

# SEPTEMBER 2022

REEZA GAELA - EDITOR

## “Time Flies When You Are Having Fun”

By Heather Schelske—Neil Orchard Senior Activities Center Supervisor



Last month we celebrated Senior Citizen’s Day with a wonderful party. With a sold-out crowd we had a delicious meal, live music from the Moon Glow band and our Senior Advisory Board raffled off their incredible basket.

They say Time Flies when you are having fun. Did you know that last month’s event was the first event I did 10 years ago here at the Senior Center? I can’t believe how quick these last ten years have gone by. Not many people are as lucky as I am and have gotten to spend the last ten years doing what they love. Each one of you have taught me so much and bring a great purpose to my life

each day. I strive each year to bring new programs, new ideas and improvements. I promise to continue to do that, and I am always here to listen to new suggestions or ideas. I want to thank you all for making each day great.

As Summer starts to slowly fade away and Fall starts to creep in make sure to keep a look out for all our special events that are coming up. Our next special luncheon is Cheeseburger Day on September 14<sup>th</sup>. Our Senior Advisory Board will be hosting their Baked Potato and Bingo event. The Senior Advisory Board is a non-profit that helps support the center to get grants, and funds for us to continue to keep getting new equipment and supplies for the center. Make sure to come support them as they do so much to support us.

Do you have a doggie? If so, join us at Hagan Dog Park on September 17<sup>th</sup> for our annual Doggie Day in the Park. This event will feature resource and information booths, FREE shots, microchipping, and licensing for Rancho Cordova residents. Join us at this event for dog lovers!

**IMPORTANT DATES TO REMEMBER:**

<b>Sept 1:</b> Deadline to Register/Cancel Great Italian Festival	<b>Sept 17:</b> Doggie Day in the Park at Hagan Comm. Dog Park
<b>Sept 5:</b> Center Closed in Observance of Labor Day	<b>Sept 28:</b> Senior Advisory Board Meeting
<b>Sept 7:</b> Garden Club Meeting	<b>Oct 10:</b> Senior Advisory Baked Potato & Bingo Fundraiser
<b>Sept 14:</b> Cheeseburger Day (Bingo as regularly scheduled)	<b>Oct 26:</b> Halloween Bash (Bingo cancelled)



**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

# SEPTEMBER GREEN THUMB

## LUNCH

\$5 in Advance & \$6 Day of/To-Go  
RSVP by calling (916) 366-3133



### Wednesdays

7	Turkey Chicken Noodle Soup w/ Veggie Croissant Sandwich
14	Green Thumb Lunch Cancelled for National Cheeseburger Day (Bingo As Scheduled)
21	Split Pea & Ham Soup w/ Antipasto Pasta Salad
28	Broccoli Cheddar Soup w/ Chef's Salad

## 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.

## HALLOWEEN BASH

Wednesday, October 26

**\$8 Members / \$10 Non-Members**

The werewolves will howl, the monsters will mash! It's time to celebrate, with a Halloween Bash! Come dressed in your spooky best and be ready to eat, drink, and be scary!

Featuring live music by the Moon Glow Band!

Enjoy some lasagna, garlic bread, garden salad & a spooky dessert



# DOGGIE DAY IN THE PARK

**Saturday, September 17, 2022**  
**8 a.m. - Noon**

**Hagan Community Dog Park**

**FREE to Attend**

Contests · Giveaways · Vendors · Microchipping  
 FREE Shots · Licensing for Rancho Cordova residents

## Baked Potato & BINGO Fundraiser!

**Monday October 10, 2022**  
**11:30 a.m. - 3 p.m.**

Tickets available at the front desk  
 \*Cash or Check ONLY\*  
 (Must be 21 years old to play Bingo)

Baked Potato Lunch ONLY \$5  
 Nickel Bingo ONLY \$5  
 Baked Potato Lunch AND Nickel Bingo \$10

### 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.

- ◆ Sept 12: Computers 101: The PC Basics
- ◆ Sept 19: Fundamentals of the Internet
- ◆ Sept 26: Socializing from Home

### FREE PRESENTATIONS

SPACE LIMITED: RSVP AT FRONT DESK

**September 12: Get Up N' Go Presentation**  
 Ready to get up and go? Learn about upcoming motorcoach trips and give input on what future trips you'd like to see us offer.

