

# Neil Orchard Senior Activities Center



## Hot Diggity Dog!



Last month, we had a blast celebrating National Hot Dog Day with living hot dogs, ketchup, and mustard! We've also been experiencing a lot of triple-digit temperatures. Please remember to stay cool, hydrated, and always wear sunscreen. Our lounge is always open for members to cool down and relax.

This month, we're excited to celebrate National Senior Citizens Day on August 21st! We've got a fantastic menu planned and live music by the Moon Glow Band. Be sure to get your tickets early before they sell out! To celebrate all of our seniors, we will have fun & games all week long. See our calendar for more details.

We've included a survey in this newsletter. Your feedback and suggestions are very important to us, so please fill it out and drop it off at the front desk to receive a special treat!

Looking ahead to September, the Senior Advisory Board will host a social on September 9th at 1:30 p.m. for members and their friends. Enjoy food, drinks, and music at this free event, but make sure to RSVP at the front desk.

We have room for more participants on our Empire Mine trip coming up on September 12<sup>th</sup>. If you have never been to Empire Mine, it's a State Park you don't want to miss. Personally, it is one of my favorites to visit several times a year. The grounds are gorgeous and your lunch destination is a place I go to monthly and is delicious.

Please note that the Senior Center will be closed on September 2nd for Labor Day. Stay cool and see you at our events.

*Heather Schelske*

Recreation Supervisor

**Cordova**  
Recreation & Park District  
www.cordovarpd.gov

**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](http://www.cordovarpd.gov)

**IMPORTANT DATES TO REMEMBER:**

<b>Aug 7:</b>	Garden Club	<b>Aug 28:</b>	Advisory Board Meeting
<b>Aug 16:</b>	Hawaiian Shirt Day!	<b>Sept 2:</b>	<b>Center Closed for Labor Day</b>
<b>Aug 21:</b>	National Senior Citizen Day (No Bingo)	<b>Sept 9:</b>	Advisory Board: Hang out with Us Event
<b>Aug 27:</b>	Get Up N' Go: Lake Tahoe Scenic Trip	<b>Sept 18:</b>	National Cheeseburger Day



## AUGUST 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	
		2	BLT Croissant w/ Summer Squash & Corn Chowder
7	Tomato Cucumber & Avocado Salad w/ Italian Meatball Soup	9	Grilled Cheese Sandwich w/ Tomato Basil Soup
14	Caprese Pasta w/ Tuscan White Bean Soup	16	Ham & Cheese Sandwich w/ Split Pea Soup
21	National Senior Citizen's Day (Bingo Cancelled)	23	Italian Salad w/ Pesto Tortellini Soup
28	Egg Salad Sandwich w/ Squash Pepper Soup	30	Chef Salad w/ Chicken Noodle 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. Enjoy live music from the "Moon Glow" band!

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

### STARTING THIS AUGUST

### NEW ON-GOING MEMBER ACTIVITIES

#### \*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. Bring your own supplies, however some supplies and activities will be provided.



### NEW CLASS ALERT!! (Starting in September)

#### **Cooking with Barbara!**

**Mondays Monthly | 11:30a.m. - 12:30p.m.**

**Ages: 50+**

**\$30 Members | \$35 Non-Members**

Wanting to learn new skills and home recipes while practicing food safety in the kitchen? Join our cook Barbara for hands-on classes.

All ingredients & equipment will be provided.

**Tie up long hair, and no open toed shoes**

**First Class: Mon Sept 16 - Quiche**



### **CORDOVA SENIOR ADVISORY BOARD SENIOR SOCIAL**

**Monday September 9 | 1:30 - 3:30 p.m.**

Join the Cordova Senior Advisory Board for this **FREE** event to enjoy an afternoon with friends & meet new ones! There will be music, snacks, beverages and prizes. Bring your friends and learn more of what we offer at the Neil Orchard Senior Activities Center.

Register in Advance: 916-366-3133



### **RED HAWK CASINO AND APPLE HILL**

Thursday, September 26 | 8 a.m. - 5 p.m.

\$95 per person (21+)

Registration Deadline: August 26

Begin the day with 4 hours of free time at the exciting Red Hawk Casino where you'll receive a casino bonus of \$10 free play (*subject to change by casino*). Depart that afternoon and head to Apple Hill for free time at High Hill Ranch. Enjoy an apple fritter or slice of apple pie with coffee while you explore the Ranch.

