

“Happy New Year!”



By Heather Schelske—Neil Orchard Senior Activities Center Supervisor



We ended last year with a big bang with a fabulous Breakfast with Santa and Winter Wonderland party. This year we had two different seating times for Breakfast with Santa and it worked so well we had over 150 members of the community participate. I want to thank Mr. & Mrs. Claus for coming to visit us. Our Winter Wonderland Christmas luncheon was very festive. The carols by the Moon Glow band made the room feel jolly and bright. A big thank you to Summerset Living for sponsoring the event.

This is the time of the year where many of us make resolutions. How did your last years goals and resolutions go? For me personally I didn't do well. I think with COVID many of us became a little unmotivated and put on some unwanted extra pounds. Here at the center, we offer so many classes to help increase your fitness through exercise. Yoga, Tai Chi, Exercise, Zumba, Line Dance and Pilates can offer a wonderful way to strengthen your balance and your mind. It is important to not only be physically fit but cognitively intact. The Hand and Foot card group, Silver Surfers and bingo can keep the mind sharp. With the New Year upon us make sure you check out all of our classes and programs.

Lunar New Year is just around the corner. We will be serving a delicious Chinese meal. See inside for more details. Make sure to get your tickets before we sell out.

Remember we will be closed Monday January 17th for Martin Luther King Jr. Day.



Important Dates to Remember:

Jan. 7:	Deadline to register for Hard Rock Casino Trip	Jan. 20th:	Caption Call Presentation - (Sign up at the front desk)
Jan. 17:	Center Closed in Observance of Martin Luther King Jr. Day	Jan 28th:	Deadline to sign up for Lunar New Year Celebration

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

\$4 per Person W/RSVP

\$5 Day of and To-Go

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



- Jan. 5th (Wed): Stuffed Cabbage Soup with Chickpea Salad
- Jan. 7th (Fri): Minestrone Soup with 1/2 Italian Sandwich
- Jan. 12th (Wed): Chicken & Dumplings with Caesar Salad
- Jan. 14th (Fri): Lemon Lentil Soup with 1/2 Tuna Salad Sandwich
- Jan. 19th (Wed): Tortellini Soup with Spinach & Beet Salad
- Jan. 21st (Fri): Chicken Tortilla Soup with Cheese Quesadilla
- Jan. 26th (Wed): Won Ton Soup with Asian Noodle Salad
- Jan. 28th (Fri): Clam Chowder with Chef Salad

Cordova Senior Advisory Board Election Results



Barbara Taylor for President

Barbara has been our active President for the last two years and has done a great job leading the Advisory Board.



Harry Shippy for Vice-President

Currently Harry is a At-Large Member and is now ready to move into the roll of Vice President.



Shirley Gladfelder for Treasurer

Shirley has been treasurer on the board for the past many years and continues to do an excellent job.



Pat Shippy for At-Large Member

Pat is currently one of the At-Large Members on the Board. She is always ready to lend a helping hand and get things done.

FREE INFORMATIONAL PRESENTATIONS

SPACE LIMITED: RSVP AT FRONT DESK

Caption Call Informative Presentation

Thursday, January 20 at 10 a.m.

CaptionCall helps people with hearing loss connect with friends and family by phone. There's no cost for people with hearing loss that need captions to use the phone effectively.

Fall Prevention

Thursday Feb 3rd, 10 a.m.

Falls are the leading cause of fatal injury and the most common cause of hospital admissions. Come find out how you can prevent falls in your home.

Estate Planning/Wills & Trusts

Tuesday April 15th 10-11 a.m.

An advocate from the Senior Legal Hotline of Norther California walks you through the process of estate planning for the future.

Food for Seniors

Cordova Food Locker

(10497 Coloma Road at St. John Vianney Church) Cordova Food Locker Distributes free food boxes on Mondays, Wednesdays, and Fridays between 9:30 a.m. - 1:20 p.m.

