

The next Board of Directors meeting will be Monday, April 8, 2024 at 3:15 pm. This meeting will be open to the public.

**Board of Directors**

|                 |                              |
|-----------------|------------------------------|
| Ray Schultze    | President                    |
| Linda Bradley   | Vice-President and Treasurer |
| Elaine Horton   | Secretary                    |
| Jon Colton      | Director                     |
| David Feinberg  | Director                     |
| Ken Frieze      | Director                     |
| Richard Gunn    | Director                     |
| Marie Jachino   | Director                     |
| Vicki Nicholson | Director                     |
| Don Simon       | Director                     |
| Sarah Bontrager | City of Elk Grove            |

**Staff**

Christine Cuddy, Executive Director  
 executivedirector@thesceg.org

Renee Hodgkin, Activities Director  
 activities@thesceg.org

Jennifer Trevino, Program Assistant  
 programassistant@thesceg.org



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

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.

Membership is \$50 per year with a \$2 per event fee for most programs.



# APRIL 2024 NEWSLETTER

It's that time of year again

## BIG DAY of GIVING!

Our biggest fundraiser of the year.

The Senior Center's focus continues to be keeping the seniors in our community healthy, happy and living their best lives.

The annual **Big Day of Giving** is the biggest fundraising event for the Senior Center of Elk Grove. Your donation will help us keep the costs of membership and activities affordable to any senior who wishes to participate.

Every donation is eligible for awesome raffle prizes. The more you give the more raffles you'll be entered into.

Donate \$5 at the Senior Center on May 2nd and get some very special treats!

Please consider donating to the Senior Center of Elk Grove. Thank you!

Join us on Thursday, May 2nd and make this year's Big Day of Giving the biggest yet! See pages 2 through 4 for more information.



# Donation Form

Checks and credit cards returned with this form will be held in our locked safe until [Big Day of Giving](#) on May 2, 2024.

A self addressed envelope is enclosed in your newsletter.



Name on Card \_\_\_\_\_

Card number \_\_\_\_\_

Expiration Date \_\_\_\_\_ Code on back \_\_\_\_\_

Signature \_\_\_\_\_

(Required for credit card processing)

Signature \_\_\_\_\_

Zip Code \_\_\_\_\_



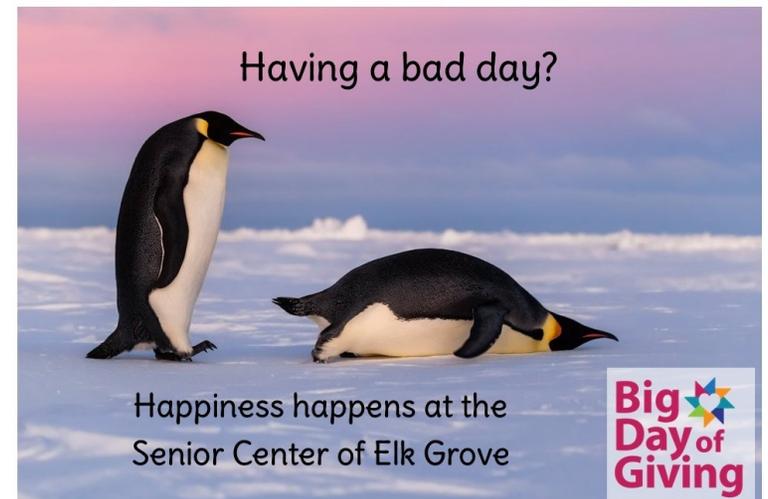
# THANK YOU!

Please give us your name, address and phone number so you may receive a receipt of your donation for tax purposes and prize notification.

Name \_\_\_\_\_

Address \_\_\_\_\_

Phone \_\_\_\_\_



The Senior Center is getting ready for **Big Day of Giving!**

See page 4 for a list of raffle prizes you may be eligible to win!

**For a \$5 donation on Big Day of Giving, we're giving away special brownies and lollipops. There will be a table and volunteer right inside the front door to give you your goodies!**

## How To Give

- Use the donation form to donate by check or credit card. We will not process these donations until May 2nd. **Please do not mail cash.**
- Go to <https://seniorcenterofelkgrove.square.site/> and use the Big Day of Giving link on the front page to give by credit card anytime (preferred).
- Go to [www.bigdayofgiving.org/donate/seniorcenterofelkgrove](http://www.bigdayofgiving.org/donate/seniorcenterofelkgrove) to give online after April 20th.
- Donate in person at the Senior Center, Monday through Friday 8:00 am to 4:00 pm using cash, check or charge.

