

The next Board of Directors meeting will be Monday, January 9, 2023 at 3:15 pm. Meetings are open to the public.

#### Board of Directors

Ray Schultze President  
Linda Gunn Vice-President  
Elaine Horton Secretary  
Nick Soberanis Treasurer  
Linda Bradley Director at Large  
Jon Colton Director at Large  
Ken Frieze Director at Large  
Marie Jachino Director at Large  
Doc Laudon Director at Large  
Vicki Nicholson Director at Large  
Don Simon Director at Large  
Sarah Bontrager City of Elk Grove  
Gil Albiani CCSD

#### Staff

Christine Cuddy, Executive Director  
executivedirector@thesceg.org  
  
Renee Hodgkin, Activities Director  
activities@thesceg.org  
  
Michelle Ernster, Program Assistant  
programassistant@thesceg.org

Senior Center of Elk Grove



Your Everything Center

8230 Civic Center Drive  
Suite 140  
Elk Grove, CA 95757

Phone Number  
916-685-3160

Website  
[www.thesceg.org](http://www.thesceg.org)  
[www.LivingFitSeniors.com](http://www.LivingFitSeniors.com)

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.

SCEG PARTNERS

AGENCY  
ON AGING  
AREA 4



CITY OF  
ELK GROVE



The Senior Center of Elk Grove is an independent 501(c)3 nonprofit organization.

Membership fees will be changing - please see page 4 for information. Each class/program is \$2

Donations are always welcome and may be tax deductible.

All seniors are welcome regardless of what city you live in.

Friends of the Senior Center who are under 50 years old may join as an associate member and participate in all programs.

Senior Center of Elk Grove



Your Everything Center

### December 2022 Newsletter

The Senior Center will be closed on:  
Friday, Dec. 23rd  
Monday, Dec. 26th  
Monday Jan. 2nd

We will close early (after Bingo) on Friday Dec. 30th



Senior Center elves are working extra hard to bring you the most unique, wow-worthy gifts for everyone on your list. Hats, scarves, jewelry, baby items, quilts, food gifts and our legendary **GIFT BASKETS** will be available.

**PLUS**

25+ Local artists, crafters and vendors will be selling their wares at the Holiday Gift Faire. Jewelry, Cards, Bird Houses, Gift Items and so much more will be available!

While you're here, treat yourself to a nice cup of cocoa, coffee, soda, water, snacks and our delicious hot homemade bacon/bean/vegetable soup as you relax in the Crazy Elf Café and get ready to dive back into shopping!

All Café proceeds benefit the Senior Center of Elk Grove, a 501(c)3 Nonprofit Organization

**NO ADMISSION FEE!**

# Get Artsy with Renée



Alcohol Ink Trinket Bowls  
Thursday, December 15, 2022  
at 1:00 pm

These gorgeous bowls are truly a treasure ready for your unique hand to create. Alcohol ink is easy to use and you can create gorgeous

patterns with them. Make a one of a kind gift for someone on your holiday list or show it off at home!

Please note - the finished bowls will not be food safe.

You must be a member and pre-register. Renee's classes fill quickly so register today! \$15 supplies fee at registration and \$2 activity fee day of class.

## New Art - Ceramics Painting

Come paint some great ceramic pieces, perfect for gifting or add to your own Holiday collection with AWESOME Instructor Kris Chalas.

Monday, Dec. 12th at 1:00 pm will be for fun ornament making. Add your own touches for your newest family heirloom!

**You must be a member and pre-register.**  
**\$20 supplies fee at registration and**  
**\$2 activity fee day of class.**

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We Did it Again!



We have 3 new classes coming in January!

Two Classes from Fitness by Design (Michelle Ernster)

**HAVING A BALL** - Mondays at 1:00 pm

This new exercise class is full of fun and will effectively challenge your abs, core, legs and upper body using a small exercise ball.

The program uses a combination of pilates, muscle work and stabilization for balance. \* A yoga mat is needed for this class

**CORE & CARDIO - CHAIR** - Tuesdays at 8:30 am

Ready to get your heart pumpin' and your feet tappin'? This class will help to improve heart health, burn calories and strengthen your abs and core. All from your chair! \* No equipment needed

Plus

**GENTLE BOOTCAMP** - Wednesdays 12:30 pm  
Zenny Cusick

This Low Intensity Interval Training (LIIT) is a workout that will cover all of your exercise needs. Gentle Bootcamp combines cardio, strength and flexibility. It's a quick and easy way to enjoy a workout. This class will use light weights - no more than 5 lbs. Bring your own or the Center has weights to use.

## Tai Chi Notice

Instructor Lucy Lau will be out for the next several months recovering from surgery. So her Monday, Wednesday and Thursday Tai Chi classes will be changing. Guest instructors will be teaching the Monday Tai Chi class - one class for 45 minutes and Thursday's Tai Chi Fan class - one class for 45 min.

