

The next Board of Directors meeting will be May 18, 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 Meitilli 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
Erica Reeder, Assistant Director
assistantdirector@thesceg.org
Carmen Garcia, Activities Director
activities@thesceg.org



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



CITY OF
ELK GROVE
AGENCY
ON AGING
AREA 4



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



happy
Mother's
Day

May 2026 NEWSLETTER



May Schedule Changes

Wednesday, May 6th—No Spanish

Wednesday, May 13th—No Spanish

Wednesday, May 20th—No Spanish

Wednesday, May 20th—No Chair Yoga

Wednesday, May 20th—No Parkinson’s Support Group

Friday, May 22nd—No Parkinson’s Caregivers Group

Monday, May 25th—No Classes in Observance of Memorial Day

Wednesday, May 27th—No Spanish

This trip is full!! Alcatraz Prison Tour

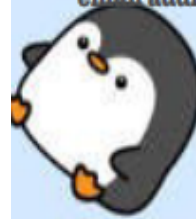


Tuesday, May 12th, 2026

The bus will leave the Senior Center at 7:00 am sharp!! The doors for the Senior Center will open at 6:30 am to allow time for boarding. The bus will then leave San Francisco at 4:00 pm. Please expect to return at 6:30 pm or a bit later.

Donation Form

Please enclose this form with your name, address, phone number and email address so you may receive your donation for tax purposes receipt.



An envelope to send your donation is included!

Please send or drop off your donation on or before May 7th 2026.



Big Day of Giving
MAY 7



Big Day of Giving
MAY 7

Name: _____

Address _____

Phone: _____

Email: _____



THANK YOU!

The Annual Big Day of Giving is the biggest fundraising event for the Senior Center of Elk Grove .

Did you know the Senior Center is a 501c3 Non Profit Organization, meaning we raise all of our own funds to operate the Center you love?



Your donations help us keep the cost of membership and program fees affordable so that all seniors can participate.

Every donation is truly vital to our success, and of reaching our goal of keeping seniors in our community healthy, happy,



and living their best lives!

Our Goal this year is to raise \$25,000.00.

Will you help us?

Everyone who donates \$10.00 or more, will be entered into a raffle to win 1 of 2 \$100.00 gift cards!



We will celebrate Big Day of Giving Thursday, May 7th with cookies and coffee and will choose our raffle winners. Hope you can join us!

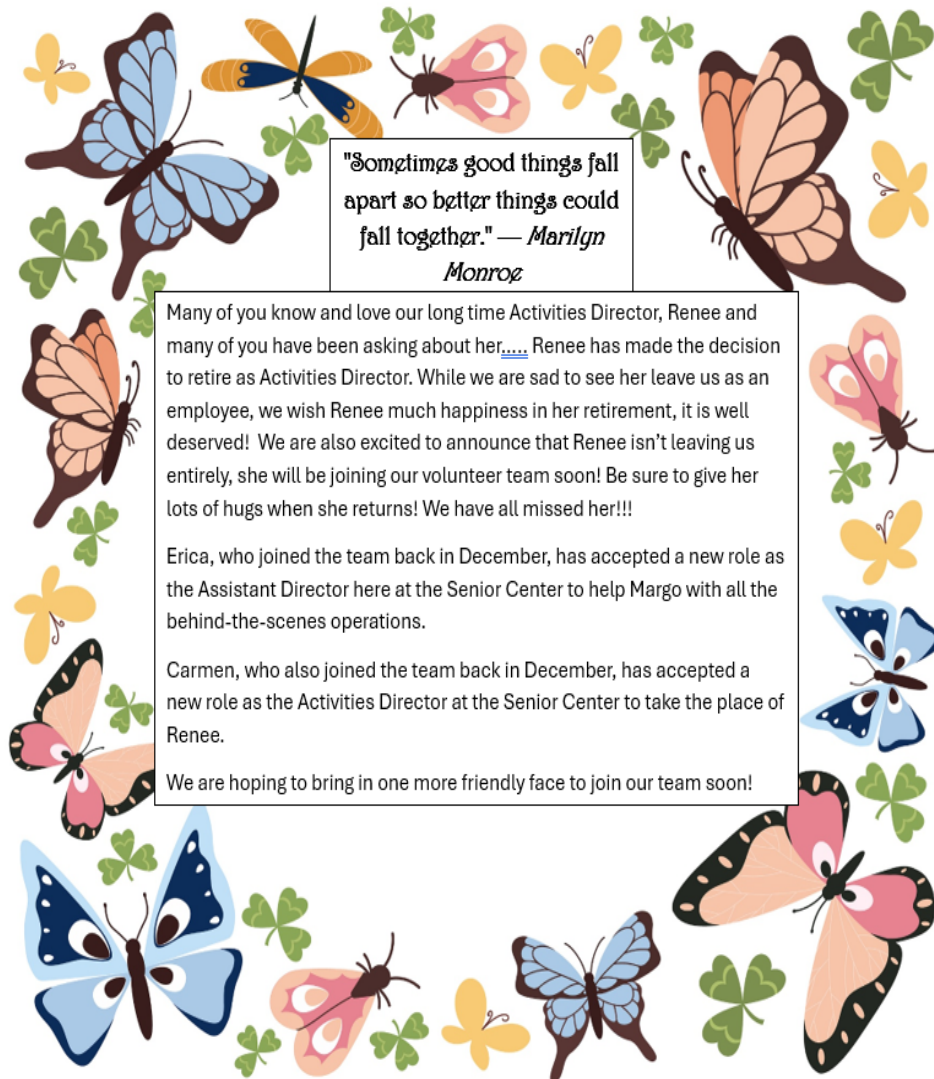
The Senior Center of Elk Grove Thanks each of you!