# THANK YOU!

# Big Day of Giving Raffle Prizes

|   |   |   |   |   |   |   |
|---|---|---|---|---|---|---|
| All Donors<br>(1 Raffle Entry)<br>RAFFLE ENTRY FOR<br>SaveMart Gift Card            | \$25 or More<br>(1 Raffle Entry)<br>RAFFLE ENTRY FOR<br>SaveMart Gift Card                    | \$75 or More<br>(1 Raffle Entry)<br>RAFFLE ENTRY FOR<br>SaveMart Gift Card                    | \$100 or more<br>(1 Raffle Entry)<br>RAFFLE ENTRY FOR<br>SaveMart Gift Card                   | \$150 or More<br>(1 Raffle Entry)<br>RAFFLE ENTRY FOR<br>SaveMart Gift Card                   | \$200 or more<br>(1 Raffle Entry)<br>RAFFLE ENTRY FOR<br>SaveMart Gift Card                   | \$250 or More<br>(1 Raffle Entry)<br>RAFFLE ENTRY FOR<br>SaveMart Gift Card                   |
|  | <b>PLUS RAFFLE ENTRY</b><br>Safeway Gift Card   |
|  | <b>PLUS RAFFLE ENTRY</b><br>Safeway Gift Card   |
|   | <b>PLUS RAFFLE ENTRY</b><br>Kohls Gift Card   |
|    | <b>PLUS RAFFLE ENTRY</b><br>Raley's Gift Card   |
|    | <b>PLUS RAFFLE ENTRY</b><br>Joann AND Target<br>Gift Cards                                    |
|    | <b>PLUS RAFFLE ENTRY</b><br>Amazon AND Lowes<br>Gift Cards                                    |
|    | <b>PLUS RAFFLE ENTRY</b><br>Amazon AND Lowes<br>Gift Cards                                    |
|    | <b>PLUS RAFFLE ENTRY</b><br>Olive Garden AND<br>Hobby Lobby AND<br>Trader Joe's<br>Gift Cards | <b>PLUS RAFFLE ENTRY</b><br>Olive Garden AND<br>Hobby Lobby AND<br>Trader Joe's<br>Gift Cards | <b>PLUS RAFFLE ENTRY</b><br>Olive Garden AND<br>Hobby Lobby AND<br>Trader Joe's<br>Gift Cards | <b>PLUS RAFFLE ENTRY</b><br>Olive Garden AND<br>Hobby Lobby AND<br>Trader Joe's<br>Gift Cards | <b>PLUS RAFFLE ENTRY</b><br>Olive Garden AND<br>Hobby Lobby AND<br>Trader Joe's<br>Gift Cards | <b>PLUS RAFFLE ENTRY</b><br>Olive Garden AND<br>Hobby Lobby AND<br>Trader Joe's<br>Gift Cards |
|    |               |              |              |              |              |              |

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

For example, if you donate \$75, you will be entered into 3 raffles but if you donate \$150, you will be entered into 5 raffles!

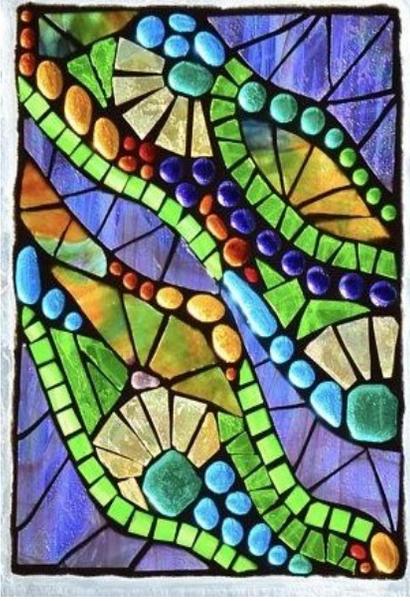
# GET ARTSY WITH RENÉE

## Mosaics

Thursday, April 11th  
at 1:00 pm

Mosaics are fun and as unique as you are. Choose your colors, pattern and shape. Let your imagination run wild!

You must be a paid member and pre-register. Renee's classes fill quickly so register today!  
\$20 supplies fee at registration and \$2 activity fee day of class.



## Alcohol Ink Coasters/Trivets

Thursday, April 25th  
at 1:00 pm

Impress your guests with one-of-a-kind coasters/trivets. Imagine your gorgeous design on the front, cork on the back and your friends ooo-ing and ahhh-ing!

