

October

Editor: Reeza Anne Gaela

No Tricks, Just Treats!

By Heather Schelske - Neil Orchard Senior Activities Center Supervisor



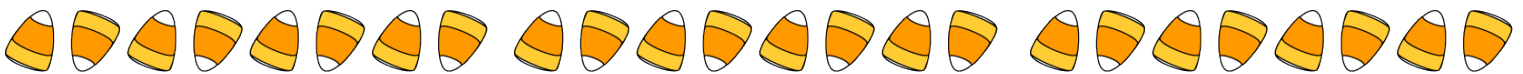
Cordova Recreation and Park District celebrated our 65th Anniversary. The Anniversary Party was at the Cordova Community Pool where staff and dignitaries celebrated our 65 years of accomplishments. On September 23rd we had our annual Doggie Day in the Park. The weather was fantastic for all the doggies to enjoy. We had a great crowd, and it was so nice seeing those of you who came out and participated. We had lots of smiles from dog owners and their furry companions.

National Cheeseburger Day was a sellout. Rhonda was a trooper and dressed in our cheeseburger costume. With the sponsorship of Alignment Health, we were able to expand our menu with the addition of pasta salad and a cookie.

Please come out and support our Senior Advisory Board on October 16th for their annual Baked Potato and Bingo Fundraiser. Our Senior Advisory Board works hard to raise funds for the center. They recently repaired the bingo machine and are now currently looking to help the district purchase tables and chairs for the center along with a new drinking fountain. All proceeds from all the Advisory Board events go back to the center.

As the holiday season approaches, we have lots of events coming up. October 25th will be our Annual Halloween Bash and then two weeks later November 8th is our Veteran's Celebration. Veterans are FREE to attend but please bring in a photo of yourself during service if you haven't already done so. See inside for more details.

I hope you have a spooktacular October and we look forward to seeing you at the Halloween Bash to dance to the Monster Mash. Happy Halloween!



IMPORTANT DATES TO REMEMBER:

OCT 4 Garden Club	OCT 4 FREE Technology Workshop
OCT 16 Advisory Board: Baked Potato & Bingo Fundraiser	OCT 19 Get Up N' Go: Mystery Trip
OCT 25 Halloween Bash (No Bingo)	OCT 28 Halloween at Hagan Community Park
OCT 30 Travel w/ Collette Presentation	OCT 31 HAPPY HALLOWEEN!



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



OCTOBER 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	
4	Cobb Salad w/ French Onion Soup	6	Half Ham Sandwich w/ Corn Chowder
11	Chicken Quesadilla w/ Black Bean Soup	13	Croissant Veggie Sandwich w/ Pumpkin Soup
18	Chinese Chicken Salad w/ Wonton Soup	20	Tuna Sandwich w/ Pasta e Fagioli Soup
25	Halloween Bash (Green Thumb & Bingo Cancelled)	27	Chef Salad w/ Wild Rice Soup

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:





Veterans Day CELEBRATION

WEDNESDAY, NOV 8TH 2023
AT 11:30am

\$8 Members | \$10 Non-Members or TOGO

*Dessert not included for TOGO orders
*FREE for Veterans, must RSVP by 11/1/23

Join us as we show our appreciation for the men & women who served to keep America safe and free. Enjoy a delicious luncheon featuring lemon chicken, herb roasted potatoes, veggies, roll & a slice of apple pie a la mode.

Live music performed by the Moon Glow Band!

***If you are a veteran, if you can, please bring in a photo of yourself in uniform or email to rgaela@crpd.com by 11/6/23**

Sponsored by:








JOIN US AT HAGAN COMMUNITY
PARK ON

OCTOBER 28TH 2023

2:30 - 5:30 P.M.



HALLOWEEN at Hagan

Enjoy an afternoon of
Halloween fun with games,
activities, a maze, haunted
room, trunk-or-treat, prizes
and much more!

\$5/per person

ADVISORY BOARD BINGO AND BAKED POTATO FUNDRAISER

MONDAY OCTOBER 16, 2023

11:30 - 3PM

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

Check payable to Cordova Advisory Board

CREATIVE CARD MAKING CLASS



1st & 3rd Wednesdays Monthly

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

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

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

You're invited

Thanksgiving Feast

November 15, 2023 at 11:30a.m.

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

*To-Go orders do not include dessert

Put on your stretchiest pants and come over for a Thanksgiving Feast served with all the fixings! End the meal with a slice of delicious pumpkin pie.

Live music performed by The Moon Glow Band

Thankful for our sponsor



Alignment Healthcare



Starting October 6th!



