




September 2010

Monday	Tuesday	Wednesday	Thursday	Friday
8 a.m. Library Open 8 a.m. Tai Chi** (\$20/4-wks) 8:45 a.m. Aerobics** \$2/\$3 9 a.m. Billiards 9 a.m. Dolls Workshop* 9:30 a.m. Computer Class** 10:30 a.m. Spanish Chat* 12:00 p.m. LUNCH 12:00 p.m. Writing Class* 1 p.m. Bridge - Play * 1 p.m. Gentle Yoga*	9 a.m. Billiards 9 a.m. Ceramics Workshop* 9:30 a.m. HICAP 9:30 a.m. Computer Class** 10 a.m. Chair Exercise* 10 a.m. Knitting 10:00 a.m. Let's Talk Men's Group 11:30 a.m. Open Computer Lab 12:00 p.m. LUNCH 12:30 p.m. Pinochle* 12:30 p.m. Computer Class** 1 p.m. Gentle Yoga* 2:30 p.m. Tap Dancing*	8 a.m. Library Open 9 a.m. Billiards 9:30 a.m. HICAP 9:30 a.m. Washers* 9:30 a.m. Computer Class* 10 a.m. Chair Exercise* 11:30 a.m. Open Computer Lab 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** \$2/\$3 9 a.m. Ceramics Class* 9 a.m. Billiards 9 a.m. Painting* 9:30 a.m. Computer Class** 12:00 p.m. LUNCH 12:30 Scrabble* 12:30 p.m. Computer Class** 1 p.m. Pinochle* 1 p.m. Gentle Yoga* <i>Premiere Courses</i> 6:30 p.m. Opera Appreciation**	8 a.m. Library Open 9 a.m. Billiards 9:30 a.m. Porcelain Doll* 10 a.m. Chair Exercise* 12:00 p.m. LUNCH 1 p.m. Bingo 1 p.m. Bridge-Play*
 <p>SCEG will be closed Monday, September 6th In observance of the Labor Day Holiday</p> <p>SCEG Board Meeting Monday, September 13th 3:15 p.m.</p> <p>"Positive Thinking Day" Monday, September 13th</p> <p>Opening Day of SCEG's New "Le Boutique Café" September 27, 2010 Open Monday – Friday 8:30 a.m. – 2:30 p.m.</p>	<p>Neuropathy Support Group Tuesday, September 14th 2 p.m.</p> <p>Wills and Trust Seminar and Clinics Tuesday, September 28th 12:30 p.m.</p>	<p>Book Club Wednesday, September 1st 9:30 a.m. – 11 a.m. Book of the Month - "Hotel on the Corner of Bitter and Sweet" by Jamie Ford</p> <p>Singles Group * Wednesday, September 8th 10 a.m. – Noon</p> <p>5 Wishes Seminar By Vitas Hospice Care Wednesday, September 8th 1:30 p.m. – 2:30 p.m. RSVP at 916-685-3160</p> <p>"Balance" Presented by Dr. Ruiz, Ruiz Chiropractics Wednesday, September 22nd 1:30 p.m. – 2:30 p.m.</p>	<p>Movie Day Thursday, September 9th Show time: 9:30 a.m. <i>"Crazy Heart" starring Jeff Bridges</i></p> <p>Birthday Party Thursday, September 23rd 11:00 a.m. Cake donated by Windsor of Elk Grove Music provided by Martin Beal (must register for lunch to participate)</p>	<p>Special Notes</p> <p>Lion's Club Pancake Breakfast Saturday, September 11th 8 a.m. – 10 a.m.</p> <p>SCEG Open House Saturday, September 18th 10 a.m. – 2 p.m.</p> <p>National Falls Prevention Week September 20th through September 25th</p> 