



MARCH



REEZA GAELA - EDITOR

Spring Forward

By Heather Schelske—Neil Orchard Senior Activities Center Supervisor



February was a month with some crazy weather, and I can't think of a better way to warm up then with one of our exercise classes. Another great way to stay warm is to join one of our new arts and enrichment classes. We have Creative Card Making, Play with Clay Techniques, Clay Advanced Lab and Wire Wrap Jewelry Making. This dreary weather can also make us feel lonely, so try one of our social groups such as bingo or hand and foot card group. If you still want to be brave and venture outside, we have a very committed walking group that enjoys and welcomes new company. We may even have a few spots left for our Get up & Go trip this month to the Achadinha Cheese Farm for a Tour & Tasting. Reach out to Lara to see if she can squeeze you in, this trip is not one you want to miss.

Last month we celebrated Lunar New Year and Mardi Gras. For the first time ever, we had Lion Dancers at Lunar New Year, and we couldn't have been happier to have them. A big thank you to our Advanced Tai Chi class for doing a demonstration as well. Mardi Gras was all about the food and the great music. Thank you to our sponsors Sci-Fi Network, WellCare, Alignment Health, and Summerset Senior Living. We would also like to thank our Rancho Cordova Rotarians for coming out to help serve at these events.

Just a few weeks away we will be celebrating St. Patrick's Day. The Moon Glow band will be playing live music and we will be having traditional corned beef and cabbage. Make sure to get your tickets soon as our events have been selling out.

April 24th is our Senior Information Fair. Make sure to register for a **FREE** BBQ Chicken lunch with a completion of your event passport.

Don't forget to set your clocks on Sunday March 10th for Daylight savings. Cheer to longer days and more sunshine.

IMPORTANT DATES TO REMEMBER:

Mar 4: First Day of Wire Wrap Jewelry Making!	Mar 19: Cheese Farm Tour, Tasting & Shopping Trip
Mar 11: Social Security Presentation	Mar 28: Advisory Board Meeting
Mar 13: St. Patrick's Day Celebration (No Bingo)	Mar 31: Happy Easter!



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



MARCH 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	Egg Salad Sandwich w/ Tortellini Soup
6	Chicken Caesar Wrap w/ Veggie Soup	8	Southwest Salad w/ Lentil & Root Veggie Soup
13	St. Patrick's Day Celebration (No Bingo)	15	Pasta Salad w/ Roasted Cauliflower & Potato Mild Curry Soup
20	Italian Chopped Salad w/ Tomato Bisque	22	Tuna Salad Sandwich w/ Cabbage & White Bean Soup
27	Ham & Cheese Croissant w/ Creamy Potato Soup	29	Chef Salad w/ Clam Chowder

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

\$8 Members | \$10 Non-Members
 \$10 TOGO (Dessert not included)

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

POWERED BY SIFI NETWORKS



SENIOR RESOURCE FAIR

Lincoln Village Community Park
Wednesday, April 24 | 1 - 3 p.m.

Free information, services and resources for the health and well-being of the aging community

The first 100 sign-ups receive a free BBQ lunch with completion of event passport!

Sponsored by









Scan here to sign-up



easter egg hunt



Hey members!

**Be on the look out for hidden
Easter eggs all over the center on
March 26th and 27th!**

**Find a golden egg and win a
special prize!**

**Need to renew your membership?
Visit the front desk!**



Hello! I'm a new face to the Senior Center and it's great to meet everyone! Heather introduced me at the Mardi Gras party and I'm going to be the new front desk here at the center.

My name is Jessica and I just started working

here during the last half of February so please give me some time to learn how everything works around here and learn everyone's names!

I enjoy crafts and am currently learning how to sew from scratch, (if you have any tips please feel free to tell me!) and I enjoy all kinds of crafts that involve drawing or painting.

I look forward to getting to know all of you better so please feel free to say hi when you come in!



Cherry Blossom Festival

Sunday April 14 2024

\$75 per person

The Northern California Cherry Blossom Festival is one of California's most prominent celebrations of Asian traditions and the largest Cherry Blossom Festival on the West Coast. Join in the festivities as we celebrate Japanese and Japanese American culture in Japantown, San Francisco.

Deadline to cancel/register is March 13 2024

**For any questions please contact Lara Nall
lnall@crpd.com or by calling 916-366-3133**



**Starting March 1st we are
taking donations for the
Rancho Cordova Food Locker.**

**Please donate non-perishables/
canned goods at the front desk by
March 13th.**

*The Rancho Cordova Food Locker food
distribution is held on:*

Mon/Wed/Fri 9:30 am - 12:30 pm

*10497 Coloma Rd. Rancho Cordova at
St. John Vianney Church*

DONATE WHAT YOU CAN!

