

# Senior Center of Elk Grove



Your Everything Center

March 2020

You are invited to the incomparable

# Butterfly Tea

Enjoy delicious tea, a delightful luncheon and lovely entertainment in an elegant and beautiful setting with friends and loved ones. The Butterfly Tea is a one of a kind experience. Join us for the Event of the Season on Saturday, April 18, 2020 at 2.00 in the afternoon. Raffle immediately following dessert. See page 2 for ticket information.

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

Senior Center of Elk Grove



Your Everything Center

8230 Civic Center Dr.  
Suite 140  
Elk Grove, CA 95757  
M-F 8:00 AM - 4:00 PM

Phone Number  
916-685-3160

Website

[www.thescceg.org](http://www.thescceg.org)

SCEG PARTNERS



The Next Board of Directors Meeting will be Monday, March 9, 2020 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  
Sarah Bontrager City of Elk Grove  
Gil Albiani CCSD

### Staff

Patricia Beal, Executive Director  
[executivedirector@thescceg.org](mailto:executivedirector@thescceg.org)  
Christine Cuddy, Assistant Director  
[assistantdirector@thescceg.org](mailto:assistantdirector@thescceg.org)  
Renee Hodgkin, Program Technician  
[programtech@thescceg.org](mailto:programtech@thescceg.org)  
Debbie Glincher, Activities Director  
[activities@thescceg.org](mailto:activities@thescceg.org)

PRIVACY POLICY - The Senior Center of Elk Grove does not and will not sell, rent or give away our member's information, including names, addresses, email addresses or phone numbers.

# Butterfly Tea



Join us for our signature Butterfly Tea

Saturday, April 18, 2020 at 2:00 pm.

Butterfly Tea tickets on sale

March 16, 2020 through April 3, 2020.

Tickets are \$40.00 per person. Tables of 8 are \$320.00. Please have the names

of all attendees when purchasing tickets

Tickets may be purchased at the Senior Center

Front Desk where Cash, Check or

Credit Card is accepted.

You may order by telephone with a Credit Card.

Only 200 seats available.

All tables and seating is on a first come, first choice

basis. You will need to present your ticket upon

arrival. Doors open at 1:00 pm



## Line Dance for Beginners

Thursdays beginning March 5th at 2:00 pm

Can't dance? Who cares! Two left feet? Two feet is all you need! Learning to line dance is fun and easy.



Amusing, entertaining and energetic Jill will show you the joys of this truly pleasurable, no partner needed style of dance. \$3 fee

## Dominoes

Dominoes is a logic based multiplayer game we're very excited to introduce to the

Center on Thursday, March 5, 2020 at 10:00 am. Easy to learn and play, Dominoes is a great way to work on concentration and logic skills while having a terrific time with friends new and old alike. \$2 fee



## Mahjong

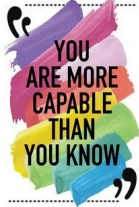

Mahjong, or Mah Jongg, is a very popular game that is fascinating, challenging and thought provoking. This game is played with tiles at tables, usually with 3 to 4 players. Mahjong is a game of skill, strategy and calculations but still with a degree of chance.


Come learn Mahjong, or play along with other members. Different Mahjong styles will be played.

**BEGINNING MONDAY, MARCH 2nd at 10:00 am \$3 fee**


**EXERCISE - Did you know, we have over 20 hours of exercise programs weekly at the Center? Be stronger than your excuses!**


