

August 2019

Step back into life at the Senior Center of Elk Grove

a self-funded 501(c)3 non-profit organization

The Information Edition

Everything You Wanted to Know and More

Why is the Center moving?

A question that continues to be asked, and rightly so. When you love going someplace and then they move, you want to know why.

Here is the real answer – we are simply running out of space to offer what we consider quality programs in a space large enough to accommodate those interested in participating.

This was not a simple decision, nor was this decision made quickly by a small group of people who did not know what impact it would have on those who were currently coming to the Center and those who may choose to come in the future.

The current building has seen 3 separate additions. The first building was completed in 1983 by a small group of seniors who wanted/needed to find a place to meet. The exterior wall of the first building is across from Center's Front Desk. The second addition, the Dining Room and Kitchen, took place in 1989 and the final addition, the Lobby, Library and Computer Room took place in 2003.

5-6 years ago a building committee was formed to discuss the issue of how the Center could continue to best serve the growing senior population. The Center had a \$3,000,000.00 grant from the State of California, Department of Aging that was given to the Center with the understanding that an expanded Senior Center would be located in the Elk Grove area. With that in mind the Center formed a committee with representatives from the Senior Center's Board of Directors, Center members, community members and a City of Elk Grove representative with guidance from the Chief Council for the Department of Aging.

Continued

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The Next Board of Directors Meeting will be Monday, August 12, 2019 at 3:15 PM. Meetings are open to the public.

Board of Directors

Linda Gunn President
Dale Chicoat Vice-President
Elaine Horton Secretary
Nick Soberanis Treasurer
Linda Bradley Director at Large
Jon Colton Director at Large
Ken Frieze Director at Large
Bill Hitchcock Director at Large
Michelle Orrock Director at Large
Rita Rubin Director at Large
Wendall Sullivan Director at Large
Bob Trigg Director at Large
Sarah Bontrager City of Elk Grove
Gil Albiani CCSD

Staff

Patricia Beal, Executive Director
executivedirector@thesceg.org

Christine Cuddy, Assistant Director
assistantdirector@thesceg.org

Renee Hodgkin, Program Technician
programtech@thesceg.org

Debbie Glincher, Activities Director
activities@thesceg.org



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

Phone Numbers

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

Website

www.thesceg.org

SCEG PARTNERS



Why is the Center Moving? - Continued

The first plan was to find a way to stay in our current location. After careful research it was discovered that we could not add another floor to the building because the original building was not built to accommodate that concept. Next we discovered that we could not add to the building on the North side, because of the Heritage Oak trees, or the South side due to the limited parking spaces (66) in all, we could not build out the back patio area, due to limited space, nor could we take any space from Beeman Park.

Therefore we needed to consider finding another location. Seems simple, but not so. After research, we discovered that there was not a building in Elk Grove that would have lent itself to be renovated with the funds available. A feasibility study was done to determine what location would accommodate the greater number of seniors in Elk Grove both now and in the future. That location was and is where we are relocating to on the West side of Elk Grove, 8230 Civic Center Dr. Elk Grove, 95757, same telephone number (916) 685-3160.

Plans were discussed between the City of Elk Grove and the Senior Center to build a 27,000 square foot building for the Center alone. That too was found to be impossible considering what building costs are today. The next step was an offer from the City of Elk Grove for the Senior Center to be included in a building that was to house the Community Center. Then we began to work with the City and its architects to accomplish the goal of a multiuse building. At that time it was agreed that the Senior Center's \$3,000,000 would be transferred to the City of Elk Grove towards the costs of our portion of the building. The completed building will now house the Community Center, Senior Center and Veteran's Hall.

We hope this article helps everyone understand that moving the Senior Center's location was done with great thought and consideration as to how to best serve the senior community both now and in the future.

Sincerely, Pat Beal, Executive Director

When it Rains it Pours

Here's a small update on our current building.

As many of you know, we had to close the Center on Wednesday, July 24th due to a water leak and the water had to be shut down to the entire building. A local remediation company came into the building with special equipment made to extract moisture from walls and spaces to ensure no mildew or mold spores can grow in exactly these circumstances. Please be rest assured that the leak has been fixed and the building is safe for all.



Next the water fountain in the Dining Room would not shut off. This is in the process of being fixed. For the time being, please remember to bring water with you to exercise class.

To top everything off, our voicemail system has stopped working. Unfortunately, until we move to the new Center, it will remain out of order.

We are very happy we have a brand new building to go to soon!

Your New Senior Center

We have launched an additional website

YourNewSeniorCenter.com

to help our members and the public stay up to date on news, information and pictures regarding the new Senior Center of Elk Grove building.

