

# November

## “Gratitude”

By Heather Schelske—Neil Orchard Senior Activities Center Supervisor



Last month’s Halloween Bash was a smashing hit. Everyone enjoyed the live music performed by the Moon Glow band. The giant portions of lasagna left everyone feeling like they were going to explode like Stay Puft Marshmallow Man. A big thank you to both Summerset Senior Living and Fiber City for their sponsorships at our event. Make sure to grab your tickets for Veteran’s Day, Thanksgiving Feast and Winter Wonderland at the front desk.

The Senior Advisory Board put on another great Baked Potato and Bingo Fundraiser. Everyone loved the giant bake potato portions and toppings. This event was one of the board’s largest turnouts. We appreciate all the hard work this board does for the Senior Center, and we appreciate the continuous support you all give them. All proceeds from these events come right back to the center.

It is with my deepest condolences to tell you that last month on October 28<sup>th</sup> we lost our former Senior Center employee Greg Wright. Greg had worked for CRPD for over 15 years. Greg wasn’t just an employee but a good friend and felt like family to many of us. He thought of the Senior Center as his home and all the seniors were his family. We will announce a service date for a Celebration of Life as soon as we have one. Greg will be missed but his spirit and love for this center will carry on forever.

### In Loving Memory



#### IMPORTANT DATES TO REMEMBER:

<b>Nov 2:</b> Garden Club Meeting	<b>Nov 14:</b> Understanding your PG&E Bill Presentation
<b>Nov 4:</b> Cancellation Deadline for SF Shopping Daytrip	<b>Nov 16:</b> Thanksgiving Feast (No Bingo)
<b>Nov 7:</b> Social Security Presentation	<b>Nov 24-25:</b> Center Closed - Happy Thanksgiving!
<b>Nov 9:</b> Veteran’s Day Lunch Celebration (No Bingo)	<b>Nov 28:</b> San Francisco Shopping Daytrip
<b>Nov 11:</b> Center Closed in Observance of Veteran’s Day	



**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

# NOVEMBER GREEN THUMB

## LUNCH

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



### Wednesdays

2	Creamy Potato Soup & Chicken Caesar Salad Wrap
9	Veteran's Day Celebration (Green Thumb & Bingo Cancelled)
16	Thanksgiving Feast (Green Thumb & Bingo Cancelled)
23	Tomato Soup & Grilled Cheese 1/2 Sandwich (Bingo cancelled)
30	Creamy Turkey and Wild Rice Soup & Chef Salad

## *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 delicious spare ribs, mashed potatoes, veggies, roll & apple pie while listening to patriotic music provided by the *Moon Glow Band*.

**\*If you are a veteran, if you can, please bring in a photo of yourself in uniform or email to [rgaela@crpd.com](mailto:rgaela@crpd.com)**

Sponsored by: **Anthem** 



## Thanksgiving Feast



November 16, 2022 11:30 AM

**\$8 Members & To-Go / \$10 Non-Members**

Put on your stretchiest pants and come over for a Thanksgiving Feast with all the fixings! Turkey, dressing, mashed potatoes, gravy, green bean casserole, roll and end the meal with a slice of delicious pumpkin pie.

Featuring live music by the  
**Moon Glow Band!**

Sponsor

**RANCHO CORDOVA  
FIBERCITY**  
POWERED BY SIFI NETWORKS

Sponsor

**KAISER PERMANENTE**  
Senior Advantage  
888-448-9400

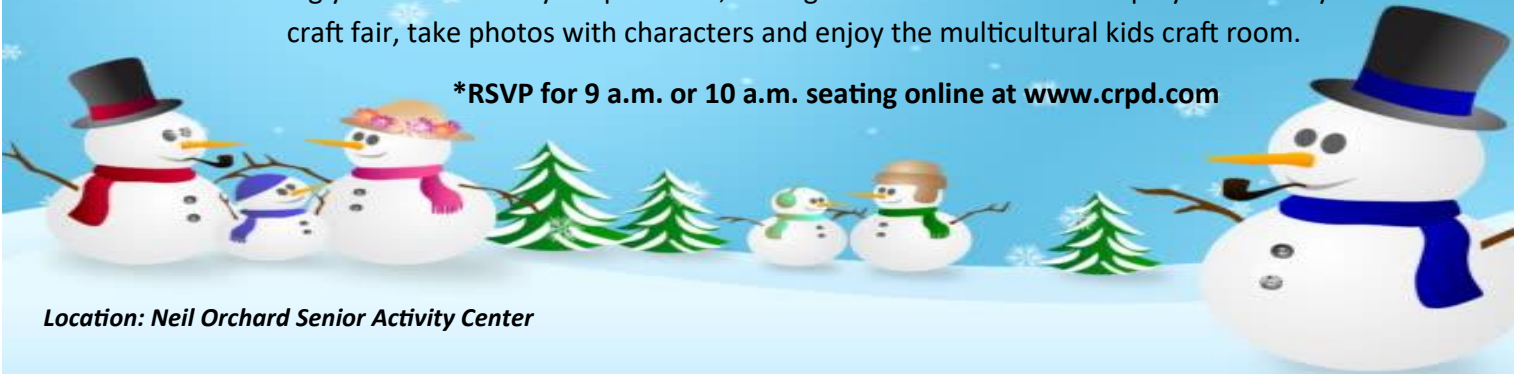
\$5 per person

# Winter Wonderland

December 3, 2022 9 - 11 a.m.

Bring your whole family for pancakes, sausages and refreshments! Stop by the holiday craft fair, take photos with characters and enjoy the multicultural kids craft room.