**BELIEVE IN YOURSELF.**

<p><b>Aerobics</b>  <b>Instructor - Debbie Glincher</b></p> <p><b>M, T, TH 8:30 am</b>  <b>\$3 fee</b></p>	<p>Rev up your mornings with Activities Director and personal instructor Debbie Glincher. Every day is different and interesting. Light weights, toning bands and exercise balls are used to give you the workout your body and mind crave. Come on, work out early before your brain knows what you're doing!</p>
<p><b>Balance Matters</b>  <b>Instructor - Debbie Glincher</b></p> <p><b>T, TH 9:30 am</b>  <b>\$3 fee</b></p>	<p>Want a true workout but need to stay in your chair? Balance Matters is for you. Work your arms, legs and core muscles from your seat and feel the results in better balance, more stamina and tone muscles.</p> 
<p><b>Cardio Drumming</b>  <b>Instructor - Debbie Glincher</b></p> <p><b>F 8:30 am</b>  <b>\$3 fee</b></p>	<p>What do you get when you take a giant workout ball, put it on a platform and get a couple drumsticks in your hands? Cardio Drumming! Great music, lots of fun and lively movement make this unique exercise a huge favorite with our members. Standing or sitting, you've never had this much fun working out!</p>
<p><b>Chair Exercise</b>  <b>Award Winning Video Led</b></p> <p><b>M, W, F 10:00 am</b>  <b>\$3 fee</b></p>	<p>This easy, award winning video is perfect for those who have never, or haven't exercised in a while. Gentle movements, easy to follow instructions are perfect for almost all levels of ability. This popular program can be done from your chair, wheel chair or even standing. Light weights provided.</p>
<p><b>Core &amp; Strength</b>  <b>Instructor - Michelle Ernster</b></p> <p><b>M, W 1:00 pm</b>  <b>\$3 fee</b></p>	<p>Core and Strength is a wonderful program for those seeking a highly effective, yet a little less than full aerobic work out. This unique workout will strengthen your body, tone your muscles and bring back the stamina you used to have. Light weights, toning bands and exercise balls are used.</p>
<p><b>Gentle Yoga</b>  <b>Instructors - J. Hahn and C. Nierea</b></p> <p><b>W 11:30 am</b>  <b>\$3 fee</b></p>	<p>Gentle Yoga is a wonderful way to produce the benefits of yoga in a gentler form. Mind, body and spirit all play a role in how our bodies work. Gentle Yoga brings those elements together for a peaceful, healthy you.</p> 

<p><b>Learn to Line Dance</b>  <b>Instructor Jill Croft</b></p> <p><b>Th 2:00 pm</b>  <b>\$3 fee</b></p>	<p>Can't dance? Two left feet? Who cares! Learning to line dance is fun and easy. Let Instructor Jill Croft show you how its done. Amusing, entertaining and energetic Jill will show you the joys of this pleasurable dance style. Grab your dancing' shoes and join us for toe tappin' fun.</p>
<p><b>Line Dance</b>  <b>Instructor Jill Croft</b></p> <p><b>Th 3:00 pm</b>  <b>\$3 fee</b></p> 	<p>Let's dance! No partner is needed. Just bring your enthusiasm and love of great music. Dance like no one is watching, because they aren't. They're there to have fun just like you. No judgement, no critiquing, just pure enjoyment of movement to fantastic tunes from country and rock's greatest artists.</p>
<p><b>Stretch &amp; Relax</b>  <b>Instructor - Debbie Glincher</b></p> <p><b>T, Th 1:00 pm</b>  <b>\$3 fee</b></p>	<p>Stretching, working your muscles is the cornerstone of all movement. Work out and tone those all important muscles in Stretch &amp; Relax. Instructor Debbie Glincher will guide you through the correct techniques so your body reaps the most benefit from this twice weekly program.</p>
<p><b>Tai Chi</b>  <b>Instructor - Frank Gaviola</b></p> <p><b>M 8:00 am,</b>  <b>W 10:00 am</b>  <b>\$5 fee</b></p>	<p>Join Sensei Frank Gaviola for this popular, low impact exercise. After your first class, you'll understand why this program is praised by so many for its gentle movement and sense of peaceful spirit. Nourish your mind while strengthening you body. This spring, we will be introducing a third class in the early evening.</p>
<p><b>Zumba Gold</b>  <b>Instructor - Linda Taylor</b></p> <p><b>W 8:30 am</b>  <b>\$5 fee</b></p>	<p>Dance, dance, dance! Put your moves to the test in this sassy, high energy exercise. Music to get your heart pumping, moves to keep your feet flying and enough enjoyment to leave you smiling all day. Start your day with music, dance, a little sparkle and healthy fun!</p>
<p><b>COMING SOON!</b></p> <p><b>Zumba Chair</b>  <b>Instructor - Linda Taylor</b></p>	<p>Love sassy music but prefer it in your chair? Linda Taylor will get your heart pounding and put a spring in your movements with Zumba Chair coming to the Center on Wednesday afternoons. Starting in April. Be one of the first to try this new program. 1st class on April 1 will be free to members of the Center.</p>



