

# January

REEZA GAELA - EDITOR

## Happy New Year!

*By Heather Schelske—Neil Orchard Senior Activities Center Supervisor*



We started off last month with our new community Winter Wonderland event where we enjoyed pancakes, a visit from Mr. & Mrs. Clause, polar bear, and fun crafts. A big thank you to Millie K. for her generous donation of crocheted teddy bears that were given out to all the children.

Our last senior event of the year was our traditional Winter Wonderland. The Moon Glow band played holiday carols, we ate a holiday ham feast and the Senior Advisory Board raffled off their end of the year holiday fundraiser basket. Thank you to Summerset

Senior Living and Fiber City for sponsoring this event.

You may have noticed that the center got a fresh new look for the New Year. Mark painted our lounge/pool room a beautiful vibrant orange. Our floors, bathrooms, windows, and blinds all got a deep cleaning as well. We hope you enjoy the new look.

With the new year, many start to make resolutions. If you are looking to be more social, our Bingo and Hand and Foot card group are a great way to meet people. If you would like to be social and exercise, our Walking to Get Fit class has an active group of participants. Or if you are looking to get in shape, we have many wonderful classes such as exercise, line dance, yoga, tai chi, zumba, and many more with very friendly and inviting participants.

Come join us for our Lunar New Year's celebration on January 25<sup>th</sup>. More information inside but get your tickets before we sell out.

### IMPORTANT DATES TO REMEMBER:

<b>Jan 2:</b> Center is Closed & will reopen Jan 3	<b>Jan 23:</b> Understanding Your Phone Bill Presentation
<b>Jan 4:</b> Garden Club Meeting	<b>Jan 25:</b> Lunar New Year Celebration (Green Thumb & Bingo Cancelled)
<b>Jan 16:</b> Center Closed - Martin Luther King Jr. Day	<b>Jan 25</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



# JANUARY GREEN THUMB LUNCH

\$5 in Advance & \$6 Day of/To-Go

<b>Wednesdays</b>	
<b>4</b>	<b>Wonton Soup w/ Asian Noodle Salad</b>
<b>11</b>	<b>Tortellini Soup w/ Spinach, Feta, Beet Salad</b>
<b>18</b>	<b>Split Pea &amp; Ham Soup w/ Chef Salad</b>
<b>25</b>	<b>Green Thumb Lunch Cancelled for Lunar New Year Celebration (No Bingo)</b>



**Lunar New Year Celebration**

**January 25th, 2023**

\$8 Members / \$10 Non-Members

\$10 To-Go

**Please RSVP by January 20th**

Enjoy a delicious feast while learning about the various cultures that participate in this time-honored celebration of family, food, and good wishes.

Menu: Chow Mein, BBQ Pork Fried Rice, Sweet & Sour Chicken, Broccoli Beef and Dessert



**Mardi Gras Party**

**February 22, 2023**

\$8 Members / \$10 Non-Members

\$10 To-Go

**Please RSVP by February 17th**

Beads, masks and all that jazz! Enjoy a Cajun-inspired menu with live entertainment.

Live music featuring the Moon Glow Band!

Menu: Red Beans & Rice w/ Sausage, Veggies, Corn Bread and King Cake for dessert

## **FREE PRESENTATIONS**

### **JAN 23: Understanding your Phone Bill 1 pm**

*Presented by ACC Senior Services through the TEAM Collaborative, this educational workshop will help you understand your phone bill.*

### **FEB 6: Estate Planning Wills & Trusts 1 pm**

*Planning for the future is crucial. An advocate from the Senior Legal Hotline of Northern CA will walk you through this complex process.*

### **FEB 27: Get Up N' Go Travel 1 pm**

*Learn about our upcoming motorcoach trips and give input on what future trips you'd like to see us offer.*

**Get excited for  
NEW CLASSES!**

## **Coming Soon**

In the coming year, Neil Orchard Senior Activity Center will be offering new Active Adult Arts & Enrichment classes.

### **Arts & Crafts is back in February!**

Ri-Nu Imagination offers Seniors the opportunity to enhance, create, socialize and continue their education in an on-going arts & crafts series with a new focus each week.

