

Editor: Reeza Anne Gaela



DECEMBER



Merry Christmas & Happy Holly-days!



By Heather Schelske - Neil Orchard Senior Activities Center Supervisor



November was a month for giving thanks and remembering our heroes. During our Veterans Day Celebration on November 8, we honored the brave men and women who served our country. The Moon Glow Band provided patriotic music to the sold-out crowd. This year Barbara Taylor, Dorothy Calvetti and Donna Albright provided all Veterans with a beautiful handmade quilt. Following that, we all sat down for a delicious Thanksgiving Feast while we talked and enjoyed each other's company. A big thank you to Alignment Health, Bristol Hospice, Golden Pond, and Family Matters for sponsoring these wonderful events. I also want to give a special shout out to our anonymous benefactor the Turkey Fairy (you know who you are) who donated all the turkeys for the feast.

When they say they saved the best for last, they must've been thinking about December. With decorations popping up all around us and the smell of baked goodies filling the air, it's hard not to get into the holiday spirit. Whether you've been naughty or nice all year, you're all invited to our Winter Wonderland on Wednesday, December 13. If you haven't gotten your tickets yet, make sure you do it soon because this is one event you don't want to miss. Look inside for more information.

After a year of making lists and checking them twice, Santa needs a vacation to clean-up his toy factory. The center will be closed December 18, 2023, through January 1, 2024. We will reopen on Tuesday, January 2, 2024. During the closure we will get projects done that we cannot do during regular hours.

From all the staff at the Neil Orchard Senior Activities Center, we wish you happy holidays and a great new year!



IMPORTANT DATES TO REMEMBER:

DEC 2 Breakfast w/ Santa	DEC 3 Nevada City Victorian Christmas Day Trip
DEC 6 Garden Club	DEC 13 Winter Wonderland (No Bingo)
DEC 19 Napa Holiday Lights Tour Day Trip	JAN 2 We will reopen

CENTER CLOSED DEC 18 - JAN 1 HAPPY HOLIDAYS!



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



DECEMBER 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	Half Tuna Sandwich
6	Spinach, Feta & Beet Salad w/ Turkey Pot Pie Soup	8	Half Egg Salad Sandwich w/ Tortellini Soup
13	Winter Wonderland (Bingo Cancelled)	15	Spring Mix Salad

CENTER CLOSED December 18th - January 1st

HAPPY HOLIDAYS!

(we will reopen on Jan 2nd)



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

Sponsored by:



POWERED BY SIFI NETWORKS

Alignment Healthcare

SENIOR LIVING

DEC 2nd 2023

\$5 per person



Breakfast WITH & Santa HOLIDAY CRAFT FAIR

At Neil Orchard Senior Activities Center—3480 Routier Road

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

FREE PRESENTATIONS

MONDAY JANUARY 22 1PM

Estate Planning Wills & Trusts

Learn how to plan for the future with an advocate from the Senior Legal Hotline of Northern CA

MONDAY JANUARY 29 1PM

Get Up N' Go Travel Presentation

Learn about the upcoming motorcoach trips for 2024!

A SPECIAL THANKS TO:

Barbara Taylor, Dorothy Calvetti & Donna Albright for the beautifully handmade quilts given to all our veterans



Neil & Rosalie Orchard at the 2023 Veterans Day Celebration

FIND SANTA'S REINDEER!

L	V	C	A	D	E	J	S	T	K	K	G	E	R
K	I	J	I	P	X	R	J	T	J	I	H	O	E
D	O	P	F	G	A	R	U	K	L	J	O	G	E
V	U	W	G	Q	E	I	O	D	D	R	R	R	D
C	Q	A	L	C	R	E	N	N	O	D	Z	D	N
S	S	K	N	Y	K	Z	W	E	H	L	D	A	I
D	N	A	B	L	I	T	Z	E	N	A	P	S	E
B	R	I	C	N	V	H	W	P	N	T	Q	H	R
P	V	K	T	E	N	I	Q	C	X	E	G	E	T
X	Y	T	Q	L	A	E	E	W	S	M	F	R	Y
O	J	B	C	H	R	R	X	X	L	O	W	K	M
Q	U	N	B	S	O	R	N	I	S	C	M	H	U
W	O	O	G	R	V	Z	S	N	V	Q	S	L	N
I	W	M	H	L	G	G	N	S	B	H	E	N	J

Reindeer Dasher Dancer Prancer Vixen
Comet Cupid Donner Blitzen Rudolph



FOOD FOR SENIORS

Rancho Cordova Food Locker

Located: 10497 Coloma Rd, Rancho Cordova at St. John Vianney Church
Food is available, M/W/F 9:30AM - 12:30PM

Meals on Wheels by ACC

A home-delivered meal service for eligible seniors. Call 916-444-9533 M-F to register.

