

Senior Center of Elk Grove, Inc.

February 2012 Notes and News

For the Active Adult Aged 50 and Over

Mission Statement

To enhance the lives of people age 50 and over by providing a place for socialization, information, education, recreation, and other senior services.

Holiday Closures

The SCEG will be closed on Monday, February 20, 2012 in observance of President's Day.

Lion's Club

Pancake Breakfast

February 11, 2012

8:00 a.m. - 10:00 a.m.

Join us for the monthly Lion's Club Pancake Breakfast. In celebration of Valentine's Day strawberries and whipped cream will be offered to sweeten your pancakes.

Our menu includes pancakes, sausage, bacon, eggs, orange juice, fruit and coffee for the low price of \$5 for adults and \$3 for children under 12.

All proceeds benefit the SCEG.

California Commission on Aging Annual Meeting

The Senior Center of Elk Grove has been selected as the host site for the California Council on Aging's annual meeting on Wednesday, February 22, 2012 from 8:00 a.m. - 11:15 a.m.

The meeting will be held in the SCEG Dining Room and is open to the public. To accommodate this event, chair exercise will be cancelled on this date.

Happy Valentine's Day February 14th



Chef Rommel is Back Thursday, February 23, 2012

2:30 p.m. - 3:30 p.m.

in the SCEG Dining Room

Regency Place Senior Living's Chef Rommel returns for an afternoon of food and fun as he demonstrates his culinary skills for our entertainment and tasting.

Crab Feed

February 25, 2012

7:00 p.m. to 10:00 p.m. - 2 sittings

The Meadows Senior Living, 9325 E. Stockton Blvd., is holding a fundraiser to benefit the Senior Center.

SCEG Members discounted ticket price - \$25.00

General Admission - \$45.00

\$5.00 Drink Tickets

Live Entertainment and Silent Auction

Tickets available at the SCEG Front Desk or stop by the Meadows Front desk.



St. Patrick's Day Dinner Saturday, March 17, 2012

Doors Open at 5:30 p.m.

Dinner Served at 6:00 p.m.

Sing-a-long Starts at 6:30 p.m.

Price: \$8 per person

Tickets On Sale February 1st at the Front Desk

Wear green and join us for an evening of food and song

Menu: Corned Beef and Cabbage, Potatoes, Carrots and Roll



Welcome New Members

SCEG Membership is \$20 per person or \$35 per couple per year, couples must reside in the same household. SCEG extends a warm welcome to all new members who joined as of January 18, 2012.

Wayne Ford, Marie Douglas, Linda & Alan Fraser, Kevin E. & Judith L. Jones, Ricardo V. & Anita L. Estrada, Avon Saufferer, Robert Block, Keith Reed, Daniel Valdez, Ceola Proctor, Eartha Hollins, Myrna Descargar, Nelson Bogart, Delbert Fizer, Elizabeth Jackson, Warren & Patricia Weaver, Evonne Gilman, Jo Ann Winterheimer, Charles & Beverly Elwood, Joan Conley, Mary Ambler, Carol Craner, Bunny Smith, Jerry and Esterlene Graves, John and Annie Jacobs, and Linda Jacobs.

We appreciate your support and hope you enjoy all the wonderful activities and services offered by the SCEG. Mary Strong, Administrative Assistant

Donations

Thank you for your donations, they help the Senior Center continue to focus on making a difference in the lives of those we serve. Joseph & Lynda Tallerico, Jackie Avery, Joyce Amundson, Bill Crosby, Pat Beal, William & Nancy Hitchcock, Soroptimist International of Rio Cosumnes, Rotary Club of Elk Grove, The Commons at Elk Grove, and Senior Gleaners for over 1,000 pounds of bread that was distributed at the Center and to seniors throughout our community.

Help Us Reduce Expenses



By subscribing to the SCEG monthly newsletter by e-mail you can assist the Senior Center in our efforts to cut our printing and mailing costs. If you would like to receive your newsletter by e-mail please visit our website at www.thesceg.org and enter your name and e-mail address in the box located in the lower right hand corner of the screen and subscribe.

Gift Idea

Give the gift of a Senior Center membership or Activity Card. Gift cards are available for purchase at the front desk.

Time to Share?

Volunteer opportunities are available at the front desk, welcome desk, and in Le Café. If you are interested in becoming an SCEG volunteer, please pick up a volunteer application at the front desk.

