

The Next Board of Directors Meeting will be Monday, October 14, 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  
 younewseniorcenter.com

#### **SCEG PARTNERS**



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

# Senior Center of Elk Grove

a self-sustaining 501(c)3 non-profit organization **October 2019**



## Scam Prevention

There seems to be a new scam to watch for every day. How can you tell what is a scam and what is legitimate?

Please treat all unsolicited calls as a potential scam. **It's ok to not answer, it's ok to hang up, it's ok to be rude, IT'S OK TO SAY NO.**

It's an unfortunate fact that our personal information is out there and readily available for the "bad guys" to purchase. Your full name, address, phone number, social security number, family member names, even neighbors names and information. Scammers will use it ALL to convince you they are the IRS, Social Security, Medicare, law enforcement, family members or others. To reassure our members, **the Senior Center NEVER sells or gives away any information about our current or prior members.**



The IRS will **NEVER CALL YOU** without a prior letter confirming a call.

The SOCIAL SECURITY ADMINISTRATION will **NEVER ASK YOU** for your social security number to "verify" it. They issued it.

LAW ENFORCEMENT will **NEVER TELL YOU THEY'RE COMING AFTER YOU.** They'll just show up if you're a wanted person. No warning calls.

Your GRANDCHILD is probably **not** in ARGENTINA for a wedding, had their luggage stolen and need money to get home.

MEDICARE already knows your card number. They **WON'T ASK FOR IT**, they issued it, nor are they sending out DNA kits.

Continued on page 4

## The Café Gift Shop is Back!

### Introducing our “Perpetual Moving Sale”

Due to the move, the Holiday Gift Faire will not be held this year. However, many gifts and items that were created for the Gift Faire are now available!



You will discover the lovely gift items you have been accustomed to seeing as well as fabrics, lace, crafting supplies, sewing notions, patterns, knick-knacks and more.



Just prior to the move, computers, office supplies, filing cabinets, book shelves and various items we will not be taking will be available for purchase. We will be selling some artwork and other decorative items, but those items will be sold closer to our moving date.



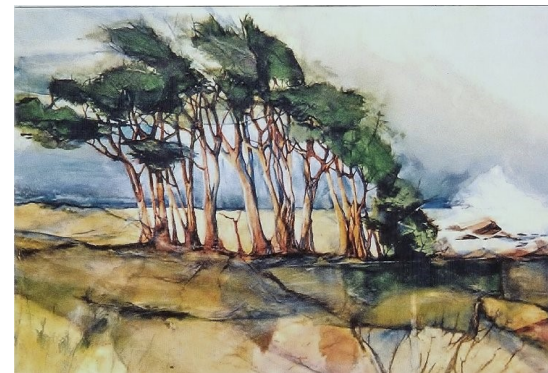
### *Calling All Crafters*

Although we are not having a traditional Gift Faire, we would appreciate any handmade items we can sell in the Gift Shop during our “Perpetual Moving Sale”

October 10, 2019

### *Watercolor Collage Demonstration*

with Dick Beymer



Dick Beymer is well known for his art work and will be at the Center to demonstrate his Watercolor Collage expertise on Thursday, October 10, 2019 - 1:00 pm - 2:30 pm. This demonstration is free and open to all members.

## *Pancake Day!*

Saturday, October 12, 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, delicious 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.



# Scam Prevention

Getting you to give them information is what they're good at. If you are uncomfortable IN ANY WAY, hang up. For example, one senior received a phone call: "Grandma? It's your grandson. I'm in Portugal and lost my tickets. Could you send me money to get home?" Grandma said "Brian?" Luckily, she figured out it was a scam and hung up, but not before she gave them information (her grandson's name) she shouldn't have.

If you're feeling unsure of the information the caller is requesting, ask for their name, their company name, phone number and address. Then you can hang up and do a little research. Please feel free to call the Senior Center, call the police department, or call someone who may help give you a little clarity. **IF YOU** decide to call this person back, look up the company phone number on the internet, or ask someone with computer skills to look the company up. Call THAT number, NOT the one the caller gave you.

If the caller asks you to send money, **HANG UP**. If they request "cash" mailed to them, debit cards, gift cards or any other way that seems even the slightest bit odd, HANG UP. **Once your money is gone, it's gone.**

The FBI, Federal Trade Commission (FTC), AARP, Better Business Bureau (BBB), Department of Justice (DOJ) and other organizations have information about the latest scams that are finding their way to or directly aimed at seniors.

