

The Next Board of Directors Meeting will be Tues., November 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 PM

**Phone Numbers**

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

**Website**

www.thesceg.org  
yournewseniorcenter.com

**SCEG PARTNERS**



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U.S. Postage  
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Elk Grove, CA  
95624

# Senior Center of Elk Grove

November 2019  
a self-funded 501(c)3 non-profit organization



## New Year - New Building

The City has informed us the new Senior Center building will be habitable in early January, 2020.

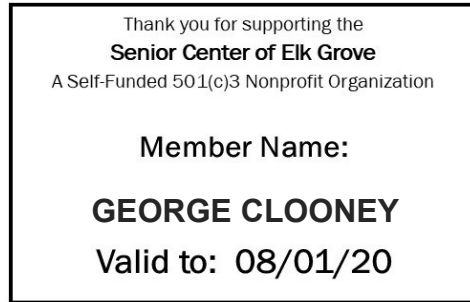
Until then, we will continue to bring you the outstanding programs, classes and all available resources to which you have become accustomed.

Friday, November 22, 2019, the Senior Center side of the new building will be open for a preview from 2:00 pm to 8:00 pm. Join us for program demonstrations and tours.

The Civic Center and Veterans Hall side of the building will be open from 5:00 pm - 8:00 pm.

**CANCELLED**

# NEW CARDS



Look for your new Membership Card in the mail this month! This card will replace the small key card you currently use. The new card will be updated yearly when you renew your membership.

You must have this card with you when checking in all SCEG programs. Lost cards will cost \$5.00 to replace.

**Beginning Monday, November 18, 2019** we will begin checking in selected programs using our new system. We will bring more programs in as we progress through November. We hope to have everyone using the new system by mid-December.

Begin at the Front Desk. You will show your membership card to the staff/volunteer at the desk, tell them the program(s) you will be attending. They will collect the required fees and give you a convenient class identifier to wear to your program(s). The label will not harm your clothing. It must be visible to the instructor. You will no longer need to sign in on paper or at the check-in computer.



The Senior Center will be closed Monday, November 11, 2019 in honor of Veterans Day and Thursday, November 28, & Friday November 29, 2019 for the Thanksgiving holiday.



## New and More Convenient



The Senior Center is introducing a Reloadable Activity Card. You will no longer use the paper activity cards. The new Activity Cards can be loaded with any dollar amount and may be used for all activities in the Senior Center, including Membership renewal and class fees or items from the current\* Café Gift Shop. Quick, easy and convenient to use. Available to purchase at the Front Desk beginning Monday, November 18, 2019.

\*Activity Cards cannot be used at the New Center's café.



## Have You Tried Our New Gentle Yoga?

Many great things are being said about the new Gentle Yoga class.

Co-instructors Julie Hahn and Catherine Nierea will lead you through a relaxing and mindful yoga experience. Join us Wednesdays at 11:30 am to experience this wonderful class yourself.



## Thank You to Our Retiring Librarian, Judy Beymer

A Special Thank You to Judy Beymer for her 12 years of dedicated volunteering as the Senior Center's Librarian. Judy says her husband Dick, her husband of over 62 years was the "Assistant Librarian" and carried her books for all those years.

Judy went back to college at age 48 to update her skills then decided to go back to work in the banking industry.

Upon retiring from banking, Judy again turned to volunteering her time at South Kaiser Hospital where she volunteered for 23 years and put in over 10,000 hours. At the same time Judy also volunteered at the Sacramento Police Department, first at the Pocket Officer Center, then in the Financial Crimes unit, also serving on the Sacramento Crime Alert Board for 2 years.

Those of you who know Judy know that any task she takes on is done with dedication, efficiency and caring. Thanks to both Judy and Dick for choosing to dedicate their time to benefit the Senior Center of Elk Grove.

## Meetings and Support Groups **IMPORTANT - PLEASE SEE BELOW FOR CLASS DATES**

### 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.

### Alzheimer's Association Caregiver Support Group

Group meets on the 2nd Wednesday of the month. **Next meeting will be Wednesday, November 13, 2019 at 10:00 am.** 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. **Next meeting will be Tuesday, November 12, 2019 at 1:00 pm.** 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. **Next meeting will be Wednesday, January 15, 2020 at 10:00 am.** 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. **Next meeting will be Wednesday, November 13, 2019 at 9:30 am.** A different, intriguing and hard-to-put-down book is discussed each month. Interesting perspectives and thoughts are shared at each meeting. \$2 Fee.

### Social Singles

Group meets on the 1st Wednesday of the month. **Next meeting will be Wednesday, November 6 2019 at 10:00 am.** 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. \$2 Fee.

### The Craft of Writing

Group meets on the 3rd Wednesday of the month. **Next class will be held November 20, 2019 at 1:00 pm.** Each month's class will cover a different aspect of writing such as overview, character, point of view to name a few. \$5 fee.