**September 19: Phone Scams**  
 We may have entered the digital age but the telephone remains a key weapon for scammers targeting the senior population. Learn from a member of ACC Senior Services on how to avoid the most common types of phone scams

# HAPPY BIRTHDAY

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

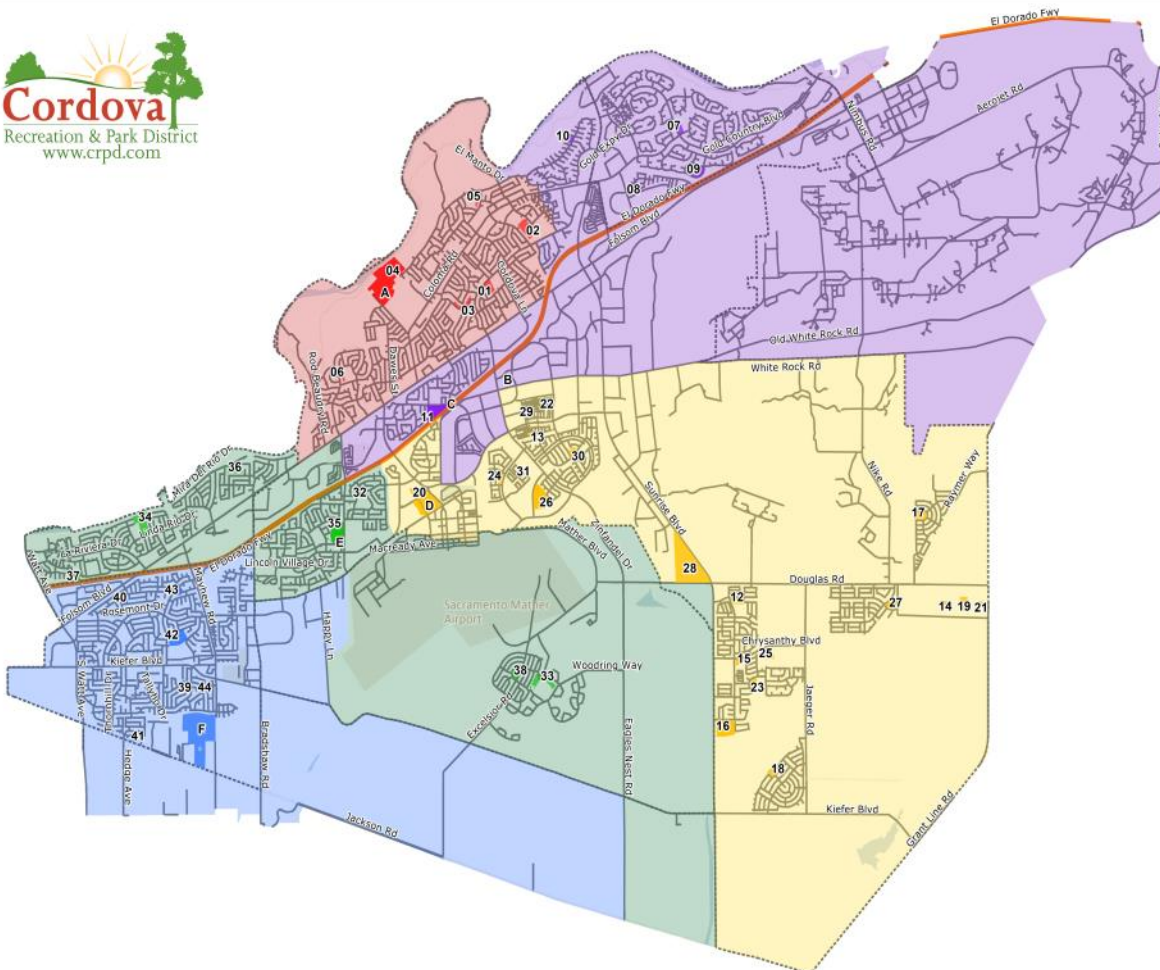
Denny Bowels	Dennis Castaneda	Lawrence Casten
Janet Clemmensen	Beverly Delucchi	Sondra Fleury
Joyce Fritchel	Frank Gerace	Blenda Hoskins
Catherine Jenne	Betty Jones	Linda Jones
Barbara Kelly	Blaine Lamb	Sarina Lambert
Sherryl Lavria	Craig Law	Linda Leou
Ron Linden	Gayla Linteau	Ingrid McCord
Edward Meyer	Christine Nair	Rosalie Orchard
Elaine Parry	Jessie Schnell	Patricia Smith
William Steiner	John Szabo	Walter Thompson
Janet Tierney	Geneva Trisler	Kathleen Wolff
Bernice Yasui		

