

The next Board of Directors meeting will be Mon., November 8, 2021 at 3:15 pm. Meetings are open to the public.

Board of Directors

Michelle Orrock
Linda Bradley
Elaine Horton
Nick Soberanis
Jon Colton
Ken Frieze
Bill Hitchcock
Linda Gunn
Rita Rubin
Chuck Woods
Sarah Bontrager
Gil Albani

Your Everything Center

8230 Civic Center Dr.
Suite 140
Elk Grove, CA 95757
M-F 8:00 am - 4:00 pm

Phone Number
916-685-3160

Website
www.thescsg.org
www.LivingFitSeniors.com

Staff

Patricia Beal, Executive Director
executivedirector@thescsg.org
Christine Cuddy, Assistant Director
assistantdirector@thescsg.org

Renee Hodgkin, Program Technician
programtech@thescsg.org

Senior Center 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.

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Senior Center of Elk Grove



Your Everything Center

November 2021 Newsletter

The Senior Center will be closed Thursday November 11, 2021 in observance of Veterans Day and Thursday and Friday, November 25 & 26 in observance of Thanksgiving.





Thanksgiving Day

Find all of the Thanksgiving related words from the list below. The words can be up, down, forward, backward, or diagonal.

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H L Y R I F C I E H S N Y N E P
E T E E Y O A Z O L R A K H A K
A N U W L K I L E N E Y S S G N
I P G O I A I S L L D A E R N R
E T N L M D C O R N U C O P I A
O Y T F A Y A I N Q T Y A L V I
I P A Y F N L T S M I R G L I P
Y U U A N L D P I A T M A O G T
M R U M I L E S S T A N D I S H
I I F E P N E W W O R L D A K A
N T G R L K E E B O G W E E N R
D A Q I E O I T O O O F D E A V
I N R C N E G N I F F U T S H E
A S M A Y D D N P Y E K R U T T
N L C A E Q L O S I F N O N K P
S B N H N O V E M B E R S R T L
  
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AMERICA
CANOE
COLONY
CORNUCOPIA
ENGLAND
FALL
FAMILY
FEAST

FREEDOM
GRATITUDE
HARVEST
HOLIDAY
INDIANS
MAIZE
MAYFLOWER

MILES STANDISH
NEW WORLD
NOVEMBER
PILGRIMS
PLYMOUTH
PUMPKIN PIE
PURITANS

SQUASH
STUFFING
THANKSGIVING
TURKEY
YAMS



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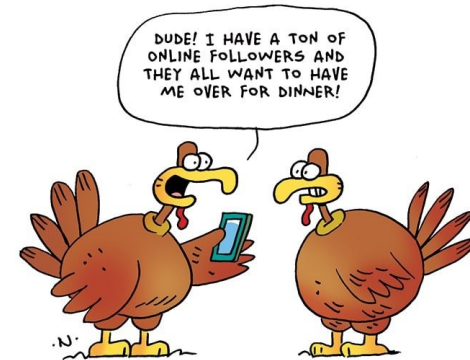


Did You Know?...

The Senior Center of Elk Grove has a Quilting Group

The quilters will be making items to sell in the beautiful Senior Center Gift Gallery. Join us Fridays at 9:00 am.

Please note ... this is not a quilting class, it is a gathering of experienced quilters.



Get Artsy with Renee & Friends

Unfortunately, the Get Artsy with Renee program falls on the 2nd and 4th Thursday this month, when we are closed for Veterans Day (Nov 11) and Thanksgiving (Nov 25).

BUT!

Renee will be holding an Artsy class on Thursday, Nov. 18. Check in with the Front Desk to see what creative masterpiece she has planned!

