

The next Board of Directors meeting will be Monday, September 12, 2022 at 3:15 pm. Meetings are open to the public.

Board of Directors

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Elaine Horton	Secretary
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Staff

Christine Cuddy, Executive Director
executivedirector@thesceg.org

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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
M-F 8:00 am - 4:00 pm

Phone Number
916-685-3160

Website
www.thesceg.org
www.LivingFitSeniors.com

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PRIVACY POLICY - The Senior Center of Elk Grove does not and will not sell, rent or give away our members information, including names, addresses, email addresses or phone numbers.

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Senior Center of Elk Grove



Your Everything Center

September 2022 Newsletter

SO MUCH IS HAPPENING



at the
SENIOR CENTER of ELK GROVE



Put on your seat belts, grab those reading glasses and get ready for a really big newsletter!

In this newsletter, we'll be introducing our first **DAY TRIP** - a Mystery Trip! See page 3 for more information.

Collette has given us trips to Italy, Greece, New England, the Danube River, America's Cowboy Country, Spain and America's Music Cities ... so far! See page 10/11.

New exercises include Pilates, Hula/Polynesian Dance, Light Body Sculpting and Walking Exercise Group. Plus we're trying out a new instructor for Aerobics and Cardio Drumming!

Tuesdays will bring new Big Brain Games including Murder Mysteries, Pictionary, Trivia and more games.

And finally, welcome back Alzheimer's Caregivers Support Group!

Get Artsy with Renée



Sunflower Wreath
Thursday,
September 8, 2022
at 1:00 pm

How gorgeous will this wreath
be hanging on your door?

Renée has outdone herself
again with this awe-inspiring
project!

You must be a member and pre-register. Renée's classes fill quickly so register today! \$20 supplies fee at registration and \$2 activity fee day of class.

Your Fall Carry-All

Thursday,
September 22, 2022
at 1:00 pm



Say hello to Fall with a beautiful
hand painted Carry-All.
Make it unique with bees or flowers,
pumpkins or acorns, trees and fall
leaves.

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

2

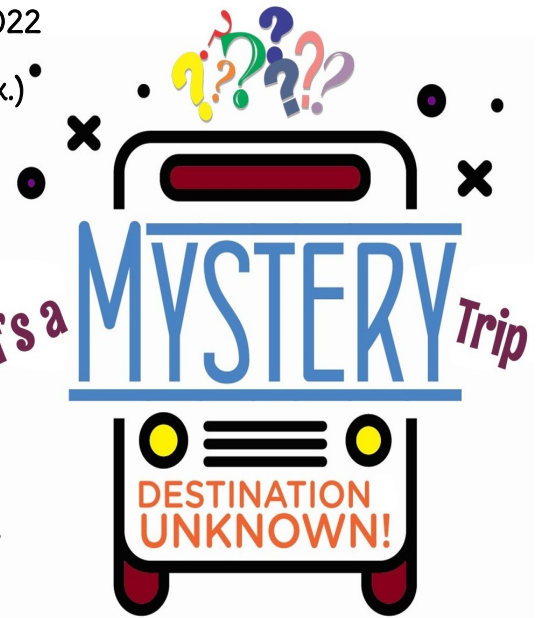
Thursday, September 22, 2022

8:30 am - 6:00 pm (approx.)

\$100 for Members
\$120 for Nonmembers

Trip goes on sale *It's a*
Thursday, September 1st

Travel office will be open
Tuesdays and Thursdays
10:00 am to 2:00 pm



MYSTERY TRIP

FANTASTIC all inclusive outing - lunch (see choices on brochure), bus, a snack, gratuity and all fees. You will need money for souvenirs and other purchases you may make.

Our first Mystery trip is finally here....

Will it be far, or will it be near?

Is it a new place that you've never been...

Or maybe a place you've been meaning to take in?

Be ready to depart on time and we'll have a surprise for you...

Bring your camera/phone to take photos of the views,

Dress in layers, with jacket, a mask (just in case) and walking shoes too..

The surfaces are not kind, but the bumps are very few!

Box Lunch is provided, don't worry or fret

You get to choose, you'll like it - I bet!!

Our journey will have history, beauty and more

I know you'll be anxious to see what's in store!!

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New Classes and Programs!

With summer coming to a close and fall right around the corner, it's time to introduce some new things around here!

Light Body Toning - Instructor Geno Torres will bring this exciting new class to the Center on Monday's at 8:30 am. Toning is a wonderful way to stay in shape without a high impact workout.

Mondays, 8:30 am beginning September 12th

Pilates - Instructor Zenny Cusick. Pilates trains the body as an integrated whole, focusing on core, lower body, and upper body strength as well as flexibility and posture.

