

The next Board of Directors meeting will be Monday, June 13, 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
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



CITY OF ELK GROVE



Non-Profit
U.S. Postage
Permit 25
Elk Grove, CA
95624



Senior Center of Elk Grove



Your Everything Center

June 2022 Newsletter

Well, Hello June!



THANK YOU to everyone who donated to the Senior Center for Big Day of Giving on May 5th. Your contributions helped our fundraising total exceed \$33,000!!!



Did you know ... an email is sent every Sunday evening or early Monday morning with the upcoming weeks' schedule. It includes any changes, surprises and reminders. If you're not getting your email, please let us know.



Speaking of changes - we will send out voice, email and text blasts whenever there is a last minute change to a program. May was a little unsettled with a couple instructors out unexpectedly. We promise to do better informing you of changes.

Per member requests, we will change Aerobics and Balance Matters back to their original time slots - except for Mondays. Balance Matters will be on Tuesdays at 8:30 am and Aerobics will be Wednesdays at 8:30 am.

Both Tai Chi classes on June 1 will be closed due to an event on the City side of the building where they're held.

So many members voted in the Board election! Thank you for taking an interest in how your Senior Center is governed. Results will be posted in the July newsletter.



We are honored you're a part of the Senior Center of Elk Grove.



Your Support Means Everything!



As an independent nonprofit organization, the Senior Center of Elk Grove depends on donations to continue our programs and services for seniors.

Year after year, the senior community steps up to help the Senior Center. We are humbled, proud and so appreciative to belong to such a community. Our heartfelt "Thanks" go out to:

Marilyn, Cecil, Katherine, Laura, Lana, Sherry, Durrell, Liz, Jerry, Faye, Joan, Maria, Patricia, Marge, Janine, Mary, Moana, Dick, Judy, Kammy, Nancy, Brian, Denise, Sarah, Evelyn, Edward, Linda, Ed, Corinne, Richard, Susan, Gail, Pauline, Rosie, Leland, Shelly, Loretta, Shirley, Joe, Nancy, Valerie, Margaret, Glenn, Ella, George, Mary, Kiyoko, Jill, Jon, Charlene, Elva, Rachel, Maureen, Geraldine, June, Barbara, Carmen, Connie, Beverly, Karyn, Colleen, Tracey, Jack, Norma, Carolyn, Jill, Nancy, Kenneth, Ynez, Nancy, Peter, Esther, Carol, Charles, Rachele, Gloria, Ed, Arleen, Charlotte, W.B., Kathe, Jean, Robert, Mary, Paul, Louise, Linda, Constance, Debra, Sharon, Dennis, Phyllis, Lela, Lesley, William, Lois, Sydney, William, Nancy, Connie, Loy, Patsy, Elaine, Pat, Judy, Maria, Betty, Barbara, Myron, Mary, Anita, Doris, Michael, Priscilla, Edward, Patti, Charlene, Carol, Maureen, Vivian, Janice, Lucy, Josephine, Irene, Patricia, Elk Grove Rebekah Lodge 136, Clyde, Ted, BP Corporation North America Inc., Teresa, John, Janet, Frances, Becky, Linda, June, Juanita, Joyce, Denise, Ilene, Paula, Helen, Regina, David, Sadie, Charles, Dianna, Paul, Norma, Jacqueline, Michelle, Matilde, Person, Jennifer, Marilu, Silverio, Sylvia, Janice, Janet, Ellen, Kirsti, Rose, Sandra, Diane, Jeffrey, Rita, Nirmal, Maria, Jana, April, Ray, Ken, Betsy, Charles, Edwin, Cheryl, Debi, Marayama, Shin Ai, Pam, Donald, David, Ginger, Christine, Ken, Norma, Glenda, Nick, Michelle, Betty Fran, Elisabeth, Gail, Willistine, Mary, Lynn, Sandy, Lorraine, Patricia, Darren Suen - City of Elk Grove, Gloria, Roberta, Barbara, Brenda, Janice, Larry, Robert, Diane, Barbara, Beverly Betty, Sharonlyn, Kathleen, anonymous, Barbara, Shelly, Mary, Diana, Oscar, Marcia, Evelyn, Donna, Barbara, Stephany, Renee and to those who are still sending in their donations. THANK YOU!



Get Artsy with Renee



Patriotic Wreath

Thursday, June 9, 2022
at 1:00 pm

This Patriotic Wreath will make your door the envy of the neighborhood!
You must be a member and pre-register. Renee's classes fill quickly so register today!



\$20 supplies fee at registration and \$2 activity fee day of class.





Rockin' Art
Thursday,
June 23, 2022
at 1:00 pm

Rockin' Art! You know you're a star .. why not be a rock star!
Could this project be any cuter?!? 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.

Program Descriptions

<p>Aerobics Instructor - Debbie Glincher Wed 8:30 am / 1 hr \$2</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>Alzheimer's Support Group 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.</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>Balance Matters Instructors - Debbie Glincher Tues 8:30 am / 1 hr \$2</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.</p>
<p>Bingo Fri 12:30 pm / 1.5 hr approx. \$2 fee plus \$.50 Per Card, Limit 8 Cards</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>Book Group 2nd Wed of the month 11:00 am / 1.5 hr \$2</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>Bridge Mon & Fri 1:00 pm / 3 hr \$2</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>Bunco Wed 12:45 pm / 2 hr \$2</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>Cardio Drumming Instructor - Debbie Glincher Fri 8:30 am / 1 hr \$2 fee</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>Card Making Instructor - Connie DeGarmo Wed 1:00 pm / 2 hr \$2 plus \$6 supplies fee paid directly to instructor</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. * Please bring your own glue / adhesive</p>
<p>Chair Exercise Award Winning Video Mon 9:00 am and 10:15 am, Wed and Fri 10:00 am / 1 hr \$2</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>Core & More Instructor - Michelle Ernster Thurs 10:00 am / 1 hr \$2</p>	<p>Core & More is a new exercise class with many of the same benefits as Core & Strength but in a way that will incorporate more stretching and toning. * A yoga mat and exercise band are needed.</p>
<p>Core & Strength Instructor - Michelle Ernster Mon, Wed & Thurs 11:30 am 1 hr \$2</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. * A yoga mat and exercise band are needed.</p>
<p>Game Time Mon & Thurs 10:00 am / 2 hr \$2</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>Genealogy Guide - Karen Nahoun Tue 2:00 pm & 3:00 pm 1 hr ea \$2</p> 	<p>Genealogy is a wondrous 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>

