

The next Board of Directors meeting will be Mon., September 13, 2021 at 3:15 pm. Meetings are open to the public.

#### **Board of Directors**

Michelle Orrick  
Linda Bradley  
Elaine Horton  
Nick Soberanis  
Jon Colton  
Ken Frieze  
Bill Hitchcock  
Linda Gunn  
Rita Rubin  
Chuck Woods  
Sarah Bontrager  
Gil Albiani

President  
Vice-President  
Secretary  
Treasurer

Director at Large  
Director at Large  
Director at Large  
Director at Large  
Director at Large  
City of Elk Grove  
CCSD

#### **Staff**

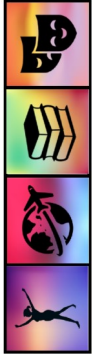
Patricia Beal, Executive Director  
executivedirector@thesceg.org

Christine Cuddy, Assistant Director  
assistantdirector@thesceg.org

Renee Hodgkin, Program Technician  
programtech@thesceg.org

Debbie Glincher, Activities Director  
activities@thesceg.org

Senior Center of Elk Grove



Your Everything Center

8230 Civic Center Dr.  
Suite 140  
Elk Grove, CA 95757  
M-F 8:00 am - 4:00 pm

**Phone Number**  
916-685-3160

#### **Website**

[www.thesceg.org](http://www.thesceg.org)  
[www.LivingFitSeniors.com](http://www.LivingFitSeniors.com)

#### **SCEG PARTNERS**

AGENCY  
ON AGING  
AREA 4



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  
U.S. Postage  
Permit 25  
Elk Grove, CA  
95624

# Senior Center of Elk Grove



Your Everything Center

## September 2021

The Senior Center will be closed Monday, September 6th in observance of Labor Day.

Another month, another BIG newsletter full of information!

Please be sure you check the calendar for changes we have made.

As we continue to grow, we're working hard to listen to our members and we've heard several great ideas for changes that may be beneficial to the Center.

Please welcome each other and know we are all part of an extraordinarily amazing family here at the Senior Center!

*Family*  
IS EVERYTHING

# Get Artsy with Renee & Friends

Join Renee Hodgkin and Friends for a crafty, artsy program on the 2nd and 4th Wednesday of the month at 1:00 pm. Each class is \$2 + supplies fee.

Please register at the Front Desk by the following dates:

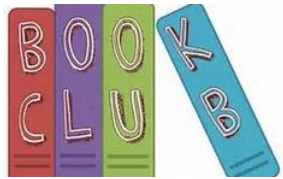
- Mon, Sept 6th for the Sept. 8th Decoupage Class  
\$10 supplies fee
- Fri, Sept 17th for the Sept 22nd Rock Painting Class  
No supplies fee\*

Decoupage



Supplies fee must be paid at time of registration. Phone registrations will be accepted with credit card payment at 916-685-3160

Class fee of \$2 will be collected at check in on the date of the class.



## Book Group - Sept. 8th

Book group meets the 2nd Wed of each month

Books transport you to new and exciting places. Join in the fun of sharing and discussing these books.

- |           |   |
|-----------|---|
| September | <u>Tightrope</u> by Nicholas Kristof            |
| October   | <u>The Book of Lost Friends</u> by Lisa Wingate |
| November  | <u>The Cold Millions</u> by Jess Walter         |
| December  | <u>Trust Exercise</u> by Susan Choi             |



## MASKS are MANDATORY

at all times inside the Senior Center. This is not something we enjoy, but it is something we all must do.

County health officials have released the following mask requirements effective July 30, 2021:

**Masks are required for ALL individuals, regardless of your vaccination status in all indoor public settings and businesses.**

If the Center is randomly inspected and they find participants with out masks or improperly worn masks, they will close us down.

Please respect the safety and well-being of other members by wearing a face mask that covers both mouth and nose at all times inside the building. **Bandanas, gaiters and plastic face guards will not be allowed to be worn in place of a traditional face mask in the Center.** Please note - staff, in their private offices, may take their masks off from time to time.

## New Game Time

Join your friends and other game lovers for Game Time on Mondays and Thursdays from 10:00 am to 12:00 pm beginning in September. We will have games such as Canasta, Cribbage, Phase 10, Yahtzee, Sequence, Chess, Backgammon, Dominoes and several decks of cards available to choose from. Sounds like a great time! \$2 fee.





