Lion’s Club
Pancake Breakfast

Saturday, November 12, 2016
8:00 AM - 10:00 AM

The menu includes pancakes, sausage, bacon, eggs, orange juice, fruit and coffee. Breakfast is $6 for adults and $3 for children under 12 years.

Upcoming Events

Medical ID Cards

Thursday, December 1, 2016 - 9:00 AM to 1:00 PM

The Elk Grove Police Department will be coming to the Center to produce and distribute Medical ID Cards. Registration information will be available at the SCEG Front Desk. You will need to make an appointment and bring a completed form with you.

If you cannot make the event on December 1st, there will be several additional dates in 2017.

Toy Drive

November 7, 2016 through December 30, 2016

The Center will be a drop location spot for the annual Elk Grove Police Department Toy Drive. Please bring an **unwrapped**, new toy and place it in the Toy Drive box near the front doors.

EGPD are also in need of wrapping paper, bows, ribbons, etc., as they wrap each present before handing them out. Unused wrapping items are accepted and can be placed in the Toy Drive box.

The Board and Staff of the Senior Center of Elk Grove wish you a very Happy Thanksgiving
Volunteer of the Month - Claudia Horn

While attending Fresno State as an Art Major and working at a bank, Claudia decided that she would use her creative skills to add to the family income designing and creating wedding and bridesmaids dresses which led to her becoming a Wedding Planner. She soon realized that using her creative skills provided a greater opportunity to enhance her income and stay at home with her children.

While living near Monterey and Carmel at this time, many of her customers expressed interest in other creative arts, so she designed and added arts and crafts to her home based business. She enjoyed working at home and realized that she could do better with a “Pop-up Store” among the art shows and galleries. She says she put in more hours than a regular job, but she and her son and daughter thoroughly enjoyed being part of the business.

After moving to Elk Grove, she created Claudia’s Wooden Spool in Old Elk Grove which she enjoyed for many years. Claudia loves Elk Grove and the people who fed her creative energy. After retiring from her store, she came to the Senior Center to enjoy Gentle Yoga. Since then she enjoys several of the exercise classes each week. During that time she discovered the crafters and joined in sharing her years of expertise.

Like so many of our Volunteers, Claudia is a person who sees something that needs to be done and steps up and takes on the task. Claudia has been volunteering at the Senior Center for more than five years. In fact, she volunteers her time, talents and her home which is now referred to as the “Annex” where she stores many of our very special craft items until they are needed.

She also creates and donates many beautiful gifts; her talents include the ability to supplement donated items to create a finished product that can be sold. Last year Claudia created 110 baskets/gifts that sold at the Holiday Gift Faire. She is the driving force behind the transition of Le Café during the Annual Holiday Gift Faire where it becomes the “Sweet Shoppe” filled with delicious goodies that sell during the Faire.

Claudia says she enjoys coming to the Center where she is inspired in so many ways and where she enjoys warm friendships and a feeling of Home away from Home with an extended family.

Thank you Claudia for choosing to share your many gifts and talents on behalf of the Senior Center with such a generous and giving heart.

Donations
Barbara Byers - Nancy Montano - Christiana Jean-Marie
Ed LoQui - Laura Jo Mayes - Gifts From the Heart of Elk Grove

Thank you for your support
Welcome New Members

The Center extends a warm welcome to all new members who joined as of October 19, 2016

Nancy Mohammed - Iris Brown-Zeigler - Nancy Young - Cadie Marotta
Seng Lee - Rudy & Dora Sandoval - Stephen Spielvogel - Marilyn Campbell
Vern & Katie Vadner - Joan Miller - Alfanso Gomez - Helen Mayberry
Vicky Baradi - Venancia Chenoweth - Velma Hayworth
Donald & Emiko Verbick - David & Janet Pickrel - Bob Parker & Misty Tucey

We appreciate your support and hope you enjoy all the wonderful activities and services offered by the SCEG

Passed Our Way

Lili Williams - Frank Valdemarca - Tazume Eccel

Please remember their families
Stay Healthy

One way to combat the effects of aging on our bodies and minds is exercise.

The Senior Center of Elk Grove offers many exercise classes for almost every level of ability. Speak to your physician to determine which exercise is right for you. Never do more than you are physically comfortable.

