

The Next Board of Directors Meeting will be Monday, April 12, 2021 at 3:15 PM Meetings are open to the public.

Board of Directors

Linda Gunn	President
Linda Bradley	Vice-President
Elaine Horton	Secretary
Nick Soberanis	Treasurer
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
Chuck Woods	City of Elk Grove
Sarah Bontrager	CCSD
Gil Albani	

Staff

Patricia Beal, Executive Director
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Renee Hodgkin, Program Technician
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Debbie Glincher, Activities Director
activities@thesceg.org

Senior Center of Elk Grove



Your Everything Center

8230 Civic Center Dr.
Suite 140
Elk Grove, CA 95757

Phone Number
916-685-3160

Website
www.thesceg.org

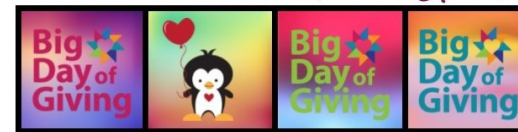
SCEG PARTNERS



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.

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95624

Senior Center of Elk Grove



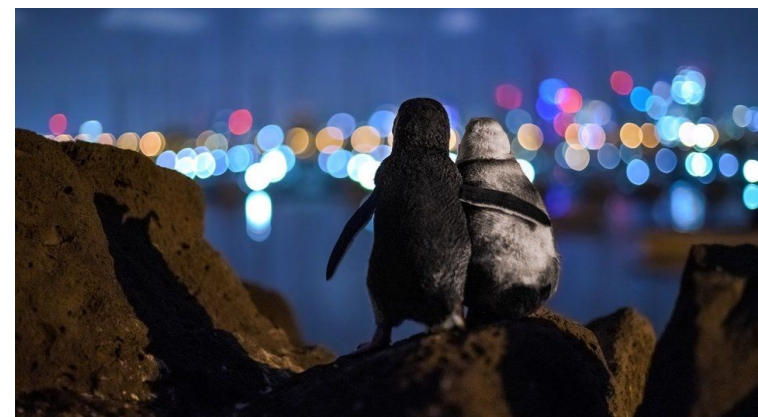
Your Everything Center

Big Day of Giving is back - May 6, 2021

Just like the penguins below, finding comfort, being with a friend, reaching out to help someone is something we have missed this past year. After a year of masks, social distancing, self isolating and now finally vaccines, we are moving in the right direction. We don't know exactly when we will

reopen, but we do know how:
with the generous, never-wavering support
of our seniors and community.

We are resilient!



See page 8 for the beautiful story behind this photo

Senior Center of Elk Grove



Your Everything Center

As a 501(c)3 non-profit organization, BIG DAY of GIVING on May 6th is the Senior Center's most important fundraiser of the year.

There are many raffle prizes available - gift cards to JoAnns, Chili's, Amazon, Raley's, SaveMart, Lowes, Olive Garden, Safeway, Trader Joe's, Kohls, Hobby Lobby and more! The more you give, the more entries you'll receive! See page 6 for more information.

During this temporary closure, we have been able to keep in contact with our members, by phone, internet, email and regular mail. We have sent out tea and greetings, drove many of you crazy with Bingo calls and started up the new website - LivingFitSeniors.com - where we brought back many of your favorite programs and instructors.

This was made possible by the generous support of members who have continued to renew their memberships and through grants from the City of Elk Grove and various federal programs.

Thank you for your continuing support.

We get a lot of questions about why we've chosen penguins to represent the Senior Center.

They are black, white, blue, red, orange, tan, yellow - large and small - they live as a family, they care for each other, huddle together, play together - they're curious, fun, vibrant and resilient.

They are everything we know our community of seniors to be.



Ways to donate for Big Day of Giving

Big Day of Giving donations are tax deductible

- **Through our websites:**
www.theSCEG.org and www.LivingFitSeniors.com
- **Through the Big Day of Giving website (after April 12th):**
www.bigdayofgiving.org/SeniorCenterofElkGrove
- **Through our FaceBook page:**
www.facebook.com/SeniorCenterofElkGrove
- **Via check** made payable to:
Senior Center of Elk Grove
8230 Civic Center Drive, Suite 140
Elk Grove, CA 95757



All checks and mailed credit card information will be placed in our safe and will not be processed until Big Day of Giving on May 6, 2021.

Exercise on Zoom

Please feel free to exercise, dance and sing to your heart's delight during Zoom exercise programs.

No one can see you! Your privacy is important. We want to be sure you always feel comfortable while participating.