Morning at the Movies

Thursday, February 9, 2012 at 9:45 a.m. in the SCEG Dining Room

“Pagan Love Song”

with Esther Williams and Howard Keel

Thursday, February 23, 2012 at 9:45 a.m. in the SCEG Dining Room

“On Moonlight Bay”

with Doris Day and Gordon MacRae



See's Candy Sales

Easter is April 8th

We will once again be taking orders for See's Easter Candy. Order forms now available at the front desk and must be turned in by Friday, March 16, 2012.

Looking For Your Ideas

The Senior Center is looking for your input about new programs, presentations, and activities that you would like to see offered at your Senior Center and at the annual Senior Day in the Park. Please answer the following questions, add your own ideas, and return this page to the Senior Center Front Desk.

Would you be interested in attending evening classes or activities at SCEG? Yes No

On average, how many times a week do you attend SCEG activities? 1 2 3 4 5
(please circle)

Please check which of the following types of activities would be of interest.

Zumba Ballroom Dancing Jewelry Making
 Line Dancing Choir Brain Challenge Games

Additional Ideas/Suggestions: _____

Educational Presentations/Classes:

Nutritional Education Diabetes Education Identity Theft Prevention
 Financial Planning Fall Prevention Eye Care
 Online banking Hearing Care

Additional Ideas/Suggestions: _____

Thank you for your suggestions and ideas

SCEG DAILY CALENDAR

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
8 a.m. Tai Chi** (\$20/4wks) 8 a.m. Library Open 8 a.m. Wii Sports 8:45 a.m. Aerobics** 9 a.m. Billiards 8:30 a.m. Computer ** 9 a.m. Dolls Workshop* 10:30 am Spanish Chat* 11:30 a.m. Computer ** 12:00 p.m. Lunch 12:30 p.m. Writing * 1 p.m. Bridge* 1 p.m. Yoga**	9 a.m. Billiards 9 a.m. Ceramics* 9:30 a.m. HICAP 10 a.m. Chair Exercise* 10 a.m. Knitting 10 a.m. Let's Talk Men's Group 12:00 p.m. Lunch 12:30 p.m. Pinochle* 1 p.m. Gentle Yoga** 2:30 p.m. Tap Dancing*	8 a.m. Library Open 8 a.m. Wii Sports 8:30 a.m. Computer ** 9 a.m. Billiards 9:30 a.m. HICAP 9:30 a.m. Strength Training 10 a.m. Chair Exercise* 11:30 am Computer ** 12:00 p.m. Lunch 12:45 p.m. Bunco* 1 p.m. Rock Painting* 1 p.m. Rubberstamping*	8 a.m. Library Open 8:45 a.m. Aerobics** 9 a.m. Billiards 9 a.m. Ceramics Class** 9 a.m. Painting* 12:00 p.m. Lunch 12:30 p.m. Scrabble* 1 p.m. Pinochle* 1 p.m. Yoga**	8 a.m. Library Open 8 a.m. Wii Sports 9 a.m. Billiards 9:30 a.m. Porcelain Dolls* 10 a.m. Chair Exercise* 10:30 Blood Pressure 11:30 Lunch 1 p.m. Open Computer Lab 1 p.m. Bingo 1 p.m. Bridge*

*Activity Fee \$1/members \$2/non-member ** Fee based (price varies)

Dates to Remember

AARP Tax Aide will be available at the Senior Center from February 2, 2012 through April 12, 2012, Tuesdays and Thursdays from 9:00 a.m. to 4:00 p.m. **Appointments are required and can be scheduled by calling the SCEG Front Desk at (916) 685-3160.**

The Friends of the Elk Grove Library Celebrates "Friend"ship Week. Tuesday, February 21, 2012 through Thursday February 23, 2012 from 10:00 a.m. - 2:00 p.m. at the Elk Grove Library, 8900 Elk Grove Blvd., Elk Grove. You can purchase an entire bag of books for \$3.00.

Wills and Trusts Clinic by the Drobny Law Offices will be held on March 13, 2012 at 12:30 in the SCEG Classroom. Contact Barbara at Drobny Law, (916) 419-2100 to schedule your 20 minute appointment with an attorney.

AARP Driver Safety Program will be held March 6 and 7, 2012 from 12:30 - 4:30 p.m. in the SCEG Classroom. Call Royce Tomson at (916) 478-2959 for registration. Participants pay a \$3 room use fee at the beginning of first class.

