

The next Board of Directors meeting will be Monday, May 9, 2022 at 3:15 pm. Meetings are open to the public.

**Board of Directors**

Michelle Orrock	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
Ray Schultze	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

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.

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Senior Center of Elk Grove



Your Everything Center

May 2022 Newsletter

It's **Big Day of Giving** Time!!

**Welcome to May!**

Don't forget. Big Day of Giving is May 5th. The Senior Center needs all the help you can give us!  
Don't know how to donate? Just ask us!  
We have a LOT of raffle prizes for donors!

Board elections will happen this month. We have quite a few awesome Board candidates to consider. See your ballot and information on pages 2 and 3

Your new Executive Director will begin May 1st. You may find out more about her on page 4

New this month ... American Sign Language!  
Check it out on page 6

**THANK YOU** for being a part of the  
Senior Center of Elk Grove



# Senior Center of Elk Grove Board of Directors Election Ballot

One Year Term July 1, 2022 through June 30, 2023  
Two Year Term July 1, 2022 through June 30, 2024

**Vote for no more than eleven (11) candidates:**

Please see page 3 for more information.

Name	Term	Vote
Jon Colton	Two Year	
Ken Frieze	Two Year	
Linda Gunn	One Year	
Elaine Horton	Two Year	
Marie Jachino	Two Year	
Doc Laudon	One Year	

Name	Term	Vote
Vicki Nicholson	Two Year	
Ray Schultze	Two Year	
Donald Simon	Two Year	
Nick Soberanis	One Year	
Chuck Woods	Two Year	

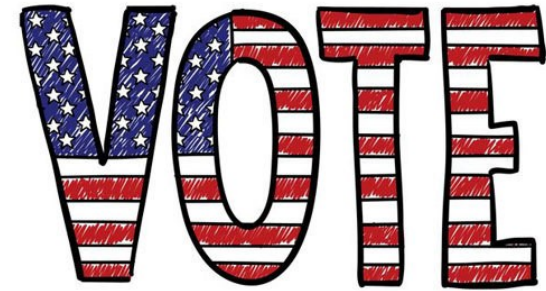
Signature \_\_\_\_\_

Print Name \_\_\_\_\_

Address \_\_\_\_\_

\_\_\_\_\_

## THANK YOU FOR VOTING



Included in your May Newsletter is a ballot for the Senior Center of Elk Grove Board of Directors One Year (2022/2023) and Two Year (2022/2023 and 2023/2024) Terms.

As in most elections, voting gives you a voice. The Board of Directors represent you in all Senior Center decisions.

Candidates who have chosen to participate have given the Senior Center information about themselves and why they want to serve on the Board, so you, the voter may make an informed decision. The binder with the candidates information will be available at the Front Desk.

Members in good standing as of **March 31, 2022** are asked to vote on the ballot enclosed and return in the **envelope provided**. Your signature, name and address **must** be included on the form.

You may also drop off your ballot or vote at the Senior Center Front Desk. You will be asked to sign the Member roster when dropping off the ballot or voting. All ballots must be received no later than 4:00 pm on Friday, May 31, 2022.

Please return your ballot to:  
**Senior Center of Elk Grove**  
8230 Civic Center Drive, Suite 140  
Elk Grove, CA 95757

## Your New Executive Director, Christine Cuddy

I am so excited to become your Executive Director! Most of you know me, I'm the one who sat in the little office down the hall with all the funny stuff behind me, and random paintings propped on the floor. Maybe you've heard my loud laugh ... my really loud laugh!

Well, here is a little bit more to know about me. I am originally from San Bruno in the Bay Area. I moved to Elk Grove in 2005 with my sons, Mike and Joe. They are the best thing about me and are simply great kids. I still call them Mikey and Joey, much to their dismay.

Most of my down time is spent at home with my son Joey, who has Aspergers and most weekends in San Bruno with my 88 year old dad, Joe, playing games and watching every sport imaginable.

I spent 25 years as an Escrow Officer, then several years managing several offices for a CPA. I came to the Senior Center in 2015 and have been in love with all of you ever since.

As a volunteer, I worked with the (what is now) Avon Breast Cancer 3 Day events as Division Leader, Crew Manager and Crew Captain in 15 walk events along the West Coast. I also volunteered in Autism and other events in the Bay Area, Los Angeles, and Sacramento areas.

When I came to work at the Senior Center, Pat Beal became not only my mentor, but my friend. She taught me everything I know about the Center and showed me how to be a better person. Pat is, without a doubt, the most extraordinary woman I've known and I will do everything in my power to make her - and all of you - proud.

