

The Next Board of Directors Meeting will be Tuesday, October 9, 2018, 3:15 PM Meetings are open to the public.

Board of Directors

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Wendall Sullivan Vice-President
Elaine Horton Secretary
Nick Soberanis Treasurer
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Linda Gunn Director at Large
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Chuck Woods Director at Large
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Orlando Fuentes CCSD

Staff

Patricia Beal, Executive Director
executivedirector@thesceg.org

Christine Cuddy, Assistant Director
assistantdirector@thesceg.org

Renee Hodgkin, Program Technician
Lillian Gusters, Nutrition Site Coordinator
Charlette Parino - Travel Advisor



8830 Sharkey Avenue
Elk Grove, CA 95624
M-F 8:00 AM - 4:00 PM

Phone Numbers

Front Desk 1-916-685-3160
Kitchen 1-916-685-4804
Gadabouts 1-916-685-3160

Website www.thesceg.org

SCEG PARTNERS



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The Senior Center will be closed
Monday, October 8, 2018 to observe Columbus Day



October 2018

Step back into life at the
Senior Center of Elk Grove
a self-funded 501(c)3 non-profit organization

Senior Center of Elk Grove
Holiday Gift Faire
Annual Fundraiser

Discover beautiful, unique gifts,
scrumptious treats and hand crafted items
you won't find anywhere else.

November 17, 2018 - 9:00 am to 3:00 pm
& November 18, 2018 - 10:00 am to 2:00 pm

8830 Sharkey Avenue, Elk Grove, Ca 95624



Lion's Club Pancake Breakfast - Everyone is Welcome

A fundraiser for the Senior Center of Elk Grove

Saturday, October 13, 2018 8:00 AM - 10:00 AM

Craving a delicious, old fashioned breakfast? All are welcome at the Lion's Club Pancake Breakfast **every 2nd Saturday of the month.**

The menu includes pancakes, sausage, bacon, eggs, juice, fruit and coffee. This hearty breakfast is \$6 for adults and \$3 for children under 12.



Saturday, December 8, 2018



Pricing and more information will be in the November Newsletter

Tickets go on sale November 5, 2018 at the Senior Center Front Desk



Join us for a delicious salad each Tuesday and Wednesday from **11:00 AM to 12:15 PM** at our Salad Bar. Fresh lettuce, tomatoes, assorted vegetables, cheese, olives, croutons plus your choice of dressing is an outstanding lunch for everyone. In-house salad is only \$3.50 and Take-Out salads are only \$4.00.

Smartphone Classes Are Back

These classes are for EITHER iPhone or Android (IOS) phones. If you do not know which phone you have, stop by the Front Desk. Class sizes are very limited. First come first serve. More classes are being planned for the new year.



You MUST sign up prior to the class at the Front Desk.

Android Only

Due to limited class size, you may sign up for either

Thursday, October 25, 2018 - 9:00 am to 11:00 am

OR

Thursday, November 8, 2018 - 9:00 am to 11:00 am



iPhone Only

Due to limited class size, you may sign up for either

Friday, October 26, 2018 - 9:00 am to 11:00 am

OR

Friday, November 30, 2018 - 9:00 am to 11:00 am



In This Month: October

October 1, 1908 - Henry Ford's Model T, a "universal car" designed for the masses, went on sale for the first time.

October 6, 1927 - The first "talkie" opened in New York. *The Jazz Singer* starring Al Jolson was the first full-length feature film using spoken dialogue.

October 13, 1775 - The United States Navy was born after the Second Continental Congress authorized the acquisition of a fleet of ships.

October 14, 1947 - U.S. Air Force Captain Chuck Yeager became the first man to break the sound barrier, flying in a rocket-powered research aircraft.

October 29, 1929 - The stock market crashed as over 16 million shares were dumped amid tumbling prices. The Great Depression followed in America, lasting until the outbreak of World War II.

October 30, 1938 - The *War of the Worlds* radio broadcast panicked millions. Actor Orson Welles and the Mercury Players dramatized the story by H.G. Wells depicting a Martian invasion of New Jersey. Their script utilized simulated radio news bulletins which many listeners thought were real.

Support Groups & Meetings

Alzheimer's Association Caregiver Support Group

Wednesday, October 10, 2018, 10:00 AM - Group meets on the 2nd Wednesday of the month. This support group is for caregivers and others dealing with Alzheimer's disease. The group is led by trained facilitators.

Neuropathy Support Group

Tuesday, October 9, 2018, 1:00 p.m. - Group meets on the 2nd Tuesday of the month. If you or someone you care about has neuropathy, participating in a support group can be a way to better understand and come to terms with your own situation. For more information, contact Roger White at 916-686-4719. No Fee.

Parkinson's Support Group of Elk Grove

Wednesday, October 17, 2018, 10:00 AM - Group meets on the 3rd Wednesday of the month. Parkinson's Support Group of Elk Grove holds meetings at the Senior Center with round table discussions, presentations, and guest speakers. All who are affected by Parkinson's; family, caregivers and loved ones are welcome to participate.

