



KRISTI BIRD - EDITOR

Swinging into Spring

By Heather Schelske—Neil Orchard Senior Activities Center Supervisor



Spring has sprung!! Last month the Senior Advisory Board joined in with the annual Hoppin & Huntin' event at Hagan Community Park. With well over two thousand in attendance, the Senior Advisory board passed out over two hundred goodie bags, balloons and marketed our wonderful senior center. The event was a lot of fun, and we had lots of smiles throughout the day.

The Senior Advisory Board didn't stop there. They also joined us for our first Earth Day and Senior Resource Fair here at Lincoln Village Community Park. We had dozens of senior resources and environmental vendors. Participants that registered early got a free lunch once they filled out their passports. Others who filled out a passport were entered in a raffle drawing. You will not want to miss this event next year. Save the date, as this will now become an annual community event.

We have more fun coming this May. This first week we have our Cinco de Mayo event on Wednesday, May 3rd. Get your tickets before we sell out. Saturday, May 6th, we have our annual Community Yard Sale from 8 a.m. to 2 p.m. Donations for the Senior Advisory Board can be dropped off starting Monday, May 1st. The Senior Advisory Board will be having a member pre-sale on Friday, May 5th, from 9 a.m. to 2:30 on the patio. Spaces are still available if you would like to have your own yard sale spot. Don't forget to get your tickets for our Pizza Party on May 17th.

The Senior Center will be closed on May 29th in observance of Memorial Day. We honor and appreciate all the fallen soldiers that defend our Country to keep us safe.



IMPORTANT DATES TO REMEMBER:

May 3: Cinco de Mayo Fiesta (Bingo Cancelled)	May 17: National Pizza Party Day
May 5: Yard Sale Presale (On the Patio)	May 22: Phone & Email Scams Presentation
May 6: Community Yard Sale	May 24: Senior Advisory Board Meeting
May 8: Tennant's Rights/Eviction Protection Presentation	May 29: Memorial Day - CENTER CLOSED
May 11: Calaveras Big Trees State Park Day Trip	June 12: Advisory Board: Taco Salad & Bingo Fundraiser



Address:

3480 Routier Road
Sacramento, CA. 95827
(916) 366-3133

Monday - Thursday
7:30 a.m.- 4:30 p.m.

Friday
7:30 a.m. - 3:30 p.m.



Facebook.com/
NeilOrchardSeniorActivitiesCenter



MAY GREEN THUMB LUNCH

\$5 in Advance & \$6 Day of/To-Go

RSVP by calling (916) 366-3133

Lunch Served at 11:30 a.m.

Wednesdays

3	Cinco De Mayo Fiesta (Bingo Cancelled)
10	Chicken Taco Soup w/ Cheese Quesadilla
17	National Pizza Party Day
24	Wonton Soup w/ Asian Noodle Salad
31	Spring Vegetable Soup w/ Chef Salad

CINCO de MAYO
MAY 3, 2023
11:30 AM

\$8 Members/ \$10 Non-Members or TO-GO

We're having a Fiesta and you're invited to come and enjoy a delicious Mexican Feast.

MENU: White sauce chicken enchiladas, refried beans, salad, chips & salsa

RSVP By April 28th

Sponsored by:

NATIONAL PIZZA PARTY DAY!

MAY 17 11:30AM

WE KNOW IT'S CHEESY, BUT WE LOVE AN EXCUSE TO CELEBRATE! YOUR TICKET INCLUDES A SLICE OF PEPPERONI, CHEESE OR COMBINATION PIZZA WITH GREEN SALAD AND A BEVERAGE.

RSVP BY MAY 12!

\$5 MEMBERS
\$8 NON-MEMBERS OR TO-GO

BINGO HELD AS REGULARLY SCHEDULED NOON - 2PM

Sponsored By:

Arts & Crafts : First Fridays 10am-Noon

Create, socialize in an ongoing arts & crafts series with a new focus each week.

May 5th – Pastels w/ Crocker exhibited artist

single class for \$5 + \$5 material per class

Sewing Group: 1st and 3rd Mon. 1-4pm

Enjoy a rewarding journey of creating in fabric.