I am always open to hear what you like, what you don't, praise for the staff (Renee, you are **AMAZING!**) and anything else you need to speak about. The Senior Center is our place and I will give it, and you, the best care I can.

*Christine*

## Get Artsy with Renee



Tissue Paper Painting

Thursday, May 12, 2022  
at 1:00 pm

You won't believe how easy and surprising this type of painting is! You will be using tissue paper, made to bleed color and WOW you have a gorgeous watercolor like painting. You may choose what you want to "paint". It can be a boat, a flower, something abstract, your choice! 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.

Watercolor Cards

Thursday,  
May 26, 2022  
at 1:00 pm



Make these vibrant and fun watercolor cards, perfect for any occasion. Although Renee won't call this a true watercolor class, you will learn how to use the colors to layer and explore your creative side. You must be a member to attend and pre-register. Renee's classes fill quickly so register today! \$15 supplies fee at registration and \$2 activity fee day of class.

## Oral Storytelling Introduction Workshop



Storytelling is the oldest artform known to humanity. It is the heart of who we are as humans— it allows us to understand the events in our lives and to connect with one another. This 60 min workshop is intended to give participants an introduction to oral storytelling and help them reflect and think through stories in their own lives. Jean Green, a Story Ambassador with Capital Storytelling, will share her own story and then lead participants through activities to help them discover their own unique story and to find meaning in it.

Join us for a safe and fun space where you can connect and learn more about storytelling. May 24, 2022 at 1:30 pm.

1 hour - \$2 fee

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## AMERICAN SIGN LANGUAGE

Sign Language is a truly beautiful form of communication. Lisa Marchand, a former sign language interpreter and ASL teacher, will instruct you how to form letters, words and sentences through the use of American Sign Language or ASL. A fun advantage of knowing how to sign is being able to have a private conversation with a friend!

Join us Tuesdays at 1:00 pm beginning May 3rd for this innovative, and interesting class!



## CLASS CHANGES FOR MAY 2022

We are listening to you! We have some changes to our Monday, Tuesday and Wednesday classes in response to member requests.

### Mondays

- **There will no longer be a Monday Aerobics. See Tuesday classes**
- **Chair Exercise will hold two Monday classes - one at 9:00 am and one at 10:15 am, in hopes to make the class sizes safer and easier for all**

### Tuesdays

- **Balance Matters will no longer be held on Tuesdays. See Wednesdays classes**
- **Aerobics will be held at 9:00 am**
- **Sign Language (NEW!) will be held at 1:00 pm**

### Wednesdays

- **Balance Matters will be held at 9:00 am**
- **Tai Chi for Arthritis with Lucy will hold one class at 9:00 am \***
- **Tai Chi at 10:00 am with Frank will be held in the City side room \***
- **Ukulele Fun & Practice (NEW!) will be held at 10:30 am**
- **\* Neither Tai Chi class will be held on Wednesday, May 4th due to a City conference.**

We realize this is a lot of change, especially to Chair Exercise which has been at 10:00 am on Mondays forever, but we're hoping this will be a great change for everyone. Please use the calendar enclosed as a guide.

# Senior Center of Elk Grove



Your Everything Center

## Monthly Calendar

## May 2022

MONDAY Programs	Time	TUESDAY Programs	Time	WEDNESDAY Programs	Time	THURSDAY Programs	Time	FRIDAY Programs	Time
Tai Chi for Arthritis Beginners	9:00 AM	Aerobics <b>NEW DAY/TIME</b>	9:00 AM	Balance Matters <b>NEW DAY/TIME</b>	9:00 AM	Tai Chi Fan Beginners	8:30 AM	Cardio Drumming	8:30 AM
Chair Exercise <b>NEW ADDED GLASS</b>	9:00 AM	Knit & Crochet	9:30 AM	Tai Chi for Arthritis <b>NO CLASS 5/4</b>	9:00 AM	Open Artist Studio	9:00 AM	Quilting Group	9:00 AM
Tai Chi for Arthritis Intermediate	9:45 AM	Zumba Gold	10:00 AM	Chair Exercise	10:00 AM	Tai Chi Fan Intermediate	9:15 AM	Chair Exercise	10:00 AM
Game Time	10:00 AM	Men's Talk	10:00 AM	Tai Chi with Frank <b>NO CLASS 5/4</b>	10:00 AM	Core & More	10:00 AM	Mahjong	10:00 AM
Chair Exercise	10:15 AM	Gentle Yoga	11:45 AM	Ukulele Fun/Practice <b>NEW</b>	10:30 AM	Basic Bridge Lessons	10:00 AM	Bingo	12:30 PM
Core & Strength	11:30 AM	Sign Language <b>NEW</b>	1:00 PM	Book Group <b>May 11</b>	11:00 AM	Game Time	10:00 AM	Bridge	1:00 PM
Writers Group	1:00 PM	Mahjong	1:00 PM	Parkinson's Support Group <b>May 18</b>	11:00 AM	Core & Strength	11:30 AM		
Bridge	1:00 PM	Storytelling Workshop <b>MAY 24</b>	1:30 PM	Core & Strength	11:30 AM	Scrabble	12:30 PM		
		Genealogy Workshop	2:00 PM	Bungo	12:45 PM	Gentle Yoga	1:00 PM		
		Genealogy Guided Session	3:00 PM	Card Making	1:00 PM	Get Artsy with Renee <b>May 12 &amp; 26</b>	1:00 PM		
						Line Dancing Class	2:30 PM		