Beginning Clay Techniques

Fridays Noon - 2p.m.

\$40 MEMBERS/ \$45 NON-MEMBERS for
8- week session

(\$30 material fee due at the 1st class)

Play w/ Clay Advanced Lab

Fridays 10 a.m. - Noon

\$50 MEMBERS/ \$55 NON-MEMBERS for
10 visit punch card

(\$5 material fee due at each visit)

FREE PRESENTATION

Monday, October 30th at 1p.m.

Travel with Collette

Learn about upcoming trips to:

- ⇒ *Washington, DC*
- ⇒ *America's Cowboy Country*
- ⇒ *America's Music Cities*
- ⇒ *Reflections of Italy*

**Sign up today at the front desk
or call us at 916-366-3133**

FREE Technology Workshop



Wednesday, October 4th 10 a.m. - 11:30 a.m.

Sign up today for our FREE Technology Workshop with Senior Tech Pal where they'll cover the Top 20 Phone Usages on Android & iPhone devices Part 3.

Every 2nd Wednesday 2 - 4 p.m.

Sign up for a 30 minute 1on1 troubleshooting session. Bring your devices that need troubleshooting, and learn how to solve those annoying little technology issues.

Reserve your spot today!

Call us at 916-366-3133

Say Hello!



Hi my name is Arturo, the new program facilitator at Neil Orchard Senior Activities Center. I also currently work as a Senior in-home caregiver. I'm originally from the San Fernando Valley that is located in Los Angeles County. I moved out to Sacramento County when COVID-19 was announced in 2020, with my 1 year old son and girlfriend. I'm a DIYer, so I love to learn everything and anything to help. My plan with CRPD is to expand my knowledge and work full time helping wherever I may be needed in the District. I love food, so don't be shy to share your authentic food recipes as I miss Los Angeles Multicultural Foods!! Gracias espero verlos por aqui.



James Alexander	Marie Gomez	Linda Paladino
Lester Alexander	Sue Hall	Doris Parry
Shelly Amiry	Chuck Hayden	Shirley Rall
Barbara Armstrong	Judith Hickey	Lenny Schafer
Dorothy Bergman	Donna Hodge	Inje Sung
Ginger Birk	Mary Houston	Russ Thomas
Edwin Boyden	Annadeer Josephson	Janet Tisue
Mary Nell Carson	Gail Kalenik	Judy Viera
Elizabeth Centers	Earl Kennedy	Diana Winckel
Valerie Colacchia	Mildred King	Joann Wulff
Mayumi Dragon	Karen Mailly	Chung Yi-Liu
Mary Espinosa	Catherine McCollum	
Rose Fitzhugh	Arlene Nakamura	
Jan Freeman	Bonnie Novelich	
Shirley Freitas	Neil Orchard	