Mondays, 10:30 am beginning September 12th

Hula / Polynesian Dance - Instructor Zenny Cusick. We all know that Hula/Polynesian Dance is fantastic to watch, but did you know it's fantastic to do? It's a great way to get some exercise AND dance AND fun all at once.

Mondays, 2:30 pm beginning September 12th

Walking Exercise Group - Instructor Geno Torres. No matter what you call it - Game of Soles, Jabberwalkies, Pace Makers - Walking Exercise is a great way to stay healthy, make friends and enjoy a great morning. Join us - whatever the weather!

Fridays, 8:30 am beginning September 9th

Aerobics - Instructor Ellie Snell is ready to bring her all to the Senior Center for a new Aerobics class. Be ready to get a little glow going!

Wednesdays at 8:30 am beginning September 7th

Cardio Drumming - Instructor Ellie Snell. Cardio Drumming is a truly fun way to exercise! Outstanding music, bouncing beats and a fantastic workout is ready for you to rock n' roll to!

Fridays at 8:30 am beginning September 9th

Welcome New Monthly Programs

Big Brain Games - If you can read this, you probably have a brain! Let's get it in shape! Every month, we'll do some different game, starting with a **MURDER MYSTERY on September 12th**. After the September event, we will meet at the regular day/time.

1st Tuesday of the month at 11:00 am

Dinner & Lunch Bunch - The 2nd Tuesday of the month at 11:30 am will be Dinner & Lunch Bunch day! Let's meet and find out where you want to go, when you want to go have a great time with other seniors.

2nd Tuesday of the month at 11:30 am

Alzheimer's Caregiver Support Group - The Alzheimer's Association will once again be at the Senior Center for their support group aimed at caregivers and others dealing with a loved one with Alzheimer's. They will meet on the 1st Wednesday of the month at 10:00 am. We are sorry but we do not have the ability to care for your Alzheimer's patient/family member during the meeting.

1st Wednesday of the month at 10:00 am

More Information on Exercise Programs

All exercise classes have the ability to accommodate seated participants, although the experience may be different while seated.

Remember, not all programs are suitable for everyone and some may require more stamina or strength than others. Please be aware of your own capabilities while participating. Always consult your health care professional before starting a new exercise program.

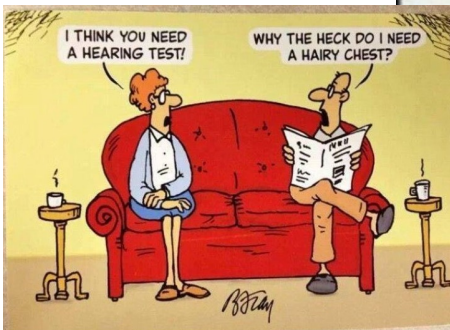
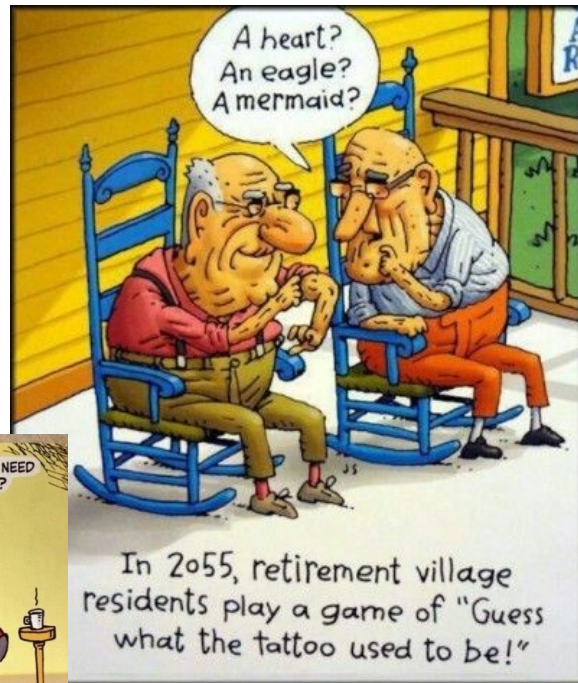
Be safe and have fun!