SCEG Artists for January

Painting: Shirley Mendenhall and Christiane Vessigault's art work can be viewed in the SCEG dining room.

Ceramics: Jackie Avery's work can be viewed in the Lobby display case.

Book Club - Book of the Month

The February book of the month is: *Innocent Blood* by P.D. James. March's book will be "The Warmth of Other Suns" by Isabelle Wilkerson. Book club meets the first Wednesday of the month at 9:30 a.m. in the **SCEG Classroom. Please note change of location from the library to the classroom.**

Senior Singles Social Group February Activities

This month's meeting is Wednesday, February 1, 2012 at 10:00 a.m. in the SCEG Library. **Please note change of location from the Classroom to the Library.**

Thursday Night Dinners at 5:30 p.m., February 2 and 9 at Applebees, 9105 E. Stockton Blvd., Elk Grove. February 16 and 23 at Mimi's Café, 9195 W. Stockton Blvd., Elk Grove.

February's trip will be to the Crocker Art Museum on Friday, February 17. Meet at 9:30 a.m. at the Elk Grove Shopping Center on Elk Grove-Florin Rd. between Bond and the Sharkey Ave. Fee \$8 with a docent provided tour. Lunch following at Joe's Crab Shack, Old Town Sacramento. For more information call Shirley at 897-8170.

Social Saturday will be a potluck dinner held at the home of Norm Womack, date to be decided at the February 1st meeting. Call Norm at 685-5218 or check the Senior Center bulletin board.

The walking group will not be meeting until Spring. Tuesday and Thursday Breakfasts will still be held at 9:00 a.m. at Panera Bread on Bond Rd.

2012 Computer Classes

SCEG partners with Elk Grove Adult and Community Education (EGACE) to provide affordable computer classes. All classes are held in the SCEG Computer Room. For more information or to register and pay for classes call Helen at EGACE, (916) 525-4744, ext. 7820 to register and pay for classes. Course descriptions available at the EGACE Website: www.egusd.net/adulted All Classes include materials.

Internet Basic	Mon/Wed	2/6 - 2/22	11:30 a.m. - 1:30 p.m.	\$39.00
Email Basics	Mon/Wed	2/6 - 2/22	2:00 p.m. - 4:00 p.m.	\$39.00
Intro to Windows 7 Operating System	Mon/Wed	2/27 - 3/7	11:30 a.m. - 1:30 p.m.	\$39.00
MS Word	Mon/Wed	2/27 - 3/21	8:30 a.m. - 11:00 a.m.	\$69.00
MS Excel	Mon/Wed	4/9 - 5/2	11:30 a.m. - 2:00 p.m.	\$69.00
Keyboard and Intro to Computers	Mon/Wed	4/9 - 5/2	8:30 a.m. - 11:00 a.m.	\$69.00

Connections to Community Resources

Caregiver Support Group meets 10 a.m. on the second Tuesday of every month at the Elk Grove Library, 8900 Elk Grove Blvd., Elk Grove.

H.I.C.A.P. (Health Insurance Counseling and Advocacy Program) helps seniors with Medicare or other insurance issues. For an appointment call the SCEG at (916) 685-3160.

Neuropathy Support Group meets the 2nd Tuesday of every month at 2:00 p.m. in the SCEG classroom. Call Mike Colozzi at (916) 421-8103 for more information. Next meeting is February 8, 2012.

Senior Brown Bag Program Elk Grove Food Bank Services available on the 3rd Thursday of the month from 10:00 a.m. to 1:00 p.m. at 9820 Dino Drive, Suite 140. For qualification requirements call (916) 685-8453.

SCEG's Gadabouts Travel

The Travel Office is open Monday through Friday from 10:00 a.m.—2:00 p.m.

Featured Trips

Beach Blanket Babylon

Sunday, March 18, 2012

\$145 - SCEG Members \$150 - Non-Members

Tour Includes: Hosted Lunch at the Fog Harbor Fish House, Center Balcony Seats for the Beach Blanket Babylon Show

Flower Fields of Carlsbad, California

April 4 - 6, 2012

\$385.00 - SCEG Members \$390.00 Non-Members

Single Additional \$145

Tour Includes:

2 Nights Accommodations at the Carlsbad by the Sea Resort
Guided Tour of the G.I.A. Museum in Carlsbad
Guided Walking Tour and Wagon Ride at the
Flower Fields of Carlsbad

