

The Next Board of Directors Meeting will be Monday, March 11, 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 Parrino 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@thesceg.org

Christine Cuddy, Assistant Director
assistantdirector@thesceg.org

Renee Hodgkin, Program Technician
programtech@thesceg.org

Lillian Gusters, Nutrition Site Coordinator



8830 Sharkey Avenue
Elk Grove, CA 95624
M-F 8:00 AM - 4:00 PM
Phone Numbers
Front Desk 1-916-685-3160
Kitchen 1-916-685-4804
Gadabouts 1-916-685-3160
Website www.thesceg.org

SCEG PARTNERS



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March 2019

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

The Senior Center of Elk Grove Presents



*The 10th
Annual
Butterfly
Tea*

Saturday, April 20, 2019 Doors open at 1:00 PM

*This year we will come full circle with the original
Butterfly Tea menu; a true English Afternoon Tea.*

*Steaming delicious tea will be paired with savory
finger sandwiches, scones, and other
mouthwatering finger foods.*

\$25 per person / \$200 per table

Available at the Front Desk beginning March 11th, 2019

Lion's Club Pancake Breakfast - Everyone is Welcome

A fundraiser for the Senior Center of Elk Grove

Saturday, March 9, 2019 8:00 AM - 10:00 AM

Craving a delicious, old fashioned breakfast? All are welcome at the Lion's Club Pancake Breakfast held **every 2nd Saturday of the month.**

The menu includes pancakes, sausage, bacon, eggs, juice, fruit and coffee. This hearty breakfast is \$6 for adults and \$3 for children under 12.



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.

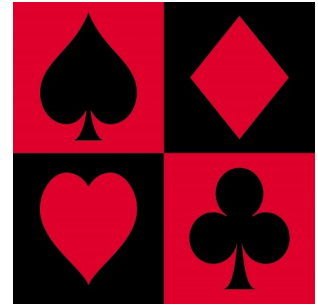
To be considered for a position on the Board, you must be a member in good standing of the Senior Center of Elk Grove in good standing as of March 30, 2019 and return a completed application to the Center's Front Desk by 4:00 PM on Friday, March 29, 2019. Applications may be delivered in person or mailed to Senior Center of Elk Grove 8830 Sharkey Ave., Elk Grove, CA 95624.

Bridge Lessons

5 Week Program

Beginning Wednesday, March 6, 2019 through Wednesday, April 3, 2019 at 1:00 PM.

Each session is \$2



Back by popular demand, this 5 week session of Bridge lessons will bring the intriguing game of Bridge to beginners and experienced players who would like a refresher in the basics of play.

Bridge at the Senior Center has been a twice a week staple for many years.

"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

"Many games provide fun, but bridge grips you. It exercises your mind. Your mind can rust, you know, but bridge prevents the rust from forming." Omar Sharif



Join us for a delicious salad each Tuesday and Wednesday from **11:00 AM to 12:15 PM** at our Salad Bar. Fresh lettuce, tomatoes, assorted vegetables, cheese, olives, croutons plus your choice of dressing is an outstanding lunch for everyone. In-House salads are only \$3.50 and Take-Out salads are only \$4.00.

Senior Center 101

Thank you to everyone who turned out for Senior Center 101 on January 30, 2019. It was wonderful to see so many in our community interested in the new Senior Center. Several questions were asked at the end of the presentation:

What will happen to the Meals on Wheels program? - The kitchen at the new Center does not meet the Meals on Wheels requirements. CSD Board President Gil Albiani has stated he would like the program to remain at the Sharkey Ave. building. Please contact Meals on Wheels at 916-444-9533 with questions regarding the new location of their program.

What will happen to the building on Sharkey Ave.? - According to CCSD Board President Gil Albiani, the building will be used for other non-profit organizations for fundraisers and other programs.

Will there be a café and will the seniors receive a discount? - The City is pursuing vendors other than the Senior Center to run the café. While Senior Center staff is on the committee to approve a new vendor, the ultimate decision will belong to the City. We have been assured our members will receive a discount in the new Café.

What will happen to fundraisers like the St. Patrick's Dinner, Butterfly Tea and Holiday Gift Faire? - Although the Senior Center does not have daily access to the kitchen, as part of our lease the City will allow 1 weekend event and 4 weekday evening events per year for fundraising. The kitchen may be used up to 5 more times a year to support Senior Center events. Should we require the use of the large hall for other events, we will work with the City to determine availability and pricing.

Will the Center close for the move? - We are expecting to close for about a week to move and set up at the new Center. Until that time, we are committed to cause as little disruption as we can to the Center and its members.

Although the Senior Center of Elk Grove will be leasing space in a City building, we will remain a stand-alone, self funded 501(c)3 non-profit organization independent of the City and CCSD. We still depend on donations and grants from our members and partners so we may continue to give 100% of ourselves to the Senior community.

[\(See page 11 for additional information\)](#)

TRAVEL FAIRE

Join us for the first Travel Faire of 2019.
Saturday, March 2, 2019 - 10:00 AM to 12:00 PM
Exciting new trips, fascinating cities and
so many memories to be made

See more trips on pages 8 and 9



Historic Fallon
House Theatre

Wednesday,
March 27, 2019

\$116.00 Members
\$126 Non-members

Take a dollop of "Grease", mix in some Pump Boys and Dinettes, and a generous dose of "Forever Plaid" and you've got the high octane fun of "Route 66." Beginning with the sounds of 1950's Chicago and traveling along the Main Street America to the California coast with the surf music of the 1960's, this exciting musical revue features 34 of the greatest 'Rock 'n' Road' hits of the 20th Century, including "King of the Road", "Little GTO", "Fun, Fun, Fun" and many more. Route 66 is a toe tapping, hand clapping, laugh out loud treat! Lunch before the performance is at Willow Steakhouse in Jamestown.