Senior Center of Elk Grove September 2022 Activity Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
8:30 am - Light Body Sculpting Instructor Geno Torres Begins 9/12 NEW	8:30 am - Balance Matters Video Led	8:30 am - Aerobics Instructor Ellie Snell Begins 9/10 NEW	8:30 am - Tai Chi Fan Beginner Instructor Lucy lau	8:30 am - Cardio Drumming Instructor Ellie Snell Begins 9/9 NEW
9:00 am - Tai Chi Sun Style Beginner Instructor Lucy Lau	9:30 am - Knit & Crochet Facilitator Diane Herteg	9:00 am - Tai Chi Sun Style Instructor Lucy Lau	9:00 am - Open Artist Studio	8:30 - Walking Exercise Group Instructor Geno Torres NEW Begins 9/9
9:00 am - Chair Exercise Video Led	10:00 am - Zumba Gold Instructor Linda Taylor	10:00 am - Chair Exercise Video Led Facilitator Harriet Karlin	9:15 am - Tai Chi Fan Intermediate Instructor Lucy lau	9:00 am - Quilting Group Facilitator Diane Herteg
9:45 am - Tai Chi Sun Style Intermediate Instructor Lucy Lau	10:00 am - Men's Talk Facilitators Dave Minister and Don Simon	10:00 am - Tai Chi Instructor Frank Gaviola	10:00 am - Core & More Instructor Michelle Ernster	10:00 am - Chair Exercise Video Led Facilitator Harriet Karlin
10:00 am - Game Time Hand & Foot, Pinochle, Mahjong, Dominoes & More	11:00 am - Brain Games NEW Murder Mystery, Pictionary, Trivia and more fun brain games! 1st game is 9/12 then meets the 1st Tuesday of the Month after	10:00 am - Alzheimer's Support 1st Wednesday of the Month Facilitator Alzheimer's Association	10:00 am - Game Time Hand & Foot, Pinochle, Mahjong, Dominoes & More	10:00 am - Mahjong
10:15 am - Chair Exercise Video Led Facilitator Harriet Karlin	11:30 am - Dinner & Lunch Bunch 2nd Tuesday of the Month NEW	10:45 am - Ukulele NEW TIME Instructor Brad Barnett	11:30 am - Core & Strength Instructor Michelle Ernster	12:00 pm - Bingo NEW TIME \$2/\$3 fee + \$.50 per card
10:30 am - Pilates Instructor Zenny Cusick Begins 9/12 NEW	11:45 am - Gentle Yoga Instructor Julie Han	11:00 am - Book Group 2nd Wednesday of the Month Facilitator Marcie Toby	12:30 pm - Scrabble	1:00 pm - Bridge
11:30 am - Core & Strength Instructor Michelle Ernster	1:00 pm - Sign language Instructor Lisa Marchand	11:00 am - Parkinson's Support 3rd Wednesday of the Month Facilitator Myron Jantzen	1:00 pm - Gentle Yoga Instructor Julie Han	
1:00 pm - Writing Group Facilitator - Loy Holder	1:00 pm - Mahjong	11:30 am - Core & Strength Instructor Michelle Ernster	1:00 pm - Get Artsy with Renee 2nd & 4th Thursday of the Month Instructor Renee Hodgkin	
1:00 pm - Bridge	2:00 pm - Genealogy Instructor Karen Nahoun	12:45 pm - Bunco	2:30 pm - Line Dancing Instructor Jill Croft	
1:30 pm - Line Dance Beginner Instructor Jill Croft	3:00 pm - Genealogy Guided Instructor Karen Nahoun	1:00 pm - Card Making Instructor Connie DeGarmo \$6 fee to instructor for supplies		
2:30 pm - Hula-Polynesian Dance Instructor Zenny Cusick Begins 9/12 NEW				

Let me tickle your funny bone ...

- ◆ If **2021** was a math word problem: If you're going down a river at 2 mph and your canoe loses a wheel, how much pancake mix would you need to re-shingle your roof?
- ◆ Life is like a helicopter. I don't know how to operate a helicopter!
- ◆ If a cow doesn't produce milk, is it a milk-dud or an udder-failure?
- ◆ Marriage Counselor: Your wife says you never buy her flowers. Is that true? Me: To be honest, I didn't know she sold flowers.



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!



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, CA 95757

916-685-3160

There is an intentional misspelling somewhere in this newsletter - if you find more than one, sorry! The first person to find the typo (only the intentional one will count) and call the Senior Center at 916-685-3160 will win 5 free programs added to their account. It is transferable to another member but does not have a monetary value and may not be substituted for cash or travel. If there is no answer, leave a message with your name and contact information on the Senior Center phone. All calls are date/time stamped.

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 for 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



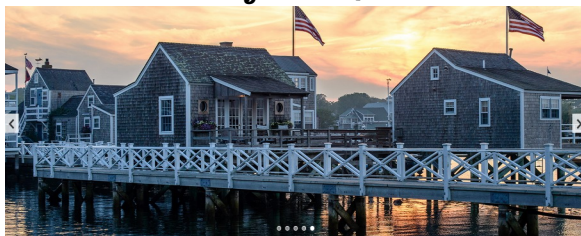
HIGHLIGHTS ... Madrid, The Prado Museum, Toledo, Choices on Tour, Cordoba, La Mezquita, Seville, Flamenco Show, Granada, The Alhambra, Valencia, Paella Experience, Barcelona, La Sagrada Familia

America's Cowboy Country June 18-25, 2023



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

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

Greece Island Hopper April 11-21, 2024



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