

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

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**Staff**

Patricia Beal, Executive Director  
executivedirector@thesceg.org

Christine Cuddy, Assistant Director  
assistantdirector@thesceg.org

Renee Hodgkin, Program Technician  
programtech@thesceg.org

Lillian Gusters, Nutrition Site Coordinator



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](http://www.thesceg.org)

**SCEG PARTNERS**



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January 2019

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

# Senior Center 101

Wednesday, January 30, 2019 1:00 PM

The Senior Center of Elk Grove's Executive Director Patricia Beal and Assistant Director Christine Cuddy will welcome panelists from the City of Elk Grove for a presentation on the new Community/Senior Center.

Panelists will include Sarah Bontrager - Housing & Public Service Manager, Alvin Wong - City Architect, Jeff Werner, P.E. - Senior Civil Engineer, and Lana Yoshimura - Community Event Center Manager.

The presentation will cover the site plan, Community/Senior Center interior/exterior renderings, café plan status, construction progress, and more. We will also discuss changes; those currently happening in anticipation of the move and those anticipated at the new Center. The panelists will take questions from attendees after the presentation.

**Please call 916-685-3160 or come to the Senior Center Front Desk to sign up.**

**We urge all seniors and community members to attend this highly anticipated forum.**

The Senior Center of Elk Grove will be closed for Martin Luther King, Jr. Day - Monday, January 21, 2019

## Lion's Club Pancake Breakfast - Everyone is Welcome

### A fundraiser for the Senior Center of Elk Grove

Saturday, January 12, 2019 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.



## SALAD BAR

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 salads are only \$3.50 and Take-Out salads are only \$4.00.

**NO SALAD BAR Wednesday January 2, 2019**

## New Check In Procedures

Please be sure you have and use your Senior Center check-in scan card when you come to the Senior Center. New check-in procedures will require you use this card each day you participate.



## 2019 Book Group Book List

| Meeting Date                 | Book, Author                                  |
|------------------------------|---|
| Wednesday, January 9, 2019   | <i>Pachinko</i> by Min Jin Lee                |
| Wednesday, February 13, 2019 | <i>White Trash</i> by Nancy Isenberg          |
| Wednesday, March 13, 2019    | <i>Before We Were Yours</i> by Lisa Wingate   |
| Wednesday, April 10, 2019    | <i>A Well-Behaved Woman</i> by Therese Fowler |
| Wednesday, May 8, 2019       | <i>The Wisdom of Wolves</i> by Jim Dutcher    |
| Wednesday, June 12, 2019     | <i>Janesville</i> by Amy Goldstein            |



Group meets on the 2nd Wednesday of the month. A different, intriguing and hard-to-put-down book is discussed each month. Interesting perspectives and thoughts are shared at each meeting. \$1 Fee



Senior Center of Elk Grove

Presents

### Friday Night Movies at the Center a 1st Friday of the Month Event Blockbusters, Golden Oldies, Classics

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

## Ocean's 11

Tickets are \$2.00 per person  
Popcorn \$1.00 - Soda \$.75 - Candy \$.75



# January Facts

**New Year's Day** - The most celebrated holiday around the world.

**January 1, 1892** - Ellis Island in New York Harbor opened. Over 20 million arrivals to America were processed until it closed in 1954.



**January 3, 1959** - Alaska was admitted as the 49th U.S. state with a land mass almost one-fifth the size of the lower 48 states together.

**January 4, 1790** - President George Washington delivered the first State of the Union address.

**January 6, 1941** - President Franklin Roosevelt delivered his State of the Union address to Congress asking for support for the lend-lease program aiding Allies fighting the Axis powers and defined 4 essential freedoms worth defending; freedom of speech, freedom of worship, freedom from want, and freedom from fear.

**January 8, 1982** - The American Telephone and Telegraph (AT&T) Company was broken up as a result of an antitrust suit. AT&T gave up 22 local Bell system companies, opening the U.S. telephone system to competition.

**January 20, 1945** - Franklin Delano Roosevelt was inaugurated to an unprecedented fourth term as president of the United States. He had served since 1933.

