



KRISTI BIRD - EDITOR

"April Showers Bring...Exciting News"

By Heather Schelske—Neil Orchard Senior Activities Center



With all the rain, nature is looking green. That is not all that has been green around here. Last month we had a sold-out St. Patrick's Day event. Many of you got all dressed up and put on your green attire. We had a great time listening to the Moon Glow band and eating corned beef and cabbage.

It's back and printed!!! The Your Place to Recreate guide, should have been mailed to you directly last month. In the Recreation guide you will find all our classes, presentations, trips, and special events. Take a look through the guide and make sure you save the dates and register with us, as many of our trips and events have been a sold-out crowd.

Don't forget we have our Earth Day Senior Resource Fair on April 22nd. The first 150 participants to register and complete the event passport will receive a hot dog lunch. This is going to be a great day to get lots of senior resources and celebrate Earth Day.

Tickets are on sale for our Cinco De Mayo event on Wednesday, May 3rd. The Senior Advisory Board is also holding its Taco Salad and Bingo event on June 12th. See inside for more details.

And, of course, don't forget about our upcoming Get Up 'N' Go trips. Enjoy a day trip and a hosted lunch without the hassle. It's a great way to stay connected with others and explore new destinations. Our next two trips will be Calaveras Big Trees State Park and the Tony award-winning musical Jersey Boys.



IMPORTANT DATES TO REMEMBER:

April 1: Hoppin' & Huntin' at Haggen	April 24: Free Presentations: How to Spot Fake Emails
April 9: HAPPY EASTER !	April 22: Earth Day Senior Resource Fair
April 10: Free Presentations: Extended Travels w/ Collette	April 26: 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



APRIL GREEN THUMB LUNCH

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

RSVP by calling (916) 366-3133

Wednesdays	
5	Split Pea w/ Corned Beef Soup & 1/2 Tuna Salad
12	Chicken Noodle Soup & 1/2 Ham & Cheese Sandwich
19	Potato Leek Soup & Chicken Caesar Wrap
26	Broccoli Cheddar Soup & Chef Salad

**CINCO
de
MAYO**

**MAY 3, 2023
11:30 AM**

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

We're having a Fiesta and you're invited to come and enjoy a delicious Mexican Feast

MENU: White sauce chicken enchiladas, refried beans salad chips & salsa

● RSVP By April 28th ●

Sponsored by:

NEW!

EARTH DAY

Celebration & Senior Resource Fair

SATURDAY, APRIL 22 • 10 A.M. - 1 P.M.

Lincoln Village Community Park | Activity # 9208

Earth Day is an annual celebration that honors the achievements of the environmental movement. Join us to bring awareness of the need to protect Earth's natural resources. We will have Senior resources for the aging population, environmental resources, activities, music and vendors.

REGISTER FOR FREE LUNCH

The first 150 registered participants that complete a vendor passport will be eligible to receive a FREE hot dog lunch with chips and a drink.

TO REGISTER visit [Activity detail](#) | [Online Services](#) (activecommunities.com) or call 916-366-3133

Hoppin' & Huntin' at Hagan

Saturday, April 1 • 11 a.m. - 1 p.m.

HAGAN COMMUNITY PARK

Join us for a FREE egg hunt, inflatables, games, music and more!

SILVER SURFERS

\$20 Members/\$25 Non-Members

Classes are for beginners and open to all ages.
Use of computers included

- ◆ April 3: A New Way to Call: Video Chatting
- ◆ April 17: Android 101: The Basics
- ◆ April 24 iPhone101: The Basics
- ◆ May 01: Computer 101: The Basics

Taco Salad & Bingo Fundraiser

Monday, June 12 2023

11:30 AM– 3:00 PM

Taco Salad (\$5 per person)

Bingo (21+): (\$5 per person)

Enjoy a taco salad with all the fixings and stay to play some bingo. This is a fundraiser hosted by the Cordova Senior Advisory Board. All proceeds benefit the Neil Orchard Senior Activities Center.

Purchase tickets at the front desk

CASH or CHECK ONLY

Arts & Crafts : First Fridays 10am-Noon

Create, socialize in an ongoing arts & crafts series with a new focus each week.

April 7– Furoshiki –Japanese Fabric Gift Wrapping

single class for \$5 + \$5 material per class

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

Enjoy a rewarding journey of creating in fabric.

*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

COMMUNITY

YARDSALE

Lincoln Village Community Park
Saturday, May 6 | 8 a.m. - 2 p.m.

Vendor Space: \$20

Pick up Vendor Application at Front Desk or

contact Lara Nall at lnall@crpd.com

Need to purge but don't want to be a vendor? Donate your items to the Cordova Senior Advisory Board! Contact the Front Desk to set up a time to drop off your donation.

Cordova Senior Advisory Board

Support our Senior Advisory Board!

ENTER THE RAFFLE!

