

The next Board of Directors meeting will be Tuesday, October 15, 2024 at 3:15 pm. This meeting will be open to the public.

Board of Directors

Linda Bradley
David Feinberg
Elaine Horton
David Meilli
Linda Floyd
Kenneth Frieze
Mary Gahart
Cheryl Sewell
Don Simon
Maria Spann
Michelle Speth
Sarah Bontrager

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Vice-President
Secretary
Treasurer
Director
Director
Director
Director
Director
Director
Director
City of Elk Grove Rep.

Staff

Christine Cuddy, Executive Director
executivedirector@thesceg.org

Renee Hodgkin, Activities Director
activities@thesceg.org

Margo Chaney, Assistant Director
assistantdirector@thesceg.org

Bella Jones, Front Desk Assistant
frontdesk@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

SCEG PARTNERS



CITY OF
ELK GROVE



Town Planner
YOUR COMMUNITY CALENDAR



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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October 2024



Join us for the 2nd annual

Taco 'bout a Fall Fiesta!

Sponsored by:



Your Home
ASSISTANT



Saturday, October 19th, 2024

4:00 pm - 6:30 pm

Tickets go on sale Tues. October 1st, cost only **\$22** and include dinner, a beverage, and a dessert. Dinner tickets will be available online and at the Senior Center front desk. Additional beverages will be sold at the dinner.

We can't wait to see you!



The Senior Center of Elk Grove will be closed Monday, October 14th for the Columbus Day Holiday.

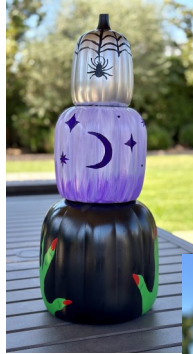
Get Artsy with Renée

Witchy-Kitchy - Spooky & Bright

Thursday, October 10th - 1:00 pm

Are you ready for some bootiful decorations for your home? Choose between “Witchy-Kitchy” or “Spooky & Bright”. As always, you can make this masterpiece to your taste, maybe go Witchy-Twitchy-Switchy!

Pre-registration and payment is required. Supply fee is \$15 and day of fee is \$2. You must be a paid member to participate in this class.



Riding into Autumn

Thursday, October 24th - 1:00 pm

Is it really autumn if there isn't Candy Corn? Of course not!

Make this adorable candle holder and add your own Candy Corn Kisses. This could also make a lovely Thanksgiving hostess gift.

Pre-registration and payment is required. Supply fee is \$15 and day of fee is \$2. You must be a paid member to participate in this class.



California Academy of Sciences

Wednesday,
October 30th, 2024



We will be leaving the Senior Center at 8:00 am to head to San Francisco and the awe inspiring California Academy of Sciences!

There is SO much to do and see. This is a trip we're really excited to bring to the center.

Lunch is included, brought to you by “Constellation Culinary” and will have a small menu for you to choose from.

Explore to your hearts content. We would suggest checking out www.calacademy.org to see all of the exhibits, especially if you want to see something specific.

You will arrive back at the Senior Center at approximately 7:30 pm.

\$150 for members

\$175 for non-members

Tickets go on sale Thursday, October 10th at 8:00 am

This trip has an activity level of 3.

Long travel times, **considerable** walking, and it will be dark at arrival home.

Dementia Caregiver Education Series

August 28th, September 25th and October 23rd - 2:00 pm to 3:30 pm

DEMENTIA CAREGIVER EDUCATION SERIES



August-September-October 2024
4th Wednesday of each month
2:00pm to 3:30pm

Presentation I

Planning for Aging
Stephani Gunther, Del Oro CRC

**August
28**

Presentation II

**Understanding
Alzheimer's and Dementia**
Denise Davis, Alzheimer's Association

**Caregiving Today:
It's a Balancing Act**
Felicia Juntunen, Elder Care Management

**September
25**

**Understanding and Responding
to Dementia Related Behaviors**
Denise Davis, Alzheimer's Association

**Compassionate Communication
between Adult Children
& Aging Parents**
Felicia Juntunen, Elder Care Management

**October
23**

Community Education Panel
Denise Davis, Alzheimer's Association
Stephani Gunther, Del Oro CRC
Felicia Juntunen, Elder Care Management

Advance Registration Required for each session.
See Registration information on back.



Hosted by



Senior Center of Elk Grove
8230 Civic Center Drive, Suite 140, Elk Grove 95757



*If you require respite care, please contact Del Oro CRC at (916) 728-9333 at least 2 weeks BEFORE scheduled event.



Upcoming Events, Changes and Closures



Can you believe the Holidays are almost here? Thanksgiving is next month, Christmas the month after. Then New Years and so forth. Here is some information on things you may need to know:

- ♦ Tues. Oct 1 - Taco 'bout a Fall Fiesta Tickets go on sale
- ♦ Thurs. Oct 3 - Ironstone Vineyards Trip
- ♦ Thurs. Oct 10 - Cal Academy of Sciences Tickets go on Sale



- ♦ Fri. Oct 11 - Holiday Bingo Tickets go on Sale

- ♦ **Mon. Oct 14 - Senior Center is CLOSED**



- ♦ Sat. Oct 19 - Taco 'bout a Fall Fiesta!

