



REEZA GAELA - EDITOR

April Showers Bring...Exciting News!

By Heather Schelske—Neil Orchard Senior Activities Center Supervisor



Everything is looking so green with all the rain last month. That’s not all that was green; Here at the Senior Center we celebrated St. Patrick’s Day. Many of you got dressed up and wore your green attire. Everyone enjoyed their corned beef and cabbage while listening to the Moon Glow Band. A big shoutout to Rotary and General Manager Patrick Larkin for helping with food service. A special thank you to Alignment Health, RC Healthcare, Wellcare by Health Net and Rancho Cordova Fiber City for sponsoring.

Last month in the mail you should have received Your Place to Recreate guide. In the recreation guide you will find all our classes, presentations, trips, and special events. Look through the guide and save the dates and register with us as many of our trips and events tend to sell out.

Come walk with me and our amazing Walking Group on Wednesday April 3rd for National Walking Day. We will meet at the front of the Senior Center at 10 a.m.

Do you have a green thumb, or do you like to build things? We will be meeting on April 17th at 9:30 a.m. to discuss our plan to rebuild our garden beds. This project is in partnership with the City of Rancho Cordova for their Day of Service event on May 18th. Come learn more and let’s get to building the new boxes.

This month is our annual Senior Resource Fair on April 24th at 1 p.m. Make sure to register for your FREE lunch. All you have to do is complete your passport and you will receive a FREE BBQ luncheon. We have over 25 vendors that will be in attendance.

Our Community Yard Sale will be on Saturday May 4th from 8- 2 p.m. and tickets are on sale for our Fiesta on May 8th.

IMPORTANT DATES TO REMEMBER:

Apr 3: National Walking Day	Apr 29: Collette Vacations Presentation
Apr 14: Get Up N’ Go: Cherry Blossom Festival Trip	May 3: Advisory Board Yard Sale Preview 9 - 3p.m.
Apr 17: Garden Project Volunteer Meeting 9:30 a.m.	May 4: Community Yard Sale 8am - 2pm
Apr 24: Senior Resource Fair 1 - 3pm	May 8: Fiesta! (Bingo Cancelled)
Apr 24: Advisory Board Meeting	May 10: Advisory Board Hot Dog & Bingo Fundraiser



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



APRIL 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	Half Salami & Cheese Sandwich w/ Veggie Soup	5	Appreciation Day: Pizza & Salad
10	Beet, Goat Cheese, Spring Mix Salad w/ Corned Beef & Cabbage Soup	12	Half Ultimate Grilled Cheese w/ Creamy Tomato Soup
17	Turkey Salad Croissant w/ Lentil Soup	19	Pesto Pasta w/ Sundried Tomatoes w/ Turkey Noodle Soup
24	Green Thumb Lunch & Bingo Cancelled	26	Chef Salad w/ Broccoli Cheddar Soup



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



FIESTA!

Wednesday

May 8 2024 at 11:30AM

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

TOGO (does not include dessert)

We're having a Fiesta and you're invited to
come & enjoy a delicious Mexican Fiesta.

Live mariachi music by Melhor Cruz

Menu: white sauce chicken enchilada, beans,
rice & dessert



NATIONAL WALKING DAY

Wednesday, April 3 2024

Put your walking shoes on!

Join Recreation Supervisor

Heather Schelske & the

Walking to Get Fit Group on

National Walking Day

We will meet at 10A.M.

COMMUNITY



Saturday, May 4 2024

8am - 2pm

at Lincoln Village Community Park

Looking to clean out your closets or find a great deal?

This is the perfect event for you.

Vendor Applications available now!

\$20 for one 12x12 space (2 max)

We are accepting Donations starting April 29th

Advisory Board Yard Sale Preview: Friday May 3

9am - 3pm

DO YOU HAVE A GREEN THUMB?