You must be a paid member and pre-register. Renee's classes fill quickly so register today!  
\$20 supplies fee at registration and \$2 activity fee day of class.



# Senior Center of Elk Grove



Your Everything Center  
a 501(c)3 Nonprofit Organization

8230 Civic Center Dr, #140  
Elk Grove, CA 95757

916-685-3160

[www.theSCEG.org](http://www.theSCEG.org)

## April 2024 Activity Calendar

| Monday                  |          | Tuesday               |          | Wednesday                            |          | Thursday                                      |          | Friday  |          |
|-------------------------|----------|-----------------------|----------|--------------------------------------|----------|---|----------|---|----------|
| Light Body Toning       | 8:30 am  | Gentle Yoga           | 8:30 am  | Cardio Moves                         | 8:30 am  | Gentle Yoga                                   | 8:30 am  | Standing Pilates                                  | 8:30 am  |
| Chair Exercise          | 9:00 am  | Knit & Crochet        | 9:30 am  | Brain & Body<br><b>NO CLASS 4/10</b> | 8:30 am  | Chair Exercise                                | 9:00 am  | Quilting  | 8:30 am  |
| Women's Talk Group      | 10:00 am | Men's Talk Group      | 9:30 am  | Chair Exercise                       | 9:00 am  | Open Artist Studio                            | 9:00 am  | Chair Exercise                                    | 9:00 am  |
| Chair Exercise          | 10:00 am | Zumba Gold            | 10:00 am | Chair Exercise                       | 10:00 am | Open Games                                    | 9:00 am  | Mahjong   | 9:30 am  |
| Standing Pilates        | 10:00 am | Guitar Workshop       | 11:00 am | Tai Chi<br><b>NO CLASS 4/10</b>      | 10:00 am | Zumba Gold                                    | 10:00 am | Chair Exercise                                    | 10:00 am |
| Open Games              | 10:00 am | Zumba Chair           | 11:30 am | Alzheimer's<br><b>April 3</b>        | 10:00 am | Beginning Spanish                             | 10:30 am | Parkinson's Caregivers Support<br><b>April 12</b> | 10:15 am |
| Aerobics                | 11:30 am | Sign Language         | 12:30 pm | Parkinson's<br><b>April 17</b>       | 10:30 am | Ham It Up<br><b>NO CLASS 4/25</b>             | 11:30 am | Bingo   | 12:00 pm |
| Core & Strength         | 11:30 am | Mahjong               | 1:00 pm  | Ukulele                              | 10:30 am | Light Body Toning                             | 11:30 am | Bridge  | 1:00 pm  |
| Beginning Line Dance    | 1:00 pm  | Hawaiian Hula         | 1:00 pm  | Beginning Guitar                     | 11:00 am | Intermediate Spanish                          | 12:00 pm |   |          |
| Bridge                  | 1:00 pm  | Line Dance All Levels | 2:00 pm  | Book Group<br><b>April 10</b>        | 11:00 am | Scrabble                                      | 12:00 pm |   |          |
| Writers Group           | 1:00 pm  | Genealogy             | 2:00 pm  | Jazz Dance<br><b>NO CLASS 4/10</b>   | 11:00 am | Rock Painting<br><b>April 4 &amp; 18</b>      | 1:00 pm  |   |          |
| Intermediate Hatha Yoga | 1:30 pm  | Mindfulness           | 2:00 pm  | Aerobics                             | 11:30 am | Get Artsy w/Renee<br><b>April 11 &amp; 25</b> | 1:00 pm  |   |          |
|                         |          |                       |          | Chair Yoga<br><b>NO CLASS 4/10</b>   | 12:15 pm | Men's Talk Group                              | 1:00 pm  |   |          |
|                         |          |                       |          | Zumba Chair                          | 12:30 pm | Sing & Dance<br><b>April 11 &amp; 25</b>      | 1:00 pm  |   |          |
|                         |          |                       |          | Bunco                                | 12:45 pm | Advanced Line Dance                           | 2:30 pm  |   |          |
|                         |          |                       |          | Cardmaking                           | 1:00 pm  |   |          |   |          |



# CALIFORNIA CONNECT DEVICE ASSISTANCE CLASS

California Connect has offered to visit the Senior Center to show members how to use their cell phones.

