

The next Board of Directors meeting will be March 16, 2026 at 3:15 pm. This meeting is 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, Executive Director  
executivedirector@thesceg.org

Renee Hodgkin, Activities Director  
activities@thesceg.org

Erica Reeder, Front Desk Assistant  
assistantdirector@thesceg.org

Carmen Garcia, Front Desk Assistant

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](http://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  
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Elk Grove, CA  
95624

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MARCH 2026 NEWSLETTER

Happy  
St. Patrick's  
Day

Daylight Savings time!  
Spring one hour ahead!  
Sunday, March 8th!

# March Schedule Changes

Monday, March 2nd - No Light Body Toning

Monday, March 2nd - No Standing Pilates

Tuesday March 10th - Zumba will have a substitute instructor

Thursday March 12th - Zumba will have a substitute instructor

Friday March 13th - No 9:00am Chair Exercise

Friday March 13th - No Walk Strong Express

Saturday March 14th - Bubbles & Bites Fundraiser!

Monday March 16th - No Light Body Toning

Monday March 16th - No Standing Pilates

Tuesday March 24th - No Mindfulness & Meditation

**Shout out to all the members following the Senior Center class maximum guidelines!!!**

**Thank you for your cooperation for not entering a full class.**

**Safety of all our members is our first priority!**

**We appreciate you!**



## *Bubbles & Bites* BRUNCH FUNDRAISER *Menu Sneak-peek:*

Chef Nancy Thao - WellQuest of Elk Grove

Strawberry Garden Tea Sandwiches & Chicken Salad Phyllo Bites

Chef Michael Atwater - The Commons at Elk Grove

Bagels with Lox and Various Trimmings

Chef Danyale Liberati-Shaw & Chef Eric Auclair - Bruceville Point

Bubbles & Bites Surprise Menu Items

Vanessa Ball - Nurse Next Door

Build Your Own Yogurt Parfait Bar

Chef Andrew Munguia - Revel Lodi

Triple Chocolate Chunk Cookie Gift Boxes

Members of the Pride of Laguna Lions Club

Fluffy Cheesy Eggs, Veggie Eggs, Savory Scramble & Million Dollar Bacon

Members of the Lions of Elk Grove Club

Mimosas, Bloody Marys, Sweet Irish Cream Shots & Soft Drinks



Here's a hearty WELCOME to WellQuest of Elk Grove and Sky River Casino, our newest Major Sponsors of the Bubbles and Bites Brunch. We're glad to have you on the team!

Did you know that our Bubbles & Bites event is under new leadership this year??? Buy your ticket and come see what's changed! New menu items created by the fabulous chefs from our local Senior Living Facilities. Real mimosas and bloody marys from a real bar! This year has a theme, "Secret Garden" with lovely decorations and attendees are welcome to wear their best floral attire. Lovely background music with slideshow and of course our fabulous raffle with a variety of items available to win!!

There are limited tickets left for the Bubbles & Bites Brunch!

Get your tickets today



## Join the Lunch Bunch!

**Tuesday, March 10th at 11:30am -**

**Location: Paesanos**

**Please register for the March Lunch Bunch  
meetup at the front desk by Fri. Mar. 6th**



## Senior Center Spirit!

In honor of St. Patrick's Day, we invite everyone to wear their **green** or favorite St. Patrick's Day attire on Tuesday, March 17th!



**AARP Driver Safety Class**

**March 13th, 8:15am to 4:00pm**

**This class is FULL!**

Please pay the instructor the day of class with cash or check.  
AARP members pay \$20  
non members pay \$25.



**Class starts at 8:15 SHARP!**

# March 2026

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Membership is \$60 per year  
Most programs cost \$2

Monday		Tuesday		Wednesday		Thursday		Friday	
\$\$ Light Body Toning No Class 3/02 & 3/16	8:30	\$\$Gentle Yoga	8:30	\$\$ Standing Pilates	8:30	\$\$ Open Games	8:00	\$\$ Tai Chi Flow	8:30
\$\$ Chair Exercise	8:30	Knit & Crochet	9:30	Brain & Body 3/11 & 3/25	8:30	\$\$ Gentle Yoga	8:30	Quilting	8:30
\$\$ Chair Exercise	9:00	\$\$ Men's Talk Group	9:30	\$\$ Beginning Ukulele 3/4 & 3/18	9:00	\$\$ Chair Exercise	9:00	\$\$ Chair Exercise No Class 3/13	9:00
\$\$ Open Games	9:00	\$\$ Zumba Gold	10:00	\$\$ Chair Exercise	9:00	Open Artist Studio	9:00	\$\$ Mahjong	9:30
\$\$ Chair Exercise	10:00	\$\$ Guitar Workshop	11:00	\$\$ Chair Exercise	10:00	\$\$ Zumba 30/30	10:00	\$\$ Chair Exercise	10:00
\$\$ Standing Pilates No Class 3/02 & 3/16	10:00	\$\$ Zumba Chair	11:30	\$\$ Traditional Tai Chi	10:00	\$\$ Chair Exercise	10:30	Parkinson's Caregivers Support 3/20	10:15
\$\$ Women's Talk Group	10:00	\$\$ Chair Exercise	11:30	Alzheimer's Caregivers Support 3/4	10:00	\$\$ Improv	11:30	\$\$+ Bingo	12:00
\$\$+ Oil Paint Bob Ross Style 3/2 & 3/16	11:00	\$\$ Mahjong	1:00	Parkinson's Support Group 3/18	10:30	\$\$ Light Body Toning	11:30	\$\$ Walk Strong Fit No Class 3/13	12:00
\$\$ Aerobics	11:30	\$\$ Hawaiian Hula	1:00	\$\$ Ukulele Practice	10:30	Scrabble	12:00	\$\$ Bridge	1:00
\$\$ Core & Strength	11:30	\$\$ Line Dancing	2:00	\$\$ Spanish Class	10:30	\$\$ Rhythm & Motion	1:00		
\$\$ Bridge	1:00	\$\$ Genealogy	2:00	\$\$ Book Group 3/11	11:00	\$\$ Rock Painting 3/5 & 3/19	1:00		
\$\$ Writing Group	1:00	\$\$ Mindfulness & Medit. No Class 3/24	2:00	\$\$ Chair Pilates	11:00	\$\$ Men's Talk Group	1:00		
\$\$ Intermediate Hatha Yoga	1:30			\$\$ Aerobics	11:30	Grief Support Group 3/2 & 3/26	2:00		
				\$\$ Chair Yoga	12:15	\$\$ Line Dancing	2:00		
				\$\$ Zumba Chair	12:30				
				\$\$ Bunco	12:45				
				\$\$+ Cardmaking 3/11 & 3/25	1:00				
				\$\$ Women Support- ing Women	1:00				
				\$\$ Open Dance	2:00				