

The next Board of Directors meeting will be Monday, October 20th, 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 Meilli Treasurer

Linda Floyd Director
David Feinberg Director
Cheryl Sewell Director
Michelle Speth Director
Don Simon Director
Lisa Johnson Director
Gil Albani 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
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Elk Grove, CA
95624



Senior Center of Elk Grove



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OCTOBER 2025 NEWSLETTER

The Senior Center will be closed on Monday, October 13th.



HAPPY HALLOWEEN

GET ARTSY WITH Renée

Thursday, October 9th

\$15.00 supply fee

Ghost Family

\$2.00 program fee

Meet our ghost family... you may want to create one for your home. Join us for a fun and easy craft day!



Thursday, October 23rd

\$20 supply fee

Thankful Sign

\$2.00 program fee

Thanksgiving is coming and a Thankful sign makes a welcome addition to your decor.



The sign is 5 1/2x 15". Font on word may be different due to supply

Sign up at the front desk!

Healing Art with Larry Ramos

Please Register for Class at the Front Desk

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

\$15.00 Supply Fee

\$2.00 Program Fee



Crow / Japanese influenced brush strokes
to create up to 3 different expressive crows

COLLAGE ART HEALING / HeART to ART

Wednesday October 22, 2025
8:30 am - 10:30 am

\$15.00 Supply Fee

\$2.00 Program Fee



Woodpecker / silhouettes in mixed media create silhouettes using multiple media



Nothing Sweeter Than **SAVINGS**

FINANCIAL PLANNING FOR THE NEW YEAR- HOW MUCH IS ENOUGH?

Join us at WellQuest of Elk Grove for an informative session with guest speaker Michael DePhilippis, Financial Advisor with Raymond James.

Discover practical strategies to grow your savings and make confident decisions for the year ahead, leaving prepared and empowered. Enjoy refreshments with an assortment of desserts while exploring smart ways to stretch your savings.

TUESDAY, NOVEMBER 4TH AT 2PM
8871 E. STOCKTON BLVD. ELK GROVE, CA 95624

Kindly RSVP to WellQuest of Elk Grove before Tuesday, 10/28/25 by calling us at 916-689-1000.

October Schedule Changes

Monday October 13th, - NO CLASSES - We are Closed

Wednesday October 1st- Aerobics- No Class

Tuesday October 14th - Mindfulness & Meditation - No Class

Open Dance will have substitute DJ's in October

Wednesday October 29th - Open Dance - No Class

Cardmaking will be changing to the 2nd, 4th and 5th weeks of the month beginning October 1st.

Join us for a New Class in October!!

Beginning Ukulele with Patrick

Have fun learning the basics of Ukulele including strumming techniques, chording strategies, picking patterns, how to play in various time signatures and how to play efficiently.

This class is designed for beginning and novice ukulele players interested in learning, having fun and making new friends.

Facilitator: Patrick

1st and 3rd Wednesdays of each month

Time: 9:00am

Cost: \$2.00 program fee

Students must provide their own ukulele

First class will be on Wednesday October 1st!





Would your social group or class be interested in building and donating a gift basket for our holiday Craft Faire in November? If so, please stop by the front desk to sign up your group and pick up an official flyer with all the details on donating a gift basket.

Join the Lunch Bunch!
Tuesday, October 14th at 11:30am -
Location: The Tea Garden
Bring cash and a smile.
The November meetup will be decided at the October meetup.
Please register for the October Lunch bunch meetup at the front desk by October 10th.

Yay it's Jay!!

Jay from Collette Travel
 will be here
Wed. October 29th
at 2:00pm



Come see what new and exciting travel adventures Jay has to share with you!

Join Syndee Hendricks on October 15th at 1:00pm

Unlock Your Best Life At Any Age

Discover how Syndee created and maintains her best life at 72!
 Optional \$20.00 Materials Fee: Includes book and other materials.




PRE-PLANNING INFORMATIVE SEMINAR

Come learn why over a million families have chosen Neptune Society

**SIMPLE. AFFORDABLE.
NATIONWIDE COVERAGE.**



AMERICA'S MOST TRUSTED
CREMATION SERVICES®

**PRESENTER:
JANESSA FORD**

**FREE
ENTRY**
*limited seats

- Tuesday, October 7th
- 1:00PM-2:00PM
- Senior Center of Elk Grove
- Can't make it?
Schedule an appointment
(916) 767 - 3002

Over **50+** years of
service **excellence**



Due to staffing the Yard Sale Extravaganza has been cancelled

You may have seen folks at the SC&G in special shirts lately. We're putting together an "Interest" list for those who would like to buy a "Life Is Better At The Senior Center Of Elk Grove" t-shirt. Once we get at least 60 people on the list, we'll put together an order form for those wishing to order a shirt.



Senior Center of Elk Grove



Your Everything Center

Membership is \$50 per year

October 2025

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	8:30
\$\$ Chair Exercise	9:00	\$\$ Men's Talk Group	9:30	Brain & Body 10/8 & 10/22	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	12:00
\$\$+ Oil Paint Bob Ross Style wk 1 & 3	11:00	\$\$ Mahjong	1:00	Alzheimer's Caregivers Support 1st Wed	10:30	\$\$ Light Body Toning	11:30	\$\$ Walk Strong Fitness	12:00
\$\$ Conversational Spanish wk 2 & 4	11:00	\$\$ Hawaiian Hula	1:00	Parkinson's Support Group 3rd Wed	10:30	Scrabble	12:00	\$\$ Bridge	1:00
\$\$ Aerobics	11:30	\$\$ Line Dancing All Level	2:00	\$\$ Ukulele Practice	10:30	\$\$ Rhythm & Motion	1:00		
\$\$ Core & Strength	11:30	\$\$ Genealogy	2:00	\$\$ Spanish Class	10:30	\$\$ Rock Painting wk 1 & 3	1:00		
\$\$ Bridge	1:00	\$\$ Mindfulness & Meditation No Class 10/14	2:00	\$\$ Book Group 2nd Wed	11:00	\$\$+ Get Artsy w/ Renee wk 2 & 4	1:00		
\$\$ Writing Group	1:00			\$\$ Sambassa	11:00	\$\$ Men's Talk Group	1:00		
\$\$ Intermediate Hatha Yoga	1:30			\$\$ Aerobics No Class 10/01	11:30	Grief Support Group wk 2 & 4	2:00		
				\$\$ Chair Yoga	12:15	\$\$ Line Dancing	2:00		
				\$\$ Zumba Chair	12:30				
				\$\$ Bunco	12:45				
No Classes on 10/13 Center is Closed				\$\$+ Cardmaking Wk 2, 4 & 5	1:00				
				\$\$+ Syndee Speaks 10/15	1:00	\$\$ Open Dance (wed) No Class 10/29	2:00		