



NEIL ORCHARD SENIOR NEWS

OCTOBER 2022

REEZA GAELA - EDITOR

“As the Leaves Change”

By Heather Schelske—Neil Orchard Senior Activities Center Supervisor



As the leaves change color, we are also making great changes here at the center. Some of the changes we have made are adding new programs such as our Silver Surfers and Tech Talk with MotoWorks. Many of you have asked for computer and cell phone classes so we have added more. We are offering these classes on Monday mornings and Tuesday evenings.

Some other great changes we have made are adding back our local Get up N’ Go day trips and our Extended travel Collette trips. Our local day trips are filling fast so make sure to register soon. I encourage you to come to our Collette presentation on October 20th at 10:30. Jay Fehan from Collette will be giving you all the details about the trips we have planned for next year. Make sure to sign up at the front desk to reserve your seat.

One of the biggest changes we have made is that Lara Nall is our new Recreation Coordinator! Lara has been working here at the Senior Center for over a year now and is very excited about this promotion! She is transitioning well into the role of coordinator and is hard at work planning for the coming year. Make sure to pop in Lara’s front office and congratulate her on her new position.

Last month we celebrated National Cheeseburger Day with a big juicy cheeseburger that Mark grilled up. This month we will be holding our annual Halloween Bash with live music from the Moon Glow Band. Then just a few weeks later we will be having our Veterans Day Celebration with the return of the Moon Glow band for some patriotic music to accompany us during our meal. More details on these events are inside. Make sure to register early as these events will sell out.

With Fall among us, get ready for our holiday season and all our fun holiday special events.

IMPORTANT DATES TO REMEMBER:

Oct 5: Garden Club Meeting	Oct 20: Extended Travel w/ Collette Presentation
Oct 5: Senior Advisory Board Meeting	Oct 26: Halloween Bash (Bingo Cancelled)
Oct 10: Senior Advisory Baked Potato & Bingo Fundraiser	Oct 29: Halloween at Hagan
Oct 17: Estate Planning/Wills & Trust Presentation	

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

OCTOBER GREEN THUMB

LUNCH

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



Wednesdays

5	Corn & Ham Chowder w/ Broccoli Salad
12	Turkey Taco Soup w/ Cheese Quesadilla
19	Chicken Noodle Soup w/ Chef Salad
26	Green Thumb Lunch Cancelled for Halloween Bash (No Bingo)

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

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

Sponsored by:


Summerset
SENIOR LIVING



HALLOWEEN at Hagan

Saturday, October 29
3 - 6 p.m.



FREE PRESENTATIONS

OCT 17: Estate Planning/Wills & Trusts 1pm

Planning for the future is crucial. As advocate from the Senior Legal Hotline will be walking you through this complex process.

OCT 20: Extended Travel with Collette 10:30am

Join Jay Fehan from Collette for an informational presentation on a variety of exciting Collette Travel options.

Need some Computer Help?

Join Motoworks LLC for their **Silver Surfers** classes on Monday mornings 10AM - Noon
or for **Tech Talk with Motoworks** on Tuesday evenings 5PM - 7PM

*Each Class \$20 Members/\$25 Non-Members
Registration is required.*

ON-GOING MEMBER ACTIVITIES

Non-members pay \$2 drop-in fee per activity.

Library & Lounge Daily 7:30 a.m.-4 p.m.

Jigsaw Puzzle Swap Daily 7:30 a.m.-4 p.m.

Billiards Daily 7:30 a.m.-4 p.m.

Bingo Wed & Fri noon-2 p.m.

Hand & Foot* Thurs 1-4 p.m.

**Must call before attending*

Veterans Day CELEBRATION

Wednesday, November 9 • 11:30 a.m.

Free for Veterans

\$8 members / \$10 Non-Members

No Tickets Will Be Sold At The Door

Space is limited

Please RSVP by Nov. 5

Come show your appreciation for the men and women who served to keep America safe and free.

Join us for a delicious menu of ribs, mashed potatoes, veggies, roll & a dessert while listening to patriotic music provided by the *Moon Glow Band*.

Hi everyone, I'm super excited to be your new Recreation Coordinator here at the Senior Center!

I've been a part-timer since 2021 when my dad mentioned Heather was looking for help. Before working with CRPD, I've been an Office Manager, Bar Manager, a Freelance Stage Manager in Hollywood, a Technical Theater Lead at the Harris Center for the Performing Arts, and Trivia Host.

Outside of work, I like to go camping, go to the movies and theater, discover local food and attractions, and spend time with my family, friends and cat.

My office door is open so feel free to stop in and say hi! I'll be hard at work with Heather planning trips, classes and fun activities for you!



The City of Rancho Cordova and Rebuilding Together invite you to apply for **FREE** home improvements.

