The next Board of Directors meeting will be November 16, 2026 at 3:15 pm.
This meeting is open to the public.

Board of Directors:
David Feinberg - President
Kenneth Frieze - Vice-President
Lisa Johnson - Secretary
Lisa Johnson - Treasurer

Ben Biddle - Director
Linda Floyd - Director
Elaine Horton - Director
Marie Jachino - Director
Maria Spann - Director
Lynn Wheat - Director
Jeff Scanlon - 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

Desiree Nichalson, Front Desk Assistant
frontdesk@thesceg.org

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.

Senior Center of Elk Grove

a 501(c)3 Nonprofit Organization
8230 Civic Center Drive, Suite 140
Elk Grove, CA 95757

Non-Profit
U.S. Postage
Permit 25
Elk Grove, CA
95624

$60 Annual Membership &
$2 per program fee for most programs.
Visit our website at
www.thesceg.com
Phone: 916-685-3160

SCEG PARTNERS

AGENCY ON AGING AREA 4

CITY OF ELK GROVE

United Way



Happy THANKSGIVING

November 11th VETERANS DAY

NOVEMBER 2026 NEWSLETTER

Senior Center of Elk Grove

a 501(c)3 Nonprofit Organization

November Schedule Changes

Monday, November 2nd - No Aerobics
Monday, November 2nd - No Open Recreation
Tuesday, November 3rd - No Knit & Crochet
Wednesday, November 4th - No Aerobics
Wednesday, November 4th - Card Making!!!
Monday, November 9th - No Open Recreation
Wednesday, November 11th - Closed for Veterans Day
Thursday, November 12th - No Gentle Yoga
Wednesday, November 18th - No Open Dance
Thursday, November 19th No 9:00 Chair Exercise
Thursday, November 19th - No 10:30 Chair Exercise
Thursday, November 19th - No Chair Yoga (Video)
Thursday, November 19th - No Scrabble
Friday, November 20th - No Quilting
Friday, November 20th - No Men's Open Discussion
Friday, November 20th - No Bridge
Friday, November 20th - No 1:00 Chair Exercise
Friday, November 20th - No Walk Strong Fit
Friday, November 20th - No BINGO
Friday, November 20th - Closing at Noon
Tuesday, November 24th - No Mindfulness & Meditation
Thursday, November 26th - Closed for Thanksgiving
Friday, November 27th - Closed for Thanksgiving
Monday, November 30th - No Light Body Toning
Monday, November 30th - No Standing Pilates
Monday, November 30th - No Aerobics
Monday, November 30th - No Hatha Yoga

Sign Up Classes

Oil Painting - Monday, November 2nd & November 16th
Beginning Guitar - Thursday's at 2:00 (Class is full)
Beginner Bridge - Thursday's / No class November 19th
Private Tai Chi Flow - Tuesday's (Class is full)



A COMMUNITY WORKSHOP FOR ADULTS 55–75

Why You're Weaker Than You *Should* Be — And What to Do About It

Aclinical physical therapistrevealsthethree silentdeficitsthatquietlyundermine strength, balance, and independence after 60 — and exactly how to reverse them.

📍 Spruce Room	📅 November 18, 2026	🕐 2:00-3:00 PM

SIGN UP @ FRONT DESK

WHAT YOU'LL DISCOVER

Three things your doctor probably hasn't told you

Why You're Losing Strength
Sarcopenia — the silent muscle loss that begins in your 40s — and the 5 movements that reverse it at any age.

Why Your Balance Is Slipping
The three balance systems that degrade with age, and the evidence-based exercise sequence that restores them.

How to Stay in Control
The daily functional benchmarks that predict independence at 80 — and the simple moves that protect them.

