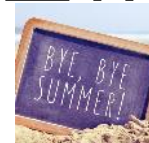


“So Long Sweet Summer”

By Heather Schelske—Neil Orchard Senior Activities Center Supervisor



In celebration of National Parks & Recreation month, Cordova Recreation & Park district held our annual Party in the Park event on Friday, July 19th. Sponsored by Atria Senior Living, the event took place at Lincoln Village Community Park and featured music, live demonstrations, giveaways, vendors, and more! Thank you to all our participants who come out to support *Parks Make Life Better*. Also, a big shout out to our Senior Advisory Board for attending the event and representing our senior center.

Summer time is winding down and what better way to celebrate then with a BBQ. Join us on Wednesday, August 21 for our annual summer BBQ. This year, we’re celebrating National Senior Citizens Day. With a menu consisting of BBQ tri-tip, macaroni salad, baked beans and dessert, this is an event you don’t want to miss! Thank you to Atria Senior Living for sponsoring the BBQ. See inside for more information and get your tickets before it’s too late.

If you live in the area, you should have received a copy of our new Fall/Winter Activity Guide in your mailboxes at the end of last month. Make sure you look through the guide to see all the different classes, events, trips, and presentations that we’ll be offering next season. Once you’re done browsing the guide, don’t forget to fill out the online survey and be entered to win a fabulous prize!

“I’ll gladly pay you Tuesday for a hamburger today”- Wimpy

Who doesn’t love cheeseburgers!?! Wimpy sure did, and so do we! National cheeseburger day is next month on Wednesday, September 18. See inside for more details.

Another event coming up next month is the Cordova Senior Advisory Board’s Taco Salad & Bingo Fundraiser. Scheduled for Saturday, September 21 from 11 a.m. to 2 p.m. All proceeds from this event help with projects for the senior center. More details can be found inside.

	The Senior Center will be closed Monday, September 2 in observance of Labor Day.	
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Important Dates to Remember:	
<p>August 12: Senior Advisory Board Meeting August 12: Wills and Trusts Presentation August 12: National Banana Lovers’ Day August 19: Collette Extended Travel Presentation</p>	<p>August 21: National Senior Citizens’ Day August 27: Feather Falls Casino Daytrip Sept. 2: Center closed for Labor Day Sept. 22-23: Hearst Castle Overnight</p>

Business Hours
 Mon. - Thurs. 7:30 a.m.- 4:30 p.m.
 Fridays 7:30 a.m. - 3:30 p.m.

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

Like us on **facebook** 

Facebook.com/
 NeilOrchardSeniorActivitesCenter



GREEN THUMB LUNCH

Get your taste buds ready for some great summer lunches:
Donation: \$3 per Person



All meals come with homemade baked good and water or iced tea.

- Aug. 7th:** Loaded Baked Potato Soup w/ Turkey Croissant Sandwich
- Aug. 14th:** Creamy Tomato Soup w/ Chef's Salad.
- Aug. 21st:** **Green Thumb Cancelled for National Senior Citizen's Day (Purchase tickets in advance)**
- Aug. 28th:** Summer Minestrone Soup w/ Build your Own Salad Bar

WII BOWLING



Wii Bowling will be held on Aug 13th & 20th from noon - 1 p.m. Compete against your friends to see who gets the top score. This low impact game is great for all ages!

TOP 4 BOWLERS OF JULY

- | | |
|--------------|---------|
| 1. SHIRLEY G | 212 PTS |
| 2. GREG W. | 201 PTS |
| 3. BELEN M. | 191 PTS |
| 4. PAT R. | 166 PTS |

GET UP 'N' GO

Hearst Castle Overnight

Sun.-Mon., September 22-23, 2019

**Fee: \$420 per double occupancy
\$526 per single occupancy**

Trip includes roundtrip motor coach transportation, overnight stay at the Madonna Inn in San Luis Obispo, luggage handling, guided tour of Hearst Castle, and dinner & two lunches.