- ◇ Applicants must be homeowners who live in the home w/ low-to-moderate income.
- ◇ A limited number of homes will be selected based on need & eligibility.

For more information Call 916-455-1800 x 8
or email

toconnor@rebuldingtogethersacramento.org



Sherry Benton	Ginger Birk	Maggie Bradley
Suzanne Breen	Dueriletris Burney	James Cady
Mayumi Dragon	Kathleen Ellis	Mary Espinosa
Pamela Farmer	Leona Ford	Jane Fowler
Shirley Freitas	Marie Gomez	Marilyn Gomez
Sue Hall	Charles Hayden	Judith Hickey
Hayden Jencks	Gail Kalenik	Earl Kennedy
Ashley Kennedy	Tomi Kunz	Caren Lagomarsino
Terri Leimbach	Chui Leung	Lawrence Leung
Ernestina Madriles	Tran Morris	Terry Mulz
Cindy Neilsen	Connie Noble	Pam Olachia
Neil Orchard	Linda Paladino	Doris Parry
Tracy Pham	Valery Piper	Shirley Rall
Dravo Sansom	Lenny Schafer	Karen Sears
Pat Shippy	Robert Smith	Janet Stacy
Russ Thomas	Grayce Vanderbroek	Diana Winckel
Joann Wulf	Janice Zuniga	

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



GET UP N GO TRIPS

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.

We want to hear from YOU!

Beginning in Fall 2022, we will be hosting an online survey in the community to hear from residents across the District. This will provide us valuable input and ideas for parks and recreation development. Stop by the front desk to pick up and return your completed survey!



October 2022

Neil Orchard Senior Activities Center
3480 Rottler 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

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 a.m. - Noon Silver Surfers: A New Way to Call: Video Chatting 10:30 - 11:15 Intermediate Tai Chi Practice	4	9-11 a.m. Knitting Group 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 3:45-6:30 p.m. Fitness with Jennifer Alton Canceled 5-7 p.m. Tech Talk: Video Chatting	5	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 Canceled 2:30 - 3:30 p.m. Advisory Board Meeting	6	9-10 a.m. Cheng Man Ching Tai Chi Noon - 1 p.m. Zumba Gold 1-3:20 p.m. Advanced Line Dance 12:00 - 4:00 p.m. Hand & Foot Card Group 3:45 - 6:30 p.m. Fitness with Jennifer Alton Classes Canceled	7	8-9 a.m. Senior Exercise Canceled 9-10 a.m. Walking to Get Fit 9:15-10:15 a.m. Beginning Kundalini Yoga Canceled Noon - 2 p.m. Bingo 4:00-5:00 p.m. Cooking with Kids
10	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: Communication for the Future: Zoom 10:30 - 11:15 Intermediate Tai Chi Practice 11:30 - 3 p.m. Senior Advisory Baked Potato & Bingo Fundraiser	11	9-11 a.m. Knitting Group 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 5-7 p.m. Tech Talk: Zoom 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 11:30 a.m. - Noon Green Thumb Lunch Noon - 2 p.m. Bingo 2:30 - 3:15 p.m. Active Aging: Balance & Movement	13	9-10 a.m. Cheng Man Ching Tai Chi Noon - 1 p.m. Zumba Gold 1-3:20 p.m. Advanced Line Dance 12:00 - 4:00 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	14	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
17	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 Practice 1:00-2:00 Estate Planning Presentation	18	9-11 a.m. Knitting Group 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 5-7 p.m. Tech Talk: Android 101 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 11:30 a.m. - Noon Green Thumb Lunch Noon - 2 p.m. Bingo 2:30 - 3:15 p.m. Active Aging: Balance & Movement	20	9-10 a.m. Cheng Man Ching Tai Chi 10:30 - 11:30am Collette Travel Presentation Noon - 1 p.m. Zumba Gold 1-3:20 p.m. Advanced Line Dance 12:00 - 4:00 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	21	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
24	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: iPhone 101: The Basics 10:30-11:15 Intermediate Tai Chi Practice	25	9-11 a.m. Knitting Group 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 5-7 p.m. Tech Talk: iPhone 101 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 11:30 - 1:00 Halloween Bash 11:30 - Noon Green Thumb Lunch Canceled Noon - 2 p.m. Bingo 2:30 - 3:15 p.m. Active Aging: Balance & Movement	27	9-10 a.m. Cheng Man Ching Tai Chi Noon - 1 p.m. Zumba Gold 1-3:20 p.m. Advanced Line Dance 12:00 - 4:00 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	28	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
31	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: Computer 101: The PC Basics 10:30-11:15 Intermediate Tai Chi Practice								



*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 unless otherwise noted. Please see front desk for menus and to make reservations
*All dates and times are subject to change without notice

