

The next Board of Directors meeting will be September 21, 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



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Senior Center of Elk Grove



Your Everything Center
a 501(c)3 Nonprofit Organization

September 2026 Newsletter



**The Senior Center will be
CLOSED Monday, September 7th
in observance of Labor Day!**

September Schedule Changes

Monday, September 7th - Closed

Wednesday, September 9th - No Chair Yoga

Wednesday, September 9th - No Chair Pilates

Wednesday, September 9th - No Standing Pilates

Thursday, September 10th - No Gentle Yoga

Thursday, September 17th - No Programs due to the Senior Resource Fair!

Wednesday's - Chair Pilates is back! Taking the place of Sambassa

Monday, September 28th - No Aerobics

Tuesday, September 29th - No Mindfulness & Meditation

Wednesday, September 30th - No Aerobics

Sign Up Classes

Oil Painting - Monday, September 21st (Class is full)

Beginning Guitar - starting Thursday 9/3 at 2:00
(Class is full)

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!



ELK GROVE VETERANS SOCIAL

First Monday of the
Month, 8:15 am



Third Monday of the
Month, 1:30 pm

Come join with fellow Veterans for a snack and chat. All ages and branches welcome.

Senior Center membership not required to attend.



Location: Senior Center of Elk Grove
8230 Civic Center Drive #140
Elk Grove, CA 95757



To get more information, or a full schedule of Veteran focused events, email janis@egfbs.org

LAWRENCE KAY VETERANS ASSISTANCE PROGRAM

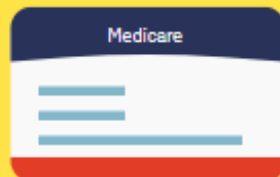




Sign up at the front desk if you would like to attend this presentation.

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

 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

 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, September 8th at 11:30 am
Location: Tai Chili

Please register at the front desk by
Friday, September 4th

Late Policy: Most programs have a late policy!

Please be in the room and ready to begin at the start time of the program.

Full Program Notification: If you are notified that the program you want to attend is full, please do not enter the room. Please choose another program to attend or come back for the program the next time it is in session.

General Behavior: Please be respectful and courteous to staff, instructors, facilitators, volunteers and your fellow members!

If you are attending a chair program but like to stand, please be respectful and move to the back of the room so you aren't blocking the view of those behind you!

We have received multiple concerns of members being disrespectful toward other members, instructors, and facilitators. This behavior is not acceptable and does not reflect the values of the Senior Center of Elk Grove.

We are committed to maintaining a welcoming, supportive, and respectful environment where everyone feels safe and valued. We expect all members to treat one another with courtesy and respect at all times, even when there are differences of opinion.

Disrespectful behavior, harassment, bullying, or disruptive conduct will not be tolerated. If these behaviors continue, appropriate action may be taken, including removal from programs.

Thank you to everyone who helps makes the Senior Center a positive, welcoming and respectful place for all.

Seats and spaces are only reserved for members in wheelchairs, scooters and walkers. If another member is in a space that you usually go to, find another spot! Meet new people! Try something new! Change up your routine! You may just find you like it better!

Sign up at the front desk if you would like to attend!



 **Welbe Health**

Preventing Falls: Practical Strategies for Safer Aging

Join Us for a Presentation

Tuesday, September 22, 2026.
2:00pm-3:00pm
Senior Center of Elk Grove
8230 Civic Center Dr. Suite 140 Elk Grove, CA 95757

Falls are one of the leading causes of injury among older adults, but the risk of falls can be reduced with the right knowledge and support. Join us for an informative presentation focused on practical strategies to improve balance, strength, mobility, and home safety.

We'll also share how WelbeHealth provides care to seniors.

Senior Center of Elk Grove BBQ Sock Hop

We want to thank Ivy Park Senior Living, Beyond Well Home Care, Welbe Health, Monarch Hospice, SCAN, Wellcare, Bruceville Point & Sky River Casino for their generous donations. Thank you Don & Ira & our Senior Center Line Dancers for the entertainment! We want to thank everyone that volunteered to help with this event and we want to thank everyone that bought a ticket. All the proceeds from the ticket sales goes right back to the Senior Center. We truly appreciate each of you!



Senior Center of Elk Grove Senior Health & Resource Fair

Interact with dozens of local resources. Learn about what services are available to our community of seniors!



Thursday, September 17th

10:00 am - 2:00 pm

Free Entry!
Open to all!

8230 Civic Center Drive,
Suite 140
Elk Grove, CA 95757



**ALL regular programs will be ~~canceled~~
Thursday, September 17th
for the Senior Resource Fair BUT,
please come in to see if any of the resources
offered will help you, friends or family. There
will probably be plenty of goodies to take home
with you too!**



Interested in helping 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.



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Membership: \$60.00 yearly fee and \$2.00 per program. This membership allows access to all programs. Members receive discounted rates when buying tickets for fundraising events and Day Trips.

Fitness Plan: May attend fitness programs only. Membership fee is “waived” (insurance does not reimburse the Senior Center). \$2 program fees reimbursed by insurance up to 11 classes. Tickets for fundraising events and Day Trips will be at “Non-Member” price.

Non-Members: May not attend any regular programming. Fundraising events and Day Trips will be charged the “Non-Member” price. Non-members may attend educational presentations and are required to sign in at the front desk in the Guest Book.
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September 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 No class 9/9	8:30	\$\$ Open Games	8:30	\$\$ Tai Chi Flow	8:30
\$\$ Chair Exercise Video	8:30	Knit & Crochet Intermediate & Expert	9:30	Brain & Body 9/9 & 9/23	8:30	\$\$ Gentle Yoga No class 9/10	8:30	Quilting Intermediate & Expert	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 Intermediate & Expert	11:00	\$\$ Traditional Tai Chi	10:00	\$\$ Zumba 30/30	10:00	\$\$ Chair Exercise Video	10:00
\$\$ Chair Exercise Video	10:00	\$\$ Zumba Chair	11:30	Alzheimer's Caregivers Support 9/2	10:00	\$\$ Chair Exercise Video	10:30	\$\$ Men's Open Dis.	11:30
\$\$ Standing Pilates	10:00	\$\$ Chair Exercise Video	11:30	Parkinson's Caregivers 9/16	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
\$\$ Aerobics No Class 9/28	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 9/9	11:00	Scrabble	12:00	\$\$ Chair Exercise Video	1:00
\$\$ Bridge	1:00	\$\$ Line Dancing	2:00	\$\$ Chair Pilates No class 9/9	11:00	\$\$ Rhythm & Motion	12:45		
\$\$ Writing Group	1:00	\$\$ Genealogy	2:00	\$\$ Aerobics No Class 9/30	11:30	\$\$ Rock Painting 9/3, No class 9/17	1:00		
\$\$ Intermediate Hatha Yoga	1:30	\$\$ Mindfulness & Meditation No Class 9/29	2:00	\$\$ Chair Yoga No Class 9/9	12:15	\$\$ Men's Talk	1:00		
				\$\$ Zumba Chair	12:30	\$\$ Line Dancing	2:00		
				\$\$ Bunco	12:45	Grief Support 9/10 & 9/24	2:00		
				\$\$+ Cardmaking 9/9, 9/23, 9/30	1:00				
				\$\$ Women's Open Discussion	1:00				
CLOSED 9/7 for LABOR DAY!				Grief Support 9/2	1:00	NO CLASSES ON 9/17			
				\$\$ Open Dance	2:00				