- ♦ Wed. Oct 30 - Cal Academy of Sciences Trip

- ♦ TBD - Duarte Poinsettia Farm & Hilmar Cheese Ticket Sales

- ♦ **Mon. Nov 11 - Senior Center is CLOSED**



- ♦ Sat. Nov 16 - Holiday Bingo

- ♦ **Thurs./Fri. Nov 28 & 29 - Senior Center is CLOSED**

- ♦ TBD - Duarte Poinsettia Farm & Hilmar Cheese

- ♦ **Sat. Dec 14 - HOLIDAY GIFT FAIRE**

- ♦ Wed. Dec 18 - Ukulele Holiday Concert

- ♦ **Wed. Dec 25 - Senior Center is CLOSED**

- ♦ **Wed. Jan 1 - Senior Center is CLOSED**

- ♦ Fri. Jan 17 - Sound of Music Sing-Along

- ♦ **Mon. Jan 20 - Senior Center is CLOSED**

- ♦ Tues. Jan 21 - Bubbles & Bites Tickets go on sale



October 2024

Senior Center of Elk Grove



Your Everything Center
a 501(c)(3) Nonprofit Organization

Membership is \$50 per year
Most programs cost \$2

| Monday | | Tuesday | | Wednesday | | Thursday | | Friday | |
|--|-------|---|-------|---|-------|---|-------|---|-------|
| Light Body Toning | 8:30 | Gentle Yoga | 8:30 | Standing Pilates | 8:30 | Gentle Yoga | 8:30 | Tai Chi Flow NEW | 8:30 |
| Chair Exercise | 8:30 | Knit & Crochet | 9:30 | Brain & Body | 8:30 | Chair Exercise | 9:00 | Quilting | 8:30 |
| Chair Exercise No class 10/21 | 9:00 | Men's Talk Group | 9:30 | Grief Group 3rd Wed | 8:30 | Open Artist Studio | 9:00 | Chair Exercise | 9:00 |
| Women's Talk Group | 10:00 | Zumba Gold | 10:00 | Chair Exercise | 9:00 | Open Games | 9:00 | Mahjong | 9:30 |
| Chair Exercise | 10:00 | Guitar Workshop | 11:00 | Chair Exercise | 10:00 | Zumba Gold | 10:00 | Chair Exercise | 10:00 |
| Standing Pilates | 10:00 | Zumba Chair | 11:30 | Tai Chi | 10:00 | Intermediate Spanish | 10:30 | Parkinson's Caregivers Support Grp 3rd Fri | 10:15 |
| Open Games | 10:00 | Sign Language | 12:30 | Alzheimer's Caregivers Support Grp 1st Wed | 10:00 | Improv | 11:30 | Bingo - No Bingo 10/11 | 12:00 |
| Aerobics No Class 10/21 & 10/28 | 11:30 | Mahjong | 1:00 | Parkinson's Support Grp 3rd Wed | 10:30 | Light Body Toning | 11:30 | Women's Talk Group | 12:00 |
| Core & Strength | 11:30 | Hula | 1:00 | Ukulele | 10:30 | Scrabble | 12:00 | Bridge | 1:00 |
| Western Line Dance | 1:00 | Line Dance All Levels | 2:00 | Book Group 2nd Wed | 11:00 | G.I.T F.I.T No Class 10/24 & 10/31 | 1:00 | | |
| Bridge | 1:00 | Genealogy | 2:00 | Sambassa World Fitness | 11:00 | Rock Painting 1st & 3rd Thu | 1:00 | | |
| Writers Group | 1:00 | Mindfulness & Meditation No class 10/22 | 2:00 | Aerobics No Class 10/23 & 10/30 | 11:30 | Get Artsy w/Renee 2nd & 4th Thu | 1:00 | | |
| Intermediate Hatha Yoga | 1:30 | | | Chair Yoga | 12:15 | Men's Talk Group | 1:00 | | |
| | | | | Zumba Chair | 12:30 | | | | |
| | | | | Bunco | 12:45 | | | | |
| | | | | Cardmaking | 1:00 | | | | |
| | | | | Open Dance/ Ballroom & More No Dance 10/23 | 2:00 | | | | |

NEW CLASS - TAI CHI FLOW

Fridays at 8:30 am

Tai Chi Flow focuses on improving joint health, balance and stability by learning the basic movements of Tai Chi and developing internal energy to improve oneself.

This class is suitable for beginners and all levels to perfect fundamental skills. All movements are in standing form.



Meet Your Board



The Board of Directors of the Senior Center of Elk Grove would like to get to know our members better.

Our next Board meeting is the Annual General Meeting. It is meant to introduce the Board & Officers to the members of the Center.

Please join us Tuesday, October 15, 2024 at 3:15 pm.
We look forward to seeing you there!