## Upcoming Programs & Events

# Happy birthday!



### Garden Club

#### FIRST WEDNESDAY OF THE MONTH

This month our garden club will be meeting on August 7th 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!



#### **EMPIRE MINE STATE HISTORIC PARK** **\*NEW DATE!!**

Thursday, September 12 | 8 a.m. - 5 p.m.

\$145 per person

Registration Deadline: August 29

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 w/ uneven ground*

#### CELEBRATING MEMBER BIRTHDAYS!

Rose Arnold	Joseph Herrera
Joyce Arrighi	Wenda Howard
Brian Barch	Blanche Jung
Erin Beverly	David Kopperud
Emma Beza	Bill McGaughy
Marilyn Bradford	Irene Mendez-Tello
Dorothy Calvetti	Luis Mercado
Niru Chetty	Julie Monroe
Leta Cousineau	Trish Moss
Maria Deguzman	Jack Mowbray
Irma Deane	Donna Ozur
Milica Domanovich	Esperanza Pedrin
Marie Dorsey	Steve Pinner
Linda Ducray	Jane Ramsay
Elaine Duncan	Susan Szabo
Judy Eliot	Katherine Sanders
George Foxworth	Carol SantaRosa
Jacqueline Galloway	Edward Sheaffer
Mary Gontjes	Bennie Simmons
Suzanne Hanrahan	Lynda Street
Roxann Harris	Ann Thomason
Tammy Headley	Geilan Toppazada
Arbie Henderson	Diana Wurm

Don't see your name?

Visit the front desk to check on your membership!