**January 20, 1981** - Ronald Reagan became president of the United States at the age of 69, the oldest president to take office.

**January 21, 1976** - The Concorde supersonic jet began passenger service with flights cruising at twice the speed of sound (Mach 2) at an altitude up to 60,000 feet.

**January 25, 1961** - President John F. Kennedy conducted the first live televised presidential news conference.



# January Birthday Trivia (answers on page 11)

**January 8, 1935** - \_\_\_\_\_ was born in Tupelo, MS. Regarded as one of the most significant cultural icons of the 20th century, referred to as the "King of Rock and Roll" or simply "the King".

**January 9, 1913** - \_\_\_\_\_ the 37th U.S. President, was born in Yorba Linda, CA. He served as vice president under Eisenhower, then made an unsuccessful run for the presidency.

**January 15, 1929** - \_\_\_\_\_ was born in Atlanta, GA. As an African American civil rights leader he spoke eloquently and stressed nonviolent methods to achieve equality.



**January 17, 1706** - \_\_\_\_\_ was born in Boston, MA. Considered the Elder Statesman of the American Revolution, he displayed multiple talents as a printer, author, publisher, philosopher, scientist, diplomat and philanthropist.

**January 17, 1942** - \_\_\_\_\_ was born in Louisville, KY. At 22 in 1964, he knocked out Sonny Liston to win the world heavyweight boxing championship, shouting out "I shook up the world!"

**January 19, 1809** - \_\_\_\_\_ poet and writer of mystery and suspense tales, was born in Boston, MA. His works include; *The Fall of the House of Usher*, *Tales of the Grotesque and Arabesque*, *The Murders in the Rue Morgue* and his famous poem *The Raven*.

**January 27, 1832** - British novelist \_\_\_\_\_ was born in Cheshire, England. Best known for *Alice's Adventures in Wonderland* and *Through the Looking Glass*.



**January 30, 1882** - \_\_\_\_\_ the 32nd U.S. President was born in Hyde Park, NY. Despite crippling polio, he led America out of the Great Depression and through World War II and is widely considered to be one of America's three greatest presidents.

**January 31, 1919** - \_\_\_\_\_ was born in Cairo, GA. He was the first African American to play professional baseball. He played for the Brooklyn Dodgers from 1947 to 1956, was chosen as the National League's most valuable player in 1949 and elected to the Baseball Hall of Fame in 1962.

## Fit is Fun

|                                |           |             |         |
|--------------------------------|-----------|-------------|---------|
| <b>Aerobics</b>                | Monday    | 8:30 AM     | \$2 Fee |
| Dining Room                    | Tuesday   | 8:30 AM     |         |
|                                | Thursday  | 8:30 AM     |         |
| <b>Balance Matters Fitness</b> | Tuesday   | 9:30 AM     | \$2 Fee |
| Dining Room                    | Thursday  | 9:30 AM     |         |
| <b>Blood Pressure Check</b>    | Friday    | 10:30 AM to | No Fee  |
| Library                        |           | 11:30 AM    |         |
| <b>Chair Exercise</b>          | Monday    | 10:00 AM    | \$1 Fee |
| Dining Room                    | Wednesday | 10:00 AM    |         |
|                                | Friday    | 10:00 AM    |         |
| <b>Gentle Yoga</b>             | Monday    | 1:00 PM     | \$2 Fee |
| Dining Room                    | Tuesday   | 1:00 PM     |         |
|                                | Thursday  | 1:00 PM     |         |
| <b>Hatha Yoga</b>              | Monday    | 2:15 PM     | \$5 Fee |
| Dining Room                    | Thursday  | 2:15 PM     |         |
| <b>Tai-Chi</b>                 | Monday    | 8:00 AM     | \$5 Fee |
| Creative Arts Room             | Wednesday | 10:00 AM    |         |
| <b>Zumba Gold</b>              | Wednesday | 8:30 AM     | \$5 Fee |
| Dining Room                    |           |             |         |