Thursday, March 14, 2019
\$35 Members
\$40 Non-Members

Casino Trips



Thursday
April 11, 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

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	
Gentle Yoga	Monday	1:00 PM	\$2 Fee
Dining Room	Tuesday	1:00 PM	
	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	10:00 AM
Creative Arts Room	of the month	No Fee
Neuropathy Support Group	2nd Tuesday	1:00 PM
Creative Arts Room	of the month	No Fee
Parkinson's Support of Elk Grove	3rd Wednesday	10:00 AM
Creative Arts Room	of the Month	No Fee

Featured This Month



St. Patrick's Dinner - March 16, 2019
Doors open at 4:30, Dinner at 5:30

Butterfly Tea Tickets go on sale at the Front Desk
Monday, March 11, 2019



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

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



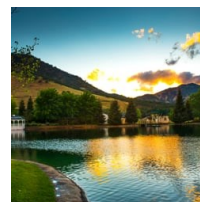
IRONSTONE Vineyards

Wednesday,
April 3, 2019

Member \$118.00
Non-Member \$128.00

Nestled against the Sierra Foothills, in the heart of California's scenic Gold

Country, Ironstone Vineyards blazes yellow and gold color in the Spring. The daffodils fill the hillsides with gorgeous color. Wines that dazzle the palate are the offerings of this delightful winery. Built in the style of a 19th century gold stamp mill, the facility and grounds are peppered throughout with antiques and artifacts from days gone by, including the artfully restored Alhambra Theatre Pipe Organ. Begin with a private docent tour, then wine sampling and canapes, lunch at the Culinary Center and browsing through the Heritage Museum and Jewelry Shoppe.



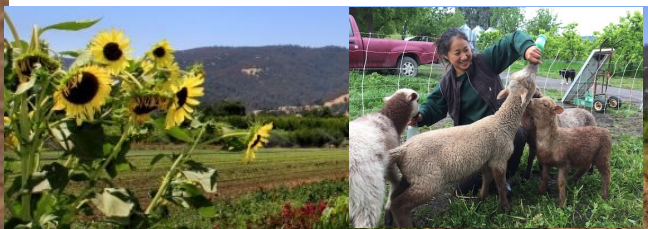
WONDER VALLEY

May 5 - 7, 2019

Wonder Valley Ranch Resort is a beautiful family owned and operated resorted nestled in the scenic Sierra foothills.

Your stay includes a horse-drawn carriage ride, fireside night with a singing cowboy and access to all of the ranch's activities, plus tours of the Fruit Trail, special meals and a scenic trip through the Sequoia and Kings National Parks

Two nights at Wonder Valley Resort
Chef's Choice Meals
Hosted Happy Hour Nightly
Guided Tour of Sequoia and Kings Canyon National Parks
Guided Tour of the Fruit Trail



Full Belly Farm

Tuesday, April 30, 2019

Full Belly Farm is an organic farm nestled in the Capay Valley, growing over 80 fruits and vegetables along with their bountiful flower program and happy livestock. The farm has a beautiful kitchen where chefs will make lunch using the bounty from the farm. Each meal is unique to what is best on the farm that week and couldn't be more fresh. Join us for a tour of the farm and learn about the many things they do at Full Belly followed by a lovely lunch. Visit their gift shop for fruits and preserves, baked goods, scented oils and much more. Afterward have a tour and olive oil tasting at Seka Hills Olive Mill in Brooks.



Members - \$630 dbl occ
Non-members \$640 dbl occ
Single Add \$90

Extended Trips / Collette Vacations

Discover Scotland - August 04 - 13, 2019

Canyon Country - September 13 - 20, 2019

Colors of New England - October 11 - 18, 2019

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

Spotlight on San Antonio Holiday - December 5 - 9, 2019

Discover Panama - January 23 - 31, 2020

Meetings and Support Groups

Alzheimer's Association Caregiver Support Group

Wednesday, March 13, 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, March 12, 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, March 20, 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, March 13, 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, March 6, 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

Other Services for Seniors

FREE Blood Pressure Checks

Friday, 10:30 AM to 11:30 PM - Free blood pressure checks are held at the Center every Friday by a Registered Nurse or CCSD Paramedic.

HICAP - Health Insurance Counseling and Advocacy Program

Contact HICAP at 916-376-8915 to make an appointment for Medicare questions and program information. No fee.

2-1-1 Sacramento

Dial 2-1-1 for free, 24-hour information on community, health and social services. 211 is a one-stop source of information for seniors looking for legal assistance, benefits help, community services and resources, including food, shelter, counseling, and more. Callers receive personalized information from a live specialist. 211 is confidential and available in more than 150 languages.

Additional information regarding the New Senior Center

The address of the new Center will be 8230 Civic Center Drive, Elk Grove, CA 95624 and feature:

- Over 400 parking spaces, including 70 handicap spaces
- Reception Area
- Dedicated entry and lounge area for the Senior Center
- 3 General use rooms
- 2 Creative arts rooms
- Music Room
- Men's, women's and assisted use restroom
- Staff and volunteer office spaces
- Use of 1/3 of the main Civic Center hall Monday - Thursday unless there is a paid event booked by the City
- New furniture
- More room to move for fitness classes and other programs

The Civic Center will also feature a Veteran's Hall, a rentable hall, café plus outdoor Bocce ball court, fire pits and public art.