## Yoga Mats, Exercise Bands, and Yoga Blocks



Many classes, including Aerobics, Balance Matters, Core & Strength, and Yoga recommend the use of yoga mats and/or exercise bands. While the Senior Center has provided these items in the past, **we will no longer have these items available for safety and health reasons.**

You may purchase pre-packaged red exercise bands as well as used yoga mats at the Front Desk for just \$5 each. Yoga Blocks are available for \$6 each.

While we prefer you bring your own hand weights for health reasons, we will continue to provide them to members.



## Speaking of Classes and Equipment

Here's a list of what equipment is recommended for each class. If you choose not to purchase those items for whatever reason, please see the Substitutions on page 5 for things you can use instead.

- Aerobics                      Weights on Mon. and bands on Wed.
- Balance Matters            Weights on Tue. and bands on Thurs.
- Chair Exercise              Weights on Mon., Wed., & Fri.
- Core and Strength         Bands, exercise mat, and weights
- FAME                         Weights and exercise mat
- Yoga                         Exercise mat, 2 yoga blocks, bands and a large bath towel (to elevate hips while on the floor)

## Keeping Track of Time



As our exercise classes grow in popularity, we have to bring about some additional safety measures for our members.

**Beginning September 1, most exercise classes will close their doors to participants 5 minutes after the class begins.**

This is for your safety as well as others. Walking into a fast moving class like Aerobics or Zumba can be dangerous and not having sufficient warm up time is not good for your body.

**Gentle Yoga will close to incoming participants AT the class time.** Moving about a darkened room where others are on their mats, is hazardous and disruptive to all.

We understand traffic can be unpredictable and there are a hundred different things that can make us late, but out of respect and safety of everyone, we must enforce this rule.

## Exercise Equipment Substitutions

If you are unable to or simply don't want to get some or all of the equipment the exercise programs call for, here are some easy substitutions:

**Weights** - Use water bottles or other item easy to grip. The grip of your hands is as important as the weight.

**Bands** - use a belt or strap - belts like those found on a robe work well.

**Exercise mat** - The cushion of the mat and the non-slip materials are important. You may substitute a large towel, but you may not have the same cushion and stability as you would with a mat.



# NEW! Door to Door Waste Pick Up Program from the City of Elk Grove

## New DOOR TO DOOR PICKUP PROGRAM

Available for Eligible Residents

### HOW TO PREPARE YOUR WASTE FOR PICKUP

Place all waste in sealed containers to prevent spills during transport. Place the containers at the top of your drive way and close to your house, **NOT AT THE CURB** or **SIDEWALK**. Place items in a cardboard box or similar when available.

1. For your safety, do not mix contents.
2. Keep items in original containers if possible.
3. Make sure containers are leak proof.
4. In the event of a leak, the City is not responsible for clean-up.

Maximum waste that can be accepted per appointment

- No containers larger than 5 gallons
- No more than 8 one-gallon containers
- No more than 3 car batteries

To take advantage of this program, ask about eligibility, or if you have questions, please call

**(916) 627-3232**



[elkgrovecity.org/recycle](http://elkgrovecity.org/recycle)



#### ACCEPTABLE ITEMS:

- Pesticides
- Cleaning Products (Home and Auto)
- Solvents & Acetone
- Car batteries (limit of 3)
- Pool & Spa Chemicals
- Gasoline or fuel
- Paint (Oil-based and Latex)
- Batteries (rechargeable), CFLs, Fluorescent Tubes

#### ITEMS NOT ACCEPTED:

- Medical Waste & Medicines
- Asbestos
- Ammunition & Explosives
- Radioactive Materials
- Compressed Gas Cylinders
- Household Garbage or Recyclables
- Computers, TVs, & Other Electronic waste (use the Bulky Waste pick up program from Republic Services to dispose of these items)
- Containers larger than 5 gallons

# Armed Forces Resources



We have had many people ask for information about Armed Forces resources.

## American Legion Elk Grove Post 233

Post Commander Brian McGuinness

Service Officer Lara Chan

[www.elkgrovepost233.com](http://www.elkgrovepost233.com)

Email: [egpost233@gmail.com](mailto:egpost233@gmail.com)

Phone: 916-681-4078 (Call to get in touch

& they will get back to you as soon as the can).