*No instructor!! Just like-minded people coming together to create and share their experiences and knowledge through artistic endeavors.

\$25 (Members) for a 10 visit punch card

SILVER SURFERS

\$20 Members/\$25 Non-Members

Classes are for beginners and open to all ages.
Use of computers included

- ◆ **May 01: Computer 101: The Basics**
- ◆ **May 08: Fundamentals of the Internet**
- ◆ **May 15: Social Media 101**
- ◆ **May 22: Video Chatting & Zoom**

Taco Salad & Bingo Fundraiser

Monday, June 12 2023

11:30 AM– 3:00 PM

Taco Salad (\$5 per person)

Bingo (21+): (\$5 per person)

Enjoy a taco salad with all the fixings and stay to play some bingo. This is a fundraiser hosted by the Cordova Senior Advisory Board. All proceeds benefit the Neil Orchard Senior Activities Center.

Purchase tickets at the front desk

CASH or CHECK ONLY

Cordova GOLF COURSE

9425 Jackson Road, Sacramento

Looking to hit the links?

Cordova Golf Course has five golf clubs geared towards seniors interested in friendly competition, fun, and fellowship.

**Questions? Call our Pro Shop at 916-362-1196
or our website at cordovagc.com**

COMMUNITY YARDSALE

**Lincoln Village Community Park
Saturday, May 6 | 8 a.m. - 2 p.m.**

Vendor Space: \$20

**Pick up Vendor Application at Front Desk or
contact Lara Nall at lnall@crpd.com**

Need to purge but don't want to be a vendor? Donate your items to the Cordova Senior Advisory Board May 1st! Contact the Front Desk to set up a time to drop off your donation.

Cordova Senior Activities Center
Advisory Board Est. 1978

Support our Senior Advisory Board!

ENTER THE RAFFLE!

\$1 PER TICKET / \$5 FOR 6

TICKETS AT THE FRONT DESK

BASKET PRIZE

Gift Cards
\$10 Burger King
\$10 Subway
\$10 Chick-Fil-A
\$20 Walmart
\$20 Target
\$20 Safeway
\$25 Barnes & Noble

Martinelli's Sparkling Cider
Marinara Pasta Sauce
Ricotta & Spinach Tortellini
Golden Toasted Crackers
Belgian Ale Mustard
Sheet Hot Mustard
Smoked Cheddar Cheese
Cheddar Cheese
(2) Beef Summer Sausage
Spagettiserver
Kitchen Towel
Extra Virgin Olive Oil

Raffle winner to be announced at
Cinco de Mayo Fiesta on May 3rd, 2023
Tickets available at the front desk

THE GOLD STANDARD FOR MUSICALS



The Story of Franky Valli & The Four Seasons



JERSEY BOYS

COLUMBIA, CA | 20 JULY | 2:00 PM

GET UP 'N' GO

Journey behind the music of Frankie Valli and the Four Seasons to discover the secret of a 40 year friendship. Enjoy a hosted lunch in downtown Sonoma before the toe taping musical at the Fallon House Theatre.

Fee: \$139 Register by: **June 20th** Departure: 8:30am Activity Level: Minimal

CONTACT US: 916-366-3133
LNALL@CRPD.COM



ARE YOU AT RISK OF FALLING AT HOME?



ELIGIBILITY

NO-COST SERVICES are available to seniors and people with disabilities who:

- Own their home.
- Meet low-income guidelines (call for details).

TO APPLY:

- Call to discuss eligibility and receive an application; or
- Visit our website to download an application.
- Mail the completed application to Rebuilding Together Sacramento.
- You will be contacted to schedule an appointment.

FEE-BASED SERVICES are available to:

- Those whose income is above the income guidelines.
- Those who rent their home.
- No application is required for the fee-based services.

The work is performed by trained installers.

Let us help lower your risk of falling by 50%!

SAFE AT HOME

A provider of accessibility aids to improve your home safety and independence.

