

"The Greatest Wealth is Health"

By Heather Schelske—Neil Orchard Senior Activities Center Supervisor



I know I usually talk about the benefits of physical health, but as we say goodbye to May and National Mental Health Awareness month, I want to take a moment to bring up the importance of our mental well-being. With tragedies happening all over the world and even in our own communities, it's essential that we have the tools, outlets, and resources to help us process our emotions and take care of our overall health. A few practical ways to look after your mental health includes talking about your feelings, keeping active, eating well, keeping in touch with friends and family, or taking a break and changing your scenery. Whether you dance your stress away with Zumba Gold, find inner peace during Yoga, or bond with friends over Bingo, you can always find the support that you need here at the Neil Orchard Senior Activities Center.

Some of you may have noticed that I was gone for a few days last month. After two years, I was finally able to get away for some much needed rest and relaxation. I traded in my office space for the beautiful Monterey coastline. Check out that picture of us at the Lone Cypress tree on the 17-Mile Drive. It's amazing how a simple change of scenery can dramatically boost your well-being and mood. Looking to get away but need inspiration? We're diligently working on new trips for the fall and winter season, so keep an eye out for an updated copy of the Get Up N Go trip flyer.

For those in search of local resources, we will have our Senior Information Fair on Monday, June 6 from 1-3 p.m. There will be over 20 vendors passing out information and goodies to attendees. Thanks to our sponsors RC Healthcare, Eskaton Lodge Gold River, Golden Pond Senior living, and Kaiser Permanente Senior Advantage, each registered participant will also receive a FREE* BBQ Chicken Lunch (with completed event passport)! Although this is a free event, make sure to register ahead of time to guarantee your lunch. See inside for more details.

	IMPORTANT DATE	s то Rem	EMBER:
June 6:	Senior Information Fair	June 8:	Green Thumb Garden Club
June 20:	Taco Salad & Bingo Fundraiser	June 22:	Senior Advisory Board Meeting
June 28:	Alcatraz Island Daytrip	July 4 - 8:	Center Closed for Independence Day & Cleaning



Address:

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.



Facebook.com/ NeilOrchardSeniorActivitiesCenter



\$4 in Advance & \$5 Day of/To-Go **RSVP** by calling (916) 366-3133 Lunch Served at 11:30 a.m.



	Wednesdays
1	Chicken Tortilla Soup w/ Mixed Greens & Beet Salad
8	Split Pea Soup w/ Ham & Swiss Half Sandwich
15	Chicken Noodle Soup w/ Egg Salad Mini Croissant
22	Roasted Tomato Soup w/ Grilled Cheese Half Sandwich
29	French Onion Soup w/ Chef Salad

Senior Information Fair



Monday, June 6 · 1-3 p.m. Lincoln Village Community Park

> FREE! (registration required)

Get your event-issued passport stamped at each vendor to turn in for a FREE BBQ Chicken Lunch!

This FREE outdoor event offers local seniors, their families, and caregivers a chance to interact with service providers; experts in aging and related services; and advocates. Learn what's available in our community for seniors to live a safer, healthier, and happier life.



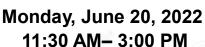
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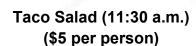




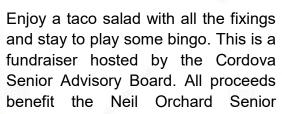
Senior Advantage







Bingo (21+): 12:30-3PM (\$5 buy-in per person)







NATIONAL HOT DOG DAY!

Wednesday, July 13 at 11:30 a.m.

\$5/ person

(Must RSVP in Advance)

No need to pay for a ball game, just come celebrate one of the staples of American cuisine! Price includes grilled hot dog, bag of chips, and beverage.

SILVER SURFERS

All Classes Begin at 10 a.m. \$20/Class

Classes are for beginners and open to all ages. Use of computers included or you may bring your own. See front desk for flyer with detailed class descriptions.

- ◆ June 13: Computers 101: The PC Basics
- June 20: Fundamentals of the Internet
- June 27: Socializing from Home
- July 18: Video Chatting
- July 25: Zoom
- August 8: Android 101
- August 15: Get to Know your iPhone

GREEN THUMB GARDEN CLUB

The Garden Club will meet at 10 a.m. on Wednesday, June 8. Meetings are free and open to the public. We will do a brief introduction followed by a "hands on" gardening session. Bring a pair of gloves and small gardening tools.

Come help us GROW!



BIRTHDAY

Don't see your name? Check with the front desk to make sure your membership is current!

Roberta Campbell Sherri Chamberlain Pamela Cox Gloria Cummings Barbara Daniel Alice Dibben Lori Flowers Hilda Garcia Pearlean Harper Lucy Irby Jeanette Leonard Robert Medina Rosemarie Mefford Allene Morris Richard Pawling **Judy Qualters**

Ann Sandner Spencer Simmons Susan Skinner **Tannie Stephens** Cristina Straw Marylouise Tande Stephan Turner Mary VanCleef Teri VanAirsdale Sheila Vassey Kathleen Ventura Marbella Wands **Bonnie Warren** Belinda Webber Michael Winch Linda Zeitz











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.

