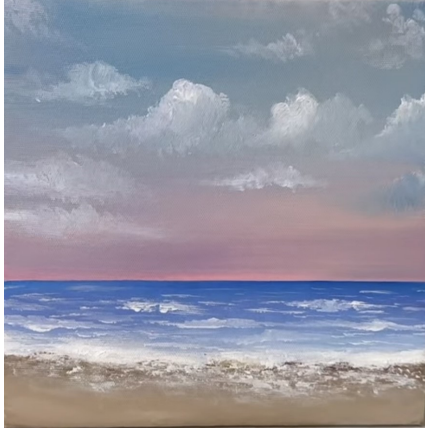
Your Everything Center  
a 501(c)3 Nonprofit Organization

**JULY 2024 NEWSLETTER**



**The Senior Center will be closed  
Thursday, July 4th & Friday July 5th for Independence Day**

# GET ARTSY WITH RENÉE



## A Day at the Beach

Thursday, July 11 at 1:00 pm

Join us for a trip to the beach - a painted trip. Easy to follow instructions will help as we paint this picture together. Let's bring out the artist you didn't even know existed!

You must be a **paid** member & pre-register. Renee's classes fill quickly so register today! \$15 supplies fee at registration and \$2 activity fee day of class.

## Feels Like Summer

Thursday, July 25 at 1:00 pm

A beautiful rope tray is a lovely addition to your summer décor.

This easy to make classic tray will be the envy of your friends!

You must be a **paid** member & pre-register. Renee's classes fill quickly so register today! \$15 supplies fee at registration and \$2 activity fee day of class.



2

IT'S TIME FOR A MYSTERY TRIP!



You've been asking for another one, so here it is. Enjoy a full day of fun on the Mystery Trip, **Thursday, August 22nd**. The Magical Mystery Trip will begin at **9:00 am** with a bus ride to ... \*oops almost gave it away .. let's just call it lunch. After lunch it's on to your next destination of Fabulous Fun! Then it's on to home - expect to arrive back at **6:30 pm**.

This is a Level 1 trip (for all travelers).

Tickets go on sale Tuesday, July 16th at 8:00 am.

Members - \$100.00 Non-members \$125.00

3

Choose from Hamburgers, Cheeseburgers, Hot Dogs, Vegetarian BBQ plus Cole Slaw, Macaroni Salad and Potato Salad, condiments, a soda or water.

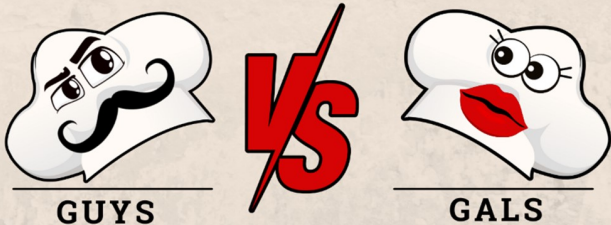
Fun games, Improv show, Line Dancing and more!

Check out the Guys vs Gals Chili Cookoff area for chili tasting & voting! This heated competition will determine the yummiest

**Chili Champions of Elk Grove!**

JOIN THE SENIOR CENTER FOR OUR

## BBQ/CHILI COOKOFF



SAT. AUGUST 3RD, 4PM-7PM

 \$15 TICKETS 

TICKETS GO ON SALE MONDAY, JULY 8TH AND INCLUDE FOOD, F\*U\*N, RAFFLE, GAMES, CHILI TASTING AND VOTING!

COME HUNGRY AND INVITE YOUR FRIENDS!

8230 CIVIC CENTER DRIVE, SUITE 140  
ELK GROVE, CA 95757

[WWW.THESCEG.ORG](http://WWW.THESCEG.ORG) | 916-685-3160

A PORTION OF TICKET SALES WILL GO TOWARDS THE PURCHASE OF BOOKSHELVES FOR THE BACK LOBBY.

## Temporary - Vacation Schedule Changes

July is turning out to be a very popular vacation month for our instructors and facilitators here at the Senior Center!