Chair Exercise
Physical Requirements: Be able to sit for up to 45 minutes

This video-led class will work your core muscles and help strengthen bones. It may be done with or without weights. Weights are provided, or you may bring your own. It is an excellent class for exercise beginners. It is low impact and ideal for most seniors.

Strength Training
Physical Requirements: Be able to sit for 30 to 45 minutes

Strength Training is another excellent low impact exercise class for beginners. The video-led exercises are easy to follow, can be completed at your own level, will work your core muscles and help stimulate bone growth. A strengthened core will help with balance as well.

Aerobics
Physical Requirements: Be able to stand for 45 to 60 minutes
Have freedom of arm and leg movement
Steady Balance
This is an active class

Debbie Glincher leads the very popular Aerobics class towards their health goals three mornings a week. The class is led through warm up, cool down and fun Aerobics exercises in between over the course of an hour. Each day the exercises and music are a little different so you’ll never get bored with this class.

Tai-Chi
Physical Requirements: Be able to stand up to 30 minutes
Have freedom of arm and leg movement
Steady balance

This Chinese art of health maintenance and meditation will help you stay active and fit. It has been shown to improve balance, relieve stress and promote well being. Tai-Chi joins slow steady movement with breathing and concentration for an impressively low impact workout.
**Chair Yoga**

Physical Requirements: Be able to sit for up to 45 minutes

Chair Yoga is for those who enjoy yoga, but find it difficult to get up and down from the floor. The class uses chairs for balance to develop strength and flexibility. It’s a great class for beginners and experienced exercisers alike.

**Gentle Yoga**

Physical Requirements:
- Be able to move from a floor position to standing position and back
- Be able to sit for an extended period of time
- Be able to stand for an extended period of time
- Be able to remain in a position for several minutes
- Steady balance

This class is designed to increase balance, flexibility and rejuvenate your mind incorporating stretching, breathing, and yoga positions.

**Hatha Yoga**

Physical Requirements:
- Be able to move from a floor position to standing position and back
- Be able to sit for an extended period of time
- Be able to stand for an extended period of time
- Be able to remain in position for an extended period of time
- Steady balance

This class combines traditional yoga postures with conscious breathing and focus to develop strength, flexibility and mental clarity. This form of yoga can be intense for beginners. We recommend observing this class before participation.

**Zumba Gold**

Physical Requirements:
- Be able to stand for 30 to 45 minutes
- Have freedom of arm and leg movement
- Not recommended for those with neck, back and/or hip problems
- Steady Balance
- This is an extremely active class

Instructor led Zumba Gold is a lively dance exercise class for those who love movement and music with their exercise. Specifically designed towards very active Seniors. We recommend observing before participation in this highly active class.

**Tap Dancing**

Physical Requirements:
- Be able to stand for 30 to 45 minutes
- Have freedom of arm and leg movement
- Steady Balance

Dancers learn routines and perform in various locations. Participants must bring their own tap shoes.
Gadabouts Travel

Featured Trips

Sea of Poinsettias

Wednesday, December 7, 2016
Start the Holidays off right with a tour of Duarte’s Poinsettia Farm. The sight of thousands of poinsettias in jewel-like colors is truly beautiful. Lunch at Hilmar Cheese Company followed by a tasting at Sciabica Olive Oil. Top the day off at Stewart & Jasper Almond Company. Shop for all things almond, dried fruit and confectionary products.

Members $100  Non-Members $105

Jackson Rancheria Casino Resort

Wednesday, December 14, 2016
Gambling time is 4 hours
36 Gaming tables, 6 Poker tables featuring Texas Hold ‘Em and 1,700 slot and video machines.

Sit down to a game of Blackjack or a variety of the latest and most popular table games. Give a spin to the most popular progressive and video poker games. Visit the Poker Room where it pays to play. Here, you’re sure to find the most fun and friendly staff anywhere.

Members $25  Non-members $30 hours

Sunday, December 18, 2016
Members $35  Non-members $40

The enticing aromas of roasted chestnuts and hearty holiday foods fill the air; hear the carolers, sneak a peek at old St. Nicholas. Follow the cries of street vendors hawking their wares and take in the lamp-lit streets filled to overflowing with authentic Christmas treasures - hand-crafted candy, jewelry, pottery, perfume, dolls, and over 100 different items in all. Don’t miss this Victorian Christmas come to life.
Gadabouts Travel

Gadabouts Travel will be open during the Holiday Gift Faire. Come see all of the wonderful holiday trips you can take and the adventures they have waiting for you in 2017.

