



# Neil Orchard Senior News

## October 2020

Jenny Ta ~ Editor



We've gone VIRTUAL! That means that throughout this newsletter, you'll find links to helpful and fun websites highlighted and underlined in BLUE. Just point and click! For instance, check out CRPD's [Virtual Recreation Center](#) for entertaining, educational resources.





### “Spooktacular”

By Heather Schelske—Neil Orchard Senior Activities Center Supervisor






It's going to be a *Spooktacular* month! The senior center's staff has been working hard on coming up with creative ways to connect while still maintaining social distance. Last month we brought back some of our fitness classes that could be safely held outdoors. These included Exercise, Beginning Kundalini Yoga, Walking to Get Fit and Advance Country Line Dance. In partnership with the Sacramento Ballet, we also held our first virtual Fall Prevention Through Movement class. All these classes have been well received and we are so happy to see so many familiar (albeit masked) faces again!

In addition to our classes, we have started bringing back some of our events as well; Drive-Thru style! We offered our weekly Green Thumb lunches and even celebrated National Cheeseburger day. With the success of these events, we have added even more events to the roster. See inside for more information about our upcoming special events. Make sure to register ahead of time as space is extremely limited.

Are you looking for resources regarding Medi-Care, health care, living assistance, or just general COVID-19 safety tips? Join us for our Senior Drive-Thru Info Fair on Wednesday, October 21. Local organizations will be present to hand information directly to attendees through their car windows. All attendees will receive a FREE hot dog lunch to take home to enjoy after the event. See inside for more information.

What's October without Oktoberfest? Come for some (root)Beer, Brats, and Bingo on October 30. Enjoy a German inspired lunch while relaxing in your car and listening to music provided by the Moon Glow Band. Afterwards, we'll play some Parking-Lot Bingo! Costumes optional but HIGHLY encouraged. See inside for more information.

<b>Connect with us!</b>	
 <p style="text-align: center;"><b>Email:</b></p> <p style="text-align: center;">Heather at <a href="mailto:hschelske@crpd.com">hschelske@crpd.com</a> or Jenny at <a href="mailto:jta@crpd.com">jta@crpd.com</a></p>	<p style="text-align: center;"><b>Social Media:</b></p> <div style="text-align: center; border: 1px solid gray; border-radius: 10px; padding: 5px; width: fit-content; margin: 0 auto;">             Like us on <b>facebook</b>  </div> <p style="text-align: center;"><a href="https://Facebook.com/NeilOrchardSeniorActivitesCenter">Facebook.com/NeilOrchardSeniorActivitesCenter</a></p>
 <p style="text-align: center;"><b>We want your input!</b></p> <p style="text-align: center;"><a href="#"><u><b>COVID-19 Reopening Survey</b></u></a></p>	<p style="text-align: center;"><b>Address:</b></p> <p style="text-align: center;">3480 Routier Road Sacramento, CA. 95827 (916) 366-3133* <i>*messages checked daily</i></p>

# Coffee Talk

Join us on Tuesdays,  
October 6, 13, 20 & 27  
10 - 10:30 a.m.

Grab your favorite beverage and join us on Zoom for a virtual get together where we can check in with each other. Staying separate doesn't mean being alone.

[Click Here for Coffee Talk](#)  
Password: senior



## Outdoor Fitness Classes

All classes will be held at Lincoln Village Community Park. Register online (click on class link) or via phone at 916-366-3133. Participants' temperatures will be checked prior to class. Face coverings are required and social distancing will be monitored.

### Beginning Kundalini Yoga

M/W/F • 9:15 - 10:15 a.m.  
Monthly Fee: \$30/Member\*

### Exercise

M/W/F • 8 - 9 a.m.  
Monthly Fee: \$25/Member\*

### Walking to Get Fit

M/W/F • 9:30 - 10:30 a.m.  
Monthly Fee: \$10/Member\*

### Advanced Country Line Dance

Tu/Th • 9 - 11 a.m.  
Monthly Fee: \$30/Member\*

\*Non-Member pay \$5 more per class



## OCTOBER DRIVE-THRU GREEN THUMB LUNCH

This is drive through ONLY. Participants will need to RSVP online (click on dates below) or by calling 916-3663133. RSVP no later than Friday before.