Chair Exercise at 9:00 am
on Mondays is back!



Thank you to our newest corporate supporter - Town Planner!
Joyce is amazing and sooo easy to work with.
We are truly thankful for your support!



Happy Halloween!

C Y W Y P R P I R V I H D R A C U L A B Y I L N
Y G R E U U A B Y G S U H P G U V H U X T Y B I
J Y V E S F M H S L C T R R P D E H C T I W E B
X A K I C T J P G K R F I O F O G Y C V R M N H
S I C Z G U S F K I C M D R A M T S P E L L S Y
F E M K S O K O C I R I A K I F S I D G O R C G
D O V G O M H K H E N N T B B X R G O U T Y E C
G B N L T L O J A G K S A S O E O A G N O C L O
I A H D O R A P P E P T E J M F W Y I O S I Z F
F T I G T W E N N T S H R K Z O B A B D N P E F
Q T A R R R E S T I K A X C S X O P R Q S O S I
A M E C M E T R C E O Y Z O N S N R E E E K U N
V A Y W K E T H E O R Y V L W U G O B V R L O Q
T K K A I C Y A T W B N F R O C R O N O I S H S
P F G N U J A L U T B W L A L O A D R C P R D K
E T V J T J J L R H Z G E W C P V T T T M E E E
E T W C Y P G O B E C O V B O S E A U O A T T L
M U M M I E S W C Y P B V D S U Y R O B V S N E
S E H C T I W E C D A L K X N C A V S E A N U T
Y O F A F P O E E N M I O V N O R E O R A O A O
Y S Z U I V D N D A U N O D H H D J F B Y M H N
C B T V I C X C Z C S S P G H Y S P I R I T S J
D E O U R Y A G R Z V Q S B O S L L A B E Y E S
B Z E M G L P O L T E R G E I S T Y A I V B H U

| | | | | |
|----------------|----------------|---------------|--------------|-------------|
| Jack o Lantern | Trick or Treat | Haunted House | Frankenstein | Grim Reaper |
| Hocus Pocus | Poltergeist | Broom Stick | Werewolves | Bewitched |
| Black Cat | Graveyard | Halloween | Eyeballs | Monsters |
| Pumpkins | Skeleton | Cobwebs | Dracula | Goblins |
| Mummies | October | Potions | Spirits | Vampire |
| Warlock | Witches | Afraid | Beware | Clowns |
| Coffin | Ghosts | Spells | Candy | Fangs |
| Spook | Bats | Boo | Fog | RIP |



A HUGE Thank You to the sponsor of
Taco 'bout a Fall Fiesta! We are
honored to work with you again this year!



Local Aging & Disability-Friendly Action Plan Community Forum

Thursday, November 14, 2024

10:00 am - 12:00 pm

*at Oak Park Community Center Auditorium
3425 Martin Luther King Jr Blvd, Sacramento*

Learn about the draft recommendations for the County's
first-ever Action Plan, give feedback, and enjoy refreshments.

Register and request accommodations at:
<https://forms.gle/jQxeyjp4g9v9onjw9>

Venue capacity is 155 people, so register today
to reserve your seat!



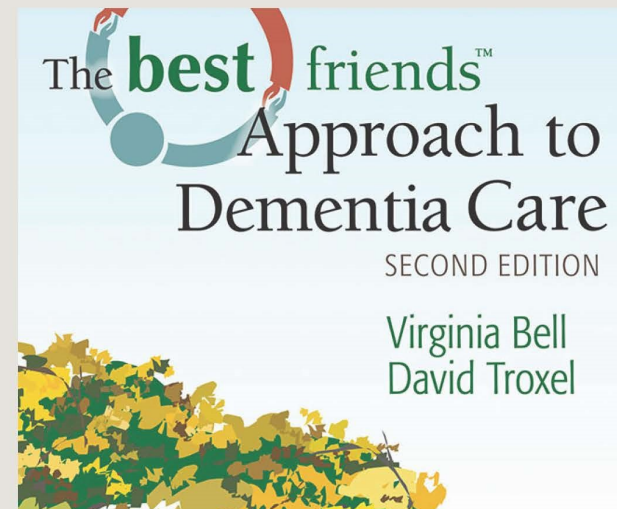
We will begin offering booth space for the Holiday Gift Faire (Sat. Dec. 14th)
on **Monday, October 21st**. Prices for booths have not been determined
yet but will be in place on the 21st. See or email Renee
(activities@thesceg.org) to reserve your space.



Dementia Support Group

The Gardens
AT LAGUNA SPRINGS

rsvp (916)667-3167



Educational Series: Exploring The Best Friends Approach

We are delighted to invite you to a transformative three-part
educational series centered around the groundbreaking book
The Best Friends Approach by Virginia Bell and David Troxel.
This series is designed to deepen your understanding and
application of this innovative approach to dementia care.

September 26th at 5pm

October 24th at 5pm

November 21st at 5pm



9750 Laguna Springs Drive, Elk Grove, CA