

SEPTEMBER 2023

“Stepping Into a New Season”

By Heather Schelske—Neil Orchard Senior Activities Center Supervisor

Editor: Reeza Anne Gaela



Last month we celebrated Senior Citizen’s Day with a wonderful party. With a sold-out crowd, we had a delicious meal, live music from the Moon Glow band and our Senior Advisory Board raffled off their incredible quilt and gift card basket. The event was sponsored by Golden Pond, Alignment Health, and Bristol Hospice.

As the weather transitions from summer to fall, senior citizens may experience certain changes and considerations related to their health and well-being.

Here are a few aspects to keep in mind:

- Temperature fluctuations: Dress in layers to adjust in varying temperatures throughout the day. Make sure to continue to drink lots of water throughout the day.
- Joint Pain: Cooler temperatures and changes in atmospheric pressure can exacerbate joint pain for some seniors. Taking one of our exercise classes can help strengthen and increase your mobility.
- Limited daylight: As the days become shorter, you may experience a decrease of natural light and vitamin D. I encourage you to join our Free walking group to get your natural light exposure.

It’s important for senior citizens to stay active and we offer so many classes to keep your mind, body and spirit going. Make sure to check out our Fall/Winter Activity guide that will be arriving in your mailbox in the next few weeks.

Our next special luncheon is Cheeseburger Day on September 20th. Our Senior Advisory Board will be hosting their Baked Potato and Bingo event on October 16th. The Senior Advisory Board is a non-profit that helps support the center to get grants, and funds for us to continue getting new equipment and supplies for the center. Make sure to come support them as they do so much to support us.

Do you have a doggie? If so, join us at Hagan Dog Park on September 23rd for our annual Doggie Day in the Park. This event will feature resources and information booths. This event is for dog lovers!

IMPORTANT DATES TO REMEMBER:

SEPT 4	CENTER CLOSED—LABOR DAY	SEPT 6	Garden Club
SEPT 20	Cheeseburger Day (Bingo as regularly scheduled)	SEPT 23	Doggie Day in the Park (at Hagan Dog Park)
SEPT 27	Advisory Board Meeting	OCT 16	Advisory Board Baked Potato & Bingo Fundraiser



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



SEPTEMBER 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	
		1	Cobb Salad w/ French Onion Soup
6	Half Grilled Ham and Cheddar Sandwich w/ Tomato Basil Soup	8	Baked Potato w/ Turkey Chili Soup
13	Caesar Salad w/ Loaded Potato Soup	15	Half Chicken Sandwich w/ Veggie Soup
20	National Cheeseburger Day! (Bingo as regularly scheduled)	22	Spinach Beet Feta Salad w/ Chicken Noodle Soup
27	Turkey Wrap w/ Minestrone Soup	29	Taco Salad w/ Tortilla Soup

National
Cheeseburger
Day

Wednesday, September 20

at 11:30 a.m.

\$6 for Members

\$8 Non-Members/To-Go

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

you're invited to our

HALLOWEEN BASH

OCTOBER 25 2023 at 11:30AM
\$8 Members / \$10 Non-Members or To-Go
*DESSERT NOT INCLUDED IN TO-GO ORDERS

Come dressed in your spooky best and be ready to eat and drink and be scary! It's time to celebrate with a Halloween Bash.
Live music performed by the Moon Glow Band

MENU
Earthworm Alfredo Pasta, Moldy Bread, Monster Medley, & Evil Step Mother's Favorite
(Linguine Chicken Alfredo, Garlic Bread, Garden Salad & Dessert)

Sponsored by:

Alignment Health



**DOG GIE
DAY
IN THE
PARK**

Saturday, September 23 2023

8:30 - 10:30AM at Hagan Community Dog Park

FREE to Attend

Contests · Games · Giveaways · Vendors



**ADVISORY BOARD BINGO AND BAKED
POTATO FUNDRAISER**

MONDAY OCTOBER 16, 2023

11:30 - 3:30PM

TICKETS AVAILABLE AT THE FRONT DESK

\$8 Baked Potato Lunch ONLY

\$6 Nickel Bingo ONLY (must be 21)

\$14 for BOTH

**cash or check only*



Get excited for NEW CLASSES!

**STARTING
THIS SEPTEMBER!**

CREATIVE CARD MAKING



1ST & 3RD WEDNESDAYS MONTHLY

9:30 A.M. - 11:30 A.M.

\$25 MEMBERS/ \$30 NON-MEMBERS per monthly session or

\$5 per class (\$5 material fee due at the beginning of each

WIRE WRAP JEWELRY MAKING



1ST & 3RD FRIDAYS MONTHLY (*September dates: 8th & 22nd)

2:30 P.M. - 4:00 P.M.