## Support Groups

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

## Featured This Month

# Senior Center 101

Wednesday, January 30, 2019 at 1:00 PM

## Creativity at it's Best

|                           |           |          |         |
|---------------------------|-----------|----------|---------|
| <b>Card Making</b>        | Wednesday | 1:00 PM  | \$1 Fee |
| Dining Room               |           |          |         |
| <b>Crafters</b>           | Friday    | All Day  | No Fee  |
| Classroom                 |           |          |         |
| <b>Knit &amp; Crochet</b> | Tuesday   | 10:00 AM | No Fee  |
| Classroom                 |           |          |         |
| <b>Painting Group</b>     | Thursday  | 9:00 AM  | \$1 Fee |
| Creative Arts Room        |           |          |         |

## Engage Your Brain

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

## Monthly Meetings

|                       |                            |          |         |
|-----------------------|----------------------------|----------|---------|
| <b>Book Group</b>     | 2nd Wednesday of the month | 9:30 AM  | \$1 Fee |
| Classroom             |                            |          |         |
| <b>Social Singles</b> | 1st Wednesday of the month | 10:00 AM | \$1 Fee |
| Creative Arts Room    |                            |          |         |



## Casino Trips

Thursday January 10, 2019

\$30.00 SCEG Members

\$40.00 Non-Members



Thursday, February 14, 2019

\$30.00 SCEG Members

\$40.00 Non-Members



de Young Museum and the California Academy of Sciences

Tuesday, February 26, 2019

\$122.00 Members

\$132.00 Non-Members

The tour includes admission to both the de Young Museum and the California Academy of Sciences in Golden Gate Park.

At the de Young Museum, visit the Monet exhibit with paintings featured by Claude Monet, dating mainly from 1913 to 1926, the final phase of the artist's long career. Spend the afternoon at the California Academy of Sciences' Aquarium, Rainforest, Natural History Museum and Planetarium (Planetarium is an additional cost). Enjoy lunch on your own at your choice of the museum's cafés.

Please note, in order to see the many exhibits this tour has to offer, walking considerable distances will be necessary.

**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**



Thursday, March 21, 2019

\$84.00 Members

\$94.00 Non-Members

See inspirational gardens, fun green living ideas and products, acres of plants and the wisdom of renowned garden experts awaits you at one of the world's most celebrated spring garden events, held this year at the Cow Palace. Stroll through gorgeous designer gardens with artfully arranged plants, trees and flowers in full bloom. See the designs and watch the demonstrations by world-class floral designers. Meet professional gardeners and nursery owners who can answer all your questions. Browse a wide selection of specialty shops featuring unique flowers, plants, gifts, tools and more.

Please note, in order to see the many exhibits this tour has to offer, walking considerable distances and frequent standing will be necessary.

### Extended Trips Collette Vacations

Canyon Country - September 13 - 20, 2019

Colors of New England - October 11 - 18, 2019

Discover America's Music Cities - November 3 - 10, 2019

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

Discover Panama - January 23 - 31, 2020

## Meetings and Support Groups

### **Alzheimer's Association Caregiver Support Group**

Wednesday, January 9, 2019, 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, January 8, 2019, 1:00 PM - 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, January 16, 2019, 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.

### **Book Group**

Wednesday, January 9, 2019, 9:30 AM - Group meets on the 2nd Wednesday of the month. A different, intriguing and hard-to-put-down book is discussed each month. Interesting perspectives and thoughts are shared at each meeting. \$1 Member/\$2 Non-member

### **Social Singles**

Wednesday, January 2, 2019, 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.

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## January Birthday Trivia Answers



**January 8, 1935** - Elvis Presley (1935-1977)

**January 9, 1913** - Richard M. Nixon (1913-1994)

**January 15, 1929** - Martin Luther King (1929-1968)

**January 17, 1706** - Benjamin Franklin (1706-1790)

**January 17, 1942** - Muhammad Ali (1942 - 2016)

**January 19, 1809** - Edgar Allen Poe (1809-1849)

**January 27, 1832** - Lewis Carroll (1832-1898)

**January 30, 1882** - Franklin Delano Roosevelt (1882-1945)

**January 31, 1919** - Jackie Robinson (1919-1972)