Sacramento Food Bank & Family Services

Monthly program for food distribution to seniors (normally on the second Friday of the month from 9:30-11:30 a.m.) Seniors may register for this program by calling 916-925-3240 or visiting:

www.sacramentofoodbank.org

**Senior Advisory Board
Lunar New Year Raffle!
Tickets can be purchased
at the Front Desk.
\$1 each or 6 tickets for \$5!**

Prize basket includes:

- \$20 Walmart Gift Card
- \$15 Safeway Gift Card
- \$15 Target Gift Card
- \$10 Starbucks Gift Card
- \$10 McDonalds Gift Card
- Martinelli's Sparking Cider
- Martinelli's Sparking Apple Cranberry
- Smoked Cheddar Cheese
- Smoked Gouda Cheese
- 2 Beef Summer Sausage
- Sweet Hot Mustard
- Honey Pineapple Mustard
- Peppermint Patties
- 2 Christmas Potholders
- 2 Christmas Kitchen Towels
- Word Search Puzzle Book
- Chocolate Biscuits
- Cheddar Cheese
- Water Crackers



My name is Austin Hall and I recently became the new Recreation Coordinator here at the Neil Orchard Senior Activity Center. I was previously employed by the City of Roseville Aquatics Department; I then received an internship with the Auburn Recreation District where I was able to get experience in relatively every aspect of the field. I then received a position with them working primarily in after school programs. Which leads us to the present. I love hiking, fishing, and spend most of my weekends on the golf course with my dad. I have three dogs, Bella Sadie and Django. They are all crazy but that's why I love them. I'm a huge sports fan and I am also a huge fan of Elvis and Frank Sinatra. I'm very family oriented and spend as much time with my family as I can. I hope this gives you all a better understanding of who I am. If you're ever in the area, please feel free to pop into my office and introduce yourselves. I look forward to getting to know you all.



**Lunar New Year Celebration
Wednesday, February 2nd 11:30AM
\$6 for Members in Advance
\$8 for Non-Members in Advance
\$10 To-Go
NO TICKETS WILL BE SOLD AT
THE DOOR!**

Enjoy a delicious feast while learning about the various cultures that participate in this time-honored celebration of family, food, and good wishes.

Menu: Chow Mein, BBQ Pork Fried Rice, Sweet & Sour Chicken, Broccoli Beef and Dessert

Sponsored by:



Silver Surfers

Computer classes for beginners and open to all ages. Includes step by step handout and access to computers. (\$15 per class)

Create & Email Basics

Thurs, Jan 13th 10-11 a.m.

Learn to Surf the Internet

Thurs, Jan 27th 10-11 a.m.

Create a Facebook Profile

Thurs, Feb 10th 10-11 a.m.

Learn to Zoom

Thurs, Feb 24th 10-11 a.m.



Join The Garden Club!

*Get your hands dirty and
help grow delicious veggies
for our Green Thumb
lunches!*

Garden Club meets the first
Wednesday of every month
at 10:00 a.m. All are
welcome to help in the
Garden!

GET UP 'N' GO

**Hard Rock Casino - Northern California:
Thursday, February 17, 2022 - Fee \$50**

Enjoy 4 hours of Vegas-style gaming at one
of Northern California's newest casinos!
Located in Yuba County, this casino features
a 14,000 square-foot casino, six restaurants,
hotel & pool and an event center. Casino
Bonus of \$25 Free Play included. *(Subject to
change per the casino.)* Must be 21+ to
register.

Cancellation deadline is Jan. 7th.

*Activity Level: Leisurely/Minimal amount of
walking involved.*

Discover Chico:

Monday, March 21, 2022 - Fee \$120

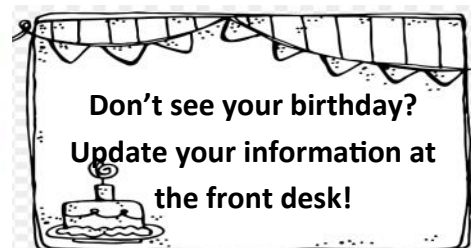
Lying in the heart of the city of Chico, Bidwell
Mansion State Historic Park stands as a
tangible link to the history and legacy of John
and Annie Bidwell, two of California's most
significant historical figures. After our private
guided tour of the mansion, lunch is included
at the Sierra Nevada Brewing Company.

Cancellation deadline is February 11.

*Activity Level: Moderate level amount of
walking involved.*

Happy birthday! Happy birthday! Happy birthday! Happy birthday! Happy birthday!

Mary Berliner-Cabral
Elsie Beyer
Sue Campa
Linda Cancio
Iris Cano
Terry Cebrum
Elaine Crawford
Shu Davies
Beth Foster
Curtis Gant
Maurine Humphreys
Rosalyn Jackson
Dennis Kemmerer
Janis Mahone
Joy Masepoli
Donna Nelson
Sachiko Okada
Wayne Parham
Jeanette Perez
Carol Schneck
Gladys Simpson
Francisco Smith
Irma Smith
Teri Steinman
Theodore Thames
Kathy Thiry
Ligia Tobar
Adoria Wheeler
Marilyn Williams
Eva Wise
Jerome Zwicky

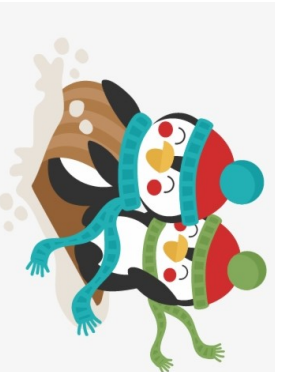


Happy birthday! Happy birthday! Happy birthday! Happy birthday! Happy birthday!

