NEIL ORCHARD SENIOR ACTIVITIES CENTER NEWSLETTER 2023



REEZA GAELA - EDITOR

"Let's Reach Our Goals Together!"



With a month already gone, how is everyone doing with their goals/ resolutions? Haven't started working on your goals/resolutions yet? Not a problem. We have several exercise classes that fit just about everyone's needs. Are you looking to start a new hobby? We also have many new art classes starting soon.

February of last year I started my journey of getting out once a week for a hike. I am happy to report that my little family and I have completed 47 weeks of getting out and enjoying nature. It has now become a habit, almost

an obsession to get out and enjoy what some call "forest bathing". It's great for your mind, body, and soul. I encourage starting a habit and making it an obsession so you can follow through and get it done.

Last month we celebrated Lunar New Year with a sold out crowd. We had delicious food catered by Hoi Cin. Our advanced Tai Chi class put on a great presentation, and I couldn't have been prouder of all the participation from the audience at the end.

Our Mardi Gras/Valentines event is right around the corner. Make sure to grab your tickets before we sell out. You will not want to miss this Louisiana style food and lots of hearts. Live entertainment by the Moon Glow band.

St. Patrick's Day will be here before you know it. Make sure to get your tickets for our delicious corn beef and cabbage meal. We will also be having the Moon Glow Band playing live festive Irish themed music this day.



		Important D	ATES TO REM	EMBER:	
Feb 1:	Garden Club	Meeting	Feb 20:	Center Closed	d - President's Day
Feb 6:	Estate Planni	ing/Wills & Trusts Presentation	Feb 22:	Senior Advisor	y Board Meeting
Feb 15:	Mardi Gras F	Party (Bingo Cancelled)	Feb 27:	Get Up N' Go I	Presentation
	LOVA & Park District mior Activities Center	Address: 3480 Routier Road Sacramento, CA. 95827 (916) 366-3133	7:30 a.m. Fr	- Thursday - 4:30 p.m. i day - 3:30 p.m.	Find us on: facebook. Facebook.com/ NeilOrchardSeniorActivitiesCenter







FEBRUARY GREEN THUMB LUNCH

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

	Wedn	esdays
1	Caesar Salad w	// Chicken & Minestrone Soup
8	Grilled Chees	se w/ Creamy Tomato Soup
15	Mardi Gras Party (0	Green Thumb & Bingo Cancelled)
22	Chef Sa	lad w/ Chili Soup
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New Classes Coming Soon!

<u>Arts & Crafts : First Fridays 10am-Noon</u>

Create, socialize in an ongoing arts & crafts series with

a new focus each week. **Feb. 3rd** - Beadwork jewelry Making \$25 (Members) for a 7-visit punch card +\$5 material fee for each class

<u>Ceramics : Fridays 12-2pm</u> Begins March 3rd

Learn a wide range of basic clay techniques including hand-building, forming, construction, surface treatment, and a variety of methods to decorate and glaze ceramic ware. \$30 (Members) + material fee per 8 week session

<u>Sewing Group: 1st and 3rd Mon. 1-4pm</u> <u>Begins March 6th</u>

Enjoy a rewarding journey of creating in fabric in an open studio format. *No instructor!! Just like-minded people coming together to create and share their experiences and knowledge through artistic endeavors. \$25 (Members) for a 10 visit punch card

Computer Classes

Join Motoworks LLC for **Silver Surfers** Monday mornings <u>10AM - Noon</u>

> Each Class \$20 Members \$25 Non-Members Registration is required. Upcoming Classes: Feb 6: Video Chatting Feb 13: Zoom (Computer Provided) Feb 27: Android 101 (Bring your phone!) March 13: Computer Basics

Computers are provided or you are welcome to bring your computer if you prefer!

FREE Informational Presentations!

Registration is required, space is limited.

Feb 6: Estate Planning/Wills & Trusts

Planning for the future is crucial! Join an advocate from the Senior Legal Hotline of Northern CA who will walk you through the process.

Feb 27: <u>Get Up N' Go Trips</u>

Learn about our upcoming motorcoach day trips and give input for future ones!



Hi Everyone,

My name is Kristi, and I am so happy to be here with you as your new Clerical Assistant.

It has been lovely meeting all of you over the last few weeks at the Neil Orchard Activity Center. Please do not hesitate to introduce yourself; for those of you I have not yet met, I love meeting new people and hearing all about them.

I myself have a love of travel and all things digital media. Once a year, I try to go someplace I've never been before. Right before Covid hit, I cruised the Baltic Sea, and this last year, I traveled to Alaska for the first time, and of course, I always try to include a trip to NYC. Every time I go there, I have a completely new experience.

Again, I look forward to seeing and learning more about you.

arch 13rd

A full-day trip to the world-famous Safari West

THE ITINERARY

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

Neil Orchard Senior Activity

Center

Cordova

FEE: \$245 per person Departure: 6:30 am, Neil Orchard Refreshments on motor coach **BBQ** Lunch **Activity Level: Moderate**

FAIR OAKS Cordoval

CONACT US: 3480 Routier Road, Sacramento Phone: 916-366-3133

REGISTER BEFORE FEB.24! ...seats will go fast!

WHAT YOU NEED

Tax Help

- Photo ID
- SSN
- 1095-A if you received tax credit from healthcare.gov
- All year end tax forms *

Tax-Aide

- Dependent Care provider name, * address & tax ID
- Last year's return *
- Bank routing & account number for direct deposit.

February 1 - April 18 2023 Call for an appointment & location

Appointments will NOT be at the Senior Center



Joan Abbey Claudia Alstrom Lou Biggio Donna Bonagura Kate Bourne Nancy Boyd Annabella Bradley John Breen Maria Burkhart Camille Bush







Juanita Carey Sandra Foley Marilyn Hamm Galen Hazelhofer Lillie Holmes Ayman Ibrahim Robert Jordan Cindy Joy Mary Jane Motter Norma Murray

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

John Newby Adekunle Odumade Patricia Owen Tawanna Payne Mei Perry **Cathy Price** Sharon Ramirez Marlene Reed

Veronica Reyles

Cheryl Sanfilippo

Lisa Sicari

Gretchen Simmons Sharon Steurer Debbie Stinson Nader Tarlandoukht Linda Tarrant Noah Walker Shalako Wengronowitz Estella Winch Sharon Yamamoto





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