LIVE PROGRAMS for April 2021
See LivingFitSeniors.com for information










LivingFitSeniors.com
by the Senior Center of Elk Grove

Aerobics with Debbie Glincher 30 minutes	Weekly Mondays at 10:00 am April 5, 12, 19 & 26	Let's start the week off right! Join Debbie Glincher for this fantastic way to stay fit!
Balance Matters with Debbie Glincher 30 minutes	Weekly Tuesdays at 10:30 am April 6, 13, 20 & 27	Stay fit & healthy with Debbie Glincher while safely in your chair
Card Making with Connie DeGarmo 60 minutes	Bi-Weekly Wednesdays at 12:00 pm April 14 & 28	Card Making is back! Kits are \$8 per week. See page 7 for more information.
NEW Chair Fitness with Michelle Ernster 30 minutes	Weekly Mondays at 11:30 am April 5, 12, 19 & 26	Check out our newest class! Michelle Ernster guides you through this fantastic, gentle workout
Chair Yoga with Catherine Nierva 30 minutes	Weekly Fridays at 10:00 am April 2, 9, 16, 23 & 30	Catherine Nierva will guide you through this gentle workout
NEW Cook with Yolanda 60 minutes	Monthly Friday, April 23 at 11:30 am	Sweet and Sour Meatballs with Jasmine Rice is this month's yummy class! See page 10 for info
Core & Strength with Michelle Ernster 30 minutes	Weekly Mondays at 11:00 am April 5, 12, 19 & 26	Michelle Ernster leads this terrific workout!
Genealogy with Karen Nahoun 60 minutes	Weekly Tuesdays at 2:00 pm April 6, 13, 20 & 27	Join Karen Nahoun as she walks you through new Genealogy discoveries!
Gentle Yoga with Julie Han 30 minutes	Weekly Wednesdays at 10:45 am April 7, 14, 21 & 28	Julie Han will take you through a healthy, zen way of staying fit!

Knit & Crochet Group 2.5 Hours	Weekly Tuesdays at 9:30 am April 6, 13, 20 & 27	Enjoy some great conversation and see what the Knit & Crochet group has been up to
Line Dancing with Jill Croft 60 minutes	Weekly Thursdays at 11:00 am April 1, 8, 15, 22 & 29	Jill Croft leads this lively dance class. Come kick up your heels!
Renee's Creative Corner 90 minutes	Monthly Friday, April 30 at 1:00 pm	This month, Renee brings you the cutest yarn birds/tea cup project. Kits are only \$10 for everything you'll need. See page 9 for info.
Stretch & Relax with Debbie Glincher 30 minutes	Weekly Thursdays at 9:00 am April 1, 8, 15, 22 & 29	Debbie Glincher brings you this unique and wonderful workout
Tai Chi with Frank Gaviola 30 minutes	Weekly Thursdays at 10:00 am April 1, 8, 15, 22 & 29	This excellent, gentle exercise is led by Frank Gaviola. Namase.
Trivia! with the SCEG Staff 90 minutes	Bi-Weekly Fridays at 2:00 pm April 9 & 23	Show off those Trivia skills in a fun "Jeopardy" style game
Ukulele Music Group with Martin Beal 60 minutes	Weekly Wednesdays at 3:00 pm April 7, 14, 21 & 28	Join in on the musical fun! Bring your instruments, your voices and play along!
Zumba Chair Gold with Linda Taylor 30 minutes	Weekly Tuesdays at 9:30 am April 6, 13, 20 & 27	You'll be dancing in your seat in this lively class by Linda Taylor
Zumba Gold with Linda Taylor 60 minutes	Weekly Wednesdays at 9:30 am April 7, 14, 21 & 28	Stay fit using fun dance and great music with Linda Taylor.

Big Day of Giving Raffle Prizes

All Donors (1 Drawing Entry)	\$25 or more (2 Drawing Entries)	\$50 or more (3 Drawing Entries)	\$75 or more (4 Drawing Entries)	\$100 or more (5 Drawing Entries)	\$150 or more (6 Drawing Entries)	\$200 or more (8 Drawing Entries)
RAFFLE ENTRY FOR SaveMart Gift Card	RAFFLE ENTRY FOR SaveMart Gift Card	RAFFLE ENTRY FOR SaveMart Gift Card	RAFFLE ENTRY FOR SaveMart Gift Card	RAFFLE ENTRY FOR SaveMart Gift Card	RAFFLE ENTRY FOR SaveMart Gift Card	RAFFLE ENTRY FOR SaveMart Gift Card
	PLUS RAFFLE ENTRY Safeway Gift Card	PLUS RAFFLE ENTRY Safeway Gift Card	PLUS RAFFLE ENTRY Safeway Gift Card	PLUS RAFFLE ENTRY Safeway Gift Card	PLUS RAFFLE ENTRY Safeway Gift Card	PLUS RAFFLE ENTRY Safeway Gift Card
		PLUS RAFFLE ENTRY Kohl's Gift Card	PLUS RAFFLE ENTRY Kohl's Gift Card	PLUS RAFFLE ENTRY Kohl's Gift Card	PLUS RAFFLE ENTRY Kohl's Gift Card	PLUS RAFFLE ENTRY Kohl's Gift Card
			PLUS RAFFLE ENTRY Raley's Gift Card	PLUS RAFFLE ENTRY Raley's Gift Card	PLUS RAFFLE ENTRY Raley's Gift Card	PLUS RAFFLE ENTRY Raley's Gift Card
				PLUS RAFFLE ENTRY Chili's AND Joann Gift Cards	PLUS RAFFLE ENTRY Chili's AND Joann Gift Cards	PLUS RAFFLE ENTRY Chili's AND Joann Gift Cards
					PLUS RAFFLE ENTRY Amazon AND Hobby Lobby Gift Cards	PLUS RAFFLE ENTRY Amazon AND Hobby Lobby Gift Cards
 						PLUS RAFFLE ENTRY Olive Garden AND Lowes AND Trader Joe's Gift Cards