**Apple iPhones - Wed. April 17 at 2:00 pm (20 spots)**  
**Android Phones - Wed. April 24 at 2:00 pm (10 spots)**

In order to be fair to all who are interested the classes are limited to paying members only and we will hold a lottery for each class. **IF YOU HAVE TAKEN THE PREVIOUS IPHONE/ANDROID CLASS YOU ARE NOT ELIGIBLE FOR THESE CLASSES.** Please contact the Senior Center front desk at 916-685-3160 to add your name to the list by the date(s) listed below:

**iPhones** - Register by 4:00 pm Fri. 04/12. If your name is picked, you will be called Mon. 04/15. If you do not respond by 4:00 pm on Tues. 04/16, we will choose another name from the list.

**Android** - Register by 4:00 pm Fri. 04/19. If your name is picked, you will be called Mon 4/22. If you do not respond by 4:00 pm on Tues 4/23, we will choose another name from the list.

We know it's confusing and frustrating, but it is the only fair way we can do this. Thank you for your understanding.



## Are You Interested in a Grief Support Group?

Grief has no time limit. It is different for everyone. Talking about grief with others experiencing it may help you feel less alone.

A Grief Support Group, led by a facilitator will allow the participants to share their feelings and journey. No psychology, no religion, just talk. If you are interested, please let the front desk know.



In addition to being a great place to exercise, have fun and learn new things, the Senior Center is also here to support you in many other ways.

Whether you're looking for resources for a friend, family member or yourself, we have information and resources to fit most situations.

We know discussing personal matters can be uncomfortable or embarrassing and stressful. The staff of the Senior Center will be discreet and kind. You may request a meeting with any member of the staff for privacy. You will always be treated with respect and care.



## LATE POLICY

Our main priority at the Senior Center is the safety of all participants. Therefore, we cannot allow late arrivals in **most** classes/programs.

**Yes, even if you're only one to two minutes late.**

**The front desk staff has the authority to decide if entry to an in-progress class is safe for all participants on a person-by-person and program-by-program basis.**

This also applies if you drop your things off in class and then - let's say - run out to your car for something. Coming back in late also counts as being late, even if you've already checked-in and have your things in the class. You will be stopped from going back to the class and will have to wait to collect your things.

**This is not punishment, it's about safety & courtesy for everyone.**



Come shop the  
New Items in the  
**GALLERY GIFT SHOP!**  
Quilts Galore  
Back Scrubbers  
Tea Cups with Yummy Treats



**ELK GROVE LIONS CLUB  
COMMUNITY BREAKFAST**

## You Deserve a Break Today

The Elk Grove Lions are serving all-you-can-eat pancakes. They are served along with a side of scrambled eggs, bacon or sausage, and fruit. Coffee is available too. On special occasions, we may be serving biscuits and gravy.

**2ND SATURDAY OF THE MONTH  
8AM-10AM  
ALBIANI RECREATION CENTER  
8830 SHARKEY AVE**



**\$10 ADULTS - \$4 CHILDREN**



## Senior citizens and disabled persons can apply for special Measure A Tax Reduction through June 30, 2024

### To Qualify For the Reduction

Eligible persons may apply for a senior citizen or disabled persons tax reduction, which would reduce direct levy #0155 - EGUSD Mello-Roos tax by 70% if:

- The applicant provides evidence that he/she is at least 65 years of age (by June 30, 2024), or fully disabled as defined by the State Controller's Office
- No school-age children have lived in the residence the previous 24 months.

The reduction is allowed only for the applicant's residence; all other properties are subject to the full tax. If the applicant rents his or her home or resides in a mobile home park, the landlord/owner must certify that the amount of the tax reduction will be passed along to the applicant.

Information and an application may be obtained online at:  
[www.egusd.net/Departments/Facilities-and-Planning/index.html](http://www.egusd.net/Departments/Facilities-and-Planning/index.html) or  
call the Facilities and Planning Department at (916) 686-7562 or  
email [schooltax@egusd.net](mailto:schooltax@egusd.net).

**The Senior Center Front Desk cannot answer any questions regarding this program.**



Summer is right around the corner and with it comes

## Parking Problems and Schedule Changes

The D56 facility (right next door) and the Pool (across the walk way) both have a lot of events over the next several months.

The first being Wednesday, April 10th. The classes that are held on the "city" side of the building will be closed for the day.

We will try to keep you as informed as we can ahead of time.

Always a good rule of thumb ... arrive early! That way you have time to find parking - just in case - and grab your favorite spot in class.