

# January

REEZA GAELA - EDITOR

## Happy New Year!

By Heather Schelske—Neil Orchard Senior Activities Center Supervisor



We started off the last month with our annual Breakfast with Santa where we had two seating times where participants enjoyed a pancake breakfast, Mr. & Mrs. Clause, crafts and music from the Sacramento Childrens Orchestra. A big thank you to the Senior Advisory Board for all their assistance in the kitchen serving meals.

Our last senior event of the year was our traditional Winter Wonderland. We ate a holiday ham feast and the Senior Advisory Board raffled off their end of the year holiday fundraiser baskets and pots and pans. Thank you to Summerset Senior Living, Alignment Health, and Rancho Cordova Fiber City for sponsoring this event.

You may have noticed that the center got a fresh new look for the New Year. Mark and Arturo painted our storage closet and redid the floor. Our Multipurpose and lounge floors were redone and waxed. With capital improvement funds from Cordova Recreation and Park District and a large donation from the Senior Advisory board we were able to replace 150 chairs, 24 rectangle tables and 14 round tables. Our Senior Advisory board also purchased a new drinking fountain.

With the new year many start to make resolutions. If you are looking to be more social, our Bingo, Hand and Foot card group and knitting group are great ways to meet people. If you would like to be social and exercise our Walking to Get Fit class has an active group of participants. Or if you are looking to get into shape, we have many wonderful classes such as exercise, line dance, yoga, tai chi, zumba, and many more with very friendly and inviting participants.

Come join us for our Lunar New Year celebration on February 7<sup>th</sup> and our Mardi Gras party on February 21<sup>st</sup>. More information inside but get your tickets before we sell out.



### IMPORTANT DATES TO REMEMBER:

<b>Jan 1:</b> Center is Closed & will reopen Jan 2	<b>Jan 22:</b> Estate Planning/Wills & Trusts Presentation
<b>Jan 3:</b> Garden Club Meeting	<b>Jan 29:</b> Get Up N' Go Travel Presentation
<b>Jan 15:</b> Center Closed - Martin Luther King Jr. Day	<b>Jan 31:</b> Senior Advisory Board Meeting



**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



## JANUARY 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	
3	Broccoli Cheddar Soup w/ Half Turkey Sandwich	5	Chili Soup w/ Half Baked Potato
10	Cauliflower Soup w/ Ruben Sandwich	12	Chicken Noodle Soup w/ Half Grilled Cheese Sandwich
17	Baked Potato Soup w/ Veggie Croissant	19	Minestrone Soup w/ Chicken Caesar salad
24	Pozole Soup w/ Quesadilla	26	Wonton Soup w/ Asian Noodle Salad
31	French Onion Soup w/ Chef Salad		

### LUNAR NEW YEAR CELEBRATION WEDNESDAY FEBRUARY 7, 2024

at 11:30 a.m.

**\$8 Members | \$10 Non-Members**

**\$10 TOGOs (does not include dessert)**

Enjoy a delicious feast while learning about the various cultures that participate in this time-honored celebration of family, food, and good wishes

**Sponsored By:**



RSVP by February 2nd

Menu:

Chow mien, pork fried rice, sweet & sour chicken, broccoli beef & dessert!

### MARDI GRAS CELEBRATION WEDNESDAY FEBRUARY 21 2024

**11:30 AM**

**\$8 Members | \$10 Non-Members**

**\$10 TOGOs (does not include dessert)**

Beads, masks and all that jazz! Enjoy a Cajun inspired menu with live entertainment by the Moon Glow Band.

MENU:

Red beans & rice with sausage, veggies, corn bread & King Cake!



RSVP by February 16th

**Want to get creative this year? Join one of our Arts & Enrichment classes!**

**Creative Card Making with Judy**

Every 1st & 3rd Wednesdays 9:30 am - 11:30 am

\$20 Members | \$25 Non-Members

\*\$5 material due at 1st session of the month

**Wire Wrapping Jewelry Making**

Starts in March! Mondays 2:30 - 4 pm

\$60 Members | \$65 Non-Members Monthly

\*one time material fee: \$35

**Join Andrea Medina on Fridays**

**Play with Clay Advanced Lab: 10am - Noon**

\$30 Members | \$35 Non-Members for 10 sessions

\*\$30 Material fee after every punch card purchase

**Beginning Clay Techniques: Noon - 2pm**

\$40 Members | \$45 Non Members for 8 sessions

\*\$30 Material Fee

**GET ACTIVE THIS YEAR!**



Did you know you can try out ANY of our fitness classes for just \$5?

Tai Chi, Yoga, Line Dancing and more!  
Have fun & make new friends while enjoying the benefits that come from a more active lifestyle.

Visit the front desk for more information!

