

KRISTI BIRD - EDITOR

“Summer is Here!”

By Heather Schelske—Neil Orchard Senior Activities Center Supervisor



As long as I have lived in the greater Sacramento region, I have never experienced a more beautiful Spring weather, but I feel the weather is now quickly turning into those triple-digit summer days. Remember to be prepared for the intense heat as the weather turns. Make sure to carry water with you and more importantly, drink it. Members are always welcome to hang out in the lounge during those hot days to cool off.

Last month the Senior Advisory board had a great turnout for their Taco Salad and Bingo fundraiser. This board continues to do a great job working together to raise funds for the center and currently looking to raise funds for new chairs. We are grateful and appreciate all the help that we receive from the Senior Advisory Board.

National Selfie Day was June 21st; many of you participated in our selfie challenge. Make sure to look inside for all the great photos.

We now have a new cook! His name is Phil, and I encourage you to introduce yourself to him. Now that Phil has started this month, our Green Thumb lunches will be served on Wednesdays and Fridays from 11:30 a.m. to noon. Make sure to look at the menu and make your reservations ASAP. We are excited to be bringing lunches back on Fridays.

Remember, the Senior Center will be closed from July 3rd – July 7th in observance of the holiday and deep cleaning. When you return, the floors and building will be shining. “True patriotism springs from a belief in the dignity of the individual, freedom and equality not only for Americans but for all people on earth.” – Eleanor Roosevelt Happy 4th of July!



IMPORTANT DATES TO REMEMBER:

July: 3 - 7 CENTER CLOSED	July: 19 Hot Dog Day !
July: 4 HAPPY 4TH OF JULY	July: 22 Party in The Park– Rosemont Community Park
July: 10 Get Up ‘N’ Go Travel Presentations	July: 24 Estate Planning/Wills & Trusts



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



JULY 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		Fridays	
July 3 - 7 Center is closed for cleaning & observance of Independence Day			
12	Chili Taco Soup w/ Quesadilla	14	Tomato Parmesan Soup w/ Turkey Wrap
19	Hot Dog Lunch! (Bingo as regularly scheduled)	21	Corn Chowder w/ Broccoli Salad
26	Italian Sausage Soup w/ Chef Salad	28	Chicken Noodle Soup w/ Half - Ham Sandwich

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, pasta salad, bag of chips and a beverage.



Sponsored by:
 Alignment Health



National Senior Citizen Day!



August 23rd at 11:30AM

\$8 for Members

\$10 for Non-Members/TO-GO

Join us as we support, honor, and show our appreciation to our Seniors and their positive contributions to the community.

Menu: Tri Tip, Potato Salad, Baked Beans, Roll & Dessert

Sponsored by:

 Alignment Health


Bristol Hospice
embracing a reverence for life
SACRAMENTO


Golden Pond



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 morning at Rosemont Community Park with giveaways, music and vendors. Enjoy a variety of food and drinks from our vendors.



SILVER SURFERS

August 07, 1-2 p.m.

FREE

TECHNOLOGY WORKSHOP FOR SENIORS

“Top 5 to 10 Phone Usages”

Have you been wanting to know how to install new apps on your phone or how to take a screenshot, remove cookies, or even been asking yourself what screenshots and cookies are?

[Sign up](#) today and become technology savvy!

Call us at 916-366-3133

JOIN US FOR COFFEE, SNACKS AND

FREE INFORMATION!

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

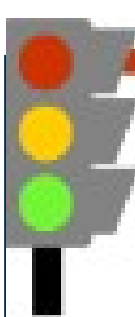
Monday, July 24 at 1-2 p.m.

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.



SAY HI TO OUR NEW COOK: PHIL BAILEY!

Since completing the American River Colleges Hospitality Management program, I’m eager to learn and grow, while sharpening my culinary skills & developing my style over the last few years. I am at a point in life in which I have a desire to pursue other interests and avenues that may lead to greater things. I am excited to be working at the Senior Center and look forward getting to know everyone!



GET UP 'N' GO

Mystery Trip

Thursday, Oct. 19, 2023

Fee: \$125 per person

There is no earthly way of knowing which direction they are going! (That's part of the magic!) Exploring new places and embracing the sense of wonder is a fantastic way to rejuvenate our spirits and reconnect with our inner child. You can not imagine the marvelous surprises that await you!

