

The next Board of Directors meeting will be Monday, September 9, 2024 at 3:15 pm. This meeting will be open to the public.

Board of Directors

Linda Bradley President
David Feinberg Vice-President
Elaine Horton Secretary
David Meilli Treasurer
Linda Floyd Director
Kenneth Frieze Director
Mary Gahart Director
Cheryl Sewell Director
Don Simon Director
Maria Spann Director
Michelle Speth Director
Sarah Bontrager City of Elk Grove Rep.

Staff

Christine Cuddy, Executive Director
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Bella Jones, Front Desk Assistant
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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

Membership is \$50 per year with a \$2 per event fee for most programs.



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.



Your Everything Center
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September
2024
Newsletter

SENIOR CENTER OF ELK GROVE

Annual Senior Health & Resource Fair

Thursday, September 19th
10:00 am to 2:00 pm

Enjoy interacting with dozens of local businesses, learn about what services are available to our community of seniors and maybe walk away with some great swag! Don't miss this awesome event!

FREE ENTRY
OPEN TO THE PUBLIC

SENIOR CENTER OF ELK GROVE
8230 CIVIC CENTER DRIVE, SUITE 140, ELK GROVE, CA
916-685-3160

The Senior Center of Elk Grove will be closed Monday, September 2nd for the Labor Day Holiday.

Get Artsy with Renee

Ironstone Vineyards

October 3, 2024

Sunny Day Sunflowers

Thursday, September 12th - 1:00 pm

Join us to paint a “welcome” addition to your home decor. There are several pieces to use as the “O” on the sign. You can jazz up your sign with an edge, or vines you can paint. Pre-registration and payment is required. Supply fee is \$20 and day of fee is \$2. You must be a paid member to participate in this class.



Begin at 9:00 am when the bus leaves for Ironstone Vineyards. Upon arrival, enjoy a private tour of the winery and gardens, learn about the fascinating history of Murphys, Ironstone and their ties to the Gold Rush.

Next is wine tasting for those who chose this experience. Taste several varieties of wine produced at the vineyard, while enjoying canapes.

For those who have chosen not to participate in the wine tasting, you may spend some time in the Heritage Museum and jewelry shop.

A scrumptious lunch of Calaveras Chicken with forest mushrooms, seasonal vegetables, garlic mashed potatoes, fresh bread, green salad, Chef’s dessert, coffee and iced tea.

We are sorry, they do not offer a vegetarian meal.

You will arrive back at the Senior Center at approximately 4:30 pm.

\$150 for members (no wine tasting)

\$160 for members (with wine tasting)

\$175 for non-members (no wine tasting)

\$185 non-members (with wine tasting)

Tickets go on sale Thursday, September 12th at 8:00 am

Please note, this trip has an activity level of 2 to 3. Long sitting times (bus), moderate to considerable walking.

Hidden Treasure Box

Thursday Sept. 26 - 1:00 pm

Get ready for Autumn with this gorgeous Hidden Treasure Box - the roses you see in the picture will be replaced by cute pumpkins. A surprise inside the box will thrill anyone you choose to give this delightful box to.

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.



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.

Can you say **Jay!** **Jay!** **JAY!**



Jay from Collette Travel
will be here Wednesday
September 11th at 2:00 pm
to showcase more amazing trips and
travel deals from Collette.



Collette Travel is a long time partner of the Senior Center of Elk Grove. They have earned our trust and admiration for always offering amazing adventures with outstanding guides, fair pricing and they have taken the utmost care of our members every trip.



