

The next Board of Directors meeting will be Monday, March 11, 2024 at 3:15 pm. This meeting will be open to the public.

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Christine Cuddy, Executive Director
executivedirector@thesceg.org

Renee Hodgkin, Activities Director
activities@thesceg.org

Jennifer Trevino, Program Assistant
programassistant@thesceg.org

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
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.

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Senior Center of Elk Grove



Your Everything Center

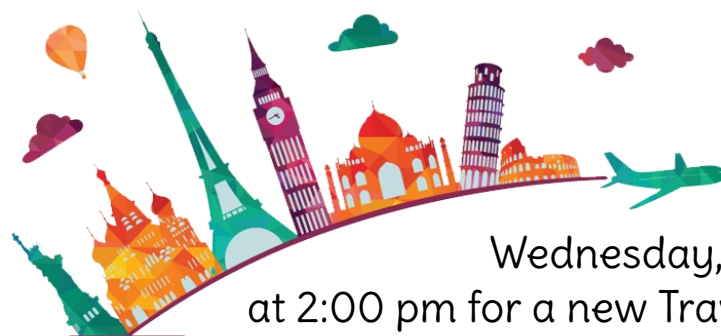
MARCH 2024 NEWSLETTER

CAL VOICES

ADVOCACY • RECOVERY • PEER SUPPORT

Please join us Wednesday, March 6th at 2:00 pm for a Resource Workshop presented by CalVoices.

Learn about older adult behavioral health and how you can use SacMap's resources to access free or low-cost mental health and substance use services in Sacramento County without a referral. See flyer on page 6.



He's Back!

Wednesday, March 27th
 at 2:00 pm for a new Travel Talk with
 Jay Fehan from Collette Travel!

There's always something new and exciting in the world of travel.

Jay will give us information on present and future trips with Collette Travel.

GET ARTSY WITH Renée

We're very egg-cited about this project!



March 14, 2024 at 1:00 pm

Hop over and join us for this fun craft for Easter or Spring. You choose the colors of your base and tops of these candlesticks, then choose ribbon for your candles. These eggs look festive and bright, especially when you add glitter to them!

You must be a regular member of the Senior Center. Prepaid registration is required. Cost for this adorable craft is \$15.



As of March 1, each program will get a daily count by staff or a volunteer to ensure everyone is checking-in

Unfortunately, we have too many people who are not checking in and just going to the program of their choice or are told they are late to a class and sneaking in anyway. This not only affects us - remember, we're a nonprofit - but it affects the overall program as well. Low participation numbers or not enough participants to cover instructor fees may put a program in jeopardy. Also, it's incredibly disrespectful to other members and the Senior Center.

We want to thank those who are considerate of the Senior Center and their fellow members.

If you have any questions, or are having difficulty paying for your classes, please see Christine or Renee at the front desk.



G R O W
GREATER SACRAMENTO
WOMEN'S BRAIN
HEALTH PROGRAM

Come Join the Greater Sacramento Women's Brain Health Program (GROW) and Michelle Ernster every Wednesday from 8:30 – 9:45AM beginning March 6, 2024.

This unique blend of exercise and brain health education will elevate your overall wellbeing! In this class you will:

- Strengthen your body
- Boost your energy and vitality
- Do a highly effective low-impact workout for all fitness levels
- Learn practical tips for a healthy brain

This class is open, free of charge to members of the Senior Center of Elk Grove, GROW study participants, and the community! All exercise equipment is provided.


Life After 65 Series with
Michael DePhilippis

Living Life to Its Fullest

MARCH 20TH • 2PM
Located in The Senior
Center of Elk Grove

Please RSVP by calling us at:
(916) 689-1000

New - Just for Y♥U

We love bringing in new things for the seniors to enjoy!

Mondays

- We have added another **Aerobics** class with Regina Scott on Mondays at 11:30 am beginning Monday, March 4th.

Wednesdays

- Enjoy the new **Exercise For Your Brain and Body** with Michelle Ernster on Wednesdays at 8:30 am beginning March 6th. See page 3 for special information.
- **Beginning Guitar** with Frank Paco Nieto begins Wednesday, March 6th at 11:00 am. Get ready to learn the chords you can use to play hundreds of songs!