**Big
Day of
Giving**
MAY 6

Win this incredibly
cute guy too!

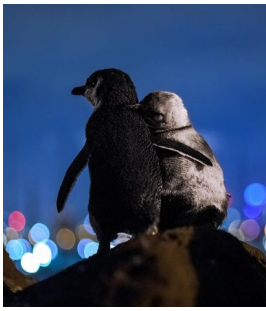


For Big Day of Giving donations,
the more you give, the more
opportunities you have to win.

For instance, if you donate \$50
you will be entered into 3 raffles,
but if you donate \$100, you will
be entered into 5 different
drawings, as shown to the right.


ITALIAN KITCHEN

TRADER JOE'S



The Story Behind the Photo

The photo was taken by Tobias Baumgaertner.

He was told that the two penguins had recently lost their partners and often appeared to be comforting each other.

St Kilda Pier in Melbourne has a colony of around 1,400 fairy penguins, the smallest penguin species with an average height of just 13 inches.

"A volunteer approached me and told me that the white one was an elderly lady who had lost her partner and apparently so did the younger male to the left," Mr. Baumgaertner wrote on Instagram.

"Since then they meet regularly, comforting each other and standing together for hours watching the dancing lights of the nearby city."

The photographer spent three nights with the penguin colony before being able to catch this photo, he said.

Card Making is Back!

We are pleased to announce the return of Card Making! Connie DeGarmo has volunteered to lead this program bi-weekly. April 14 and 28th at 12:00 pm on Zoom.



The weekly cost will be \$6 for 3 card project supplies and \$2 for postage/delivery. Total weekly cost will be \$8.

Go to www.LivingFitSeniors.com and click the Payment/Donation page to choose which week/s you wish to participate. Then complete the payment and your supply kit will arrive prior to the class.

Renee's Creative Corner

Friday, April 30, 2021 at 1:00 pm



Please join me for the fun craft of making birds with yarn.

During the class, we will make 2 birds and a bird feeder made with a teacup and a saucer - to put the bird in for display. However, the birdfeeder can be used for real birds.

Your supply kit will include a teacup and saucer, and the needed materials to complete the 3 birds shown below, including the feet, all for just \$10.

I'm very excited to bring this project to you! See you on Friday, April 30th at 1:00 pm.



Chair Fitness with Michelle Ernster



Please join instructor Michelle Ernster for this gentle yet effective chair workout Mondays at 11:30 am.

This easy paced workout is targeted for those who prefer to sit, and experience a healthy level of fitness.

Cook with Yolanda

of Café Elk Grove @District56

Join Chef Yolanda and Café Elk Grove @District56 for the first of this new monthly program featuring marvelous cooking demonstrations on **Friday, April 23rd at 11:30 am**, via Zoom.



Sweet & Sour Meatballs with Jasmine Rice is a wonderful, delicious meal that refrigerates well and can be served for lunch or dinner - or both!

Meal kits (makes 4 servings) are available for only \$25 and will be delivered free to your local home. Some Sacramento and other area residents may have to pick up their kits from the Senior Center. You will be given a date and time to safely pick up your kits prior to class. Kits must be ordered on the LivingFitSeniors.com website by 4:00 pm Monday, April 19th.

Purchasing a kit is not required. However, Café Elk Grove is offering a free gift of a Café Elk Grove apron to the first 20 meal kits ordered through the LivingFitSeniors.com website by April 9, 2021.

Café Elk Grove has remained open during the pandemic, and has been working with the City of Elk Grove's Great Plates program. They offer curbside pickup and catering. Their food is just as wonderful as their staff!

The Senior Center is excited to partner with Café Elk Grove for this fantastic class!

Happy Spring Word Seek!



April
April Fool's Day
bloom
bud
Buddha's Birthday
cherry blossom
crops
daffodil
Earth Day

Easter
farmer
flower
grow
June
May
melt
Mother's Day
new leaves

plant
plow
seed
shower
sprout
thaw
tulip
wake up
warm