**Monday** Core & Strength - No class July 22

**Monday & Wednesday** Aerobics - No classes July 15 & July 17

**Tuesday** Sign Language - No class July 2

**Tuesday** Hula & Line Dance - No classes July 2 & July 30

**Tuesday** Mindfulness - No class July 9

**Wednesday** Brain & Body - No classes July 17 & July 24

**Wednesday** Open Dance Ballroom, Latin & More - No class July 18

**Thursday July 4 - Senior Center Closed - No Classes**

**Thursday** G.I.T F.I.T - No class July 18

**Thursday** Beginning & Intermediate Spanish - No class July 25

**Friday** Women's Talk Group - No class July 26





# JULY

Senior Center of Elk Grove



Your Everything Center  
a 501(c)3 Nonprofit Organization

# 2024



**NO PROGRAMS HELD JULY 4th and JULY 5th**

Monday		Tuesday		Wednesday		Thursday	No 7/4	Friday	
Light Body Toning	8:30	Gentle Yoga	8:30	Standing Pilates <b>NEW</b>	8:30	Gentle Yoga	8:30	Quilting	8:30
Chair Exercise <b>NEW TIME</b>	8:30	Knit & Crochet	9:30	Brain & Body <b>NO CLASS 7/24</b>	8:30	Chair Exercise	9:00	Chair Exercise	9:00
Women's Talk Group	10:00	Men's Talk Group	9:30	Grief Group <b>3rd Wed</b>	8:30	Open Artist Studio	9:00	Mahjong	9:30
Chair Exercise	10:00	Zumba Gold	10:00	Chair Exercise	9:00	Open Games	9:00	Chair Exercise	10:00
Standing Pilates	10:00	Guitar Workshop	11:00	Chair Exercise	10:00	Zumba Gold	10:00	Parkinson's Caregivers <b>3rd Fri</b>	10:15
Open Games	10:00	Zumba Chair	11:30	Tai Chi	10:00	Beginning Spanish <b>NO CLASS 7/25</b>	10:30	Bingo	12:00
Aerobics <b>NO CLASS 7/15</b>	11:30	Sign Language <b>NO CLASS 7/2</b>	12:30	Alzheimer's Caregivers <b>1st Wed</b>	10:00	Ham It Up	11:30	Women's Talk Group <b>NO CLASS 7/26</b>	12:00
Core & Strength <b>NO CLASS 7/22</b>	11:30	Mahjong	1:00	Parkinson's <b>3rd Wed</b>	10:30	Light Body Toning	11:30	Bridge	1:00
Beg Western Line Dance	1:00	Hula <b>NO CLASS 7/2 &amp; 7/30</b>	1:00	Ukulele	10:30	Intermediate Spanish <b>NO CLASS 7/25</b>	12:00		
Bridge	1:00	Line Dance All Levels <b>NO CLASS 7/2 &amp; 7/30</b>	2:00	Book Group <b>2nd Wed</b>	11:00	Scrabble	12:00		
Writers Group	1:00	Genealogy	2:00	Sambassa World Fitness	11:00	G.I.T F.I.T <b>NO CLASS 7/18</b>	1:00		
Intermediate Hatha Yoga	1:30	Mindfulness <b>NO CLASS 7/9</b>	2:00	Aerobics <b>NO CLASS 7/17</b>	11:30	Rock Painting <b>1st &amp; 3rd Thur</b>	1:00		
				Chair Yoga	12:15	Get Artsy w/Renee <b>2nd &amp; 4th Thur</b>	1:00		
				Zumba Chair	12:30	Men's Talk Group	1:00		
				Bunco	12:45	Adv Western Line Dance	2:30		
				Cardmaking <b>No Class 7/3</b>	1:00				
				Open Dance/ Ballroom & More <b>NEW</b> <b>NO CLASS 7/12</b>	2:00				

# change **Changes for July** change

## Regular Schedule Changes

**Cardio (+ Drumming)** with Geno, Wednesdays at 8:30 am will be changing to **Standing Pilates**.

**Standing Pilates with Geno on Fridays at 8:30 am will be closing.** We are working with other instructors to bring something new to this time slot!

**\*\* PLEASE NOTE: Cardio (+Drumming) was not closed by SCEG. It was a change requested by the instructor.**

**NEW CLASS - Open Dance - Ballroom, Latin and More**  
Wednesdays at 2:00 pm beginning July 3rd



*Grand Opening  
Open Dance  
Ballroom, Latin & More*



Join us Wednesdays, beginning July 3rd for the new, exciting dance program

*Open Dance - Ballroom, Latin & More*

Come meet like minded seniors who share the love of the movement and elegance of these timeless dances.

Please note, this program does not have an instructor.

## Informational Talk: What do you think of when you think about senior living?

Wednesday, July 12 at 2:00 pm

WHAT DO YOU THINK OF  
WHEN YOU THINK  
ABOUT  
SENIOR LIVING?



JOIN US  
AT THE  
SENIOR CENTER OF ELK GROVE  
ON  
JULY 12TH, 2024  
AT 2:00PM

AS WE LEARN MORE ABOUT  
SENIOR LIVING

FROM  
ERIC HOSTETTER

WITH OVER 25 YEARS OF INDUSTRY  
EXPERIENCE AND KNOWLEDGE

RECIPIENT  
OF THE  
2023 CALIFORNIA  
ASSISTED LIVING ASSOC.  
OUTSTANDING  
DIRECTOR OF THE YEAR



SPECIAL GUEST SPEAKER  
ERIC HOSTETTER, E.D.  
BRUCEVILLE POINT SENIOR COMMUNITY



## Board Elections

Thank you to everyone who voted in the 2024/2025 Board Election.

Here are your 2024/2025 Board of Directors:

### EXECUTIVE BOARD

**Linda Bradley** - Board President

**David Feinberg** - Vice-President

**Elaine Horton** - Secretary

### DIRECTORS

Linda Floyd

Kenneth Frieze

Mary Gahart

Richard Gunn

David Melilli

Cheryl Sewell

Donald Simon

Maria Spann

Michelle Speth

Sarah Bontrager-City of EG Rep.

Board meetings are held on the 2nd Monday of the month at 3:15 pm.

There is no Board meeting in December.

About voting procedures: We've heard you. The Board will discuss a better way for our members to vote. Thank you for your feedback.



# REMINDER

**Take this into consideration - if you do not check in for your class, your participation is not counted. Low participation numbers will quickly get a class closed, mostly because of money collected at check-in vs instructor's fee. If you care for your program, check in - every time.**

Electronic Renewals - We are now sending out electronic renewals to those members who have an email address. It's super easy and saves us considerably, especially in first class postage! If we do not have an email address for you, you will receive yours in the mail.

**New program ideas are always welcome. We can't make all ideas happen, but if enough people are interested and we have the ability, we're happy to give most anything a try!**

