

The Next Board of Directors Meeting will be Monday, July 8, 2019 at 3:15 PM Meetings are open to the public.

Board of Directors

Linda Gunn President
Dale Chilcoat 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 Albani 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



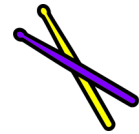
Get ready ...
We're moooving soon!

Non-Profit
U.S. Postage
Permit 25
Elk Grove, CA
95624

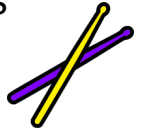
Step back into life at the July 2019
Senior Center of Elk Grove
a self-funded 501(c)3 non-profit organization

Drum Roll Please!

The Senior Center is **VERY** excited to present TWO new exercise classes



DRUMMING



Playing music during exercise is a great motivator. Making music **PART** of the exercise is so much better! Drumming along with lively music using exercise techniques makes for a truly enjoyable, spirited and unique experience!

Debbie Glincher will be leading this fun weekly program beginning **Friday, July 19, 2019 at 8:30 am.**



CHAIR YOGA



This calming yoga is perfect for those who would like to participate in a yoga class but cannot or do not want to have to change positions from floor to standing. Chair Yoga is wonderful for anyone who wishes to soothe mind and body with gentle movements, quiet breathing and light stretching.

Instructor Vicki Estrada will lead this weekly class beginning **Tuesday, July 16, 2019 at 2:15 pm.**

The first Chair Yoga class on July 16 and first Drumming class on July 19th will be free to all participants. Thereafter the classes will be \$2 per person.

* NEW EXERCISE CLASS *

We are so excited to introduce our new **"Core and Strength"** class. Improve your posture and build core muscle through a variety of exercises designed to strengthen your abdomen and back muscles while increasing your flexibility and strength. This 1 hour full body workout requires the ability to get up and down from your exercise mat on the floor.

Monday Afternoons at 1:00 PM

Salad Bar



**Summer + Salad =
YUM**

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

NOTICE TO ALL MEMBERS

Membership Fee Change

The Center's Board of Director's has voted to raise the membership fee to \$30 per person per year beginning July 1, 2019.

As with any business, over time, costs rise including power, heating/cooling and all of the consumables purchased for the Center.

The Election Results Are In



Thank you to all the members who voted in this years' Board election. The turnout was impressive.

Please welcome our newest Board members:

Linda Bradley - Jon Colton - Rita Rubin

The Senior Center of Elk Grove's 2019/2020 Board of Directors

Linda Gunn	President
Dale Chilcoat	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 Representative
Gil Albiani	Cosumnes Community Services District Representative

Meetings and Support Groups

****See page 11 for important information regarding Aug. and Sept. meetings**

Alzheimer's Association Caregiver Support Group **

Wednesday, July 10, 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. No fee.

Neuropathy Support Group **

Tuesday, July 9, 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, July 17, 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. No fee.

Book Group **

Wednesday, July 10, 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 Fee.

Social Singles **

Wednesday, July 3, 2019, 10:00 AM - 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.

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 CRAFT of WRITING

This month's workshop will be held Wednesday, July 17, 2019 from 1:00 PM to 3:00 PM. Published authors Loy Holder and Penny Clark (P.L. Clark) are offering a workshop for new and experienced writers.

Each month, the instructors will cover a different aspect of writing such as Overview, Character, Point of View, Conflict and other facets of good writing characteristics.

This is a wonderful opportunity to learn invaluable information for anyone interested in writing.

**The cost for each monthly workshop
will only be \$5.**

**** Please see below for important information**



**** Program Changes in August and September**

With the new Center target move date of September, 2019, we will be making **temporary** changes to several programs **in late summer**; Parkinson's Support Group, Social Singles, Neuropathy, Book Group, Alzheimer's Support Group and the Craft of Writing will be unable to meet during the months of August and September, 2019.

In Memory

Joan Beitzel - Ralph Squire

Please remember their families

Fit is Fun

Aerobics	Monday	8:30 AM	\$2 Fee
Dining Room	Tuesday	8:30 AM	
	Thursday	8:30 AM	
Balance Matters Fitness	Tuesday	9:30 AM	\$2 Fee
Dining Room	Thursday	9:30 AM	
Blood Pressure Check	Friday	10:30 AM to	No Fee
Library		11:30 AM	
Chair Exercise	Monday	10:00 AM	\$1 Fee
Dining Room	Wednesday	10:00 AM	
	Friday	10:00 AM	
Chair Yoga NEW!	Tuesday	2:15 PM	\$2 Fee
Beginning Tuesday 7/16			7/16 class is free
Core & Strength	Monday	1:00 PM	\$2 Fee
Dining Room			
Drumming NEW!	Friday	8:30 AM	\$2 Fee
Beginning Friday 7/19			7/19 class is free
Dining Room			
Gentle Yoga	Tuesday	1:00 PM	\$2 Fee
Dining Room	Thursday	1:00 PM	
Hatha Yoga	Monday	2:15 PM	\$5 Fee
Dining Room	Thursday	2:15 PM	
Tai-Chi	Monday	8:00 AM	\$5 Fee
Creative Arts Room	Wednesday	10:00 AM	
Zumba Gold	Wednesday	8:30 AM	\$5 Fee
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			

Creativity at it's Best

Card Making	Wednesday	1:00 PM	\$1 Fee
Dining Room			
Crafters	Friday	All Day	No Fee
Classroom			
Knit & Crochet	Tuesday	10:00 AM	No Fee
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	Tuesday	2:00 PM	\$2 Fee
Computer Room			
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

Craft of Writing	3rd Wednesday of the month	1:00 PM	\$5 Fee
Creative Arts Room			
Book Group	2nd Wednesday of the month	9:30 AM	\$1 Fee
Classroom			
Social Singles	1st Wednesday of the month	10:00 AM	\$1 Fee
Creative Arts Room			



ANYONE'S GUESS CONTEST

It's official! We're moving to the New Center September-ish (the exact words we were told). Whether that means September or October is anyone's guess. And ANY member could win a prize for guessing the correct date! To enter, Members can just fill out a quick prize entry form at the Senior Center Front Desk.

ANYONE'S GUESS prizes will be a ONE YEAR free membership to the Senior Center and a \$20 gift card to SaveMart.

The winner will be chosen from the person(s) who guess the closest to the date - without going over - of our first public program/class at the new Center. In the event of a tie, the names of the members who answered correctly will be placed in a container and a name will be chosen at random.

Join us for a little fun while we prepare for the relocation of the Senior Center.

Book and Craft Donations

In anticipation of the move to the new Center, we will not be accepting donations of books and craft items. Once the move is complete, please check with the Front Desk to ask about donations status.



Thursday, August 29, 2019
Sparks Nevada

\$45 Members - \$55 Non-members

Casino Trips



Tuesday
July 9, 2019
\$30 Members
\$35 Non-Members



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



San Antonio Holiday
December 5 - 9, 2019 (Sold out)



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

