



REEZA GAELA - EDITOR

HELLO MAY!

By Heather Schelske—Neil Orchard Senior Activities Center Supervisor



Spring has sprung!! This year one of my goals was to improve my golf game. I am proud to say I have not missed a week of playing at least nine holes since the end of January this year. I even played my first tournament in February. You should visit our beautiful Cordova Golf Course which offers lessons and discounts for seniors. Golf is a great game that you can play for a long time and there are golf courses everywhere. I encourage you to find an activity that inspires you to keep moving. We have added several classes and remember you can do a one time drop-in fee of \$5 to see if you enjoy the class.

Last month we held our annual Senior Resource Fair. We appreciate all who attended and hope you got some valuable resources and enjoyed the meal. Our Zumba Gold class stole the show with an amazing performance. Thank you, Zumba Gold!

We have lots of activities going on in May. This first week, we have our annual Community Yard Sale on Saturday May 4th from 8 a.m. to 2 p.m. so come out and shop! The Senior Advisory Board will be having a members only pre-sale on Friday from 9 a.m. to 2:30 p.m. on the patio. We also have our annual Fiesta event on Wednesday May 8th. Enjoy a delicious Mexican feast and live mariachi music. Visit the front desk to reserve a ticket before we sell out. Do not forget to get your tickets for our Pizza Party on Friday May 17th and the Senior Advisory Board will be hosting their Hot Dog and Bingo Fundraiser on Monday May 20th.

Would you like to volunteer? Do you like to build or have a green thumb? Over the next few weeks, we will be renovating our garden, and we could use your help. In coordination with restoring our garden we will be working with the City of Rancho Cordova on the Day of Service project on May 18th. Please let us know if you would like to get involved. May is also Skin Cancer Awareness Month. So don't forget to wear sunscreen when working and playing outside and check your skin regularly!

Monday May 27th, the center will be closed in observance of Memorial Day.

IMPORTANT DATES TO REMEMBER:

May 3: Advisory Board Yard Sale Pre- Sale 9 - 2:30pm	May 17: National Pizza Party Day
May 4: Community Yard Sale 8am - 2pm	May 18: City of Rancho Cordova Day of Service
May 8: Fiesta! (Bingo Cancelled)	May 20: Advisory Board Hot Dog & Bingo Fundraiser
May 12: Happy Mother's Day!	May 23: Get Up N Go Spring Mystery Trip
May 13: Fall Prevention Presentation	May 23: Advisory Board Meeting

May 27: The Senior Activities Center is closed in observance of Memorial Day.



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



MAY 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	Roast Beef Wrap w/ Tortellini Soup	3	Veggie Croissant w/ Vegetable Beef Soup
8	Fiesta! (Green Thumb & Bingo Cancelled)	10	Egg Salad Sandwich w/ Sausage & Kale Soup
15	Cheese Quesadilla w/ Chicken Tortilla Soup	17	National Pizza Party Day
22	Chopped Italian Salad w/ French Onion Soup	24	Turkey Sandwich w./ Asparagus Soup
29	Italian Chicken Caesar Salad w/ Minestrone Soup	31	Chef Salad w/ Potato Soup

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 Feast.

Live mariachi music by Melhor Cruz

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

NATIONAL PIZZA PARTY DAY!
FRIDAY MAY 17 AT 11:30 AM

\$8 MEMBERS | \$10 NON-MEMBERS

\$10 TO-GO

WE KNOW ITS CHEESY BUT WE LOVE ANY EXCUSE TO CELEBRATE!

TICKET INCLUDES: SLICE OF PIZZA, SALAD AND BEVERAGE



COMMUNITY YARDSALE

Saturday, May 4 2024

8 am - 2 pm at
Lincoln Village Community Park

- ◇ Donations accepted April 29—May 3
- ◇ Advisory Board Pre-Sale: May 3rd 9am-3pm
(held in the classroom & patio)

GET UP N GO - *DATE CHANGE*
**CRAIG SMITH: NEW PLACES OF
SAN FRANCISCO**

TUESDAY JUNE 25 - \$125 PER PERSON
REGISTRATION DEADLINE: JUNE 4TH

SPEND THE DAY EXPLORING THE "ALL THAT'S NEW IN SF" WITH YOUR TOUR GUIDE CRAIG SMITH. HIS KNOWLEDGE AND "INSIDE SCOOP" ON THE NEW SIGHTS OF THE CITY, MAKES THIS TOUR FUN AS WELL AS FACTUAL. LUNCH INCLUDED AT THE FAMOUS MAX'S OPERA CAFÉ!