HAPPY BIRTHDAY!

Laurel Alvarez-DaGrace

Melody Baldwin

Janis Barnett

Cecil Bennett

Sharon Brooks

March Burch

Edgar Carlson

Yolanda Carter

Masae Corbett

Betty Davis

Gino DeCesart

Patricia DeCroix

Marea DeRosa

Barbara Desrochers

Robert Finkbohner

Lisa Gandy

Paula Gunn

Collette Gunn

Adriana Hernandez

Lorraine Hoffman

Fran Inouye

James Kelley

Sheryl Kingsley

Kim Kyu Dae

Leticia Latorre

Patricia Leitch

Junko Lipman

Alice McReynolds

May Mi

Darlene Miller

Jeanette Muller

Gwyneveyre

Pasquale

Katrina Raney

Milek Salmon

Billie Shell

Rosemary Slater

Clyde Steed

Kenneth Tarrant

Richard Tonsing

Analia Wantanabe

Kathy Wiegman

Tammy Wong

Karen Wright

Kathy Wright

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



COMMUNITY YARDSALE

**Saturday, May 4th, 8am - 2pm
at Lincoln Village Community Park**

Save the Dates!

**1 on 1 Tech Troubleshooting
Wednesday Mar 13th 2- 4PM**

Register for a FREE 30 minute 1 on 1 trouble shooting session with Senior Tech Pal. Bring in any device you have questions on. This workshop is held the second Wednesday of the month.

Pre-registration is required.

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 in this FREE presentation.

Daylight Savings!

Sunday March 10th

Time to spring forward this time of year! Don't forget to change your clocks 1 hour ahead. Longer days and more sunshine to come.

Cordova Senior Activities Center
Advisory Board Est. 1978

SPRING FUNDRAISER



TOPPINGS WILL BE AVAILABLE

**MONDAY
MAY 20 2024**

\$8 Hot Dog Lunch
served from 11:30-12:30pm
\$6 Nickel Bingo
games start 12:30-3pm
\$14 for BOTH



Thank you for your support!

Sponsored by:



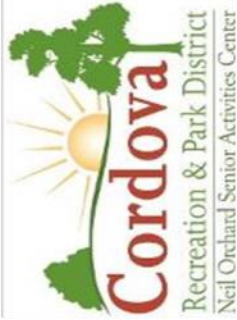
Your **ELDER CARE**
SPECIALIST

March 2024



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



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
3 - 4:30 p.m.	Wire Wrap Jewelry Making

Tuesday

*Please call (916) 376-8915 to make an appointment for HCAP
 *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

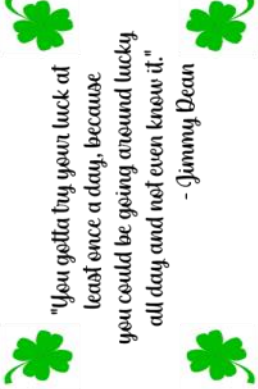
9 - 11 a.m.	Knitting & Crochet Group
9:30 - 11:30 a.m.	Cordova Independent Artists
10:30 - 11:30 a.m.	Zumba Gold Cancelled
1:15 - 2:45 p.m.	Beginning Line Dance
3 - 4 p.m.	Beginning Tai Chi

Wednesday



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
11:30 a.m. - Noon	Green Thumb Lunch
Noon - 2 p.m.	Bingo

Thursday



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

Friday

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 Cancelled
11:30 - Noon	Green Thumb Lunch
Noon - 2 p.m.	Bingo
Noon - 2 p.m.	Beginning Clay Cancelled

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Noon - 2 p.m.	Beginning Clay Techniques

11

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Noon - 1 p.m.	Zumba Gold
1:00 - 2:00 p.m.	Social Security Presentation
3 - 4:30 p.m.	Wire Wrap Jewelry Making

12

9 - 11 a.m.	Knitting & Crochet Group
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Noon - 1 p.m.	Zumba Gold
1:15 - 2:45 p.m.	Beginning Line Dance
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13

Cheese Farm Tour & Tasting Day Trip!	
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	St. Patrick's Day Celebration
Noon - 2 p.m.	Bingo Cancelled
2 p.m. - 4:00 p.m.	Tech 1 on 1 Troubleshooting

14

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

15

8 - 9 a.m.	Senior Exercise
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Noon - 2 p.m.	Bingo
Noon - 2 p.m.	Beginning Clay Techniques