Grab bars, shower stools, toilet frames, step handrails, wheelchair ramps, and more.

Equipment and installations are available **FREE** or for a fee.



rebuildingtogethersacramento.org

916-455-1880 x1

A nonprofit organization that creates safe and healthy homes | CA State Contractors License #930688

JOIN US FOR COFFEE, SNACKS AND FREE INFORMATION!

Tenant's Rights & Eviction Protection

Monday, May 8 at 1-2 p.m.

Senior Legal Hotline will be here to discuss your rights as a tenant, how to request accommodations for a disability and how to respond to landlord notices.

Know your rights!

Phone & Email Scams

How to spot them

Monday, May 22 at 1-2 p.m.

With increasing use of online services, email has become a widespread weapon to target seniors. We will go through the most common email and phone scams to learn how to identify and avoid them. Presentation and goodie bags from ACC Senior Services!



Don't see your name? Check with the front to make sure

Janet Asher	Sandra Lanz	Jeanne Reynolds
George Burnash	Patricia Lasell	Patricia Rose
Beth Burt	Paul Longo	Faith Rothlisberger
Joseph Callahan	Mary Lyons	Wilma Russell
Lucille Davis	Mary McKinnon	Ray Smith
Gayle Faulds	Rachel Mendoza	Martha Sodeman
Yveta Franklin	Hiroko Newby	Martha Sodeman
Sandra Gallagher	Susan Noblett	Roma Stout
Valentina Gaona	Roger Olson	Virginia Underwood
Gale Green	Sandy Parham	Theodosia Valrey
Patricia Harriman	Darlene Petty	Clyde Wands
Janet Hartley	Daphne Purcell	Sandra Watanabe
Oliver Hewins		Betsy Barney
Shardon Jackson		Paulette Whitmore
Sheri Johnson		



May 2023



Neil Orchard Senior Activities Center
 3480 Router Road, Sacramento, CA 95827 916-366-3133
 Monday-Thursday: 7:30 a.m. - 4:30 p.m. / Friday: 7:30 a.m. - 3:30 p.m.