*7-visit punch card \$25 Members/ \$30 Non-Members*

## **Need some Computer Help?**

Join Motoworks LLC for their **Silver Surfers** classes on Monday mornings **10AM - Noon**

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

### **Upcoming Classes:**

**Jan 9: Computer 101 The Basics**

**Jan 23: Fundamentals of the Internet**

**Jan 30: Socializing from Home**

**Feb 6: A New Way to Call: Video Chatting**

## **Get Up N' Go Trips 2023**

### **Safari West Adventure - March 23rd**

**Fee: \$245 per person**

Journey out in search of herds of wildebeest, romping rhinos and towering giraffes. From ring-tailed lemurs to the dazzling zebra, nearly 900 animals from 90 unique species roam through this 400 acre preserve. Enjoy a BBQ Lunch after a guided tour.

### **Calaveras Big Trees State Park - May 11th**

**Fee: \$125 per person**

Established in 1931, Calaveras Big Trees State Park is home to some of the largest trees in the world. Enjoy a guided tour of the popular North Grove w/ free time afterwards to explore the trail and visit the visitor center and museum. Depart from the state park for a hosted lunch and free time in the quaint town of Murphys.

### **Jersey Boys - July 20th**

**Fee: \$139 per person**

Journey behind the music of Frankie Valli and The Four Seasons to discover the secret of a 40-year friendship as the foursome work their way from the streets of New Jersey to the heights of stardom. Enjoy a hosted lunch before taking your seat for this toe tapping musical at Sierra Repertory in East Sonora.

### **A Day in the Bay - Aug 17th**

**Fee: \$75 per person**

Start the morning w/ a walk around Sausalito. Then take a beautiful ferry ride over to the City by the Bay w/ views of Alcatraz Island and the Golden Gate Bridge. Enjoy free time to shop and have a no-host lunch at Fisherman's Wharf and Pier 39 before departing by motor coach.



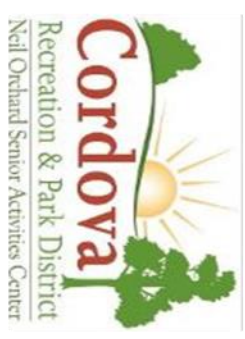


# January 2023



**Neil Orchard Senior Activities Center**  
 3480 Router Road, Sacramento, CA 95827 916-366-3133  
 Monday-Thursdays: 7:30 a.m. - 4:30 p.m. / Friday: 7:30 a.m. - 3:30 p.m.

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>Center Closed in Observance of the holidays</b></p>	<p>9 - 11 a.m. Knitting Group</p> <p>9 - 10 a.m. Cheng Man Ching Tai Chi</p> <p>9:30 - 11:30 a.m. Cordova Independent Artists</p> <p>Noon - 1 p.m. Zumba Gold</p> <p>1:15 - 2:45 p.m. <i>Beginning Line Dance Cancelled</i></p> <p>3:45 - 4:30 p.m. Active Aging: Chair Yoga</p> <p>4:45 - 5:15 p.m. Floor Mat Pilates</p> <p>5:30 - 6:30 p.m. Restorative Yoga for the Back</p>	<p>8 - 9 a.m. Senior Exercise</p> <p>9:15 - 10:15 a.m. Beginning Kundalini Yoga</p> <p>10 - 11 a.m. Walking to Get Fit</p> <p>11:30 a.m. - Noon Green Thumb</p> <p>Noon - 2 p.m. Bingo</p> <p>2:30 - 3:15 p.m. Active Aging: Balance &amp; Movement</p>	<p>9 - 10 a.m. Cheng Man Ching Tai Chi</p> <p>Zumba Gold</p> <p>Advanced Line Dance</p> <p>Hand &amp; Foot Card Group</p> <p>Active Aging: Chair Yoga</p> <p>Floor Mat Pilates</p> <p>Restorative Yoga for the Back</p>	<p>8 - 9 a.m. Senior Exercise</p> <p>9:15 - 10:15 a.m. Beginning Kundalini Yoga</p> <p>10 - 11 a.m. Walking to Get Fit</p> <p>Noon - 2 p.m. Bingo</p> <p>4 - 5 p.m. Cooking with Kids</p>
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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



Winter Wonderland  
December 14th, 2022

# HAPPY HOLIDAYS! DECEMBER 2022

Flights, Lights & Bites  
December 19th, 2022