Senior Center of Elk Grove

Monthly Calendar





Your Everything Center



June 2022

MONDAY Programs	Time	TUESDAY Programs	Time	WEDNESDAY Programs	Time	THURSDAY Programs	Time	FRIDAY Programs	Time
Tai Chi for Arthritis Beginners	9:00 AM	Balance Matters OLD DAY & TIME	8:30 AM	Aerobics OLD DAY & TIME	8:30 AM	Tai Chi Fan Beginners	8:30 AM	Cardio Drumming	8:30 AM
Chair Exercise	9:00 AM	Knit & Crochet	9:30 AM	Tai Chi for Arthritis NO CLASS 6/1	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 NO CLASS 6/1	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	10:30 AM	Game Time	10:00 AM	Bingo	12:30 PM
Core & Strength	11:30 AM	Sign Language	1:00 PM	Book Group June 8	11:00 AM	Core & Strength	11:30 AM	Bridge	1:00 PM
Writers Group	1:00 PM	Mahjong	1:00 PM	Parkinson's Support Group June 15	11:00 AM	Scrabble	12:30 PM		
Bridge	1:00 PM	Genealogy Workshop	2:00 PM	Core & Strength	11:30 AM	Gentle Yoga	1:00 PM		
		Genealogy Guided Session	3:00 PM	Bunco	12:45 PM	Get Artsy with Renee June 9 & 23	1:00 PM		
				Card Making	1:00 PM	Line Dancing Class	2:30 PM		

Program Descriptions

<p>Get Artsy with Renee Instructor - Renee Hodgkin 2nd & 4th Thurs of the month 1:00 pm / 2 hr \$2+ supplies fee</p>	<p>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 3 for projects!</p>
<p>Gentle Yoga 1 hr Instructor Julie Han Tues 11:45 am Thurs 1:00 pm \$2</p> 	<p>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. * A yoga mat is needed and a yoga block is recommended</p>
<p>Knit & Crochet Tues 9:30 am / 2.5 hr No Fee</p>	<p>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!</p>
<p>Line Dancing Instructor Jill Croft Thurs 2:30 pm / 1.hr \$2</p>	<p>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.</p>
<p>Mahjong Tues 1:00 pm & Fri 10:00 am 2 hr \$2</p>	<p>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.</p>
<p>Men's Talk Group Tues 10:00 am / 2 hr \$2</p>	<p>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.</p>
<p>Open Artist Studio Thurs 9:00am / 2 hr \$2</p> 	<p>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.</p>
<p>Parkinson's Support Group Facilitator - Myron Jansen 3rd Wed. of the Month 11:00 am No Fee</p>	<p>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.</p>
<p>Quilting Group Fri 9:00 am / 2 hr No fee</p>	<p>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.</p>

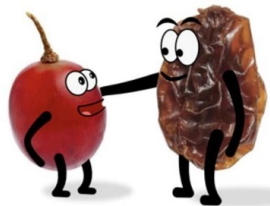
Program Descriptions

<p>Scrabble Thurs 12:30 pm / 2 hr \$2</p>	<p>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.</p>
<p>Sign Language (ASL) Instructor - Lisa Marchand Tues 1:00 pm / 1 - 1.5 hr \$2</p>	<p>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.</p>
<p>Tai Chi Instructor - Frank Gaviola Wed 10:00 am / 30 min \$2</p> 	<p>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.</p>
<p>Tai Chi Fan Instructor - Lucy Lau Thurs 8:30 am and 9:15 am 30 min \$2</p>	<p>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.</p>
<p>Tai Chi for Arthritis Instructor - Lucy Lau Beginner - Mon 9:00 am Intermediate - Mon 9:45 am For all - Wed 9:00 am \$2</p>	<p>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 beginners class. It includes a relaxing warmup, a series of Tai Chi movements to enhance flexibility and agility.</p>
<p>Ukulele Fun & Practice Group Wed 10:30 am 1.5 hrs \$2</p> 	<p>A small group of ukulele enthusiasts get together to play, learn from each other and just have a great time!</p>
<p>Writing Group Facilitator - Loy Holder Mon 1:00 pm / 2 hr \$2</p>	<p>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.</p>
<p>Zumba Gold Instructor - Linda Taylor Tues 10:00 am / 1 hr \$2</p>	<p>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!</p>

DAD



Happy Father's Day



Thanks for raisin me,
you've done a grape job



In July, California will require all residents to recycle food scraps in their yard waste receptacles. Here is a brief list of **what is, and is not, recyclable as food waste**.

Acceptable



Bread, rice, rice, grains and pasta

Bones and shells

Coffee grounds and tea leaves

Egg shells

Fruit and vegetable peelings

Meat, poultry, fish

Table scraps

Not Acceptable



Bathroom tissues

Foil

Garbage

Glass

Hazardous waste

Liquids

Metal

Plastic containers

Soil

Styrofoam