\$70 MEMBERS/ \$75 NON-MEMBERS

\$35 MATERIAL FEE DUE AT 1ST CLASS TO INSTRUCTOR

UPCOMING GET UP N' GO TRIPS

San Francisco Shopping Day Trip

November 16th, 2023

\$80 per person

Kick off the holiday season with a day of shopping, dining & sightseeing in San Francisco. Choose between beautiful and bustling Union Square or the festive Pier 39 to experience one of the most recognizable waterfronts in the world.

Senior Surfers

FREE Technology Workshops

with Senior Tech Pal



Starting this September we will be having **FREE** Technology Workshops on the 1st Wednesdays of the month 10AM - 11:30AM

Sign up for Sept 6th's workshop on Top 10 phone usages

Every 2nd Wednesday of the month 2pm-4pm, will be a 1on1 30 minute troubleshooting session regarding any specific questions you may have about your device.

*** Sign up for a 1on1 session held on Sept 13th***

RESERVE YOUR SPOT TODAY!



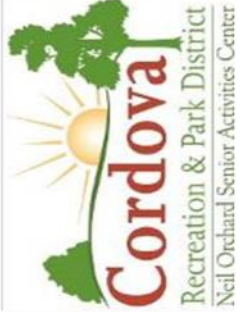
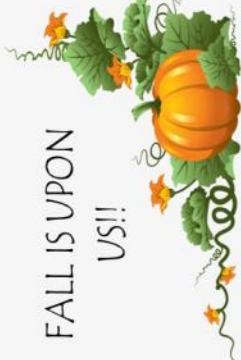
Hello! I'm Rhonda, the new Clerical Assistant and I am so grateful to be a part of the team here. I have been a long time resident of the Rancho Cordova community since 1999. I have raised 5 children in Rancho Cordova. My daughter is 22 and a graduate of Cordova High School. My son is 13 and currently an 8th grader at Mitchell Middle School. This is my first season with the Cordova Parks and Recreation District. I started part time at the Hagan Park kiosk and White Rock Splash Park as a seasonal employee for the summer. I fell in love with the district, so I am proud to now be a part of the Senior Center and look forward to getting to know all of you. My spare time is spent with my children and stepchildren. I spend a lot of time in the mountains hiking and kayaking. I have also been gifted the ability to draw and art is my passion outside of my family. I am an artist that specializes in black and grey realism, mainly portraits. I am hoping to express some of my creativity here with all of you!

Anne Anderson	Ann Foster	Bilene Mason	Harry Shippy
Arlene Bejarano	Janet Fowler	Marlene McGary	Denise Silva
Darcy Blessing	Joyce Fritchel	Ed Meyer	Patricia Smith
Bud Buettner	Frank Gerace	Linda Moulton	Paulette Spaunburg
Carla Busby	Jagjiwan Gill	Rosalie Orchard	William Steiner
Jesse Campos	Bobbie Henley	Josefina Pachkoulova	John Szabo
Dennis Castaneda	Blenda Hoskins	Joyce Paolini	Janet Tierney
Janet Clemmensen	Cathy Jenne	Bridget Parker	Walter Thompson
Terry Coyne	Linda Jones	Elaine Parry	Geneva Trisler
Deborah Crago	Sumiko King	Darlene Peek	Elaine Graham Trotter
Jacklyn Daniel	Sheryl Lauria	Ned Poffinbarger	Lee Wang Sod
Maria DeLeon	Gayla Linteau	Carol Savorn	Kathy Wolff
Beverly Delucchi	Linda Leon	Jessie Schnell	Bernice Yasui
Diana Esguerra	Claudia Lockwood		

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

September 2023

Neil Orchard Senior Activities Center
 3480 Router Road, Sacramento, CA 95827 916-366-3133
 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>Cordova Recreation & Park District Neil Orchard Senior Activities Center</p>	<p>*Please call (916) 376-8915 to make an appointment for HICAP</p> <p>*Please call (916) 551-2144 to make an appointment for Senior Legal Services</p> <p>*Lunch served Wednesdays unless otherwise noted. Please see front desk for menus and to make reservations</p> <p>*All dates and times are subject to change without notice</p>	 <p>FALL IS UPON US!!</p>		
<p>Center Closed for Labor Day</p>	<p>5 9:30 - 11:30 a.m. Knitting & Crochet 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>4:40 - 5:25 p.m. Floor Mat Pilates</p> <p>5:30 - 6:30 p.m. Restorative Yoga for the Back</p>	<p>6 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>9:30 - 11:30 a.m. Creative Card Making Class</p> <p>10 - 11 a.m. Garden Club</p> <p>10 - 11:30 a.m. FREE Technology Workshop</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>7 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>8 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>11:30 - Noon Green Thumb Lunch</p> <p>Noon - 2 p.m. Bingo</p> <p>3 - 4 p.m. Wire Wrap Jewelry Making</p>
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“Age is a matter of mind. And if you don’t mind, it don’t matter!”



**National Senior Citizen's Day
August 23rd 2023**

