



KRISTI BIRD - EDITOR

“Health is Wealth”

By Heather Schelske—Neil Orchard Senior Activities Center Supervisor



Last month in May we Celebrated Cinco de Mayo with a Fiesta, live music, and delicious food. We also got to celebrate National Pizza Day with some pizza pie. June is a great time to focus on exercise and health, especially as the summer weather starts to warm up.

Here are some ideas for incorporating exercise and healthy habits into your routine for the month:

1. Take Advantage of the longer days and the warmer weather by spending more time outdoors. Join our walking group every Monday, Wednesday, and Friday starting at 9 a.m.
2. Try a new form of exercise you’ve been curious about, like yoga, Pilates, Zumba chair yoga, or line dance. (You can try out our classes for a one time drop-in fee of \$5)
3. Set a goal for yourself, such as attending at least one class a week. This can help keep you motivated and accountable.
4. Make sure to stay hydrated, especially if you are spending more time outside. Drink plenty of water throughout the day, and consider adding electrolyte-enhanced beverages or foods to your diet to replenish lost nutrients.
5. Incorporate more whole foods into your diet, like fruits, vegetables, and lean proteins. These foods can help keep you energized and nourished and can support your exercise routine. Our weekly Wednesday Green Thumb meals incorporate many nutritional values.

By focusing on exercise and health this June, you can set yourself up for a happy, healthy summer season. I continue my weekly journey of hiking from 1.5 to 5 miles. I find this helps not only with my endurance but also with my mental health. I encourage you to find something to get you outside and stay moving.

IMPORTANT DATES TO REMEMBER:

June 7: Garden Club	June 12: Advisory Board Taco Salad & Bingo Fundraiser
June 18: Happy Father’s Day!	June 21: Senior Advisory Board Meeting
June 26: Google Maps 101 Presentation	July 3-7 Center is Closed for Independence Day &



Address:

3480 Routhier 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



JUNE GREEN THUMB LUNCH

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

RSVP by calling (916) 366-3133

Lunch Served at 11:30 a.m.

Wednesdays	
7	Chicken Noodle Soup w / Pasta Salad
14	Roasted Tomato Soup w / Grilled Cheese Half Sandwich
21	Ham & Potato Soup w / Egg Salad Half Sandwich
28	French Onion Soup w / Chef Salad
*Center is closed July 3 - 7 for Independence Day & cleaning	

Monday, June 12 2023

11:30 AM– 3:00 PM

Taco Salad (\$5 per person)

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

BOTH (\$10 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

Hot Dog Lunch!

July 19th at 11:30AM

***Bingo as regularly scheduled**

\$5 per person / \$8 TO-GO

Join us in celebrating National Hot Dog Day with one of the staples of American cuisine! Your reservation includes a grilled hot dog, bag of chips and a beverage.

Sponsored by:

Alignment Health



Mystery Trip

OCT. 19TH

*There is no earthly way of knowing which direction they are going!
Explore new places & enjoy the adventure to places unknown.*

\$125 Per Person
Activity Level: Moderate

Contact us: 916-366-3133
lnall@crpd.com

SILVER SURFERS

\$20 Members/\$25 Non-Members

Embrace technology & build your confidence.
Manage your phone so you can keep in touch with your loved ones while using it to its full potential.
Explore new apps and keep your phone up-to-date.
Classes are for beginners and open to all ages.

- ◆ **June 05: Android 101: The Basics**
- ◆ **June 12: iPhone 101: The Basics**

The Garden Club

We meet at 10 a.m. on the first Wednesday of each month. Meetings are free and open to the public. We will do a brief introduction followed by a "hands on" gardening session. Bring a pair of gloves and small gardening tools.

COME HELP US GROW!

Next Meeting
June 7

WATER AEROBICS

Water aerobics is a fun, low impact and healthy way to get a total body workout.

LOCATIONS:

Cordova Community Pool:
June 5- Aug. 3: M-Th Noon - 12:50 p.m.
Aug. 7- Aug. 17: M-Th 6:30 -7:20 p.m.

Lincoln Village Community Pool:
June 5 -Aug. 3: M-Th 7-7:50 p.m.

\$10/Class or \$64/8 visits punch card

REGISTER TODAY
916-369-9844

Ceramic: Fridays

Participants can learn a wide range of basic clay techniques including hand-building, forming, construction and a variety of method to glaze.

Intermediate: 10 a. m. - 12 p.m.

Beginning: Noon - 2 p.m.

(8 week sessions)

\$30 (Members) + \$30 Material fee due on first day.

JOIN US FOR COFFEE, SNACKS AND

FREE INFORMATION!