Apple Hill Daytrip

Tuesday, October 8, 2019

Fee: \$65 per person

Trip includes roundtrip motor coach transportation, guided tour of Apple Hill, BBQ luncheon and free time to explore.

FREE INFORMATIONAL PRESENTATIONS **SPACE LIMITED: RSVP AT FRONT DESK**

Senior Legal Hotline Presents: Wills & Trusts

Monday, August 12 at 10:30 a.m.

Planning for the future is crucial and estate planning is particularly important for seniors. Come learn about the numerous practical and legal considerations involved. Q&A session to follow.

Collette Travel Presentation

Monday, August 19 at 1:30 p.m.

Join Jay from Collette Vacations as he presents information on a variety of upcoming trips. Attendees receive a \$50 credit towards their next Collette trip!

Save the Date



**Saturday,
September 15, 2019
8 a.m. - 12 p.m.
FREE TO ATTEND
Vendor Fee: \$20 for
15'x15' space**

This is a special event for dog owners and lovers to enjoy contests, games and activities with their furry friend. Vendors with dog related items and information booths welcome. Other types of vendors will be approved on a case by case basis. Registration deadline is September 6th. Vendor applications may be obtained from the Senior Center front desk or by contacting jta@crpd.com.



**Saturday,
October 5, 2019
2-4 p.m.
\$10 per Person
or
\$45 for a
reserved table for 5**

Don't be late for this very important date! Make the Queen of Hearts wait too long and it's "OFF with you're heads!" Ticket prices include tea, hors d'oeuvres, games and prizes!

Happy National
Banana Lovers Day!



August 12, 2019
at 11:45AM
FREE for
Current Members

We are going bananas for our members and in true senior center fashion, we show our love with food. Let's celebrate National Banana Lover's Day with a banana split! Make sure you bring your active (not expired) membership key tag and **SCAN IN** at the front desk to claim your treat.



National Senior Citizens Day

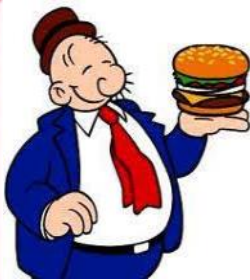
Wednesday, August 21 at 11:30 a.m.
Advance Tickets: \$5/Member, \$8/Non-Member
Day of Event: \$10/Person

This day was created as a day to support, honor and show appreciation to our seniors. Join us for a delicious BBQ luncheon featuring BBQ tri-tip, macaroni salad, baked beans, roll and dessert. Bingo will be held at regularly scheduled time.

Event Sponsor:



National Cheeseburger Day!



Wednesday, September 18 at 11:30 a.m.
Tickets in Advance: \$5/Member, \$8/Non-Member
Day of Event: \$10/Person

Celebrate one of America's favorite sandwiches! The sizzling fresh cheeseburgers will be served with all the fixings, potato salad, fresh fruit and a beverage. Bingo will be held at regularly scheduled time.

Event Sponsor:



BINGO

**Senior Advisory Board Presents:
Taco Salad & BINGO Fundraiser**
Saturday, September 21, 2019

Taco Salad (\$6/person)
11 a.m. - noon

BINGO (\$5/person)
Noon - 2 p.m.

See front desk for flyer and tickets.
All proceeds from this fundraiser
help with projects at the Senior
Center .



GARDENING NEWS

By Claudia Alstrom

Can You Dig It?



The Green Thumb Garden Club is always looking for help in planting and maintaining the vegetable garden, as well as the flower gardens inside and out. We meet the first Wednesday of every month.

Our Green Thumb Garden Club members are Ann Thomason, Bill Wells, Gretchen Simmons, Judy, Judy Kho, Kurt Linn, Linda Gates, Liz Otero, Marilyn Hamm, Marjorie, Rell Schwanke, Roxie Jones, Shirley Gladfelder, Lois Leal, Reta Douglas and Claudia Alstrom.

