

December 2018

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

Senior Center 101

Beginning January 2019

Join the Senior Center Staff and other Special Guests for this informative series about your new Senior Center. We will include building updates, discuss changes that we are currently introducing with the new Center in mind and many other questions we have been hearing from the SCEG members.

If you have a specific question, please submit it in writing to the Front Desk. We will not be able to cover all questions, but hope the information we give will cover most concerns.

The Senior Center of Elk Grove will be closed for the Christmas Holiday
Monday, December 24, 2018 and Tuesday, December 25, 2018.

The Board of Directors and Staff of the Senior Center of Elk Grove
wish you and your family a safe and jolly Holiday Season.



Lion's Club Pancake Breakfast - Everyone is Welcome

A fundraiser for the Senior Center of Elk Grove

Saturday, December 8, 2018 8:00 AM - 10:00 AM

Craving a delicious, old fashioned breakfast? All are welcome at the Lion's Club Pancake Breakfast held **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.



**Five Wishes presented by Yolo Hospice
Thursday, December 6, 2018 10:00 - 11:00 AM**

Five Wishes is an easy-to-use legal document written in everyday language that lets adults express how they want to be treated if they are seriously ill and unable to speak for themselves. It is unique among all other living will and health agent forms because it speaks to all a person's needs: medical, personal, emotional and spiritual. Five Wishes also helps structure discussions with your family and physician.

Please sign up at the Front Desk.



Join us for the January 4, 2019 6:00pm showing of

Ocean's 11

**1960 or 2001 - Vote for your choice
at the Front Desk**

Tickets are \$2.00 per person.

Popcorn \$1.00 - Soda \$.75 - Candy \$.75

GADABOUTS TRAVEL

Home for the Holidays
Saturday, December 8, 2018



In memory of Hans & Helga Weiters

Member price \$46.00

Non-member Price \$56.00

A memorial contribution has been made by the Weiter's family to allow a discount on this special trip.



**THUNDER
VALLEY**
CASINO · RESORT

Wednesday
December 12, 2018
\$30 Members
\$40 Non-Members

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

Extended Trips Collette Vacations

Discover Scotland August 4 - 13, 2019

Canyon Country September 13 - 20, 2019

Spotlight San Antonio Holiday December 5 - 9, 2019

Special Change Notice



*The Board of Directors have voted
for the following changes:*

- **EFFECTIVE JANUARY 1, 2019, the annual membership fee will be \$25 per person per year.**
- Memberships will continue to renew annually at the beginning of your "anniversary" month as it has in the past.
- All participants who do not have a Participant Information Form on file must complete and sign the form to continue to participate in Senior Center activities. We will notify you by mail before January 1, 2019 if you need to complete a form. PLEASE NOTE - almost every member has completed this form.
- All caregivers will be required to complete and sign a Participant Information Form as well. If a caregiver participates in any activity, they too will be required to become a member of the Senior Center.
- New guests will be given a two (2) week pass to try Center activities before being asked to be members. At the conclusion of the two weeks, guests must become members in order to continue to participate in activities.

Please see the Front Desk for a more detailed information sheet regarding these changes.



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.

**NO SALAD BAR Wednesday December 26 and
Wednesday January 2.**



Holiday Gift Faire 2018

Congratulations to all of the volunteers who spent hours, energy and resources in producing once again an outstanding and successful Holiday Gift Faire.

On behalf of the Board of Directors, I would just like to say how fortunate the Center is to have volunteer members like all of you who are essential to our role and represent the heart and soul of the Center... A HUGE...Thanks.