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		o assald*	all (916) 376-8915	1 8.00 m	Socior Every	2 9-10am	Cheng Man Ching Tai Chi	3 8.0 m	Source Consister Contraction C
		to make an a	to make an appointment for HICAP						
9				9:15 - 10:15 a.m.	Beginning Kundalini Yoga	9 - 11 a.m.	Knitting Group	9:15 - 10:15 a.m.	Beginning Kundalini Yoga
		Please call (9	Priease call (916) 551-2144 to make an appointment for Senior Legal	10 - 11 a.m.	Walking to Get Fit	Noon - 1 p.m.	Zumba Gold	10 - 11 a.m.	Walking to Get Fit
2			Services	11:30 a.m Noon	Green Thumb Lunch	1 - 3:20 p.m.	Advanced Line Dance	Noon - 2 p.m.	Bingo
5	rdova	*Lunch served	"Lunch served Wednesdays & Fridays	Noon - 2 p.m.	Bingo	12:30 - 4:30 p.m.	Hand & Foot Card Group		
Recreati	Recreation & Park District	front desk for menu	front desk for menus and to make reservations	2:30 - 3:15 p.m.	Active Aging: Balance &	3:45 - 4:30 p.m.	Acting Aging: Chair Yoga		
Neil Orcha	Neil Orchard Senior Activities Center	*All dates and tin wit	*All dates and times are subject to change without notice		Movement	4:45 - 5:15 p.m. 5:30 - 6:30 p.m.	Floor Mat Pilates Restorative Yoga for the Back		
9		7		80		6		10	
8-9a.m.		9 - 10 a.m.	Cheng Man Ching Tai Chi	8 - 9 a.m.	Senior Exercise	9 - 10 a.m.	Cheng Man Ching Tai Chi	8 - 9 a.m.	Senior Exercise
9:15 - 10:15 a.m.	. Beginning Kundalini Yoga	9:30 - 11:30 a.m.	Cordova Independent Artists	9 - 11 a.m.	Arts & Crafts	9 - 11 a.m.	Knitting Group	9:15 - 10:15 a.m.	Beginning Kundalini Yoga
10 - 11 a.m.	Walking to Get Fit	Noon - 1 p.m.	Zumba Gold Cancelled	9:15 - 10:15 a.m.	Beginning Kundalini Yoga	Noon - 1 p.m.	Zumba Gold Cancelled	10 - 11 a.m.	Walking to Get Fit
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		3:45 - 4:30 p.m.	Active Aging: Chair Yoga	10-11 a.m.	Garden Club	12:30 - 4:30 p.m.	Hand & Foot Card Group		
		4:45 - 5:15 p.m.	Floor Mat Pilates	11:30 a.m Noon	Green Thumb Lunch	3:45 - 4:30 p.m.	Active Aging: Chair Yoga		
		5:30 - 6:30 p.m.	Restorative Yoga for the Back	Noon - 2 p.m.	Bingo	4:45 - 5:15 p.m.	Floor Mat Pilates		
				2:30 - 3:15 p.m.	A.A.: Balance & Movement	5:30 - 6:30 p.m.	Restorative Yoga for the Back		
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		3:45 - 4:30 p.m.	Active Aging: Chair Yoga	11:30 a.m Noon	Green Thumb Lunch	12:30 - 4:30 p.m.	Hand & Foot Card Group		
		4:45 - 5:15 p.m.	Floor Mat Pilates	Noon - 2 p.m.	Bingo	3:45 - 4:30 p.m.	Active Aging: Chair Yoga		
		5:30 - 6:30 p.m.	Restorative Yoga for the Back	2:30 - 3:15 p.m.	Active Aging: Balance &	4:45 - 5:15 p.m.	Floor Mat Pilates		
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11:30 a.m.	Advisory Board Taco Salad &	3:45 - 4:30 p.m.	Active Aging: Chair Yoga	Noon - 2 p.m.	Bingo	12:30 - 4:30 p.m.	Hand & Foot Card Group		
12:30 - 3 p.m.	Bingo Fundraiser	4:45 - 5:15 p.m. 5:30 - 6:30 p.m.	Floor Mat Pilates Restorative Yoga for the Back	2:30 - 3:15 p.m.	Active Aging: Balance & Movement Cancelled	3:45 - 6:30 p.m.	Fitness with Jennifer Alton		
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10a.m Noon	Getting Connected: Socializing	Noon - 1 p.m.	Zumba Gold	11:30 - Noon	Green Thumb Lunch	1 - 3:20 p.m.	Advanced Line Dance		
	from Home	1:15 - 2:45 p.m.	Beginning Line Dance	Noon - 2 p.m.	Bingo	12:30 - 4:30 p.m.	Hand & Foot Card Group		
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May We Take Your Picture?