Join the Lunch Bunch!

Tuesday, May 12th at 11:30am -

Location: Spaghetti Factory

Please register for the May Lunch Bunch meetup at the front desk by Fri. May 8th.



"Sometimes good things fall apart so better things could fall together." — *Marilyn Monroe*

Many of you know and love our long time Activities Director, Renee and many of you have been asking about her.... Renee has made the decision to retire as Activities Director. While we are sad to see her leave us as an employee, we wish Renee much happiness in her retirement, it is well deserved! We are also excited to announce that Renee isn't leaving us entirely, she will be joining our volunteer team soon! Be sure to give her lots of hugs when she returns! We have all missed her!!!

Erica, who joined the team back in December, has accepted a new role as the Assistant Director here at the Senior Center to help Margo with all the behind-the-scenes operations.

Carmen, who also joined the team back in December, has accepted a new role as the Activities Director at the Senior Center to take the place of Renee.

We are hoping to bring in one more friendly face to join our team soon!

Senior Help Desk Presents:
Free Tech Support For Seniors

Where: Elk Grove Senior Center

Date: Tuesday, May 12th

Time: 1:00 - 2:00 PM

Pre-Register at the Front Desk

Join our friendly, easy-to-follow technology workshop 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 workshop will help you sharpen your skills, stay connected, organized, and independent.



Elk Grove Senior Center Presents



“LET’S TALK ABOUT DEATH”

Who should attend? Anyone who is alive & will die one day or knows someone who will.
When we learn how to die, we learn how to live more fully!

TOPIC 1

Planning & Preparing For End of Life

TOPIC 2

Duties & Benefits of a Death Doula

TOPIC 3

How to Become a Death Doula

TOPIC 4

Advanced Care Planning, Final Wishes, Health Care Proxy

TOPIC 5

End of Life Options, VSED, MAID, Palliative & Hospice Care

TOPIC 6

Body Disposition Options



MAY 4, 2026



2:30 - 4:00PM



ELK GROVE SENIOR CENTER
8230 Civic Center Dr. #140
Elk Grove, CA 95757



QUESTIONS?
209-418-8844



RITA MASON,
Certified Death Doula & End of Life Educator

Who is Rita4Life?

Rita is passionate about educating on all topics about the End of Life. Her goal is to inform you, so you can then make choices that honor your lifestyle, allowing loved ones to honor you as well.



www.Rita4Life.com

FREE COMMUNITY WORKSHOP

Story Harvest

A storytelling workshop for seniors

IN PARTNERSHIP WITH
Senior Center
of Elk Grove

WHAT IS STORY HARVEST?

A mobile app that turns your spoken memories into a personal letter.

In this workshop, you'll use the Story Harvest app to capture a memory or story — and walk away with a written letter to keep and share with family.

HOW IT WORKS

- 1** **Talk**
The app asks about your life — you answer by speaking.
- 2** **Edit**
The app transforms your words into a letter you can review and edit.
- 3** **Share**
Share your letter with family and friends.

WORKSHOP DETAILS

DATE & TIME

Tuesday, May 19th
1:00 PM – 2:30 PM

DURATION

90 Minutes

LOCATION

Maple Room
Senior Center of Elk Grove

CAPACITY

12 Participants
Sign up at the front desk

WHAT TO BRING

- Your smartphone
- An object that holds a special meaning or memory
- No tech experience needed

How to sign up

Visit the **Senior Center front desk** to register.
Questions? Ask any staff member for details.

Free
ALL MEMBERS WELCOME


★ *Story Harvest is in its early stages. Participants are among the first to try it — your experience and feedback help us improve.*

Join us, Keller Williams Elk Grove!



Join us for a day of service, fun, and connection as we come together to support and revitalize the Elk Grove Senior Center!

 **DATE: MAY 14TH**

 **TIME: 11:00 AM – 3:00 PM**

- ★ **WHAT TO EXPECT:**
- OUTDOOR GAMES & ACTIVITIES
 - REFRESHMENTS & FOOD
 - COMMUNITY CONNECTION
 - A MEANINGFUL DAY OF GIVING BACK

Our dedicated Keller Williams agents will be working hard to give the Elk Grove Senior Center a well-deserved facelift — and we'd love for you to be part of it!

Come out, bring a friend, and make a difference with us!



