

# AUGUST 2022

JENNY TA - EDITOR

## “Parks Make Life Better”

By Heather Schelske—Neil Orchard Senior Activities Center Supervisor



While closed for the first week of July, we were able to complete projects that couldn't be done during our regular operating ours. One of the major projects completed was the cleaning, stripping and waxing of the floors around the center; primarily the one in the Multipurpose room which sees the most foot traffic. Mark also took that time to clean, organize and paint the classroom. What a difference a fresh coat of paint makes! I know our social groups and art classes will love the updated look.

Hot Diggity Dog! On July 13, we had our annual Hot Dog Day. Celebrating one of the staples of American cuisine, we hope everyone enjoyed all the extra toppings and condiments we set out. This year, we brought back another of our favorite annual activities: Party in the Park! Celebrating National Parks month and Parks Make Life Better, this community event featured a live DJ, kids zone, food trucks, silent disco and vendors. Special thanks to our Senior Advisory Board for coming out and promoting the Neil Orchard Senior Activities Center and all its programs.

I'm sure everyone has noticed the effect of inflation on the rising prices of goods and services. Unfortunately, the Senior Center has been impacted by this as well. Beginning September 1st, fees for memberships, Green Thumb Lunches, Special Events, and some of our classes will be increasing slightly. Even with the increase, I can assure you that our fees are still some of the lowest in the greater Sacramento area. Updated prices will be listed in the Fall/Winter Activity Guide distributed in the middle of August, as well as flyers and brochures posted at the Center.

Our biggest mission at the Neil Orchard Senior Activities Center is to create a positive impact in members' life. Every day we strive to make your day a little bit better and brighter. Our Suggestions/ Comment box is in the lobby and we always appreciate feedback. So let us know what we're doing right, or what we could be doing better. Parks Make Life Better, but human kindness also changes lives.

### IMPORTANT DATES TO REMEMBER:

<b>Aug. 3</b> Garden Club Meeting	<b>Aug. 17</b> Senior Citizens Day (No Bingo)
<b>Aug. 24</b> Senior Advisory Board Meeting	<b>Sept. 5</b> Center Closed in Observance of Labor Day
<b>Sept. 14</b> Cheeseburger Day	<b>Sept. 17</b> Doggie Day in the Park at Hagan Dog Park



#### 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



# AUGUST GREEN THUMB LUNCH



Lunch Served at 11:30 a.m.

**\$4 in Advance & \$5 Day of/To-Go · RSVP by calling (916) 366-3133**

*Beginning September 1st, prices for Green Thumb Lunch will increase to \$5 in Advance & \$6 Day of/To-Go*

Wednesdays	
3	Turkey Pot Pie Soup w/ half Grilled Cheese Sandwich
10	Southwestern Ground Turkey Stew w/ Caesar Salad
17	Green Thumb Lunch Cancelled for Senior Citizens Day (No Bingo)
24	Hearty Vegetable Soup w/ half Reuben Sandwich
31	Creamy Potato Soup w/ Chef's Salad

**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.

*National*  
**Cheeseburger**  
*Day*

Wednesday, September 14

**\$6/ person**  
(Must RSVP in Advance)

Join us as we grill up America's favorite sandwich with a slice of cheese! Price includes a cheeseburger with all the fixings, a bag of chips, and beverage.



# **DOG** **GIE** **DAY** **IN THE** **PARK**

Saturday, September 17, 2022 · 8 a.m. - Noon  
Hagan Community Dog Park

**FREE to Attend**

Contests · Games · Giveaways · Vendors

## **FREE PRESENTATIONS**

SPACE LIMITED: RSVP AT FRONT DESK

### **Phone Scams**

**Monday, September 19 at 1 p.m.**

We may have entered the digital age, but the telephone remains a key weapon for scammers targeting the senior population. As part of the Telecommunications Education and Assistance in Multiple Languages (TEAM) Collaborative, a member of ACC Senior Services will go through some of the most common types of phone scams and how to avoid them.

## **SILVER SURFERS**

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

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.

- ♦ August 8: Android 101
- ♦ August 15: iPhone 101

## GREEN THUMB GARDEN CLUB

The Garden Club meets at 10 a.m. on the first Wednesday of each month. 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!

Esperanza Pedrin	Milica Domanovich
Dorothy Calvetti	Doreen Daneri
Darlene Griffin	Meadow Klingler
Erin Beverly	Linda DuCray
Blanche Jung	Donna Bartholomew
Reina Rodriguez	Leta Cousineau
Wenda Howard	Joseph Herrera
Arbie Henderson	Pamela Robinson
Michael Glen Jones	Susan Rubinstein-Szabo
Lisa Alexander	Venita O'Connor
Antonio Ahoafi	Micki Malone
Geilan Toppazada	Norman McCord
Julie Monroe	Mary Gontjes
Lynda Street	Kathie Jacobs
Ann Thomason	Judy Elliott
Elizabeth Otero	Elaine Duncan
Barbara Jean Larson	Linda Chavez

