

Non-Profit
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Senior Center of Elk Grove



Your Everything Center

8230 Civic Center Drive
Suite 140

Elk Grove, CA 95757

M-F 8:00 am - 4:00 pm

Phone Number

916-685-3160

Website

www.thesceg.org

The next Board of Directors meeting will be Monday, June 9th 2025 at 3:15 pm. This meeting will be open to the public.

Board of Directors

Linda Bradley

Dave Feinberg

Dave Melilli

Elaine Horton

Linda Floyd

Kenneth Frieze

Cheryl Sewell

Don Simon

Michelle Speth

Sarah Bontrager

President

Vice-President

Treasurer

Secretary

Director

Director

Director

Director

Director

City of Elk Grove

Staff

Margo Chaney

Interim Executive Director

executivedirector@thesceg.org

Renee Hodgkin, Activities Director

activities@thesceg.org

Bella Jones, Front Desk Assistant

frontdesk@thesceg.org

SCEG PARTNERS

AGENCY
ON AGING
AREA 4

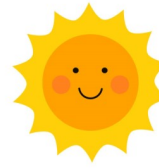


CITY OF
ELK GROVE



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.

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



Senior Center of Elk Grove

Your Everything Center



JUNE 2025 NEWSLETTER

HELLO
Sunshine



Happy Father's Day
to all our Dads!!!
Enjoy your special
day!

Get Artsy with Renée

Fourth of July inspired canvas bag. The bag is approximately 13 inch square...perfect for gathering a few supplies on the go. We will use cookie cutters for the star outline, then fill in with acrylic paint. I may even bring some glitter for those who want some sparkle!!!

June 12, 2025

Supply fee:

\$15

+\$2.00 program fee



June 26, 2025

Supply Fee:

\$20

+\$2.00 program fee

Indoor or outdoor art.
Arrange painted rocks on
a wood plank and enjoy
your masterpiece!

Pre-registration required.
You must be a regular member to
attend Get Artsy



RJ-39072

Document Shredding Event

DRIVE-THRU EVENT

Saturday, June 28, 2025

8:30 – 11:30 a.m.

Elk Grove City Hall
8401 Laguna Palms Way
Elk Grove, CA 95758



Acceptable items include: personal paper documents that are loose, folded, stapled or in envelopes.

Items NOT accepted include: businesses documents, large metals and three-ring binders, cassettes, CDs, DVDs, VHS tapes, photo slides and credit cards.

Residents may bring **no more than** three banker boxes' (12"x15"x10") worth of documents free of charge.

Drive-thru residents will remain in their vehicles while staff assist with boxes.



Sustainability in Action



CITY OF
ELK GROVE

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Calling All Members!

The Senior Center is looking for volunteers of all kinds!

Are you willing to lend a hand?

Please visit the front desk to fill out a volunteer application and let us know where you have experience and expertise!

We are looking for volunteers to assist with:

Front Desk Snack Shop Events/Fundraisers Administrative
Cleaning & organization Door Monitors

Senior Center of Elk Grove



Your Everything Center
a 501(c)3 Nonprofit Organization

VOLUNTEERS NEEDED

VISIT THE FRONT DESK TO GET YOUR APPLICATION TODAY!
MULTIPLE OPPORTUNITIES AVAILABLE. WE WANT TO
UTILIZE YOUR VALUABLE EXPERTISE AND EXPERIENCE!



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

Woman's Talk Group is Returning!
Join us on Mondays at 10:00am for friendship
and conversation, beginning June 2nd.



Join Geno for Pilates Chair Fitness!

**This class will replace Sambassa during the month of June.
Sambassa will return in July.**

**Pilates Chair Fitness is an easy to do exercise focusing on
strengthening the core muscles, static hold stretches and move-
ments that can help improve balance, mobility and posture.**

**Try Pilates Chair Fitness
Wednesdays at 11:00am beginning June 4th.**

THANK YOU!

To each of you for your generosity during Big Day of Giving. Your support allows us to continue providing the programs and services you all enjoy every day. We truly appreciate each and every one of you!!!