Famous Birthdays Trivia: October

October 8, 1890 _____ (1890 - 1973) American fighter pilot was born in Columbus, Ohio. He commanded the first U.S. aero unit to take part in World War I and was credited with 26 victories, becoming America's leading Ace. He was awarded the Medal of Honor. He later got involved in auto racing and headed Eastern Air Lines from 1934-63.

October 9, 1940 _____ (1940-1980) was born in Liverpool, England. He was a member of *The Beatles*, an influential rock group which captivated audiences first in England and Germany, and later in America and throughout the world. He was murdered in New York City on December 8, 1980.

October 16, 1854 - Irish poet and playwright _____ (1854-1900) was born in Dublin, Ireland. Best known for his comedies including; *The Importance of Being Earnest*. And his novel *The Picture of Dorian Gray* in which he wrote, "There is only one thing in the world worse than being talked about and that is not being talked about."

October 21, 1917- Jazz great _____ (1917-1993) was born in Cheraw, South Carolina. He was a trumpet player, composer, band leader and one of the founding fathers of modern jazz, known for his trademark puffed cheeks and bent trumpet.

Answers on page 11



EFFECTIVE IMMEDIATELY

All persons including but not limited to members, participants, travelers, caregivers, volunteers and instructors must complete and sign a new Member Information form in order to participate in Senior Center of Elk Grove activities.

Those who cannot or will not complete the new Member Information form in full will not be eligible to participate at the Senior Center.

If you have not completed a new Member Information form or are unsure if you have one on file, please see the Front Desk or call the Senior Center at 916-685-3160.

Please feel free to see Executive Director Pat Beal or Assistant Director Christine Cuddy with questions.

Fit is Fun

Aerobics	Monday	8:30 AM	\$2 Members
Dining Room	Tuesday	8:30 AM	\$3 Non-members
	Thursday	8:30 AM	
Balance Matters Fitness	Tuesday	9:30 AM	\$2 Members
Dining Room	Thursday	9:30 AM	\$3 Non-members
Chair Exercise	Monday	10:00 AM	\$1 Members
Dining Room	Wednesday	10:00 AM	\$2 Non-members
	Friday	10:00 AM	
Gentle Yoga	Monday	1:00 PM	\$2 Members
Dining Room	Tuesday	1:00 PM	\$3 Non-members
	Thursday	1:00 PM	
Hatha Yoga	Monday	2:15 PM	\$5 All
Dining Room	Thursday	2:15 PM	
Hula Dancing	Tuesday	2:00 PM	\$2 Members
Dining Room			\$3 Non-members
Tai-Chi	Monday	8:00 AM	\$5 All
Creative Arts Room	Wednesday	10:00 AM	
Zumba Gold	Wednesday	8:30 AM	\$5 All
Dining Room			

Support Groups

Alzheimer's Caregiver Support Group	2nd Wednesday of the month	10:00 AM	No Fee
Creative Arts Room			
Neuropathy Support Group	2nd Tuesday of the month	1:00 PM	No Fee
Creative Arts Room			
Parkinson's Support of Elk Grove	3rd Wednesday of the Month	10:00 AM	No Fee
Creative Arts Room			

Featured This Month

Android Class	Thursday October 25	MUST preregister
Computer Room	9:00 AM to 11:00 AM	at the Front Desk
No Fee, Only 8 openings	See page 5	prior to class
iPhone Class	Friday October 26	MUST preregister
Computer Room	9:00 AM to 11:00 AM	at the Front Desk
No Fee, Only 15 openings	See page 5	prior to class ⁶

Creativity at it's Best

Card Making	Wednesday	1:00 PM	\$1 Members
Dining Room			\$2 Non-members
Crafters	Friday	All Day	No Fee
Classroom			
Knit & Crochet	Tuesday	10:00 AM	No Fee
Classroom			
Painting Group	Thursday	9:00 AM	\$1 Members
Creative Arts Room			\$2 Non-members

Engage Your Brain

Bingo	Friday	12:15 PM	\$2 Members
Dining Room			\$3 Non-members
Bridge	Monday	11:30 AM	\$2 Members
Library	Friday	11:30 AM	\$3 Non-members
Bunco	Wednesday	12:15 PM	\$2 Members
Library			\$3 Non-members
Genealogy	Tuesday	2:15 PM	\$2 Members
Computer Room			\$3 Non-members
Men's Talk Group	Tuesday	10:00 AM	\$1 Members
Creative Arts Room			\$2 Non-members
Pinochle	Tuesday	11:30 AM	\$2 Members
Library	Thursday	11:30 AM	\$3 Non-members
Scrabble	Thursday	12:30 PM	\$1 Members
Creative Arts Room			\$2 Non-members
Spanish Chat	Monday	10:30 AM	\$1 Members
Classroom			\$2 Non-members
Writing Group	Monday	10:00 AM	\$1 Members
Creative Arts Room			\$2 Non-members

Monthly Meetings

Book Group	2nd Wednesday of the month	9:30 AM	Fee Collected
Classroom			
Social Singles	1st Wednesday of the month	10:00 AM	Fee Collected ⁷
Creative Arts Room			



Saturday, October 6, 2018
Members \$40 - Non-Members \$45

Every year on Columbus Day weekend, the Italian Festival is celebrated in Reno.

