

Neil Orchard Senior Activities Center



May Brings Fun!



Not only did May bring a lot of spring flowers, but it brought a lot of fun too. This last month was the busiest month of events I have ever experienced at the Senior Center. We kicked off the first weekend with our annual Community Yard Sale. The weather tried to stop the yard sale, but we moved vendors inside and had a steady flow of traffic. The Senior Advisory Board appreciates all the donations our members gave, and they did well in sales.


The following week was our Fiesta, and for the first time ever we had a mariachi performer. As Melhor Cruz serenaded the crowd, guests got to enjoy my white sauce enchilada (see inside for recipe).

The City of Rancho held their first Day of Service on May 18th. We were selected to rebuild our garden boxes. What a fun day we had planting our summer vegetable garden. We appreciate the City of Rancho for choosing us to be a part of this big day. Look inside for more information.

On May 20th our Senior Advisory Board held their Hot Dog and Bingo Fundraiser. With over 50 participants, they had a successful event. The hot dogs were fabulous, and the bingo door prizes were loved by everyone. Thank you Advisory Board, for your continued supported in our Senior Center and thank you to all who supported this event. Remember all proceeds come right back to the Senior Center

Heather Schelske

Recreation Supervisor



Connect with us!

Visit us at the Neil Orchard Senior Activities Center!

We are located at
3480 Routier Rd. Sacramento
CA 95826

Hours of Operation
Mon-Thurs 7:30 a.m. - 4:30 p.m.
Fri 7:30 a.m. - 3:30 p.m.

Have questions?
Give us a call at 916-366-3133

Follow us on Facebook!
[Facebook.com/neilorchardseniorsactivitiescenter/](https://www.facebook.com/neilorchardseniorsactivitiescenter/)

Visit our website!
www.cordovarpd.gov

IMPORTANT DATES TO REMEMBER:	
June 3: UC Davis Brain Health Presentation 2 - 3 p.m	June 21 National Selfie Day at Green Thumb Lunch
June 12: Tech 1on1 Workshop 2 p.m. - 4 p.m.	June 25: Craig Smith Tour Day Trip
June 16: Happy Father's Day!	June 26: Advisory Board Meeting
July 1 - 5: The center will be closed for cleaning and observance of Independence Day	



JUNE GREEN THUMB LUNCH

\$5 in Advance for Members & \$6 Non-Members/Day of/To-Go

RSVP by calling 916-366-3133

Lunch Served at 11:30 a.m.

Wednesdays		Fridays	
5	Pesto Pasta Salad w/ Creamy Chicken & Rice	7	Cobb Salad w/ Broccoli Cheddar Soup
12	Egg Salad Croissant Sandwich w/ Chicken Noodle Soup	14	Grilled Ham & Cheese Sandwich w/ Creamy Tomato Soup
19	Spinach, Bacon, Egg Salad w/ Ham & Corn Chowder	21	Roast Beef Wrap w/ Split Pea Soup
26	BLT Sandwich w/ Zucchini Soup	28	Chef Salad w/ Clam Chowder

NATIONAL HOT DOG DAY!

Wednesday, July 17 at 11:30 a.m.

\$8 Members | \$10 Non-Members

\$10 TOGO

RSVP by calling 916-366-3133

No need to pay for a ball game, just come celebrate one of the staples of American cuisine! Price includes grilled hot dog, bag of chips, and beverage.



AUGUST 21 | 11:30a.m.

\$8 Members | \$10 Non-Members

\$10 To-go (dessert not included)

Join us as we support, honor & show our appreciation to seniors & their positive contributions to the community.

Menu: Tri-tip, Baked Beans, Salad & Dessert

Sponsored by:





Heather's Chicken Enchiladas

- 10 flour tortillas, soft taco size
- 2 cups cooked shredded chicken**
- 2 cups shredded cheese
- 1 Tbs butter
- 1 Onion, diced
- 1 Can cream of mushroom soup
- 1 Can cream of chicken soup
- 1 (4-oz) can diced green chilies
- 2 tsp Taco seasoning
- 1 tsp Cumin

INSTRUCTIONS

Preheat oven to 350 degrees.

In a medium saucepan, melt the butter over medium-high heat. Add onions and sauté until translucent. Stir in the soup and seasonings, stir while cooking until heater through. (Add a little chicken stock if it's too thick.)