November 2021

Closed Thurs, Nov 11 for Veterans Day



Weekly Calendar

Closed Thurs/Fri, Nov 25/26 for Thanksgiving

MONDAY Programs	Time	TUESDAY Programs	Time	WEDNESDAY Programs	Time	THURSDAY Programs	Time	FRIDAY Programs	Time
Aerobics No Class 11/8	8:30 AM	Balance Matters	8:30 AM	Aerobics	8:30 AM	Balance Matters	8:30 AM	Fame	8:30 AM
Tai Chi for Arthritis Beginners	9:00 AM	Knit & Crochet	9:30 AM	Tai Chi for Arthritis Beginners	9:00 AM	Open Artist Studio	9:00 AM	Chair Exercise	10:00 AM
Tai Chi for Arthritis Intermediate	9:45 AM	Zumba Gold	10:00 AM	Tai Chi for Arthritis Intermediate	9:45 AM	Core & Strength	10:00 AM	Bingo	12:30 PM
Game Time	10:00 AM	Men's Talk	10:00 AM	Tai Chi	10:00 AM	Game Time	10:00 AM	Bridge	1:00 PM
Chair Exercise	10:00 AM	Gentle Yoga	11:45 AM	Chair Exercise	10:00 AM	Scrabble	12:30 PM		
Core & Strength	11:30 AM	Mahjong	1:00 PM	Alzheimer's Group Nov 10	10:00 AM	Gentle Yoga	1:00 PM		
Writers Group	1:00 PM	Genealogy Workshop	2:00 PM	Book Group Nov 10	11:00 AM	Get Artsy with Renee Nov 18	1:00 PM		
Bridge	1:00 PM	Ukulele Lessons	3:00 PM	Parkinson's Group Nov 17	11:00 AM	Line Dancing Class	2:30 pm		
		Genealogy Guided Practice Session	3:00 PM	Core & Strength	11:30 AM				
				Bunco	12:45 PM				
				Card Making	1:00 PM				



Pumpkin Bread with Streusel Topping

For your next holiday get together bring something yummily different. **PUMPKIN BREAD!** This surprisingly easy to make bread can be served warm with butter, or cooled with fresh whipped cream!

1. Preheat oven to 350 degrees. In a medium saucepan, heat pumpkin puree, cinnamon, and pumpkin spice over medium heat. Stir often for about 5-7 minutes.
2. Remove from heat and stir in sugar, brown sugar, oil, and cream cheese. Whisk for several minutes until all of the cream cheese is mixed in. Let sit for 5 minutes to cool before adding the eggs.
3. Whisk in eggs and buttermilk until fully mixed together. After it is completely smooth, fold in flour, baking powder, baking soda, and salt. Mix just until combined.
4. Grease two 8 1/2 inch x 4 1/2 inch loaf pans with non-stick cooking spray or butter. Pour batter into pans.
5. In a small bowl, add brown sugar, softened butter, and flour. Using a fork, press together until combined.
6. Sprinkle topping evenly over pumpkin bread batter. Bake for 44-48 minutes or until the center is cooked through. Check by placing a toothpick in the center to make sure it comes out clean.
7. Let pumpkin loaves cool for 20 minutes and then turn out onto a wire rack. Let cool.

Pumpkin Bread:

- (1) 15-oz can Pumpkin Puree
- 1- 1/2 t Cinnamon
- 1/2 - 1 t Pumpkin Pie Spice
- 1 cup Brown Sugar
- 1 cup Sugar
- 1/2 cup Oil
- 4 ounces Cream Cheese (softened, cut into cubes)
- 4 large Eggs
- 1/4 cup Buttermilk
- 2 cups Flour
- 1 t Baking Powder
- 1 t Baking Soda
- 1 t Salt

Streusel Topping:

- 1/3 cup Brown Sugar
- 2 T Salted Butter (softened)
- 2 T Flour

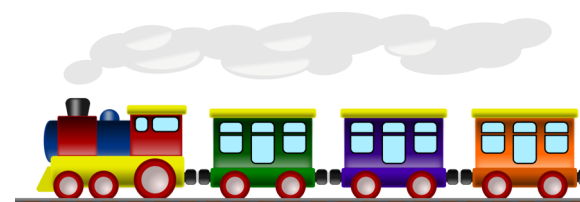


The Elk Grove Police Dept. and the GSD Fire Dept. are holding their Annual Toy Project.









Beginning November 15, 2021 please bring in unwrapped new toys and gifts for children of all ages, including teens.




Wrapping paper and trimmings are welcome too!