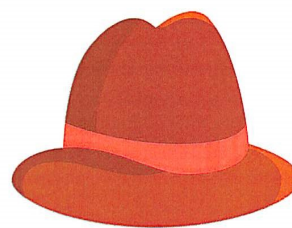
BIG DAY of GIVING RAFFLE PRIZES!

**Raffle winners will be
chosen and notified soon!**



****Attention Kaiser Members****

**Did you know that some
Kaiser Senior Health Plans include a \$60.00
Over The Counter Medication (OTC) benefit?
Contact Kaiser Members Services to find out if
your Kaiser plan includes this benefit and how it
works!**



GIFTS FOR DAD

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

Aftershave
Beer
Belt
Book
Card
Chocolate
Compass
Cuff Links

Golf Balls
Grilling Tools
Hat
Keyring
Mouse Pad
Mug
Pen
Phone Case

Pocket Knife
Power Tools
Razor
Slippers
Socks
Tie
Wallet
Watch



Join Syndee Hendricks on June 25th at 1:00pm

Unlock Your Best Life At Any Age

Discover how Syndee created and maintains her best life at 72!

- * Find, manage, and maintain best relationships
- * Discover ways to create and maintain your best health
- * Manage and resolve conflicts
- * How to change negativity into positivity
- * Learn secrets on how to manifest what you want
- * \$20.00 Materials Fee: Includes book and other materials.



Join the Lunch Bunch!

Tuesday, June 10 at 11:30am -

Location: Freeport Bar & Grill

Bring cash and a smile.

The July meetup will be decided at the June meetup.

Please register for the June Lunch bunch meetup at the front desk, as a head count is needed.

June 2025

Senior Center of Elk Grove



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Membership is \$50 per year
Most programs cost \$2

Monday		Tuesday		Wednesday		Thursday		Friday	
Light Body Toning No Class 6/09	8:30	Gentle Yoga	8:30	Standing Pilates	8:30	Gentle Yoga	8:30	Tai Chi Flow	8:30
Chair Exercise	8:30	Knit & Crochet *no fee	9:30	Brain & Body 6/11 & 6/25 *no Fee	8:30	Chair Exercise	9:00	Quilting *no Fee	8:30
Chair Exercise	9:00	Men's Talk Group	9:30	Chair Exercise	9:00	Open Artist Studio *no fee	9:00	Chair Exercise	9:00
Chair Exercise	10:00	Zumba Gold	10:00	Chair Exercise	10:00	Open Games	9:00	Mahjong	9:30
Standing Pilates No Class 6/09	10:00	Guitar Workshop	11:00	Traditional Tai Chi	10:00	Zumba 30/30	10:00	Chair Exercise	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 June Class	10:15
Women's Talk Group	10:00	Mahjong	1:00	Parkinson's Support Group No June Class	10:30	Improv	11:30	Bingo	12:00
Oil Paint Bob Ross Style week 1 & 3 No Class 6/02	11:00	Hawaiian Hula	1:00	Ukulele Practice	10:30	Light Body Toning	11:30	Bridge	1:00
Español Conversacional week 2 & 4	11:00	Line Dance All Levels	2:00	Book Group 2nd Wed	11:00	Scrabble *no fee	12:00		
Aerobics No Class 6/09	11:30	Genealogy	2:00	Pilates Chair Fitness	11:00	Rhythm & Motion	1:00		
Core & Strength	11:30	Mindfulness & Meditation	2:00	Aerobics	11:30	Rock Painting week 1 & 3	1:00		
Country Line Dance No Class 6/09	1:00			Chair Yoga	12:15	Get Artsy w/Renee week 2 & 4	1:00		
Bridge	1:00			Zumba Chair	12:30	Men's Talk Group	1:00		
Writing Group	1:00			Bunco	12:45	Grief Support Group week 2 & 4	2:00		
Intermediate Hatha Yoga	1:30			Cardmaking	1:00				
				Syndee Speaks 6/25	1:00				
				Open Ballroom Dance	2:00				