**FREE TECHNOLOGY WORKSHOPS**

by Senior Tech Pal

***Group Technology Workshop***

***Wednesday Feb. 7th 10-11:30 am***

Register for this free group class that will teach you about hidden features on your phones and fix common problems.

**1 on 1 Troubleshooting**

***Wednesday Feb 14th 2- 4PM***

Register for a 30 minute 1 on 1 trouble shooting session with Senior Tech Pal.

Bring in your own device you have questions on. Registration is required.

**FREE PRESENTATIONS**

All presentations are on Monday at 1pm

Light refreshments provided.

**Estate Planning Wills & Trusts**

**Monday January 22nd 1:00 pm**

*Planning for the future is crucial. An advocate from the Senior Legal Hotline of Northern CA will walk you through this complex process.*

**Get Up N' Go Travel**

**Monday January 29th 1:00 pm**

*Learn about our upcoming motorcoach trips and give input on what future trips you'd like to see us offer.*

*RSVP today! Call us at 916-366-3133*

CELEBRATE! CELEBRATE! CELEBRATE!  
**HAPPY BIRTHDAY!**  
 CELEBRATE! CELEBRATE! CELEBRATE!

- |                    |                  |
|--------------------|------------------|
| Sheri Abbott       | Kim Meade        |
| Sue Ashley         | David Nakata     |
| Robert Been        | Kil Ja Nam       |
| Mary Cabral        | George Parsons   |
| Joann Brufladt     | Jeanette Perez   |
| Sue Campa          | Phyllis Pimienta |
| Linda Cancio       | Judy Pinner      |
| Iris Cano          | Alfred Radke     |
| Michael Cano       | Hector Rivera    |
| Juanita Castellano | Amron Rummel     |
| William Clemmensen | Thomas Schwarz   |
| Michael Da Grace   | Edit Schwarz     |
| Susan Davis        | Gladys Simpson   |
| Beth Foster        | Marion Steed     |
| Janice Heckey      | Lortiha Taylor   |
| Robert Henry       | Theodore Thames  |
| Don Herrond        | Kathy Thiry      |
| Janet Hillis       | Ligia Tobar      |
| Sue Holohan        | Meloney Welborn  |
| Linda Howell       | Adoria Wheeler   |
| Maurine Humphreys  | Gayle White      |
| Temi Josephson     | Kim Williams     |
| Dennis Kremmerer   | Jay Wilson       |
| Carol Kernan       | Eva Wise         |
| Han Kun Kim        | Huo Pok Yo       |
| Kathy McKinney     | Jerome Zwicky    |



Thank you to the Cordova Senior Advisory Board for all their help during Breakfast with Santa and their contributions for new tables, chairs and a drinking fountain for the center!



  
**Cordova Senior Activities Center**  
**Advisory Board** Est. 1978

**Say Hello to the 2024 Senior Advisory Board**

**President: Barbara Taylor**

**Vice President: Harry Shippy**

**Secretary: Marilyn Hamm**

**Treasurer: Shirley Gladfelder**

**At Large Members (3):**  
**Barbara Desrochers, Hilda Garcia & Gretchen Simmons**

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


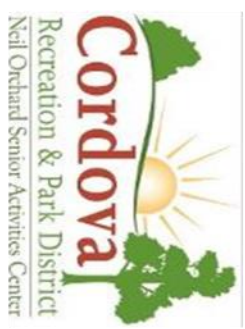




# January 2024



**Neil Orchard Senior Activities Center**  
 3480 Rortier 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>1</p> <p style="text-align: center;"><b>Center Closed</b></p> 	<p>2</p> <p>9 - 11 a.m. Knitting &amp; 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. <i>Beginning Line Dance Cancelled</i></p>	<p>3</p> <p>8 - 9 a.m. Senior Exercise</p> <p>9:15 - 10:15 a.m. Beginning Kundalini Yoga</p> <p>9:30 - 11:30 a.m. Creative Card Making</p> <p>10 - 11 a.m. Walking to Get Fit</p> <p>10:30 - 11 a.m. Garden Club</p> <p>11:30 a.m. - Noon Green Thumb Lunch</p> <p>Noon - 2 p.m. Bingo</p>	<p>4</p> <p>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 &amp; Foot Card Group</p>	<p>5</p> <p>8 - 9 a.m. Senior Exercise</p> <p>9:15 - 10:15 a.m. Beginning Kundalini Yoga</p> <p>10 - 11 a.m. Walking to Get Fit</p> <p>10 - Noon Play w/ Clay Advanced Lab</p> <p>11:30 - Noon Green Thumb Lunch</p> <p>Noon - 2 p.m. Bingo</p> <p>Noon - 2 p.m. Beginning Clay Techniques</p>
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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

**We wish you all a Happy Holidays and Happy New Year!**