Dick Beymer, Board President

Several Gift Faire volunteers

*Connie Greer, Renee Hodgkin,
Claudia Horn, and Diane Herteg*

Left to right



Fit is Fun

Aerobics Dining Room	Monday Tuesday Thursday	8:30 AM 8:30 AM 8:30 AM	\$2 Members \$3 Non-members
Balance Matters Fitness Dining Room	Tuesday Thursday	9:30 AM 9:30 AM	\$2 Members \$3 Non-members
Blood Pressure Check Library	Friday	10:30 AM to 11:30 AM	Free
Chair Exercise Dining Room	Monday Wednesday Friday	10:00 AM 10:00 AM 10:00 AM	\$1 Members \$2 Non-members
Gentle Yoga Dining Room	Monday Tuesday Thursday	1:00 PM 1:00 PM 1:00 PM	\$2 Members \$3 Non-members
Hatha Yoga Dining Room	Monday Thursday	2:15 PM 2:15 PM	\$5 All
Tai-Chi Creative Arts Room	Monday Wednesday	8:00 AM 10:00 AM	\$5 All
Zumba Gold Dining Room	Wednesday	8:30 AM	\$5 All

Support Groups

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

Featured This Month

There are MANY awesome gifts available for everyone on your Holiday list in the Café. Hand crafted unique items that will delight your friends and family. Beautiful, thoughtful greeting cards for every occasion are available as well.

Creativity at it's Best

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

Engage Your Brain

Bingo Dining Room	Friday	12:15 PM	\$2 Members \$3 Non-members
Bridge Library	Monday Friday	11:30 AM 11:30 AM	\$2 Members \$3 Non-members
Bunco Library	Wednesday	12:45 PM	\$2 Members \$3 Non-members
Genealogy Computer Room	Tuesday	2:00 PM	\$2 Members \$3 Non-members
Men's Talk Group Creative Arts Room	Tuesday	10:00 AM	\$1 Members \$2 Non-members
Pinochle Library	Tuesday Thursday	11:30 AM 11:30 AM	\$2 Members \$3 Non-members
Scrabble Creative Arts Room	Thursday	12:30 PM	\$1 Members \$2 Non-members
Spanish Chat Classroom	Monday	10:30 AM	\$1 Members \$2 Non-members
Writing Group Creative Arts Room	Monday	12:30 PM	\$1 Members \$2 Non-members

Monthly Meetings

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

December Trivia



December 1, 1955 - The birth of the modern American civil rights movement occurred as Rosa Parks was arrested in Montgomery, Alabama, for refusing to give up her seat to a white man and move to the back section of a municipal bus. Her arrest resulted in a year-long boycott of the city bus system by African Americans and led to legal actions ending racial segregation on municipal buses throughout the South.

December 6, 1877 - At his laboratory in West Orange, New Jersey, Thomas Edison spoke the children's verse "Mary had a Little Lamb..." while demonstrating his newly invented phonograph which utilized a revolving cylinder wrapped in tinfoil to record sounds.

December 8, 1991 - The USSR ceased to exist, as the leaders of Russia, Byelorussia and the Ukraine signed an agreement creating the Commonwealth of Independent States. The remaining republics of the former USSR, with the exception of Georgia, joined the new Commonwealth.

December 15, 1939 - *Gone with the Wind* had its world premiere in Atlanta, introduced by producer David O. Selznick and featuring appearances by Vivien Leigh and Clark Gable.

December 16, 1773 - The Boston Tea Party occurred as colonial activists disguised as Mohawk Indians boarded British ships anchored in Boston Harbor and dumped 342 containers of expensive tea into the water.

December 17, 1903 - After three years of experimentation, Orville and Wilbur Wright achieved the first powered, controlled airplane flights. They made four flights near Kitty Hawk, North Carolina, the longest lasting about a minute.

December 19, 1732 - Benjamin Franklin first published *Poor Richard's Almanac* containing weather predictions, humor, proverbs and epigrams, eventually selling nearly 10,000 copies per year.

December 25, 1776 - During the American Revolution, George Washington took 2,400 of his men across the Delaware River. Washington then conducted a surprise raid on 1,500 British-Hessians at Trenton, New Jersey. The Hessians surrendered after an hour with nearly 1,000 taken prisoner by Washington who suffered only six wounded. The victory provided a much needed boost to American morale.

December 31, 1879 - Thomas Edison provided the first public demonstration of his electric incandescent lamp at his laboratory in Menlo Park, New Jersey.