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

October 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						
2	8-9 a.m. Senior Exercise 9:15-10:15 a.m. Beginning Kundalini Yoga 10-11 a.m. Walking to Get Fit 10:30-11:15 a.m. Intermediate Tai Chi Practice 1-4 p.m. Sewing Group	3	9:30-11:30 a.m. Knitting & Crochet Group 9-10 a.m. Cheng Man Ching Tai Chi 9:30-11:30 a.m. Cordova Independent Artists Noon-1 p.m. Zumba Gold Cancelled 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	4	8-9 a.m. Senior Exercise 9:15-10:15 a.m. Beginning Kundalini Yoga 10-11 a.m. Walking to Get Fit 9:30-11:30 a.m. Creative Card Making Class 10-11 a.m. Garden Club 10-11:30 a.m. FREE Technology Workshop 11:30 a.m. - Noon Green Thumb Lunch Noon-2 p.m. Bingo 2:45-3:30 p.m. Active Aging: Balance & Movement	5	9-10 a.m. Cheng Man Ching Tai Chi Noon-1 p.m. Zumba Gold Cancelled 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	6	8-9 a.m. Senior Exercise 9:15-10:15 a.m. Beginning Kundalini Yoga 10-11 a.m. Walking to Get Fit 10-11:30- Noon Play w/ Clay Advanced Lab Green Thumb Lunch Noon-2 p.m. Bingo Noon-2 p.m. Beginning Clay Techniques	13	8-9 a.m. Senior Exercise 9:15-10:15 a.m. Beginning Kundalini Yoga 10-11 a.m. Walking to Get Fit 10-11:30- Noon Play w/ Clay Advanced Lab Green Thumb Lunch Noon-2 p.m. Bingo Noon-2 p.m. Beginning Clay Techniques			
9	8-9 a.m. Senior Exercise 9:15-10:15 a.m. Beginning Kundalini Yoga 10-11 a.m. Walking to Get Fit 10:30-11:15 a.m. Intermediate Tai Chi Practice	10	9:30-11:30 a.m. Knitting & Crochet Group 9-10 a.m. Cheng Man Ching Tai Chi 9:30-11:30 a.m. Cordova Independent Artists Noon-1 p.m. Zumba Gold Cancelled 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	11	8-9 a.m. Senior Exercise 9:15-10:15 a.m. Beginning Kundalini Yoga 10-11 a.m. Walking to Get Fit 11:30 a.m. - Noon Green Thumb Lunch Noon-2 p.m. Bingo 2-4 p.m. Tech 1on1 Troubleshooting 2:45-3:30 p.m. Active Aging: Balance & Movement	12	9-10 a.m. Cheng Man Ching Tai Chi Noon-1 p.m. Zumba Gold Cancelled 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	19	8-9 a.m. Senior Exercise 9:15-10:15 a.m. Beginning Kundalini Yoga 10-11 a.m. Walking to Get Fit 9:30-11:30 a.m. Creative Card Making Class Green Thumb Lunch Noon-2 p.m. Bingo 2:45-3:30 p.m. Fitness w/ Jennifer Altton Cancelled	20	8-9 a.m. Senior Exercise 9:15-10:15 a.m. Beginning Kundalini Yoga 10-11 a.m. Walking to Get Fit 10-11:30- Noon Play w/ Clay Advanced Lab Green Thumb Lunch Noon-2 p.m. Bingo Noon-2 p.m. Beginning Clay Techniques			
16	8-9 a.m. Senior Exercise 9:15-10:15 a.m. Beginning Kundalini Yoga 10-11 a.m. Walking to Get Fit 10:30-11:15 a.m. Intermediate Tai Chi Practice 11-3pm Advisory Board Baked Potato and Bingo Fundraiser 1-4 p.m. Sewing Group	17	9:30-11:30 a.m. Knitting & Crochet Group 9-10 a.m. Cheng Man Ching Tai Chi 9:30-11:30 a.m. Cordova Independent Artists Noon-1 p.m. Zumba Gold Cancelled 1:15-2:45 p.m. Beginning Line Dance 3:45-6:30 p.m. Fitness w/ Jennifer Altton Cancelled	18	8-9 a.m. Senior Exercise 9:15-10:15 a.m. Beginning Kundalini Yoga 10-11 a.m. Walking to Get Fit 9:30-11:30 a.m. Creative Card Making Class Green Thumb Lunch Noon-2 p.m. Bingo 2:45-3:30 p.m. Fitness w/ Jennifer Altton Cancelled	25	8-9 a.m. Senior Exercise 9:15-10:15 a.m. Beginning Kundalini Yoga 10-11 a.m. Walking to Get Fit 11:30 a.m. - Noon Halloween Bash Noon-2 p.m. Bingo Cancelled 2:45-3:30 p.m. Active Aging: Balance & Movement	26	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	27	8-9 a.m. Senior Exercise 9:15-10:15 a.m. Beginning Kundalini Yoga 10-11 a.m. Walking to Get Fit 10-11:30- Noon Play w/ Clay Advanced Lab Green Thumb Lunch Noon-2 p.m. Bingo Noon-2 p.m. Beginning Clay Techniques	28	October 28: Halloween at Hagan	
23	8-9 a.m. Senior Exercise 9:15-10:15 a.m. Beginning Kundalini Yoga 10-11 a.m. Walking to Get Fit 10:30-11:15 a.m. Intermediate Tai Chi Practice	24	9:30-11:30 a.m. Knitting & Crochet Group 9-10 a.m. Cheng Man Ching 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	25	8-9 a.m. Senior Exercise 9:15-10:15 a.m. Beginning Kundalini Yoga 10-11 a.m. Walking to Get Fit 11:30 a.m. - Noon Halloween Bash Noon-2 p.m. Bingo Cancelled 2:45-3:30 p.m. Active Aging: Balance & Movement	26	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	27	8-9 a.m. Senior Exercise 9:15-10:15 a.m. Beginning Kundalini Yoga 10-11 a.m. Walking to Get Fit 10-11:30- Noon Play w/ Clay Advanced Lab Green Thumb Lunch Noon-2 p.m. Bingo Noon-2 p.m. Beginning Clay Techniques	28	October 28: Halloween at Hagan			
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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





*National Cheeseburger Day!
September 20, 2023*

