

The next Board of Directors meeting will be Monday, July 21, 2025 at 3:15 pm. This meeting will be open to the public.

#### **Board of Directors**

Linda Bradley President  
Kenneth Frieze Vice-President  
Elaine Horton Secretary  
David Melilli Treasurer

Linda Floyd Director  
David Feinberg Director  
Cheryl Sewell Director  
Michelle Speth Director  
Don Simon Director  
Lisa Johnson Director  
Gil Albiani Director  
Lynn Wheat Director  
Sarah Bontrager City of Elk Grove Rep.

#### **Staff**

Margo Chaney, Interim Executive Director  
executivedirector@thesceg.org

Renee Hodgkin, Activities Director  
activities@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](http://www.theSCEG.org) / [www.LivingFitSeniors.com](http://www.LivingFitSeniors.com)

**\$50.00 Annual Membership and**

**\$2 per event fee for most pro-**

**grams., Visit our website at**

**[www.thesceg.org](http://www.thesceg.org)**

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.

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

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## JULY 2025 NEWSLETTER



# GET ARTSY WITH RENÉE

There will be no classes during the month of July. Renee will be back in August with more fun and creative art projects.

## REMINDERS

**Please do not place chairs or any other items on or in front of the Red Exit Door Carpets. These areas must remain clear in case of an emergency!**

**Please do not adjust the thermostats in the classrooms. If you are too cold or too warm please ask the program facilitator to adjust the thermostat. Classrooms are being set to very cold temperatures and very warm temperatures which is VERY EXPENSIVE for the Senior Center. If the thermostats continue to be abused, we will be forced to place locks on them.**

**Please do not wear heavy perfumes or colognes when attending the Center. Other members may have sensitivities and breathing issues.**

**Please be sure to keep your personal belongings with you at all times!! It is highly recommended that you do not carry a purse here at the center if you are participating in exercise. Please consider a fanny pack, crossover bag or pocket size wallet, for your important items!!**

Come join Veronica from the Elk Grove Public Library for a free educational presentation about Library services.

**Wednesday, July 16th at 2:00pm**

Please register at the front desk to attend.



Due to rising costs snack store prices will be rising to \$1.50 for all items beginning July 1st



**Yay it's Jay!!**

Jay from Collette Travel will be here **Wed., July 30th 2025 at 2:00pm**  
Come see what new and exciting travel adventures Jay has to share with you!





## Board Elections

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

Here are your 2025/2026 Board of Directors:

### EXECUTIVE BOARD

**Linda Bradley** – Board President

**Kenneth Frieze** – Vice-President

**Elaine Horton** – Secretary

**David Melilli** – Treasurer

### DIRECTORS

Linda Floyd

Cheryl Sewell

Donald Simon

Michelle Speth

David Feinberg

**\*\*Lisa Johnson**

**\*\*Gil Albiani**

**\*\*Lynn Wheat**

Sarah Bontrager-City of EG Rep.

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

### **\*\*Newly Elected Board Members**

Join us as we welcome our newest board members.

The Board Member Induction Ceremony will be held on Monday, July 21st at 2:30pm, at the Senior Center.



## The Senior Center of Elk Grove Presents

Chicken Ranch Casino

&

The Sierra

Repertory Theatre



**Thursday, August 14, 2025**

Enjoy a day of fun with your friends! The bus leaves at **7:30 am sharp**.

First stop is **Chicken Ranch Casino**, have some fun gambling, shopping and eating. Then on to the **Sierra Repertory Theatre** for a great show "Some Enchanted Evening". We will arrive back at the Center around **6:15 pm**

This FANTASTIC outing includes bus, entrance to the casino, entrance to the Repertory Theatre and driver gratuity. You will need money for lunch and gambling at the casino, and any other purchases you make.

### Pricing

SCEG Member \$95.00

Non-member \$120.00

Tickets go on sale Tuesday, July 8th

at 8:30am

Only 54 seats available,

get your ticket before they are gone!





**SCEG**  
**BBQ & Sockhop**

**SATURDAY, AUGUST 9th**  
**4:45 - 7:00 PM**

ENJOY A BBQ-STYLE DINNER OF HAMBURGERS, HOT DOGS, SIDES, AND DESSERT, DRESS UP IN YOUR HIP SOCKHOP ATTIRE, AND COME DANCE THE NIGHT AWAY! BBQ BEGINS AT 4:45, DANCING BEGINS AT 6!

TICKETS: \$25 EACH  
TICKETS AVAILABLE: WEDNESDAY, JULY 2<sup>ND</sup> AT 8AM THROUGH FRIDAY, AUGUST 1<sup>ST</sup> AT 4PM.

**Purchase your tickets at the front desk**

## Join the Lunch Bunch!

**Tuesday, July 8th at 11:30am -**

**Location: Station 16**

**Bring cash and a smile.**

**The August meetup will be decided at the July meetup.**

**Please register for the July Lunch bunch meetup at the front desk by July 3rd, as a head count is needed.**

**Widowed Persons Association of California Support Group:**

**Who:** Any and all widows or widowers are invited

**When:** Every Sunday from 3:00pm to 5:00pm

**Where:** 2628 El Camino Ave. Ste D-18

Group meets in the meeting room of the WPAC office - Enter from the back parking lot



The widowed persons association is designed to be of help to recently widowed men and women, but any and all widows and widowers are welcome as a community by this organization. There is no charge to participate.