Join the Senior Center for a fun day at the festival. The bus will take you to Silver Legacy in Reno where you will have 6 hours to enjoy the festivities. The main street is blocked off and there are lots of vendors for food, entertainment, and booths up and down the street.



October 21 - 23, 2018

Member Dbl Occ: \$540
Member Single Occ: \$665

Non-member Dbl Occ: \$550
Non-member Single Occ: \$675

TOUR HIGHLIGHTS: Visit Sundial Bridge in Redding, Two nights accommodations at Bard's Inn, Oregon Cabaret Theatre dinner and performance of *Picasso at the Lapin Agile*, Dinner at Callahan's Mountain Lodge, Historic Trolley Tour of Jacksonville, Stop at Rolling Hills Casino.



Wednesday, October 10, 2018
\$25 - Member Price
\$35 - Non-member Price

Travel Faire

Saturday, November 3, 2018

10:00 AM to 12:00 PM

New & Exciting Trips

Coming Your Way

Don't Miss It!!



Sea of Poinsettias

Monday, November 26, 2018
Members \$64 - Non-Members \$74

Start the Holidays off in the Modesto area with a tour of Duarte's Poinsettia Farm. The family owned greenhouses are filled with a sea of crimson, pink, cream and seven different red flowers. The sight of thousands of perfect poinsettias in an array of jewel-like colors is amazingly beautiful. Purchases at Duarte's are cash or check only, **no credit or debit cards**. Lunch will be at Hilmar Cheese Factory. Afterward there will be a tasting at Sciabica Olive Oil, family owned since 1925. See the olive oil making process using lemons, limes, oranges, jalapenos, basil, garlic and rosemary. Their olive oil is known as "Liquid Sunshine" and is available for purchase.

Extended Trips Collette Vacations

Sunny Portugal
March 1 - 10, 2019

Shades of Ireland
March 13 - 22, 2019

London & Paris
April 3 - 10, 2019

Discover Scotland
August 4 - 13, 2019

Canyon Country
September 13 - 20, 2019

**Spotlight
San Antonio Holiday**
December 5 - 9, 2019

All trips include transportation unless otherwise noted. For more information about specific trips, please refer to the individual flyers located outside the Travel Office or call (916) 685-3160. Open Monday - Friday 10:00 AM - 2:00 PM

Book Group

Wednesday, October 10, 2018, 9:30 AM - Group meets on the 2nd Wednesday of the month. A different, intriguing and hard-to-put-down book is read and discussed each month. Interesting perspectives and thoughts are shared at each meeting. \$1 Member/\$2 Non-member

Social Singles

Wednesday, October 3, 2018, 10:00 AM - Group meets on the 1st Wednesday of the month. Come join other seniors for weekly dinners out, picnics and lively meetings. Social Singles is for any senior who would like to be part of a group on outings. \$1 Member/\$2 Non-member

Let's Talk Men's Group

Every Tuesday, 10:00 AM - The Men's Group meets to discuss hobbies, life experiences, cars, local news and other interests. Guest speakers are also enjoyed by the group. \$1 Member/\$2 Non-member

Other Services for Seniors

FREE Blood Pressure Checks

Friday, 10:30 AM to 11:30 PM - Free blood pressure checks are held at the Center every Friday by a Registered Nurse or CCSD Paramedic.

HICAP - Health Insurance Counseling and Advocacy Program

Contact HICAP at 916-376-8915 to make an appointment for Medicare questions and program information. No fee.

2-1-1 Sacramento

Dial 2-1-1 for free, 24-hour information on community, health and social services. 2-1-1 is a one-stop source of information for seniors looking for legal assistance, benefits help, anyone looking for community services and resources, especially for those who need essential services, such as food, shelter, counseling, and more. Callers receive personalized information from a live resource specialist. 2-1-1 is confidential and available in more than 150 languages.

Like 9-1-1 for emergency services, 2-1-1 has been set aside nationally by the FCC for the public to more easily access community information. 2-1-1 is also a central resource for community information during and after disasters.

Famous Birthdays Trivia: Answers

October 8, 1890 - Eddie Rickenbacker (1890 - 1973)

October 9, 1940 - John Lennon (1940 - 1980)

October 16, 1854 - Oscar Wilde (1854 - 1900)

October 21, 1917 - Dizzy Gillespie (1917 - 1993)



10% off for new customers 60 and older

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Barbara Fuller, Manager
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