



“Summer Fun”

By Heather Schelske

Neil Orchard Senior Activities Center Supervisor



I think Mother Nature may be a little confused because rather than bringing May flowers with April’s showers, she gave us more showers instead. Luckily we had our annual Fiesta to chase away those gloomy days. Everyone enjoyed a delicious street taco bar and were serenaded by Antonio Enriquez on his guitar. Thank you to Atria Senior Living for sponsoring the event.

If there’s one thing we love at the senior center, it’s FOOD. On May 18th, we celebrated National Pizza Party Day with a pizza party (of course). This month, we’ll be celebrating National Cupcake Lover’s Day on June 13th. Bring in a dozen of your favorite cupcakes to share and trade with other cupcake lovers. See inside for more information. Do you have a national food day that you’d like to see us celebrate? Let us know and we’ll try to incorporate it into our calendar.

What better way to celebrate the summer solstice than with a Hawaiian Luau? Join us on Saturday, June 23rd for a taste of the tropics. This year, Uncle Andy will be providing the musical entertainment and the Ohana Dance Group will take you on a trip to the Polynesian islands with their performance. The meal will once again be catered by Atria Senior Living. Tickets sold at the senior center front desk. See inside for more information.

For the past six years, I have always had a vision of turning the sandbox area in front of the center into a Par Course and now that vision has come to completion. The par course is comprised of 5 different fitness stations with each station designed to work out a different part of the body. Each station also has instructions posted to show how to properly use the equipment. This outdoor exercise system is great for all ages and can be used by experienced athletes or those just beginning their fitness journey. We’ll be scheduling some demonstration dates in the next couple of weeks but you are more than welcome to test out the new equipment before then.

The senior center will be closed July 4-6, in observance of the Independence Day holiday and to get some cleaning done. We will reopen on Monday, July 9.

Important Dates to Remember:

| | |
|---|---|
| June 6: Garden Club Meeting | June 18: Rebuilding Together Sacramento |
| June 8: Free Family Swim Night at Lincoln Village Community Pool | June 23: Hawaiian Luau |
| June 13: National Cupcake Lover’s Day | June 25: Collette Vacations Presentation |
| June 18: Senior Advisory Board Meeting | July 4-6: Center Closed |

Business Hours

Mon. - Thurs. 7:30am—4:30pm
Fridays 7:30am—3:30pm

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.

- June 6th:** Barley, Lentil & Mushroom Soup w/ Turkey Croissant Sandwich
- June 13th:** Creamy Chicken & Rice Soup w/ Waldorf Salad
National Cupcake Lovers Day
- June 20th:** Split Pea & Ham Soup w/ Tuna Melt Half Sandwich
- June 27th:** Hearty Vegetable Noodle Soup w/ Build Your Own Salad Bar



WII BOWLING



Wii Bowling will be held on June 12th and 19th from 12-1 PM. This low impact game is great for all ages!

May Top Bowlers

| | |
|----------------------|-----------------------|
| Greg W. (226) | Bill M. (180) |
| Mary D. (169) | Anita N. (169) |

FREE PRESENTATIONS:

Please RSVP at Front Desk



Rebuilding Together Sacramento Monday, June 21 at 10:30 AM

Rebuilding Together Sacramento believes that a home should be a place of refuge and comfort. The Safe at Home Program provides minor modifications for those of any income level to improve accessibility and safety within the home. The service is available for free to low-moderate income and for a fee to those above that range. Come find out more information about this great program and see if you qualify.

Collette Vacations Presentation: Monday, June 25 at 10:30 AM

Join Jay from Collette Vacations as he presents information on a variety of upcoming trips for 2019.

National Cupcake Lover's Day



Wednesday, June 13 at 11 AM

National Cupcake Lover's Day

Wednesday, June 13 at 11 AM

Do you love cupcakes? So do we! Bring a dozen (12) of your favorite cupcakes to share and trade with other cupcake lovers! If you're making them at home, make sure to bring the recipe to share as well.

GET UP 'N' GO



Emerald Bay Cruise

Tuesday, July 31, 2018

\$125 per adult / \$95 per child (ages 3-11)

Board the M.S. Dixie II in Zephyr Cove for a 2.5 hour scenic cruise on Lake Tahoe. Afterwards, enjoy free time at The Shops at Heavenly Village in South Lake Tahoe to have lunch on your own and shop.