At the time of this publishing, we do not know the date the building will be completed. Given that, we don't have a moving or opening date for the Center. We will continue to have programs and classes as long as possible until we move.

We are very excited to share the journey to the new Senior Center with our members. The best is yet to come.

Line Dancing Line Dancing

We are excited to bring you **Line Dancing!**

Put on your dancing boots and join us for
Line Dancing Thursdays, beginning
August 15, 2019 at 3:30 pm.

Great music, Great fun, Great exercise!
Partners not required. First class free.
Classes thereafter will be \$2 per person

Genealogy Update

The Genealogy Guide, Karen Nahoun, will be taking a summer holiday. Until she returns, Genealogy participants will continue to have access to the Computer Room on Tuesday afternoons from 2:00 pm to 4:00 pm to continue their research.



Have You Tried Our New Classes?

The Senior Center strives to bring fitness and a healthy lifestyle to everyone. Have you tried the new classes?

- ◆ Core & Strength - Mondays at 1:00 pm
- ◆ Chair Yoga - Tuesdays at 2:15 pm
- ◆ Cardio Drumming - Fridays at 8:30 am
- ◆ Line Dancing - Thursdays at 3:30 pm (beginning 8/15/19)

Lifetime Membership Recipients

The Board of Directors of the Senior Center of Elk Grove have voted to honor **Charlotte Gillett and Charlette Parino with Lifetime Memberships to the Senior Center.**



Charlotte Gillett has been the volunteer Friday and Special Bingo for many years. She has also contributed thousands of cookies, cakes and treats to the yearly Holiday Gift Faire. Remember those really good items you bought at the bake shop area of the Gift Faire? Chances are, Charlotte Gillett made it.

Volunteer **Charlette Parino** spent almost two decades planning travel excursions and fun outings for our members. Her tireless and sometimes thankless dedication has contributed to the Senior Center in an enormous way.

Thank you Charlotte, Charlette and all of our other outstanding volunteers for their time, caring and immeasurable talents.



Aurora Miranda

Please remember her family

Fit is Fun

| | | | |
|--|-----------|-------------|--------------------|
| Aerobics | Monday | 8:30 AM | \$2 Fee |
| Debbie Glincher | Tuesday | 8:30 AM | |
| Dining Room | Thursday | 8:30 AM | |
| Balance Matters Fitness | Tuesday | 9:30 AM | \$2 Fee |
| Debbie Glincher | Thursday | 9:30 AM | |
| Dining Room | | | |
| Blood Pressure Check | Friday | 10:30 AM to | No Fee |
| Library | | 11:30 AM | |
| Cardio Drumming NEW! | Friday | 8:30 AM | \$2 Fee |
| Debbie Glincher | | | |
| Dining Room | | | |
| Chair Exercise | Monday | 10:00 AM | \$1 Fee |
| Video | Wednesday | 10:00 AM | |
| Dining Room | Friday | 10:00 AM | |
| Chair Yoga NEW! | Tuesday | 2:15 PM | \$2 Fee |
| Vicki Estrada | | | |
| Dining Room | | | |
| Core & Strength NEW! | Monday | 1:00 PM | \$2 Fee |
| Michelle Ernster | | | |
| Dining Room | | | |
| Gentle Yoga | Tuesday | 1:00 PM | \$2 Fee |
| Marie Brown | Thursday | 1:00 PM | |
| Dining Room | | | |
| Hatha Yoga | Monday | 2:15 PM | \$5 Fee |
| Vicki Estrada | Thursday | 2:15 PM | |
| Dining Room | | | |
| Line Dancing NEW! | Thursday | 3:30 PM | \$2 Fee |
| Thelma Dillon | | | |
| Beginning Thursday 8/15 | | | 8/15 class is free |
| Dining Room | | | |
| Tai-Chi | Monday | 8:00 AM | \$5 Fee |
| Frank Gaviola | Wednesday | 10:00 AM | |
| Library | | | |
| Zumba Gold | Wednesday | 8:30 AM | \$5 Fee |
| Linda Taylor | | | |
| Dining Room | | | |

Creativity at it's Best

| | | | |
|---------------------------|-----------|----------|---------|
| Card Making | Wednesday | 1:00 PM | \$1 Fee |
| Dining Room | | | |
| Knit & Crochet | Tuesday | 10:00 AM | No Fee |
| Classroom | | | |
| Painting Group | Thursday | 9:00 AM | \$1 Fee |
| Creative Arts Room | | | |

Engage Your Brain

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

Monthly Meetings & Support Groups

| | |
|--|----------------------------|
| Craft of Writing | Postponed until after move |
| Creative Arts Room | |
| Book Group | Postponed until after move |
| Classroom | |
| Social Singles | Postponed until after move |
| Creative Arts Room | |
| Alzheimer's Caregiver Support Group | Postponed until after move |
| Creative Arts Room | |
| Neuropathy Support Group | Postponed until after move |
| Creative Arts Room | |
| Parkinson's Support of Elk Grove | Postponed until after move |
| Creative Arts Room | |

Getting to Know Your Staff

Christine Cuddy, Assistant Director

Christine Cuddy joined the Senior Center staff in 2015 as its Assistant Director. She is well known throughout the building for her loud laugh.