THIS PRESENTATION IS FOR YOU IF…

- ✓ You've noticed it takes more effort to do things that used to feel effortless
- ✓ You feel less stable on your feet than you did five years ago
- ✓ You want to understand why strength and balance change after 60 — and what you can actually do about it
- ✓ You want to stay independent and active, without relying on medications or invasive interventions
- ✓ You're ready for evidence-based guidance from a clinician who has worked with this population for 30 years

Dr. Adina Verrett, PT,DPT
LICENSED PHYSICAL THERAPIST · 30+ YEARS CLINICAL EXPERIENCE

Dr. Verrett specializes in capability preservation for adults 55–75 and is the founder of Stay Steady™ and Holistique PT & Wellness in Elk Grove, CA. Her approach combines evidence-based movement and natural nutrition and pain management— helping people stay strong, balanced, and independent well into their 80s.



Join the Lunch Bunch!



Tuesday, November 10th at 11:30 am
Location: Peony Palace
Please register at the front desk by
Friday, November 6th

It has been brought to our attention by our janitorial staff that members are sticking their chewed up gum under the window ledge in our large room.

 YUCK! 

There is a trash can at the entrance of the room.
Please use it!

The Senior Center of Elk Grove is a 501(c)(3) nonprofit organization, not a city-run program or department. While we may partner with or receive support from the city, we are separately governed and operated. That is why donations, fundraising events and memberships are so important to us! They keep our organization running, support our programs and services, and allow us to continue serving our members and community!

EmpowerU

Health and Lifestyle Coaching

FITNESS OVER 50

Stay Strong. Stay Active. Stay Independent.

Join this informative and motivating session designed for adults 50 and beyond. Discover practical ways to move more, feel better, and enjoy a healthier, more active life.

THE IMPORTANCE OF STAYING ACTIVE
Learn how regular physical activity supports your health, energy, and independence.

RECOMMENDED EXERCISES
Explore safe and effective exercises to improve strength, balance, flexibility, and endurance.

CREATING A DAILY ACTIVITY ROUTINE
Learn simple strategies to build movement into your day—and make it a habit.

NUTRITION FOR VITALITY
Discover nutrition tips that fuel your body and support healthy aging.



Friday, November 13th @ 2 PM

Maple Room

Sign up @ Front Desk

Led by Tina Schmidt, a Registered Nurse and Board Certified Nurse Health Coach.





Sign up at the front desk for this presentation!

SCAM

CITY OF ELK GROVE CALIFORNIA

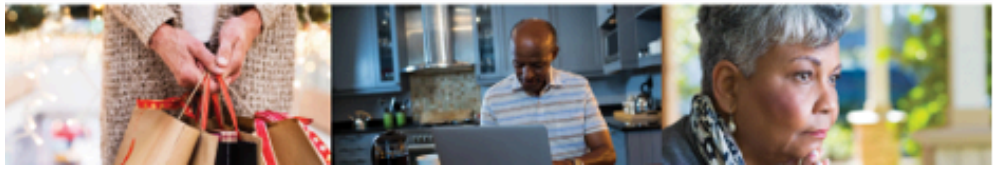
Avoiding Holiday Scams Seminar

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

Wednesday, November 18, 2026
Senior Center of Elk Grove
2:30 PM – 3:45 PM

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—online and in-person, package deliveries, social media advertisements, 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 on-site seminar and learn simple yet effective self-defense strategies for **AVOIDING HOLIDAY SCAMS**.



IOA at Home

by Institute on Aging

Transitional Care at Home & Dementia Presentation

Monday, November 9th @ 2PM

Cedar Room

Sign up @ Front Desk



SIGN UP FOR THE HOLIDAY DAY TRIP IS MONDAY, NOVEMBER 2ND AT 10:00 AM IN THE FRONT LOBBY!



The Senior Center of Elk Grove Presents

A Christmas Carol Live Show.

A CHRISTMAS CAROL

Saturday, December 12th , 2026

Join us on our first holiday trip, to see "A Christmas Carol".
We will depart SCEG to Oldtown Sacramento, you will have 2.5 hours on your own to grab lunch, explore the many shopping stores & holiday displays that have thrilled people for generations. After, we will head to the Sofia, Home of the B Stret Theater.

The bus will leave the Senior Center at 10:00 am sharp to Old Town Sac, Bus will depart at 1:00 to Sofia Theater, bus will then leave at 4:10 pm to return to SCEG. Please expect to return at 4:30 pm or 5.