Graton Casino Daytrip

Thursday, August 9, 2018

\$45 per person (21+)

Enjoy four hours of free time at the Graton Resort & Casino in Santa Rosa. Casino bonus of \$10 Free Play and \$5 Food Coupon is subject to change per the casino. Must be 21+. *There is no buffet at this location.*

Autumn in Yosemite

Sunday-Monday, September 23-24, 2018

\$285pp double occ. / \$355pp single occ.

Discover the beauty of Yosemite Valley without having to fight the crowds. Trip includes overnight stay at the Chukchansi Gold Resort, lunch on both days and a Valley Floor Tram Tour in Yosemite.

Sponsored by



SATURDAY, JUNE 23, 2018 AT 5PM

\$20 PER PERSON / \$35 PER COUPLE / \$10 PER CHILD (12 & UNDER)

Menu: Coconut Shrimp w/ Sweet Chili Dipping Sauce, Wonton Chips w/ Pineapple Mango Salsa and Maui Onion Dip, Rum Glazed Meatball Skewers w/ Pineapple Chunks, Kalua Pork, Teriyaki Chicken w/ Pineapple Glaze, Steamed Rice, Macaroni Salad, Sesame Cabbage Coleslaw, Kings Hawaiian Rolls, and a

*Menu subject to change



Thank you to our sponsors:



International MARKET



CALIFORNIA AMERICAN WATER



Party in the Park

Friday, July 20 • 5:30-8:30PM

FREE to Attend

Celebrate National Parks & Recreation Month with a fun summer evening at Lincoln Village Community Park. The event will feature live music by City of Trees Brass Band. There will be a beer and wine garden, interactive kids area, giveaways and LOTS of vendors. Lincoln Village Community Pool will be open to the public for free family swim. Food and drinks available for purchase from our vendors.



Want to be a vendor at this event? Contact Jenny Ta at jta@crpd.com or (916) 366-3133.

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. Please join us on the first Wednesday of each month at 10:30am.

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.

10 Energy Boosters

<https://blog.preventnow.com/2014/08/14/10-energy-boosters/>

When you're dragging, hungry, and maybe even hangry, the thought of eating yet another 'handful of nuts' or 'apple with almond butter' probably makes you want to scream. The following snacks pack the protein and fiber you need to manage your weight and blood sugar, while also delivering the kind of comforting flavors and textures that make eating feel so good.

1. Cheese Stick with Cherry Tomatoes
2. Two Hard-Boiled Eggs
3. Edamame
4. Sliced Cucumber with Mashed Avocado
5. Popcorn Sprinkled with Parmesan
6. Chicken/Tuna/Salmon Salad Spread on Endive Leaves
7. Plain Greek yogurt with Cinnamon and Berries
8. Chocolate Chia Pudding -
9. Rolled-Up Lettuce, Turkey and
10. Hummus-Yogurt Dip with Bell Peppers



Join us on Thursday, June 21st for our monthly birthday celebration!

| | |
|---------------------|-------------------|
| Linda Albright | Bernice Ingram |
| Consuelo Avina | Joyce Irwin |
| Tony Banyai | Madonna Laurence |
| Lucy Baptista | Teri Lee |
| Mary Jean Bender | Jeanette Leonard |
| Pamela Brooks | Rosemarie Mefford |
| Larry Brownston | Allene Morris |
| Caren Buda | Julie O'Neill |
| Douglas Burland | Shirley Orton |
| Elvira Cano | Richard Pawling |
| Clara Carpenter | Jose Perez |
| Jami Choi | LaRae Reese |
| Anthony Colacchia | Ann Sandner |
| Minnie Connor | Pamela Schmitt |
| Jack Cisco Coronado | Rell Schwanke |
| Carol Cutigni | Susan Skinner |
| Emilio DeCarlo | Dorothy Slade |
| Dana Degrate-Word | Ann Taylor |
| Alice Dibben | Joan Thomas |
| Deborah Fieldson | Suzanne Tognet |
| Hilda Garcia | Karen Turner |
| Judi Grace | Teri VanAirsdale |
| Dorothy Grijalva | Sheila Vassey |
| Leila Hamlin | Marbella Wands |
| Hien Hansen | Belinda Webber |
| Pearlean Harper | Kathy Wohle |
| Donna Hill | Cindy Young |
| Laurie Howard | |

