

The next Board of Directors meeting will be Tuesday, October 11, 2022 at 3:15 pm. Meetings are open to the public.

Board of Directors

Ray Schultze	President
Linda Gunn	Vice-President
Elaine Horton	Secretary
Nick Soberanis	Treasurer
Linda Bradley	Director at Large
Jon Colton	Director at Large
Ken Frieze	Director at Large
Marie Jachino	Director at Large
Doc Laudon	Director at Large
Vicki Nicholson	Director at Large
Don Simon	Director at Large
Sarah Bontrager	City of Elk Grove
Gil Albiani	CCSD

Staff

Christine Cuddy, Executive Director
 executivedirector@thesceg.org

Renee Hodgkin, Activities Director
 activities@thesceg.org

Michelle Ernster, Program Assistant
 programassistant@thesceg.org

Senior Center of Elk Grove



Your Everything Center

8230 Civic Center Drive
Suite 140
Elk Grove, CA 95757

Phone Number
916-685-3160

Website
www.thesceg.org
www.LivingFitSeniors.com

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

October 2022 Newsletter

October is turning out to be a month of fabulous creativity!

Join in on the new **Rock the Holidays**, a fun new rock painting class that we'll have around different holiday months. This month, Rock the Holidays will be Tuesdays, October 4th and 18th at 2:30 pm.

Learn to **Paint with Watercolors** featuring instructor Ron Ridley on Thursdays, October 6th and 20th. Classes will be limited to 10 people.

Get Artsy with Renee will be held Thursdays, October 13th and 27th. See page 2 for the fantastic projects she has in store for you.

Bring out your inner artist and have a great time!

See pages 2 and 3 for supplies fee and registration information.

It's Holiday Bingo time again! See page 4 for ticket information!



The Senior Center will be closed Monday, October 10th for the Federal holiday.

Get Artsy with Renée



Pumpkin Decoration,
Thursday, October 13, 2022
at 1:00 pm

How cute is this pumpkin?

It can be yours! Made by YOU!
Beading/coloring is flexible
and you can make it your
individual masterpiece!

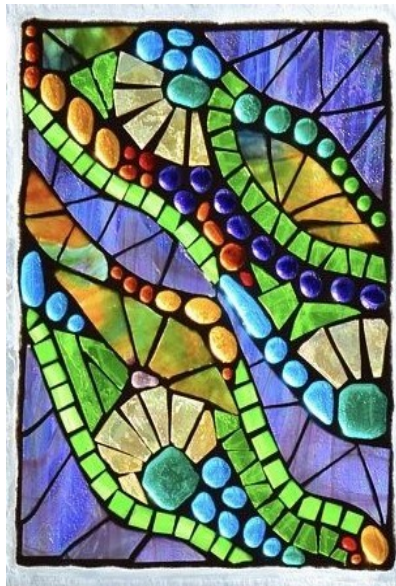
You must be a member and pre-register. Renee's classes fill quickly so register today! \$15 supplies fee at registration and \$2 activity fee day of class.

Mosaics

Thursday, October 27, 2022
at 1:00 pm

Mosaics are fun and as unique as you are. Choose your colors, pattern and shape. Let your imagination run wild!

You must be a member and pre-register. Renee's classes fill quickly so register today!
\$15 supplies fee at registration and \$2 activity fee day of class.



2

Join in on the new **Rock the Holidays**, a fun new rock painting class that we'll have around different holiday months. This month, Rock the Holidays will be Tuesdays, October 4th and 18th at 2:30 pm. First class has no supply fee, but the \$2 activity fee applies

These are great gifts, garden decorations, memorials, anything you want them to be.



Learn to **Paint with Watercolors** featuring instructor Ron Ridley on Thursdays, October 6th and 20th. Join other aspiring artists and experience the fun and relaxing art of working with watercolors. Create your own masterpieces as you learn the best methods for applying and mixing color, proper use of brushes and more.

Classes will be limited to ten people.