## Changes to CRPD Board Elections

We wanted to communicate to our residents an important change to the upcoming Board of Directors election in November. This year, your ballot will look different!

Directors are now elected through voting districts. Instead of listing all candidates across CRPD, your ballot will only show the candidates for your district. Only Districts 1, 2 and 5 are voting this year.

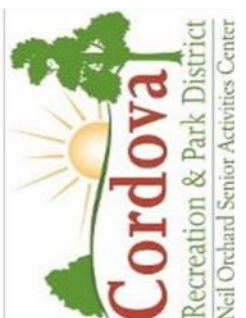

To find out more, see map below or visit [www.crpd.com/districting](http://www.crpd.com/districting)



Parks Key	
<b>District 1</b>	01 - Alstom Park
	02 - Dave Roberts Community Park
	03 - Federspiel Park
	04 - Hagan Community Park (A)
	05 - Larchmont/Rossmoor Park
	06 - Taylor Park
<b>District 2</b>	07 - Gold River Park
	08 - Gold Station Park
	09 - Prospect Hill Park
	10 - Sunriver Park
	11 - White Rock Community Park (C)
<b>District 3</b>	12 - Argonaut Park
	13 - Cobblestone Park
	14 - Cypress Grove Park
	15 - Eagle's Nest Park
	16 - Heron Landing Community Park
	17 - Hillside Park
	18 - Kavala Ranch Park
	19 - Labyrinth Community Park
	20 - Mather Sports Complex (D)
	21 - Pyramid Peak Park
	22 - Renaissance Park
	23 - Sandpiper Park
	24 - Sonoma Park
	25 - Sparrow Park
	26 - Stone Creek Community Park
	27 - Sunridge Park
	28 - The Center Property
	29 - The Village Green
	30 - Tuscany Park
	31 - Waterbrook Park
<b>District 4</b>	32 - Countryside Park
	33 - Independence Community Park
	34 - Larchmont Community Park
	35 - Lincoln Village Community Park
	36 - Riviera East Park
	37 - Salmon Falls Park
	38 - Veteran's Park
<b>District 5</b>	39 - Henley Park
	40 - Marlowe Park
	41 - Primrose Park
	42 - Rosemont Community Park
	43 - Rosemont North Park
	44 - Rosswood Park
<b>Facilities Key</b>	
A	Hagan Community Center
B	CRPD District Office
C	White Rock Community Clubhouse
D	Mather Sports Center
E	Nell Orchard Senior Activities Center
F	Cordova Golf Course
	Dog Park
	Splash/Spray Park
	Pool

# September 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
 <b>Cordova</b> Recreation & Park District Neil Orchard Senior Activities Center	<p>*Please call (916) 376-8915 to make an appointment for HICAP</p> <p>*Please call (916) 551-2140 to make an appointment for Senior Legal Services</p> <p>*Lunch served Wednesdays 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>	 Hello Fall!		
<b>5</b> 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 Intermediate Tai Chi	<b>6</b> 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	<b>7</b> 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	<b>1</b> 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	<b>2</b> 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 4:00 - 5:00 p.m. Cooking with Kids
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# National Senior Citizen Day