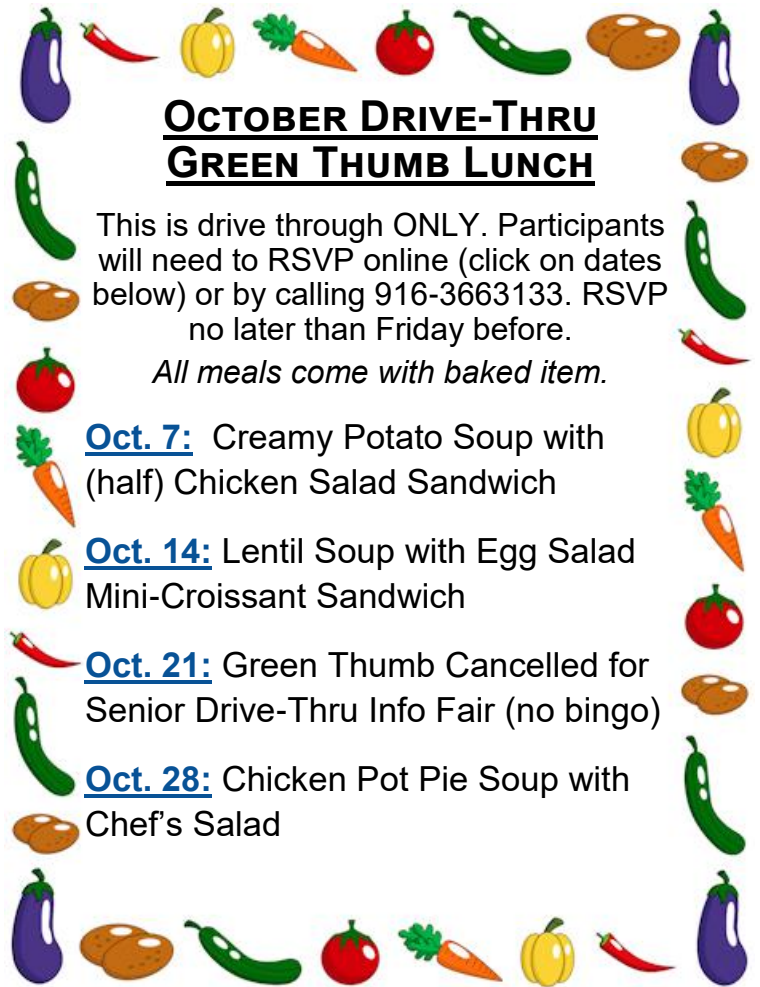
*All meals come with baked item.*

Oct. 7: Creamy Potato Soup with (half) Chicken Salad Sandwich

Oct. 14: Lentil Soup with Egg Salad Mini-Croissant Sandwich

Oct. 21: Green Thumb Cancelled for Senior Drive-Thru Info Fair (no bingo)

Oct. 28: Chicken Pot Pie Soup with Chef's Salad



## NEWSLETTERS DELIVERED!

Don't do technology but still want to stay up to date? For \$1 a month, we'll mail the newsletter directly to you! Newsletters will still be sent electronically through email, posted on our [Facebook](#) page and the [CRPD website](#).

Call 916-366-3133 to sign up.



# Parking Lot BINGO

Every Wednesday\*  
Noon - 1 p.m.  
\*No Bingo on October 21

Play bingo from the comfort and safety of your own car. Here's how it works:

- [Register Online](#) for the days you'd like to attend (or call 916-366-3133)
- Arrive 15 minutes before start time
- Bring a bingo dauber or pen
- Tune your radio to our special station (announced on day of event)
- HONK your horn when you get a BINGO!

# SENIOR DRIVE-THRU INFO FAIR

**WEDNESDAY  
OCTOBER 21  
NOON - 2 PM**

INFORMATION & RESOURCES FOR SENIORS

Local organizations and services will be present to hand information directly to attendees through car windows. Attendees must wear a mask and stay in their vehicles the entire time. All registered attendees will receive a complimentary hot dog meal to take home and enjoy after the event. Pre-registration required.

[Register Online](#)  
or by phone at 916-366-3133

# Oktoberfest

(ROOT)BEER, BRATS & BINGO!

Friday, October 30, 2020  
Lunch Served: 11:30 a.m. - Noon  
Bingo\*: 12:30 - 1:30 p.m.  
\*Bingo only for registered event attendees

[Register Online](#)  
or by phone at 916-366-3133

Fee: \$6 Members/ \$8 Non-Members

Relax in your car while enjoying a German inspired lunch and listening to music provided by the Moon Glow Band. Afterwards, stay for parking lot Bingo. RSVP by Oct. 19.