Mix shredded chicken, half the sauce and 1 cup of cheese in a bowl. Roll up the chicken into the 10 tortillas and place seam down in the greased pan. (Or layer into a casserole)

When it is mixed well, pour your remaining sauce over the enchiladas in the pan.

Top with the remaining 1 1/2 cup cheese. Bake for 22 minutes and then broil on high for 3 minutes at the end to get the cheese bubbly.

***I cook my chicken in a slow cooker with salsa, but you can use rotisserie chicken as well!*

Upcoming Programs & Events



FREE PRESENTATIONS & WORKSHOPS

Monday, June 3 | 2-3 p.m.

UC Davis Brain Health Class

Wednesday, June 12 | 2 p.m. - 4 p.m.

Tech 1 on 1 Workshop (RSVP 916-366-3133)

Monday, July 22 | 1 p.m.

Estate Planning, Wills & Trusts

Tuesday, July 23 | 1:30 p.m.

Collette World Travel Presentation



EMPIRE MINE STATE HISTORIC PARK

Thursday, July 18 | 8 a.m. - 5 p.m.

\$145 per person

Registration Deadline: June 24

Tour the grounds of Empire Mine State Historic Park, the site of the oldest, largest and richest gold mine in California. Followed by lunch and shopping in charming Downtown Grass Valley.

Activity Level: Moderate to Strenuous

Upcoming Programs & Events

Happy birthday!

OUR NEW GARDEN IS HERE!



In January the City of Rancho Cordova asked us if we would like to be part of their Day of Service, and if we would want to redo our garden boxes as a project. I couldn't have been more thrilled as our garden boxes are over 12 years old and needed to be replaced. Over the last six plus weeks, staff members Mark Davidson, Arturo Covarrubias, volunteers Gayla Linteau and Steve Banks (with over 40 volunteer hrs) and help from our CRPD irrigation team, they demoed the old garden boxes and rebuilt new hip high boxes. On May 18th, the Day of Service, we had many more volunteers, General Manager Patrick Larkin, Vice-Chairperson Rick Sloan and longtime garden club members who all came out to enjoy a day of planting.

If you have a green thumb or are interested in gardening, come join us!

The Garden Club meets on the first Wednesday of the month at 10:00 a.m.

CELEBRATING MEMBER BIRTHDAYS!

Donna Albright	Vangie Merrill
Linda Albright	Jerrilynn Miller
Retta Ball	Allene Morris
Marcia Ballard	Steve Parry
Steve Banks	Kathleen Pearson
Helen Barrera	Judy Qualters
Marci Bolanos	Frances Rainey
Deanna Bongioanni	Martha Ramirez
Kwan Brown	Nancy Rotary
Glenda Caldwell	Maria Salazar
Barbara Couri	Lenita Samuel
Hilda Garcia	Paul Sandoz
Saskia Goldstein	Sheila Snowden
Dawn Gonzales	Tannie Stephens
Peralean Harper	Maria Van Wolferen
Lucy Irby	Teri VanAirsdale
Brenda Jenkies	Sheila Vassey
Jeanette Leonard	Kathleen Ventura
Shirley Lorenzen	Marbella Wands
Amy McBride	Patricia Wilcox

Don't see your name?

Visit the front desk to check on your membership!