Extended Trips
Collette Vacations

Discover Panama
February 9 - 17, 2017

Southern Charm
March 25 - 31, 2017

Springtime Tulip River Cruise
April 19 - 27, 2017

Mackinac Island
June 16 - 23, 2017

Switzerland, Austria & Bavaria
September 7 - 16, 2017

Albuquerque Balloon Festival
October 5 - 10, 2017

Niagara Falls to New York City
October 13 - 19, 2017

All trips include transportation unless otherwise noted. For more information about specific trips, please refer to the individual flyers located outside the Gadabouts Office or call (916) 685-3160.

Open Monday - Friday 10:00 AM - 2:00 PM
## Calendar of Activities

Note: Many activities have fees and/or other requirements. Please see the Activities Guide for more information.

<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
</tr>
</thead>
<tbody>
<tr>
<td>8:00 Tai Chi $20/4 session card</td>
<td>8:30 Aerobics $2 Member $3 Non-member Dining Room</td>
<td>9:30 Strength Training $1 Member $2 Non-member Dining Room</td>
<td>8:30 Aerobics $2 Member $3 Non-member Dining Room</td>
<td>9:00 Chair Exercise $1 Member $2 Non-member Dining Room</td>
</tr>
<tr>
<td>Creative Arts Room</td>
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<td></td>
</tr>
<tr>
<td>8:30 Aerobics $2 Member $3 Non-member Dining Room</td>
<td>9:00 Ceramics Painting $1 Member $2 Non-member Creative Arts Room</td>
<td>10:00 Chair Exercise $1 Member $2 Non-member Dining Room</td>
<td>9:00 Painting $1 Member $2 Non-member Creative Arts Room</td>
<td>9:00 Crafters No fee Classroom</td>
</tr>
<tr>
<td>10:00 Chair Yoga $2 Member $3 Non-member Dining Room</td>
<td>10:00 Chair Exercise $1 Member $2 Non-member Dining Room</td>
<td>12:45 Bunco $1 Member $2 Non-member Library</td>
<td>10:00 Chair Yoga $2 Member $3 Non-member Dining Room</td>
<td>9:00 Doll Painting $1 Member $2 Non-member Creative Arts Room</td>
</tr>
<tr>
<td>10:30 Spanish Chat $1 Member $2 Non-member Activities Room</td>
<td>10:00 Knitting &amp; Crocheting No fee Classroom</td>
<td>1:00 Card Making $1 Member $2 Non-member Dining Room</td>
<td>12:30 Scrabble $1 Member $2 Non-member Activities Room</td>
<td>10:00 Chair Exercise $1 Member $2 Non-member Dining Room</td>
</tr>
<tr>
<td>12:30 Writing Group $1 Member $2 Non-member Classroom</td>
<td>10:00 Men's Talk $1 Member $2 Non-member Library</td>
<td>1:00 Rock Painting $1 Member $2 Non-member Creative Arts Room</td>
<td>12:30 Pinochle $1 Member $2 Non-member Library</td>
<td>12:15 Bingo $2 Member $3 Non-member Plus $.50 per card Dining Room</td>
</tr>
<tr>
<td>12:30 Bridge $1 Member $2 Non-member Library</td>
<td>12:30 Pinochle $1 Member $2 Non-member Library</td>
<td>3:15 Zumba Gold $5 per class Dining Room</td>
<td>1:00 Gentle Yoga $2 Member $3 Non-member Dining Room</td>
<td>12:30 Bridge $1 Member $2 Non-member Library</td>
</tr>
<tr>
<td>1:00 Gentle Yoga $2 Member $3 Non-member Dining Room</td>
<td>1:00 Gentle Yoga $2 Member $3 Non-member Dining Room</td>
<td></td>
<td>2:15 Hatha Yoga $2 Member $3 Non-member Creative Arts Room</td>
<td>1:00 Computer Access Members Only No fee Computer Room</td>
</tr>
<tr>
<td>2:15 Hatha Yoga $2 Member $3 Non-member Creative Arts Room</td>
<td>2:30 Tap Dancing $1 Member $2 Non-member Dining Room</td>
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</tr>
</tbody>
</table>

Note: Many activities have fees and/or other requirements. Please see the Activities Guide for more information.
Each month we will collect from our members happy stories, announcements, anniversaries, weddings and births.