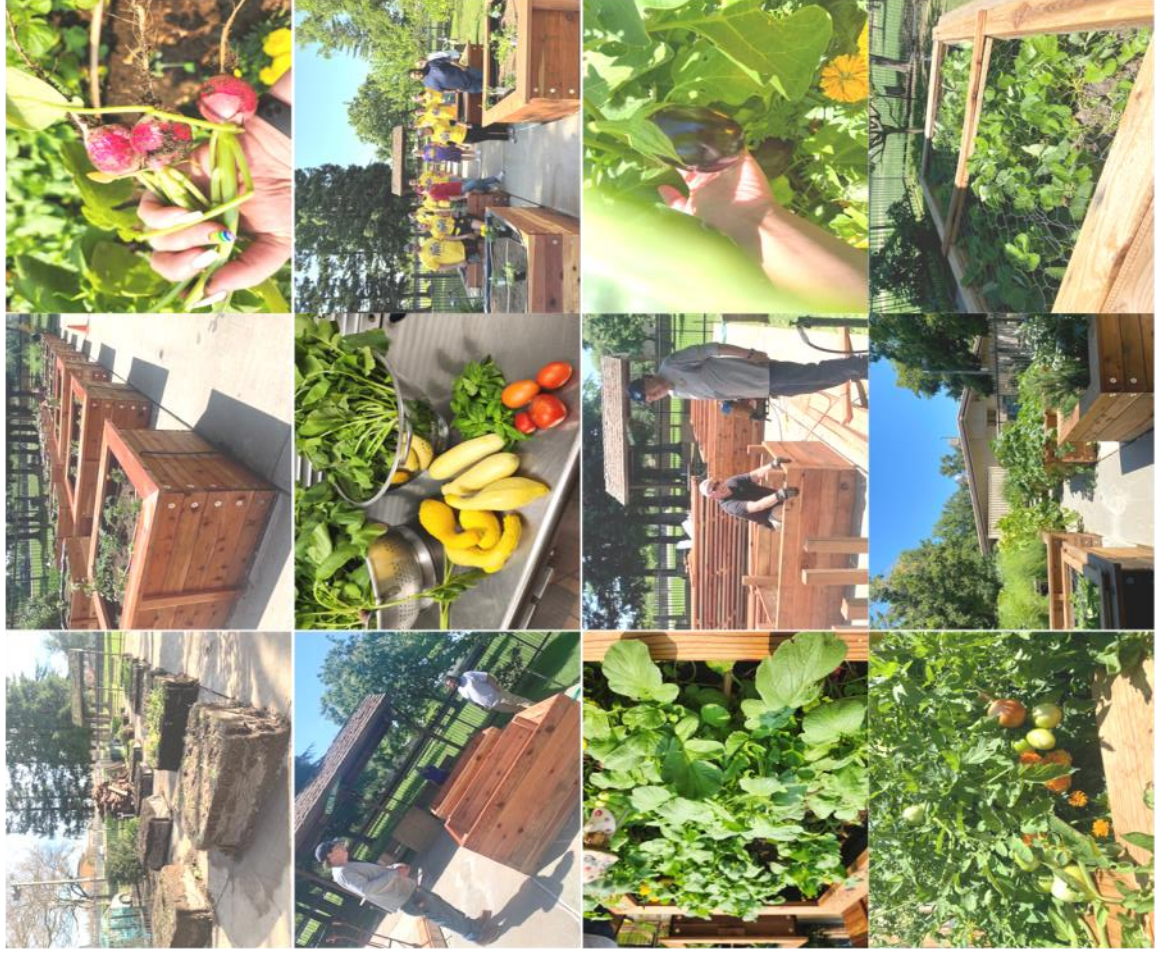
# August 2024

Neil Orchard Senior Activities Center  
 3480 Rottier 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	Wednesday	Thursday	Friday
<p>*Lunch served Wednesdays &amp; 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>				
<p><b>5</b></p> <p>8 - 9 a.m. Senior Exercise</p> <p>9 - 10 a.m. Walking to Get Fit</p> <p>9:15 - 10:15 a.m. Beginning Kundalini Yoga</p> <p>10:30 - 11:15 a.m. Intermediate Tai Chi</p> <p>11:15 - 11:45 a.m. Beginning Tai Chi</p> <p>Noon - 1 p.m. Zumba Gold <i>Cancelled</i></p> <p>1 - 4 p.m. Cards &amp; Board Games</p> <p>3 - 4:30 p.m. Wire Wrap Jewelry Making</p>	<p><b>6</b></p> <p>9 - 11 a.m. Knitting &amp; Crochet Group</p> <p>9:30 - 11:30 a.m. Open Art Studio</p> <p>Noon - 1 p.m. Zumba Gold <i>Cancelled</i></p> <p>1:15 - 2:45 p.m. Beginning Line Dance</p>	<p><b>7</b></p> <p>8 - 9 a.m. Senior Exercise</p> <p>9 - 10 a.m. Walking to Get Fit</p> <p>9:15 - 10:15 a.m. Beginning Kundalini Yoga</p> <p>9:30 a.m. - 10:30 a.m. Creative Card Making</p> <p>10:30 am Garden Club</p> <p>11:30 a.m. - Noon Green Thumb Lunch</p> <p>Noon - 2 p.m. Bingo</p> <p>4 - 5 p.m. Cooking with Kids</p>	<p><b>8</b></p> <p>Noon - 1 p.m. Zumba Gold</p> <p>Noon - 4 p.m. Hand &amp; Foot Card Group</p>	<p><b>9</b></p> <p>8 - 9 a.m. Senior Exercise</p> <p>9 - 10 a.m. Walking to Get Fit</p> <p>9:15 - 10:15 a.m. Beginning Kundalini Yoga</p> <p>10 - 2 p.m. Beginning &amp; Advanced Ceramics</p> <p>11:30 - Noon Green Thumb Lunch</p> <p>Noon - 2 p.m. Bingo</p>