Monday		Tuesday		Wednesday		Thursday		Friday			
1	8-9 a.m. Senior Exercise 9:15-10:15 a.m. Beginning Kundalini Yoga 10-11 a.m. Walking to Get Fit 10 a.m. - Noon Silver Surfers: Computers 101: The Basics 10:30-11:15 a.m. Intermediate Tai Chi Practice 1:00-4:00 p.m. Sewing Group	2	9-11 a.m. Knitting Group 9-10 a.m. Cheng Man Ching Tai Chi 9:30-11:30 a.m. Cordova Independent Artists Noon-1 p.m. Zumba Gold 1:15-2:45 p.m. Beginning Line Dance 3:45-4:30 p.m. Active Aging: Chair Yoga 4:45-5:15 p.m. Floor Mat Pilates 5:30-6:30 p.m. Restorative Yoga for the Back	3	8-9 a.m. Senior Exercise 9:15-10:15 a.m. Beginning Kundalini Yoga 10-11 a.m. Walking to Get Fit 11:30 a.m. - Noon Cinco de Mayo Fiesta Noon-2 p.m. Bingo Cancelled 2:30-3:15 p.m. Active Aging: Balance & Movement	4	9-10 a.m. Cheng Man Ching Tai Chi Noon-1 p.m. Zumba Gold 1-3:20 p.m. Advanced Line Dance Noon-4 p.m. Hand & Foot Card Group 3:45-4:30 p.m. Active Aging: Chair Yoga 4:45-5:15 p.m. Floor Mat Pilates 5:30-6:30 p.m. Restorative Yoga for the Back	5	8-9 a.m. Senior Exercise 9:15-10:15 a.m. Beginning Kundalini Yoga 9 a.m. - 2:30 p.m. Yard Sale Pre-Sale on patio 10-11 a.m. Walking to Get Fit 10 a.m. - Noon Arts & Crafts 10a.m.-Noon Intermediate Ceramics Noon-2 p.m. Bingo Noon-2 p.m. Beginning Ceramics 4-5 p.m. Cooking with Kids	6	8-9 a.m. Senior Exercise 9:15-10:15 a.m. Beginning Kundalini Yoga 10-11 a.m. Walking to Get Fit 10a.m.-Noon Intermediate Ceramics Noon-2 p.m. Bingo Noon-2 p.m. Beginning Ceramics 4-5 p.m. Cooking with Kids
8	8-9 a.m. Senior Exercise 9:15-10:15 a.m. Beginning Kundalini Yoga 10-11 a.m. Walking to Get Fit 10 a.m. - Noon Silver Surfers: Fundamentals of the Internet 10:30-11:15 Intermediate Tai Chi Practice 1:00-2:00 p.m. Tenant's Rights & Evictions Presentation	9	9-11 a.m. Knitting Group 9-10 a.m. Cheng Man Ching Tai Chi 9:30-11:30 a.m. Cordova Independent Artists Noon-1 p.m. Zumba Gold 1:15-2:45 p.m. Beginning Line Dance 3:45-4:30 p.m. Active Aging: Chair Yoga 4:45-5:15 p.m. Floor Mat Pilates 5:30-6:30 p.m. Restorative Yoga for the Back	10	8-9 a.m. Senior Exercise 9:15-10:15 a.m. Beginning Kundalini Yoga 10-11 a.m. Garden Club 10-11 a.m. Walking to Get Fit 11:30 a.m. - Noon Green Thumb Lunch Noon-2 p.m. Bingo 2:30-3:15 p.m. Active Aging: Balance & Movement	11	Calaveras Big Trees State Park Day Trip 9-10 a.m. Cheng Man Ching Tai Chi Noon-1 p.m. Zumba Gold 1-3:20 p.m. Advanced Line Dance Noon-4 p.m. Hand & Foot Card Group 3:45-4:30 p.m. Active Aging: Chair Yoga 4:45-5:15 p.m. Floor Mat Pilates 5:30-6:30 p.m. Restorative Yoga for the Back	12	8-9 a.m. Senior Exercise 9:15-10:15 a.m. Beginning Kundalini Yoga 10-11 a.m. Walking to Get Fit 10a.m.-Noon Intermediate Ceramics Noon-2 p.m. Bingo Noon-2 p.m. Beginning Ceramics 4-5 p.m. Cooking with Kids	13	8-9 a.m. Senior Exercise 9:15-10:15 a.m. Beginning Kundalini Yoga 10-11 a.m. Walking to Get Fit 10a.m.-Noon Intermediate Ceramics Noon-2 p.m. Bingo Noon-2 p.m. Beginning Ceramics 4-5 p.m. Cooking with Kids