Please see the Front Desk for a Be Happy form if you would like to submit happy news.

Please join us in honoring our Veterans this month on Veterans Day, November 11, 2016.

Thank You to all who have served our country.

Please see the Front Desk for a Be Happy form if you would like to submit happy news. We cannot guarantee every item will be shown, but we will certainly try
Salad Bar at the Center
Join us each Tuesday and Wednesday from **11:00 AM to 12:15 PM** for a delicious salad at our Salad Bar. Fresh lettuce, tomatoes, vegetables, cheese, olives and croutons plus your choice of dressing makes for an outstanding lunch for everyone.

Each salad is only $3. Tickets are sold at the Front Desk on Salad Bar days

Connections to Community Resources

**H.I.C.A.P.** (Health Insurance Counseling and Advocacy Program) helps seniors with Medicare and insurance issues at the Senior Center. Call H.I.C.A.P for an appointment at 916-376-8915.

**AARP Driver Safety Class** - The next class at the Senior Center will be held on January 31, 2017 from 8:30 AM to 4:00 PM. Please note this class will now be held on one day instead of two. You may now register for the AARP Driver Safety Class at the Center’s Front Desk. For classes held at the Elk Grove Police Department call Dave Feinberg at 916-685-5912.

**Widowed Persons Association of California**  
A support group and social organization for widowed men and women of all ages. 916-972-9722  www.sacwidowed.org

**Upcoming Meetings at the Senior Center**

**Parkinson’s Support Group of Elk Grove** holds monthly meetings on the 3rd Wednesday of the month at 10:00 AM at the Senior Center Creative Arts room. The Next meeting will be Wednesday, November 16, 2016.

**Alzheimer’s Association Caregiver Support Group** Meets at 10:00 AM on the second Wednesday of every month in the Senior Center Creative Arts Room. The next meeting will be Wednesday, November 9, 2016.

**Neuropathy Support Group** The next meeting will be on Tuesday, November 8, 2016 at 1:00 PM in the SCEG Creative Arts Room. Anyone suffering with Neuropathy and those assisting them are welcome to attend. For more information, contact Roger White at 916-686-4719.

**Book Club** November’s book is *All the Light We Cannot See* by Anthony Doerr and the December books are *Purity* or *Frozen*, both by Jonathan Franzen. The book club meets the second Wednesday of the month at 9:30 AM in the SCEG Library. New members are always welcome.

**Social Singles** - The next meeting of Social Singles will be Wednesday, November 2, 2016 at 10:00 AM in the Creative Arts Room. Activity sheet is available at the Front Desk.
11% off for new customers 60 and older

The Senior Center of Elk Grove appreciates the support of our advertisers; however, the Senior Center does not endorse, guarantee, or recommend any product or service offered by the advertisers.

Karen Spease, SCEG Member since 2010. Please call Angela Spease for more information - 916-897-4100

Spease Bees Local Honey

Karen Spease, SCEG Member since 2010. Please call Angela Spease for more information - 916-897-4100

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The Senior Center of Elk Grove will be closed on
Friday, November 11, 2016
in observance of Veterans Day
and Wednesday, Thursday and
Friday, November 23 through
25, 2016 to observe the
Thanksgiving Holiday.

Phone Numbers
Front Desk (916) 685-3160
Kitchen (916) 685-4804
Gadabouts (916) 685-3160
Website www.thesceg.org

Staff
Patricia Beal, Executive Director
executivedirector@thesceg.org
Christine Cuddy, Assistant Director
assistantdirector@thesceg.org
Darcie Owen, Nutrition Site Coordinator

Board of Directors Meeting
Monday, November 14, 2016 at 3:15 PM
Meetings are open to the public

Board of Directors
Dick Beymer - President
Dan Lawrence - Vice-President
TBD - Secretary
Nick Soberanis - Treasurer
Jon Colton - Director at Large
Ken Freize - Director at Large
Linda Gunn - Director at Large
Elaine Horton - Director at Large
Paula Maita - Director at Large
TBD - Director at Large
Charles Shanks - Director at Large
Robert Trigg - Director at Large
Jim Parino - Past President
Sarah Bontrager - City of Elk Grove
Michelle Orrock - CCSD

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