

Season of Change

By Heather Schelske—Neil Orchard Senior Activities Center Supervisor



March is the season for change. Although we do need more rain, we are seeing blossoms on the trees and bulbs starting to bloom. I have found my allergies to be very active these last few weeks. Remember a great way to get a workout and avoid all the outdoor pollen is to register for our activity classes! In April we will be starting a new beginning Tai Chi class on Tuesdays at 9 a.m. See inside for more information.

In a few more weeks we are going to see what the luck of the Irish will bring to us. The Moon Glow band will be playing live music. Along with the Moon Glow band we will be having the traditional corned beef and cabbage. I anticipate this to be another spectacular event. This event is sponsored by Summerset Senior Living.

Last month we said a lot of goodbyes. After seventeen years here at the Senior Center Greg Wright our maintenance guy retired. Greg was the heart and soul of the center for many years. I know he thought of many of you as family. See inside pictures of Greg throughout the years. We also said goodbye to Austin our Recreation Coordinator. Although Austin wasn't here long, he did enjoy working with you. Austin has found a remote job that he couldn't pass up.

Green Thumb lunches will be only on Wednesday this month with the hopes to resume Fridays in the month of April. Although all lunches will be packaged TOGO this month, mask mandates are lifted, so you are now able to eat inside.



Important Dates to Remember:

March 13: Daylight Saving Time Begins
March 16: St. Patrick's Day Celebration
March 21: Final day to sign up for California Academy of Sciences

April 5: Estate planning/ Wills and Trusts
April 14: Caption Call Presentation

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



Happy St Patrick's Day!



GREEN THUMB LUNCH



\$4 Wednesday W/RSVP—\$5 Day Of

- March 2nd (Wed): Roasted Red Pepper & Tomato Soup
 With 1/2 Grilled Cheese Sandwich
- March 9th (Wed): Tortellini Soup & Italian Sausage
 With 1/2 Egg Salad Sandwich
- March 16 (Wed): Green Thumb Cancelled for
 St. Patrick's Day Celebration
- March 23 (Wed): Turkey Noodle Soup
 With Chef's Salad



Looking for an *EGGCELLENT* way to celebrate springtime? Well bounce on over to our **FREE** annual Easter egg hunt and community celebration

Saturday, April 20, 8:30—11:30a.m.

Join us at Hagan Community Park for a free egg hunt (three time slots for children 10 and under), photos with the Easter Bunny, games, music, face painting, prizes and more!





St. Patrick's Day Celebration
Wednesday, March 16th at 11:30AM
\$6 for Members in Advance
\$8 for Non-Members in Advance
\$10 on Day of Event

Put on your green and join us for a wee bit o'fun at our annual St. Patrick's Day Celebration. Enjoy homemade corned beef and cabbage, potatoes, and a deliciously festive dessert.

Sponsored by: 

FREE PRESENTATIONS
SPACE LIMITED:
RSVP AT FRONT DESK
Estate Planning/Wills & Trusts
Tuesday April 5th 10-11 a.m.
 An advocate from the Senior Legal Hotline of Northern California walks you through the process of estate planning for the future.

Caption Call
Thursday April 14th 12:30-1:30
 Caption Call helps people with hearing loss connect with friends and family by phone. Easy-to-read captioning helps you understand conversations better

California academy of Sciences

Based in Beautiful Golden Gate Park, it's the only place on earth to house an aquarium, planetarium, rain-forest, and natural history museum. The activity level is moderate.



Tuesday, April 26th
8:00AM -6:00 PM
Fee: \$105

Activity level is moderate. The cancellation deadline is March 21st.



NEW CLASS!
Cheng Man Ching Short Form Tai Chi

Learn to focus on health and martial arts aspects of Cheng Man Ching's Tai Chi Chuan. We are a full Tai Chi curriculum school within the CMC tradition, teaching the 37-movement short form, fixed, and stepping push hands, two-man practice sets, Du Lu and San Shou.

Attire: Comfortable loose clothing and flat bottomed shoes.

Instructor: Craig Townsend

Fee: \$40 for a 6 punch card

Time: Tuesdays 9-10 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!



