

The next Board of Directors meeting will be Tue., October 12, 2021 at 3:15 pm. Meetings are open to the public.

Board of Directors

Michelle Orrick
Linda Bradley
Elaine Horton
Nick Soberanis
Jon Colton
Ken Frieze
Bill Hitchcock
Linda Gunn
Rita Rubin
Chuck Woods
Sarah Bontrager
Gil Albiani

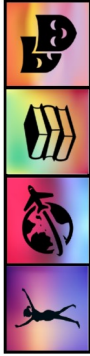
President
Vice-President
Secretary
Treasurer

Director at Large
Director at Large
Director at Large
Director at Large
Director at Large
Director at Large
City of Elk Grove
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

Senior Center of Elk Grove



Your Everything Center

8230 Civic Center Dr.
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

SCEG PARTNERS

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95624

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

October 2021 Newsletter




Please join us for

Holiday Bingo

Saturday, November 6, 2021 at Noon

Details on page 2

The Senior Center will be closed Monday, October 11, 2021 in observance of Columbus Day 



As fall arrives, we welcome weather changes, and a few schedule changes as well. Please take a peek at the schedule inside.

Here are a few of the changes:

Holiday Bingo is Here!

Saturday, November 6, 2021 at Noon.

Seats must be reserved ahead of the event.

Tickets go on sale Monday, October 4th and may be purchased at the Front Desk. Tickets are \$20 for current members, \$25 for non-members. Your reservation includes 6 Bingo cards and 10 Raffle tickets. Additional raffle tickets may be purchased at the event for \$1 each.

Doors will open at 11:30 am and the fun starts at noon

You must be 18 years old or over to participate. Masks are required at all times.

Cookies and refreshments will be provided.

Tai Chi with Frank Gaviola has moved to Wednesdays, at 10:00 am.



Ukulele with Martin Beal will be held Tuesdays at 3:00 pm beginning October 12th, 2021

Card Making will be every week on Wednesday at 1:00 pm on the first 4 weeks of each month.

Due to scheduling conflicts, the Artsy classes with Renee are changing too. Please see page 5 for details.

Yoga Mats, Exercise Bands, and Yoga Blocks



Many exercise classes use bands, blocks and/or mats. You may purchase pre-packaged red exercise bands at the Front Desk for just \$5 each. We have a very few blue Yoga mats still available for \$5, and Yoga Blocks are available for \$6 each.



While we prefer you bring your own hand weights for health reasons, we will continue to provide them to members.



2021 ANNUAL EDUCATION CONFERENCE
Saturday, October 23, 2021 • 8:30 a.m. – 3:00 p.m.

The Parkinson's Support group will **not** be meeting at the Senior Center in the month of October.

You are invited to check out the Conference held in Roseville on Saturday, October 23, 2021.

If you'd like more information, please call the Parkinson Association office at (916) 357-6641. Their hours vary, so leave a message or visit their website at: panc@panctoday.org



The Senior Center of Elk Grove will be offering a Quilting Group.

The quilters will be making items to sell in the beautiful Senior Center Gift Gallery.

The first meeting will be Friday, October 8, 2021 at 9:00 am. Space is limited. Please see the Front Desk or call (916) 685-3160 to reserve your space.

Get Artsy with Renee & Friends

NEW DAY!

We will now be getting Artsy on the 2nd & 4th THURSDAYS of the month at 1:00 pm.



October 14th is Yarn Pumpkins.

There will be a \$10 supply fee due at sign up. Please sign up for the class by Friday, October 8th.

October 28th class is Pull Painting.

A \$10 supply fee will be due at sign up. Please sign up for this class by Monday, October 25th.