15	8-9 a.m. Senior Exercise 9:15-10:15 a.m. Beginning Kundalini Yoga 10-11 a.m. Walking to Get Fit 10 a.m. - Noon Silver Surfers: Social Media 101 10:30-11:15 a.m. Intermediate Tai Chi Practice 1-4 p.m. Sewing Group	16	9-11 a.m. Knitting Group 9-10 a.m. Cheng Man Ching Tai Chi 9:30-11:30 a.m. Cordova Independent Artists Noon-1 p.m. Zumba Gold 1:15-2:45 p.m. Beginning Line Dance 3:45-6:30 p.m. Fitness with Jennifer/Alton classes cancelled	17	8-9 a.m. Senior Exercise 9:15-10:15 a.m. Beginning Kundalini Yoga 10-11 a.m. Walking to Get Fit 11:30 a.m. - Noon Pizza Party Day Noon-2 p.m. Bingo 2:30-3:15 p.m. Fitness with Jennifer/Alton classes cancelled	18	9-10 a.m. Cheng Man Ching Tai Chi Noon-1 p.m. Zumba Gold 1-3:20 p.m. Advanced Line Dance Noon-4 p.m. Hand & Foot Card Group 3:45-6:30 p.m. Fitness with Jennifer/Alton classes cancelled	19	8-9 a.m. Senior Exercise 9:15-10:15 a.m. Beginning Kundalini Yoga 10-11 a.m. Walking to Get Fit 10a.m.-Noon Intermediate Ceramics Noon-2 p.m. Bingo Noon-2 p.m. Beginning Ceramics 4-5 p.m. Cooking with Kids	20	8-9 a.m. Senior Exercise 9:15-10:15 a.m. Beginning Kundalini Yoga 10-11 a.m. Walking to Get Fit 10a.m.-Noon Intermediate Ceramics Noon-2 p.m. Bingo Noon-2 p.m. Beginning Ceramics 4-5 p.m. Cooking with Kids
22	8-9 a.m. Senior Exercise 9:15-10:15 a.m. Beginning Kundalini Yoga 10-11 a.m. Walking to Get Fit 10 a.m. - Noon Silver Surfers: A New Way to Call: Video Chat & Zoom 10:30-11:15 Intermediate Tai Chi Practice 1:00-2:00 p.m. Phone & Email Scams Presentation	23	9-11 a.m. Knitting Group 9-10 a.m. Cheng Man Ching Tai Chi 9:30-11:30 a.m. Cordova Independent Artists Noon-1 p.m. Zumba Gold 1:15-2:45 p.m. Beginning Line Dance 3:45-6:30 p.m. Fitness with Jennifer/Alton classes cancelled	24	8-9 a.m. Senior Exercise 9:15-10:15 a.m. Beginning Kundalini Yoga 10-11 a.m. Walking to Get Fit 11:30 a.m. - Noon Green Thumb Lunch Noon-2 p.m. Bingo 2:30-3:15 p.m. Active Aging: Balance & Movement 2:30-3:30 p.m. Advisory Board Meeting	25	9-10 a.m. Cheng Man Ching Tai Chi Noon-1 p.m. Zumba Gold 1-3:20 p.m. Advanced Line Dance Noon-4 p.m. Hand & Foot Card Group 3:45-4:30 p.m. Active Aging: Chair Yoga 4:45-5:15 p.m. Floor Mat Pilates 5:30-6:30 p.m. Restorative Yoga for the Back	26	8-9 a.m. Senior Exercise 9:15-10:15 a.m. Beginning Kundalini Yoga 10-11 a.m. Walking to Get Fit 10a.m.-Noon Intermediate Ceramics Noon-2 p.m. Bingo Noon-2 p.m. Beginning Ceramics 4-5 p.m. Cooking with Kids	27	8-9 a.m. Senior Exercise 9:15-10:15 a.m. Beginning Kundalini Yoga 10-11 a.m. Walking to Get Fit 10a.m.-Noon Intermediate Ceramics Noon-2 p.m. Bingo Noon-2 p.m. Beginning Ceramics 4-5 p.m. Cooking with Kids
29	<h2>Center Closed in Observance of Memorial Day</h2>		30	9-11 a.m. Knitting Group 9-10 a.m. Cheng Man Ching Tai Chi 9:30-11:30 a.m. Cordova Independent Artists Noon-1 p.m. Zumba Gold 1:15-2:45 p.m. Beginning Line Dance Cancelled 3:45-4:30 p.m. Active Aging: Chair Yoga 4:45-5:15 p.m. Floor Mat Pilates 5:30-6:30 p.m. Restorative Yoga for the Back	31	8-9 a.m. Senior Exercise 9:15-10:15 a.m. Beginning Kundalini Yoga 10-11 a.m. Walking to Get Fit 11:30 a.m. - Noon Green Thumb Lunch Noon-2 p.m. Bingo 2:30-3:15 p.m. Active Aging Balance & Movement	32	<p>*Please call (916) 376-8915 to make an appointment for HCAP</p> <p>*Please call (916) 551-2144 to make an appointment for Senior Legal Services</p> <p>*Lunch served Wednesdays unless otherwise noted. Please see front desk for menus and to make reservations</p> <p>*All dates and times are subject to change without notice</p>			



Get Up & Go: Safari West

March 23rd 2023



Earth Day/Senior Resource Fair

April 22nd 2023