**Join Syndee Hendricks on July 30th at 1:00pm**

**Unlock Your Best Life At Any Age**

Discover how Syndee created and maintains her best life at 72!  
Optional \$20.00 Materials Fee: Includes book and other materials.

## 2025 Run for Hunger Event at District56

**Friday, July 4**

**Location:** District56, 9701 Big Horn Blvd. Parking is available off of the Big Horn Blvd. entrance to the Aquatic Center. Follow the parking signs on race morning.

### Day Schedule

- 6:30 a.m.** - Packet pick-up opens at District56 (9701 Big Horn Blvd.)
- 7:35 a.m.** - Kid's Fun Run - 1/4 mile (6 and under) and 1/2 mile (7 to 10)
- 8:05 a.m.** - 5K/10K starts
- 9:00 a.m.** - 5K/10K Awards Ceremony for overall winners

### Swag & Features

- Pancake Breakfast
- Zumba warm up
- Race shirts for all 5K/10K participants
- Celebratory custom finisher medals for all 5K/10K participants
- Fun age-group awards
- Timing by Capital Road Race Management
- Post-race snacks <https://egrin4hunger.com/>



## Temporary July Schedule Changes

**Tuesday July 1st Hula & Line Dancing - No class**

**Tuesday July 1st Mindfulness & Meditation - No class**

**Friday July 4th - Center is Closed - No Classes**

**Tuesday July 8th Mindfulness & Meditation - No Class**

**Wednesday July 16 Open Ball Room Dancing - No Class**

**Monday July 21st Aerobics - No Class**

**Wednesday July 23rd Aerobics - No Class**

**Monday July 28th Aerobics - No Class**

**Wednesday July 30th Aerobics - No Class**

**Wednesday July 30th Open Ball Room Dancing - No Class**



### OPEN GAMES SESSION TIMES:

**OUR OPEN GAMES SESSION TIMES ARE AS FOLLOWS:**

**MONDAY OPEN GAMES SESSION - 9AM TO NOON**

**THURSDAY OPEN GAMES SESSION - 8AM TO 11AM**

**PLEASE BE MINDFUL OF THE SESSION TIMES AND BE SURE THAT YOU ARE FINISHING YOUR FINAL GAME IN ORDER TO VACATE THE CLASSROOM IN A TIMELY MANNER. THANK YOU!**





# July 2025

Senior Center of Elk Grove



Your Everything Center  
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Membership is \$50 per year  
Most programs cost \$2



Monday		Tuesday		Wednesday		Thursday		Friday	
Light Body Toning	8:30	Gentle Yoga	8:30	Standing Pilates	8:30	Gentle Yoga	8:30	Tai Chi Flow No Class July 4th	8:30
Chair Exercise	8:30	Knit & Crochet	9:30	Brain & Body 7/9 & 7/23	8:30	Chair Exercise	9:00	Quilting No Class July 4th	8:30
Chair Exercise	9:00	Men's Talk Group	9:30	Chair Exercise	9:00	Open Artist Studio	9:00	Chair Exercise No Class July 4th	9:00
Chair Exercise	10:00	Zumba Gold	10:00	Chair Exercise	10:00	Open Games	9:00	Mahjong No Class July 4th	9:30
Standing Pilates	10:00	Guitar Workshop	11:00	Traditional Tai Chi	10:00	Zumba 30/30	10:00	Chair Exercise No Class July 4th	10:00
Open Games	10:00	Zumba Chair	11:30	Alzheimer's Caregivers Support Group 1st Wed	10:00	Intermediate Spanish	10:30	Parkinson's Caregivers Support Group No Class July 4th	10:15
Women's Talk Group	10:00	Mahjong	1:00	Parkinson's Support Group 3rd Wed	10:30	Improv	11:30	Bingo No Class July 4th	12:00
Oil Paint Bob Ross Style week 1 & 3	11:00	Hawaiian Hula No Class July 1st	1:00	Ukulele Practice	10:30	Light Body Toning	11:30	Bridge No Class July 4th	1:00
Español Conversational week 2 & 4	11:00	Line Dance All Levels No class July 1st	2:00	Book Group 2nd Wed	11:00	Scrabble	12:00		
Aerobics No Class July 21 & 28	11:30	Genealogy	2:00	Pilates Chair Fitness	11:00	Rhythm & Motion	1:00		
Core & Strength	11:30	Mindfulness & Meditation No Class July 1st & July 8th	2:00	Aerobics No Class July 23 & 30	11:30	Rock Painting week 1 & 3	1:00		
Bridge	1:00			Chair Yoga	12:15	Get Artsy w/Renee No Class in July	1:00		
Writing Group	1:00			Zumba Chair	12:30	Men's Talk Group	1:00		
Intermediate Hatha Yoga	1:30			Bunco	12:45	Grief Support Group week 2 & 4	2:00		
				Cardmaking	1:00				
				Syndee Speaks 7/30	1:00				
				Open Ballroom Dance No Class 7/16 & 7/30	2:00				