\$1 PER TICKET / \$5 FOR 6

TICKETS AT THE FRONT DESK

BASKET PRIZE

Gift Cards
\$10 Burger King
\$10 Subway
\$10 Chick-Fil-A
\$20 Walmart
\$20 Target
\$20 Safeway
\$25 Barnes & Noble

Martinelli's Sparkling Cider
Marinara Pasta Sauce
Ricotta & Spinach Tortellini
Golden Toasted Crackers
Belgian Ale Mustard
Sheet Hot Mustard
Smoked Cheddar Cheese
Cheddar Cheese
(2) Beef Summer Sausage
Spagettiserver
Kitchen Towel
Extra Virgin Olive Oil

Raffle winner to be announced at
Cinco de Mayo Fiesta on May 3rd, 2023
Tickets available at the front desk

THE GOLD STANDARD FOR MUSICALS



The Story of Franky Valli & The Four Seasons



JERSEY BOYS

COLUMBIA, CA | 20 JULY | 2:00 PM

GET UP 'N' GO

Journey behind the music of Frankie Valli and the Four Seasons to discover the secret of a 40 year friendship. Then enjoy a hosted lunch in downtown Sonora before the toe tapping musical at the Fallon House Theatre.

Fee: \$139 Register by: **June 20th** Departure: 8:30am Activity Level: Minimal

CONTACT US: 916-366-31333

LNALL@CRPD.COM



PARK & FACILITY

Naming Application

IS THERE SOMEONE YOU WANT TO NOMINATE TO HAVE A PARK OR FACILITY NAMED IN THEIR HONOR? SUBMIT YOUR SUGGESTIONS TO OUR NEW NAMING APPLICATION!



OPEN 2/21 - 4/21

FREE PRESENTATIONS

SPACE LIMITED: RSVP AT FRONT DESK



Extended Travel with Collette

Monday, April 10 at 1-2 p.m.

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

Information on upcoming trips will be resented as well as suggestions for future trip offered.

How to Spot Fake Emails

Monday, April 24 at 1-2 p.m.

With increasing use of online services, email has become a widespread weapon to target seniors. We will go through the most common email scams and learn how to identify and avoid them.

April Birthdays

Don't see your name? Check with the front to make sure

Joyce Armstrong	Rebecca Jagers	Hermína Oliveros
Loy Baxter	Harry Kazarian	Robert Parker
Curtis Bryant	Monta Sue Lewis	Kim Yong Pok
Danilda Christian	Lorraine Linden	Marjorie Polgar
Petey Connolly	Kurt Linn	Liisa Rohmer
Lynn Dix	Maira Lopez	Ted Saunders
Reta Douglas	Mariana Manoila	Joe Seo
Bonnie Friddle	Quinten Marks	Dietta Steiner
Linda Gibson	Kay Marlowe	Chris Steurer
Ernest Harding	Gwendolyn Martin	Sheryl Sutter
Carla Hart	John McCaslin	Barbara Taylor
Debbie Haughn	Chelsea Medina	Stanley Tucker
Diane Heine	Behrouz Mehrzad	Antonio Velasquez
Wesley Hight	Avis Moore	Wayne Weisbecker
Mary Jo Hoffman		Paul White
Ayumi Inoue		Rose Wilson

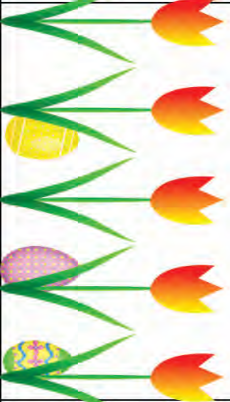


April 2023



Neil Orchard Senior Activities Center
 3480 Rutler 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>3</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>10 a.m. - Noon Silver Surfers: A New Way to Call Video Chatting</p> <p>10:30 - 11:15 a.m. Intermediate Tai Chi Practice</p> <p>1 - 4 p.m. Sewing Group</p>	<p>4</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. 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>5</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 & Movement</p>	<p>6</p> <p>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 & 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>7</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>10 a.m. - Noon Arts & Crafts</p> <p>Noon - 2 p.m. Bingo</p> <p>Noon - 2 p.m. Ceramics</p> <p>4 - 5 p.m. Cooking with Kids</p> <p>Have a great Easter Weekend!</p>
<p>10</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>10:30 - 11:15 a.m. Intermediate Tai Chi Practice</p> <p>1 - 2 p.m. Extended Travel with Collette</p>	<p>11</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. 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>12</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. Garden Club</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 & Movement</p>	<p>13</p> <p>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 & 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>14</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>Noon - 2 p.m. Ceramics</p> <p>4 - 5 p.m. Cooking with Kids</p>
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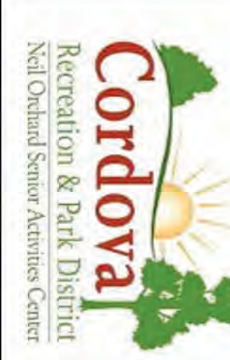


*Please call (916) 376-8915 to make an appointment for HICAP

*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



St. Patrick's Day Celebration 2023

