



FEBRUARY

REEZA GAELA - EDITOR

Lunar New Year

By Heather Schelske—Neil Orchard Senior Activities Center Supervisor



Last month we gave appreciation to all our active members with National Popcorn Day and National Hot Chocolate Day. All active members who came in on these days received a cup of popcorn and a cup of hot chocolate. We hope to do more National food days in the future for our members. We want you to know how much we appreciate you!

How are your New Years resolutions going? If you haven't started, no worries you can start on Lunar New Year which begins on February 10th. We have many low impact exercise classes and if you are into arts, we have many new art classes starting this month. In celebration of the Lunar New Year, we will be hosting our event on Wednesday February 7th. For the first time ever, we will be having a live performance of Lion Dancers at this event and our very own Advanced Tai Chi class will be giving a demonstration as well. Two weeks later we will be bringing New Orleans to the Senior Center to celebrate Mardi Gras. The Moon Glow band will be performing, and we will have a Louisiana inspired meal. The Senior Advisory Board will be raffling off the Harry and David basket with \$100 worth of gift certificates at the Mardi Gras party. I encourage you to get your raffle tickets and event tickets before they sell out.

Not only should you tell your loved ones on February 14th how much you care for them, but you should do it every day. This month we are also celebrating National Black History month.

“A good head and a good heart are always a formidable combination.” -Nelson Mandela

The Senior Center will be closed on February 19th in observance of Presidents Day.

IMPORTANT DATES TO REMEMBER:	
Feb 7: Lunar New Year Celebration (No Bingo)	Feb 19: Center Closed - Presidents Day
Feb 12: Tennant's Rights/Eviction Protection Presentation	Feb 21: Mardi Gras Party (No Bingo)
Feb 15: Last day to cancel/register for Cheese Farm Tour & Tasting Day Trip	Feb 28: Senior Advisory Board Meeting



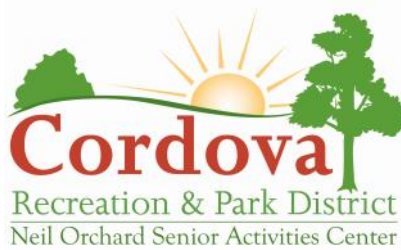
Address:
3480 Routier Road
Sacramento, CA. 95827
(916) 366-3133

Monday - Thursday
7:30 a.m. - 4:30 p.m.

Friday
7:30 a.m. - 3:30 p.m.



Facebook.com/
NeilOrchardSeniorActivitiesCenter



FEBRUARY 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	
		2	Kale, Potato & Sausage Soup w/ Garden Salad
7	Lunar New Year Celebration (No Bingo)	9	Cream of Asparagus Soup w/ Turkey, Spinach Wrap
14	Tomato Soup w/ Grilled Ham & Cheese Sandwich	16	Chicken & Rice Soup w/ Pasta Salad
21	Mardi Gras Party (No Bingo)	23	Cream of Broccoli Soup w/ Tuna Croissant Sandwich
28	Wild Mushroom Orzo 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:

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

RSVP by February 2nd

MARDI GRAS PARTY
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!

Sponsored by

RSVP by February 16th

MEMBERSHIP RENEWAL

It might be time to renew your yearly membership with us!

Active Members will continue to receive discounts on classes, special events and have access to our on-going member activities

Membership fee: \$10/year

New to our activities center?
Join us today! Visit the front desk for more information.

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
\$40 Members | \$45 Non-Members Monthly
*one time material fee: \$9

Join Andrea Medina on Fridays

Play with Clay Advanced Lab: 10am - Noon
\$40 Members | \$45 Non-Members for 10 sessions

Beginning Clay Techniques: Noon - 2pm

\$40 Members | \$45 Non Members for 8 sessions
*\$30 Material Fee if joining either class

Get Up N Go: Cheese Farm Tour & Tasting

Tuesday, March 19th 2024 | \$125 per person

Join us for a day on the farm we tour a local cheese farm. Meet the cows, goats and the farmers who care for them. Shop locally made lotions & soaps, & taste the cheese freshly made at the farm! Lunch is included.



HAPPY St. Patrick's Day

St. Patrick's Day Celebration March 13 2024 at 11:30 AM

Do you have the luck of the Irish? Enjoy a homemade corned beef & cabbage as we celebrate St. Patrick's Day.

Live music by the Moon Glow Band!

Sponsored by:



RC HEALTHCARE
Hospice & Palliative Care

HAPPY BIRTHDAY!