Program Descriptions


Aerobics 1hr Instructor - Debbie Glincher Mon & Wed 8:30 am \$2 	<p>Every class is different and interesting with instructor Debbie Glincher. Light weights and toning bands are used to give you the workout your body and mind crave. Come in, work out early before your brain knows what you're doing!</p>
Alzheimer's Support Group 2 hr 2nd Wed of the month 10:00 am No Fee	<p>This support group is for caregivers dealing with a loved one, family, friend, or other person with Alzheimer's disease. The group is led by trained facilitators. We are sorry, the Center does not have the ability to care for your loved one with Alzheimer's during the meeting.</p>
Balance Matters 1 hr Instructors - Debbie Glincher & Michelle Ernster Tues & Thurs 8:30 am \$2	<p>Want a true workout while seated? Balance Matters is for you. Work your arms, legs and core muscles from your seat and feel the results in better balance, more stamina and toned muscles.</p>
Bingo 1.5 hr approx. Fri 12:30 pm \$2 fee plus \$.50 Per Card, Limit 8 Cards 	<p>What is more satisfying than being the first to yell BINGO! Grab your friends and join us for an exciting afternoon of Bingo. Prize pots depends on amount of players. Three extra large Bingo screens in our new gorgeous Center gives everyone a perfect view.</p>
Book Group 1.5 hr 2nd Wed of the month 11:00 am \$2	<p>Not many things are better than holding a great book in your hands. Sharing that great book with other reading enthusiasts is simple joy. Join the monthly Book Group to discuss new titles and well loved classics. Book list available at the Front Desk.</p>
Bridge 3 hr Mon & Fri 1:00 pm \$2	<p>Card playing is a fantastic way to keep your brain sharp, which is especially important as we get older. Bridge is a classic card game, massively popular for over 90 years.</p>
Bunco 2 hr Wed 12:45 pm \$2 	<p>Bunco has a fun, storied past. It's a fun, easy game of 3 dice and 100% luck. Lively chatter, lots of laughter and the occasional cow bell can be heard when the Bunco players are on a "roll."</p>


Card Making 2 hr Instructor - Connie DeGarmo Wed 1:00 pm \$2 plus \$6 supplies fee	<p>Elegant cards, funny cards, birthday cards - nothing brightens up a day like a lovely card. Talented Instructor Connie DeGarmo supplies the samples, cut-outs, card stock and embellishments, you provide the glue, handy work and maybe a little bit of magic.</p>
Chair Exercise 1 hr Award Winning Video Mon, Wed, Fri 10:00 am \$2	<p>This easy, award winning video is perfect for those who haven't exercised in a while. Gentle movements, easy to follow instructions are perfect for almost all levels of ability and can be done from your chair, wheel chair or even standing.</p>
Core & Strength 1 hr Instructor - Michelle Ernster Mon & Wed 11:30 am Thurs 10:00 am \$2 	<p>Core and Strength is a wonderful program for those seeking a highly effective, yet a little less than a full aerobic workout. This program will strengthen your body, tone your muscles and bring back the stamina you used to have.</p>
FAME 1 hr Instructor Debbie Glincher 8:30 am \$2	<p>Come join our newest, coolest exercise class! Get ready for the weekend with Aerobics, Balance/Core and Total Relaxation. Developed for our members and only at the Senior Center of Elk Grove!</p>
Game Time 2 hr Mon & Thurs 10:00 am \$2	<p>Join your friends and other game lovers for Game Time. We will have games such as Canasta, Cribbage, Phase 10, Yahtzee, Sequence, Chess, Backgammon, Dominoes, Mahjong, and several decks of cards available to choose from. Sounds like a great time!</p>
Gentle Yoga 1 hr Instructor Julie Han  Tues 11:45 am Thurs 1:00 pm \$2	<p>Gentle Yoga is a wonderful way to produce the benefits of yoga in a gentle form. Mind, body and spirit all play a role in how our bodies work. Gentle Yoga brings those elements together for a peaceful, healthy you.</p>
Get Artsy with Renee 2 hr Instructor - Renee Hodgkin Nov 18 1:00 pm \$2 + supplies fee	<p>Renee Hodgkin and Friends will be bringing you a new and fun artsy project the 2nd and 4th Wed of the month. Pre-registration will be required.</p>
Knit & Crochet 2.5 hr Tues 9:30 am No Fee 	<p>Join the Knit and Crochet group for lively chat, new ideas, sharing patterns and fun. This is not a class. The members and volunteers are not instructors, but they are willing to help if you're stuck on something!</p>