June 2024




Monday		Tuesday		Wednesday		Thursday		Friday	
3	8 - 9 a.m. Senior Exercise Walking to Get Fit 9:15 - 10:15 a.m. Beginning Kundalini Yoga 10:30 - 11:15 a.m. Intermediate Tai Chi Practice Noon - 1 p.m. Zumba Gold UC Davis Brain Health Presentation 2 p.m. - 3 p.m. 3 - 4:30 p.m. Wire Wrap Jewelry Making	4	9 - 11 a.m. Knitting & Crochet Group Noon - 1 p.m. Zumba Gold 1:15 - 2:45 p.m. Beginning Line Dance	5	8 - 9 a.m. Senior Exercise Walking to Get Fit 9:15 - 10:15 a.m. Beginning Kundalini Yoga 9:30 a.m. - 10:30 a.m. Creative Card Making 11:30 a.m. - Noon Green Thumb Lunch Noon - 2 p.m. Bingo 4 - 5 p.m. Cooking with Kids	6	Noon - 1 p.m. Zumba Gold Hand & Foot Card Group	7	8 - 9 a.m. Senior Exercise Walking to Get Fit 9:15 - 10:15 a.m. Beginning Kundalini Yoga 10 - 2 p.m. Beginning & Advanced Ceramics 11:30 - Noon Green Thumb Lunch Noon - 2 p.m. Bingo
10	8 - 9 a.m. Senior Exercise Walking to Get Fit 9:15 - 10:15 a.m. Beginning Kundalini Yoga 10:30 - 11:15 a.m. Intermediate Tai Chi Practice Zumba Gold Noon - 1 p.m. Wire Wrap Jewelry Making 3 - 4:30 p.m.	11	9 - 11 a.m. Knitting & Crochet Group Noon - 1 p.m. Zumba Gold 1:15 - 2:45 p.m. Beginning Line Dance	12	8 - 9 a.m. Senior Exercise Walking to Get Fit 9:15 - 10:15 a.m. Beginning Kundalini Yoga 11:30 a.m. - Noon Green Thumb Lunch Noon - 2 p.m. Bingo 2 - 4 p.m. Tech 1 on 1 Troubleshooting 4 - 5 p.m. Cooking with Kids	13	Noon - 1 p.m. Zumba Gold Hand & Foot Card Group	14	8 - 9 a.m. Senior Exercise Walking to Get Fit 9:15 - 10:15 a.m. Beginning Kundalini Yoga 10 - 2 p.m. Beginning & Advanced Ceramics 11:30 - Noon Green Thumb Lunch Noon - 2 p.m. Bingo
17	8 - 9 a.m. Senior Exercise Walking to Get Fit 9:15 - 10:15 a.m. Beginning Kundalini Yoga 10:30 - 11:15 a.m. Intermediate Tai Chi Practice Zumba Gold Noon - 1 p.m. Wire Wrap Jewelry Making 3 - 4:30 p.m.	18	9 - 11 a.m. Knitting & Crochet Group Noon - 1 p.m. Zumba Gold 1:15 - 2:45 p.m. Beginning Line Dance	19	8 - 9 a.m. Senior Exercise Walking to Get Fit 9:15 - 10:15 a.m. Beginning Kundalini Yoga 9:30 a.m. - 10:30 a.m. Creative Card Making 11:30 a.m. - Noon Green Thumb Lunch Noon - 2 p.m. Bingo 4 - 5 p.m. Cooking with Kids	20	Noon - 1 p.m. Zumba Gold Hand & Foot Card Group	21	8 - 9 a.m. Senior Exercise Walking to Get Fit 9:15 - 10:15 a.m. Beginning Kundalini Yoga 10 - 2 p.m. Beginning & Advanced Ceramics 11:30 - Noon Green Thumb Lunch Noon - 2 p.m. Bingo
24	8 - 9 a.m. Senior Exercise Walking to Get Fit 9:15 - 10:15 a.m. Beginning Kundalini Yoga 10:30 - 11:15 a.m. Intermediate Tai Chi Practice Zumba Gold Noon - 1 p.m. Wire Wrap Jewelry Making 3 - 4:30 p.m.	25	8 a.m. - 5 p.m. Craig Smith Tour Day Trip 9 - 11 a.m. Knitting & Crochet Group Noon - 1 p.m. Zumba Gold 1:15 - 2:45 p.m. Beginning Line Dance	26	8 - 9 a.m. Senior Exercise Walking to Get Fit 9:15 - 10:15 a.m. Beginning Kundalini Yoga 11:30 a.m. - Noon Green Thumb Lunch Noon - 2 p.m. Bingo 3:30 p.m. - 4:30 p.m. Advisory Board Meeting 4 - 5 p.m. Cooking with Kids	27	Noon - 1 p.m. Zumba Gold Hand & Foot Card Group	28	8 - 9 a.m. Senior Exercise Walking to Get Fit 9:15 - 10:15 a.m. Beginning Kundalini Yoga 10 - 2 p.m. Beginning & Advanced Ceramics 11:30 - Noon Green Thumb Lunch Noon - 2 p.m. Bingo
						<p>HAPPY FATHER'S DAY!</p> <p><i>What did the ocean say to the beach? Nothing, it just waved. Where do fruits go on vacation? Pear-is</i></p>		<p>*Lunch served Wednesdays & Fridays unless otherwise noted. Please see front desk for menus and to make reservations.</p> <p>*All dates and times are subject to change without notice</p>	

Photo Gallery

Fiesta! | May 8



National Pizza Party Day | May 17



Advisory Board Hot Dog & Bingo Fundraiser | May 20



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