Registration Required. Supply fee - paid to the instructor - is \$15 and due at registration. Activity fee of \$2 will be collected day of class.

3

Holiday



Is there a better way to welcome in the holiday season than a **BIG Holiday BINGO?**

Saturday, November 12, 2022
at 12:00 pm is the perfect time!

Tickets go on sale Tuesday, October 11th at the Front Desk. \$20 for current members and \$30 for nonmembers. Your ticket includes 6 Bingo cards and 12 raffle tickets. Additional raffle tickets may be purchased for \$1.00 at the event.

Doors will open at 11:30 am
and the fun starts at noon

Cookies and refreshments will be provided.

Mark Your Calendars!



Senior Center of Elk Grove
presents the return of the annual
Holiday Gift Faire
Saturday, December 10, 2022
9:00 AM to 4:00 PM



Senior Center Elves are working extra hard to bring you the most unique, beautiful and wow – worthy gifts for everyone on your list.

Hats and scarves, jewelry, baby items, quilts and our legendary

GIFT BASKETS



New For This Year

25+ local artists, crafters and vendors will be selling their wares at the Holiday Gift Faire. Jewelry, Cards, Bird Houses, Gift Items and so much more will be available!



Super Yummy
Food Gifts, Too!

Experience the **JOLLY** of the season

While you're here, treat yourself to a nice cup of cocoa, coffee, soda, water, snacks and our famous hot homemade bean/bacon/vegetable soup as you relax in our Crazy Elf Café and get ready to dive back in to shopping!

All Café proceeds benefit the Senior Center of Elk Grove, a 501(c)3 Nonprofit Organization

8230 Civic Center Drive, Suite 140, Elk Grove, GA 95757

916-685-3160



Monthly Calendar

October 2022

MONDAY Programs	Time	TUESDAY Programs	Time	WEDNESDAY Programs	Time	THURSDAY Programs	Time	FRIDAY Programs	Time
Light Body Toning	8:30 am	Balance Matters Video Only	8:30 am	Aerobics	8:30 am	Tai Chi Fan Beginners	8:30 am	Cardio Drumming Video Only	8:30 am
Tai Chi Sun Style Beginners	9:00 am	Knit & Crochet	9:30 am	Tai Chi Sun Style	9:00 am	Open Artist Studio	9:00 am	Quilting Group	9:00 am
Chair Exercise	9:00 am	Zumba Gold	10:00 am	Chair Exercise	10:00 am	Tai Chi Fan Intermediate	9:15 am	Chair Exercise	10:00 am
Tai Chi Sun Style Intermediate	9:45 am	Men's Talk	10:00 am	Tai Chi with Frank	10:00 am	Core & More	10:00 am	Mahjong	10:00 am
Game Time	10:00 am	Big Brain Games: Trivia October 4	11:00 am	Ukulele Fun/Practice	10:30 am	Game Time	10:00 am	Bingo	12:00 pm
Chair Exercise	10:15 am	Dinner & Lunch Bunch October 11	11:30 am	Alzheimer Caregiver Support October 5	10:00 am	Bridge Class	10:00 am	Bridge	1:00 pm
Pilates	10:30 am	Gentle Yoga	11:45 am	Book Group October 12	11:00 am	Core & Strength	11:30 am		
Core & Strength	11:30 am	Sign Language	1:00 pm	Parkinson's Support Group No meeting	No meeting	Scrabble	12:30 pm		
Writers Group	1:00 pm	Mahjong	1:00 pm	Core & Strength	11:30 am	Gentle Yoga	1:00 pm		
Bridge	1:00 pm	Genealogy Workshop	2:00 pm	Bunco	12:45 pm	Paint w/Watercolors October 6 & 20 NEW	1:00 pm		
Beginning Line Dancing	1:30 pm	Rock the Holidays October 4 & 18 NEW	2:30 pm	Gard Making	1:00 pm	Get Artsy with Renee October 13 & 27	1:00 pm		
Hula/Polynesian Dance	2:30 pm	Genealogy Guided Session	3:00 pm			Line Dancing	2:30 pm		

WELCOME

**Guess who we talked into joining us on
the staff of the Senior Center?**

MICHELLE ERNSTER, Program Assistant!