Remember - it is **ALWAYS** ok to say **NO**, it's **ALWAYS** ok to **HANG UP**, it's **ALWAYS** ok to say **NOT INTERESTED**, it's **ALWAYS** ok to say **I WILL RESEARCH THIS FIRST** if they're pressuring you about time. It's **ALWAYS OK TO BE CAUTIOUS**.

# Scam Prevention

Often, they're seeking information they can use to open credit card and loan accounts in your name. The Fair Credit Reporting Act requires each of the major credit reporting agencies provide you with a free credit report once every 12 months. The website is [www.AnnualCreditReport.com](http://www.AnnualCreditReport.com) is recommended by the FTC. It's very important to check your credit report often to make certain there is no fraudulent credit opened in your name.

Many data breaches are happening as well. Data breaches are when a company has their sensitive information stolen electronically. If you have concerns call or go to the web site of the company whose data was breached and follow their instructions about how to protect your information. Many offer free credit monitoring if they're breached. Please remember, do not give out your information over the phone! Go directly to the company for answers.

Got a one-ring hang up call? **DON'T CALL BACK**, it could be an international toll number that will charge your phone account heavily. Don't trust Caller ID. It's very easy to fake a phone number or name. If you don't recognize the number - even if it says IRS - let it go to voicemail. Got a call from an unknown number - even one from your area code or city? Let it go to voicemail. You can hear who it is in a few minutes when you listen to the voicemail and decide if it's anyone you wish to speak with.

**There are countless ways scammers are trying to take your money. We simply cannot list them all. The Senior Center often contacts various agencies for their scam updates: there are steps you can take if you have been the victim of a scam. We want to help point you in the right direction. Our members are always our main priority.**

# New Membership Cards are Coming!



(front)

(back)

Thank you for supporting the  
**Senior Center of Elk Grove**  
 A Self-Funded 501(c)3 Nonprofit Organization

**Member Name**

**CHRISTINE CUDDY**

**Valid to 08/01/20**

Look for your Membership Card in the mail beginning in November, 2019! This card will be replaced yearly when you renew your membership.

Those with their membership cards in hand will be able to check in to programs faster and complete transactions at the Center faster than those without their membership card.

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

**All participants MUST be a current member of the Senior Center of Elk Grove.**

## Meetings and Support Groups

### 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, October 9, 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, October 8, 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 **NO OCTOBER MEETING**

Group meets on the 3rd Wednesday of the month. ***Next meeting will be Wednesday, November 20, 2019 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, October 9, 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. \$1 Fee.

### Social Singles

Group meets on the 1st Wednesday of the month. ***Next meeting will be Wednesday, October 2, 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. \$1 Fee.

### The Craft of Writing

Group meets on the 3rd Wednesday of the month. ***Next class will be held October 16, 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>Stretch &amp; Relax</b> Debbie Glincher Dining Room	Tuesday Thursday	1:00 PM 1:00 PM	\$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>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
<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





**Saturday, October 12, 2019**  
**\$45 Member      \$55 Non-Member**

Bonus \$10 cash coupon  
 \$5 food

The annual Columbus Day weekend festival is a fun time for all.  
 Food vendors, entertainment and crafts booths line the streets.



## *Cambria Scarecrow Festival*

*October 16 - 18, 2019*

- Cavalier Oceanfront Resort San Simeon Accommodations
- Cambria Scarecrow Festival
- Heart Castle Grand Rooms Tour
- Lunch at Harris Ranch
- Dinner Nightly
- Breakfast Daily

Member DBL Occupancy: \$594  
 Member Single Occupancy: \$794

Non-Member DBL Occupancy: \$604  
 Non-Member Single Occupancy: \$804



**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



## **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



## APPLE HILL

**Thursday, November 21, 2019**

**Member \$77.00    Non-member \$87.00**

Transportation, Guide and Gratuities  
 Guided Apple Hill Loop Tour  
 Barbeque Chicken Lunch featuring  
 Hot apple pie a la 'mode



## DUARTE'S POINSETTIAS

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**

The Senior Center of Elk Grove Presents

## "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

Senior Center of Elk Grove

Gadabouts Travel

8830 Sharkey Avenue, Elk Grove, CA 95624

916-685-3160

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 Panama**

**January 23 - 31, 2020**



### **Spotlight on Tuscany**

**March 5 - 13, 2020**



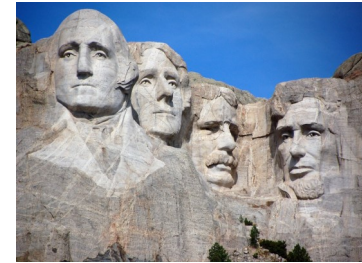
### **Discover Washington, D.C.**

**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**

