

# February

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 DATES TO REMEMBER:**

<b>Feb 1:</b> Garden Club Meeting	<b>Feb 20:</b> Center Closed - President’s Day
<b>Feb 6:</b> Estate Planning/Wills & Trusts Presentation	<b>Feb 22:</b> Senior Advisory Board Meeting
<b>Feb 15:</b> Mardi Gras Party (Bingo Cancelled)	<b>Feb 27:</b> Get Up N’ Go 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



## FEBRUARY GREEN THUMB LUNCH

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

Wednesdays	
1	Caesar Salad w/ Chicken & Minestrone Soup
8	Grilled Cheese w/ Creamy Tomato Soup
15	Mardi Gras Party (Green Thumb & Bingo Cancelled)
22	Chef Salad w/ Chili Soup

### MARDI GRAS PARTY

**February 15 2023**  
**11:30 AM**

**\$8 Members /**  
**\$10 Non- Members or TO-GO**

**RSVP BY FEB 10**

Beads, masks and all that jazz! Enjoy a Cajun-inspired menu with live entertainment by the Moon Glow Band!

**MENU**

Red beans & rice w/ sausage, veggies, corn bread & King Cake for dessert!

Sponsored by:

### ST. PATRICK'S DAY CELEBRATION

**MARCH 15 2023**  
**11:30 AM**

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

Do you have the luck of the Irish? Enjoy homemade corned beef and cabbage as we celebrate St. Patrick's Day! Live music by the Moon Glow Band!

**RSVP BY: March 10th**

Sponsored by:

# New Classes Coming Soon!

## Arts & Crafts : First Fridays 10am-Noon

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

## Ceramics : Fridays 12-2pm

### 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

## Sewing Group: 1st and 3rd Mon. 1-4pm

### Begins March 6th

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 10AM - Noon

**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: Get Up N' Go Trips**

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.

Neil Orchard Senior Activity Center  
Cordova Recreation & Park District

# March 23rd SAFARI WEST

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.

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

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

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

**AARP**  
FOUNDATION  
Tax-Aide

**FREE Tax Help**

**WHAT YOU NEED**

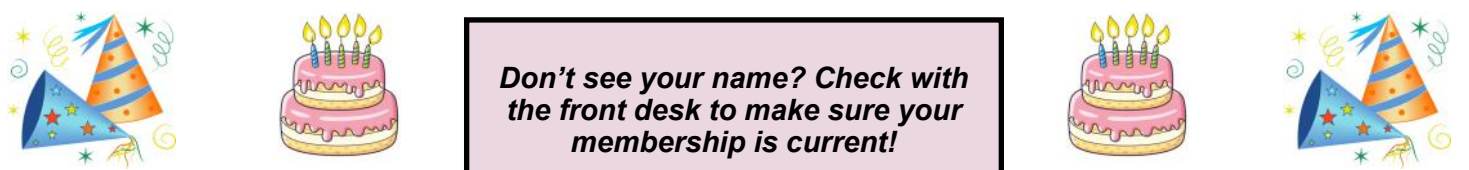
- \* Photo ID
- \* SSN
- \* 1095-A if you received tax credit from healthcare.gov
- \* All year end tax forms
- \* Dependent Care provider name, address & tax ID
- \* Last year's return
- \* Bank routing & account number for direct deposit.

**February 1 - April 18 2023**  
**Call for an appointment & location**  
*\*Appointments will NOT be at the Senior Center\**






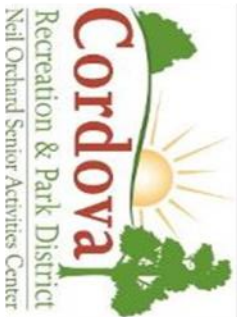
- |                   |                  |                   |                      |
|-------------------|------------------|-------------------|----------------------|
| Joan Abbey        | Juanita Carey    | John Newby        | Lisa Sicari          |
| Claudia Alstrom   | Sandra Foley     | Adekunle Odumade  | Gretchen Simmons     |
| Lou Biggio        | Marilyn Hamm     | Patricia Owen     | Sharon Steurer       |
| Donna Bonagura    | Galen Hazelhofer | Tawanna Payne     | Debbie Stinson       |
| Kate Bourne       | Lillie Holmes    | Mei Perry         | Nader Tarlandoukht   |
| Nancy Boyd        | Ayman Ibrahim    | Cathy Price       | Linda Tarrant        |
| Annabella Bradley | Robert Jordan    | Sharon Ramirez    | Noah Walker          |
| John Breen        | Cindy Joy        | Marlene Reed      | Shalako Wengronowitz |
| Maria Burkhart    | Mary Jane Motter | Veronica Reyles   | Estella Winch        |
| Camille Bush      | Norma Murray     | Cheryl Sanfilippo | Sharon Yamamoto      |

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



# February 2023

Neil Orchard Senior Activities Center  
 3480 Router Road, Sacramento, CA 95827 916-566-3133  
 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></p> <p>6 - 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>10 a.m. - Noon Silver Surfers: A New Way to Call Video Chatting</p> <p>10:30 - 11:15 a.m. Intermediate Tai Chi</p> <p>1:00 - 2:00 p.m. Estate Planning/Willis &amp; Trusts</p>	<p></p> <p>7 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. Beginning Line Dance</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>1 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>2 9 - 10 a.m. Cheng Man Ching Tai Chi</p> <p>Noon - 1 p.m. Zumba Gold</p> <p>1 - 3:20 p.m. Advanced Line Dance</p> <p>Noon - 4 p.m. Hand &amp; Foot Card Group</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>3 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>10 a.m. - Noon Arts &amp; Crafts</p> <p>Noon - 2 p.m. Bingo</p> <p>4 - 5 p.m. Cooking with Kids</p>
<p>13 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>10 a.m. - Noon Silver Surfers: Communications for the Future: Zoom</p> <p>10:30 - 11:15 a.m. Intermediate Tai Chi</p>	<p>14 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. Beginning Line Dance</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>15 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. - 1pm Mardi Gras Party</p> <p>11:30 a.m. - Noon Green Thumb Cancelled</p> <p>Noon - 2 p.m. Bingo</p> <p>2:30 - 3:15 p.m. Active Aging: Balance &amp; Movement</p>	<p>16 9 - 10 a.m. Cheng Man Ching Tai Chi</p> <p>Noon - 1 p.m. Zumba Gold</p> <p>1 - 3:20 p.m. Advanced Line Dance</p> <p>Noon - 4 p.m. Hand &amp; Foot Card Group</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>17 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>
<p><b>Center Closed in Observance of President's Day</b></p>				
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# LUNAR NEW YEAR CELEBRATION 2023