Thursdays

- The **Men's Talk Group** is adding another day. Join the guys on Thursday afternoons beginning March 7th at 1:00 pm.
- **Sing & Dance** - this is something different we've had several requests for and we thought we'd try. A slightly darkened room, NO audience, a lot of great music and you. Sing and dance to a myriad of songs. It will be a little bit loud so you can sing like no one can hear and dance like no one is watching - because they aren't! Staff will pick the songs (although suggestions are very welcome - genre's, decades, etc.), set up the music and let you all just have a freeing fun time. Held the 2nd and 4th Thursdays of the month at 1:00 pm beginning March 14th.

JOIN US FOR A FANTASTIC DAY TRIP TO



Empire Mine State Historic Park

We have a fantastic trip ready for you! April 4, 2024

Enjoy the day at the stunning Empire Mine State Historic Park, the site of one of the oldest, deepest, richest and longest running gold mines in California.

We will be given a private tour of the of the area, have fun learning about the rich (pun intended) and interesting history of the mining operation. You will get a special peek inside the life and home of the owner of the mine. Stroll around the gorgeous grounds, gardens and relish the beauty of the Sierra Nevada.

The bus will leave the Senior Center at 8:30 am sharp, and will arrive back around 4:30 pm.

Outing includes lunch, bus, a snack and gratuity. You will need money for souvenirs and other purchases you may choose to make.

Tickets go on sale at 8:00 am, Tuesday, March 12th

Pricing

Member:	\$80
Nonmember:	\$100



Resource Workshop

Join us to learn about older adult behavioral health and how you can use SacMap's resources to access free or low-cost mental health and substance use services in Sacramento County without a referral.

Upcoming Workshop at the Senior Center of Elk Grove

Wednesday March 6th, 2024 from 2:00 - 3:00 p.m.

Get a \$25 Gift Card

Learn more

www.calvoices.org/sacmap

Questions?

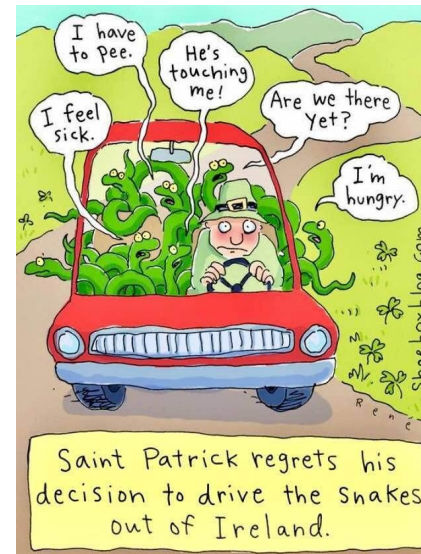
sacmap@calvoices.org
(916) 855-5444

CAL VOICES
ADVOCACY • RECOVERY • PEER SUPPORT

CalMHSA
California Mental Health Services Authority

SACRAMENTO COUNTY

This program is funded by the Sacramento County Division of Behavioral Health Services through the voter approved Proposition 63, Mental Health Services Act (MHSA).

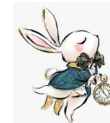


LATE POLICY

Our main priority at the Senior Center is the safety of all participants. Therefore, we cannot allow late arrivals in **most** classes/programs.

Some rooms are darkened, some have begun warm-ups or instruction. Also, the disruption of a late arrival is not fair to those who have arrived on time.

Yes, even if you're only one to two minutes late.



The front desk staff has the authority to decide if entry to an in-progress class is safe for all participants on a person-by-person and program-by-program basis.

This also applies if you drop your things off in class and then - let's say - run out to your car for something. Coming back in late also counts as being late, even if you've already checked-in and have your things in the class. You will be stopped from going back to the class and in some cases, will have to wait until it's over to collect your things.

This is not punishment, it's about safety & courtesy for everyone.