## Program Descriptions

<p><b>Aerobics</b>  <b>Instructor - Debbie Glincher</b>  <b>Tue 9:00 am / 45 min</b>  <b>\$2</b></p>	<p>Every class is different and interesting with instructor Debbie Glincher. Light weights and toning bands are used to give you the workout your body and mind crave. Come in, work out early before your brain knows what you're doing!</p>
<p><b>Alzheimer's Support Group</b>  <b>Until further notice, the Alzheimer's Support Group will be held online. Please contact 916.930.9080 x 1214 or ddavis1@alz.org for information.</b></p>	<p>This support group is for caregivers dealing with a loved one, family, friend, or other person with Alzheimer's disease. The group is led by trained facilitators. We are sorry, the Center does not have the ability to care for your loved one with Alzheimer's during the meeting.</p>
<p><b>Balance Matters</b>  <b>Instructors - Debbie Glincher</b>  <b>Wed 9:00 am / 45 min</b>  <b>\$2</b></p>	<p>Want a true workout while seated? Balance Matters is for you. Work your arms, legs and core muscles from your seat and feel the results in better balance, more stamina and toned muscles. * <b>A yoga mat and exercise band are needed.</b></p>
<p><b>Bingo</b>  <b>Fri 12:30 pm / 1.5 hr approx.</b>  <b>\$2 fee plus \$.50 Per Card,</b>  <b>Limit 8 Cards</b></p>	<p>What is more satisfying than being the first to yell BINGO! Grab your friends and join us for an exciting afternoon of Bingo. Prize pots depend on amount of players. Three extra large Bingo screens in our new gorgeous Center give everyone a perfect view.</p>
<p><b>Book Group</b>  <b>2nd Wed of the month</b>  <b>11:00 am / 1.5 hr</b>  <b>\$2</b></p>	<p>Not many things are better than holding a great book in your hands. Sharing that great book with other reading enthusiasts is simple joy. Join the monthly Book Group to discuss new titles and well loved classics. Book list available at the Front Desk.</p>
<p><b>Bridge</b>  <b>Mon &amp; Fri 1:00 pm / 3 hr</b>  <b>\$2</b></p>	<p>Card playing is a fantastic way to keep your brain sharp, which is especially important as we get older. Bridge is a classic card game, massively popular for over 90 years.</p>
<p><b>Bridge Lessons</b>  <b>Thurs 10:00 am / 2 hr</b>  <b>\$2</b></p>	<p>Learn the basic concepts of Bridge. Bridge is a fun and engaging card game that has been wildly popular for over 90 years.</p>
<p><b>Bunco</b>  <b>Wed 12:45 pm / 2 hr</b>  <b>\$2</b></p>	<p>Bunco has a fun, storied past. It's a fun, easy game of 3 dice and 100% luck. Lively chatter, lots of laughter and the occasional cow bell can be heard when the Bunco players are on a "roll."</p>