**\*RSVP for 9 a.m. or 10 a.m. seating online at [www.crpdc.com](http://www.crpdc.com)**



**Location: Neil Orchard Senior Activity Center**

## Winter Wonderland

**DEC 14, 2022 11:30 AM**

Eat, drink and be merry. You're invited to join us for our annual Winter Wonderland. Make sure to be on your best behavior though, you never know who'll drop in for a visit!

**\$8 MEMBERS / \$10 NON-MEMBERS**

### MENU

Ham, scallop potatoes, veggies, roll & holiday dessert

Sponsored by:



Hi everyone! I'm excited to say that I will be the new Administrative Assistant here at the Senior Center! For those that don't know, my name is Reeza and I've been here part-time since March. On my free time, I like to take film photos, journal, watch crime shows, try new food spots, and explore different places when I can. (There's me during my trip to Italy last month)

I will still be at the front desk to assist and welcome you as you come in! Feel free to say hello or ask me any questions.



### 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!

### FREE PRESENTATIONS

#### **NOV 7: Social Security 1pm**

Join an advocate from Legal Services of Northern CA who will go over eligibility rules, requirements and what it means to receive benefits.

#### **NOV 14: Understanding your PG&E Bill 1pm**

Presented by ACC Senior Services through Community Help and Awareness of Natural Gas and Electricity Services, this will help you understand your PG&E Bill

### 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.

call for  
nominations!



*The Senior Advisory Board is looking for nominations for these positions:*

**The Vice-President shall:**

- Work closely with the President in carrying out the Board's mission
- In the absence of the President, preside at scheduled and/or executive Board meetings and perform other of the President's duties and responsibilities as may be dictated by the circumstances by the President and/or Board.

**The Secretary shall:**

- Work with the President to prepare the agenda for all Board meetings.
- Prepare a notice of scheduled Board meetings and post copies of said notice at strategic locations throughout the Center at least three working days in advance of the meeting date.
- Prepare minutes of all Board meetings and distribute copies of said minutes to all Board members and as otherwise may be directed by the Board.
- Maintain a Secretary's file to include copies of all Board meeting minutes, a copy of the governing bylaws and all previous bylaws, copies of pertinent correspondence, and such other written material as may be considered appropriate by the President. The Secretary's file shall be kept in a secure location on the Center's premises.

**At-Large members (2):**

- At-Large members, although they have no specific responsibilities, are voting members of the board. As such, they are expected to be familiar with the operations of the Center, to attend all Board meetings, and to participate in the discussion of issues affecting the Center that may be raised at said meetings.

At-Large members may be asked to assist the Board in ways that are consistent with the Board's mission and their own particular skills.

**\*Place your nominations in the Ballot Box Nov 14th-18th**



**NOVEMBER**  
BIRTHDAYS

Mary Bennett	Wayne Benton	Doris Campbell
Raymond Carter	Evon Corey	Frances Dack
Jyoti Dara	Marcy Drefs	Antoinette Fornesa
Linda Guzzetta	Rod Hall	Betty Hamzy
Patricia Handley	Luz Libre	David Manhart
Cynthia Martinez	Lynn Matson	Mary Miller
Marcia Moser	Kay Patterson	Helen Poon
Cheryl Putman	Terri Lynn Robinson	Lee Sanfilippo
Mary Beth Silenieks	Selma Sudarma	Mary Weber
Vivian Wenerick	Sue Whipkey	Diana Duffy
Howard Slayton	Laurie Banks	JoAnn Harding
Gumersindo Leuterio		

*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 heart-warming holiday musical.

**FLIGHTS, BITES & LIGHTS**

**Monday, December 19**

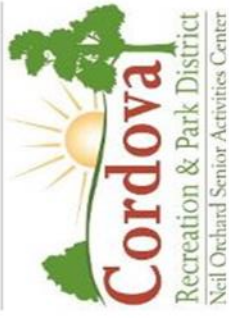



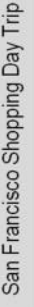
**\$195/Person**

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.

# November 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																							
<p></p> <p><b>Cordova</b> Recreation &amp; Park District Neil Orchard Senior Activities Center</p>	<p><b>1</b> 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: Computers 101: The PC Basics                      5:30-6:30 p.m. Restorative Yoga for the Back</p>	<p><b>2</b> 8-9 a.m. Senior Exercise                      9-10 a.m. Walking to Get Fit                      10-11 a.m. Garden Club                      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: Chair Yoga</p>	<p><b>3</b> 9-10 a.m. Cheng Man Ching Tai Chi                      Noon-1 p.m. Zumba Gold                      1-3:20 p.m. Advanced Line Dance                      Noon-4 p.m. Hand &amp; 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</p>	<p><b>4</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                      4-5 p.m. Cooking with Kids</p>	<p><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: Socializing from Home                      10:30-11:15 a.m. Intermediate Tai Chi Practice                      1-2 p.m. Social Security Presentation</p>	<p><b>6</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: Socializing from Home                      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: Fundamentals of the Internet                      5:30-6:30 p.m. Restorative Yoga for the Back</p>	<p><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                      10 a.m.-Noon Silver Surfers: Fundamentals of the Internet                      10:30-11:15 a.m. Intermediate Tai Chi Practice                      1-2 p.m. Social Security Presentation</p>	<p><b>8</b> 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: Fundamentals of the Internet                      5:30-6:30 p.m. Restorative Yoga for the Back</p>	<p><b>9</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.-1 p.m. Veteran's Day Lunch Celebration                      Noon-2 p.m. Bingo Cancelled                      2:30-3:15 p.m. Active Aging: Balance &amp; 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\*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



Baked Potato & Bingo Fundraiser  
October 10th



# OCTOBER RECAP



Halloween Bash  
October 26th