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10 - 11 a.m.	Walking to Get Fit
10:30 - 11:15 a.m.	Intermediate Tai Chi
Noon - 1 p.m.	Zumba Gold

26

Easter Egg Hunt!	
9 - 11 a.m.	Knitting & Crochet Group
9:30 - 11:30 a.m.	Cordova Independent Artists
Noon - 1 p.m.	Zumba Gold
1:15 - 2:45 p.m.	Beginning Line Dance
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Easter Egg Hunt!	
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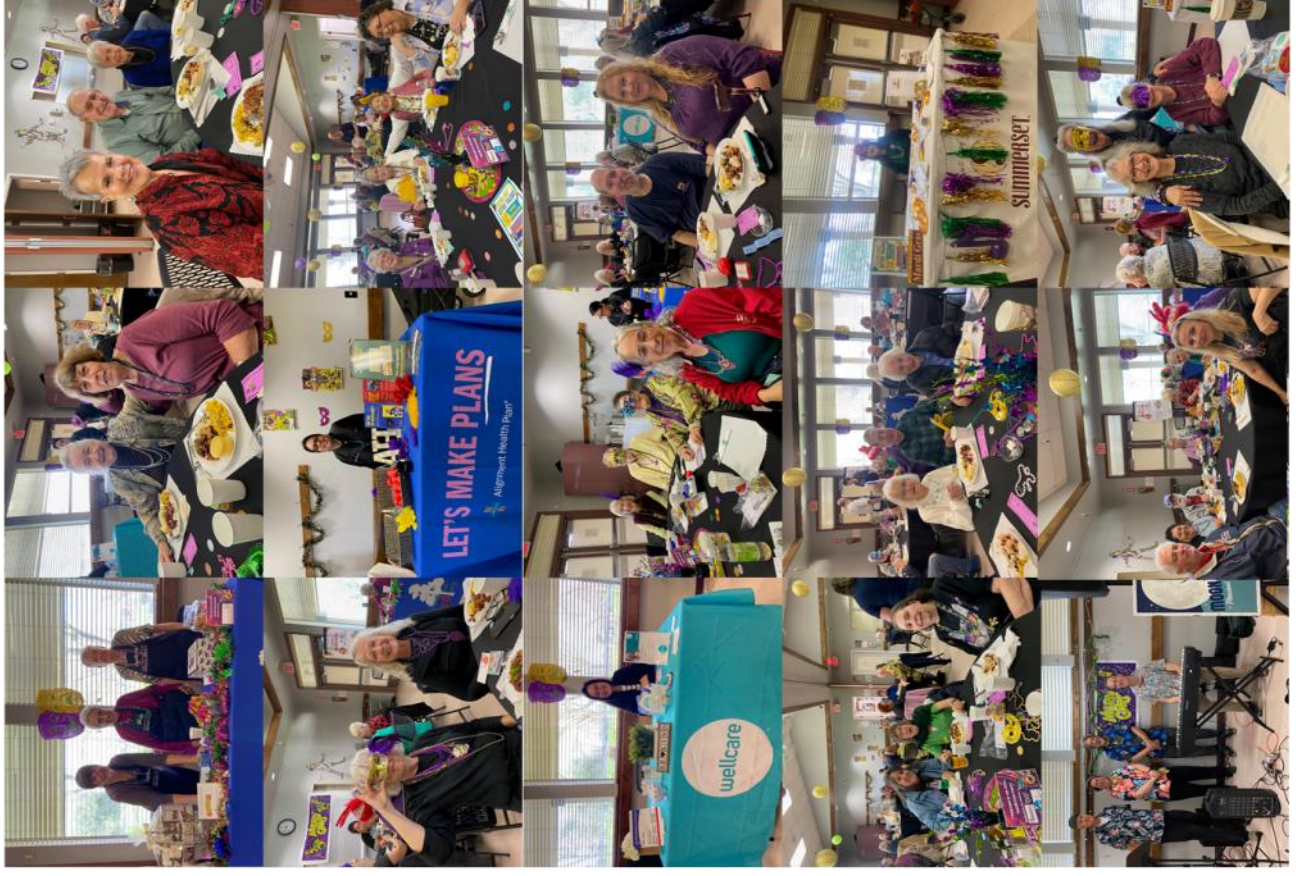
Lunar New Year Celebration
February 7 2024



A Special Thank you to the Jade Rabbit Dragon and Lion Dance Association, & our very own Advanced Tai Chi for performing



Mardi Gras Party
February 21 2024



Thank you to the Moon Glow Band for bringing a piece of New Orleans to our center!