GARDEN PROJECT VOLUNTEER SCHEDULE

TUES	9AM - 2PM
WED	1PM - 4PM
THURS	9AM - 2PM
FRI	1PM - 4PM

MAY 18 CITY OF RANCHO CORDOVA
DAY OF SERVICE



Attention: Day of Service Garden Project Volunteers!

For those volunteering to assist us in rebuilding our garden, please make sure to sign in at the front desk, and wear comfortable clothes and shoes.

Cordova Senior Activities Center
Advisory Board Est. 1978

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:



JANETTE AMODEO	SANDRA LANZ
JIM BEDOLLA	ROCHELLE LEFLORE
RICHARD BERUMEN	MARY MCKINNON
DENNIS BOOTH	DONNA MEYER
TRI BUI	HIROKO NEWBY
BETH BURT	GLOIA PALMA
DONNA CORBITT	BARBARA PATTOW VIGIL
CAROL CUNNINGHAM	KEN PEARSON
LUCILLE DAVIS	DARLENE PETTY
YVETTA FRANKLIN	MARISSA PULSIPHER
PATRICIA HARRIMAN	VIRGINIA UNDERWOOD
PATRICIA ROSE	CAROL WAGNER
WILMA RUSSELL	TERRILL WALKER
HAYLEY RYAN	CLYDE WANDS
PAMELA SANTICH	BETSY BARNEY
KIRAN SHAH	PAULETTE WHITEMORE
DEBBIE SILVA	JACQUIE WILLIAMS
TONY SILVA	
VALERIE SURJAN	

**DON'T SEE YOUR NAME?
VISIT THE FRONT DESK TO
CHECK ON YOUR
MEMBERSHIP**



A big thank you to our very own Zumba Gold for performing at this year's Senior Resource Fair!
If you're looking to get active through music & dance we offer:

Zumba Gold on Mon/Tues/Thurs at Noon
Beginning Line Dance on Tuesdays at 1:15 pm
Try it out with a one time drop in for just \$5!

FREE PRESENTATIONS

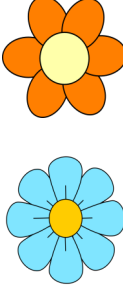
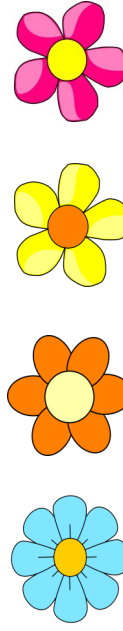
**Technology 1:1 Troubleshooting
Wednesday May 8th 2-4 pm**
Schedule a 30 minute 1-on-1 troubleshooting session with SeniorTechPal. Bring your devices that need troubleshooting and learn how to solve those annoying little technology issues.
No tech sessions in June or July

**Fall Prevention from Agency 4 Aging
Monday May 13th 1:00 pm**
1 in 4 aged 65+ fall each year. Falls are the leading cause of fatal injury and nonfatal trauma related hospital admissions. Learn how to prevent falls in your home.

**UC Davis Brain Health Presentation
Monday June 3rd 2-3 pm**
Join the UC Davis GROW Program for a free presentation to learn about ways you can take care of your brain now and as you age.

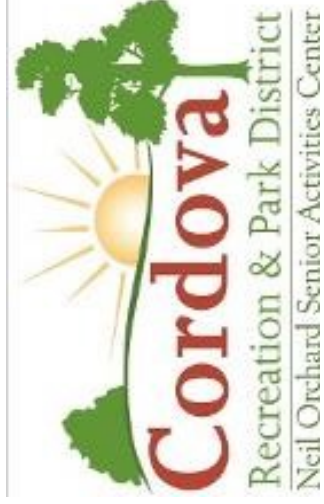
Register Now! Call us at 916-366-3133

May 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



Tuesday

*Lunch served Wednesdays & Fridays unless otherwise noted. Please see front desk for menus and to make reservations.