<p><b>Bingo</b></p> <p>F 12:15 pm \$2 fee plus \$.50 Per Card, Limit 6 Cards</p>	<p>What is more satisfying than being the first to yell BINGO! Grab your friends and join us for an exciting afternoon of Bingo. Prize pots depends on amount of players. Three extra large Bingo screens in our new gorgeous Center gives everyone a perfect view. Young or young-at-heart, everyone loves BINGO!</p>
<p><b>Blood Pressure Check</b></p> <p>F 10:30 am to 11:30 am No fee</p>	<p>A registered nurse will check your blood pressure for free Friday mornings at the Center. Confidential and informative, a weekly check of your blood pressure is a fantastic way to keep in tune with your health and well-being. Please note, this is not a substitute for medical care, please see your doctor with concerns.</p>
<p><b>Book Group</b></p> <p>2nd W of the month 9:30 am \$2 fee</p> <p>Next meeting - Wed., Mar. 11</p>	<p>Not many things are better than holding a great book in your hands, the feel of the paper and the unique smell of the pages. Sharing that great book with other reading enthusiasts is simple joy. Join the monthly Book Group to discuss new titles and well loved classics. Book list available at the Front Desk.</p>
<p><b>Bridge</b></p> <p>M, F 12:30 pm \$3 fee</p>	<p>Card playing is a fantastic way to keep your brain sharp, which is especially important as we get older. Bridge is a classic card game, massively popular for over 90 years. Occasionally, Bridge lessons are given at the Center. Keep an eye on our newsletter for dates and times.</p>
<p><b>Bunco</b></p> <p>W 12:45 pm \$3 fee</p> 	<p>Bunco has a fun, storied past. Often the game of choice at speakeasys, police were often referred to as Bunco Busters. It's a fun, easy game of 3 dice and 100% luck. Lively chatter, lots of laughter and the occasional cow bell can be heard when the Bunco players are on a "roll."</p>
<p><b>Card Making</b></p> <p>Instructor - Connie DeGarmo W 1:00 pm \$2 fee (class) \$5 supplies fee (hostess)</p>	<p>Elegant cards, funny cards, birthday cards - nothing brightens up a day like a lovely card. Talented Instructor Connie DeGarmo supplies the samples, cut-outs, card stock and embellishments, you provide the glue, handy work and maybe a little bit of magic. \$5 supplies fee paid directly to instructor..</p>

<p><b>Craft of Writing</b></p> <p>Instructor - L. Holder, P. Clark 3rd W of the month 1:00 pm \$5 fee Next class - Wed., Mar 18</p>	<p>Much thought, planning and research goes into writing a true work of art. Published authors Loy Holder and P. Clark have developed this monthly class as a way for new and experienced writers to grow in their craft.</p>
<p><b>Dominoes</b></p> <p>Th 10:00 am \$2 fee</p>	<p>Dominoes is a logic based multiplayer game we're very excited to introduce to the Center. Easy to learn and play, Dominoes is a great way to work on concentration and logic skills while having a terrific time with friends new and old alike.</p>
<p><b>Genealogy Workshop - Advanced</b></p> <p>Instructor - Karen Nahoun</p> <p>T 2:00 pm \$3 fee</p>	<p>Join genealogy guru Karen Nahoun as you work through your family origins. Family trees are fascinating and your is most certainly no exception! A membership to Ancestry.com is suggested for record keeping and information gathering purposes.</p>
<p><b>Genealogy Workshop - One on One - By Appointment Only</b></p> <p>\$3 fee</p> 	<p>No idea where to start with your ancestry search? Genealogy Instructor Karen Nahoun is offering one on one - by appointment only - workshops with individuals looking to begin researching their family tree. Please see the Front Desk for a schedule.</p>
<p><b>Mahjong</b></p> <p>M 10:00 am \$3 fee</p>	<p>This fascinating, fun and challenging game is played with tiles at tables with 3 - 4 players. Mahjong is a game of skill, strategy and calculations but still with a degree of chance. Learn how to play Mahjong, or bring your knowledge and play other participants.</p>
<p><b>Men's Talk Group</b></p> <p>Facilitator - Wendall Sullivan</p> <p>T 10:00 am \$2 fee</p>	<p>The Men's Talk Group meets to discuss hobbies, life experiences, cars, local news and other interests. Guest speakers such as doctors, police chiefs, fire chiefs and other notable figures make occasional guest appearances. All backgrounds are welcome.</p>
<p><b>Open Artist Studio</b></p> <p>Th 9:30 am \$2 fee</p>	<p>Bring your favorite medium and join like minded artists on Thursday mornings for some fun, sharing and maybe a little showing off. Take some time to get to know other local artists and make some friends for life.</p>