October 2021

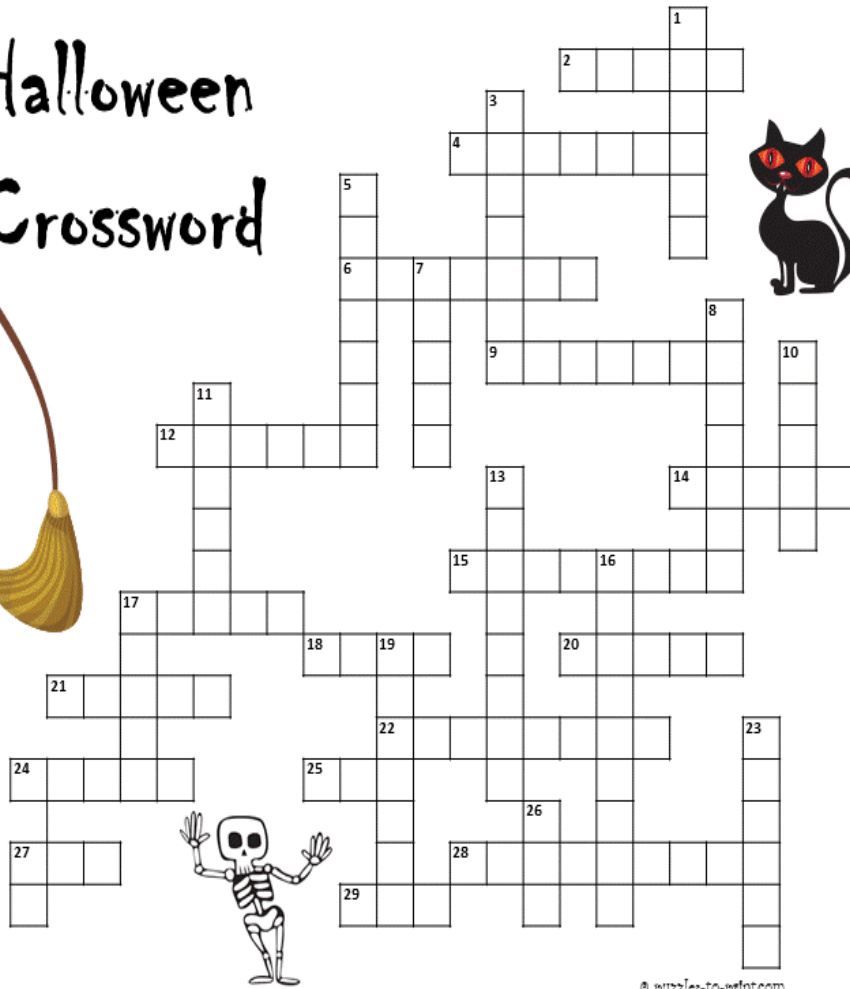
Closed Mon., Oct 11 for Columbus Day



Weekly Calendar

MONDAY Programs	Time	TUESDAY Programs	Time	WEDNESDAY Programs	Time	THURSDAY Programs	Time	FRIDAY Programs	Time
Aerobics	8:30 AM	Balance Matters	8:30 AM	Aerobics	8:30 AM	Balance Matters	8:30 AM	FAME	8:30 AM
Tai Chi for Arthritis Beginners	9:00 AM	Knit & Crochet	9:30 AM	Tai Chi for Arthritis Beginners	9:00 AM	Open Artist Studio	9:00 AM	Chair Exercise	10:00 AM
Tai Chi for Arthritis Intermediate	9:45 AM	Zumba Gold	10:00 AM	Tai Chi for Arthritis Intermediate	9:45 AM	Gore & Strength	10:00 AM	Bingo	12:30 PM
Game Time	10:00 AM	Men's Talk	10:00 AM	Tai Chi	10:00 AM	Game Time	10:00 AM	Bridge	1:00 PM
Chair Exercise	10:00 AM	Gentle Yoga	11:45 AM	Chair Exercise	10:00 AM	Scrabble	12:30 PM		
Core & Strength	11:30 AM	Mahjong	1:00 PM	Alzheimer's Group Oct 13	10:00 AM	Gentle Yoga	1:00 PM		
Writers Group	1:00 PM	Genealogy Workshop	2:00 PM	Book Group Oct 13	11:00 AM	Get Artsy with Renee Oct 14 & 28	1:00 PM		
Bridge	1:00 PM	Ukulele Lessons Beginning 10/12	3:00 PM	Parkinson's Group No Oct meeting. See pg. 4 for more info		Line Dancing Class	2:30 pm		
Karaoke Oct 4 & 18	2:00 pm	Genealogy Guided Practice Session	3:00 PM	Core & Strength	11:30 AM				
				Bunco	12:45 PM				
				Gard Making	1:00				

