

The next Board of Directors meeting will be Monday, January 13, 2025 at 3:15 pm. This meeting will be open to the public.

Board of Directors

Linda Bradley	President
Dave Feinberg	Vice-President
Dave Melilli	Treasurer
Elaine Horton	Secretary
Linda Floyd	Director
Kenneth Frieze	Director
Mary Gahart	Director
Cheryl Sewell	Director
Don Simon	Director
Maria Spann	Director
Michelle Speth	Director
Sarah Bontrager	City of Elk Grove

Staff

Christine Callas-Cuddy, Executive Director
 executivedirector@thesceg.org

Margo Chaney, Assistant Director
 assistantdirector@thesceg.org

Renee Hodgkin, Activities Director
 activities@thesceg.org

Bella Jones, Front Desk Assistant
 frontdesk@thesceg.org



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

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

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 num-
 SCEG PARTNER
 AGENCY ON AGING AREA 4
 CITY OF ELK GROVE
 United Way

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



January 2025 NEWSLETTER

Bubbles & Bites

A uniquely delightful fundraiser for the Senior Center of Elk Grove

Enjoy a decadent brunch including Mimosas, expertly prepared food by local chefs, scrumptious waffles, yogurt bar, yummy baked treats and so much more. Plus games, prizes, raffles, and a big Brunch of fun!

Saturday March 15th, 2025
 11:00 am to 1:00 pm

Individual Ticket - \$40
 Reserved Table of 8 - \$320

Tickets go on sale
 January 21st, 2025

Although all ages are welcome, alcohol is reserved for guests 21 and older only. Please be prepared to show valid ID when asked.



Get Artsy with Renée



New Year, New Tote Bag

Who wouldn't love this fun tote bag! Many animals to choose from - think cats and dogs, giraffes, llamas and more

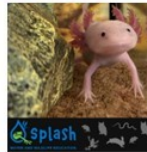
There are many designs to help you create a one of a kind bag. There will be stencils and other samples to spark your unique creativity!

January 23rd at 1:00 pm

You must pre-register for this class. \$15 supply fee due at registration. For members only.

Recycle Your Newspapers for a Great Cause!

Sacramento Splash - a program whose vision is "A generation of children who value the natural world and take an active role in its protection." needs our help.



Their many critters, birds and animals use a massive amount of newspapers for their upkeep. We would love to see the seniors donate what newspapers they can to help this wonderful organization continue its work for the generations that follow us.



Please bring your newspapers to the front desk for SacSplash to pick up. THANK YOU!

Learn more at www.sacsplash.org

JOIN US FOR A FANTASTIC DAY TRIP TO The Charles M. Schulz Museum January 29, 2025



We are so excited to bring this trip to you! We will leave the Senior Center at 8:00 am. Enjoy the gorgeous scenery as you head through one of the most beautiful areas in California. Tour the Schulz Museum, see where Charles Schulz developed all of the beloved Peanuts characters and more! After the tour, enjoy lunch at the Warm Puppy Café. Explore Snoopy's Gallery, Gift Shop or the beautiful grounds! Arrive back at the Senior Center about 5:30 pm.

Outing includes lunch, bus, and driver gratuity. You will need money for souvenirs and other purchases you may choose to make.

Tickets go on sale at 8:00 am Thursday, January 9th.

Member	\$100
Nonmember	\$125

The Senior Center will be closed Wednesday, January 1st for New Years Day and Monday, January 20th in observance of Dr. Martin Luther King, Jr. Day

Join us for one or both of these IMPORTANT seminars from Elk Grove PD. Monday, January 27th at 10:00 am and February 26th



Power Against Fraud Seminar

BROUGHT TO YOU BY THE
ELK GROVE POLICE DEPARTMENT
VOLUNTEERS IN POLICE SERVICE

**Mon., January 27th at 10:00 am
and
Wed., February 26th at 2:00 pm**

Elk Grove PD wants our citizens to be prepared for potential fraud and economic crimes. Older adults are seen as easy targets of crimes such as identity theft, telemarketing and internet fraud, impersonation scams, door-to-door scams, and street cons.

At this **ALL-NEW** fraud prevention seminar, you will learn simple yet effective self-defense strategies to increase your **POWER AGAINST FRAUD**. Don't let yourself fall victim to fraud. Take advantage of the opportunity to harden yourself as a target by attending this on-site seminar.



Welcome to 2025!

As we grow and move through the years, I find that I am always in awe of our members and volunteers. I look forward to the smiles and laughter I see from my desk everyday. What a wonderful place to be!

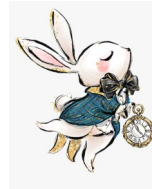
While we move through this coming year, my hope is to continue to make the Senior Center a place you love and look forward to coming to. I love the new ideas that come across my desk from members.

While we can't always make the ideas happen, the inspiration and thoughtfulness behind your ideas help me make decisions that better serve our seniors.

Renee, Margo, Bella and I - as well as our Board of Directors - are looking forward to spending 2025 with you and we all count our blessings that we're a part of such an extraordinary group of people!

May the New Year bring you health, happiness, hope and joy!

Christine Callas-Cuddy
Executive Director



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. Some rooms are darkened, some have begun warm-ups or instruction. Also, the disruption of a late arrival is not fair to those who have arrived on time. 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.

We also can't allow you to go speak to a friend or the instructor while the class is in progress for the same safety reasons.

Thank you for your understanding.