# VETERANS' DAY CELEBRATION


















Tuesday, November 10, 2020  
11:30 a.m. - 12:30 p.m.

**FREE for Veterans**  
**\$6 for all other Guests**  
**RSVP by November 5**

[Register Online](#)  
or by phone at 916-366-3133

Come show your appreciation for the men and women who served to keep America safe and free. Relax in your car while enjoying a barbeque lunch and listening to patriotic music provided by the Moon Glow Band. End the event with a slice of delicious apple pie á la mode. **RSVP by Nov. 5**

# October 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <p>We've gone VIRTUAL! Click on any of the links (highlighted and underlined in BLUE) and it'll take you to helpful and fun websites!</p>				1  <a href="#">Visit the Catacombs of Paris</a> 	2  Join us for <a href="#">Exercise</a> (8-9 am) & <a href="#">Kundalini Yoga</a> (9:15-10:15 am)	3  What is a ghost's favorite food?  <i>Spook-etti</i>
4  <a href="#">Take a tour of the RMS Queen Mary (part I)</a> 	5  Join us for <a href="#">Exercise</a> (8-9 am) & <a href="#">Kundalini Yoga</a> (9:15-10:15 am)	6 Join us for a <a href="#">Virtual Coffee Talk</a> at 10a.m.  Password: senior	7  <a href="#">Walking to Get Fit</a> (9:30 a.m.) <a href="#">Green Thumb Lunch To-Go</a> (11:30 a.m.) <a href="#">Parking Lot Bingo</a> (Noon)	8  What do you call a witch at the beach?  <i>A sand-witch</i>	9  Join us for <a href="#">Exercise</a> (8-9 am) & <a href="#">Kundalini Yoga</a> (9:15-10:15 am)	10  
11  <a href="#">Take a tour of the RMS Queen Mary (part II)</a> 	12  Join us for <a href="#">Exercise</a> (8-9 am) & <a href="#">Kundalini Yoga</a> (9:15-10:15 am)	13 Join us for a <a href="#">Virtual Coffee Talk</a> at 10a.m.  Password: senior	14  <a href="#">Walking to Get Fit</a> (9:30 a.m.) <a href="#">Green Thumb Lunch To-Go</a> (11:30 a.m.) <a href="#">Parking Lot Bingo</a> (Noon)	15   <a href="#">National I Love Lucy Day</a>	16  Join us for <a href="#">Exercise</a> (8-9 am) & <a href="#">Kundalini Yoga</a> (9:15-10:15 am)	17  Why didn't Dracula have any friends?  <i>Because he was a pain in the neck</i>
18  Why wouldn't the skeleton cross the road?  <i>Bc he didn't have any guts</i>	19  Join us for <a href="#">Exercise</a> (8-9 am) & <a href="#">Kundalini Yoga</a> (9:15-10:15 am)	20 Join us for a <a href="#">Virtual Coffee Talk</a> at 10a.m.  Password: senior	21  Attend our <a href="#">Senior Drive-Thru Info Fair</a> and receive a FREE Lunch (Reservations Required)	22  Fly to Vermont to see the <a href="#">Fall Foliage</a> 	23  Join us for <a href="#">Exercise</a> (8-9 am) & <a href="#">Kundalini Yoga</a> (9:15-10:15 am)	24  <a href="#">Drive Boo! Trunk-or-Treat at Hagan</a> (2-4 p.m.) 
25  Celebrate National Art Day with a <a href="#">Virtual Tour of the J. Paul Getty Museum</a>	26  Join us for <a href="#">Exercise</a> (8-9 am) & <a href="#">Kundalini Yoga</a> (9:15-10:15 am)	27 Join us for a <a href="#">Virtual Coffee Talk</a> at 10a.m.  Password: senior	28  <a href="#">Walking to Get Fit</a> (9:30 a.m.) <a href="#">Green Thumb Lunch To-Go</a> (11:30 a.m.) <a href="#">Parking Lot Bingo</a> (Noon)	29   Celebrate National Oatmeal Day ( <a href="#">recipes</a> )	30  <a href="#">(root)Beer, Brats &amp; Bingo!</a> <i>Ft. MoonGlow Band (reservations required)</i>	31  