

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

Board of Directors

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Lynn Wheat Director
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executivedirector@thesceg.org
Erica Reeder, Assistant Director
assistantdirector@thesceg.org
Carmen Garcia, Activities Director
activities@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

\$60.00 Annual Membership and
\$2 per program fee for most programs., Visit our website at
www.thesceg.com
916-685-3160



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



HAPPY
FATHER'S
DAY

June 2026 Newsletter



Senior Center of Elk Grove



Your Everything Center
a 501(c)3 Nonprofit Organization

June Schedule Changes

Thursday, June 4th—No Improv

Tuesday, June 9th—No Chair Resistance Band Ex.

Tuesday, June 16th—No Genealogy

Wednesday, June 17th—No Aerobics

Wednesday, June 17th—No Spanish

Wednesday, June 17th—No Zumba Chair

Wednesday, June 24th—No Open Dance

June—Switch from Chair Pilates to Sambassa

Friday, June 26th—No Regular BINGO

Friday, June 26th—Special Patriotic BINGO Event!

Yay it's Jay!!!

Jay with Collette Travel will be here June 24th at 2:00 pm. Come see what amazing trips are coming up!!



UNIVERSITY OF THE PACIFIC

Do You or Someone You Love Have Parkinson's?

If so, come to a special presentation by the Occupational Therapy doctoral students of University of the Pacific on Wednesday, June 17, 10:30-12PM.

The program will include a presentation on the role of occupational therapy in living well with Parkinson's followed by group and individual movement assessment and simple exercises.

SIGN UP @ FRONT DESK
TO ATTEND





Capital Stage and McGeorge's Elder & Health Law Clinic Present:
"NO." is a Complete Sentence.

This one-of-a-kind live theater event promises a thought-provoking presentation on financial elder abuse awareness and how and why to say "NO" to family, friends, and solicitors using professional actors presenting scenes depicting common financial exploitation situations.



June 22, 2026
2:30 PM
Senior Center of Elk Grove
8230 Civic Center Dr. Suite 140

SIGN UP @ FRONT DESK TO ATTEND

Join the Lunch Bunch!
Tuesday, June 9th at 11:30am
Location: Olive Garden
Please register at the front desk by Friday, June 5th.



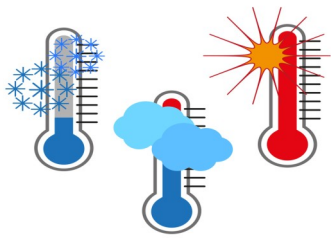
The HOUSE SISTERS
REAL ESTATE GROUP

925 699 6645
kaitlynmc@kw.com
www.thehousesisters.com
9250 Laguna Springs Dr. STE. 100, Elk Grove CA 95758

KAITLYN MCGARRITY
DRE # 02178833

A BIG THANK YOU
to Keller Williams of Elk Grove and their team of helpers that came out and gave back to the Senior Center of Elk Grove!
Thank you Kaitlyn from The House Sisters for organizing the event. We are all very thankful for your time and generosity.





Thermostats are set to 68 for fitness classes and 70 for non-fitness classes.

These temperatures are regulated. Please be prepared and dress accordingly!

Beginning Friday, July 10th



\$3 for Members
\$4 for Non-Members
The BINGO cards will remain
\$.50 per card.

We appreciate your understanding and look forward to seeing you for Friday BINGO!!

This class is currently full! If you are signed up and not able to attend please let the Front Desk know so we can move up a member on the waiting list.

Senior Help Desk Presents:

Free Tech Support For Seniors

Where: Elk Grove Senior Center

Date: Tuesday, June 9th

Time: 1:00 - 2:00 PM

Pre-Register at the Front Desk

Join our friendly, easy-to-follow technology class designed for older adults who want to feel more confident using their phones. Learn helpful tips and tricks - all at a comfortable pace with hands-on guidance.

No experience needed! This class will help you sharpen your skills, stay connected, organized, and independent.