San Francisco Shopping Day

Thursday, Nov. 16, 2023

Fee: \$80 per person

Kick off the holiday season with a day of shopping, dining, and sightseeing in San Francisco. You have your choice of being dropped off in beautiful and bustling Union Square or at the festive Pier 39 to experience one of the most recognizable waterfronts in the world.

Nevada City Victorian Christmas

Thursday, December 3, 2023

Fee: \$65 per person

Welcome the holiday season in style in historic Nevada City where each year the town's picturesque downtown transforms into a genuine Christmas card come to life.

Join us for the one and only Victorian Christmas, where the enticing aromas of roasted chestnuts and hearty holiday foods fill the air and the lamp-lit streets overflow with authentic Christmas treasures.



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

Suzanne Austen	Iona McGaughy
Karen Baker	Patricia Morgan
Victor Bellini	Barbara Nall
Doris Brooks	Larry Nall
Dale Carlson	Il Rang Pak
Marion Carlson	Urmila Patel
Sharron Cianci	Shute Pong
John Donnelly	Susan Quirarte
Katherine Ellis	Lorraine Reali
Rudy Engelhardt	Patricia Ronbedee
Scott Faulds	Randy Roberts
Barbara Fernengel	Tonianne Ross
Francis Fortier	Lynda Salas
Michelle Gaymon	Silifat Sanyaolie
Sabrina Goderich	Carol Schweder
Sheila Golden	Sheryl Smith
Phyllis Marie Gunton	Beth Stein
Lisa Hollman	Danna Stout
Sally Josephson	Greg Streeter
Yong In Kim	Barbara Thomas
Connie Lann	Thomas Trisler
Ernesto Lopez	Jeannie Tuner
Richard Lovell	Harpreet Virk
Karen Lucas	Josephine Williams
Carol Matson	Janet Winger



July 2023

Neil Orchard Senior Activities Center
 3480 Router 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

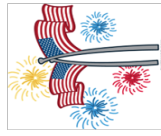
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4

5

6

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We will be closed for cleaning and in observance of Independence Day.

Happy 4th of July!

10	8 - 9 a.m. Senior Exercise	9 - 11 a.m. Knitting Group	8 - 9 a.m. Senior Exercise	9 - 10 a.m. Cheng Man Ching Tai Chi	14	8 - 9 a.m. Senior Exercise
	9:15 - 10:15 a.m. Beginning Kundalini Yoga	9 - 10 a.m. Beginning Tai Chi	9:15 - 10:15 a.m. Beginning Kundalini Yoga	10:30 - 11:30 a.m. Cordova Independent Artists		9:15 - 10:15 a.m. Beginning Kundalini Yoga
	9 - 10 a.m. Walking to Get Fit	9:30 - 11:30 a.m. Cordova Independent Artists	10 - 11 a.m. Garden Club	Noon - 1 p.m. Zumba Gold		9 - 10 a.m. Walking to Get Fit
	10:30 - 11:15 Intermediate Tai Chi Practice	Noon - 1 p.m. Zumba Gold	9 - 10 a.m. Walking to Get Fit	1:15 - 2:45 p.m. Beginning Line Dance		10 a.m. - Noon Intermediate Ceramics
	3 - 4 p.m. Cooking with Kids	1:15 - 2:45 p.m. Beginning Line Dance	11:30 a.m. - Noon Green Thumb Lunch	3:45 - 6:30 p.m. Fitness w/ Jennifer Alton cancelled		11:30 - Noon Green Thumb Lunch
	1 - 4 p.m. Sewing Group	3:45 - 6:30 p.m. Fitness w/ Jennifer Alton cancelled	2:45 - 3:30 p.m. Fitness w/ Jennifer Alton cancelled			Noon - 2 p.m. Bingo
						Noon - 2 p.m. Beginning Ceramics
						4 - 5 p.m. Cooking with Kids