Senior Center of Elk Grove

March 2024 Activity Calendar



Your Everything Center
a 501(c)3 Nonprofit Organization

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

916-685-3160

www.theSCEG.org

Monday		Tuesday		Wednesday		Thursday		Friday	
Light Body Toning	8:30 am	Gentle Yoga	8:30 am	Cardio Moves	8:30 am	Gentle Yoga	8:30 am	Standing Pilates	8:30 am
Chair Exercise	9:00 am	Knit & Crochet	9:30 am	Exercise for Your Brain & Body NEW	8:30 am	Chair Exercise	9:00 am	Quilting	8:30 am
Women's Talk Group	10:00 am	Men's Talk Group	9:30 am	Chair Exercise	9:00 am	Open Artist Studio	9:00 am	Chair Exercise	9:00 am
Chair Exercise	10:00 am	Zumba Gold	10:00 am	Chair Exercise	10:00 am	Open Games	9:00 am	Mahjong	9:30 am
Standing Pilates	10:00 am	Guitar Workshop	11:00 am	Tai Chi	10:00 am	Zumba Gold	10:00 am	Chair Exercise	10:00 am
Open Games	10:00 am	Zumba Chair	11:30 am	Alzheimer's Mar 6	10:00 am	Beginning Spanish	10:30 am	Parkinson's Caregivers Support Mar 22	10:15 am
Aerobics NEW	11:30 am	Sign Language	12:30 pm	Parkinson's Mar 20	10:30 am	Ham It Up	11:30 am	Bingo	12:00 pm
Core & Strength	11:30 am	Mahjong	1:00 pm	Ukulele	10:30 am	Light Body Toning	11:30 am	Bridge	1:00 pm
Beginning Line Dance	1:00 pm	Hawaiian Hula	1:00 pm	Beginning Guitar NEW	11:00 am	Intermediate Spanish	12:00 pm		
Bridge	1:00 pm	Line Dance All Levels	2:00 pm	Book Group Mar 13	11:00 am	Scrabble	12:00 pm		
Writers Group	1:00 pm	Genealogy	2:00 pm	Jazz Dance	11:00 am	Rock Painting Mar 7 & 21	1:00 pm		
Intermediate Hatha Yoga	1:30 pm	Mindfulness	2:00 pm	Aerobics	11:30 am	Get Artsy w/Renee Mar 14	1:00 pm		
				Chair Yoga	12:15 pm	Men's Talk Group NEW	1:00 pm		
				Zumba Chair	12:30 pm	Sing & Dance NEW	1:00 pm		
				Bunco	12:45 pm	Advanced Line Dance	2:30 pm		
				Cardmaking	1:00 pm				

The Park

AT LAGUNA SPRINGS



The Gardens

AT LAGUNA SPRINGS



Designed to be Different MEMORY CARE AT BRUCEVILLE POINT

Our Memory Care Community Has It All:

A specialized Memory Care program in
an intimate and family-like setting



Spacious, private
1-bedrooms
and studios with
private baths

AVAILABLE NOW!

SCHEDULE YOUR TOUR TODAY! 916-226-5300

info@brucevillepoint.com

9730 Backer Ranch Road, Elk Grove, CA 95757

RCFE LICENSE # 3342701040



At **Healing Touch Home Health Care**, we provide the best home health care possible using multidisciplinary team approach. We have a wide range of medical services to provide patients with everything they need to feel cared for physically and mentally in their own place of residence. Our staff consists of competent and skilled **Nurses (RN, LVN), Therapists (PT, OT, ST, RT), Medical Social Workers and Certified Home Health Aids.**

Registered Nurses are trained with many years of experience and many skills sets to provide you with the best nursing care. Our nurses provide skilled observation and assessment.

- Disease and Medication and Pain Management
- Catheter, Feeding Tube and Ostomy Care
- IV Infusion Therapy at home
- Labs drawn in the home and taken to the lab
- Traditional Wound Healing Techniques
- Wound Vac Management
- Compression Techniques



Serving you is our priority.

Physical Therapist will help you return to your best level of functionality and quality of life help you regain strength for ambulation and using assistive devices, assist in therapeutic exercises, home safety, fall prevention and much more.

