

The next Board of Directors meeting will be Mon., January 10, 2022 at 3:15 pm Meetings are open to the public.

Board of Directors

- Michelle Orrrock 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
- Linda Gunn Director at Large
- Rita Rubin 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, Activities Director
activities@thesceg.org
- Tim Porter, Program Technician
programtech@thesceg.org

Senior Center of Elk Grove



Your Everything Center

8230 Civic Center Drive
Suite 140
Elk Grove, CA 95757
M-F 8:00 am - 4:00 pm

Phone Number
916-685-3160

Website
www.thesceg.org
www.LivingFitSeniors.com

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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.

Senior Center of Elk Grove



Your Everything Center

January 2022 Newsletter

2022

HAPPY NEW YEAR

As we step into 2022, the Staff of the Senior Center would like to thank our Board, volunteers and members for their support through the past couple of stormy years.

New Year - New Start

Let's begin 2022 with excitement for a brand new future and a very Happy New Year!

The Senior Center will be closed Monday, January 17, 2022 in honor of Martin Luther King, Jr. Day.

It's That Time of Year

Please take stock of your belongings, including cell phones, purses, rain coats and umbrellas, when you enter and exit the Senior Center.

Please remember to wear non-slip shoes and bring an umbrella with you when the weather is or may become inclement.



Genealogy Seminars – January 2022

Karen Nahoun, the AWESOME volunteer Genealogy guide, will be holding the following Genealogy classes in January, 2022. All Genealogy classes are at 2:00 pm and cost \$2.

Tues., Jan 4th - Accomplishments of 2021 and Goals for 2022

- The most rewarding information you found on an ancestor in 2021
- One of your goals for Genealogy research for 2022

Tues., Jan 11 - What's in a Name?

Learn how naming patterns in various cultures can aid your searches.

Tues., Jan 18 - National Archives from Around the World

Did you know many countries have official genealogy web sites with free official government documents? Let's explore the basics!

Tues., Jan 25 - Newspapers

Newspapers open our insight into how your ancestor lived in the community.

- Fill in your family story with news of the day.

Get Artsy with Renee

Thursday, January 13th at 1:00 pm



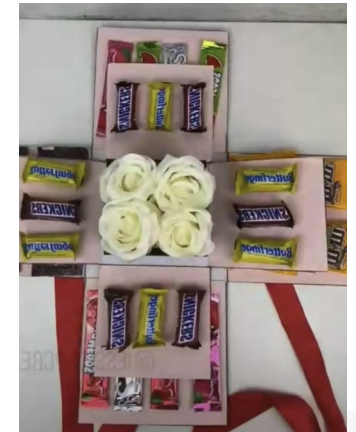
Keep the New Year celebrations going with this festive glass project. Use it as a wine glass, parfait glass, put a tea light candle in it, or anything else you can think up!

Pre-registration and payment is required. Supply fee is \$10 for 2 glasses or \$15 for 4 glasses. Please register by 4:00 pm on Monday, January 10.

Thursday, January 27th at 1:00 pm

Get ready for Valentine's Day with this gorgeous Hidden Treasure Box. A surprise-inside box will thrill anyone you choose to give this delightful box to.

Pre-registration and payment is required. Supply fee is \$15. Please register by 4:00 pm on Monday, January 24.



Because You Asked

Members who are new to the Senior Center have asked questions about the history of the Senior Center, particularly since the Center moved to its current and new location at 8230 Civic Center Drive in January 2020.

The original Senior Center was created by ten senior citizens who were neighbors and had begun visiting and meeting in their homes to socialize in the late 1970's. By 1980 the group realized that there was a need for a specific place to accommodate the quickly expanding group's needs. The group formed a 501(c)3 non-profit self-funded organization and named it the Senior Center of Elk Grove.

At the same time, they had begun to look for a more permanent place to meet. They went to Sacramento County and asked if they could put a building in Beeman Park on Sharkey Avenue in Elk Grove.

It took until 1984 to find materials and sufficient funding to put up a structure, which the group, through direct and personal efforts, built. Later that year, the Senior Center of Elk Grove opened its doors to the new building which held three meeting rooms and two restrooms.

Several decades later, after discussions with the City of Elk Grove, the Senior Center struck a deal with the City of Elk Grove, contributed over \$3 Million dollars to the project and the new Senior Center was built at 8230 Civic Center Drive, Suite 140 as part of the D-56 complex.