Extended Trips through Collette Vacations

Netherlands, Belgium & Paris

May 7 -17, 2012

11 days·13 Meals

Best of Eastern Canada

July 22-30, 2012

9 days·12 Meals

American Music Cities

New Orleans, Memphis & Nashville

October 14 - 21, 2012

8 days·10 Meals

Extended Trip through Premier World Discovery

Oregon Trails

Featuring the Portland Rose Festival,
Sternwheeler Columbia Gorge Cruise,

Multnomah Falls, Astoria,

the Oregon Coast and more

June 7 - 12, 2012

6 days·8 meals

Gadabouts Travel Fair

Saturday, February 11, 2012

10:00 a.m. - Noon

Information about day and extended trips. Receive

\$2.00 off any day trip if

you sign-up at the fair

For more information about specific trips, please refer to the individual flyer located across from
SCEG front desk or call the Travel Desk at (916) 685-3160

SCEG's Gadabouts Travel

The Travel Office is open Monday through Friday from 10:00 a.m.—2:00 p.m.

Red Hawk Casino

Tuesday, February 7, 2012

\$20 - SCEG Members \$25 - Non-Members
Includes \$10 bonus
(Bonus subject to change)

Feather Falls Casino

Wednesday, April 11, 2012

\$20 - SCEG Members \$25 - Non-Members
Includes \$10 bonus
(bonus subject to change)

Black Oak Casino

Tuesday, March 6, 2012

\$25 - SCEG Members \$30 Non-Members
Includes \$10 bonus
(Bonus subject to change)

Escape to the Lake

May 7-8, 2012

\$190 - SCEG Members \$195 - Non Members
Single Additional \$35
Trip Includes: 4 hours free time at
Harvey's Lake Tahoe with
Casino bonus of \$10 slot play and \$5 Food
Emerald Bay Scenic Cruise
Evening Wine & Cheese Reception
Overnight Accommodations at the Park Tahoe Inn

Stockton Asparagus Festival

Friday, April 27, 2012

\$55 - SCEG Members \$60 - Non-Members
Trip Includes: Transportation and
Admission to the Stockton
Asparagus Festival

Colusa Casino

Tuesday, May 8, 2012

\$20 - SCEG Members
\$25 - Non-Members
Includes \$10 bonus
(bonus subject to change)

Ride the Ducks

Friday, June 22, 2012

\$115 - SCEG Members
\$125 - Non-Members
Tour Includes: Behind-the-Scene Tour of AT&T Park
Duck Tour of McCovey Cove and
Historic Streets of San Francisco
Gourmet Boxed Lunch from Boudin's Bakery

Castroville Artichoke Festival

Sunday, May 20, 2012

\$66 - SCEG Members \$71 - Non-Members
Trip Includes: Transportation,
Driver Gratuity, and Admission to the
Castroville Artichoke Festival

Mystery Trip - Sold Out

Thursday, July 19, 2012

\$120 - SCEG Members
\$125 Non - Members
Day Trip Includes: ?????

Underground Gardens

Tuesday, August 7, 2012

\$95.00 - SCEG Members
\$100.00 - Non-Members
Tour Includes:
Guided Tour of the Underground Gardens in Fresno
Hosted Lunch Buffet at the Piccadilly Inn

All Trips include Transportation unless otherwise noted

Thank you for your support



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

8830 Sharkey Ave
Elk Grove, CA 95624
(916) 685-3160

Phone Numbers

Front Desk (916) 685-3160
Dial-A-Ride (916) 686-4736
Kitchen (916) 685-4804
Gadabouts (916) 685-3160

Website: www.thesceg.org

Staff

Patricia Beal
executivedirector@thesceg.org
Diane Lehner
assistantdirector@thesceg.org
Mary Strong
adminassistant@thesceg.org
Darcie Owen, Nutrition Site Coordinator
Bob Turner, Transportation Coordinator
Charlette Parino and Sue Lamar,
Gadabouts Coordinators

Executive Board

Jim Parino, President
Bill Hitchcock, Vice-President
Jon Colton, Treasurer
Jackie Avery, Secretary
Ken Flavell, Member-at-Large
Bill Heston, Member-at-Large
Dave Holochuck, Member-at-Large

Representatives

Gil Albiani, CCSD
Sophia Scherman, City of Elk Grove

**Next SCEG Board of Directors Meeting
February 13, 2012 in the SCEG Classroom**

SCEG PARTNERS

