

The next Board of Directors meeting will be October 19, 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
David Myrick - Treasurer

Linda Floyd - Director
Elaine Horton - Director
Marie Jachino - Director
Ben Biddle - 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 Nicholson, 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



Your Everything Center

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

\$60 Annual Membership &
\$2 per program fee for most
programs.

Visit our website at
www.thesceg.com
Phone: 916-685-3160

SCEG PARTNERS



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Senior Center of Elk Grove



Your Everything Center
a 501(c)3 Nonprofit Organization

October 2026 Newsletter



October Schedule Changes



Friday, October 2nd - No Tai Chi Flow

Friday, October 9th - No Tai Chi Flow

Monday, October 12th - CLOSED

Friday, October 16th - No 9:00 Chair Exercise

Friday, October 16th - No Walk Strong Fit

Friday, October 16th - No 1:00 Chair Exercise

Friday, October 16th - No Tai Chi Flow

Friday, October 23rd - No Quilting

Friday, October 23rd - No Tai Chi Flow

Monday, October 26th - No Aerobics

Tuesday, October 27th - No Knit & Crochet

Wednesday, October 28th - No Aerobics

Wednesday, October 28th - No Open Dance

Friday, October 30th - No Quilting

Friday, October 30th - No Tai Chi Flow

New Program!

Monday's at 2:00 pm - Open Recreation

Play Ping Pong or Corn hole

Sign Up Classes



Oil Painting - Monday, October 5th (Class is full)

Oil Painting - Monday, October 19th (Class is full)

Beginning Guitar - Thursday's at 2:00 (Class is full)

Private Tai Chi Flow - No Classes in October



Get Artsy

w/ Renee

Thursday
October 22nd

1-4pm

Supply fee \$15
20 students max.



Sign up at front desk

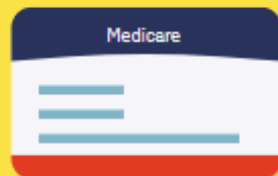




Sign up at the front desk if you would like to attend this presentation.

NEW TO MEDICARE?

**It's time to learn about your Medicare options,
with support from SCAN Health Plan**



Join us for a free, in-person seminar where you'll get clear answers and discover plans designed to fit your life.

Reserve your seat today!

EVENT INFORMATION

Date: 9/11/26 | 1:00 pm-3:00 pm

Location: Senior Center of Elk Grove
8230 Civic Center Dr., Suite 140
Elk Grove, CA 95757

Date: 10/9/26 | 2:30 pm-4:00 pm

Location: Senior Center of Elk Grove
8230 Civic Center Dr., Suite 140
Elk Grove, CA 95757



RESERVE YOUR SPOT TODAY! SPACE IS LIMITED.

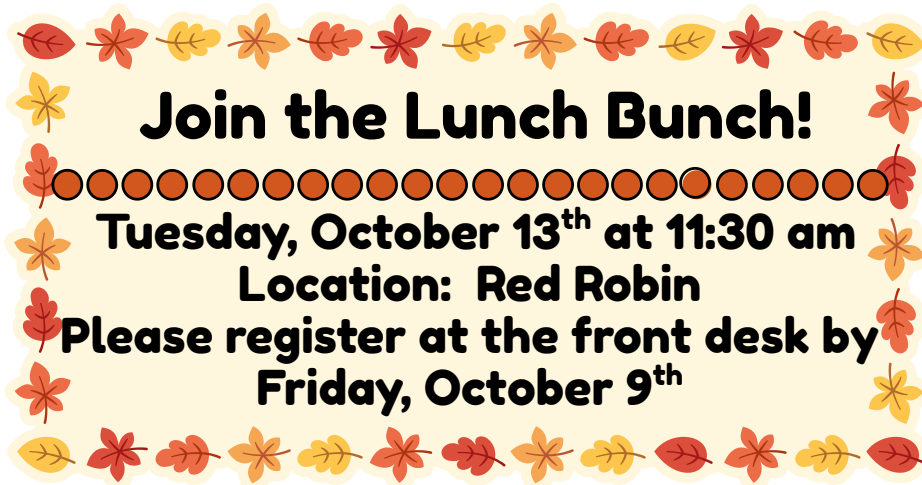
Call (562) 286-9660 or email a.choate@scanhealthplan.com to RSVP.

Abbie Choate
Lic. #4212803
(562) 286-9660
a.choate@scanhealthplan.com



Visit us online at www.scanhealthplan.com

For accommodations of persons with special needs at sales meetings,
call (562) 286-9660 ; TTY: 711



Join the Lunch Bunch!

Tuesday, October 13th at 11:30 am

Location: Red Robin

**Please register at the front desk by
Friday, October 9th**



Help build our signature holiday gift baskets for
the annual Holiday Craft Fair!

See the front desk for more information on
basket ideas and price limits.

Volunteers for this event will wrap and finish your
basket donation.



Mark your calendar!
Jay with Collette Travel here
Wednesday, October 28th at 2:00
to talk about exciting new trips
coming up in 2027!

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!

Effective January 1, 2027

The Senior Center will be making changes to our programs currently offered under the insurance covered Fitness Program Benefit.

The following programs will now require a regular membership to attend.

Rhythm & Motion, Open Dance, Line Dancing and Hawaiian Hula.

This change was put into effect due to attendance and funding issues.

Please stop by the front desk if you would like to upgrade to our regular membership so you can continue to participate in these programs.

Membership is \$60.00 per year and \$2 per program. The membership gives you access to all programs offered at the Senior Center of Elk Grove including fitness and non-fitness programs, as well as discounts on event tickets and travel tickets. All other exercise programs are still covered under the Fitness Program Benefit.