January 2025

Senior Center of Elk Grove



Your Everything Center
a 501(c)(3) Nonprofit Organization

Membership is \$50 per year
Most programs cost \$2

Monday No Programs 1/20		Tuesday		Wednesday No Programs 1/1		Thursday		Friday	
Light Body Toning	8:30	Gentle Yoga	8:30	Standing Pilates	8:30	Gentle Yoga	8:30	Tai Chi Flow	8:30
Chair Exercise No Class 1/27	8:30	Knit & Crochet	9:30	Brain & Body	8:30	Chair Exercise	9:00	Quilting	8:30
Chair Exercise	9:00	Men's Talk Group	9:30	Chair Exercise	9:00	Open Artist Studio	9:00	Chair Exercise No Class 1/31	9:00
Women's Talk Group	10:00	Zumba Gold	10:00	Chair Exercise	10:00	Open Games	9:00	Mahjong	9:30
Chair Exercise No Class 1/27	10:00	Guitar Workshop	11:00	Tai Chi	10:00	Zumba Gold	10:00	Chair Exercise	10:00
Standing Pilates	10:00	Zumba Chair	11:30	Alzheimer's Caregivers Support Group	10:00	Intermediate Spanish	10:30	Parkinson's Caregivers Support Group 3rd Fri	10:15
Open Games	10:00	Sign Language	12:30	Parkinson's Support Group 3rd Wed	10:30	Improv No Class 1/2	11:30	Bingo	12:00
Oil Painting Bob Ross Style Returning in a few months		Mahjong	1:00	Ukulele	10:30	Light Body Toning	11:30	Women's Talk Group No Class 1/31	12:00
Español Conversacional 2nd & 4th Mon.	11:00	Hula No classes in Jan.	1:00	Book Group 2nd Wed	11:00	Scrabble	12:00	Bridge	1:00
Aerobics	11:30	Line Dance All Levels No classes in Jan.	2:00	Sambassa World Fitness	11:00	G.I.T F.I.T No Class 1/2	1:00		
Core & Strength	11:30	Genealogy	2:00	Aerobics	11:30	Rock Painting 1st & 3rd Thursday	1:00		
Western Line Dance	1:00	Mindfulness & Meditation	2:00	Chair Yoga	12:15	Get Artsy w/Renee 2nd Thursday	1:00	The Senior Center will be closed Wednesday January 1st for New Years Day and Monday January 20th in observance of Martin Luther King, Jr. Day	
Bridge	1:00			Zumba Chair	12:30	Men's Talk Group	1:00		
Writers Group	1:00			Bunco	12:45				
Intermediate Hatha Yoga	1:30			Cardmaking	1:00				
				Open Ballroom Dance No Dance 1/1 & 1/22	2:00				



Renew Active
by UnitedHealthcare

As many of you know, Silver & Fit, Renew Active and other insurance related programs are making a major change beginning January 1st.

OnePass is the “plan” many of you will be continuing with. You should have received a letter from your insurance with instructions on how to enroll with OnePass.

Beginning **January 2**, we will have a computer and staff member dedicated to helping those who have not enrolled. Please have your plan card, and letter if available, ready so we may verify enrollment.

You will need to set up a “login” including a password. So please have an email address and password you’d like to use ready if you’re coming in for help signing up.

REMEMBER: If you are planning on participating in a program the day you’re signing up, **come EARLY!** It will take a few - or so - minutes per person to get through the signup. If you have done your own signup online, we will still have to verify the information and get your ID number. So again, **plan to be here a generous amount of time before your class starts.** We will work with members in the order in which they come in, not by class start times.

PLEASE NOTE: These programs pertain to EXERCISE classes only (including Line Dance, Jazz & Hula). No other programs are covered. A “regular” membership must be maintained to participate in all “non-exercise” programs. See the front desk for more information.

Downsizing Seminar Wednesday, January 22, 2025 - 2:00 pm

A NO Sales informational seminar on who may benefit from downsizing, how to determine if it’s right for you (or a parent, etc.) and how to downsize in an intelligent, positive way.



DOWNSIZING SEMINAR AT THE SENIOR CENTER OF ELK GROVE

Mandie Van Buren Financial Advisor

Together my clients and I build a financial plan based on where they are now, where they would like to be and how to get there.



Shelly Coyne Senior Placement Agent

Shelly is a patient and insightful Senior Placement Agent who will go over the different senior living options that are available.



Carla Shryock- Seniors Real Estate Specialist

Carla will walk you through the steps of downsizing with a structured plan from reducing your belongings to timing the sale of your home.




JANUARY 22, 2025 - 2PM

A little glimpse at 2024



DID YOU KNOW...?



- The Senior Center of Elk Grove is a **nonprofit organization**.
- **We rely on donations to help keep us going.** Your donations are how we are able to keep the membership fee and class fees so low. Please participate in fundraising events and yearly giving, so we may continue offering low prices. 
- When you don't check into your classes, not only do we lose money, we look at several things to determine if a class is doing well. Participation numbers, cost of instructor or supplies fees as well as the potential of another class doing better in that same time slot goes into the decision to continue or cancel a program.
- We have gorgeous handmade items for sale year round. Across from the front desk is a small store with fantastic gift items that are perfect for birthdays, baby showers or any occasion. Stock is rotated often, depending on the season.
- A weekly email is sent out every Sunday evening with information about the upcoming week, and highlights special events. If you're not receiving yours, talk to the front desk. They will make sure you receive your email.
- We - the staff and volunteers - are human. Sometimes we get things wrong, sometimes we are frustrated, but we always have the love of the Senior Center in our hearts. Please be patient and kind when dealing with staff and volunteers. Thank you!