Sacramento Food Bank & Family Services

A monthly program for eligible seniors to receive pre-packed groceries.

To register, call 916-456-1980 or visit sacramentofoodbank.org



Happy Birthday!

Betsy Anumu	Mary Kiernan
Janice Barrington	Anne Leonard
Sheila Ben-hur	Gloria Licea
Michael Bowen	Genny Lisher
Joanne Brandt	Jei-Ing Liu
Lora Clark	Marie Lovell
Kate Dillon	Yvonne Lucsky
Barbara Easton	Sidney Moore
Roger Evans	Keven Morlang
Shirley Gladfelder	Mona Nollsch
Betty Hall	Joan Orr
Raylee Howard	Irene Quinn



Raneth Randolph	Judith Thompson
Tommy Reddie	Virginia Thurston
Sunye Rivera	Sheenah Tidwell
Joan Roper	Evelyn Tsuha
Audrey Seal	Brenda Turley
Aida Sheaffer	Sandra Turner
Young Soo Lee	Barbara Liberty-Vick
Kathy Soza	Pearl Wallace
Gordon Stephens	George Weitemeyer
Larry Stites	Judy Wilson
Linda Sullivan	Kevin Wright
Milissa Taylor	Miela Zitelli



Cordova Senior Activities Center Advisory Board Est. 1978

Election of officers for President, Treasurer, and (1) At-Large Member on the Senior Advisory Board will be held from December 11-15. All Neil Orchard Senior Activities Center Members are eligible to vote. Below is information on the candidates:

Barbara Taylor for President



Barbara has been our active President and has shown how excellent she can be leading the Advisory Board.

Shirley Gladfelder for Treasurer



Shirley has been the treasurer for the Advisory Board for many years and continues to do an excellent job.

Gretchen Simmons for At-Large Member



Gretchen is a current At-Large Member for the Advisory Board and has been a great help whenever she is needed.

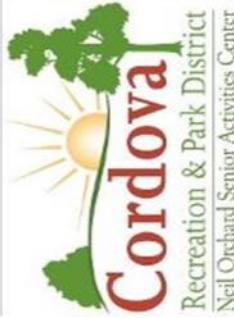
Don't see your name? Check with the front desk to make sure your membership is current!

December 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



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

Tuesday

*Please call (916) 376-9915 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

5 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 - 6:30 p.m. No Fitness with Jennifer Alton classes

Wednesday



6 8 - 9 a.m. Senior Exercise
 9:15 - 10:15 a.m. Beginning Kundalini Yoga
 9:30 - 11:30 a.m. Creative Card Making Class
 10 - 11 a.m. Walking to Get Fit
 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. No Fitness with Jennifer Alton classes

Thursday

Reminders:
**SATURDAY DEC 2:
 BREAKFAST WITH SANTA**
**SUNDAY DEC 3
 GET UP N' GO:
 NEVADA CITY VICTORIAN
 CHRISTMAS TRIP**

7 9 - 10 a.m. Cheng Man Ching Tai Chi
 Cancelled
 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. No Fitness with Jennifer Alton classes

Friday

1 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

8 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
 4 - 5 p.m. Cooking with Kids

11

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

12

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13

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
 11:30 a.m. - Noon Winter Wonderland
 Noon - 2 p.m. Bingo Cancelled
 2 - 4 p.m. Tech 1 on 1 Troubleshooting
 2:45 - 3:30 p.m. No Fitness with Jennifer Alton classes

14

9 - 10 a.m. Cheng Man Ching Tai Chi
 Cancelled
 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. No Fitness with Jennifer Alton classes

15

8 - 9 a.m. Senior Exercise
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 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
 4 - 5 p.m. Cooking with Kids

DEC 19: Get Up N' Go
 Napa Holiday Lights Tour



CENTER CLOSED DEC 18 - JAN 1
 We will reopen on January 2, 2024



VETERANS DAY CELEBRATION & THANKSGIVING FEAST

