

Step back into life at the June 2019
Senior Center of Elk Grove

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



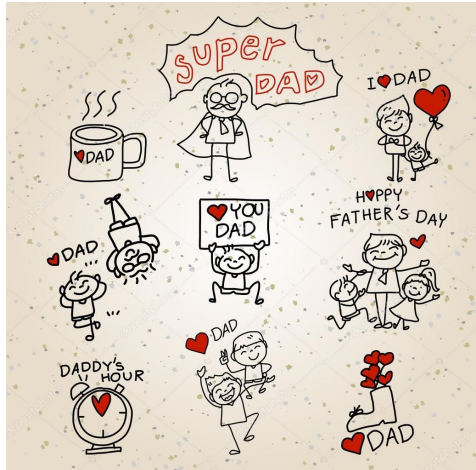
Saturday, July 13, 2019

Doors open at 11:30
 Bingo starts at 12:00

Tickets on sale **Monday, June 10, 2019** at the Senior Center Front Desk.

Tickets are \$15 for Members and \$20 for Non-Members. Cash and special prizes, raffles, cookies and punch complete this afternoon of fun, fun and more fun!

Bingo players - purchase an adult Pancake Breakfast at the July 13 pancake breakfast and receive an additional raffle ticket.



Happy Fathers Day

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



Get ready ...
 We're moooving soon!



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.thescceg.org

SCEG PARTNERS



The Next Board of Directors Meeting will be Monday, June 10, 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
- Gil Albiani CCSD

Staff

- Patricia Beal, Executive Director
executivedirector@thescceg.org
- Christine Cuddy, Assistant Director
assistantdirector@thescceg.org
- Renee Hodgkin, Program Technician
programtech@thescceg.org
- Debbie Glincher, Activities Director
activities@thescceg.org

* 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's beginning June 3rd at 1:00 PM

Pancake Day!

Saturday, June 8, 2019
8:00 AM to 10:00 AM

We officially declare the 2nd Saturday of the month "Pancake Day" here at the Senior Center of Elk Grove!

Old-fashioned, fluffy, delightful pancakes, scrambled eggs, sausage, bacon, fruit and coffee. All that food for only \$6/adults and \$3/children!

Everyone is welcome!



Pancake Breakfast is a fundraiser for the Senior Center of Elk Grove, a non-profit organization.

THANK YOU!

With your help
the Senior Center of Elk Grove

raised \$32,314.80

on Big Day of Giving

We could not have accomplished this fabulous outcome without everyone's support

NEW Workshop - The CRAFT of WRITING

This month's workshop will be held Wednesday, June 19, 2019 from 1:00 PM to 3:00 PM. Each month, published authors Loy Holder and Penny Clark (P.L. Clark) are offering a workshop for new and experienced writers alike.

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 page 15 for important information**



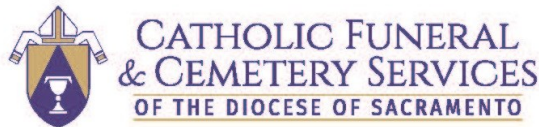
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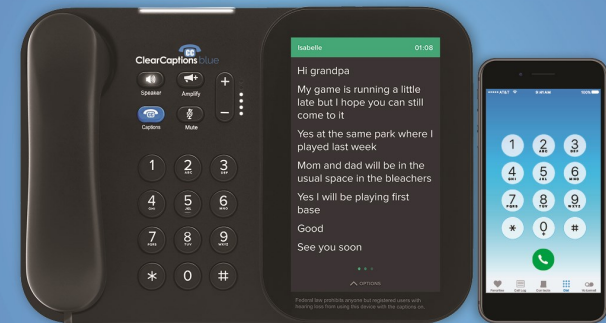
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Ability Center of Sacramento

6550 Freeport Blvd,
Sacramento, CA 95822

(916) 392-1196

Welcome Debbie Glincher, Activities Director

Please welcome Debbie Glincher to the Senior Center staff.

As many of you know, Debbie, a certified SilverSneakers instructor and a certified Fitness Trainer, has been the Aerobics and Balance Matters instructor at the Center for 3 years.

As a retired school teacher, Debbie brings excellent skill sets to the Center. She will continue to teach fitness classes at the Center as an Independent Contractor.

As the new Activities Director, Debbie is responsible for programming and supervision of programs at the Center that meet the recreational, human and socialization needs of the Senior Center members and adults in the community.



Join us for a fresh, delicious salad, every Tuesday and Wednesday - **11:00 AM to 12:15 PM** at the Senior Center of Elk Grove Salad Bar. Fresh lettuce, tomatoes, assorted vegetables, cheese, olives, croutons plus your choice of dressing is a fabulous good for you lunch. In-House salads are only \$3.50 and Take-Out salads are only \$4.00

In Memory

Please remember their families

Sherry Caselli - Lavola Cushshon
Cora Davis - Thomas Leonard - Jim Parino



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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	
Core & Strength	Monday	1:00 PM	\$2 Fee
Dining Room			NEW!
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			

NEW and COMING SOON

Try **Core & Strength** class at 1pm on Mondays.

Get ready for an exercise class featuring **Drumming!** 10

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
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	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

NEW 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			



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For More Information
Please call and speak with...