# Our *happy* place

<b>Pinochle</b> <b>T, Th 11:30 am</b> <b>\$3 fee</b>	One of the country's most popular games. This game will inspire you to use your brain, wits and cleverness. The Pinochle group is always excited to have new players join their ranks.
<b>Scrabble</b> <b>Th 12:30 pm</b> <b>\$2 fee</b>	You know what's great for your whole well-being? Thinking, using your brain. Scrabble would be an excellent way to use those brain cells. You don't need to be a word master, the regular participants will happily teach you.
<b>Spanish Chat</b> <b>Facilitator - Edwin Selman</b> <b>M 9:30 am</b> <b>\$2 fee</b>	Spanish Chat is an all levels type of gathering of members interested in the Spanish language. Whether you're fluent, need a refresher, don't know a word of Spanish or in between, you're welcome!
<b>Social Seniors</b> <b>1st W of the month 11:00 am</b> <b>Next meeting is Wed., Mar 4</b> <b>\$2 fee</b>	Join other seniors in a weekly dinner or outing to popular restaurants and venues. Come to the monthly meetings to vote on your favorite places to visit. Meetings are approximately 1 hour.
<b>Writing Group</b> <b>Facilitator - Loy Holder</b> <b>M 12:30 pm</b> <b>\$2 fee</b>	Love to write? Participants showcase their short stories, articles, chapters and other works of art with other like minded writers. Friendly critiquing and words of encouragement are given freely.
<b>Alzheimer's Support Group</b> <b>Facilitator - Jackie McGrath</b> <b>2nd W of the month 10:00 am</b> <b>Next meeting is Wed, Mar. 11.</b> <b>No fee</b>	This support group is for caregivers dealing with a loved one, family, friend, or other person with Alzheimer's disease. The group is led by trained facilitators. We are sorry, the Center does not have the ability to care for your loved one with Alzheimer's during the meeting.
<b>Neuropathy Support Group</b> <b>Facilitator - Roger White</b> <b>2nd T of the month 1:00 pm</b> <b>Next meeting is Tues., Mar 10.</b> <b>No fee</b>	If you or someone you care about has neuropathy, participating in a support group offers ways to better understand and come to terms with your own situation. For more information, contact Facilitator Roger White at 916-686-4719.
<b>Parkinson's Support Group</b> <b>Facilitator - Myron Jansen</b> <b>3rd W of the month 10:00 am</b> <b>Next meeting is Wed., Mar. 18</b> <b>No fee</b>	Parkinson's Support Group of Elk Grove holds round table discussions, informative presentations, and often hosts guest speakers. All who are affected by Parkinson's: family, caregivers and loved ones are welcome to participate.

# join us

## Why the Senior Center of Elk Grove?

While "senior" is in our name, we are simply a vibrant community of adults who love to have fun, stay fit and keep socially engaged.

Our exercise instructors are outstanding and at the top of their fields. Licensed (where required), insured and experienced, the instructors truly understand how adult bodies may differ. They give positive, needed feedback and modify their programs to fit our members.

Our \$30 per person per year membership fee works out to be \$2.50 a month. You get the benefits of working with fantastic instructors without the super high costs.

As a self-funded 501(c)3 non-profit organization. We care about you.

Grow, glow and gain confidence knowing you're feeding your physical and mental well-being while keeping your fiscal well-being in tact.

We look forward to seeing you at the Center.

# Genealogy Seminar - Census Records

Interested in finding information about Uncle Henry or Aunt Maud? It can most likely be found in Census Records



Wednesday, March 4, 2020 - 2:00 pm to 3:00 pm

A guide to the Census and how to navigate the Census Records to enhance or begin your ancestral journey will be presented by Karen Nahoun, the Senior Center of Elk Grove's Genealogical Guide.

Join Karen and learn how to research your family's history by using the readily available Census Records. The clues you will find in the Census will enable you to continue or begin your research in new and varied ways.

Whether you are just beginning or searching for that last piece of the puzzle, this seminar can help you discover what the Census is all about and why it is important to your research.



No idea where to start with your ancestry search?

Genealogy Instructor Karen Nahoun is offering one on one - by appointment only - workshops with individuals looking to begin researching their family tree. Please see the Front Desk for a schedule.



