

November

We're Stuffed with Thanks

By Heather Schelske - Neil Orchard Senior Activities Center Supervisor



Last month's Halloween Bash was a smashing success! Everyone came dressed in their spooky best and the Moon Glow Band kept us all entertained with the wonderful live music. Phil, our cook made a delicious meal, and we are incredibly grateful to our sponsor, Alignment Health.

The holiday festivities continue with a special event on November 8th to celebrate and honor our Veterans. Remember Veterans are FREE to attend this event, but please RSVP by November 1st. Also, Veterans please bring in a photograph of yourself while in service for us to include in our presentation. With much more to be thankful for, our Thanksgiving Feast is just the week after, on November 15th. Don't forget to put on your stretchiest pants for all the Thanksgiving fixings! On December 13th we will have our annual Winter Wonderland. The Moon Glow Band will be returning for all these events, so make sure to grab your tickets before we sell out.

The Senior Advisory Board had another successful Baked Potato & Bingo Fundraiser. Everyone loved the giant baked potato portions and toppings. As always, we appreciate all the hard work this board does for the Senior Center, and we appreciate the continued support you all give them. They are raffling off 2 holiday baskets at this year's Winter Wonderland. Purchase your tickets to win!

The center will be closed on Friday November 10th to honor our Veterans. We will also be closed November 23rd-24th to celebrate Thanksgiving.



IMPORTANT DATES TO REMEMBER:

NOV 1 Garden Club	NOV 1 FREE Technology Workshop
NOV 8 Veterans Day Celebration (No Bingo)	NOV 10 Center Closed in observance of Veterans Day
NOV 15 Thanksgiving Feast (No Bingo)	NOV 16 Get Up N' Go: San Francisco Shopping Day Trip

NOV 23 - 24: CENTER CLOSED Happy Thanksgiving!



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



NOVEMBER 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	Grilled Ham & Swiss Sandwich	3	Garden Salad w/ Turkey Chili
8	Veterans Day Celebration (Bingo Cancelled)	10	CENTER CLOSED in observance of Veteran's Day (Nov 11)
15	Thanksgiving Feast (Bingo Cancelled)	17	Chicken Cheese Quesadilla
22	GREEN THUMB & BINGO	23rd - 24th CENTER CLOSED Have a wonderful Thanksgiving Holiday!	
28	Veggie Croissant w/ Turkey Noodle Soup		

Veterans Day CELEBRATION

WEDNESDAY, NOV 8TH 2023 -11:30am

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

*Dessert not included for TOGO order

*FREE for Veterans, must RSVP by 11/1/23

Join us as we show our appreciation for the men and 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:



Alignment Health



Family Matters
IN-HOME CARE



Bristol Hospice
PROVIDING A RESPONSE FOR LIFE
SACRAMENTO

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



DEC 2nd 2023

\$5 per person



Breakfast WITH & Santa HOLIDAY CRAFT FAIR

9 a.m. or
10 a.m.
seating

At Neil Orchard Senior Activities Center—3480 Routier Road

JUST ADDED: NEW HOLIDAY TRIP!

NAPA HOLIDAY LIGHTS TOUR

DECEMBER 19TH 2023

\$95 PER PERSON

DEADLINE TO CANCEL: DEC 1ST

Join us for a sparkling holiday experience in beautiful Napa Valley!

The trip will begin with free time to explore the Oxbow Public Market which features a diverse mixture of local shops, food vendors, artisan cafes and produce outlet for local farms.

Next up, the Holiday Lights Tour will take a delightful journey through Napa Valley's most dazzling and festively decorated neighborhoods.

Wednesday December 13th 11:30a.m.
\$8 Members | \$10 Non-Members or TOGO
***Dessert not included in TOGO Orders**
Eat, drink & be merry! Join us for our annual Winter Wonderland. Be on our best behavior though, you never know who will stop by!