## Program Descriptions

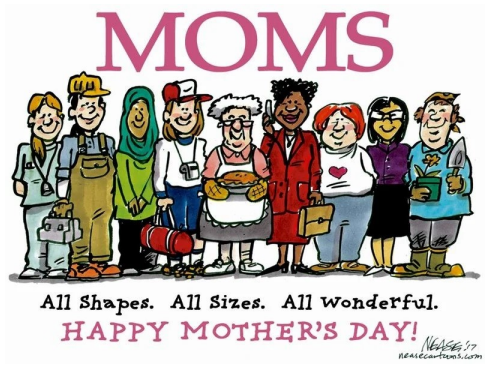
<p><b>Cardio Drumming</b>  <b>Instructor - Debbie Glincher</b>  <b>Fri 8:30 am / 1 hr</b>  <b>\$2 fee</b></p>	<p>Fantastic music, awesome beats! Join instructor Debbie Glincher for this aerobic exercise that can be done sitting or standing. There's no better way to start your day! No special equipment needed. We have everything you need for a rockin' time!</p>
<p><b>Card Making</b>  <b>Instructor - Connie DeGarmo</b>  <b>Wed 1:00 pm / 2 hr</b>  <b>\$2 plus \$6 supplies fee paid directly to instructor</b></p>	<p>Elegant cards, funny cards, birthday cards - nothing brightens up a day like a lovely card. Talented Instructor Connie DeGarmo supplies the samples, cut-outs, card stock and embellishments, you provide the glue, handy work and maybe a little bit of magic.  <b>* Please bring your own glue / adhesive</b></p>
<p><b>Chair Exercise</b>  <b>Award Winning Video</b>  <b>Mon 9:00 am and 10:15 am,</b>  <b>Wed and Fri 10:00 am / 1 hr</b>  <b>\$2</b></p>	<p>This easy, award winning video is perfect for those who haven't exercised in a while. Gentle movements, easy to follow instructions are perfect for almost all levels of ability and can be done from your chair, wheel chair or even standing.</p>
<p><b>Core &amp; More</b>  <b>Instructor - Michelle Ernster</b>  <b>Thurs 10:00 am / 1 hr</b>  <b>\$2</b></p>	<p>Core &amp; More is a new exercise class with many of the same benefits as Core &amp; Strength but in a will incorporate more stretching and toning * <b>A yoga mat and exercise band are needed.</b></p>
<p><b>Core &amp; Strength</b>  <b>Instructor - Michelle Ernster</b>  <b>Mon, Wed &amp; Thurs 11:30 am</b>  <b>1 hr</b>  <b>\$2</b></p>	<p>Core and Strength is a wonderful program for those seeking a highly effective, yet a little less than a full aerobic workout. This program will strengthen your body, tone your muscles and bring back the stamina you used to have. * <b>A yoga mat and exercise band are needed.</b></p>
<p><b>Game Time</b>  <b>Mon &amp; Thurs 10:00 am / 2 hr</b>  <b>\$2</b></p>	<p>We have games such as Mahjong, hand and Foot, Canasta, Cribbage, Phase 10, Yahtzee, Sequence, Chess, Backgammon, Dominoes, and several decks of cards available to choose from.</p>
<p><b>Genealogy</b>  <b>Guide - Karen Nahoun</b>  <b>Tue 2:00 pm &amp; 3:00 pm</b>  <b>1 hr ea \$2</b></p>	<p>Genealogy is a wonderful and satisfying endeavor. Learning about your family, finding things you didn't know about your ancestors histories is fascinating. Karen Nahoun teaches you the correct techniques, shortcuts and surprising places for research.</p>

## Program Descriptions

<b>Get Artsy with Renee</b> <b>Instructor - Renee Hodgkin</b> <b>2nd &amp; 4th Thurs of the month</b> <b>1:00 pm / 2 hr \$2+ supplies fee</b>	Renee Hodgkin will be bringing you a new and fun artsy project the 2nd and 4th Thursday of the month. Pre-registration is required. See page 5 for projects!
<b>Gentle Yoga 1 hr</b> <b>Instructor Julie Han</b> <b>Tues 11:45 am</b> <b>Thurs 1:00 pm</b> <b>\$2</b> 	Gentle Yoga is a wonderful way to produce the benefits of yoga in a gentle form. Mind, body and spirit all play a role in how our bodies work. Gentle Yoga brings those elements together for a peaceful, healthy you. * <b>A yoga mat is needed and a yoga block is recommended</b>
<b>Knit &amp; Crochet</b> <b>Tues 9:30 am / 2.5 hr</b> <b>No Fee</b>	Join the Knit and Crochet group for lively chat, new ideas, sharing patterns and fun. This is not a class. The members and volunteers are not instructors, but they are willing to help if you're stuck on something!
<b>Line Dancing</b> <b>Instructor Jill Croft</b> <b>Thurs 2:30 pm / 1.hr</b>	Let's dance! No partner is needed. Just bring your enthusiasm and love of great music. Dance like no one is watching, because they aren't. No judgement, no critiquing, just pure enjoyment.
<b>Mahjong</b> <b>Tues 1:00 pm &amp; Fri 10:00 am</b> <b>2 hr</b> <b>\$2</b>	This fascinating, fun and challenging game is played with tiles at tables with 3 - 4 players. Mahjong is a game of skill, strategy and calculations but still with a degree of chance.
<b>Men's Talk Group</b> <b>Tues 10:00 am / 2 hr</b> <b>\$2</b>	The Men's Talk Group meets to discuss hobbies, life experiences, cars, local news and other interests. Speakers such as doctors, police chiefs, fire chiefs and other notable figures make occasional guest appearances. All backgrounds are welcome.
<b>Open Artist Studio</b> <b>Thurs 9:00am / 2 hr</b> <b>\$2</b> 	Bring your favorite medium and join like minded artists for some fun, sharing and maybe a little showing off. Take some time to get to know other local artists and make some friends for life.
<b>Parkinson's Support Group</b> <b>Facilitator - Myron Jansen</b> <b>3rd Wed. of the Month</b> <b>11:00 am</b> <b>No Fee</b>	Parkinson's Support Group of Elk Grove holds round table discussions, informative presentations, and often hosts guest speakers. All who are affected by Parkinson's: family, caregivers and loved ones are welcome to participate.
<b>Quilting Group</b> <b>Fri 9:00 am / 2 hr</b> <b>No fee</b>	The quilters will be making items to sell in the beautiful Senior Center Gift Gallery. Join us Fridays at 9:00 am. Please note ... this is not a quilting <u>class</u> , it is a gathering of experienced quilters.