## 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.

**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.



# August 2022

Monday		Tuesday		Wednesday		Thursday		Friday	
1	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	2	9:30 - 11:30 a.m. Cordova Independent Artists Zumba Gold Noon - 1 p.m. Beginning Line Dance 1:15 - 2:45 p.m. Active Aging: Chair Yoga 3:45 - 4:30 p.m. Floor Mat Pilates 4:45 - 5:15 p.m. 5:30 - 6:30 p.m. Restorative Yoga for the Back	3	8 - 9 a.m. Senior Exercise 9 - 10 a.m. Walking to Get Fit 9:15 - 10:15 a.m. Beginning Kundalini Yoga 10 - 11:30 a.m. Garden Club 11:30 a.m. - Noon Green Thumb Lunch Noon - 2 p.m. Bingo 2:30 - 3:15 p.m. Active Aging: Balance & Movement	4	9 - 10 a.m. Cheng Man Ching Tai Chi Knitting Group 9 - 11 a.m. Zumba Gold Noon - 1 p.m. Advanced Line Dance 1 - 3:20 p.m. Hand & Foot Card Group 12:30 - 4:30 p.m. Active Aging: Chair Yoga 3:45 - 4:30 p.m. 4:45 - 5:15 p.m. 5:30 - 6:30 p.m. Restorative Yoga for the Back	5	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
8	8 - 9 a.m. Senior Exercise 9 - 10 a.m. Walking to Get Fit 9:15 - 10:15 a.m. Beginning Kundalini Yoga 10 a.m. - Noon Silver Surfers: Android 101: The Basics 10:30 - 11:15 a.m. Intermediate Tai Chi	9	9 - 10 a.m. Cheng Man Ching Tai Chi Cordova Independent Artists Zumba Gold Noon - 1 p.m. Beginning Line Dance 1:15 - 2:45 p.m. Active Aging: Chair Yoga 3:45 - 4:30 p.m. 4:45 - 5:15 p.m. 5:30 - 6:30 p.m. Restorative Yoga for the Back	10	8 - 9 a.m. Senior Exercise 9 - 10 a.m. Walking to Get Fit 9:15 - 10:15 a.m. Beginning Kundalini Yoga 11:30 a.m. - Noon Green Thumb Lunch Noon - 2 p.m. Bingo 2:30 - 3:15 p.m. Active Aging: Balance & Movement	11	9 - 10 a.m. Cheng Man Ching Tai Chi Knitting Group 9 - 11 a.m. Zumba Gold Noon - 1 p.m. Advanced Line Dance 1 - 3:20 p.m. Hand & Foot Card Group 12:30 - 4:30 p.m. Active Aging: Chair Yoga 3:45 - 4:30 p.m. 4:45 - 5:15 p.m. 5:30 - 6:30 p.m. Restorative Yoga for the Back	12	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
15	8 - 9 a.m. Senior Exercise 9 - 10 a.m. Walking to Get Fit 9:15 - 10:15 a.m. Beginning Kundalini Yoga 10 a.m. - Noon Silver Surfers: Getting to Know your iPhone: The Basics 10:30 - 11:15 a.m. Intermediate Tai Chi	16	9 - 10 a.m. Cheng Man Ching Tai Chi Cordova Independent Artists Zumba Gold Noon - 1 p.m. Beginning Line Dance 1:15 - 2:45 p.m. Active Aging: Chair Yoga 3:45 - 4:30 p.m. 4:45 - 5:15 p.m. 5:30 - 6:30 p.m. Restorative Yoga for the Back	17	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. - 1p.m. Senior Citizen Day (Bingo cancelled) Active Aging: Balance & Movement 2:30 - 3:15 p.m.	18	9 - 10 a.m. Cheng Man Ching Tai Chi Knitting Group 9 - 11 a.m. Zumba Gold Noon - 1 p.m. Advanced Line Dance 1 - 3:20 p.m. Hand & Foot Card Group 12:30 - 4:30 p.m. Active Aging: Chair Yoga 3:45 - 4:30 p.m. 4:45 - 5:15 p.m. 5:30 - 6:30 p.m. Restorative Yoga for the Back	19	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
22	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	23	9 - 10 a.m. Cheng Man Ching Tai Chi Cordova Independent Artists Zumba Gold Noon - 1 p.m. Beginning Line Dance 1:15 - 2:45 p.m. Active Aging: Chair Yoga 3:45 - 4:30 p.m. 4:45 - 5:15 p.m. 5:30 - 6:30 p.m. Restorative Yoga for the Back	24	8 - 9 a.m. Senior Exercise 9 - 10 a.m. Walking to Get Fit 9:15 - 10:15 a.m. Beginning Kundalini Yoga 11:30 - Noon Green Thumb Lunch Noon - 2 p.m. Bingo 2:30 - 3:15 p.m. Active Aging: Balance & Movement 2:30 - 3:30 p.m. Advisory Board Meeting	25	9 - 10 a.m. Cheng Man Ching Tai Chi Knitting Group 9 - 11 a.m. Zumba Gold Noon - 1 p.m. Advanced Line Dance 1 - 3:20 p.m. Hand & Foot Card Group 12:30 - 4:30 p.m. Active Aging: Chair Yoga 3:45 - 4:30 p.m. 4:45 - 5:15 p.m. 5:30 - 6:30 p.m. Restorative Yoga for the Back	26	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
29	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 Intermediate Tai Chi	30	9 - 10 a.m. Cheng Man Ching Tai Chi Cordova Independent Artists Zumba Gold Noon - 1 p.m. Beginning Line Dance 1:15 - 2:45 p.m. Active Aging: Chair Yoga 3:45 - 4:30 p.m. 4:45 - 5:15 p.m. 5:30 - 6:30 p.m. Restorative Yoga for the Back	31	8 - 9 a.m. Senior Exercise 9 - 10 a.m. Walking to Get Fit 9:15 - 10:15 a.m. Beginning Kundalini Yoga 11:30 - Noon Green Thumb Lunch Noon - 2 p.m. Bingo 2:30 - 3:15 p.m. Active Aging: Balance & Movement	<p><b>Cordova</b> Recreation &amp; Park District Neil Orchard Senior Activities Center</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 Wednesdays &amp; Fridays unless otherwise noted. Please see front desk for menus and to make reservations</p> <p>*All dates and times are subject to change without notice</p>	

# Hot Dog! It's Party Time!