June 2018

Neil Orchard Senior Activities Center
 3480 Roulter Road, Sacramento, CA 95827 916-366-3133
 Monday-Thursday: 7:30AM-4:30PM / Friday: 7:30AM-3:30PM

Monday



4
 8-9AM Senior Exercise
 9:15-10:15AM Kundalini Yoga
 11AM-3PM HICAP Counseling Services
 11:00AM-3:30 PM Bridge
 11:30AM All Seasons Café
 12-2PM Bingo
 2:30-3:30PM Zumba Gold

11
 8-9AM Senior Exercise
 9:15-10:15AM Kundalini Yoga
 11AM-3PM HICAP Counseling Services
 11:30AM All Seasons Café
 12-2PM Bingo
 2:30-3:30PM Zumba Gold

18
 8-9AM Senior Exercise
 9:15-10:15AM Kundalini Yoga
 10:30-11:30AM Senior Advisory Board
 10:30-11:30AM Rebuilding Sacramento
 Presentation
 11AM-3PM HICAP Counseling Services
 11:00AM-3:30 PM Bridge
 11:30AM All Seasons Café
 12-2PM Bingo
 2:30-3:30PM Zumba Gold

25
 8-9AM Senior Exercise
 9:15-10:15AM Kundalini Yoga
 10:30-11:30AM Collette Vacation
 11AM-3PM HICAP Counseling Services
 11:00AM-3:30 PM Bridge
 11:30AM All Seasons Café
 12-2PM Bingo
 2:30-3:30PM Zumba Gold

Tuesday

*Please call 376-8915 to make an appointment for HICAP

5
 7:30-11:30AM Pinochle
 8:00-8:50AM Tai Chi Chuan
 9:30-11:30AM Knitting & Crocheting Group
 9:30-11:30AM CIA
 10:15-11:30AM Piano Sing-a-Long
 11:30AM All Seasons Café
 12:30-3:30PM Ceramics
 1:30 PM Intro. & Beg./Adv. Line Dance (CXL)
 4:40-5:30PM Mat Pilates
 5:40-6:45PM Restorative Yoga

12
 7:30-11:30AM Pinochle
 8:00-8:50AM Tai Chi Chuan
 9:30-11:30AM Knitting & Crocheting Group
 9:30-11:30AM CIA
 10:15-11:30AM Piano Sing-a-Long
 11:30AM All Seasons Café
 12-1PM Wii Bowling
 12:30-3:30PM Ceramics
 1:30 PM Intro. & Beg./Adv. Line Dance (CXL)
 4:40-5:30PM Mat Pilates
 5:40-6:45PM Restorative Yoga

19
 7:30-11:30AM Pinochle
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26
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 9:30-11:30AM CIA
 10:15-11:30AM Piano Sing-a-Long
 11:30AM All Seasons Café
 12:30-3:30PM Ceramics
 1:30 PM Intro. & Beg./Adv. Line Dance (CXL)
 4:40-5:30PM Mat Pilates
 5:40-6:45PM Restorative Yoga

Wednesday

*Please call 551-2144 to make an appointment for Senior Legal Services

6
 8-9AM Senior Exercise
 9:15-10:15AM Kundalini Yoga
 9:30-11:30 AM Arts & Crafts
 10:30AM Green Thumb Garden Club
 11:30AM Green Thumb Lunch
 12-2PM Bingo
 12:30-3:30 PM Bridge
 2:30-3:30PM Zumba Gold
 4:35-5PM Small Group Weight Training (CXL)
 5-5:45PM Active Adult Cardio HIIT (CXL)
 6-7PM Intro to Guitar (Part I)

13
 8-9AM Senior Exercise
 9:15-10:15AM Kundalini Yoga
 9:30-11:30 AM Arts & Crafts
 11AM National Cupcake Lovers Day
 11:30AM Green Thumb Lunch
 12-2PM Bingo
 2:30-3:30PM Zumba Gold
 4:35-5PM Small Group Weight Training (CXL)
 5-5:45PM Active Adult Cardio HIIT (CXL)