## Fit is Fun

<b>Aerobics</b> Debbie Glincher Dining Room	Monday Tuesday Thursday	8:30 AM 8:30 AM 8:30 AM	\$2 Fee
<b>Balance Matters Fitness</b> Debbie Glincher Dining Room	Tuesday Thursday	9:30 AM 9:30 AM	\$2 Fee
<b>Blood Pressure Check</b> Library	Friday	10:30 AM to 11:30 AM	No Fee
<b>Cardio Drumming</b> Debbie Glincher Dining Room	Friday	8:30 AM	\$2 Fee
<b>Chair Exercise</b> Video Dining Room	Monday Wednesday Friday	10:00 AM 10:00 AM 10:00 AM	\$1 Fee
<b>Chair Yoga</b> Vicki Estrada Dining Room	Tuesday	2:15 PM	\$2 Fee
<b>Core &amp; Strength</b> Michelle Ernster Dining Room	Monday Wednesday	1:00 PM	\$2 Fee
<b>Gentle Yoga</b> J. Hahn & C. Nierea Dining Room	Wednesday	11:30 AM	\$2 Fee
<b>Hatha Yoga</b> Vicki Estrada Dining Room	Monday Thursday	2:15 PM 2:15 PM	\$5 Fee
<b>Line Dancing</b> Jill Croft Dining Room	Thursday	3:30 PM	\$2 Fee
<b>Stretch &amp; Relax</b> Debbie Glincher Dining Room	Tuesday Thursday	1:00 PM 1:00 PM	\$2 Fee
<b>Tai-Chi</b> Frank Gaviola Library	Monday Wednesday	8:00 AM 10:00 AM	\$5 Fee
<b>Zumba Gold</b> Linda Taylor Dining Room	Wednesday	8:30 AM	\$5 Fee

## Creativity at it's Best

<b>Card Making</b> Creative Arts Room	Wednesday	1:00 PM	\$1 Fee
<b>Knit &amp; Crochet</b> Classroom	Tuesday	10:00 AM	No Fee
<b>Painting Group</b>	Thursday	9:00 AM	\$1 Fee

## Engage Your Brain

<b>Bingo</b> Dining Room	Friday	12:15 PM	\$2 Fee
<b>Bridge</b> Library	Monday Friday	11:30 AM 11:30 AM	\$2 Fee
<b>Bunco</b> Library	Wednesday	12:45 PM	\$2 Fee
<b>Men's Talk Group</b> Library	Tuesday	10:00 AM	\$1 Fee
<b>Pinochle</b> Library	Tuesday Thursday	11:30 AM 11:30 AM	\$2 Fee
<b>Scrabble</b> Cafe	Thursday	12:30 PM	\$1 Fee
<b>Spanish Chat</b> Classroom	Monday	10:30 AM	\$1 Fee
<b>Writing Group</b> Classroom	Monday	12:30 PM	\$1 Fee

## Monthly Meetings & Support Groups

<b>Craft of Writing</b> Creative Arts Room	3rd Wednesday of the month	\$5 Fee
<b>Book Group</b> Classroom	2nd Wednesday of the month	\$1
<b>Social Singles</b> Creative Arts Room	1st Wednesday of the month	\$1
<b>Alzheimer's Caregiver Support Group</b> Creative Arts Room	2nd Wednesday of the month	No Fee
<b>Neuropathy Support Group</b> Creative Arts Room	2nd Tuesday of the month	No Fee
<b>Parkinson's Support of Elk Grove</b> Creative Arts Room	3rd Wednesday of the month	No Fee



**GOLDEN GATE FIELDS**

## DAY AT THE RACES

Friday, November 8, 2019

Member \$108.00

Non-member \$118.00

Transportation & Gratuity  
Reserved Seating in the Turf Club - Buffet Lunch  
Racing Program

## “SANTA’S CHRISTMAS EXTRAVAGANZA”

DECEMBER 11 - 12, 2019

ELDORADO RESORTS, RENO

COME JOIN THE FUN

YOUR TRIP INCLUDES



LODGING  
DINNER AND SHOW  
BUFFET BREAKFAST

TRANSPORTATION BY ALL WEST TOURS  
BUS DRIVER GRATUITY

SCEG MEMBERS \$202

NON-MEMBERS \$212



## DUARTE’S POINSETTIA FARM

Start the Holidays off right with a visit to Duarte’s Poinsettia Farm. Purchases are cash or check only. Lunch at Hilmar Cheese Company. Sign up early for this very popular trip!

Monday, November 25, 2019

Member \$77.00

Non-member \$87.00



Black Oak Casino Resort

Wednesday, November 20, 2019

Member \$35.00

Non-member \$45.00

Transportation & Gratuity  
Bonus \$10 Coupon  
\$5 Food \$5 Match  
Four Hour Stay

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**  
Explore exciting, beautiful destinations with these amazing all-inclusive trips around the world and the United States.



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

**Discover South Dakota**  
June 19 - 25, 2020



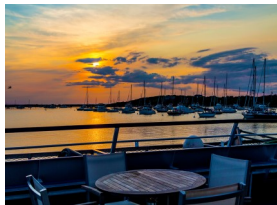
**La Belle Seine**  
June 23 - July 1, 2020

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



**The Azores**  
August 14 - 23, 2020

**Rome & Amalfi Coast**  
October 15 - 24, 2020



**Islands of New England**  
September 4 - 11, 2020



## Annual Holiday Gift Faire

Due to the impending move to our new location in January 2020, the Senior Center will not be holding its usual Annual Gift Faire in November of this year.

However, beginning November 4, 2019, we will have lovely gift items for sale in our Café at our current address. We ask for your patience and continuing support during this transition.

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## Safety Reminders

Due to the nature of many of our exercise programs, please refrain from wearing beaded jewelry or accessories that may be damaged or broken and pose a slip and fall risk for other participants.



Additionally, glass bottles, including glass sport bottles, are not allowed. Thank you for your understanding.