Diane Gordon



Stephen Ruch



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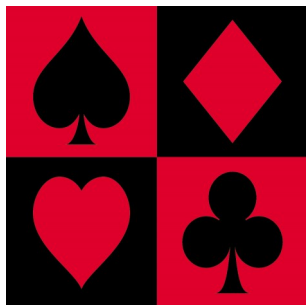
COMING SOON!

916 689-1000

www.LandingatElkGrove.com

Bridge Lessons Separate Classes for Beginners and Intermediate Players

<p>BEGINNERS 5 Week Program Begins Wed., June 12, 2019 through Wed., July 10, 2019 at 1:00 PM Each session is \$2</p>	<p>This 5 week class is for players with little or no knowledge of Bridge or if you have never played cards before.</p> <p>Class is limited to 12 attendees. Visit the Senior Center Front Desk or call the Center to sign up.</p>
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<p>INTERMEDIATE 4 Week Program* Begins Thurs., June 13, 2019 through Thursday, July 11, 2019 at 1:00 PM Each session is \$2</p>	<p>This 4 week class is for players with an advanced understanding of Bridge.</p> <p>Class is limited to 18 attendees. Visit the Senior Center Front Desk or call the Center to sign up.</p>
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* No class on July 4th.

“Bridge is such a sensational game that I wouldn’t mind being in jail if I had three cellmates who were decent players and who were willing to keep the game going 24 hours a day.” Warren Buffett

Meetings and Support Groups

**** See page 15 for important information regarding September’s meetings**

Alzheimer’s Association Caregiver Support Group **

Wednesday, June 12, 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, June 11, 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, June 19, 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, June 12, 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, June 5, 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 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.

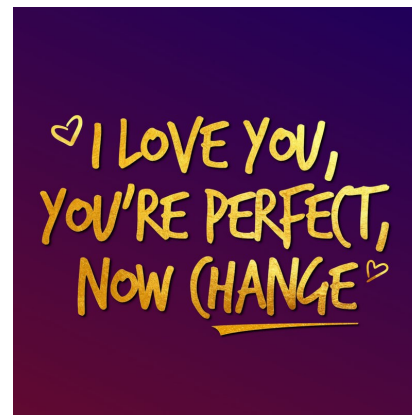
Winchester Mystery House

Wednesday,
June 26, 2019

Member \$128
Non-member \$138



The Winchester Mystery House is an extravagant maze of Victorian craftsmanship - marvelous, beautiful, baffling and eerily eccentric. Take a guided tour through its rooms and look for the bizarre phenomena that gave the mansion its name. No one has been able to explain the mysteries that exist within the mansion or why Sarah Winchester kept carpenters' hammers pounding 24 hours a day for 38 years. Lunch before tour will be a gourmet box lunch on the beautiful patio with a courtyard setting.



I love you,
You're perfect.
Now Change

Wednesday,
July 10, 2019
Member \$122
Non-member \$132

Take your seat at Sierra Repertory's East Sonora Theatre for this celebration of the mating game which takes on the truths and myths behind that contemporary conundrum known as 'the relationship'. This hilarious revue pays tribute to those who have fallen on their face at the portal of romance, to those who have dared to ask, 'Say, what are you doing Saturday night? I Love You ... has been regarded as a contemporary classic since its initial off-Broadway run, and is now funnier than ever! Enjoy lunch before the show at the always delicious Willow Steakhouse in Jamestown.

Casino Trips



Thursday
June 13, 2019
\$25 Members
\$35 Non-Members



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

Angel Island - Wednesday, July 24, 2019



\$118 Members
\$128 Non-Members

Angel Island is a wonderful natural resource, rich in California history. Take the short ferry ride from Tiburon and journey into the island's historical and cultural past. During the Civil War, the island was fortified to defend San Francisco Bay from confederate forces. In the 19th century, new arrivals to the U.S. entering the San Francisco were housed and processed in quarters located at the Pacific Mail Steamship Company docks on the waterfront. After the quarters proved inadequate and unsanitary, a study, authorized in 1904, recommended building a new immigration station on the isolated and nearby Angel Island, now known as the Ellis Island of the West.



Extended Trips / Collette Vacations

Canyon Country - September 13 - 20, 2019



Colors of New England - October 11 - 18, 2019



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



San Antonio Holiday - December 5 - 9, 2019



Panama - January 23 - 31, 2020



Tuscany - March 5 - 13, 2020



Washington DC - April 9 - 14, 2020



Join us for the newest news about exciting Travel Destinations!

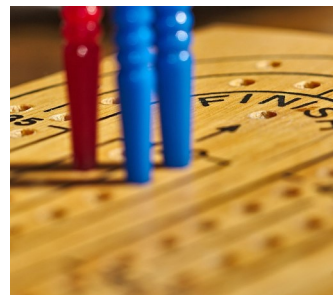


Senior Center of Elk Grove Travel Faire

Saturday
June 15, 2019
10:00 AM
to
12:00 PM

Cribbage Anyone?

We have heard from several individuals that Cribbage would be something they would like to play but cannot play alone. If you are interested in getting a Cribbage group together, please contact Assistant Director Christine at the Senior Center Front Desk.



Program Changes in August & September

With the new Center target completion date of July 22, 2019, and our subsequent move, 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.