# **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

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!

<u>Facebook.com/</u> <u>neilorchardseniorsactivitiescenter/</u>

Visit our website!

www.cordovarpd.gov

**Recreation Supervisor** 

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

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Sponsored by:

wellcare

# 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**

# <u>STARTING THIS AUGUST</u> <u>NEW ON-GOING MEMBER ACTIVITIES</u>

# \*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.



CORDOVA SENIOR ADVISORY BOARD SENIOR SOCIAL

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

Join the Cordova Senior Advisory Board for this <u>FREE</u> 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



**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



# **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**



#### 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

# Happy birthday!

#### **CELEBRATING MEMBER BIRTHDAYS!**

Joyce Arrighi **Brian Barch** Erin Beverly Emma Beza Marilyn Bradford Dorothy Calvetti Niru Chetty Leta Cousineau Maria Deguzman Irma Deane Milica Domanovich Marie Dorsey Linda Ducray Elaine Duncan Judy Eliiot George Foxworth Jacqueline Galloway Mary Gontjes Suzanne Hanrahan **Roxann Harris** Tammy Headley Arbie Henderson

Rose Arnold

Joseph Herrera Wenda Howard Blanche Jung David Kopperud **Bill McGaughy** Irene Mendez-Tello Luis Mercado Julie Monroe Trish Moss Jack Mowbray Donna Ozur Esperanza Pedrin **Steve Pinner** Jane Ramsay Susan Szabo Katherine Sanders Carol SantaRosa Edward Sheaffer **Bennie Simmons** Lynda Street Ann Thomason Geilan Toppazada Diana Wurm

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



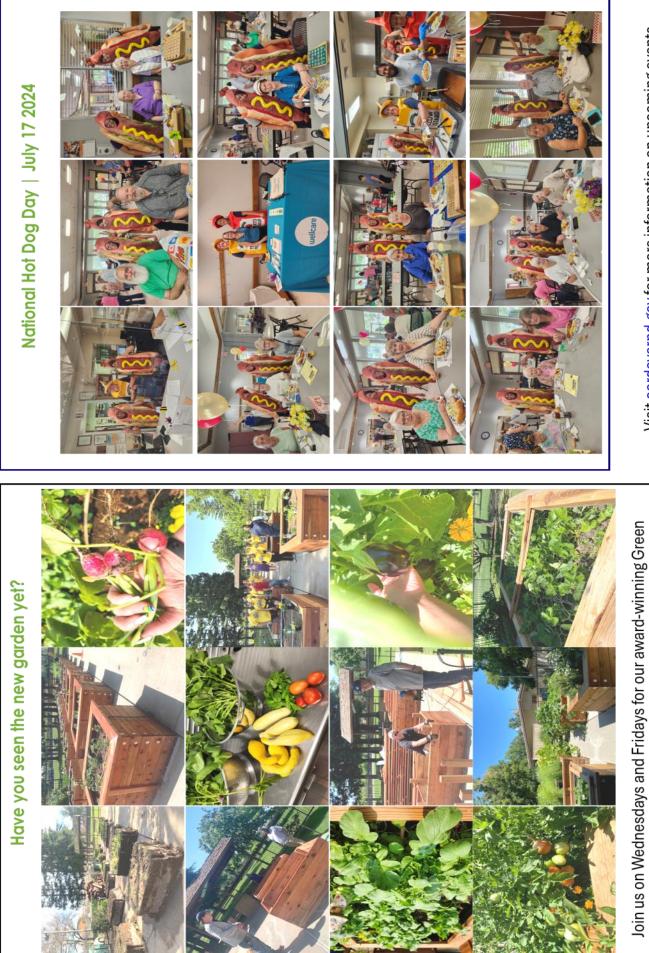


# August 2024

Neil Orchard Senior Activities Center 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.

