

Neil Orchard Senior Activities Center



Summer is here!



Our beautiful Spring weather is gone, and our Summer weather will now quickly be turning into those triple digit summer days. Remember as the weather heats up to be prepared for the intense heat. Make sure to carry water with you and more importantly, drink it. Members are always welcome to hang out in the lounge during those hot days to cool off.

One thing that this heat is good for is our garden. Our garden is flourishing! Remember that all the squash, cucumbers, radishes, bell peppers, tomatoes and much more are going right into your Green Thumb soups and salads. If you haven't gone out to look at the garden, please do so. It is so beautiful. Remember please do not pick the vegetables as we use or freeze everything we produce.

National Selfie Day was June 21st and many of you participated in our selfie challenge. Make sure to look inside for all the great photos.

If you haven't noticed, Barbara, one of our former cooks has returned and we couldn't be more delighted! I encourage you to introduce yourself to her if you haven't already done so.

Our Get up N' Go day trip went to beautiful San Francisco last month to visit all the new landmarks of the city. Almost all our upcoming day trips are on a waitlist. If you see a trip coming up that you know you cannot miss, make sure to register right away before seats fill up.

We have a new painting class just for the month of July. You don't want to miss out on this opportunity. See inside for more details.

Remember the Senior Center will be closed from July 1st - 5th in observation of the 4th of July Independence Day holiday and for deep cleaning. When you return, the floors and building will be shining.

"America was built on courage, on imagination and an unbeatable determination to do the job at hand." -Harry S. Truman Happy 4th of July!

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:

July 1 - 5: The center will be closed for cleaning and observance of Independence Day

July 8:	Get Up N' Go Presentation	July 17:	National Hot Dog Day
July 18:	Empire Mine State Park Day Trip	July 22:	Estate Planning, Wills & Trusts Presentation
July 23:	Collette Travel Presentations	July 31:	Advisory Board Meeting



JULY 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
Center is closed July 1 - 5 in observance of Independence Day & cleaning	
10	12
Turkey Croissant Sandwich w/ Creamy Squash Soup	Baked Potato w/ Minestrone Soup
17	19
National Hot Dog Day	Thai Cabbage Salad w/ Wonton Soup
24	26
Caesar Salad w/ Chicken Tortilla Soup	Mixed Green Salad w/ Tortellini Soup
31	
Chef Salad w/ Creamy Potato Soup	



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:



NATIONAL CHEESEBURGER DAY!

SEPTEMBER 18 | 11:30AM

**\$8 Members | \$10 Non-Members
\$10 To-Go**

Celebrate one of America's favorite sandwiches! The sizzling fresh cheeseburgers will be served w/ all the fixings, potato salad, fresh fruits & a beverage.



Upcoming Programs & Events



FREE PRESENTATIONS & WORKSHOPS

Monday, July 8 | 1-2 p.m.

Get Up N' Go Travel Presentation

Monday, July 22 | 1 p.m.

Estate Planning, Wills & Trusts

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

Collette World Travel Presentation

RSVP TODAY! Call 916-366-3133

COMING IN AUGUST!

ON-GOING MEMBER ACTIVITIES

**Membership is \$10/year |*

Non-Members pay \$2 per activity

CARDS & BOARD GAMES

1st & 3rd Monday of the month | 1-4pm

Join this new group for endless fun and friendly competition! Bring your favorite games and let's roll the dice, shuffle the cards and have fun!

*Donations for board games accepted at the front desk

OPEN ART STUDIO

Tuesdays | 9:30 - 11:30 a.m.

Enjoy creating art in an open studio format. No instructor, simply community members coming together to create & share their experiences and knowledge in their particular medium.



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

NEW CLASS ALERT!



PAINT WITH ME

Thursdays 9AM - 11AM

Join Andrea Chavez for a 2hr session every Thursday in July. Follow along and take home your own painted masterpiece after each session.

Sessions held in July only

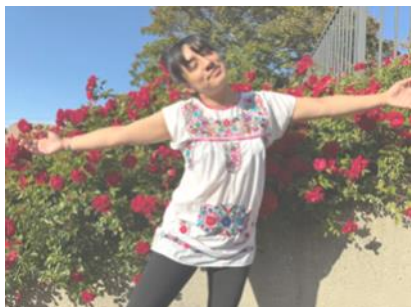
*\$15 Members/\$20 Non-Members per session
\$10 material fee paid to instructor per session
all materials will be provided*

First Session will be: July 11

Upcoming Programs & Events

Happy birthday!

WELCOME BACK BARBARA!



For those who don't know, my name is Barbara and I'm happy to be back at the senior center! While I was gone, I worked with Merryhill & San Juan Unified School District, but I am back because I love this job! I love cooking, baking, picking veggies from the garden here, and the great holiday parties the center hosts.

Please feel free to say hi!

CELEBRATING MEMBER BIRTHDAYS!