**Don't see your birthday?
All you have to do is
check in with the front
desk and renew your
membership!**



**H A P P Y
B I R T H D A Y**

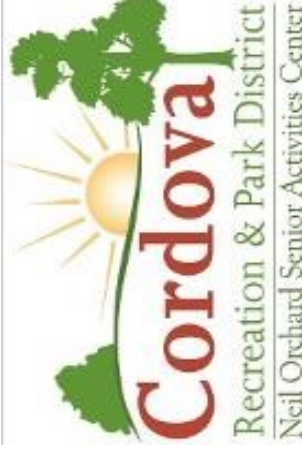
Janis Barnett
Cecil Bennett
Suzanne Beirnacki
Sharon Brooks
Edgar Carlson
Walter Collins
Masae Corbett
Betty Davis
Patricia DeCroix
Barbara Desrochers
Esther Dumas
Mark Heckey
Alex Hodges
Kathy Hopkins
Pat Leitch
Tony Lenci
Alex Mcreynolds
Liz Paige
Kellie Perelman
Jose Rocha
Antonia Roraback
Fernando Russel
Darlene Scates
Rosemary Slater
Jewel Smith
Kenneth Tarrant
Frances Thompson



March 2022

Neil Orchard Senior Activities Center
 3480 Rautier 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

