

Neil Orchard Senior Activities Center



Having a Gourd Time!



National Cheeseburger Day was a huge success! Reeza dressed in our cheeseburger costume, which was amazing and brought so much joy to everyone. We were able to expand our menu, adding potato salad, fruit and cookies to the mix.

The **“Eat the Rainbow”** presentation by UC Davis’s GROW group was well-received, offering valuable nutrition advice. We’re excited to announce that starting in the new year, GROW will be coming out once a month to share talks about health and well-being.

Please come out and support our **Senior Advisory Board** on **October 21st** for their annual **Baked Potato and Bingo** event. Our Advisory Board works tirelessly to raise funds for the center. This past year, they helped purchase new tables and chairs, and they recently organized a fantastic free social for all members and their friends. We deeply appreciate their hard work and dedication! All proceeds from their events go back into supporting the center.

As the holiday season approaches, we have many exciting events lined up. Join us on **October 30th** for our **Annual Halloween Bash**—come in costume and get ready to dance to the “Monster Mash!”

On **November 6th**, we will hold our **Veterans’ Celebration**. Veterans are free to attend, but please bring a photo of yourself in service if you haven’t already, and RSVP by **November 1st**. More details can be found inside.

And don't forget to join us for some incredible **Get Up & Go day trips!** You won't want to miss our shopping and lunch excursion to the **Livermore Outlets**, or our trips to the **Dickens’s Fair** and **Poinsettia Farms**.

We wish you a spooktacular October and hope to see you at the Halloween Bash. **Happy Halloween!**

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.cordova-rpd.gov

IMPORTANT DATES TO REMEMBER:

| | | | |
|----------------|---------------------------------|----------------|---------------------------------|
| Oct 2: | Garden Club | Oct 21: | Baked Potato & Bingo Fundraiser |
| Oct 16: | Senior Advisory Board Meeting | Oct 30: | Halloween Bash |
| Oct 21: | Baked Potato & Bingo Fundraiser | Nov 3: | Livermore Shopping Day Trip |



OCTOBER 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 | |
|------------|---|
| 2 | Hot Italian Sandwich w/ Butternut Squash Soup |
| 9 | Cranberry, Feta, Walnut Salad w/ Beef & Barley Soup |
| 16 | Ham & Swiss Croissant Sandwich w/ Fall Veggie Soup |
| 23 | Chef Salad w/ Broccoli Cheddar Soup |
| 30 | Halloween Bash! (<i>No bingo.</i>) |


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:


Celebrating Veterans Day
 Wednesday, November 6 | 11:30 a.m.
 \$8 Members | \$10 Non-Members | \$10 TOGO (Dessert not included)
Veterans - FREE (RSVP by November 1)
 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
 Sponsored by:






Upcoming Programs & Events



Garden Club

FIRST WEDNESDAY OF THE MONTH

This month our garden club will be meeting on October 2nd at 10:00 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.

Please bring garden tools, wear closed toe shoes & we suggest long sleeves.

COME HELP US GROW!



HOLIDAY TRIPS ARE HERE! Livermore Shopping Day Trip

Lunch at Bruno’s Italian Restaurant and shopping at the San Francisco Premium Outlets!

Sunday November 3 | \$95 per person

Duarte Poinsettia Farms

Tour the beautiful poinsettia farm, shop and have a lunch buffet at The Fruityard!

Thursday December 5 | \$115 per person

The Great Dickens Christmas Fair

Full day of holiday fun at the historic Cow Palace in Daly City!

Sunday December 15 | \$115 per person



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



THANKSGIVING FEAST

Wednesday November 20 2024

\$8 Members | \$10 Non-Members

\$10 TO-GO (dessert not included)

Doors open at 11:30 a.m.

Wear your stretchiest pants because we’re having a feast with all the thanksgiving fixings. RSVP Today!

Upcoming Programs & Events



Winter Wonderland

Wednesday December 18 2024

\$8 Members | \$10 Non-Members

\$10 TO-GO (dessert not included)

Doors open at 11:30 a.m.