Originally from Bay Area, Christine began working in the Title and Escrow field shortly after graduation and spent 25 years as an Escrow Officer of residential, commercial, refinance and exchange real estate transactions. She formed, staffed and headed the Refinance Division for a large title and escrow company in the North Bay. Christine moved to Elk Grove with her sons to make some life changes. Prior to the Senior Center, Christine worked with a local CPA managing seven offices around the state, developing marketing strategies, A/P and A/R.

As a volunteer, in 1999, Christine began working with the (now) Avon Breast Cancer 3 Day events as Division Leader, Crew Manager and Crew Captain in 15 walk events along the West Coast. Her duties were to recruit, train, prepare and oversee up to 500 volunteer crew members before events and manage each road team during the events. She has also participated in and/or helped plan other fundraising programs for cancer and autism events.

When Christine isn't at the Senior Center, she hangs around at home, designs and maintains the Center's two websites - thesceg.org and yournewseniorcenter.com, enjoys a newfound passion of drawing house plans and spends as much time as she can with her sons Mike, 27 and Joe, 25.

"I am very excited to be a part of the Senior Center of Elk Grove. I love the seniors, their enthusiasm and zest for life. It's an honor and a joy to spend time around our members." - Christine

Getting to Know Your Staff

Debbie Glincher, Activities Director

Debbie Glincher has been involved with the Senior Center for over three years. Debbie originally joined as an aerobics instructor and now serves as the Activities Director, as well as instructing six weekly classes, including: Aerobics, Balance Matters, and Drumming.

Debbie joined the Senior Center team with over 20 years of experience in the Health & Fitness industry. Prior to working in fitness, Debbie enjoyed a rewarding and fulfilling career in the education sector, where she served in various teaching and administrative roles.

Her versatile background allowed Debbie to put her teaching career on hold and go back to school to continue her education to become a Personal Trainer. She had the opportunity to work with several accredited programs while working in the industry, including Stanford University's program "Living Strong, Living Well." Debbie's educational focus was in Senior Fitness and Special Populations. Special Populations includes individuals experiencing medical struggles, including Parkinson's Disease, cancer diagnosis, pre- and post-surgical procedures, and knee, hip, and other joint replacements.

Debbie is a seasoned entrepreneur. Throughout her career she has owned and operated three small businesses in her industries of passion: Debbie's Day Care, a Medela Breast Pump Rental Company, and Debbie G's Fitness.

Debbie spends her leisure time reading, quilting, and running - she tries to get a few miles in each day. When she's not working to improve the health of her community, she enjoys spending time with her husband, children, and grandkids.

Getting to Know Your Staff

The current Staff of the Senior Center of Elk Grove have diverse and interesting career histories. Each member brings something different - and vital - to the Center.

Patricia Beal, Executive Director

Executive Director Patricia (Pat) Beal came to the Senior Center in 2000 to Volunteer in the Dial A Ride Program where she worked with her husband Chuck who was the Transportation Coordinator for Dial A Ride. She also assisted in the development of new programs and partnerships for the Senior Center. Pat then served on the Senior Center's Board of Directors as Treasurer and then Board President for 3 years. Pat became the Executive Director of the Senior Center of Elk Grove in 2011.

Pat states that it is both a privilege and a pleasure to be at the Senior Center and work with folks in the senior community. She believes aging is a privilege, and that it's important to be part of a community that strives to provide a welcoming atmosphere by offering health oriented classes that are as engaging as they are fun in an environment that is both welcoming and happy. "Aging can be fun and interesting, but should not be experienced alone."

Prior to coming to the Senior Center, Pat worked at the State Treasurer's Office for over 28 years where she was a Securities Trader for the Pooled Money Investment Account and the Administrator of the Local Agency Investment Fund from its inception in 1977 until her retirement in 2000. Pat took the program from its inception to over \$25 billion dollars and 3,500 participants.