DATE REMINDERS:
Saturday May 4th - Community Yard Sale 8AM - 2PM
Saturday May 18 - The City of Rancho Cordova Day of Service
Monday May 20th - Advisory Board Hot Dog & Bingo Fundraiser
Thursday May 23 - Get Up N Go Mystery Trip

Wednesday

1
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 a.m. - 10:30 Creative Card Making
11:30 a.m. - Noon Green Thumb Lunch
Noon - 2 p.m. Bingo

Thursday

2
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

Friday

3
8 - 9 a.m. Senior Exercise
9 - 2 p.m. Advisory Board Yard Sale Pre-sale
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

Monday

6
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
Noon - 1 p.m. Zumba Gold
1 - 4 p.m. Senior Sewing Club
3 - 4:30 p.m. Wire Wrap Jewelry Making

Tuesday

7
9 - 11 a.m. Knitting & Crochet Group
Noon - 1 p.m. *Zumba Gold Cancelled*
1:15 - 2:45 p.m. Beginning Line Dance
3 - 4 p.m. Beginning Tai Chi

Wednesday

8
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 Fiesta! (Green Thumb Cancelled)
Bingo Cancelled
Tech 1 on 1 Troubleshooting

Thursday

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

Friday

10
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

Monday

13
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
Noon - 1 p.m. Zumba Gold
1 - 2 p.m. Fall Prevention Presentation
3 - 4:30 p.m. Wire Wrap Jewelry Making

Tuesday

14
9 - 11 a.m. Knitting & Crochet Group
Noon - 1 p.m. *Zumba Gold Cancelled*
1:15 - 2:45 p.m. Beginning Line Dance
3 - 4 p.m. Beginning Tai Chi

Wednesday

15
8 - 9 a.m. Senior Exercise
9:30 a.m. Garden Project Meeting
9:15 - 10:15 a.m. Beginning Kundalini Yoga
9:30 a.m. - 10:30 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

16
Noon - 1 p.m. *Zumba Gold Cancelled*
1 - 3:20 p.m. *Advanced Line Dance Cancelled*
Noon - 4 p.m. Hand & Foot Card Group
3 - 4 p.m. Beginning Tai Chi

Friday

17
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 National Pizza Party Day!
Noon - 2 p.m. Bingo
Noon - 2 p.m. Beginning Clay Techniques

Monday

20
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
11:30 - 3 p.m. Advisory Board Fundraiser
Noon - 1 p.m. Zumba Gold Cancelled
1 - 4 p.m. Senior Sewing Club
3 - 4:30 p.m. Wire Wrap Jewelry Making

Tuesday

21
9 - 11 a.m. Knitting & Crochet Group
Noon - 1 p.m. Zumba Gold
1:15 - 2:45 p.m. Beginning Line Dance
3 - 4 p.m. Beginning Tai Chi

Wednesday

22
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
3:30 p.m. - 4:30 p.m. Advisory Board Meeting

Thursday

23
GET UP N GO: SPRING MYSTERY TRIP
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

Friday

24
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

Monday

27
Center Closed in Observance of Memorial Day



Tuesday

28
9 - 11 a.m. Knitting & Crochet Group
Noon - 1 p.m. Zumba Gold
1:15 - 2:45 p.m. Beginning Line Dance
3 - 4 p.m. Beginning Tai Chi

Wednesday

29
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

Thursday

30
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

Friday

31
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

SPRING HAS SPRUNG AND WE'RE BLOOMING WITH EVENTS

APPRECIATION DAY - APRIL 5



SENIOR RESOURCE FAIR—APRIL 24



CHERRY BLOSSOM FESTIVAL - APRIL 14



Join in on all the fun! Visit cordovarpd.gov for more information on upcoming events.