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4 p.m. Cards & Board Games 1:15 - 2:45 p.m. Beginning Line Dance Noon - 2 p.m. Bingo Concelled   4 : 50 p.m. Wire Wrap Jeweiry Making 27 4 - 5 p.m. Bingo Concelled 30   - 9 a.m. Senior Exercise 8 - 5 p.m. Concis with Kids 29   - 10 a.m. Walking to Get Fit 9 - 11 a.m. Knitting & Crochet Group 9 - 10 a.m. Valking to Get Fit 30   - 15 a.m. Beginning Kundalini Yoga 9 - 11 a.m. Knitting & Crochet Group 9 - 10 a.m. Valking to Get Fit Noon - 1 p.m. Zumba Gold   - 15 a.m. Beginning Kundalini Yoga 9 - 10 a.m. Open Art Studio 9 - 10 a.m. Noon - 4 p.m. Hand & Foot Card Group   0 - 11 s.m. Intermediate Tai Chi Noon - 1 p.m. Zumba Gold Noon - 4 p.m. Noon - 4 p.m. Noon - 4 p.m. Advisory Board Meeting   1.15 - 11:15 a.m. Beginning Kundalini Yoga 11:5 - 2:45 p.m. Beginning Kundalini Yoga Noon - 2 p.m. Noon - 4 p.m. Noon - 4 p.m. Advisory Board Meeting   1.15 - 11:15 a.m. Zumba Gold 11:5 - 10:15 a.m. Beginning Kundalini Yoga Noon - 4 p.m. Noon - 4 p.m. Noon - 4 p.m. Advisory Board Meeting   1.15 - 11:145 a.m. Zumba Gold 11:5 - 2:15 p.m. Begin a.m.				11:30 a.m Noon	National Senior Citizen Day Lunch			11:30 - Noon	Green Thumb Lunch
4:30 p.m. Wire Wrap Jeweiry Making 27   - 4 - 5 p.m. 2 a.m.				Noon - 2 p.m.	Bingo Cancelled			Noon - 2 p.m.	Bingo
2.3 2.3   - 9 a.m. Senior Exercise 8 - 5p.m. Get Up N Go: Lake Table Scenic Trip 2.3   - 10 a.m. Walking to Get Fit 9 - 11 a.m. Knifting & Crochet Group 9 - 10 a.m. Noon - 1 p.m. Zumba Gold   - 15 a.m. Beginning Kundalini Yoga 9 - 11 a.m. Zumba Gold 9 - 10 a.m. Walking to Get Fit Noon - 1 p.m. Zumba Gold   - 15 - 10:15 a.m. Beginning Kundalini Yoga 9 - 11 a.m. Zumba Gold 9 - 10 a.m. Noon - 4 p.m. Hand & Foot Card Group   0.30 - 11:15 a.m. Intermediate Tai Chi Noon - 1 p.m. Zumba Gold 11:3 - 10:15 a.m. Beginning Kundalini Yoga   0.15 - 11:15 a.m. Beginning Kundalini Yoga 11:30 a.m Noon Green Thumb Lunch Noon - 4 p.m. Hand & Foot Card Group   0.11:15 a.m. Beginning Line Dance Noon - 2 p.m. Bingo Noon - 4 p.m. Hand & Foot Card Group   1:15 - 1:145 a.m. Zumba Gold 1:15 - 2:45 p.m. Beginning Line Dance Noon - 2 p.m. Bingo   0:00 - 1 p.m. Zumba Gold Noon - 2 p.m. Bingo Noon - 4 p.m. Hand & Foot Card Group   1:15 - 2:45 p.m. Beginning Line Dance Noon - 3 p.m. Singo Mathiele Noon - 4 p.m. Hand & Foot Card Group	- 4:30 p.m.			4 - 5 pm.	Cooking with Kids	95			
Senior Exercise     8 - 5p.m.     Get Up N Go: Lake Tahoe Scenic Trip     8 - 9 a.m.     Noon - 1 p.m.     Zumba Gold       Malking to Get Fit     9 - 11 a.m.     Knitting & Crodhet Group     9 - 10 a.m.     Walking to Get Fit     Noon - 4 p.m.     Hand & Foot Card Group       a.m.     Beginning Kundalini Yoga     9 - 0 11.30 a.m.     Open Art Studio     9 - 10 a.m.     Walking to Get Fit     Noon - 4 p.m.     Hand & Foot Card Group       a.m.     Beginning Kundalini Yoga     9 - 0 11.30 a.m.     Open Art Studio     9 - 10 a.m.     Noon - 4 p.m.     Moon - 4 p.m.     Hand & Foot Card Group       a.m.     Intermediate Tai Chi     Noon - 1 p.m.     Zumba Gold     Noon - 2 p.m.     Noon - 4 p.m.     And & Foot Card Group       a.m.     Beginning Kundalini Yoga     11:30 a.m Noon     Green Thunb Lundh     Noon - 4 p.m.     Inna & Advisory Board Media       a.m.     Beginning Tai Chi     11:5 - 2:45 p.m.     Beginning Line Dance     Noon - 2 p.m.     Moti Advisory Board Meeting       wire Wran Level Yn Anine     Zumba Gold     2:30 p.m 3:30 p.m.     Advisory Board Meeting     Provide Advisory Board Meeting		7		87		67		00	
Walking to Get Fit 9 - 11 a.m. Knitting & Crodhet Group 9 - 10 a.m. Walking to Get Fit Noon - 4 p.m. Hand & Foot Card Group   a.m. Beginning Kundalini Yoga 9:30 - 11:30 a.m. Open Art Studio 9:15 - 10:15 a.m. Beginning Kundalini Yoga Noon - 4 p.m. Hand & Foot Card Group   a.m. Intermediate Tai Chi 0:30 - 11:30 a.m. Open Art Studio 9:15 - 10:15 a.m. Beginning Kundalini Yoga Noon - 4 p.m. Hand & Foot Card Group   a.m. Intermediate Tai Chi Noon - 1 p.m. Zumba Gold 11:30 a.m Noon Green Thumb Lundh   a.m. Beginning Tai Chi 1:15 - 2:45 p.m. Beginning Line Dance Noon - 2 p.m. Bingo   Wie Wran Levelry Makino Wie Wran Levelry Makino 2:30 p.m 3:30 p.m 3:30 p.m. Advisory Board Meeting		8 - 5p.m.	Get Up N Go: Lake Tahoe Scenic Trip	8 - 9 a.m.	Senior Exercise	Noon - 1 p.m.	Zumba Gold	8 - 9 a.m.	Senior Exercise
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. Zumba Gold Wire Wrat Jeweity Makino		1:15 - 2:45 p.m.		Noon - 2 p.m.	Bingo			11-30 - Noon	Green Thumh Lunch
Wire Wran Jewelvy Making				2:30 p.m 3:30 p.m.	Advisory Board Meeting			moor oct	
wite wide reveal pressing	3 - 4:30 p.m. Wire Wrap Jewelry Making	ing		4 - 5 p.m.	Cooking with Kids			1000 - 7 billi	DIIIBO





Visit cordovarpd.gov for more information on upcoming events.

Thumb Lunch Program which utilizes ingredients from our garden!