20
 8-9AM Senior Exercise
 9:15-10:15AM Kundalini Yoga
 9:30-11:30 AM Arts & Crafts
 11:30AM Green Thumb Lunch
 12-2PM Bingo
 12:30-3:30 PM Bridge
 2:30-3:30PM Zumba Gold
 4:35-5PM Small Group Weight Training (CXL)
 5-5:45PM Active Adult Cardio HIIT (CXL)

27
 8-9AM Senior Exercise
 9:15-10:15AM Kundalini Yoga
 9:30-11:30 AM Arts & Crafts
 11:30AM Green Thumb Lunch
 10-11AM Senior Social Group
 12-2PM Bingo
 2:30-3:30PM Zumba Gold
 4:35-5PM Small Group Weight Training (CXL)
 5-5:45PM Active Adult Cardio HIIT (CXL)

Thursday

*Lunch served M-F, please see front desk for menus and to make reservations

*All dates and times are subject to change without notice

7
 7:30-11:30AM Pinochle
 8:00-9:50AM Tai Chi Chuan
 9AM-1PM Glass Fusion
 11:30AM All Seasons Café
 1-3:20PM Advance Line Dance
 1:00-5:30PM Hand & Foot Card
 4:40-5:30PM Mat Pilates
 5:40-6:45PM Restorative Yoga

14
 7:30-11:30AM Pinochle
 8:00-9:50AM Tai Chi Chuan
 9AM-1PM Glass Fusion
 11:30AM All Seasons Café
 1-3:20PM Advance Line Dance
 1:00-5:30PM Hand & Foot Card Group
 4:40-5:30PM Mat Pilates
 5:40-6:45PM Restorative Yoga

21
 7:30-11:30AM Pinochle
 8:00-9:50AM Tai Chi Chuan
 9AM-1PM Glass Fusion
 11:30AM All Seasons Café
 11:45AM Birthday Celebration
 1-3:20PM Advance Line Dance
 1:00-5:30PM Hand & Foot Card Group
 4:40-5:30PM Mat Pilates
 5:40-6:45PM Restorative Yoga

28
 7:30-11:30AM Pinochle
 8:00-9:50AM Tai Chi Chuan
 9AM-1PM Glass Fusion
 11:30AM All Seasons Café
 1-3:20PM Advance Line Dance
 1:00-5:30PM Hand & Foot Card Group
 4:40-5:30PM Mat Pilates
 5:40-6:45PM Restorative Yoga

Friday

1
 8-9AM Senior Exercise
 9:15-10:15AM Kundalini Yoga
 10-12PM Beginning Ceramics
 11:30AM All Seasons Café
 12-2PM Bingo
 12:30-3:30PM Ceramics
 2:30-3:30PM Zumba Gold

8
 8-9AM Senior Exercise
 9:15-10:15AM Kundalini Yoga
 10-12PM Beginning Ceramics
 11:30AM All Seasons Café
 12-2PM Bingo
 12:30-3:30PM Ceramics
 2:30-3:30PM Zumba Gold (CXL)

****FREE Family Swim Night 6-8PM****
 Lincoln Village Community Pool

15
 8-9AM Senior Exercise
 9:15-10:15AM Kundalini Yoga
 10-12PM Beginning Ceramics
 12-2PM Bingo
 12:30-3:30PM Ceramics
 2:30-3:30PM Zumba Gold

22
 8-9AM Senior Exercise
 9:15-10:15AM Kundalini Yoga
 10-12PM Beginning Ceramics
 11:30AM All Seasons Café
 12-2PM Bingo
 12:30-3:30PM Ceramics
 2:30-3:30PM Zumba Gold

****Saturday, June 23****
 Hawaiian Luau
 5-7 PM

29
 8-9AM Senior Exercise
 9:15-10:15AM Kundalini Yoga
 10-12PM Beginning Ceramics
 11:30AM All Seasons Café
 12-2PM Bingo
 12:30-3:30PM Ceramics
 2:30-3:30PM Zumba Gold

Let's Have a Fiesta!