Meetings are the fourth Thursday of every month at 7:00 pm



## Veterans of Foreign Wars (VFW) Post 273

Post Commander Jason Goree

Quartermaster Bill Hitchcock

[www.elkgrovevfw.com](http://www.elkgrovevfw.com)

Phone: 916-662-4994

Email: [cavazos1980@yahoo.com](mailto:cavazos1980@yahoo.com)

Meetings are the 2nd Thursday of each month

Social hour 6:00pm to 7:00pm - General Meeting 7:00pm to 8:15pm



## Marine Corps League

Commandant George Campbell

[www.marinecorpsleague1238elkgrove.com](http://www.marinecorpsleague1238elkgrove.com)

Phone: 916-712-4505

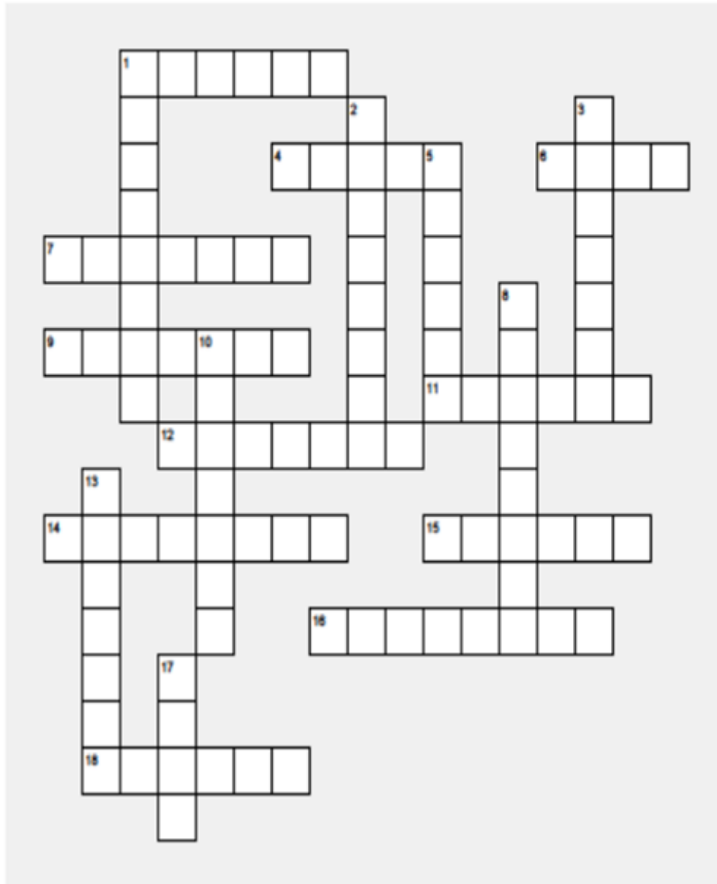
Email: [dontmeannothing@att.net](mailto:dontmeannothing@att.net)

Meetings are the first Thursday of every month

Dinner/Social hour at 6:00pm - Meeting at 7:00pm



# Summer Crossword



## ACROSS

- 1) Beachgoer's pride
- 4) Surfer's hangout
- 6) Dog days month
- 7) Rod & reel sport
- 9) Disk you whisk
- 11) Make a bed?
- 12) Roughing it, perhaps
- 14) Treat on a stick
- 15) Alfresco meal
- 16) Parlor treat
- 18) Bermuda \_\_\_\_\_

## DOWN

- 1) Beach attire
- 2) Worker's respite
- 3) Not indoors
- 5) Tramping on the trail
- 8) Outdoor cookout
- 10) Lake activity
- 13) Ballpark fare
- 17) Summer cooler



**REGENCY PLACE**  
Senior Living

**★ THANK YOU ★**  
**VETERANS**  
We appreciate your service!

**10% LIFETIME DISCOUNT**  
on rent for  
Veterans and  
Spouses

Regency Place invites you to a Special Veterans Star Spangled Brunch  
**Saturday, September 18<sup>th</sup> from 9am-11am**

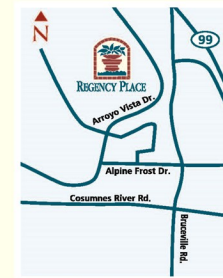


## Experience Retirement Living at its **BEST** at Regency Place

Come and join us in our outdoor Rose Garden for a special Star Spangled Banner Brunch prepared by our very own, Chef Rommel Aquino.

We will have musical entertainment by the "Regency Band" and a special, guest speaker to answer questions about Veterans Aid and Attendance Benefits.

**RSVP for this event at 916-516-1776, as space is limited.**



Conveniently located off Highway 99  
Cosumnes River Rd. & Calvine Rd.



8190 o Vista Dr.  
Sacramento CA 95823  
**916-516-1776**  
RegencyPlaceSeniorLiving.com

RCFE #347005940