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The next Board of Directors meeting will be Monday, November 17th, 2025 at 3:15 pm. This meeting is open to the public.

Senior Center of Elk Grov

# **Board of Directors**

President Vice-President Secretary Treasurer Linda Bradley Kenneth Frieze Elaine Horton David Melilli

8230 Civic Center Drive, Suite 140, EIK Grove, CA 95757 916.685.3160 www.theSCEG.org / www.LivingFitSeniors.com

a 501(c)3 Nonprofit Organization

Your Everything Center

\$50.00 Annual Membership and

\$2 per event fee for most programs., Visit our website at

www.thesceg.org 916-685-3160

Director Lynn Wheat Sarah Bontrager David Feinberg Cheryl Sewell Michelle Speth Lisa Johnson Linda Floyd Don Simon Gil Albiani

Director City of Elk Grove Rep. Director Director Director Director Director Director

Margo Chaney, Interim Executive Director executive director@thesceg.org

Renee Hodgkin, Activities Director activities@thesceg.org

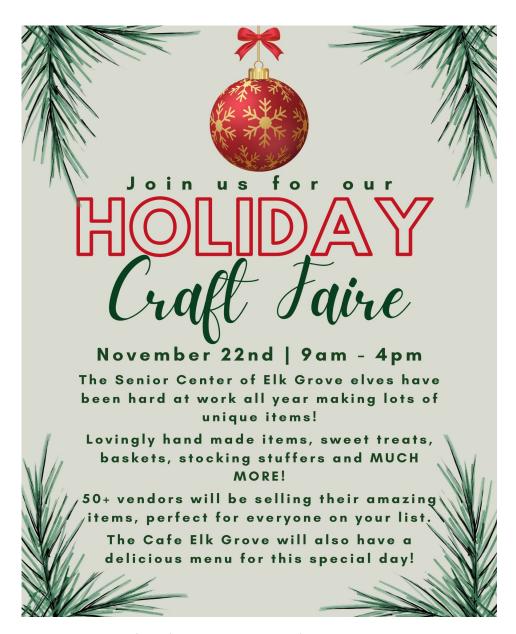


SCEG PARTNERS

Elk Grove does not and will not sell, rent or PRIVACY POLICY - The Senior Center of give away our member's information, including names, addresses, email addresses or phone numbers.







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



## **Join the Lunch Bunch!**

Tuesday, Nobember 11th at 11:30am -Location: Tea Garden

Bring cash and a smile.

The December meetup will be decided at the November meetup.

Please register for the November Lunch bunch meetup at the front desk by November 7th.



**Avoiding Holiday Scams Seminar** 

BROUGHT TO YOU BY THE ELK GROVE POLICE DEPARTMENT VOLUNTEERS IN POLICE SERVICE

Wednesday, November 19, 2025 2:00 PM - 3:00 PM

Senior Center of Elk Grove 9230 Civic Center Drive, Suite 140

Beware of Grinches looking to steal your money and personal information this holiday season! Older adults can be easy targets for holiday-related scams associated with gift cards, holiday shopping (both online and in-person), package deliveries, social media, charities, and more.

Elk Grove PD wants our citizens to be prepared for fraud and economic crimes. Don't let yourself fall victim to holiday-related fraud. Harden yourself as a target by attending this **NEW** on-site seminar and learn simple yet effective self-defense strategies for **AVOIDING HOLIDAY SCAMS**.



## **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?"



\$15.00 Supply Fee

\$2.00 Program Fee

Must be a full member to join

#### 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?"



\$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

#### Collage butterfly



Your Everything Center

# November 2025

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	Ī			
				\$\$ Zumba Chair	12:30	1			
			-	\$\$ 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	