January 2022

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
<p>3</p> <p>8:00 - 9:00 a.m. Senior Exercise 9:15 - 10:15 a.m. Beginning Kundalini Yoga 10:00 - 11:00 a.m. Walking to Get Fit 10:30 - 11:15 a.m. Intermediate/Advanced Tai Chi</p>	<p>4</p> <p>9:30 - 11:00 a.m. Cordova Independent Artists 12:00 - 1:00 p.m. Zumba Gold 1:15 - 2:45 p.m. Intro. & Beg. Line Dance 3:45 - 4:30 p.m. Active Aging: Chair Yoga 4:30 - 5:15 p.m. Floor Mat Pilates 5:30 - 6:30 p.m. Restorative Yoga for the Back</p>	<p>5</p> <p>8:00 - 9:00 a.m. Senior Exercise 9:15 - 10:15 a.m. Beginning Kundalini Yoga 9:30 - 11:30 a.m. Arts & Crafts 10:00 - 11:00 a.m. Walking to Get Fit 10:00 - 11:30 a.m. Garden Club 10:45 - 11:30 a.m. Active Aging Balance & Movement 11:30 - 12:00 p.m. Green Thumb Lunch 12:00 - 2:00 p.m. Bingo 2:30 - 3:30 p.m. Senior Advisory Board Meeting</p>	<p>6</p> <p>9:00 - 11:00 a.m. Knitting Group 12:00 - 1:00 p.m. Zumba 1:00 - 3:20 p.m. Advanced Line Dance 1:00 - 4:00 p.m. Hand & Foot Card Group 3:45 - 4:30 p.m. Active Aging: Chair Yoga 4:30 - 5:15 p.m. Floor Mat Pilates 5:30 - 6:30 p.m. Restorative Yoga for the Back</p>	<p>7</p> <p>8:00 - 9:00 a.m. Senior Exercise 9:15 - 10:15 a.m. Beginning Kundalini Yoga 10:00 - 11:00 a.m. Walking to Get Fit 10:45 - 11:30 a.m. Active Aging Balance & Movement 11:30 - 12:00 p.m. Green Thumb Lunch 12:00 - 2:00 p.m. Bingo</p> <p>**** Last Day to register or cancel reservations for Hard Rock Casino Trip. ****</p>
<p>10</p> <p>8:00 - 9:00 a.m. Senior Exercise 9:15 - 10:15 a.m. Beginning Kundalini Yoga 10:00 - 11:00 a.m. Walking to Get Fit 10:30 - 11:15 a.m. Intermediate/Advanced Tai Chi</p>	<p>11</p> <p>9:30 - 11:00 a.m. Cordova Independent Artists 12:00 - 1:00 p.m. Zumba Gold 1:15 - 2:45 p.m. Intro. & Beg. Line Dance 3:45 - 4:30 p.m. Active Aging: Chair Yoga 4:30 - 5:15 p.m. Floor Mat Pilates 5:30 - 6:30 p.m. Restorative Yoga for the Back Cancelled</p>	<p>12</p> <p>8:00 - 9:00 a.m. Senior Exercise 9:15 - 10:15 a.m. Beginning Kundalini Yoga 10:00 - 11:00 a.m. Walking to Get Fit 10:45 - 11:30 a.m. Active Aging Balance & Movement 11:30 - 12:00 p.m. Green Thumb Lunch 12:00 - 2:00 p.m. Bingo</p>	<p>13</p> <p>9:00 - 11:00 a.m. Knitting Group 12:00 - 1:00 p.m. Zumba 1:00 - 3:20 p.m. Advanced Line Dance 1:00 - 4:00 p.m. Hand & Foot Card Group 3:45 - 4:30 p.m. Active Aging: Chair Yoga 4:30 - 5:15 p.m. Floor Mat Pilates 5:30 - 6:30 p.m. Restorative Yoga for the Back</p>	<p>14</p> <p>8:00 - 9:00 a.m. Senior Exercise 9:15 - 10:15 a.m. Beginning Kundalini Yoga 10:00 - 11:00 a.m. Walking to Get Fit 10:45 - 11:30 a.m. Active Aging Balance & Movement 11:30 - 12:00 p.m. Green Thumb Lunch 12:00 - 2:00 p.m. Bingo</p>
