

Low Impact Aerobics- SCEG Dining Room

Stay active and fit with this low impact aerobics class. You will find yourself moving to music, lifting light weights, and getting a good stretch all the while keeping your heart rate up.
\$2 member / \$3 non-member (Fee Based Program, Pay in class)
Instructor: Jennifer Davenport
Monday/Thursday - 8:45 a.m.
Tuesdays - 8:30 a.m.

Bingo- SCEG Dining Room

BINGO is the name of the game and you will hear it a lot around here. If you love to play bingo or would like to learn this game of chance, everyone is welcome to sit down and play a few rounds. We have the bingo cards, the professional callers, and bingo machine, all you have to do is get ready to have fun.
\$.50 cents per card
Friday-1:00pm (please do not enter Dining Room before 12:30pm)

Billiards- SCEG Billiard Room

Pool is a great way to meet new people, strike up some great conversation, and a way to have some good old fashioned competition. We have a great pool room, including all the pool cue's and balls.
No Fee
Monday/Wednesday/Friday- 9:00am-4:00pm
Tuesday/Thursday- 9:00am-12:00pm

Book Club-SCEG Library

Come in and read the book of the month, and then discuss it with other people reading the same book. It is a great way to learn about new books that are out there or learn about classics. Also it is a great way to make new friends.
\$1 member / \$2 non-member
Every 1st Wednesday of the month- 10/7/09 9:30am-11am

Bridge- SCEG Library

Do you like to play cards? Come in and play a game of Contract Bridge or Party Bridge. This fun game that everyone can play will help you stay sharp and make some friends along the way.
\$1 member / \$2 non-member
Monday/Friday- 1:00pm

Bunco- SCEG Library

Bunco is an exciting game of dice where you can have fun, meet new people and enjoy the company of those who you already know.
\$1 member / \$2 non-member
Wednesday- 12:45pm

Ceramics- SCEG Ceramics Room

Come make some beautiful ceramic artwork at SCEG. You can come in during open hours or sign up for a 4 week class. We have hundreds of ceramic molds, glazes and paints for you to use.
Class- \$10 member/\$15 non-member - Next Class begins 11/5/09
Instructor: Kay Ketchum
Thursday - 9:00 a.m. - 11:30 a.m.
Open Workshop- \$1 member / \$2 non-member / plus supplies
Tuesday- 9:00am

Chair Exercise- SCEG Dining Room

Sit down and shape up with chair exercise. This group class offers an excellent full body exercise where everyone from beginner to expert can enjoy staying healthy and fit. This exercise will stimulate bone growth, improve posture, decrease body fat and improve balance and mobility.
 Everyone will enjoy chair exercise.
\$1 member / \$2 non-member
 Video Based Class
Tuesday/Wednesday/Friday- 9:30am

Computer Classes sponsored by EGACE

SCEG has partnered with Elk Grove Adult and Community Education (EGACE) to provide affordable computer classes at the senior center!
 Classes are \$59. Call EGACE at 686-7717, ext 7829 to register and pay for classes. The classes run for 5 weeks for a total of 20 hours of instruction!
Introduction to Computers
 October 19, 2009
 Monday/Wednesday 10 - 12 Noon
 OR 1 - 3 pm
Beginning Word
 October 20, 2009
 Tuesday/Thursday 1-3 pm



Gentle Yoga- SCEG Dining Room

Energize your body and mind with Gentle Yoga. Whether you are a beginner or an expert this class will challenge you within your comfort level. This program will help you increase balance, flexibility and rejuvenate your mind. Class is open to everyone, wear loose clothing and a yoga mat or towel is required.
\$1 member / \$2 non-member
Instructor Marie Brown
Mondays - 1:00pm
Tuesday/Thursday- 1:00pm

Knitting- SCEG Classroom

Knitting is a great way to meet new people and have fun while doing it. Come in and knit something, we have all the yarn you could ever want or bring in your own, finish up projects, start new projects and start new friendships while you're at it.
No Fee
Tuesday - 10:00am

Let's Talk Group-SCEG Library

Attention all men at SCEG. The Let's Talk group is still going strong. We hope that it will continue to be a success, and encourage you to come and share. We will be discussing many different topics from world news to showing pictures and telling a good story. Come on in and talk with the boys!
Tuesday- 10:00am-11:30am

SCEG PROGRAMS

Open Computer Lab - SCEG Computer Room

Do you need to connect to your email? Browse the web? Look up the latest news? If you do, then come join us in our computer room during open computer lab.