Ways To Reduce Plastic That Are So Simple You Can't Not Try Them

By Colleen Wachob

1. Say no to single-use plastics. This requires some planning ahead for the day as most of our quick, easy food options come in plastic. In the morning you can pack a reusable cup for drinks, your own utensils, and a metal straw, all things that can be washed at the end of the day, ready for the next day's use.
2. Buy packageless beauty products. If we look at the majority of the beauty products on the shelves in pharmacies or stores, they're all in plastic. Bonnie's made a choice to go for packageless soap for her body including a facial cleansing bar and a shaving soap that's package-free.
3. Refill products. For shampoo, conditioner, and makeup, opt for ones that you can use and send away to be refilled.
4. Use what you already have. There's a good chance a lot of our stuff is still in plastic, and therefore it doesn't help to throw it all away to get a sustainable alternative if you already have something. In this case, reuse the plastic bottle you have as a refill option, and if you're ready to get rid of it, make sure to recycle.

Remember that these changes do not happen overnight. Start with one category such as beauty products or food containers and then move to the next. Even if your choice seems so small and insignificant, it does all connect.



Join us on Thursday,
August 15th, for our
monthly birthday
celebration!

Sally Albright Rosen	David Lively
Lisa Alexander	Ping-Tien Mao
Diane Anderson	Helen McAuliffe
Tony Antunes	Patricia McCurdy
Joyce Arrighi	Deloris McDonald
Nan Baker	William McGaughy
Emma Beza	Kristina Moreno
Sharon Brewer	Trish Moss
Dorothy Calvetti	Karen Murray
Leta Cousineau	Anita Nagel
Milica Domanovich	Joanne Newton
Marie Dorsey	Venita O'Connor
Judy Elliott	Elizabeth Otero
Barbara Ferlaak	Esperanza Pedrin
George Foxworth	Honorio Posadas
Harry Goodhead	Victor Richardson
Suzanne Hanrahan	Lorraine Seevers
Tracie Heatherly	Melesa Smit
Arbie Henderson	Sylvia Smith
Lu Hoge	Ann Thomason
Kathie Jacobs	Geilan Toppazada
Barbara Jernigan	Lillian Turner
Janice Jones	Elizabeth Venrick
Blanche Jung	Mary Visil
Charity Kocher	Nancy Washington
Barbara Jean Larson	Deborah Williams
Barbara Lawrence	

August 2019

Neil Orchard Senior Activities Center
 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.