Line Dancing Instructor Jill Croft Thurs 2:30 pm / 1.5 hr \$2	Let's dance! No partner is needed. Just bring your enthusiasm and love of great music. Dance like no one is watching, because they aren't. No judgement, no critiquing, just pure enjoyment.
Mahjong Tues 1:00 pm / 2 hr \$2 Mahjong classes will be held the first Tuesday of the month	 This fascinating, fun and challenging game is played with tiles at tables with 3 - 4 players. Mahjong is a game of skill, strategy and calculations but still with a degree of chance. Learn how to play Mahjong, or bring your knowledge and play other participants.
Men's Talk Group Tues 10:00 am / 2 hr \$2	The Men's Talk Group meets to discuss hobbies, life experiences, cars, local news and other interests. Guest speakers such as doctors, police chiefs, fire chiefs and other notable figures make occasional guest appearances. All backgrounds are welcome.
Parkinson's Support Group Facilitator - Myron Jansen 3rd Wed of mo. 11:00 am / 2 hr No fee	Parkinson's Support Group of Elk Grove holds round table discussions, informative presentations, and often hosts guest speakers. All who are affected by Parkinson's: family, caregivers and loved ones are welcome to participate.
Quilting Group Fri 10:00 am / 2 hr No fee	 The quilters will be making items to sell in the beautiful Senior Center Gift Gallery. Join us Fridays at 9:00 am. Please note ... this is not a quilting <u>class</u> , it is a gathering of experienced quilters.
Scrabble Thurs 12:30 pm / 2 hr \$2	You know what's great for your whole well-being? Thinking, using your brain. Scrabble would be an excellent way to use those brain cells. You don't need to be a word master, the regular participants will happily teach you.
Tai Chi for Arthritis (Beginners) Instructor - Lucy Lau Mon & Wed 9:00 am / 30 min \$2	 Sun Style Tai Chi is known as Tai Chi for arthritis because of its gentle posture, high standing position and footwork that does not strain the knees. Join Instructor Lucy Lau for this innovative class.
Tai Chi for Arthritis (Intermediate) Instructor - Lucy Lau Mon & Wed 9:45 am / 30 min \$2	Members with no prior Tai Chi experience are encouraged to learn Sun Style Tai Chi before moving on to the intermediate level. Join Instructor Lucy Lau for this innovative and highly effective class.

Tai Chi Instructor - Frank Gaviola Thurs 10:00 am / 30 min \$2	Join Sensei Frank Gaviola for this popular, low impact exercise. After your first class, you'll understand why this program is praised by so many for its gentle movement and sense of peaceful spirit. Nourish your mind while strengthening your body.
Ukulele Instructor Martin Beal Tues 3:00 pm / 1 hr \$2	 Join Instructor Extraordinaire Martin Beal as he brings back the always fun, always lively Ukulele Lessons. Grab your ukulele - Hawaiian shirt not needed - and learn to strum away with your favorite songs!
Writing Group Facilitator - Loy Holder Mon 1:00 pm / 2 hr \$2	Love to write? Participants showcase their short stories, articles, chapters and other works of art with other like minded writers. Friendly critiquing and words of encouragement are given freely.
Zumba Gold Instructor - Linda Taylor Tues 10:00 am / 1 hr \$2	Dance, dance, dance! Put your moves to the test in this sassy, high energy exercise. Music to get your heart pumping, moves to keep your feet flying and enough enjoyment to leave you smiling all day. Start your day with music, dance, a little sparkle and fun!





The Rotary Club of Laguna Sunrise is holding a New Sock and Underwear Drive to benefit homeless youth in the Elk Grove Unified School District.


All sizes of NEW socks and underwear for boys and girls is needed. Duffle bags are also being collected!

Please bring your donation to the Senior Center through November 10th.