EDUCATION SEMINAR: UNDERSTANDING SKILLED NURSING SERVICES

Hosted by Capital Post Acute Skilled Nursing in partnership with the Senior Center of Elk Grove

TOPICS WE WILL COVER:

- What is Skilled Nursing?
- The Referral Process
- Admissions Process
- Therapy & Rehabilitation Services
- Care Planning & Interdisciplinary Teams
- Social Services & Family Support
- What to Expect During a Skilled Nursing Stay

Following the presentation, we will open the floor for questions from attendees and family members. Even if skilled nursing is not something you need right now, this session will help you understand the services available and how they may benefit you or a loved one in the future.

Light hors d'oeuvres and drinks will be provided for attendees.

Tuesday June 16th @ 2:30 PM

8230 Civic Center Dr #140, Elk Grove, CA 95757



SIGN UP @ FRONT DESK TO ATTEND

New Class!

Starting Monday, June 1st at 8:30 in the Spruce Room!

Story Harvest

A WORKSHOP AT THE
SENIOR CENTER OF ELK GROVE

FREE • EVERY MONDAY • 60 MINUTES

Your stories, worth *keeping.*

Bring a memory. Tell it out loud. Walk away with a written letter you can mail, frame, or share with family and friends. No tech experience needed — we provide everything.

HOW IT WORKS

- 1 Talk**
Tell us about a memory or object that means something to you.
- 2 Edit**
Your words become a letter you can review and edit.
- 3 Share**
Print it, mail it, or send it to someone you love.

WHEN
Every Monday
8:30 – 9:30 AM

WHERE
Senior Center
of Elk Grove
Room TBD

COST
\$2 Program Fee

WHAT TO BRING

*An object that holds
a special meaning.*

A photo, a kitchen object, a souvenir.

Ready to come?

ASK
Stop by the front desk

EMAIL
support@storyharvest.app

VISIT
storyharvest.app



Summer time is here!!

The parking lot will be fuller once the aquatic center gets into full swing! The parking lot is public parking and for all to utilize. The Senior Center does not have control over the parking lot.

Please be sure that you are aware of limited summer time parking. Plan accordingly and arrive early. Those who arrive late and class is full or already begun will not be able to attend. No exceptions. We hope that you all enjoy the warmth of the summer and make some special memories!



Join the Senior Center Run 4 Hunger Team!

When registering use Promo Code: TeamSrCenter26

Receive \$5 off your registration. The Senior Center of Elk Grove receives \$10 for each qualifying registration. Remember to use the Promo Code when you register for the event!!

Event Date: July 4th, 2026

Team Name: GoSCEG



Register for the 2026 Run 4 Hunger
RUN4HUNGER.COM

Please Note:
 This event is non-refundable
 and subject to selling out.

Adult 5K/10K
 (18 and over)

\$50 through July 4

Students 5K/10K
 (17 and under)

\$30 through July 4

Kids Fun Run
 (ages 5 to 10)

\$20 through July 4

Kids Fun Run
 (ages 4 and under)

FREE

Presenting Sponsors



REPUBLIC
 SERVICES



City of
Elk Grove

Join Us in the Fight Against Hunger!

Elk Grove Food Bank Services is a trusted resource for those experiencing food insecurity. Beyond providing nutritious food, we offer critical support services that help individuals and families move forward with hope and dignity.

Your support helps us:

- ✓ Expand food distribution
- ✓ Provide healthier food options
- ✓ Ensure long-term sustainability

Be a part of the solution! Learn more at elkgrovefoodbank.org





NovoMed Concierge Medicine

Stay Healthy. Live Well.



Annual Comprehensive Physical



Extended Appointments & Care Team



Personalized Testing



IV Therapy & Wellness Treatments

Novomed Will Host a Presentation

Monday June 8th, 2:30-4pm (maple room)

SIGN UP @ FRONT DESK TO ATTEND

Join us for a special Patriotic Bingo!

Let's celebrate the red, white & blue.



Come enjoy bingo, raffles & delicious bites & refreshments.

Friday, June 26th | 12:00-2:00 PM

Doors will open promptly @ 11:30 AM

ENTRY FEE:

\$25 member

\$30 non-member

Tickets will be available for purchase May 26th @ Front Desk- Tickets include 6 bingo cards, 10 50/50 raffle tickets & 10 raffle prize tickets

NO ASSIGNED SEATING- NO SEAT SAVING

TICKET REQUIRED FOR ENTRY!