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<p><b>19</b></p> <p>All Day Popcorn Day!</p> <p>8 - 9 a.m. Senior Exercise</p> <p>9 - 10 a.m. Walking to Get Fit</p> <p>9:15 - 10:15 a.m. Beginning Kundalini Yoga</p> <p>10:30 - 11:15 a.m. Intermediate Tai Chi</p> <p>11:15 - 11:45 a.m. Beginning Tai Chi</p> <p>Noon - 1 p.m. Zumba Gold</p> <p>1 - 4 p.m. Cards &amp; Board Games</p> <p>3 - 4:30 p.m. Wire Wrap Jewelry Making</p>	<p><b>20</b></p> <p>All Day National Lemonade Day!</p> <p>9 - 11 a.m. Knitting &amp; Crochet Group</p> <p>9:30 - 11:30 a.m. Open Art Studio</p> <p>Noon - 1 p.m. Zumba Gold</p> <p>1:15 - 2:45 p.m. Beginning Line Dance</p>	<p><b>21</b></p> <p>8 - 9 a.m. Senior Exercise</p> <p>9 - 10 a.m. Walking to Get Fit</p> <p>9:15 - 10:15 a.m. Beginning Kundalini Yoga</p> <p>9:30 a.m. - 10:30 a.m. Creative Card Making</p> <p>11:30 a.m. - Noon National Senior Citizen Day Lunch</p> <p>Noon - 2 p.m. Bingo <i>Cancelled</i></p> <p>4 - 5 p.m. Cooking with Kids</p>	<p><b>22</b></p> <p>All Day Spin Our Prize Wheel!</p> <p>Noon - 1 p.m. Zumba Gold</p> <p>Noon - 4 p.m. Hand &amp; Foot Card Group</p>	<p><b>23</b></p> <p>All Day Aloha Friday!</p> <p>8 - 9 a.m. Senior Exercise</p> <p>9 - 10 a.m. Walking to Get Fit</p> <p>9:15 - 10:15 a.m. Beginning Kundalini Yoga</p> <p>10 - 2 p.m. Beginning &amp; Advanced Ceramics</p> <p>11:30 - Noon Green Thumb Lunch</p> <p>Noon - 2 p.m. Bingo</p>
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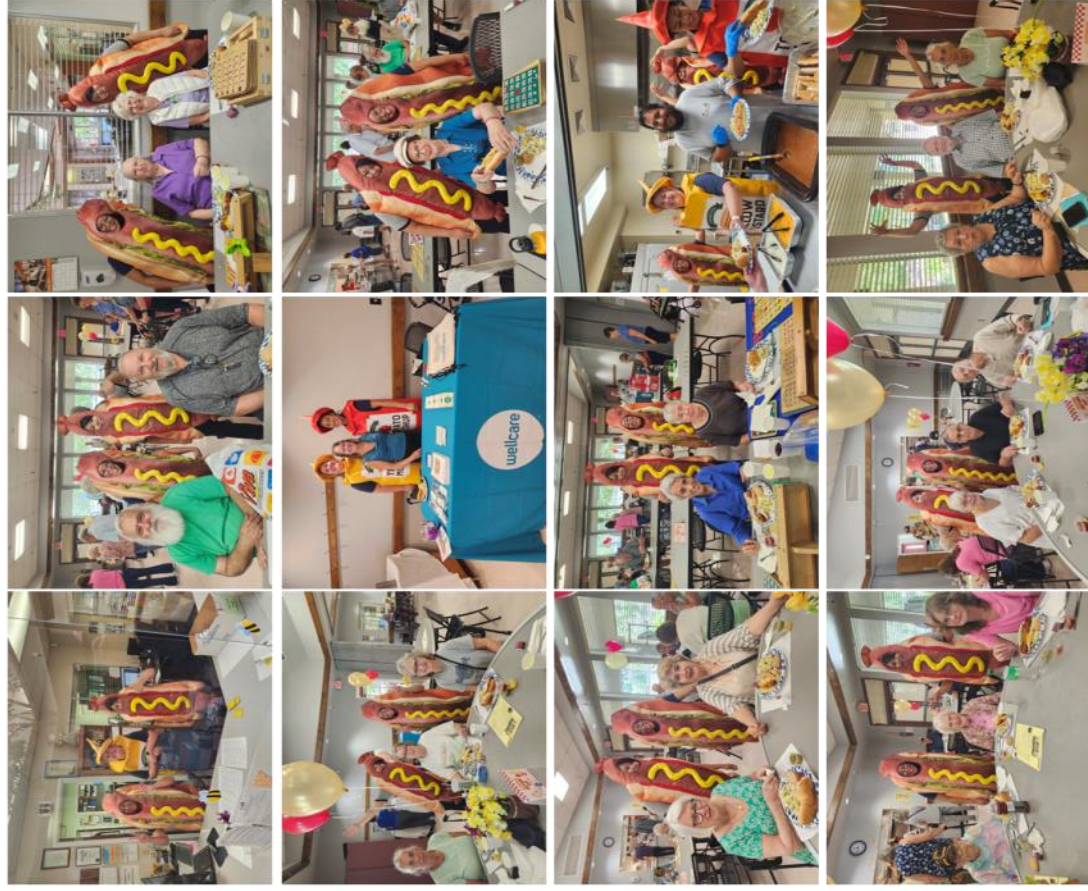
## Photo Gallery

Have you seen the new garden yet?



Join us on Wednesdays and Fridays for our award-winning Green Thumb Lunch Program which utilizes ingredients from our garden!

National Hot Dog Day | July 17 2024



Visit [cordovarpd.gov](http://cordovarpd.gov) for more information on upcoming events.