

# JULY 2022

JENNY TA - EDITOR

## “Celebrating Success”

By Heather Schelske—Neil Orchard Senior Activities Center Supervisor



As we get older, I think we sometimes forget to celebrate the achievements in our lives; whether they be big or small. Using our center and its members as an example, I am always inspired by how many of you show up every day for our classes and activities. The simple act of committing to getting up and moving should be celebrated just as much as some of our bigger accomplishments.

Last month we celebrated our first in person Senior Information Fair. With 26 vendors and well over a hundred participants we were able to get you connected with some valuable community resources. Thanks to our generous sponsors, we were able to provide all registered participants with a free BBQ lunch. The overwhelming positive feedback from the surveys ensures that this will now be an annual event.

The Taco Salad and Bingo Fundraiser was an immense success! The Senior Advisory Board did a great job working together and raising funds for the center. Just this past month, they have purchased new bingo cards, a new coffee pot (yep coffee is back) and repaired our center’s microphone. We appreciate and are grateful for all the help from the Senior Advisory Board.

After meeting once a month for the past nine months, I graduated with the Rancho Cordova Leadership class of XV. I was extremely grateful to be a part of this graduating class and I learned about the past, present, and future of Rancho Cordova. The chance to get to network with other local businesses and organizations was priceless and the connections I made will last a lifetime. Patrick Larkin CRPD General Manager and Recreation Coordinator Jenny Ta were there to show support and celebrate.

On the 4th of this month, we will celebrate the birthday of the United States of America. Even though we may be divided as a country I hope we can all come together and celebrate the red, white, and blue that our founding fathers fought so hard for. The Senior Center will be closed from July 4-8 in observance of the holiday and for deep cleaning.

### IMPORTANT DATES TO REMEMBER:

<b>July 4-8:</b> Center Closed for Independence Day & Cleaning	<b>July 13:</b> Hot Dog! Lunch (Bingo as regularly scheduled)
<b>July 13:</b> Garden Club Meeting	<b>July 15:</b> Party in the Park at Heron Landing Comm. Park
<b>July 21:</b> Fall Prevention Presentation	<b>July 27:</b> Senior Advisory Board Meeting



**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



# JULY GREEN THUMB LUNCH

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



<b>Wednesdays</b>	
<b>6</b>	<b>Green Thumb Lunch Cancelled due to Center Closure</b>
<b>13</b>	<b>Hot Dog! (Bingo as regularly scheduled)</b>
<b>20</b>	<b>Taco Soup w/ Cheese Quesadilla</b>
<b>27</b>	<b>Broccoli Cheddar Soup w/ Chef Salad</b>

**NATIONAL  
HOT DOG DAY!**

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

**\$5/ person**

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.



**National Senior Citizens Day**

Wed., August 17 at 11:30 a.m.

**\$6 Members / \$8 Non-Members**

This day was created as a day to  
support, and show appreciation to our seniors.  
Join us for a delicious luncheon

Featuring:  
BBQ tri-tip, macaroni salad,  
baked beans, roll and dessert.

**NEW  
Location!**

# Party in the Park

**Friday, July 15 · 5:30 - 8:30 p.m.**

**HERON LANDING COMMUNITY PARK**



## **FREE PRESENTATIONS**

SPACE LIMITED: RSVP AT FRONT DESK

### **Fall Prevention**

**Thursday, July 21 · 10-11 a.m.**

One in four Americans aged 65+ falls each year. Every 11 seconds, an older adult is treated in the emergency room for a fall; every 19 minutes, an older adult dies from a fall. Falls are the leading cause of fatal injury and the most common cause of nonfatal trauma-related hospital admissions among older adults. Come find out how you can prevent falls in your home.

## **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.

- ♦ 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, July 13. 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!



## HAPPY BIRTHDAY

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

Muncha Adkins	Julia Lockhart
Vandaline Adkison	Richard Lovell
Lori Anderson	Karen Lucas
Barbara Ashton	Kathy McCune
Karen Baker	Iona McGaughy
Victor Bellini	Doris Morgan
Doris Brooks	Wallace Morgan
Joyce Brown	Patricia Morgan
Marianne Bruenine	Barbara Nall
Edward Butler	Larry Nall
Dale Carlson	Elishea Packer
Joanne Cesar	Deborah Pollack
Sharron Cianci	Shute Pong
Terry Clinton	Susan Quirarte
David Dodds	Heather Schelske
Michael Farrell	Gloria Sears
Francis Fortier	Beth Stein
Sheila Golden	Thomas Trisler
Jane Gorski	Sylvia Villalobos
Phyllis Marie Gunton	Carolyn Wadley
Carol Jensen	Wayne White
Joann Kuroda	Annie Wilburn
Joseph Lashinsky	Josephine Williams
Karen Law	