11	9 - 11 a.m. Knitting Group	18	9 - 11 a.m. Knitting Group	25	9 - 11 a.m. Knitting Group
	9 - 10 a.m. Beginning Tai Chi	9 - 10 a.m. Beginning Tai Chi	9 - 10 a.m. Beginning Tai Chi	9 - 10 a.m. Beginning Tai Chi	9 - 10 a.m. Beginning Tai Chi
	9:30 - 11:30 a.m. Cordova Independent Artists	9:30 - 11:30 a.m. Cordova Independent Artists	9:30 - 11:30 a.m. Cordova Independent Artists	9:30 - 11:30 a.m. Cordova Independent Artists	9:30 - 11:30 a.m. Cordova Independent Artists
	Noon - 1 p.m. Zumba Gold	Noon - 1 p.m. Zumba Gold	Noon - 1 p.m. Zumba Gold	Noon - 1 p.m. Zumba Gold	Noon - 1 p.m. Zumba Gold
	1:15 - 2:45 p.m. Beginning Line Dance	1:15 - 2:45 p.m. Beginning Line Dance	1:15 - 2:45 p.m. Beginning Line Dance	1:15 - 2:45 p.m. Beginning Line Dance	1:15 - 2:45 p.m. Beginning Line Dance
	3:45 - 6:30 p.m. Fitness w/ Jennifer Alton cancelled	3:45 - 4:30 p.m. Active Aging: Chair Yoga	3:45 - 4:30 p.m. Active Aging: Chair Yoga	3:45 - 4:30 p.m. Active Aging: Chair Yoga	3:45 - 4:30 p.m. Active Aging: Chair Yoga
		4:40 - 5:25 p.m. Floor Mat Pilates	4:40 - 5:25 p.m. Floor Mat Pilates	4:40 - 5:25 p.m. Floor Mat Pilates	4:40 - 5:25 p.m. Floor Mat Pilates
		5:30 - 6:30 p.m. Restorative Yoga for the Back	5:30 - 6:30 p.m. Restorative Yoga for the Back	5:30 - 6:30 p.m. Restorative Yoga for the Back	5:30 - 6:30 p.m. Restorative Yoga for the Back

12	8 - 9 a.m. Senior Exercise	19	8 - 9 a.m. Senior Exercise	26	8 - 9 a.m. Senior Exercise
	9:15 - 10:15 a.m. Beginning Kundalini Yoga	9:15 - 10:15 a.m. Beginning Kundalini Yoga	9:15 - 10:15 a.m. Beginning Kundalini Yoga	9:15 - 10:15 a.m. Beginning Kundalini Yoga	9:15 - 10:15 a.m. Beginning Kundalini Yoga
	10 - 11 a.m. Garden Club	9 - 10 a.m. Walking to Get Fit	9 - 10 a.m. Walking to Get Fit	9 - 10 a.m. Walking to Get Fit	9 - 10 a.m. Walking to Get Fit
	9 - 10 a.m. Walking to Get Fit	11:30 a.m. - Noon Hot Dog Lunch!	11:30 a.m. - Noon Hot Dog Lunch!	11:30 a.m. - Noon Green Thumb Lunch	11:30 a.m. - Noon Green Thumb Lunch
	11:30 a.m. - Noon Green Thumb Lunch	Noon - 2 p.m. Bingo	Noon - 2 p.m. Bingo	Noon - 2 p.m. Bingo	Noon - 2 p.m. Bingo
	Noon - 2 p.m. Bingo	2:45 - 3:30 p.m. Active Aging: Balance & Movement	2:45 - 3:30 p.m. Active Aging: Balance & Movement	2 - 3 p.m. Senior Advisory Board	2 - 3 p.m. Senior Advisory Board
	2:45 - 3:30 p.m. Fitness w/ Jennifer Alton cancelled			2:45 - 3:30 p.m. Active Aging: Balance & Movement	2:45 - 3:30 p.m. Active Aging: Balance & Movement

13	9 - 10 a.m. Cheng Man Ching Tai Chi	20	9 - 10 a.m. Cheng Man Ching Tai Chi	27	9 - 10 a.m. Cheng Man Ching Tai Chi
	Noon - 1 p.m. Zumba Gold	9 - 10 a.m. Walking to Get Fit	9 - 10 a.m. Walking to Get Fit	Noon - 1 p.m. Zumba Gold	Noon - 1 p.m. Zumba Gold
	1 - 3:20 p.m. Advanced Line Dance	11:30 a.m. - Noon Hot Dog Lunch!	11:30 a.m. - Noon Hot Dog Lunch!	1 - 3:20 p.m. Advanced Line Dance	1 - 3:20 p.m. Advanced Line Dance
	Noon - 4 p.m. Hand & Foot Card Group	Noon - 2 p.m. Bingo	Noon - 2 p.m. Bingo	Noon - 4 p.m. Hand & Foot Card Group	Noon - 4 p.m. Hand & Foot Card Group
	3:45 - 6:30 p.m. Fitness w/ Jennifer Alton cancelled	2:45 - 3:30 p.m. Active Aging: Balance & Movement	2:45 - 3:30 p.m. Active Aging: Balance & Movement	3:45 - 4:30 p.m. Active Aging: Chair Yoga	3:45 - 4:30 p.m. Active Aging: Chair Yoga
				4:40 - 5:25 p.m. Floor Mat Pilates	4:40 - 5:25 p.m. Floor Mat Pilates
				5:30 - 6:30 p.m. Restorative Yoga for the Back	5:30 - 6:30 p.m. Restorative Yoga for the Back

