

The next Board of Directors meeting will be Monday, November 17th, 2025 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, Interim Executive Director
executivedirector@thesceg.org

Renee Hodgkin, 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

**\$50.00 Annual Membership and
\$2 per event fee for most programs., Visit our website at**

www.thesceg.org

916-685-3160

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 Thanksgiving from the Senior Center.
We are truly thankful for each of you!



Healing Art with Larry Ramos

Register for Classes at the Front Desk.

WATERCOLOR ART HEALING / HeART to ART
Wednesday November 12, 2025
8:30 am - 10:30 am

We will explore the big life question, "You've transformed through a difficult season, how can you show thanks for these changes?"



watercolor festive turkey

COLLAGE ART HEALING / HeART to ART

Wednesday November 26, 2025
8:30 am - 10:30 am

We will explore the big life question, "What is the biggest impact action you could do for someone in the greatest need?"



Collage butterfly

\$15.00 Supply Fee

\$2.00 Program Fee

Must be a full
member to join

November Schedule Changes

Wednesday November 19th - Open Dance - No Class

Monday November 24th - Aerobics - No Class

Tuesday November 25th - Mindfulness & Meditation - No Class

Wednesday November 26th - Aerobics - No Class

There will be No Get Artsy with Renee in November or December

November Closures!!

The Senior Center will be closed on the following days:

Tuesday, November 11th - Veterans Day

Friday, November 21st - We close at Noon
(to prepare for the craft faire)

Thursday, November 27th - Thanksgiving

Friday, November 28th - Black Friday

November 2025

Senior Center of Elk Grove



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Membership is \$50 per year

Most programs cost \$2

Monday		Tuesday		Wednesday		Thursday		Friday	
\$\$ Light Body Toning	8:30	\$\$ Gentle Yoga	8:30	\$\$+ Healing Art Wk 2 & 4	8:15	\$\$ Open Games	8:00	\$\$ Tai Chi Flow	8:30
\$\$ Chair Exercise	8:30	Knit & Crochet	9:30	\$\$ Standing Pilates	8:30	\$\$ Gentle Yoga	8:30	Quilting No Class 11/21	8:30
\$\$ Chair Exercise	9:00	\$\$ Men's Talk Group	9:30	Brain & Body Wk 2 & 4	8:30	\$\$ Chair Exercise	9:00	\$\$ Chair Exercise	9:00
\$\$ Open Games	9:00	\$\$ Zumba Gold	10:00	\$\$ Beginning Ukulele Wk 1 & 3	9:00	Open Artist Studio	9:00	\$\$ Mahjong	9:30
\$\$ Chair Exercise	10:00	\$\$ Guitar Workshop	11:00	\$\$ Chair Exercise	9:00	\$\$ Zumba 30/30	10:00	\$\$ Chair Exercise	10:00
\$\$ Standing Pilates	10:00	\$\$ Zumba Chair	11:30	\$\$ Chair Exercise	10:00	\$\$ Chair Exercise	10:30	Parkinson's Caregivers Support 3rd Fri	10:15
\$\$ Women's Talk Group	10:00	\$\$ Chair Exercise	11:30	\$\$ Traditional Tai Chi	10:00	\$\$ Improv	11:30	\$\$+ Bingo No Bingo 11/21	12:00
\$\$+ Oil Paint Bob Ross Style wk 1 & 3	11:00	\$\$+ Syndee Speaks Wk 3	12:00	Alzheimer's Caregivers Support 1st Wed	10:30	\$\$ Light Body Toning	11:30	\$\$ Walk Strong Fit No Class 11/21	12:00
\$\$ Aerobics No Class 11/24	11:30	\$\$ Mahjong	1:00	Parkinson's Support Group 3rd Wed	10:30	Scrabble	12:00	\$\$ Bridge No Class 11/21	1:00
\$\$ Core & Strength	11:30	\$\$ Hawaiian Hula	1:00	\$\$ Ukulele Practice	10:30	\$\$ Rhythm & Motion	1:00		
\$\$ Bridge	1:00	\$\$ Line Dancing All Level	2:00	\$\$ Spanish Class	10:30	\$\$ Rock Painting wk 1 & 3	1:00		
\$\$ Writing Group	1:00	\$\$ Genealogy	2:00	\$\$ Book Group 2nd Wed	11:00	\$\$ Men's Talk Group	1:00		
\$\$ Intermediate Hatha Yoga	1:30	\$\$ Mindfulness & Meditation No Class 11/25	2:00	\$\$ Chair Pilates	11:00	Grief Support Group wk 2 & 4	2:00		
				\$\$ Aerobics No Class 11/26	11:30	\$\$ Line Dancing	2:00		
				\$\$ Chair Yoga	12:15				
				\$\$ Zumba Chair	12:30				
				\$\$ Bunco	12:45				
				\$\$+ Cardmaking Wk 2, 4 & 5	1:00				
		NO Classes 11/11		\$\$ Open Dance No Class 11/19	2:00	No Classes 11/27		No Classes 11/28	