NO TICKETS SOLD AT DOOR

June Calendar

SCEG

(\$\$) \$2 Program Fee

(\$\$+) \$2 plus additional program fee/supplies

Monday		Tuesday		Wednesday		Thursday		Friday	
\$\$ Light Body Toning	8:30	\$\$ Gentle Yoga	8:30	\$\$ Standing Pilates	8:30	\$\$ Open Games	8:30	\$\$ Tai Chi Flow	8:30
\$\$ Chair Exercise	8:30	\$\$ Chair Core Fitness Exercise	8:30	\$\$ Brain & Body 6/10 & 6/24	8:30	\$\$ Gentle Yoga	8:30	Quilting	8:30
\$\$ Harvest Story	8:30	Knit & Crochet	9:30	\$\$ Chair Exercise	9:00	\$\$ Chair Exercise	9:00	\$\$ Chair Exercise	9:00
\$\$ Chair Exercise	9:00	\$\$ Men's Talk Group	9:30	\$\$ Chair Exercise	10:00	Open Artist Studio	9:00	\$\$ Mahjong	9:30
\$\$ Open Games	9:00	\$\$ Zumba Gold	10:00	\$\$ Traditional Tai Chi	10:00	\$\$ Zumba 30/30	10:00	\$\$ Chair Exercise	10:00
\$\$ Chair Exercise	10:00	\$\$ Guitar Workshop	11:00	Alzheimer's Caregivers Support 6/3	10:00	\$\$ Chair Exercise	10:30	\$\$ Men's Open Discussion	11:30
\$\$ Standing Pilates	10:00	\$\$ Zumba Chair	11:30	Parkinson's Caregivers 6/17	10:30	\$\$ Improv No Class 6/4	11:30	\$\$+ BINGO Special Event BINGO 6/26	12:00
\$\$ Women's Talk	10:00	\$\$ Chair Exercise	11:30	\$\$ Ukulele Practice	10:30	\$\$ Light Body Toning	11:30	\$\$ Walk Strong Fit	12:00
\$\$+ Oil Paint 6/1 & 6/15	11:00	\$\$ Chair Resistance Band No Class 6/9	12:45	\$\$ Spanish Class No Class 6/17	10:30	\$\$ Walk Strong Fit Exp.	11:45	\$\$ Bridge	1:00
\$\$ Aerobics	11:30	\$\$ Mahjong	1:00	\$\$ Book Group 6/10	11:00	Scrabble	12:00	\$\$ H.I.I.T. Workout	1:00
\$\$ Core & Strength	11:30	\$\$ Hawaiian Hula	1:00	\$\$ Chair Pilates No class June, July, August	11:00	\$\$ Rhythm & Motion	1:00	\$\$ Argentine Tango/Latin Dance	2:30
\$\$ Bridge	1:00	\$\$ Line Dancing	2:00	\$\$ Sambassa June, July, August	11:00	\$\$ Rock Painting 6/4 & 6/18	1:00		
\$\$ Writing Group	1:00	\$\$ Genealogy No Class 6/16	2:00	\$\$ Aerobics No Class 6/17	11:30	\$\$ Men's Talk	1:00		
\$\$ Intermediate Hatha Yoga	1:30	\$\$ Mindfulness & Meditation	2:00	\$\$ Chair Yoga	12:15	Grief Support 6/11 & 6/25	2:00		
				\$\$ Zumba Chair No Class 6/17	12:30	\$\$ Line Dancing	2:00		
				\$\$ Bunco	12:45	\$\$ Beginning Guitar	2:00		
				\$\$+ Cardmaking 6/10 & 6/24	1:00	\$\$ Chair Tai Chi FIT	3:00		
				\$\$ Women Supporting Women	1:00				
				\$\$ Open Dance No Class 6/24	2:00				
				\$\$ Chair Stretch & Strength Exercise	2:45			Closed July 3 rd in observance of July 4th	