14	8 - 9 a.m. Senior Exercise	21	8 - 9 a.m. Senior Exercise	28	8 - 9 a.m. Senior Exercise
	9:15 - 10:15 a.m. Beginning Kundalini Yoga	9:15 - 10:15 a.m. Beginning Kundalini Yoga	9:15 - 10:15 a.m. Beginning Kundalini Yoga	9:15 - 10:15 a.m. Beginning Kundalini Yoga	9:15 - 10:15 a.m. Beginning Kundalini Yoga
	9 - 10 a.m. Walking to Get Fit	9 - 10 a.m. Walking to Get Fit	9 - 10 a.m. Walking to Get Fit	9 - 10 a.m. Walking to Get Fit	9 - 10 a.m. Walking to Get Fit
	10 a.m. - Noon Intermediate Ceramics	10 a.m. - Noon Intermediate Ceramics	10 a.m. - Noon Intermediate Ceramics	10 a.m. - Noon Intermediate Ceramics	10 a.m. - Noon Intermediate Ceramics
	11:30 - Noon Green Thumb Lunch	Noon - 2 p.m. Bingo	Noon - 2 p.m. Bingo	11:30 - Noon Senior Advisory Board	11:30 - Noon Senior Advisory Board
	Noon - 2 p.m. Bingo	2:45 - 3:30 p.m. Active Aging: Balance & Movement	2:45 - 3:30 p.m. Active Aging: Balance & Movement	Noon - 2 p.m. Bingo	Noon - 2 p.m. Bingo
	Noon - 2 p.m. Beginning Ceramics			Noon - 2 p.m. Beginning Ceramics	Noon - 2 p.m. Beginning Ceramics
	4 - 5 p.m. Cooking with Kids			4 - 5 p.m. Cooking with Kids	4 - 5 p.m. Cooking with Kids

17	8 - 9 a.m. Senior Exercise	24	8 - 9 a.m. Senior Exercise
	9:15 - 10:15 a.m. Beginning Kundalini Yoga	9:15 - 10:15 a.m. Beginning Kundalini Yoga	9:15 - 10:15 a.m. Beginning Kundalini Yoga
	9 - 10 a.m. Walking to Get Fit	9 - 10 a.m. Walking to Get Fit	9 - 10 a.m. Walking to Get Fit
	10:30 - 11:15 Intermediate Tai Chi Practice	10:30 - 11:15 Intermediate Tai Chi Practice	10:30 - 11:15 Intermediate Tai Chi Practice
	3 - 4 p.m. Cooking with Kids	3 - 4 p.m. Cooking with Kids	3 - 4 p.m. Cooking with Kids

18	9 - 11 a.m. Knitting Group	25	9 - 11 a.m. Knitting Group
	9 - 10 a.m. Beginning Tai Chi	9 - 10 a.m. Beginning Tai Chi	9 - 10 a.m. Beginning Tai Chi
	9:30 - 11:30 a.m. Cordova Independent Artists	9:30 - 11:30 a.m. Cordova Independent Artists	9:30 - 11:30 a.m. Cordova Independent Artists
	Noon - 1 p.m. Zumba Gold	Noon - 1 p.m. Zumba Gold	Noon - 1 p.m. Zumba Gold
	1:15 - 2:45 p.m. Beginning Line Dance	1:15 - 2:45 p.m. Beginning Line Dance	1:15 - 2:45 p.m. Beginning Line Dance
	3:45 - 4:30 p.m. Active Aging: Chair Yoga	3:45 - 4:30 p.m. Active Aging: Chair Yoga	3:45 - 4:30 p.m. Active Aging: Chair Yoga
	4:40 - 5:25 p.m. Floor Mat Pilates	4:40 - 5:25 p.m. Floor Mat Pilates	4:40 - 5:25 p.m. Floor Mat Pilates
	5:30 - 6:30 p.m. Restorative Yoga for the Back	5:30 - 6:30 p.m. Restorative Yoga for the Back	5:30 - 6:30 p.m. Restorative Yoga for the Back