Pat instituted features that assisted local governments in structuring their investment practices and policies. She created the "Answer Book" for the State Treasurer's Office which spoke to the needs of those agencies participating in the LAIF and was used as a guide to smart investment practices for local governments responsible for the initialization of computers for the Investment Division.

Getting to Know Your Staff

Patricia Beal, Executive Director - Continued

Pat was oversight Manager of the Investment Division's Seismic Retrofit of the Jesse Unruh Building which housed the State Treasurer's Office. Strategic Planning Oversight Manager for the State Treasurer's Office including all emergency plans for the PMIA and the LAIF.

She also worked as a consultant to Local Governments, Cities, Counties and Special Districts in the areas of Investments, Personnel and Legislation.

Pat served on the State of California Debt and Investment Advisory Commission's (CDIAC) Investment Technical Advisory Committee and was Liaison to both Local and State Governments for 7 State Treasurers.

To put her creativity to work, Pat owned and operated three businesses with her husband, Chuck. A landscaping business, B & B Landscaping, Golden West Bait Farms where she and her husband grew red worms which they shipped all over the country. She then opened a wholesale plant business where they made plants available to state and local governments for their buildings.

When Pat is not playing with her 2 Great Granddaughters she is enjoying the music of her talented son Martin, who sings and performs in many venues both in and out of town or she is with her lovely daughter Renee, who also loves to create, exploring new gift ideas for the Senior Center's many fund raising efforts. Pat also enjoys genealogy research, singing, dancing (great way to exercise), bike riding, knitting and finding new ways to solve problems with creativity.

*Did You Know ...
Of their 252 combined lifetime years your staff has
193 years business experience.*

Getting to Know Your Staff

Renee Hodgkin, Program Technician

Renee Hodgkin joined the Senior Center as a volunteer at the Center's Front Desk more than 8 years ago and went on to become a true "Girl Friday" doing whatever was needed whenever called upon. Her volunteerism led her to be the weekly "shopper" for the Le Café and the Salad Bar. Renee has also been the Chef for the Annual Butterfly Tea for 3 years, helping purchase, donate and preparing the lovely meal enjoyed by all of the 100 people in attendance.

Before Renee moved to Sacramento she enjoyed working for a company in Los Angeles where she "shopped" the clerks in major Department Stores in and around Los Angeles for honesty and courtesy.

After college in Sacramento, Renee and her husband co-managed a major restaurant for several years. She left the restaurant to work for a Mortgage Company in the Insurance Department assembling and validating insurance documentation for refinance and new home purchases.

After her two children began school Renee volunteered at each school until the year after they graduated from High School. She then began Managing a Pottery Studio in Elk Grove where she helped children and adults enjoy the art of "creating" works of art that they could either give as gifts or enjoy themselves.

Renee spends what leisure time she has with her two beautiful granddaughters and her family. She loves to create and has for many years created and donated some beautiful works of art to the annual Holiday Gift Faire.

Renee believes in helping people and gives freely of her time to anyone in need.

Meetings and Support Groups

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 Fee.

The following groups will not be meeting at the Senior Center during the months of August and September, 2019. We look forward to seeing them again soon. Please continue to monitor the newsletter and YourNewSeniorCenter.com for updated meeting information.

Alzheimer's Association Caregiver Support Group

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. No fee.

Neuropathy Support Group

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

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. No fee.

Book Group

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.

Social Singles

Group meets on the 1st Wednesday of the month. Come join other seniors for weekly dining out, picnics and lively meetings. Social Singles is for any senior who would like to be part of a group on outings. \$1 Fee.

The Craft of Writing

Group meets on the 3rd Wednesday of the month. Each month's class will cover a different aspect of writing such as overview, character, point of view, etc. \$5 fee



Thursday, August 29, 2019
 Sparks Nevada
 \$45 Members
 \$55 Non-members



Saturday, October 12, 2019
 \$45 Members \$55 Non-Members

Bonus \$10 cash coupon
 \$5 food

The annual Columbus Day weekend festival is a fun time for everyone. Food vendors, entertainment and crafts booths line the streets.

Casino Trips



Wednesday
 August 7, 2019
 \$35 Members
 \$45 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



America's Music Cities
 November 3 - 10, 2019



Discover Panama
 January 23 - 31, 2020



Spotlight on Tuscany
 March 5 - 13, 2020



Discover Washington, D.C.
 April 9 - 14, 2020

New Trips / Collette Vacations



Discover South Dakota
 June 19 - 25, 2020



La Belle Seine
 June 23 - July 1, 2020



**Canadian Rockies
 & Glacier National Park**
 July 28 - August 3, 2020



The Azores
 August 14 - 23, 2020