MENU: HAM, SCALLOPED POTATOES, VEGGIES, ROLL & HOLIDAY DESSERT
Sponsors:

Ceramics is back!



Beginning Clay Techniques Fridays Noon - 2p.m.

\$40 MEMBER/\$45 NON-MEMBER for 8-week session
(\$30 material fee due at the 1st class)

Play w/ Clay Advanced Lab Fridays 10 a.m. - Noon

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

(\$30 material fee paid to instructor at first visit)

FREE Senior Technology Workshops



Every 1st Wednesday 10 a.m. - 11:30 a.m.

In this group class you will learn how to use everyday convenient features on your smartphone, laptop, tablet and other common devices.

Every 2nd Wednesday 2 - 4 p.m.

Sign up for a 30 minute 1 on 1 troubleshooting session. Bring in your devices to ask questions about technology issues.

Call to reserve your spot today (916) 366-3133

Space is limited.

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)



Laurie Banks	Linda Guzzetta	Mary Ellen Muller
Jessie Barraza	JoAnn Harding	Karen Nelson
Sonja Bartley	Helen Harris	Billie Pierce
Mary Bennett	Trudy Hunter	David Pulsipher
Ana Bolanos	Tonie Johnson	Cheryl Putman
Joseph Bryant	Betsy Key	Gloria Robinson
Raymond Carter	Barbara Lais	Lee Sanfilippo
Gary DeRosa	Taesuk Larson	Idamay Styrsky
Diana Deards	Clay Lomba	Selma Sudarma
Thomas Egan	Dayse Lorenzana	Judith Warren
Arthur Esguerra	Marcia Moser	Michele Wilson
Rachelle Faucher		Sharon Wong
Sara Gatica		

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

NOMINATIONS

Members of the Senior Center are encouraged to submit a nomination for anyone they think would do a good job representing the Cordova Senior Activities Center.

Nominations will take place November 14-17

The Senior Advisory Board is looking for nominations for the following positions:

President:

- Assume a leadership role as the Board carries out its mission, and to this end shall have general supervision and control of the business conducted by the Board
- Preside at all regularly scheduled and executive Board meetings.
- Work with the Secretary to determine the topics to be included on the agenda for all Board meetings.
- Serve as the official representative of the Board whenever and wherever said representation is deemed appropriate.

Treasurer:

- Be the custodian of all funds received by the Board, and in a timely manner deposit said funds into bank accounts maintained by the Board.
- Pay all routine bills in a timely manner. Obtain Board concurrence in the payment of any questionable bill.
- Keep accurate records of all receipts and disbursements.
- Attend all regularly scheduled Board meetings, present a Treasurer's Report to include the calendar period covered by the report, the beginning balance, total amounts received and disbursed during the period, and ending balance for all accounts.
- Prepare an annual financial report covering the Board's fiscal year. Said report shall be submitted to the Board no later than the 15th of January of the following year.

At-Large Member (1)

- Though no specific responsibilities assigned, at-large members are voting members of the Board. Expected to be familiar with the operations of the Center, attend all Board meetings, and participate in discussion issues affecting the center. May be asked to assisted the Board in ways consistent with the Board's mission & their own skill.



November 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
<p>Cordova Recreation & Park District Neil Orchard Senior Activities Center</p> <p>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</p>	<p>*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</p> <p>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</p>	<p>1 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 Cancelled</p>	<p>2 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 - 6:30 p.m. Fitness w/ Jennifer Alton Cancelled</p>	<p>3 8 - 9 a.m. Senior Exercise 9:15 - 10:15 a.m. Beginning Kundalini Yoga 10 - 11 a.m. Walking to Get Fit 10 - Noon Play w/ Clay Advanced Lab 11:30 - Noon Green Thumb Lunch Noon - 2 p.m. Bingo Noon - 2 p.m. Beginning Clay Techniques</p>
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What a Spooktacular Halloween Bash!

October 25, 2023