19	8 - 9 a.m. Senior Exercise	26	8 - 9 a.m. Senior Exercise
	9:15 - 10:15 a.m. Beginning Kundalini Yoga	9:15 - 10:15 a.m. Beginning Kundalini Yoga	9:15 - 10:15 a.m. Beginning Kundalini Yoga
	9 - 10 a.m. Walking to Get Fit	9 - 10 a.m. Walking to Get Fit	9 - 10 a.m. Walking to Get Fit
	11:30 a.m. - Noon Hot Dog Lunch!	11:30 a.m. - Noon Hot Dog Lunch!	11:30 a.m. - Noon Green Thumb Lunch
	Noon - 2 p.m. Bingo	Noon - 2 p.m. Bingo	Noon - 2 p.m. Bingo
	2:45 - 3:30 p.m. Active Aging: Balance & Movement	2:45 - 3:30 p.m. Active Aging: Balance & Movement	2 - 3 p.m. Senior Advisory Board

20	9 - 10 a.m. Cheng Man Ching Tai Chi	27	9 - 10 a.m. Cheng Man Ching Tai Chi
	Noon - 1 p.m. Zumba Gold	Noon - 1 p.m. Zumba Gold	Noon - 1 p.m. Zumba Gold
	1 - 3:20 p.m. Advanced Line Dance	1 - 3:20 p.m. Advanced Line Dance	1 - 3:20 p.m. Advanced Line Dance
	Noon - 4 p.m. Hand & Foot Card Group	Noon - 4 p.m. Hand & Foot Card Group	Noon - 4 p.m. Hand & Foot Card Group
	3:45 - 4:30 p.m. Active Aging: Chair Yoga	3:45 - 4:30 p.m. Active Aging: Chair Yoga	3:45 - 4:30 p.m. Active Aging: Chair Yoga
	4:40 - 5:25 p.m. Floor Mat Pilates	4:40 - 5:25 p.m. Floor Mat Pilates	4:40 - 5:25 p.m. Floor Mat Pilates
	5:30 - 6:30 p.m. Restorative Yoga for the Back	5:30 - 6:30 p.m. Restorative Yoga for the Back	5:30 - 6:30 p.m. Restorative Yoga for the Back

21	8 - 9 a.m. Senior Exercise	28	8 - 9 a.m. Senior Exercise
	9:15 - 10:15 a.m. Beginning Kundalini Yoga	9:15 - 10:15 a.m. Beginning Kundalini Yoga	9:15 - 10:15 a.m. Beginning Kundalini Yoga
	9 - 10 a.m. Walking to Get Fit	9 - 10 a.m. Walking to Get Fit	9 - 10 a.m. Walking to Get Fit
	10 a.m. - Noon Intermediate Ceramics	10 a.m. - Noon Intermediate Ceramics	10 a.m. - Noon Intermediate Ceramics
	Noon - 2 p.m. Bingo	Noon - 2 p.m. Bingo	11:30 - Noon Senior Advisory Board
	11:30 - Noon Green Thumb Lunch	11:30 - Noon Green Thumb Lunch	Noon - 2 p.m. Bingo
	Noon - 2 p.m. Beginning Ceramics	Noon - 2 p.m. Beginning Ceramics	Noon - 2 p.m. Beginning Ceramics
	4 - 5 p.m. Cooking with Kids	4 - 5 p.m. Cooking with Kids	4 - 5 p.m. Cooking with Kids

24	8 - 9 a.m. Senior Exercise	31	8 - 9 a.m. Senior Exercise
	9:15 - 10:15 a.m. Beginning Kundalini Yoga	9:15 - 10:15 a.m. Beginning Kundalini Yoga	9:15 - 10:15 a.m. Beginning Kundalini Yoga
	9 - 10 a.m. Walking to Get Fit	9 - 10 a.m. Walking to Get Fit	9 - 10 a.m. Walking to Get Fit
	10:30 - 11:15 Intermediate Tai Chi Practice	10:30 - 11:15 Intermediate Tai Chi Practice	10:30 - 11:15 Intermediate Tai Chi Practice
	3 - 4 p.m. Cooking with Kids	3 - 4 p.m. Cooking with Kids	3 - 4 p.m. Cooking with Kids