Vicki Andreotti Mary Jane Motter

Peter Arizmendiz Norma Murray

Lou Biggio Diana Murry

Nancy Boyd Hak Hui

Anne Bradley Kathleen Nelson

Maria Burkhart John Newby

Camille Bush Patricia Owen

Juanita Carey Arthur Paletta

Kathleen Chittenden Sang Un Park

Robin Crockett Mei Perry

Judith Curtis Sharon Ramirez

Terri Engelhardt Stella Rivas-Bowen

Zora Graymon Peggy Saber

Shirely Good Cheryl Sanfilippo

Olinda Gutierrez Gretchen Simmons

Ernest Hamilton Letty Szabo

Marilyn Hamm Linda Tarrant

Barbara Hancock Hayward Washington

Violy Headley Denise Whitelaw

Tomasita Hernandez Vera Yakovleva

Mary Josephson Sharon Yamamoto

Linda Landerholm

Ardis Lane

Sirgute Morgan



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

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.

Tenant's Rights/Eviction Protection

Monday February 12th 1:00 pm

"Can my landlord evict me for complaining about the conditions of my apartment?"

"How do I respond to a 3-day notice to pay rent or quit?"

Social Security Presentation

Monday March 11th 1:00 pm

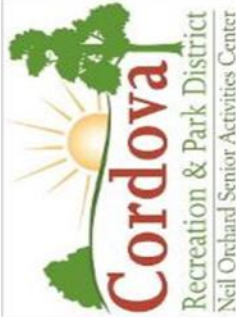
Learn about Social Security benefits from an advocate from Legal Services of Northern CA. They will go over eligibility rules & requirements and more.

RSVP today! Call us at 916-366-3133

February 2024

Neil Orchard Senior Activities Center
 3480 Rottier 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



5
 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
 1 - 4 p.m. Senior Sewing

Tuesday



6
 9 - 11 a.m. Knitting & Crochet Group
 9 - 10 a.m. Beginning 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

Wednesday



7
 8 - 9 a.m. Senior Exercise
 9:15 - 10:15 a.m. Beginning Kundalini Yoga
 9:30 a.m. - 11:30 a.m. Creative Card Making
 10 - 11 a.m. Walking to Get Fit
 10:00 - 11:30 a.m. FREE Technology Workshop
 11:30 a.m. - Noon Lunar New Year Celebration
 Noon - 2 p.m. Bingo Cancelled

Thursday

1
 9 - 10 a.m. Beginning Tai Chi
 Noon - 1 p.m. Zumba Gold
 1 - 3:20 p.m. Advanced Line Dance
 Noon - 4 p.m. Hand & Foot Card Group

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 - Noon Play w/ Clay Advanced Lab
 11:30 - Noon 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 - Noon Play w/ Clay Advanced Lab
 11:30 - Noon Green Thumb Lunch
 Noon - 2 p.m. Bingo
 Noon - 2 p.m. Beginning Clay Techniques

12

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
 1:00 p.m. - 2:00 p.m. Tennant's Rights/Eviction Protection Presentation

13

9 - 11 a.m. Knitting & Crochet Group
 9 - 10 a.m. Beginning 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

14

Happy Valentine's Day!
 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 p.m. - 4:00 p.m. Tech 1 on 1 Troubleshooting

15

9 - 10 a.m. Beginning Tai Chi
 Noon - 1 p.m. Zumba Gold
 1 - 3:20 p.m. Advanced Line Dance
 Noon - 4 p.m. Hand & Foot Card Group

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 - Noon Play w/ Clay Advanced Lab
 11:30 - Noon Green Thumb Lunch
 Noon - 2 p.m. Bingo
 Noon - 2 p.m. Beginning Clay Techniques

19



20

9 - 11 a.m. Knitting & Crochet Group
 9 - 10 a.m. Beginning 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

21

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 Mardi Gras Party
 Noon - 2 p.m. Bingo Cancelled

22

9 - 10 a.m. Beginning 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

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 - Noon Play w/ Clay Advanced Lab
 11:30 - Noon Green Thumb Lunch
 Noon - 2 p.m. Bingo
 Noon - 2 p.m. Beginning Clay Techniques

26

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

27

9 - 11 a.m. Knitting & Crochet Group
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 9:30 - 11:30 a.m. Cordova Independent Artists
 Noon - 1 p.m. Zumba Gold Cancelled
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28

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

29

9 - 10 a.m. Beginning 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



*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 love any excuse to celebrate!



National Popcorn Day!



National Hot Chocolate Day!



National Pizza Party Day!



National Selfie Day!