**Many of you know Michelle, she's the
always smiling, tells the cutest, dopest jokes
instructor of the Core & Strength
and Core & More classes.**

**Michelle brings talent, experience and is a
true breath of fresh air to the Center.**

**Please help us in welcoming our
newest team member!**

Please join the Senior Center in saying a big, heartfelt Thank You to Patricia Beal, Diane Herteg and Claudia Horn. The Board of Directors presented a special Lifetime Membership to each as a small token of our very thankful hearts.

Pat, Diane and Claudia have always supported the Senior Center with their time, talent and thoughtful guidance. This Center wouldn't be the success it is today without the help they have selflessly given us for more years than they want us to mention here. 😊

You beautiful, wonderful, generous ladies - Thank you for all you have done and continue to do for the Senior Center. We are truly blessed to know you.

Thank You!



Collette Travel

Collette Travel is a premier travel partner and wonderful supporter of the Senior Center of Elk Grove. Their trips are breathtaking and fantastically affordable!

To sign up, go to www.theSCEG.org and use the TRAVEL page for links to more information and to sign up for a trip.

You may also come to the Senior Center for a brochure and more information.

Spain's Classics March 17-28, 2023



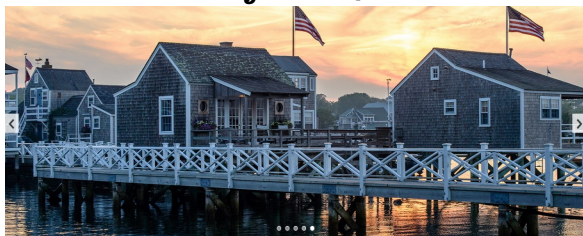
HIGHLIGHTS ... Madrid, The Prado Museum, Toledo, Choices on Tour, Cordoba, La Mezquita, Seville, Flamenco Show, Granada, The Alhambra, Valencia, Paella Experience, Barcelona, La Sagrada Familia

HIGHLIGHTS ... Jackson Hole, Grand Teton National Park, Yellowstone National Park, Buffalo Bill Center of the West, Deadwood, Custer State Park, Crazy Horse Memorial, Mt. Rushmore, Badlands National Park

America's Cowboy Country June 18-25, 2023



Islands of New England September 21-28, 2023



HIGHLIGHTS ... Providence, Choices on Tour, Newport, Lobster Trap Pull Demonstration & Cruise, Plymouth Rock, Cape Cod, Hyannis, Nantucket, Chatham, Martha's Vineyard, Lobster Dinner

Italy's Treasures October 21-November 1, 2023



HIGHLIGHTS ... Italian Lakes Region, Stresa, Wine Tasting, Italian Riviera, Cinque Terre, Carrara Marble Quarries Off-Road Excursion, Tuscan Countryside, Italian Cooking Class, San Gimignano, Siena, Florence, Bologna, Venice

HIGHLIGHTS ... Vienna, 6-Night Danube River Cruise, Hofburg Palace, Vienna Opera House, Wachau Valley, Glühwein Party, Passau, Regensburg, Nuremberg, Rothenburg, Würzburg, Christmas Markets

Christmas on the Danube December 9-17, 2023



America's Music Cities March 10-17, 2024



HIGHLIGHTS ... French Quarter, Swamp Tour, Mardi Gras World, Jazz Revue, Graceland, West Delta Heritage Center, Ryman Auditorium, Grand Ole Opry Show, Country Music Hall of Fame, Historic RCA Studio B, Hands-on Chocolate-making Lesson

HIGHLIGHTS ... Athens, Taverna Dinner Show, Acropolis, The Parthenon, Mykonos Old Town, Santorini Island, Oia Village, Ancient Akrotiri, Wine Tasting

Greece Island Hopper April 11-21, 2024