Google Maps

Monday, June 26 at 1-2 p.m.

Technology has made it easier and more reliable than ever to get where you're going. Learn how to use one of the most common map apps to find your way and avoid a wrong turn.

Get Up 'N' Go Travel Presentations

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

Ready to get up and go? Learn about upcoming motorcoach trips and give input on what future trips you'd like to see us offer.

Estate Planning/Wills & Trusts

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

Planning for the future is crucial and estate planning is particularly important for seniors.

However, estate planning requires numerous practical and legal consideration.

An advocate from the Senior Legal of Northern California will walk you through this complex process. There will be a short Q&A session afterwards.



**Party
in
the Park**

Party in The Park

Saturday, July 22 at 10 a.m. –1 p.m.

Rosemont Community Park

9326 Americana Way, Sacramento

Come Celebrate National Park Month

Join us for a fun summer evening in the park with giveaways, music and vendors. Lincoln Village Pool will be open to the public for a free family swim night. Enjoy a variety of food and drinks from our vendors.



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

- | | | | |
|------------------|---------------------|------------------|-------------------|
| Donna Albright | James Han | Allene Morris | Susan Skinner |
| Linda Albright | Pearlean Harper | Nancy Nelson | Tannie Stephens |
| Nancy Armas | Donna Hill | Steven Parry | Janette Stjakovic |
| Retta Bal | Catherine Josephson | Richard Pawling | Marylouise Tande |
| Denise Brouchars | Hahnaz Kazari | Kathleen Pearson | Stephan Turner |
| Crystal Burnside | Jeanette Leonard | LaRae Reese | Mary Van Cleef |
| Glenda Caldwell | Wendell Loadholt | Ann Sander | Teri Vassey |
| Roberta Campbell | James Mar | Paul Sandoz | Kathleen Ventura |
| Barbara Couri | Rosemarie Mefford | Mark Schneider | Marbella Wands |
| Yvonne Commings | Vangie Merrill | Holly Sexton | Patricia Wilcox |
| Joanne French | Karen Merritt | Spencer Simmons | Michael Winch |
| Hilda Garcia | | | Cindy Young |

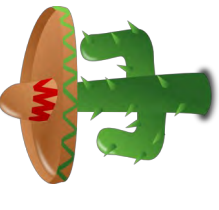


June 2023

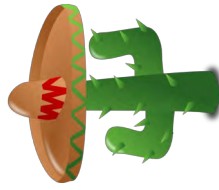


Neil Orchard Senior Activities Center
 3480 Router Road, Sacramento, CA 95827 916-366-3133
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Monday		Tuesday		Wednesday		Thursday		Friday			
<p>5 8 - 9 a.m. Senior Exercise</p> <p>9:15 - 10:15 a.m. Beginning Kundalini Yoga</p> <p>9 - 10 a.m. Walking to Get Fit</p> <p>10 a.m. - Noon Silver Surfers: Android 101: The Basics</p> <p>10:30 - 11:15 Intermediate Tai Chi Practice</p> <p>3 - 4 p.m. Cooking with Kids</p> <p>1 - 4 p.m. Sewing Group</p>		 <p>6 9 - 11 a.m. Knitting Group</p> <p>9 - 10 a.m. Beginning 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>4:40 - 5:25 p.m. Floor Mat Pilates</p> <p>5:30 - 6:30 p.m. Restorative Yoga for the Back</p>		 <p>7 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>9 - 10 a.m. Walking to Get Fit</p> <p>11:30 a.m. - Noon Green Thumb Lunch</p> <p>Noon - 2 p.m. Bingo</p> <p>2:45 - 3:30 p.m. Active Aging: Balance & Movement</p>		<p>8 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>4:40 - 5:25 p.m. Floor Mat Pilates</p> <p>5:30 - 6:30 p.m. Restorative Yoga for the Back</p>		<p>9 8 - 9 a.m. Senior Exercise</p> <p>9:15 - 10:15 a.m. Beginning Kundalini Yoga</p> <p>9 - 10 a.m. Walking to Get Fit</p> <p>10a.m.-Noon Intermediate Ceramics</p> <p>Noon - 2 p.m. Bingo</p> <p>Noon - 2 p.m. Beginning Ceramics</p> <p>4 - 5 p.m. Cooking with Kids</p>		<p>2 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>10a.m.-Noon Intermediate Ceramics</p> <p>Noon - 2 p.m. Bingo</p> <p>Noon - 2 p.m. Beginning Ceramics</p> <p>4 - 5 p.m. Cooking with Kids</p>	
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Cinco de Mayo Fiesta



May 3rd 2023