No Fee

Thursdays - 11:00 am - 12:30 pm

New Time

Opera Appreciation - SCEG Library

Introducing Opera Appreciation!!! Robert Coleman, long time opera enthusiast and teacher, will teach a 6 week Opera Appreciation Class beginning October 22nd. If you are interested in French and German Opera, and want to learn how it grew and how to appreciate it more, please sign up at SCEG's front desk.

Thursday, October 22nd through Thursday, December 3rd

(No class on Thursday, November 26th due to the holiday)

\$10 member / \$15 non-member for 6 week class

Thursday- 10:30am - 11:30am

Painting- SCEG Classroom

Painting is an activity that everyone can enjoy. Whether you are a beginner or a long time expert, you can have a great time meeting new friends and creating beautiful works of art.

\$1 member / \$2 non-member

Thursday- 9:00am

Pinochle- SCEG Lobby

Come in and play a game of Pinochle. This fun game that everyone can play will help you stay sharp and make some friends along the way. Everyone can play this game and everyone can learn.

\$1 member / \$2 non-member

Tuesday- 12:30pm

Thursday- 1:00pm

Porcelain Dolls- SCEG Ceramics Room

Come make some beautiful porcelain dolls at SCEG. You can come in during open hours or sign up for a class if you would like instruction. Paint their faces, pick out their hair, and dress them up.

\$1 member / \$2 non-member / plus supplies

Monday - 9:00 a.m.

Friday- 9:00am

Rock Painting- SCEG Ceramics Room

If you love to paint on paper or canvas, why not try painting on a rock? Rock Painting is turning mother nature's works of art into your own with a little paint, creativity and your personal touch.

\$1 member / \$2 non-member / plus supplies

Wednesday- 1:00pm

Rubberstamping- SCEG Classroom

Make your very own personalized cards for yourself, friends and family in rubberstamping. Every week come in and create new greeting cards for any and every occasion and meet some new friends to give them to.

\$1 member / \$2 non-member / plus supplies

Wednesday- 1:00pm

Scrabble- SCEG Classroom

Scrabble is a great game that everyone can play. Have fun making words and new friendships as well.

\$1 member / \$2 non-member

Thursday- 12:30pm

Social Singles-SCEG Classroom

The Social Singles Group is a great way to get out and enjoy life. Come and meet new friends and see new places and have fun.

\$1 member / \$2 non-member

2nd Wednesday of the month- 10/14/09 10am-12pm

Spanish Chat-SCEG Classroom

Everyone is welcome to join Spanish Chat. Whether you are a long time native speaker, just beginning or want to learn how to speak Spanish come in and learn some conversational Spanish.

\$1 member / \$2 non-member

Monday- 10:30am

Tai Chi- SCEG Dining Room

This ancient Chinese art of health, maintenance and moving meditation will help you stay active and fit through the natural and flowing movements of Tai Chi. This exercise practice is easy to learn and perfect for any age.

\$20 dollars for 4 week session

Instructor: Frank Gaviola

Monday- 8:00am

purchase your ticket at Front Desk

Tap Dancing-SCEG Dining Room

Do you like to tap dance, or have you ever wanted to learn how to tap? Come in to SCEG Tap Dancing class to learn how to dance, getting a great exercise for your body and your mind as well. Also meet some new friends while your at it.

Instructor- Bobbie Jordan

\$1 member / \$2 non-member

Tuesdays- 2:30pm

Writing Group-SCEG Classroom

Come in to our writing group and get some great tips on how to improve your writing skills. Whether you are writing a novel or a letter, bring in your work and exchange ideas with other writers or offer your comments to others.

\$1 member / \$2 non-member

Monday- 12:00pm

SCEG Activity Cards!

Purchase your Activity Cards at the SCEG Front Desk. \$10 for Members and \$20 for Non-Members! Scholarships Available!