December Birthday Trivia

Answers on page 11

December 5, 1901 - _____ (1901-1966) was born in Chicago, Illinois. As a little boy, he liked to draw farm animals and eventually got a job as an artist. He moved to Hollywood and in 1928 produced *Steamboat Willie*, starring Mickey Mouse.

December 6, 1896 - American lyricist _____ (1896-1983) was born in New York City. He collaborated with his brother George to create many Broadway successes including; *Lady Be Good*, *Funny Face*, *Strike Up the Band*, and songs such as *The Man I Love*, *Someone to Watch Over Me*, and *I Got Rhythm*.

December 10, 1830 - Poet _____ (1830-1886) was born in Amherst, Massachusetts. Her poetry became known only after her death when her sister discovered nearly 2,000 poems locked in her bureau, written on the backs of envelopes and scraps of paper. They were published gradually over the next 50 years, beginning in 1890.

December 14, 1503 - French physician _____ (1503-1566) was born in St. Remy, Provence, France. He wrote astrological predictions in rhymed quatrains, believed by many to foretell the future.

December 16, 1770 - _____ (1770-1827) was born in Bonn, Germany. He created powerful, emotional music and is widely considered the greatest orchestral composer who ever lived. He suffered from hearing loss before he was 30. In all, he composed nine symphonies, 32 piano sonatas, five piano concerti, 17 string quartets, ten sonatas for violin and piano, the opera *Fidelio*, the Mass in C Major, *Missa Solemnis*, and other chamber music.

December 24, 1905 - _____ (1905-1976) was born in Houston, Texas. He was a movie producer, aviator and industrialist whose legendary desire for privacy generated many rumors and curiosity. Perhaps best remembered for designing an eight-engine flying boat, nicknamed the *Spruce Goose*, which was to carry 750 passengers, although it only made one brief test flight.

December 25, 1899 - Film actor _____ (1899-1957) was born in New York City. Best known for *The African Queen*, *The Maltese Falcon*, *Casablanca* and *To Have and Have Not*.

December 27, 1901 - Actress _____ (1901-1992) was born in Berlin, Germany. She starred in *The Blue Angel*, the first 'talkie' made in Germany. She moved to Hollywood and starred in films including; *Destry Rides Again*, *Touch of Evil*, *Judgment at Nuremberg* and *Witness for the Prosecution*.

December 30, 1865 - _____ (1865-1936) was born in Bombay, India. He was a British poet, novelist, short story writer, best known for his children's stories such as the *Jungle Book*.

Meetings and Support Groups

Alzheimer's Association Caregiver Support Group

Wednesday, December 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, December 11, 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 - No December Meeting

Wednesday, January 16, 2019, 10:00 AM - Group usually 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.

Book Group

Wednesday, December 12, 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, December 5, 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. 211 is a one-stop source of information for seniors looking for legal assistance, benefits help, community services and resources, including food, shelter, counseling, and more. Callers receive personalized information from a live specialist. 211 is confidential and available in more than 150 languages.

December Birthday Trivia Answers

December 5, 1901 - Walt Disney

December 6, 1896 - Ira Gershwin

December 10, 1830 - Emily Dickinson

December 14, 1503 - Nostradamus

December 16, 1770 - Ludwig van Beethoven

December 24, 1905 - Howard Hughes

December 25, 1899 - Humphrey Bogart

December 27, 1901 - Marlene Dietrich

December 30, 1865 - Rudyard Kipling

The Next Board of Directors Meeting will be Monday, January 14, 2019 at 3:15 PM. Meetings are open to the public.

Board of Directors

Dick Beymer	President
Wendall Sullivan	Vice-President
Elaine Horton	Secretary
Nick Soberanis	Treasurer
Dale Chilcoat	Director at Large
Ken Frieze	Director at Large
Linda Gunn	Director at Large
Bill Hitchcock	Director at Large
Michelle Orrock	Director at Large
Jim Parino	Director at Large
Bob Trigg	Director at Large
Chuck Woods	Director at Large
Sarah Bontrager	City of Elk Grove
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



8830 Sharky 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

SCGE PARTNERS



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