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Please call (916) 376-8915 to make an appointment for HICAP</p> <p>*Please call (916) 551-2144 to make an appointment for Senior Legal Services</p> <p>5</p> <p>8-9 a.m. Senior Exercise 9:15 - 10:15 a.m. Kundalini Yoga 9:30 - 10:30 a.m. Walk With Ease 11 a.m. - 3 p.m. HICAP Counseling 11 a.m. - 3 p.m. Bridge Card Group 11:30 a.m. All Seasons Café noon - 2 p.m. Bingo 2:30 - 3:30 p.m. Zumba Gold</p>	<p>*Lunch served M-F, please see front desk for menus and to make reservations</p> <p>*All dates and times are subject to change without notice</p> <p>6</p> <p>8 - 8:50 a.m. Tai Chi Chuan 9:30 - 11:30 a.m. Knitting & Crocheting Group 9:30 - 11:30 a.m. C.I.A. 11:30 a.m. All Seasons Café 12:30 - 3:30 p.m. Intro. & Beg. Line Dance 1:30 - 3:30 p.m. Mat Pilates 4:40 - 5:30 p.m. Restorative Yoga 5:40 - 6:45 p.m. Restorative Yoga</p>	<p>7</p> <p>8 - 9 a.m. Senior Exercise 9:15 - 10:15 a.m. Kundalini Yoga 9:30 - 10:30 a.m. Walk With Ease 10:30 a.m. Arts & Crafts 11:30 a.m. Garden Club Meeting 11:30 a.m. Green Thumb Lunch noon - 2 p.m. Bingo 2:30 - 3:30 p.m. Zumba Gold 4:40 - 5 p.m. Fall Prevention Wght Training 5 - 5:45 p.m. Active Adult Cardio HIIT</p>	<p>1</p> <p>8 - 9:50 a.m. Tai Chi Chuan 11:30 a.m. All Seasons Café 1 - 3:20 p.m. Advance Line Dance 1 - 5:30 p.m. Hand & Foot Card Group 4:40 - 5:30 p.m. Mat Pilates 5:40 - 6:45 p.m. Restorative Yoga</p>	<p>2</p> <p>8 - 9 a.m. Senior Exercise 9:15 - 10:15 a.m. Kundalini Yoga 9:30 - 10:30 a.m. Walk With Ease 11:30 a.m. All Seasons Café noon - 2 p.m. Bingo 12:30 - 3:30 p.m. Ceramics Zumba Gold</p>
<p>12</p> <p>8-9 a.m. Senior Exercise 9:15 - 10:15 a.m. Kundalini Yoga 9:30 - 10:30 a.m. Walk With Ease 10:30 a.m. Advisory Board Meeting 10:30 - 11:30 a.m. Wills & Trusts HICAP Counseling 11 a.m. - 3 p.m. All Seasons Café 11:30 a.m. National Banana Lovers' Day noon - 2 p.m. Bingo 2:30 - 3:30 p.m. Zumba Gold</p>	<p>13</p> <p>8 - 8:50 a.m. Tai Chi Chuan 9:30 - 11:30 a.m. Knitting & Crocheting Group 9:30 - 11:30 a.m. C.I.A. 11:30 a.m. All Seasons Café noon - 1 p.m. Wji Bowling 12:30 - 3:30 p.m. Ceramics 1:30 - 3:30 p.m. Intro. & Beg. Line Dance 4:40 - 5:30 p.m. Mat Pilates 5:40 - 6:45 p.m. Restorative Yoga</p>	<p>14</p> <p>8 - 9 a.m. Senior Exercise 9:15 - 10:15 a.m. Kundalini Yoga 9:30 - 11:30 a.m. Arts & Crafts 10:30 a.m. - 1:30 p.m. Bridge Card Group 11:30 a.m. Green Thumb Lunch noon - 2 p.m. Bingo 2:30 - 3:30 p.m. Zumba Gold (cancelled) 4:40 - 5 p.m. Fall Prevention Wght Training 5 - 5:45 p.m. Active Adult Cardio HIIT 5 - 6:45 p.m. Introduction to Guitar</p>	<p>15</p> <p>8 - 9:50 a.m. Tai Chi Chuan 11:30 a.m. All Seasons Café 11:45 a.m. Birthday Celebration 1 - 3:20 p.m. Advance Line Dance 1 - 5:30 p.m. Hand & Foot Card Group 4:40 - 5:30 p.m. Mat Pilates (CXL) 5:40 - 6:45 p.m. Restorative Yoga (CXL)</p>	<p>16</p> <p>8 - 9 a.m. Senior Exercise 9:15 - 10:15 a.m. Kundalini Yoga 9:30 - 10:30 a.m. Walk With Ease 11:30 a.m. All Seasons Café noon - 2 p.m. Bingo 12:30 - 3:30 p.m. Ceramics 2:30 - 3:30 p.m. Zumba Gold</p>