- **March 12 - 20:** Households will begin receiving official Census Bureau mail with detailed information on how to respond to the 2020 Census online, by phone, or by mail.
- **March 30 - April 1:** The Census Bureau will count people who are experiencing homelessness over these three days. As part of this process, the Census Bureau counts people in shelters, at soup kitchens and mobile food vans, on the streets, and at non-sheltered, outdoor locations such as tent encampments.
- **April 1:** Census Day is observed nationwide. By this date, every home will receive an invitation to participate in the 2020 Census. Once the invitation arrives, you should respond for your home in one of three ways: online, by phone, or by mail. When you respond to the census, you'll tell the Census Bureau where you live as of April 1, 2020.
- **April:** Census takers will begin visiting college students who live on campus, people living in senior centers, and others who live among large groups of people. Census also begin conducting quality check interviews to help ensure an accurate count.
- **May - July:** Census takers will begin visiting homes that haven't responded to the 2020 Census to help make sure everyone is counted.
- **December:** The Census Bureau will deliver apportionment counts to the President and Congress as required by law.

## Senior Center Seeks Candidates for the Board of Directors



Are you interested in the future of the Senior Center?

The Senior Center of Elk Grove is seeking applicants for their Board of Directors. The term of office may be 1 or 2 fiscal years (beginning July 1 though June 30).

Board of Director Candidate Applications and Board Member Responsibilities are available at the Senior Center Front Desk as of March 2, 2020.


To be considered for a position on the Board, you must be a member in good standing of the Senior Center of Elk Grove in good standing as of March 31, 2020 and return a completed application to the Center's Front Desk by 4:00 PM on Tuesday, March 31, 2020 Applications may be delivered in person or mailed to Senior Center of Elk Grove  
8230 Civic Center Drive, Suite 140  
Elk Grove, CA 95757

May love be what we remember most

Linda Heston  
Aida de la Vega

Please keep their families in your thoughts

take note 

- Our programs strive to maintain a peaceful atmosphere. Some programs have a lot of movement that makes navigation difficult after class has begun. Therefore, **late attendees will not be allowed to enter programs after the doors have shut.** The Front Desk will stop selling cards to these classes 2 - 3 minutes before doors close. If the Do Not Disturb sign has been placed outside the class, please return to the Front Desk for a refund. 
- Out of respect for other members and the instructors, please turn your phone ringer to **silent** before entering your program.
- We are sad to announce that Hatha Yoga and Chair Yoga will no longer be offered at the Center. The good news is, we're working to bring you a new yoga experience as soon as possible.
- We ask for your patience while we navigate the best way to serve our members in this new space. We may change things, then change them back and we may fumble once in a while. But know, our utmost concern for your well-being is and always will be you, our members.
- Per our lease agreement with the City of Elk Grove, the "City Room" we use for certain programs in the other building will occasionally be unavailable. We are notified well in advance and have a "contingency" plan for when this change takes place.

# Coming Soon!

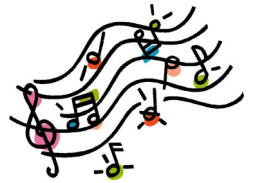
The Center has several things in the works for the next few months.

- Beginning early April, Zumba Instructor Linda Taylor will bring a new afternoon class to the Center - Chair Zumba. Enjoy heart thumping music wrapped around an intensely fun work out like Zumba but from your chair. Lift your spirits, feel energetic, be entertained! Coming soon!
- Beginning in April, a wonderful instructor has offered to teach one or more of the following games: Pinochle, Hearts, Hand & Foot, Cribbage, Backgammon and/or Spades. **What would you choose?** Let the Front Desk know!
- Big Day of Giving is coming up on May 8th, 2020. We are **SO PROUD** to be the highest earning non-profit in Elk Grove last year and it's all because of YOU, our members, families and friends. We're aiming even higher this year! Watch out! The penguins will be back soon.
- Welcome to **SPRING BINGO!** Saturday, May 16, 2020 join the Senior Center for this annual treat! Great fun, big pots, lots of prizes and free cookies and punch to boot! It's gonna be a hot May at the Center. Hop on over!

# Coming Soon!

The Center has several things in the works for the next few months.

- Senior Day in the Park will be held Wednesday, May 27, 2020. We're looking forward to a record number of vendors and guests. It may not be in a "park" as previous years, but it will be an excellent event for the senior community!
- We're very excited to have a "Music Room" for the Center. We imagine all manner of musically delightful offerings. **What we need is your input.** What are your interests? A choral group? Instrumental ensemble? Performances? Jazz, opera, rock ... the possibilities are endless and we can't wait to get our talented members involved. You just know we'll make beautiful music together!



## IMPORTANT NOTICE

When sending mail to the new Center, please be sure to include **"Suite 140."** The Post Office has told us they will return any mail that has no suite number.

The mailing address is:

8230 Civic Center Drive, Suite 140

Elk Grove, CA 95757

Same phone number - 916-685-3160