## Program Descriptions

<b>Scrabble</b> <b>Thurs 12:30 pm / 2 hr</b> <b>\$2</b>	You know what's great for your whole well-being? Thinking, using your brain. Scrabble is an excellent way to use those brain cells. You don't need to be a word master, the regular participants will happily teach you.
<b>Sign Language (ASL)</b> <b>Instructor - Lisa Marchand</b> <b>Tues 1:00 pm / 1 - 1.5 hr</b> <b>\$2</b>	Sign Language is a beautiful form of communication. Lisa Marchand will instruct you how to form letters, words and sentences through the use of American Sign Language or ASL.
<b>Tai Chi</b> <b>Instructor - Frank Gaviola</b> <b>Wed 10:00 am / 30 min</b> <b>\$2</b> 	Join Sensei Frank Gaviola for this popular, low impact exercise. After your first class, you'll understand why this program is praised by so many for its gentle movement and sense of peaceful spirit. Nourish your mind while strengthening your body.
<b>Tai Chi Fan</b> <b>Instructor - Lucy Lau</b> <b>Thurs 8:30 am and 9:15 am</b> <b>30 min</b> <b>\$2</b>	Tai Chi Fan is a very beautiful exercise. Its slow, graceful, colorful movements are a joy to perform. Manipulating the fan increases the mobility of the digital joints and enhances function of the hand, wrist and arm. Open and smooth movements enhance the flexibility of the body.
<b>Tai Chi for Arthritis</b> <b>Instructor - Lucy Lau</b> <b>Beginner - Mon 9:00 am</b> <b>Intermediate - Mon 9:45 am</b> <b>For all Wed 9:00 am</b> <b>\$2</b>	Sun Style Tai Chi is known as Tai Chi for arthritis because of its gentle posture, high standing position and footwork that does not strain the knees. The intermediate class is a continuation of the Sun Style Tai Chi beginners class. It includes a relaxing warmup, a series of Tai Chi movements to enhance flexibility and agility.
<b>Ukulele Fun &amp; Practice Group</b> <b>Wed 10:30 am 1.5 hrs</b> <b>\$2</b> 	A small group of ukulele enthusiasts get together to play, learn from each other and just have a great time!
<b>Writing Group</b> <b>Facilitator - Loy Holder</b> <b>Mon 1:00 pm / 2 hr</b> <b>\$2</b>	Love to write? Participants showcase their short stories, articles, chapters and other works of art with other like minded writers. Friendly critiquing and words of encouragement are given freely.
<b>Zumba Gold</b> <b>Instructor - Linda Taylor</b> <b>Tues 10:00 am / 1 hr</b> <b>\$2</b>	Dance, dance, dance! Put your moves to the test in this sassy, high energy exercise. Music to get your heart pumping, moves to keep your feet flying and enough enjoyment to leave you smiling all day. Start your day with music, dance, a little sparkle and fun!



The Senior Center will be closed Monday, May 30, 2022 in honor of Memorial Day



**Remember ...**  
Wednesday, May 11th  
is national  
**EAT WHAT YOU WANT DAY!**  
Tootsie Pops for members!