Although the Senior Center is in a City building, it is **not** part of nor run by the City of Elk Grove, **nor** are we associated with Café Elk Grove in the D-56 lobby. The Senior Center of Elk Grove remains an independent self-funded 501(c)3 non-profit organization. As such, we are responsible for maintaining our own financial and governing independence.

The Senior Center has a staff of four people responsible for the day-to-day operations. They are: Patricia Beal, Executive Director; Christine Cuddy, Assistant Director; Renee Hodgkin, Activities Director and; Tim Porter, Program Technician.

A volunteer Board of Directors is responsible for setting the policy for the Senior Center as outlined in the Senior Center's By-Laws.

Should you have questions, please feel free to call or chat with Staff members in person when you stop by for a visit or to participate in the activities available.

Something New for '22



The Senior Center is offering a **free** video exercise class on each Thursday in January beginning January 6th at 10:00 am. We will be trying new videos featuring the Chair Exercise instructor, Anne Pringle Burnell.

January 6 - Balance & Posture Part 1
January 13 - Balance & Posture Part 2
January 20 - Chair Yoga
January 27 - H.I.I.T Workout

All we ask is your honest evaluation of the different programs at the end of the video.

Let's start the New Year off right!

Thursday Balance Matters/ Core & Strength Changes

Beginning Thursday, January 6th,
Core and Strength will move to the

8:30 am time slot and Balance Matters

will become a Tuesday only program.

Please see the Front Desk with any questions.



Weekly Calendar January 2022

Senior Center of Elk Grove



Your Everything Center

**Closed Monday, January 17 for
Martin Luther King, Jr. Day**

MONDAY Programs	Time	TUESDAY Programs	Time	WEDNESDAY Programs	Time	THURSDAY Programs	Time	FRIDAY Programs	Time
Aerobics No class Jan 17	8:30 AM	Balance Matters	8:30 AM	Aerobics	8:30 AM	Core & Strength NEW TIME!	8:30 AM	Fame	8:30 AM
Tai Chi for Arthritis Beginners No class Jan 17	9:00 AM	Knit & Crochet	9:30 AM	Tai Chi for Arthritis Beginners	9:00 AM	Open Artist Studio	9:00 AM	Quilting Group	9:00 AM
Tai Chi for Arthritis Intermediate No class Jan 17	9:45 AM	Zumba Gold	10:00 AM	Tai Chi for Arthritis Intermediate	9:45 AM	Free class every Thursday in January! See page 5 for info!	10:00 AM	Chair Exercise	10:00 AM
Game Time No game Jan 17	10:00 AM	Men's Talk	10:00 AM	Tai Chi	10:00 AM	Game Time	10:00 AM	Bingo	12:30 PM
Chair Exercise No class Jan 17	10:00 AM	Gentle Yoga	11:45 AM	Chair Exercise	10:00 AM	Scrabble	12:30 PM	Bridge	1:00 PM
Core & Strength No class Jan 17	11:30 AM	Mahjong	1:00 PM	Alzheimer's Group January 12	10:00 AM	Gentle Yoga	1:00 PM		
Writers Group No group Jan 17	1:00 PM	Genealogy Workshop	2:00 PM	Book Group January 12	11:00 AM	Get Artsy with Renee January 13 & 27	1:00 PM		
Bridge No game Jan 17	1:00 PM	Ukulele Lessons	No January	Parkinson's Group January 19	11:00 AM	Line Dancing Class	2:30 pm		
		Genealogy Guided Practice Session	3:00 PM	Core & Strength	11:30 AM				
				Bunco	12:45 PM				
				Card Making	1:00 PM				

Happy New Year!