Monday	Tuesday	Wednesday	Thursday	Friday
<p>1</p> <p>9:30 - 11:00 a.m. 12:00 - 1:00 p.m. 1:15 - 2:45 p.m. 3:45 - 4:30 p.m. 4:30 - 5:15 p.m. 5:30 - 6:30 p.m.</p> <p>Cordova Independent Artists Zumba Gold Intro. & Beg. Line Dance Active Aging: Chair Yoga Floor Mat Pilates Restorative Yoga for the Back</p>	<p>2</p> <p>8:00 - 9:00 a.m. 9:15 - 10:15 a.m. 9:30 - 11:30 a.m. 10:00 - 11:00 a.m. 10:00 - 11:30 a.m. 10:45 - 11:30 a.m. 11:30 - 12:00 p.m. 12:00 - 2:00 p.m. 2:30 - 3:30 p.m.</p> <p>Senior Exercise Beginning Kundalini Yoga Arts & Crafts Walking to Get Fit Garden Club Active Aging Balance & Movement Lunar New Year Celebration Bingo Senior Advisory Board Meeting</p>	<p>3</p> <p>9:00 - 11:00 a.m. 12:00 - 1:00 p.m. 1:00 - 3:20 p.m. 1:00 - 4:00 p.m. 3:45 - 4:30 p.m. 4:30 - 5:15 p.m. 5:30 - 6:30 p.m.</p> <p>Knitting Group Zumba Advanced Line Dance Hand & Foot Card Group Active Aging: Chair Yoga Floor Mat Pilates Restorative Yoga for the Back</p>	<p>4</p> <p>8:00 - 9:00 a.m. 9:15 - 10:15 a.m. 10:00 - 11:00 a.m. 10:45 - 11:30 a.m.</p> <p>Senior Exercise Beginning Kundalini Yoga Walking to Get Fit Active Aging Balance & Movement</p>	
<p>7</p> <p>8:00 - 9:00 a.m. 9:15 - 10:15 a.m. 10:00 - 11:00 a.m. 10:30 - 11:15 a.m.</p> <p>Senior Exercise Beginning Kundalini Yoga Walking to Get Fit Intermediate/Advanced Tai Chi</p>	<p>8</p> <p>9:30 - 11:00 a.m. 12:00 - 1:00 p.m. 1:15 - 2:45 p.m. 3:45 - 4:30 p.m. 4:30 - 5:15 p.m. 5:30 - 6:30 p.m.</p> <p>Cordova Independent Artists Zumba Gold Intro. & Beg. Line Dance Active Aging: Chair Yoga Floor Mat Pilates Restorative Yoga for the Back</p>	<p>9</p> <p>8:00 - 9:00 a.m. 9:15 - 10:15 a.m. 10:00 - 11:00 a.m. 10:45 - 11:30 a.m. 11:30 - 12:00 p.m. 12:00 - 2:00 p.m.</p> <p>Senior Exercise Beginning Kundalini Yoga Walking to Get Fit Active Aging Balance & Movement Green Thumb Lunch Bingo</p>	<p>10</p> <p>9:00 - 11:00 a.m. 12:00 - 1:00 p.m. 1:00 - 3:20 p.m. 1:00 - 4:00 p.m. 3:45 - 4:30 p.m. 4:30 - 5:15 p.m. 5:30 - 6:30 p.m.</p> <p>Knitting Group Zumba Advanced Line Dance Hand & Foot Card Group Active Aging: Chair Yoga Floor Mat Pilates Restorative Yoga for the Back</p>	<p>11</p> <p>8:00 - 9:00 a.m. 9:15 - 10:15 a.m. 10:00 - 11:00 a.m. 10:45 - 11:30 a.m.</p> <p>Senior Exercise Beginning Kundalini Yoga Walking to Get Fit Active Aging Balance & Movement</p>
<p>14</p> <p>8:00 - 9:00 a.m. 9:15 - 10:15 a.m. 10:00 - 11:00 a.m. 10:30 - 11:15 a.m.</p> <p>Senior Exercise Beginning Kundalini Yoga Walking to Get Fit Intermediate/Advanced Tai Chi</p>	<p>15</p> <p>9:30 - 11:00 a.m. 12:00 - 1:00 p.m. 1:15 - 2:45 p.m. 3:45 - 4:30 p.m. 4:30 - 5:15 p.m. 5:30 - 6:30 p.m.</p> <p>Cordova Independent Artists Zumba Gold Intro. & Beg. Line Dance Active Aging: Chair Yoga Floor Mat Pilates Restorative Yoga for the Back</p>	<p>16</p> <p>8:00 - 9:00 a.m. 9:15 - 10:15 a.m. 9:30 - 11:30 a.m. 10:00 - 11:00 a.m. 10:45 - 11:30 a.m. 11:30 - 12:00 p.m. 12:00 - 2:00 p.m.</p> <p>Senior Exercise Beginning Kundalini Yoga Arts & Crafts Walking to Get Fit Active Aging Balance & Movement St. Patrick's Day Celebration Bingo</p>	<p>17</p> <p>9:00 - 11:00 a.m. 12:00 - 1:00 p.m. 1:00 - 3:20 p.m. 1:00 - 4:00 p.m. 3:45 - 4:30 p.m. 4:30 - 5:15 p.m. 5:30 - 6:30 p.m.</p> <p>Knitting Group Zumba Advanced Line Dance Hand & Foot Card Group Active Aging: Chair Yoga Floor Mat Pilates Restorative Yoga for the Back</p> <p>HAPPY ST. PATRICK'S DAY</p>	<p>18</p> <p>8:00 - 9:00 a.m. 9:15 - 10:15 a.m. 10:00 - 11:00 a.m. 10:45 - 11:30 a.m.</p> <p>Senior Exercise Beginning Kundalini Yoga Walking to Get Fit Active Aging Balance & Movement</p>
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<p>28</p> <p>8:00 - 9:00 a.m. 9:15 - 10:15 a.m. 10:00 - 11:00 a.m. 10:30 - 11:15 a.m.</p> <p>Senior Exercise Beginning Kundalini Yoga Walking to Get Fit Intermediate/Advanced Tai Chi</p>	<p>29</p> <p>9:30 - 11:00 a.m. 12:00 - 1:00 p.m. 1:15 - 2:45 p.m. 3:45 - 4:30 p.m. 4:30 - 5:15 p.m. 5:30 - 6:30 p.m.</p> <p>Cordova Independent Artists Zumba Gold Intro. & Beg. Line Dance Active Aging: Chair Yoga CANCELLED Floor Mat Pilates CANCELLED Restorative Yoga for the Back CANCELLED</p>	<p>30</p> <p>8:00 - 9:00 a.m. 9:15 - 10:15 a.m. 10:00 - 11:00 a.m. 10:45 - 11:30 a.m. 11:30 - 12:00 p.m. 12:00 - 2:00 p.m. 2:30 - 3:30 p.m.</p> <p>Senior Exercise Beginning Kundalini Yoga Walking to Get Fit Active Aging Balance & Movement Green Thumb Lunch Bingo Senior Advisory Board Meeting</p>	<p>31</p> <p>9:00 - 11:00 a.m. 12:00 - 1:00 p.m. 1:00 - 3:20 p.m. 1:00 - 4:00 p.m. 3:45 - 4:30 p.m. 4:30 - 5:15 p.m. 5:30 - 6:30 p.m.</p> <p>Knitting Group Zumba Advanced Line Dance Hand & Foot Card Group Active Aging: Chair Yoga Floor Mat Pilates Restorative Yoga for the Back</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>



Greg's 17 Years of Service