Occupational Therapist will help you with activities of your daily life such as bathing, dressing, eating and many more tasks to help you return to independence as quickly as possible.

Speech Therapist will provide best possible care to help with restoring speech and swallowing abilities.

Medical Social Workers specialize in working with you to provide the best resources that are available to you. **Home Health Aides** support our clients in personal care and ALD assistance. We are available 24/7 - Weekends and Holidays.

Contact us (916) 476-5870
www.carebyhealingtouch.com



MONTH-TO-MONTH RENT

WITH NO BUY-IN FEES OR LEASES!



At Camden Springs Gracious Retirement Living, all utilities except telephone are included in one reasonable monthly rent, and we take care of the cooking, weekly housekeeping, and local transportation. When you make Camden Springs your home, you can relax and spend more time with new friends and family.

IT'S ALL INCLUDED IN YOUR REASONABLE MONTH-TO-MONTH RENT

- Three chef-prepared meals a day
- Caring live-in managers
- Planned activities & special events
- Weekly housekeeping and linen service
- State-of-the-art theater
- Fully equipped exercise room
- Comfortable library with cozy fireplace
- Cable TV, Wi-Fi, and Utilities included except telephone
- Scheduled local transportation

Call today to arrange your visit!
916-714-6565

Camden Springs
 Gracious Retirement Living

8476 Sheldon Road, Elk Grove, CA 95624





Hospice Ensures Quality of Life at the End of Life

Some people think that hospice is only about dying or the place you go when all hope is lost. Nothing could be further from the truth. Hospice helps people with a life-limiting illness focus on living as fully as possible for as long as possible. It provides support and high-quality care that focuses on comfort and quality of life. Actually, research has shown people receiving hospice care can live longer than similar patients who do not opt for hospice. And hospice provides support and care for the family caregivers, as well as grief and bereavement services to family members.

"We touch lives and make a difference with Absolute Compassion!"

Absolute Compassion Hospice • 916-399-5922

6355 Riverside Blvd. Suite T, Sacramento, CA 95831

Hospice@AbsoluteCompassion.com • www.AbsoluteCompassion.com

Call today for a **FREE** In-Home Consultation!



**CareGivers
of Land Park**

Serving the elderly in our neighborhood

(916) 424-6292

PROVIDING SENIORS
THE ASSISTANCE THEY
NEED, IN THE COMFORT,
CONVENIENCE & SECURITY
OF THEIR OWN HOME

Or visit us at: CareGiversofLandPark.com
Available 24 hours a day for in-home care for seniors
who need assistance due to illness, injury, surgery, or
active seniors who need some assistance at home.

**Serving Elk Grove, Land Park, Pocket/Greenhaven
neighborhoods**

- ✓ Respite care
- ✓ Full time care
- ✓ Meal preparation
- ✓ Food & diet monitoring
- ✓ Grooming & bathing assistance
- ✓ Appointments & errands
- ✓ Medication reminders
- ✓ Incontinence care
- ✓ Light housework & laundry

HCO#344700030

"We live here, we work here, and we make a difference right here in our neighborhood!"

Tammy Cahill with ApexCare has been a great friend to the Senior Center and is the reason we have such wonderful vendors supplying the food for our March 2nd Brunch Fundraiser, as well as corralling all of the vendors for the Vendor Health Fair last September.

Thank you, Tammy!



APEXCARE
Excellence in Home Care

(916) 838-0197

sacramento@apexcare.com

ApexCare is a full-service and independent home care agency that has been serving our senior communities since 1992. Each client is managed by a dedicated Care Manager who works to ensure that we meet the unique needs of each individual client. We look forward to the opportunity to serve you!



OUR SERVICES

- Personal Care
- Mobility Support
- Companionship
- Light Housekeeping
- Meal Preparation
- Transportation

ApexCare Advantage

- ✓ No Contracts
- ✓ No Minimum Weekly Hrs
- ✓ No Overtime Rates
- ✓ No Weekend Surcharges



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(916) 838-0197