FANTASTIC holiday outing that includes bus, theater play and driver gratuity. You will need money for souvenirs and lunch of your choice

Pricing

SCEG Member $65.00

Non-member $75.00

Senior Center of Elk Grove 916-685-3160
8230 Civic Center Drive, Suite 140, Elk Grove, CA 95757

November Calendar — SCEG — ($$) $2 Program Fee

($$+) $2 plus additional program fee/supplies

Monday		Tuesday		Wednesday		Thursday		Friday	
$$ Light Body Toning No class 11/30	8:30	$$ Gentle Yoga	8:30	$$ Standing Pilates	8:30	$$ Open Games	8:30	$$ Tai Chi Flow	8:30
$$ Chair Exercise Video	8:30	Knit & Crochet Intermediate & Expert No class 11/3	9:30	Brain & Body 11/25	8:30	$$ Gentle Yoga No class 11/12	8:30	Quilting Intermediate & Expert No class 11/20	8:30
$$ Chair Exercise Video	9:00	$$ Men's Talk Group	9:30	$$ Beginning Ukulele 11/4 & 11/18	9:00	$$ Chair Exercise Video No class 11/19	9:00	$$ Chair Exercise Video	9:00
$$ Open Games	9:00	$$ Zumba Gold	10:00	$$ Chair Exercise Video	9:00	Open Artist Studio	9:00	$$ Mahjong	9:30
$$ Chair Ex. Video	10:00	$$ Guitar Workshop	11:00	$$ Chair Exercise Video	10:00	$$ Zumba 30/30	10:00	$$ Chair Exercise Video	10:00
$$ Standing Pilates No class 11/30	10:00	$$ Zumba Chair	11:30	$$ Traditional Tai Chi	10:00	$$ Chair Ex. Video No class 11/19	10:30	$$ Men's Open Dis. No class 11/20	11:30
$$ Women's Talk	10:00	$$ Chair Exercise Video	11:30	Alzheimer's Caregivers Support 11/4	10:00	$$ Improv	11:30	$$$+ BINGO No class 11/20	12:00
$$ Aerobics No class 11/2 & 11/30	11:30	$$ Balance & Posture Ex. Video	12:30	Parkinson's Caregivers 11/18	10:30	$$ Light Body Toning	11:30	$$ Walk Strong Fit No class 11/20	12:00
$$ Core & Strength	11:30	$$ Mahjong	1:00	$$ Ukulele Practice	10:30	$$ Chair Yoga Video No class 11/19	11:30	$$ Bridge No class 11/20	1:00
$$ Story Harvest	12:00	$$ Hawaiian Hula	1:00	$$ Intermediate Spanish	10:30	Scrabble No class 11/19	12:00	$$ Chair Aerobics Video No Class 11/20	1:00
$$ Bridge	1:00	$$ Line Dancing	2:00	$$ Book Group No November Class	11:00	$$ Rhythm & Motion	12:45		
$$ Writing Group	1:00	$$ Genealogy	2:00	$$ Chair Pilates	11:00	$$ Rock Painting 11/5 & 11/19	1:00		
$$ Intermediate Hatha Yoga No class 11/30	1:30	$$ Mindfulness & Med. No class 11/24	2:00	$$ Aerobics No class on 11/4	11:30	$$ Men's Talk	1:00		
$$ Ping Pong & Corn Hole No class 11/2 & 11/9	1:00			$$ Chair Yoga	12:15	$$ Line Dancing	2:00		
				$$ Zumba Chair	12:30	Grief Support 11/12	2:00		
				$$ Bunco	12:45				
CLOSED 11/11 for Veterans Day				$$+ Cardmaking 11/4 & 11/25	1:00				
CLOSE 11/20 AT 12:00 PM				$$ Women's Open Discussion	1:00				
CLOSED 11/26 for Thanksgiving				Grief Support No class on 11/4	1:00				
CLOSED 11/27 for Thanksgiving				$$ Open Dance No class 11/18	2:00				

