

# augUST

Editor: Reeza Gaela

## 11 YEARS STRONG

*By Heather Schelske—Neil Orchard Senior Activities Center Supervisor*



August 1st marks the 11th anniversary for me here at the Neil Orchard Senior Activities Center. Just like fine wine, I hope my residency here only gets better with time. Every year my team and I continue to add innovative programs, events, and equipment to the facility. We will continue to do so as our staff does not like to idle for too long. Do you have an idea for a new class or event? Please let us know!

Did you know that July was National Parks & Recreation Month? To celebrate, we held our annual Party in the Park at Rosemont Community Park. Thank you to everyone who joined us for this great community event. I would also like to thank our Senior Advisory Board for having a booth and helping to inform the community about our senior center. We hope that each day you come to the Senior Center, we make your life just a little better. Although July is Parks Make Life Better month, we strive to make your day better every day. Remember, we have our suggestion/comment box up front, and we are always looking for your feedback. Hot Dog! On July 19th, we had our annual hot dog day. We hope you enjoyed all the extra fixings and macaroni salad. We appreciate Alignment Health for sponsoring this event.

This month you will be receiving the Cordova Recreation and Park District Recreate Activity Guide in your mailbox. Make sure to browse through the guide, mark your calendar and see all our upcoming classes, events, trips, and presentations.

Do not forget to get your tickets for our Senior Citizens Day celebration on August 23rd. Look inside for more information. Reminder we are closed on September 4th for Labor Day.

**IMPORTANT DATES TO REMEMBER:**

<b>Aug. 07</b> FREE Technology Workshop for Seniors	<b>Aug. 17</b> Get Up N Go - A DAY IN THE BAY TRIP
<b>Aug. 09</b> Garden Club Mtg.	<b>Aug. 23</b> Senior Advisory Mtg.
<b>Aug. 14</b> Consumer Debt Presentation	<b>Aug. 23</b> National Senior Citizen's Day (no bingo)
<b>Sept. 4</b> CLOSED for LABOR DAY	



**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



## AUGUST 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	
2	Baked Potato w/ Chili	4	Chicken Caesar Salad w/ Minestrone Soup
9	Veggie Croissant Sandwich w/ Beef & Barley Soup	11	Anti-Pasta Salad w/ Split Pea Soup
16	Half Tuna Sandwich w/ Broccoli Cheddar Soup	18	Spinach Salad w/ Tortellini Soup
23	<b>Green Thumb Lunch Cancelled for Senior Citizens Day (No Bingo)</b>	25	Half BLT Sandwich w/ Hearty Veggie Soup
30	Cream of Mushroom Soup w/ Chef Salad		

### 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. Live music performed by the Moon Glow Band!

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

Sponsored by:   Alignment Health

[pageborders.org](http://pageborders.org)

### National Cheeseburger Day

Wednesday, September 20

11:30AM

\$6 for Members

\$8 Non-Members/To-Go  
 (Must RSVP in Advance)



Join us as we grill up America's favorite sandwich with a slice of cheese! Price includes a cheeseburger with all the fixings, a bag of chips, and beverage.

Sponsored by:

 Alignment Health

BRISTOL HOSPICE  
 embracing a reverence for life  
 SACRAMENTO

## New Class in September

### Wire Wrap Jewelry Making

#### With Deborah Kelly



8 week session on Fridays—2:30-4pm  
\$70 Members / \$75 Non-Members  
Material fee due on 1st day  
This class is for all levels of experience.

## 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

## FREE PRESENTATIONS

SPACE LIMITED: RSVP AT FRONT DESK

### Consumer Debt Protection

**Monday, Aug, 14 at 1 p.m.**

Having debt is a stressful and expensive fact of life, but with the right knowledge you can manage your debt without having to file bankruptcy or paying for debt relief services. This presentation is about seniors' rights and obligations when they owe money, and the available options to manage debt.

## CARD-MAKING CLASS

### COMING IN SEPTEMBER

1st & 3rd Wed. Monthly

9:30 a.m. - 11:30 a.m.

\$25 for members/\$30 for non-members  
or

\$5 Drop in per class

\$5 material fee per class paid to instructor

# DOGIE DAY IN THE PARK

Saturday, September 23, 2023

8:30 a.m. - 10:30 a.m.