Eat, drink and be merry! You're invited to our annual Winter Wonderland. Make sure to be on your best behavior. You never know who might stop by for a visit.

Happy birthday!

CELEBRATING MEMBER BIRTHDAYS!

| | |
|-----------------|--------------------|
| James Alexander | Barbara Knowles |
| Sherry Alston | Ernestina Madriles |
| Susan Cameron | Joyce Marshal |
| Glenda Craddock | Debbie McAllister |
| Melodi Dalton | Bonnie Novelich |
| Chris Danielson | Neil Orchard |
| Sarah Deng | Linda Paladino |
| Mayumi Dragon | Doris Parry |
| Mary Espinosa | Shirley Rall |
| Carolyn Foster | Lenny Schafer |
| Jan Freeman | Richard Shell |
| Marie Gomez | Terry Urban |
| Marilyn Gomez | Cris Valek |
| Mary Hamilton | Judy Viera |
| Cherie Harfield | Mary Wilson |
| Linda Holland | Dickie Woolfolk |
| Gail Kalenik | Joan Wulff |
| Earl Kennedy | Ruth Zepeda |
| Margaret King | Janice Zuniga |
| Mildred King | |

Don't see your name?

Visit the front desk to check on your membership!



SATURDAY DECEMBER 7

9AM or 10 AM seating

RSVP Today!

Bring the whole family for a pancakes, sausage, coffee, juice and cocoa! Stop by the holiday fair or bring the kids to visit Santa.

Fee: \$5 per person ages 2+

Interested in becoming a vendor? Contact the Neil Orchard Senior Activities Center at 916-366-3133 for more information or visit [2024 Breakfast with Santa Vendor Application \(cordovarpd.gov\)](https://www.cordovarpd.gov)

October 2024

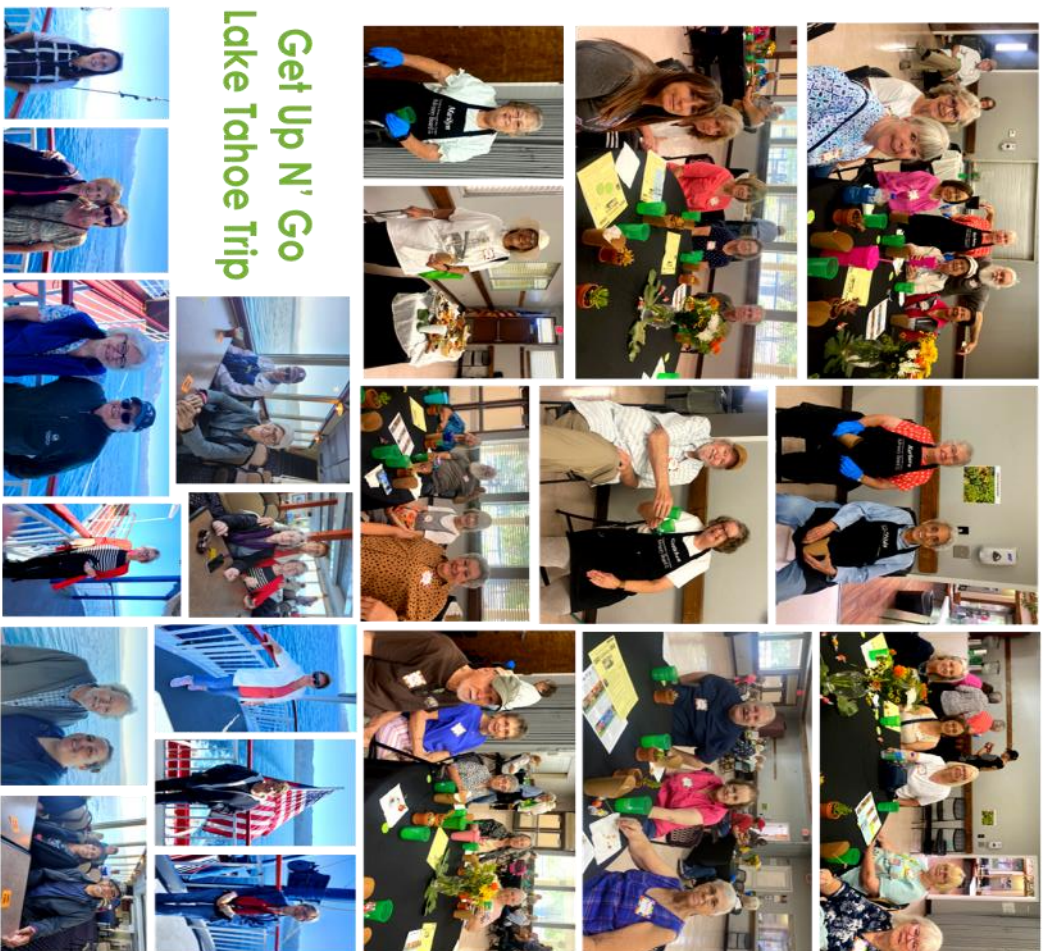
Neil Orchard Senior Activities Center
3480 Rottier Road, Sacramento, CA 95827 916-366-3133
Monday-Thursday: 7:30 a.m. - 4:30 p.m. / Friday: 7:30 a.m. - 3:30 p.m.

| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|--|---|--|--|
| <p>7 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><i>Noon - 1 p.m. Zumba Gold Cancelled</i></p> <p>1-4 p.m. Cards & Board Games</p> <p>3-4:30 p.m. Wire Wrap Jewelry Making</p> | <p>1</p> <p>9-11 a.m. Knitting & Crochet Group</p> <p>9:30 - 11:30 a.m. Open Art Studio</p> <p><i>Noon - 1 p.m. Zumba Gold Cancelled</i></p> <p>1:15 - 2:45 p.m. Beginning Line Dance</p> | <p>2</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 Cancelled</p> <p>10:00 a.m. Garden Club</p> <p>11:30 a.m. - Noon Green Thumb Lunch</p> <p>Noon - 2 p.m. Bingo</p> | <p>3</p> <p><i>Noon - 1 p.m. Zumba Gold Cancelled</i></p> <p>Noon - 4 p.m. Hand & Foot Card Group</p> | <p>4</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> |
| <p>14</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>3-4:30 p.m. Wire Wrap Jewelry Making</p> | <p>15</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>16</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><i>9:30 a.m. - 10:30 a.m. Creative Card Making Cancelled</i></p> <p>11:30 a.m. - Noon Green Thumb Lunch</p> <p>Noon - 2 p.m. Bingo</p> <p>2:30 - 3 p.m. Senior Advisory Board Meeting</p> | <p>17</p> <p>Noon - 1 p.m. Zumba Gold</p> <p>Noon - 4 p.m. Hand & Foot Card Group</p> | <p>18</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> |
| <p>21</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>11:30 - 3 p.m. Baked Potato & Bingo Fundraiser</p> <p>1-4 p.m. Cards & Board Games</p> <p>3-4:30 p.m. Wire Wrap Jewelry Making</p> | <p>22</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>23</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>11:30 a.m. - Noon Green Thumb Lunch</p> <p>Noon - 2 p.m. Bingo</p> | <p>24</p> <p>Noon - 1 p.m. Zumba Gold Cancelled</p> <p>Noon - 4 p.m. Hand & Foot Card Group</p> | <p>25</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> |
| <p>28</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>3-4:30 p.m. Wire Wrap Jewelry Making</p> | <p>29</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>30</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>11:30 a.m. - Noon Halloween Bash</p> <p><i>Noon - 2 p.m. Bingo Cancelled</i></p> | <p>31</p> <p>All Day Happy Halloween!</p> <p>Noon - 1 p.m. Zumba Gold</p> <p>Noon - 4 p.m. Hand & Foot Card Group</p> | <p>*All dates and times are subject to change without notice</p> |

Photo Gallery

Senior Social - September 9 2024

Thank you to the Advisory Board for putting the Senior Social together! We hope you all had fun!



National Cheeseburger Day - September 18 2024



Visit cordovardpd.gov for more information on upcoming events.