## GET UP N GO TRIPS

### **GREAT ITALIAN FESTIVAL OVERNIGHT Saturday-Sunday, Oct. 8-9**

**\$285/Person Double Occ.  
\$415/Person Single Occ.**

The Great Italian Festival transforms downtown Reno into Little Italy with a grape stomp, an Italian farmer's market, food booths and incredible free, live entertainment all weekend long.

### **SAN FRANCISCO SHOPPING DAYTRIP Monday, November 28**

**\$69/Person**

Kick off the holiday season with a day of shopping, dining, and sightseeing in San Francisco. You have your choice of being dropped off in beautiful and bustling Union Square or at the festive Pier 39 to experience one of the most recognizable waterfronts in the world.

### **ELF THE MUSICAL**

**Thursday, December 8**

**\$149/Person**

Buddy, a young orphan, mistakenly crawls into Santa's bag of gifts and is transported to the North Pole where he is raised as an elf. Faced with the realization that he's actually human, Buddy embarks on a journey to find his birth father and discover his true identity. Enjoy a hosted lunch before taking your seat at the East Sonora Theater for this heartwarming holiday musical.

### **FLIGHTS, BITES & LIGHTS**

**Monday, December 19**

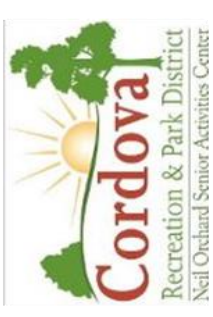

**\$195/Person**

Join us and the Livermore Wine Trolley for a sparkling holiday experience of lights, bites, and flights. Early dinner included before the holiday lights tour.

# July 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	
 Cordova Recreation & Park District Neil Orchard Senior Activities Center	*Please call (916) 376-8915 to make an appointment for HICAP *Please call (916) 551-2144 to make an appointment for Senior Legal Services *Lunch served Wednesdays & Fridays unless otherwise noted. Please see front desk for menus and to make reservations *All dates and times are subject to change without notice	5	6	7	8	<b>CENTER CLOSED FOR INDEPENDENCE DAY &amp; CLEANING</b> <b>July 4th - July 8th</b>			
 HAPPY 4 <sup>TH</sup> OF JULY									
11 8 - 9 a.m. Senior Exercise 9 - 10 a.m. Walking to Get Fit 9:15 - 10:15 a.m. Beginning Kundalini Yoga 10:30 - 11:15 a.m. Intermediate Tai Chi	12 9 - 10 a.m. Cheng Man Ching Tai Chi 9:30 - 11:30 a.m. Cordova Independent Artists Noon - 1 p.m. Zumba Gold 1:15 - 2:45 p.m. Beginning Line Dance 3:45 - 4:30 p.m. Active Aging: Chair Yoga 4:45 - 5:15 p.m. Floor Mat Pilates 5:30 - 6:30 p.m. Restorative Yoga for the Back	13 8 - 9 a.m. Senior Exercise 9 - 11:30 a.m. Arts & Crafts 9 - 10 a.m. Walking to Get Fit 9:15 - 10:15 a.m. Beginning Kundalini Yoga 11:30 a.m. - Noon National Hot Dog Day! Noon - 2 p.m. Bingo 2:30 - 3:15 p.m. Active Aging: Balance & Movement	14 9 - 10 a.m. Cheng Man Ching Tai Chi 9 - 11 a.m. Knitting Group Noon - 1 p.m. Zumba Gold 1 - 3:20 p.m. Advanced Line Dance 12:30 - 4:30 p.m. Hand & Foot Card Group 3:45 - 4:30 p.m. Active Aging: Chair Yoga 4:45 - 5:15 p.m. Floor Mat Pilates 5:30 - 6:30 p.m. Restorative Yoga for the Back	15 8 - 9 a.m. Senior Exercise 9 - 10 a.m. Walking to Get Fit 9:15 - 10:15 a.m. Beginning Kundalini Yoga Noon - 2 p.m. Bingo 5:30-6:30 p.m. Party in the Park at Heron Landing Community Park					
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# Hot Lazy Days of Summer

Senior Information Fair (June 6)



Alcatraz Island Daytrip (June 28)