Halloween Crossword



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Across

2. Frightening
4. He hates garlic
6. Frankenstein had one
9. The Count
12. Where a vampire sleeps
14. ____ or treat
15. Scare
17. A skeleton is just a bunch of these
18. Mr. O'Lantern

Down

20. What the pot might call the kettle
21. ____ stories
22. A boney sort of fellow
24. Found in Egypt
25. Lives in the belfry
27. Who? Who?
28. Playground for ghosts
29. What a spider spins

1. When something makes our skin crawl, it's this
3. ____ house
5. Makes a popular pie
7. When ghosts come out to play
8. Fire burn, and ____ bubble
10. Samantha for example
11. Evil or mischevous creature
13. Comes out on full moon nights
16. October 31st
17. Witch transportation
19. Disguise
23. Incey wincey is one of these
24. Might be full, half, or new
26. He swallowed the canary



The Park

AT LAGUNA SPRINGS



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- Woodworking Shop
- Brick Pizza Oven & Rotisserie
- Gardens
- Pool
- Outdoor Exercise Stations
- Covered Parking
- Fire Pit
- Dog Park & Wash Area
- BBQ
- Electric Vehicle Charging Stations
- Large Open Floor Plan
- Full Size Stainless Appliances
- Full Size Designer Kitchen
- All Utilities Excluding Phone
- Extended Basic Cable
- Wi-Fi
- Secured, Gated Community
- 24-hour Video Monitoring
- Private Casitas
- 24-hour Professional Staff
- Weekly Housekeeping
- Wellness Activities
- Concierge
- Social & Wellness team
- Life-Long Learning Program
- Weekly Socials
- Town Car Transportation
- All inclusive

(916) 639-1454

Please call for more information.

The Park
AT LAGUNA SPRINGS

parklagunasprings.com

9670 Laguna Springs Drive / Elk Grove, CA



Regency Place Presents
First Annual Sacramento Senior Health and Wellness Symposium



Come join us for a special health and wellness event!
Thursday, October 21st
 3:00pm - 6:00pm



ONRs collaborative partnerships provide successful outcomes for our residents in short term and long term rehabilitation settings, as well as residents residing within senior living communities.



Chef Rommel

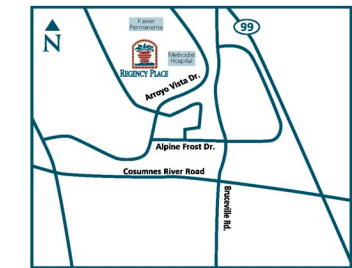
Regency Place will host many vendors promoting healthy living with fun health and wellness prizes. While you're here sip on a healthy smoothie from the "Smoothie Station" or chomp on a salad at the "make your own salad to go" bar. Listen to our very own ONR Therapy group on correcting your balance and being "Safe In Your Space" presentation. We'll be offering great door prizes! Also take a peek inside a vacation rental RV.

RSVP for this event with Jon
 916-806-8450

Tour our newly furnished Independent Living model for a chance to win a "Dinner on Us" gift certificate!



916-681-7800
 8190 Arroyo Vista Dr
 Sacramento CA 95823
 RegencyPlaceSeniorLiving.com



Conveniently located off Highway 99 Cosumnes River Rd. & Calvine Rd.
 Located 3 minutes from both Kaiser and Methodist hospitals

Experience why Independent Living is GREAT for Your Health

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Lions Pancake Breakfast
 returns Saturday, Oct. 9
 at the new Albani Center



Join the Elk Grove Lions for a fantastic old fashioned Pancake Breakfast, including all you can eat pancakes, scrambled eggs, bacon, sausage, fruit, orange juice and coffee for just \$7.

Proceeds will support the Lions club activities that help local youth.

The Albani Recreational Center is located at the former Senior Center location at 8830 Sharkey Ave.

HAPPY HALLOWEEN