25	9 - 11 a.m. Knitting Group	31	9 - 11 a.m. Knitting Group
	9 - 10 a.m. Beginning Tai Chi	9 - 10 a.m. Beginning Tai Chi	9 - 10 a.m. Beginning Tai Chi
	9:30 - 11:30 a.m. Cordova Independent Artists	9:30 - 11:30 a.m. Cordova Independent Artists	9:30 - 11:30 a.m. Cordova Independent Artists
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	4:40 - 5:25 p.m. Floor Mat Pilates	4:40 - 5:25 p.m. Floor Mat Pilates	4:40 - 5:25 p.m. Floor Mat Pilates
	5:30 - 6:30 p.m. Restorative Yoga for the Back	5:30 - 6:30 p.m. Restorative Yoga for the Back	5:30 - 6:30 p.m. Restorative Yoga for the Back

26	8 - 9 a.m. Senior Exercise	31	8 - 9 a.m. Senior Exercise
	9:15 - 10:15 a.m. Beginning Kundalini Yoga	9:15 - 10:15 a.m. Beginning Kundalini Yoga	9:15 - 10:15 a.m. Beginning Kundalini Yoga
	9 - 10 a.m. Walking to Get Fit	9 - 10 a.m. Walking to Get Fit	9 - 10 a.m. Walking to Get Fit
	11:30 a.m. - Noon Green Thumb Lunch	11:30 a.m. - Noon Green Thumb Lunch	11:30 a.m. - Noon Green Thumb Lunch
	Noon - 2 p.m. Bingo	Noon - 2 p.m. Bingo	Noon - 2 p.m. Bingo
	2 - 3 p.m. Senior Advisory Board	2 - 3 p.m. Senior Advisory Board	2 - 3 p.m. Senior Advisory Board
	2:45 - 3:30 p.m. Active Aging: Balance & Movement	2:45 - 3:30 p.m. Active Aging: Balance & Movement	2:45 - 3:30 p.m. Active Aging: Balance & Movement

27	9 - 10 a.m. Cheng Man Ching Tai Chi	31	9 - 10 a.m. Cheng Man Ching Tai Chi
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	1 - 3:20 p.m. Advanced Line Dance	1 - 3:20 p.m. Advanced Line Dance	1 - 3:20 p.m. Advanced Line Dance
	Noon - 4 p.m. Hand & Foot Card Group	Noon - 4 p.m. Hand & Foot Card Group	Noon - 4 p.m. Hand & Foot Card Group
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	5:30 - 6:30 p.m. Restorative Yoga for the Back	5:30 - 6:30 p.m. Restorative Yoga for the Back	5:30 - 6:30 p.m. Restorative Yoga for the Back

28	8 - 9 a.m. Senior Exercise	31	8 - 9 a.m. Senior Exercise
	9:15 - 10:15 a.m. Beginning Kundalini Yoga	9:15 - 10:15 a.m. Beginning Kundalini Yoga	9:15 - 10:15 a.m. Beginning Kundalini Yoga
	9 - 10 a.m. Walking to Get Fit	9 - 10 a.m. Walking to Get Fit	9 - 10 a.m. Walking to Get Fit
	10 a.m. - Noon Intermediate Ceramics	10 a.m. - Noon Intermediate Ceramics	10 a.m. - Noon Intermediate Ceramics
	11:30 - Noon Senior Advisory Board	11:30 - Noon Senior Advisory Board	11:30 - Noon Senior Advisory Board
	Noon - 2 p.m. Bingo	Noon - 2 p.m. Bingo	Noon - 2 p.m. Bingo
	Noon - 2 p.m. Beginning Ceramics	Noon - 2 p.m. Beginning Ceramics	Noon - 2 p.m. Beginning Ceramics
	4 - 5 p.m. Cooking with Kids	4 - 5 p.m. Cooking with Kids	4 - 5 p.m. Cooking with Kids

31	8 - 9 a.m. Senior Exercise
	9:15 - 10:15 a.m. Beginning Kundalini Yoga
	9 - 10 a.m. Walking to Get Fit
	10:30 - 11:15 Intermediate Tai Chi Practice
	3 - 4 p.m. Cooking with Kids

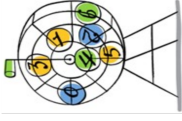
Who has to work on the 4th of July?
 - Fireworks!
 What do ducks love about the 4th of July?
 - Fire Quackers!

What do you get when you combine an elephant with a fish?
 - Swimming trunks!
 What do you call a snowman in July?
 - A puddle!



*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 & Fridays unless otherwise noted. Please see front desk for menus and to make reservations
 *All dates and times are subject to change without notice

Summer is in the Air



May 17, 2023

NATIONAL PIZZA PARTY DAY



June 12th, 2023

Senior Advisory Board Bingo & Taco Salad Fundraiser



June, 21 2023

National Selfie Day!