SEPTEMBER

Senior Center of Elk Grove



2024

Monday		Tuesday		Wednesday		Thursday		Friday	
Light Body Toning	8:30	Gentle Yoga	8:30	Standing Pilates	8:30	NO CLASSES THURS. 9/19		Quilting No class 9/13	8:30
Chair Exercise	8:30	Knit & Crochet	9:30	Brain & Body	8:30	Gentle Yoga	8:30	Chair Exercise	9:00
						No class 9/12			
Women's Talk Group	10:00	Men's Talk Group	9:30	Grief Group 3rd Wed	8:30	Chair Exercise	9:00	Mahjong	9:30
Chair Exercise	10:00	Zumba Gold	10:00	Chair Exercise	9:00	Open Artist Studio	9:00	Chair Exercise	10:00
Standing Pilates	10:00	Guitar Workshop	11:00	Chair Exercise	10:00	Open Games	9:00	Parkinson's Caregivers Support Grp 3rd Fri	10:15
Open Games	10:00	Zumba Chair No class 9/10	11:30	Tai Chi	10:00	Zumba Gold	10:00	Bingo	12:00
Aerobics	11:30	Sign Language	12:30	Alzheimer's Caregivers Support Grp 1st Wed	10:00	Intermediate Spanish	10:30	Women's Talk Group	12:00
Core & Strength	11:30	Mahjong	1:00	Parkinson's Support Grp 3rd Wed	10:30	Improv	11:30	Bridge	1:00
Western Line Dance	1:00	Hula	1:00	Ukulele	10:30	Light Body Toning	11:30		
Bridge	1:00	Line Dance All Levels	2:00	Book Group 2nd Wed	11:00	Scrabble	12:00		
Writers Group	1:00	Genealogy	2:00	Sambassa World Fitness	11:00	G.I.T F.I.T	1:00		
Intermediate Hatha Yoga	1:30	Mindfulness & Meditation	2:00	Aerobics	11:30	Rock Painting 1st & 3rd Thu	1:00		
				Chair Yoga No class 9/11	12:15	Get Artsy w/Renee 2nd & 4th Thu	1:00		
				Zumba Chair No class 9/4 & 9/11	12:30	Men's Talk Group	1:00		
				Bunco	12:45				
				Cardmaking	1:00				
				Open Dance/ Ballroom & More No class 9/11 & 9/25	2:00				

SPANISH IS BACK

BEGINNING SPANISH: Please join us for a Beginning Spanish informational meeting on Wednesday, September 11th at 10:30 am.

If you cannot make it to the meeting, here is a very short version - Beginning Spanish (speaking, reading, writing) will **not** be a "drop in" class like Intermediate Spanish. You will sign up for the class in September and it will continue with the same participants for several months. This way, all participants are at the same level as the class goes on. At the end of the sessions, we will start the process over again.

INTERMEDIATE SPANISH: Intermediate Spanish is back beginning Thursday, September 5th at 10:30 am. All the things you loved about Intermediate Spanish, at the time you wanted!

IDEAS

What Do You Think About ??

Intermediate Spanish Chat - Use your Spanish speaking skills to enjoy lively conversation, learn songs, participate in discussions and make new friends! This could be held on Monday afternoons.

Yes _____ No _____

Musical Keyboard Class - You will learn technique, some fantastic music and have fun with other like-minded music enthusiasts! The Senior Center will - if needed - supply the keyboards, (feel free to bring your own) but they may not leave the center. Sufficient practice time during the week will be available.

Yes _____ No _____

LET US KNOW!



We're getting to that time of year again - the one we all dream of during the 100+ degree weather - **FALL!**



What goes better with Fall than TACOS!!

Mark your calendars for the 2nd annual Taco 'bout a Fiesta!

Save The Date

Saturday, October 5th, 2024

More information is coming soon!



Five Myths About Aging

Myth 1

The older you get, the less sleep you need.

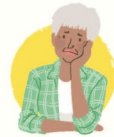
We might wish this were the case, but older adults still need 7 to 9 hours of sleep each night. Adequate sleep can help reduce your risk of falls, improve your overall mental well-being, and help reduce your risk for certain health conditions.



Myth 2

Depression is normal in older adults.

Although depression is a common mood disorder, it is not a normal part of aging. Talk with your doctor if you begin showing signs of depression, such as irritability or decreased energy.



Myth 3

Older adults can't learn new things.

Not true! Older adults can still learn new things, create new memories, and improve their performance on a variety of skills.



Myth 4

Memory problems always mean Alzheimer's disease.

Not all memory problems are a sign of Alzheimer's disease. Talk with your doctor to determine whether the memory changes you're noticing are normal or whether they may be a sign of something more serious.



Myth 5

Older adults do not need to exercise.

Older adults have a lot to gain by being active — and a lot to lose by sitting too much. Exercise and physical activity can help manage some chronic conditions, improve mental and physical health, and maintain independence as you age.



Visit www.nia.nih.gov/health/10-myths-about-aging for more information about aging and older adults.



The Ancient Egyptians

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

EGYPT
DESERT
ISIS
MUMMIFICATION
SCARAB
PHARAOH
RIVER NILE
SLAVES
TOMB

NEFERTITI
SPHINX
BANDAGE
ANUBIS
PHARAOH
PAPYRUS
PYRAMIDS
TUTANKHAMUN

Reminder:

Please continue to drop off your clean plastic or paper grocery bags at the Senior Center. The Elk Grove Food Bank goes through hundreds a week and it's something so easy we can help with. Thank you!