**Tuesday, October 6, 2026
2:00pm to 3:30pm**

hosted by

Senior Center of Elk Grove
8230 Civic Center Dr., Ste 140
Elk Grove, CA 95757
(In the Spruce Room)



Free educational event for area seniors and family caregivers.

Successful Aging: It Takes a Plan

by Maureen Lawrence, Elder Care Management

Planning for the future can be a daunting task, even more so if you are caring for a loved one. Not everyone is a planner and people have different levels of comfort with outlining a path for the future. We know from experience as Care Managers that having a successful care plan can reduce stress and help prevent a crisis from occurring. This presentation will focus on creating a plan and utilizing available community resources.

Supporting Brain Health in our Community

by Alzheimer's Association Community Educator

Everyone deserves a life with the healthiest brain possible, and we can all take action to protect our brain health. This presentation shares important information about brain-healthy actions we should all build into our routines to benefit our brains.

Please sign up at the Senior Center of Elk Grove front desk.

Brought to you by





SOCIAL SECURITY SIMPLIFIED

Presented by

Wendy Barnett, RSSA®

Registered Social Security Analyst and Owner, **That Social Security Gal™**

in partnership with the **Elk Grove Senior Center**

Monday, October 5 • 2:45 PM

Social Security Doesn't Have to Be Complicated!

Join us for an informative and easy-to-understand session designed to help you better navigate your Social Security claiming options.

Topics Include:

Social Security Basics & Important Terms

Types of Social Security Benefits

Filing Strategies & Timing Considerations

Tax Bracket Management

Medicare & IRMAA Planning

How Your Marital History May Affect Your Benefits

Married, divorced, widowed, or remarried? Your marital history can play an important role in determining the benefits available to you.

And Much More!

Let's Unravel the Maze of SOCIAL SECURITY CLAIMING OPTIONS

Together!

Register at the Elk Grove Senior Center front desk.



Upcoming Day Trip!
More details coming soon!



October Calendar

SCEG

(\$\$) \$2 Program Fee

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

Monday		Tuesday		Wednesday		Thursday		Friday	
\$\$ Light Body Toning	8:30	\$\$ Gentle Yoga	8:30	\$\$ Standing Pilates	8:30	\$\$ Open Games	8:30	\$\$ Tai Chi Flow	8:30
								No class in October	
\$\$ Chair Exercise Video	8:30	Knit & Crochet Intermediate & Expert No class 10/27	9:30	Brain & Body 10/14 & 10/28	8:30	\$\$ Gentle Yoga	8:30	Quilting Intermediate & Expert No class 10/23 & 10/30	8:30
\$\$ Harvest Story	8:30	\$\$ Men's Talk Group	9:30	\$\$ Chair Exercise Video	9:00	\$\$ Chair Exercise Video	9:00	\$\$ Chair Exercise Video	9:00
\$\$ Chair Exercise Video	9:00	\$\$ Zumba Gold	10:00	\$\$ Chair Exercise Video	10:00	Open Artist Studio	9:00	\$\$ Mahjong	9:30
\$\$ Open Games	9:00	\$\$ Guitar Workshop	11:00	\$\$ Traditional Tai Chi	10:00	\$\$ Zumba 30/30	10:00	\$\$ Chair Exercise Video	10:00
\$\$ Chair Ex. Video	10:00	\$\$ Zumba Chair	11:30	Alzheimer's Caregivers Support 10/7	10:00	\$\$ Chair Ex. Video	10:30	\$\$ Men's Open Dis.	11:30
\$\$ Standing Pilates	10:00	\$\$ Chair Exercise Video	11:30	Parkinson's Caregivers 10/21	10:30	\$\$ Improv	11:30	\$\$\$+ BINGO	12:00
\$\$ Women's Talk	10:00	\$\$ Balance & Posture Ex. Video	12:30	\$\$ Ukulele Practice	10:30	\$\$ Light Body Toning	11:30	\$\$ Walk Strong Fit	12:00
								No class 10/16	
\$\$ Aerobics No Class 10/26	11:30	\$\$ Mahjong	1:00	\$\$ Intermediate Spanish	10:30	\$\$ Chair Yoga Video	11:30	\$\$ Bridge	1:00
\$\$ Core & Strength	11:30	\$\$ Hawaiian Hula	1:00	\$\$ Book Group 10/14	11:00	Scrabble	12:00	\$\$ Chair Exercise Video	1:00
								No class 10/16	
\$\$ Chair Exercise Video	12:45	\$\$ Line Dancing	2:00	\$\$ Chair Pilates	11:00	\$\$ Rhythm & Motion	1:00		
\$\$ Bridge	1:00	\$\$ Genealogy	2:00	\$\$ Aerobics No class 10/28	11:30	\$\$ Rock Painting 10/1, 10/15 & 10/29	1:00		
\$\$ Writing Group	1:00	\$\$ Mindfulness & Meditation	2:00	\$\$ Chair Yoga	12:15	\$\$ Men's Talk	1:00		
\$\$ Intermediate Hatha Yoga	1:30			\$\$ Zumba Chair	12:30	\$\$ Beginning Bridge	1:00		
\$\$ Open Recreation	2:00			\$\$ Bunco	12:45	\$\$ Line Dancing	2:00		
				\$\$+ Cardmaking 10/14 & 10/28	1:00	Grief Support 10/8 & 10/22	2:00		
				Grief Support 10/7	1:00				
				\$\$ Open Dance No class 10/28	1:00				
				\$\$ Women's Open Discussion	1:00				
CLOSED 10/12 for Columbus Day				\$\$ Chair Exercise Video	3:00				