

Senior Center of Elk Grove



Your Everything Center
a 501(c)3 Nonprofit Organization

Fiscal 2023/2024 Year in Review

The Senior Center has seen unprecedented growth this past fiscal year.

2023		2024
43	Classes per week	64
1,273	Unduplicated Participants	1,605
34,365	Participation Totals	49,575
348,176	Income	442,069
\$63,654	Fundraising	\$72,370

This year has been like no other. We used to be able to say this month is historically slow and that month is historically busy, but not anymore. Not only have the “historically normal” things completely changed, but the seniors also have completely changed.

Prior to the past couple of years, seniors would join and occasionally come. Now they’re joining and diving right in. They want heavier weights, stronger exercise programs, more things to do. They want to learn, travel and want it now. They strive to be healthier and take care of themselves better.

The Senior Center - as a whole - is praised for our innovation, our outstanding staff and instructors, the variety of programs. Recently, several people have been talking about how we’re even better than the Davis Senior Center, which is high praise! I’ve been told of an article – I have yet to actually find it – where the Senior Center of Elk Grove was called one of the best in the country and what other centers strive to be like. I would love if that really is true! Both the article and the content.

Regardless of any article, we are amazing!

Our yearly participation numbers have risen by over 15,000 check-ins in the past 12 months. A great deal of this is due to local hospitals and primary care physicians sending their patients to specifically our center. We have also started working with programs such as Silver & Fit (Kaiser) and Renew/Active (United Healthcare, Western Health, etc.) With these programs, exercise classes are free to the participants.

Over the past year, we have had a lot of things to do! Such as:

Senior Resource Fair, Advanced Care Directives Talk, Chat with a Pharmacist Event, Diet & Health for the Brain Talk, Cruise Talk, Brain Health Event, Paper Shredding Event, Holiday Scams by the EGPD, Ukulele Concert, Cal Connect Phone Classes, Power Against Fraud from the EGPD, UOP Presentation

on Parkinson's, Heart & Brain Health Event, GROW Program Presentation, Cal Voices Behavioral Health Program, Living Life to it's Fullest Talk, and trips to Schulz Museum, Safari West, Duarte's Poinsettia Farm and Hilmar Cheese Tour, Empire Mine, Red Hawk Casino, plus fun fundraisers like the Spaghetti Dinner, Taco Fiesta, Bubbles & Bites and more.

The seniors love to travel. In collaboration with Collette Travel, we've had seniors off to Greece, Canada, Mount Rushmore, Italy, Ireland, Switzerland, Iceland, New York, American Music Cities and much more.

To conclude the year, we hired a new Assistant Director and Front Desk Assistant. We are exhausted(!) but so proud of the Senior Center we've become. Here's to another 44 years!



Christine Cuddy
Executive Director