

Neil Orchard Senior Activities Center



September



Celebrating Our Seniors



A Week of Celebration for Our Senior Citizens!

Last month, we went all out for Senior Citizen's Day, celebrating not just for a day, but all week long with fun activities each day!

- **Monday:** We kicked off the week with Popcorn Day.
- **Tuesday:** Enjoyed some refreshing Lemonade.
- **Wednesday:** Our Senior Citizens Day party was the highlight, featuring a delicious tri-tip meal, live music from the Moon Glow band, and an amazing raffle hosted by our Senior Advisory Board, which included an incredible gift card and Coca-Cola basket. A special thank you to our event sponsors: Summerset Senior Living, RC Health, and WellCare for making the week so memorable.
- **Thursday:** We had a blast with Spin the Wheel and Punch Out game.
- **Friday:** Aloha Friday with Hawaiian shirts, leis and special chocolate pineapple treats.

We received such good responses and participation. We hope to offer more themed weeks in the future.

Staying active is key to keeping your mind, body, and spirit vibrant! Be sure to check out our Fall/Winter Activity Guide, which should have arrived in your mailbox, to explore all the classes and activities we offer.

Don't forget to sign up for the FREE Senior Advisory Board Social on Monday September 9th and National Cheeseburger Day Luncheon on September 18th.

Please note that we will be closed on Monday, September 2nd, in observance of Labor Day.

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:

Sept 2:	Center Closed for Labor Day	Sept 23:	UC Davis: Eat the Rainbow Presentation
Sept 9:	Advisory Board: Free Social Event	Sept 25:	Senior Advisory Board Meeting
Sept 18:	National Cheeseburger Day	Sept 26:	Red Hawk Casino & Apple Hill Day Trip



SEPTEMBER 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.

*Menus subject to change

Wednesdays	
4	Turkey Croissant Sandwich w/ Roasted Eggplant Soup
11	Spinach, Bacon Salad w/ Creamy Tomato Basil Soup
18	National Cheeseburger Day
25	Chef Salad w/ Squash & Lentil Soup


HALLOWEEN BASH
 OCTOBER 30 | 11:30A.M.
 \$8 MEMBERS | \$10 NON-MEMBERS | \$10 TOGO (DESSERT NOT INCLUDED)
 LIVE MUSIC BY MOON GLOW BAND
 FOOD & DRINKS
 COSTUME CONTEST

MENU.
 BAKED MONSTER CASSEROLE
 SPOOKY SALAD, MOLDY BREAD &
 FRANKENSTEIN'S FAVORITE
 (LASAGNA, SPRING MIX SALAD, GARLIC BREAD & DESSERT)

SPONSORED BY:

 Your Partner In Senior Care Solutions

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



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 make new ones while learning more of what is offered at the Neil Orchard Senior Activities Center.

Register in Advance: 916-366-3133



VETERANS DAY CELEBRATION

Wednesday, November 6 | 11:30 a.m.

\$8 Members | \$10 Non-Members | *\$10 TOGO

*Dessert not included in TOGO orders

Veterans - FREE (RSVP by November 1)

Join us as we show our appreciation for those who served to keep America safe and free.

Menu: Chicken, Potatoes, Veggies, roll & slice of apple pie a la mode

Veterans please bring a photo of yourself in uniform by Oct 28. We would love to include it in our special presentation



Garden Club

FIRST WEDNESDAY OF THE MONTH

This month our garden club will be meeting on September 4th 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!



HOLIDAY TRIPS ARE HERE!

Olive Festival Day Trip

Saturday October 12 | \$115 per person

Livermore Shopping Day Trip

Sunday November 3 | \$95 per person

Duarte Poinsettia Farms

Thursday December 5 | \$115 per person

The Great Dickens Christmas Fair

Sunday December 15 | \$115 per person

Upcoming Programs & Events

Happy birthday!

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.

CELEBRATING MEMBER BIRTHDAYS!

Anne Anderson	Kathleen Maine
Veronica Benavides	Sue Mattingly
Darcy Blessing	Diana Melone
Bud Buettner	Edward Meyer
Cheri Case	Linda Moulton
Dennis Castaneda	Christine Nair
Craig Christensen	Rosalie Orchard
Janet Clemmensen	Kevin Pardi
Deborah Crago	Elaine Parry
Diana Esguerra	Pratima Patel
Alton Foster	Darlene Peek
Ann Foster	Jay Roberts
Joyce Fritchel	Pam Rogers
Frank Gerace	Marcia Ruth
Truda Gibbs	Kathy Sacco
Cindy Hallsten	Ed Santarosa
Bobbie Henley	Harry Shippy
Wendy Henry	Patricia Smith
Ron Hubbart	Penny Stone
Claudia Jachens	Amy Taylor
Linda Jones	Geneva Trisler
Barbara Kelley	Margot Wells
Gayla Linteau	Lynn Wilcox



BINGO & BAKED POTATO FUNDRAISER

Monday October 21 2024

11:30 a.m. - 3:00 p.m.

\$8 Baked Potato Lunch | \$6 Bingo Only | \$14 Both

Come out to support the Cordova Senior Advisory Board to raise funds for the Neil Orchard Senior Activities Center. Enjoy a baked potato with all the fixings and a fun day of Bingo!

**Only cash or check will be accepted*

Check payable to Cordova Senior Advisory Board

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



September 2024

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Center is Closed in observance of Labor Day</p>	<p>9 - 11 a.m. Knitting & 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>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 a.m. Garden Club</p> <p>11:30 a.m. - Noon Green Thumb Lunch</p> <p>Noon - 2 p.m. Bingo</p>	<p>Noon - 1 p.m. Zumba Gold</p> <p>Noon - 4 p.m. Hand & Foot Card Group</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 & Advanced Ceramics</p> <p>Noon - 2 p.m. Bingo</p>
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Celebrating YOU!



Visit cordovarpd.gov for more information on upcoming event