WINTER

WORD SEARCH

M I X P B E D Z Q T D D W M R Z R L T F
 S N V O L U X K N E V N E Q T N S P E N
 N K O C M E L T K Z B O N C F Y Q B K S
 P T I J V L G A U P M K U N E C V G N W
 S C D I N B L I Z Z A R D E B M P H A I
 I X Q P N F P G U S Q A Q A R B B O L N
 T U V L W G L R I J L M X U U S O E B T
 E Q F O L Z L E D W A E V F A S M W R E
 G C N M X A U H F D U F D T R X R I S R
 M S A A S H B O B Z M H F H Y W H T E S
 F U X L S N O W I N G T O V C J G W T W
 S I S L P E F W O D M T S H O V E L A E
 R N W E V E Y R L N C L I I Z P X V K A
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 A E O U M O L O F Y S T X I D N G U C R
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 J L E P M O Q G V Z F C E E T S S X X S
 Y R E P P I L S T S O R F M K C B P S M

BLANKET
 BLIZZARD
 BOOTS
 CHILLY
 COAT
 COLD
 DECEMBER
 FEBRUARY
 FIREPLACE
 FROST
 FROZEN
 GLOVES
 HEATER
 HOT COCOA
 ICE
 ICE SKATES
 ICICLE
 JANUARY
 MELT
 SCARF
 SHOVEL
 SKIING
 SLED
 SLIPPERY
 SNOWING
 SNOW BALL
 SNOWFLAKE
 SNOWMAN
 SWEATER
 WINTER

PARKING LOT NEWS



In early January, the City of Elk Grove will begin construction of a “solar farm” near the far left corner of the parking lot. You will see an increase in trucks, traffic and dirt, much like it was this summer. The good news is the solar energy received from this project will help offset some of the electricity costs at the Senior Center.

30 parking spaces for the Senior Center will be marked and painted designating the spaces as Senior Center Only, Mondays through Fridays 8:00 am - 4:00 pm. We hope this helps the parking dilemma we have had in the past.

We do ask though, if you are able bodied and can easily walk from the parking lot into the building, please park a little further down in the 2nd or 3rd row so those with walkers and canes may park a little closer. Thank you!!



Ukulele News



We will not have a Ukulele class in January due to the instructors performance schedule, but it will be back February 1st for all your strumming' fun!

Food Waste Recycling



You may have seen on the news that California will start a new mandatory Food Waste Recycling program on January 1, 2022 that effects all residents and businesses. Per our local Republic Services, the recycling containers needed for this program are not yet available. When they are ready, Republic Services will contact all customers with the information on when to expect and how to use the new containers.



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Benefits may vary by region. 'Ohana Health Plan, a plan offered by WellCare Health Insurance of Arizona, Inc. Wellcare is the Medicare brand for Centene Corporation, an HMO, PPO, PFFS, PDP plan with a Medicare contract and is an approved Part D Sponsor. Our D-SNP plans have a contract with the state Medicaid program. Enrollment in our plans depends on contract renewal. For accommodations of persons with special needs at meetings, call 1-877-699-3552 (TTY 711). There is no obligation to enroll. For Allwell Arizona D-SNP plans: Contract services are funded in part under contract with the state of Arizona. For Allwell New Mexico D-SNP plans: Such services are funded in part with the state of New Mexico. For Louisiana D-SNP enrollees; For detailed information about Louisiana Medicaid benefits, please visit the Medicaid website at <https://ldh.la.gov/Medicaid> For Tennessee D-SNP plans: Notice: TennCare is not responsible for payment for these benefits, except for appropriate cost sharing amounts. TennCare is not responsible for guaranteeing the availability or quality of these benefits. †Other pharmacies/physicians/providers are available in our network.

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Board of Directors Elections and Information

The Senior Center will be holding elections for open positions on our Board of Directors in early 2022. Board positions are defined as non-paid volunteers of the Corporation who are willing and able to provide expertise with strategic direction and/or perform the duties as Officers of the Corporation to ensure the safe and efficient operation of the Senior Center. The Board of Director's meetings are held the second Monday of the month with no meeting held in December.

There are one and or two-year terms of office, beginning the 1st day of July and ending the 30th day of June.

Any persons serving on the Board and or eligible for voting must be an active Member of Record of the Senior Center as of March 31st.

If you are interested in serving on the Board, Candidate Application forms are available at the Senior Center of Elk Grove Front Desk.



2022 Book Group Book Selections

- January: Isabel Wilkerson - Caste
- February: Robert Kolker - Hidden Valley Road
- March: Colson Whitehead - Nickel Boys
- April: Jojo Moyes - The Giver of Stars
OR
Kim Michele Richardson - The Book Woman of Troublesome Creek
- May: Michele Harper - The Beauty in Breaking
- June: Claire Keegan - Small Things Like These