<p>17</p> <p>Center Is Closed</p> 	<p>18</p> <p>9:30 - 11:00 a.m. Cordova Independent Artists 12:00 - 1:00 p.m. Zumba Gold 1:15 - 2:45 p.m. Intro. & Beg. Line Dance 3:45 - 4:30 p.m. Active Aging: Chair Yoga 4:30 - 5:15 p.m. Floor Mat Pilates 5:30 - 6:30 p.m. Restorative Yoga for the Back</p>	<p>19</p> <p>8:00 - 9:00 a.m. Senior Exercise 9:15 - 10:15 a.m. Beginning Kundalini Yoga 9:30 - 11:30 a.m. Arts & Crafts 10:00 - 11:00 a.m. Walking to Get Fit 10:45 - 11:30 a.m. Active Aging Balance & Movement 11:30 - 12:00 p.m. Green Thumb Lunch 12:00 - 2:00 p.m. Bingo</p>	<p>20</p> <p>9:00 - 11:00 a.m. Knitting Group 10:00 - 11:00 a.m. Capton Call Presentation 12:00 - 1:00 p.m. Zumba 1:00 - 3:20 p.m. Advanced Line Dance 1:00 - 4:00 p.m. Hand & Foot Card Group 3:45 - 4:30 p.m. Active Aging: Chair Yoga 4:30 - 5:15 p.m. Floor Mat Pilates 5:30 - 6:30 p.m. Restorative Yoga for the Back</p>	<p>21</p> <p>8:00 - 9:00 a.m. Senior Exercise 9:15 - 10:15 a.m. Beginning Kundalini Yoga 10:00 - 11:00 a.m. Walking to Get Fit 10:45 - 11:30 a.m. Active Aging Balance & Movement 11:30 - 12:00 p.m. Green Thumb Lunch 12:00 - 2:00 p.m. Bingo</p>
<p>24</p> <p>8:00 - 9:00 a.m. Senior Exercise 9:15 - 10:15 a.m. Beginning Kundalini Yoga 10:00 - 11:00 a.m. Walking to Get Fit 10:30 - 11:15 a.m. Intermediate/Advanced Tai Chi</p>	<p>25</p> <p>9:30 - 11:00 a.m. Cordova Independent Artists 12:00 - 1:00 p.m. Zumba Gold 1:15 - 2:45 p.m. Intro. & Beg. Line Dance 3:45 - 4:30 p.m. Active Aging: Chair Yoga 4:30 - 5:15 p.m. Floor Mat Pilates 5:30 - 6:30 p.m. Restorative Yoga for the Back</p>	<p>26</p> <p>8:00 - 9:00 a.m. Senior Exercise 9:15 - 10:15 a.m. Beginning Kundalini Yoga 10:00 - 11:00 a.m. Walking to Get Fit 10:45 - 11:30 a.m. Active Aging Balance & Movement 11:30 - 12:00 p.m. Green Thumb Lunch 12:00 - 2:00 p.m. Bingo 2:30 - 3:30 p.m. Senior Advisory Board Meeting</p>	<p>27</p> <p>9:00 - 11:00 a.m. Knitting Group 12:00 - 1:00 p.m. Zumba 1:00 - 3:20 p.m. Advanced Line Dance 1:00 - 4:00 p.m. Hand & Foot Card Group 3:45 - 4:30 p.m. Active Aging: Chair Yoga 4:30 - 5:15 p.m. Floor Mat Pilates 5:30 - 6:30 p.m. Restorative Yoga for the Back</p>	<p>28</p> <p>8:00 - 9:00 a.m. Senior Exercise 9:15 - 10:15 a.m. Beginning Kundalini Yoga 10:00 - 11:00 a.m. Walking to Get Fit 10:45 - 11:30 a.m. Active Aging Balance & Movement 11:30 - 12:00 p.m. Green Thumb Lunch 12:00 - 2:00 p.m. Bingo</p>
<p>31</p> <p>8:00 - 9:00 a.m. Senior Exercise 9:15 - 10:15 a.m. Beginning Kundalini Yoga 10:00 - 11:00 a.m. Walking to Get Fit 10:30 - 11:15 a.m. Intermediate/Advanced Tai Chi</p>			<p>Buy your tickets for the Lunar New Year Celebration by Friday, January 28th!</p> 	
				
<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>*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>				



Winter Wonderland 2021