DAY OF SERVICE
VOLUNTEER GARDEN PROJECT MEETING
APRIL 17 2024 | 9:30AM

THIS MEETING WILL BE FOR ANYONE INTERESTED IN VOLUNTEERING TO HELP REBUILD OUR GARDEN. WE WILL GO OVER A TIMELINE TO COMPLETE THIS PROJECT BY SATURDAY MAY 18TH FOR THE CITY OF RANCHO CORDOVA'S DAY OF SERVICE. ALL VOLUNTEERS MUST FILL OUT A VOLUNTEER APPLICATION. VISIT THE NEIL ORCHARD SENIOR ACTIVITIES CENTER OR CALL 916-366-3133 IF YOU ARE INTERESTED.



We wanted to give a big thank you to everyone that donated to our canned food drive. With your help, Cordova Recreation & Park District was able to donate over 700 canned goods and non-perishables to the Rancho Cordova Food Locker.

To show our appreciation, please join us for a slice of pizza on Friday April 5 at

11:30am



SPRING FUNDRAISER



MONDAY
MAY 20 2024

TOPPINGS WILL BE AVAILABLE

\$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:



SPRING MYSTERY TRIP

Thursday May 23 2024

Where are we going? It's a mystery!
What are we doing? It's a mystery!
Are you ready for a grand time with
surprises and a delicious meal
before we head home?

Sign up today!

\$150 per person

For more information
call 916-366-3133



CELEBRATE! CELEBRATE! CELEBRATE!
Happy Birthday!
CELEBRATE! CELEBRATE! CELEBRATE!

- | | |
|-----------------------|---------------------|
| JOYCE ARMSTRONG | GWENDOLYN MARTIN |
| LOY BAXTER | CHRISTINE MCCARTNEY |
| JUDY BRIM | ELIDA MILLER |
| CURTIS BRYANT | JO-AN MOORE |
| JACKIE DECESARI | LARA NALL |
| FLORENCE DIZER-WASKOM | NUOI NEWTON |
| RETA DOUGLAS | MARJORIE POLGAR |
| MARSHA GEE | ROSELYN RICHARDSON |
| LINDA GIBSON | LIISA ROHMER |
| SUZANNE HAMMER | APRIL SIMMONS |
| CARLA HART | SUSAN SPENCER |
| DEBBIE HAUGHN | ART SPIVOCK |
| LESLIE HIAR | SHERYL SUTTER |
| LINDA HILDITCH | BARBARA TAYLOR |
| MARY JO HOFFMAN | WAYNE WEISBECKER |
| YUKIE HOFFMAN | ROSE WILSON |
| AYUMI INOUE | CHO HWANG YONG |
| DWIGHT JACKSON | |
| REBECCA JAGGERS | |
| ROBERTA LITTLE-FIELD | |
| MARIANA MANOILA | |

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



April 2024



Neil Orchard Senior Activities Center
 3460 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.

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
Noon - 1 p.m.	Zumba Gold
1 - 4 p.m.	Senior Sewing
3 - 4:30 p.m.	Wire Wrap Jewelry Making Cancelled

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
3 - 4 p.m.	Beginning Tai Chi

National Walking Day	
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10 - 11 a.m.	Walking to Get Fit
9:30 a.m. - 10:30	Creative Card Making
11:30 a.m. - Noon	Green Thumb Lunch
Noon - 2 p.m.	Bingo

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

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	Pizza Appreciation Lunch
Noon - 2 p.m.	Bingo
Noon - 2 p.m.	Beginning Clay Techniques

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3:30 p.m. - 4:30 p.m.	Advisory Board Meeting

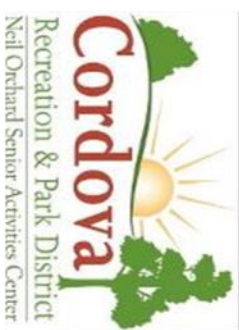
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Senior Resource Fair 1-3pm



*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

- Event Reminders**
- April 14th - Cherry Blossom Festival Day Trip
 - April 17th - Garden Project Meeting 9:30 am
 - April 24th - Senior Resource Fair 1 - 3pm