Josefina Aquino	Marie Ketcham
Barbara Ashton	Joann Kuroda
Marisela Atriana	Richard Lovell
Karen Baker	Karen Lucas
Edward Blackmon	Carol Matson
Doris Brooks	Andrea Medina
Dale Carlson	Barbara Nall
Marion Carlson	Larry Nall
Sharron Cianci	Donna Philp
Terry Clinton	Barbara Philpot
SusanMary Davidson	Shute Pong
John Donnelly	Susan Quirarte
Nova Edwards	Randy Roberts
Katherine Ellis	Tonianne Ross
Francis Fortier	Carol Schweder
Kathy Gee	Gloria Sears
Robbie Gildersleeve	Sheryl Smith
Sabrina Goedrich	Thomas Trisler
Sheila Golden	Billie Warren
Phyllis Gunton	Sally Weisbecker
Sandra Higgins	Bonny Williams
Nora Jimenez	Josephine Williams



FIRST WEDNESDAY OF THE MONTH

This month our garden club will be meeting on July 10th at 10:30 a.m.

If you have a green thumb or want to start a new hobby, our garden club is open for members to join and volunteer for a "hands-on" gardening session.

COME HELP US GROW!

Don't see your name?
Visit the front desk to check on your
membership!



Monday		Tuesday		Wednesday		Thursday		Friday	
1	2	3	4	5	6	7	8	9	10
Center is closed July 1 - 5 in observance of Independence Day & Cleaning									
8 8 - 9 a.m. Senior Exercise 9 - 10 a.m. Walking to Get Fit 9:15 - 10:15 a.m. Beginning Kundalini Yoga 10:30 - 11:15 a.m. Intermediate Tai Chi Noon - 1 p.m. Zumba Gold 1 - 2 p.m. Get Up N' Go Travel Presentation 3 - 4:30 p.m. Wire Wrap Jewelry Making	9 9 - 11 a.m. Knitting & Crochet Group Noon - 1 p.m. Zumba Gold 1:15 - 2:45 p.m. Beginning Line Dance	10 8 - 9 a.m. Senior Exercise 9 - 10 a.m. Walking to Get Fit 9:15 - 10:15 a.m. Beginning Kundalini Yoga 9:30 a.m. - 10:30 a.m. Creative Card Making 10:30 am Garden Club 11:30 a.m. - Noon Green Thumb Lunch Noon - 2 p.m. Bingo 4 - 5 p.m. Cooking with Kids	11 9 - 11 a.m. Paint with Me Noon - 1 p.m. Zumba Gold Noon - 4 p.m. Hand & Foot Card Group	12 8 - 9 a.m. Senior Exercise 9 - 10 a.m. 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	13 8 - 9 a.m. Senior Exercise 9 - 10 a.m. 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	14 8 - 9 a.m. Senior Exercise 9 - 10 a.m. 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	15 8 - 9 a.m. Senior Exercise 9 - 10 a.m. Walking to Get Fit 9:15 - 10:15 a.m. Beginning Kundalini Yoga 10:30 - 11:15 a.m. Intermediate Tai Chi Noon - 1 p.m. Zumba Gold 3 - 4:30 p.m. Wire Wrap Jewelry Making	16 9 - 11 a.m. Knitting & Crochet Group Noon - 1 p.m. Zumba Gold 1:15 - 2:45 p.m. Beginning Line Dance	17 8 - 9 a.m. Senior Exercise 9 - 10 a.m. Walking to Get Fit 9:15 - 10:15 a.m. Beginning Kundalini Yoga 11:30 a.m. - Noon National Hot Dog Day Noon - 2 p.m. Bingo 4 - 5 p.m. Cooking with Kids
22 8 - 9 a.m. Senior Exercise 9 - 10 a.m. Walking to Get Fit 9:15 - 10:15 a.m. Beginning Kundalini Yoga 10:30 - 11:15 a.m. Intermediate Tai Chi Noon - 1 p.m. Zumba Gold 1 - 2 p.m. Estate Planning, Wills & Trust Presentation 3 - 4:30 p.m. Wire Wrap Jewelry Making	23 9 - 11 a.m. Knitting & Crochet Group Noon - 1 p.m. Zumba Gold 1:15 - 2:45 p.m. Beginning Line Dance 1:30 - 2:30 p.m. Collette Travel Presentation	24 8 - 9 a.m. Senior Exercise 9 - 10 a.m. 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	25 9 - 11 a.m. Paint with Me Noon - 1 p.m. Zumba Gold Noon - 4 p.m. Hand & Foot Card Group	26 8 - 9 a.m. Senior Exercise 9 - 10 a.m. 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	27 8 - 9 a.m. Senior Exercise 9 - 10 a.m. 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	28 8 - 9 a.m. Senior Exercise 9 - 10 a.m. 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	29 8 - 9 a.m. Senior Exercise 9 - 10 a.m. Walking to Get Fit 9:15 - 10:15 a.m. Beginning Kundalini Yoga 10:30 - 11:15 a.m. Intermediate Tai Chi Noon - 1 p.m. Zumba Gold 3 - 4:30 p.m. Wire Wrap Jewelry Making	30 9 - 11 a.m. Knitting & Crochet Group Noon - 1 p.m. Zumba Gold 1:15 - 2:45 p.m. Beginning Line Dance	31 8 - 9 a.m. Senior Exercise 9 - 10 a.m. 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



*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

Photo Gallery

National Selfie Day | June 21



Get Up N Go: Craig Smith SF Tour



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