Hagan Community Dog Park

**FREE to Attend**

Contests · Games · Giveaways · Vendors

**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  
Inall@crpd.com



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


Lisa Alexander Kathe Jacobs	Elizabeth Otero	Carol Van Horn	Milica Domanovich
Blanche Jung	Esperanza Pedrin	Sylvia Wheeler	Linda DuCray
Audrey Kaake	Marianne Ponder	Joyce Arrighi	Elaine Duncan
Barbara Jean Larson	Gloria Profit	Nan Baker	Judy Duncan
In Soon Lee	Susan Rubinstein-Szabo	Brian Barch	Judy Elliott
Micki Malone	George Rummel	Erin Beverly	George Foxworth
William McGaughy	Carol Santarosa	Emma Beza	Rhonda Gipson
Luis Mercado	Carolyn Seo	Susan Christensen	Suzanne Hanrahan
Julie Monroe	Lynda Street	Christine Crum	Sala Hawkins
Trish Moss	Kimberly Stroman	Linda Clinton	Leon Hayden
Venita O'Connor	Ann Thomason	Florence Cottrell	Arbie Henderson
Sung Hwan O	Gelian Toppazada	Leta Cousineau	Jaqueline Hightower
		Laurie Cueva	Sandy Inouye



# August 2023



Neil Orchard Senior Activities Center  
 3480 Rottler 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
 7 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 1-2 p.m. FREE Technology Workshop 1-4 p.m. Sewing Group	1 9-11 a.m. Knitting Group 9-10 a.m. Beginning Tai Chi 9:30-11:30 a.m. Cordova Independent Artists Noon-1 p.m. Zumba Gold Beginning Line Dance 1:15-2:45 p.m. Active Aging: Chair Yoga 3:45-4:30 p.m. Floor Mat Pilates 4:40-5:25 p.m. Restorative Yoga for the Back	2 8-9 a.m. Senior Exercise 9:15-10:15 a.m. Beginning Kundalini Yoga 9-10 a.m. Walking to Get Fit 11:30 a.m.-Noon Green Thumb Lunch Noon-2 p.m. Bingo 2:45-3:30 p.m. Active Aging: Balance & Movement	3 9-10 a.m. Cheng Man Ching Tai Chi Noon-1 p.m. Zumba Gold 1-3:20 p.m. Advanced Line Dance Noon-4 p.m. Hand & Foot Card Group 3:45-4:30 p.m. Active Aging: Chair Yoga 4:40-5:25 p.m. Floor Mat Pilates 5:30-6:30 p.m. Restorative Yoga for the Back	4 8-9 a.m. Senior Exercise 9:15-10:15 a.m. Beginning Kundalini Yoga 9-10 a.m. Walking to Get Fit 10a.m.-Noon Intermediate Ceramics 11:30- Noon Green Thumb Lunch Noon-2 p.m. Bingo Noon-2 p.m. Beginning Ceramics 4-5 p.m. Cooking with Kids
8 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 1-2 p.m. FREE Technology Workshop 1-4 p.m. Sewing Group	9 9-11 a.m. Knitting Group 9-10 a.m. Beginning Tai Chi 9:30-11:30 a.m. Cordova Independent Artists Noon-1 p.m. Zumba Gold 1:15-2:45 p.m. Beginning Line Dance 3:45-4:30 p.m. Active Aging: Chair Yoga 4:40-5:25 p.m. Floor Mat Pilates 5:30-6:30 p.m. Restorative Yoga for the Back	10 8-9 a.m. Senior Exercise 9:15-10:15 a.m. Beginning Kundalini Yoga 9-10 a.m. Walking to Get Fit 10-11 a.m. Garden Club 11:30 a.m.-Noon Green Thumb Lunch Noon-2 p.m. Bingo 2:45-3:30 p.m. Active Aging: Balance & Movement	11 9-10 a.m. Cheng Man Ching Tai Chi Noon-1 p.m. Zumba Gold 1-3:20 p.m. Advanced Line Dance Noon-4 p.m. Hand & Foot Card Group 3:45-4:30 p.m. Active Aging: Chair Yoga 4:40-5:25 p.m. Floor Mat Pilates 5:30-6:30 p.m. Restorative Yoga for the Back	18 8-9 a.m. Senior Exercise 9:15-10:15 a.m. Beginning Kundalini Yoga 9-10 a.m. Walking to Get Fit 10a.m.-Noon Intermediate Ceramics 11:30- Noon Green Thumb Lunch Noon-2 p.m. Bingo Noon-2 p.m. Beginning Ceramics 4-5 p.m. Cooking with Kids
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# Time to Kick Start your Holiday Spirit!



Take a look at our past events and trips during the holiday season  
Keep an eye out for our special events and upcoming Get Up N' Go Trips for the 2023 Holidays!

## Halloween Bash



## Thanksgiving Feast



## Winter Wonderland



## Get Up N Go: Flights, Lights & Bites