<p>19</p> <p>8-9 a.m. Senior Exercise 9:15 - 10:15 a.m. Kundalini Yoga 9:30 - 10:30 a.m. Walk With Ease 11 a.m. - 3 p.m. HICAP Counseling 11 a.m. - 3 p.m. Bridge Card Group 11:30 a.m. All Seasons Café noon - 2 p.m. Bingo 2:30 - 3:30 p.m. Zumba Gold</p>	<p>20</p> <p>8 - 8:50 a.m. Tai Chi Chuan 9:30 - 11:30 a.m. Knitting & Crocheting Group 9:30 - 11:30 a.m. C.I.A. 11:30 a.m. All Seasons Café noon - 1 p.m. Wji Bowling 12:30 - 3:30 p.m. Ceramics 1:30 - 3:30 p.m. Intro. & Beg. Line Dance 4:40 - 5:30 p.m. Mat Pilates 5:40 - 6:45 p.m. Restorative Yoga</p>	<p>21</p> <p>8 - 9 a.m. Senior Exercise 9:15 - 10:15 a.m. Kundalini Yoga 9:30 - 11:30 a.m. Arts & Crafts 9:30 - 10:30 a.m. Walk With Ease 11:30 a.m. National Senior Citizens Day noon - 2 p.m. Bingo 2:30 - 3:30 p.m. Zumba Gold 4:40 - 5 p.m. Fall Prevention Wght Training 5 - 5:45 p.m. Active Adult Cardio HIIT 5 - 6:45 p.m. Introduction to Guitar</p>	<p>22</p> <p>8 - 9:50 a.m. Tai Chi Chuan 11:30 a.m. All Seasons Café 1 - 3:20 p.m. Advance Line Dance 1 - 5:30 p.m. Hand & Foot Card Group 4:40 - 5:30 p.m. Mat Pilates 5:40 - 6:45 p.m. Restorative Yoga</p>	<p>23</p> <p>8 - 9 a.m. Senior Exercise 9:15 - 10:15 a.m. Kundalini Yoga 9:30 - 10:30 a.m. Walk With Ease 11:30 a.m. All Seasons Café noon - 2 p.m. Bingo 12:30 - 3:30 p.m. Ceramics 2:30 - 3:30 p.m. Zumba Gold</p>
<p>26</p> <p>8-9 a.m. Senior Exercise 9:15 - 10:15 a.m. Kundalini Yoga 9:30 - 10:30 a.m. Walk With Ease 11 a.m. - 3 p.m. HICAP Counseling 11 a.m. - 3 p.m. All Seasons Café 11:30 a.m. Bingo noon - 2 p.m. Bunco 12:30 - 3:30 p.m. Zumba Gold</p>	<p>27</p> <p>Feather Falls Casino Daytrip</p> <p>8 - 8:50 a.m. Tai Chi Chuan 9:30 - 11:30 a.m. Knitting & Crocheting Group 9:30 - 11:30 a.m. C.I.A. 11:30 a.m. All Seasons Café 12:30 - 3:30 p.m. Ceramics 1:30 - 3:30 p.m. Intro. & Beg. Line Dance 4:40 - 5:30 p.m. Mat Pilates 5:40 - 6:45 p.m. Restorative Yoga</p>	<p>28</p> <p>8 - 9 a.m. Senior Exercise 9:15 - 10:15 a.m. Kundalini Yoga 9:30 - 11:30 a.m. Arts & Crafts 10 - 11 a.m. Senior Social Group 9:30 - 10:30 a.m. Walk With Ease 10:30 a.m. - 1:30 p.m. Bridge Card Group 11:30 a.m. Green Thumb Lunch noon - 2 p.m. Bingo 2:30 - 3:30 p.m. Zumba Gold 4:40 - 5 p.m. Fall Prevention Wght Training 5 - 5:45 p.m. Active Adult Cardio HIIT 5 - 6:45 p.m. Introduction to Guitar</p>	<p>29</p> <p>8 - 9:50 a.m. Tai Chi Chuan 9:30 a.m. - 1 p.m. Glass Fusion 11:30 a.m. All Seasons Café 1 - 3:20 p.m. Advance Line Dance 1 - 5:30 p.m. Hand & Foot Card Group 4:40 - 5:30 p.m. Mat Pilates 5:40 - 6:45 p.m. Restorative Yoga</p>	<p>30</p> <p>8 - 9 a.m. Senior Exercise 9:15 - 10:15 a.m. Kundalini Yoga 9:30 - 10:30 a.m. Walk With Ease 11:30 a.m. All Seasons Café noon - 2 p.m. Bingo 12:30 - 3:30 p.m. Ceramics 2:30 - 3:30 p.m. Zumba Gold</p>

Party in the Park & National Hot Dog Day