Wednesday Tai Chi will not be held at this time.

We wish Lucy a fast, comfortable recovery! We'll miss you!



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## News from Christine Cuddy, Executive Director

As 2022 comes to a close, it's hard not to look back at what a fantastic yet frustrating "new-norm" year we have had!

Unfortunately, one of the things we've seen come out of 2022 is some pretty remarkable inflation.

In response to the growing costs of everything from paper to electricity to ink & toner and postage, we're feeling it here at the Senior Center.

Beginning January 1, 2023, membership prices will be increased to \$50.00 per year, per person. This \$10 increase equals about \$ .83 cents a month more.

As a 501(c)3 Nonprofit Organization, we take the fiscal responsibility of the Senior Center very seriously. This decision by the Board was not taken lightly.

We would like to thank our members for the continued support you have shown the Senior Center of Elk Grove for over 40 years. We are honored to serve you.



## Health Living for Your Brain and Body

December 5th at 1:00 pm

Michelle Ernster and the Alzheimer's Association will be hosting a talk about Healthy Living for Your Brain and Body



For centuries, we've known that the health of the brain and the body are connected. But now, science is able to provide insights into how lifestyle choices may help you keep your brain and body healthy as you age.

Join us to learn about research in the areas of diet and nutrition, exercise, cognitive activity and social engagement, and use hands-on tools to help you incorporate these recommendations into a plan for healthy aging.

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**amazon**smile

**You shop. Amazon gives.**

Give back to the Senior Center while you do your Holiday shopping! Amazon has a wonderful program for nonprofit organizations. Add the Senior Center of Elk Grove as your recipient and every time you shop - at absolutely **NO** cost to you - Amazon makes a donation to the Senior Center.

Not sure how to designate the Senior Center? Go to [Smile.Amazon.com](https://Smile.Amazon.com) and follow the instructions or you can come see Christine for a quick walk-through of how to do it.



# REMINDER!

**The Front Desk will have some new changes around it in the New Year.**

**We will have one line for those who are simply checking in, including wallet and \$2 check-ins only. No other transactions will be allowed in this line.**

**The other line will be for other money transactions such as putting money in your wallet (even if you're also checking in), membership renewals, etc. The staff/volunteer behind the desk will ask you to remain at the Front Desk until your transaction is complete. This may mean you will need to come a few minutes early if you're cutting it close to get into your class on time. We can no longer just take money and a name and have the person we're helping leave the desk area until their transaction is completed.**



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**Exercise, art and several other classes/programs can't allow late-comers into the rooms once they have begun. This is for your safety as well as the safety of the other participants. The disruption of a late-comer is not fair to those who have arrived on time. Yes, even if you're only one to two minutes late. Some rooms are darkened, some have begun warm-ups or instruction. All programs begin at their posted times.**

**Please be kind to the Front Desk personnel about these changes. They are simply following the Executive Director 's instructions.**

# Collette Travel

Collette Travel is a premier travel partner and wonderful supporter of the Senior Center of Elk Grove. Their trips are breathtaking and fantastically affordable!

Call or come to the Senior Center for a brochure or more information.

## Spain's Classics

March 17-28, 2023



## Islands of New England

September 21-28, 2023



## Christmas on the Danube

December 9-17, 2023



Did you know that Collette Travel has SO MANY MORE trips on their web site? If you're looking for something in particular, call the Senior Center and just ask. We can look it up for you and even help you book it!

## America's Cowboy Country

June 18-25, 2023



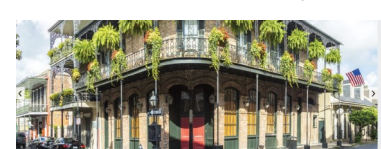
## Italy's Treasures

October 21-November 1, 2023



## America's Music Cities

March 10-17, 2024



## Greece Island Hopper

April 11-21, 2024



★  
 WE  
 wish  
 YOU A  
 MERRY  
 Everything  
 & A HAPPY NEW YEAR



## LUNCH BUNCH

We have received an overwhelming response to stopping the Lunch Bunch program. And in hindsight, I was being unfair to those who truly love being a part of the lunches by discontinuing it because of complaints by those who didn't attend the meetings.

In order to keep this program going, the staff will be picking the lunch spots, days and times. We will try to mix it up so there's something for everyone eventually.

Each month, you'll visit different cuisines, awesome restaurants and hopefully make some new, fabulous friends. This month you will be having lunch at:

**ORIGINAL MIKE'S DINER** at 9139 E. Stockton Blvd. in Elk Grove, near Hobby Lobby at 1:30 pm on Monday, December 12, 2022.

You must notify the Senior Center if you are going, so a reservation may be made. Call 916-685-3160 or email [programassistant@thesceg.org](mailto:programassistant@thesceg.org) to reserve your spot.

