

Neil Orchard Senior Activities Center



NOVEMBER



Give Thanks



Halloween Bash was a Smashing Hit! Last month's Halloween Bash was an unforgettable event! Our seniors danced to live music by the Moon Glow Band and enjoyed giant portions of lasagna, leaving everyone feeling as stuffed as the Stay Puft Marshmallow! A big thank you to Care Patrol for their sponsorship.

Upcoming Events; Don't miss your chance to get tickets for our Veteran's Day Celebration, Thanksgiving Feast, and Winter Wonderland. Tickets are going fast, so grab yours soon!

Baked Potato and Bingo Fundraiser Success; The Senior Advisory Board hosted another amazing Baked Potato and Bingo Fundraiser, drawing one of their largest turnouts yet! The oversized baked potatoes with all the toppings were a hit, and the new 50/50 raffle was a fantastic addition. We're so grateful for the hard work of the Advisory Board and for everyone who supports them. Remember, all proceeds from these events go directly back to benefit the Senior Center. Thank you for making a difference! And don't forget—it's time to nominate your board members! (More information inside.)

A Season of Gratitude; November is a month of gratitude. A time to honor those who have served our country and reflect on all we have. It's a reminder to appreciate what's in front of us rather than focusing on what we may lack. As author Stephanie Conkle says, *"Once you start practicing being grateful and thankful for things, people, and events, you may notice that you start to attract more positive things, people, and events in your life."*

As we gather this month, let's bring that spirit of thankfulness into our lives, and perhaps we'll see even more joy and connection in the days to come.

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!
[Cordova Active Adults & Seniors | Rancho Cordova CA | Facebook](#)

Visit our website!
www.cordovarpd.gov

IMPORTANT DATES TO REMEMBER:

Nov 3:	Livermore Shopping Day Trip	Nov 13:	Garden Club
Nov 4:	Travel w/ Collette Presentation	Nov 20:	Thanksgiving Feast
Nov 6:	Veterans Day Celebration (No Bingo)	Nov 27:	Center will close at Noon
Nov 11:	Center Closed in observance of Veterans Day	Nov 28 –29:	Center Closed in observance of Thanksgiving



NOVEMBER 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		Fridays	
		1	Ham & Cheese Sandwich w/ Loaded Potato Soup
6	Veterans Day Celebration (No Bingo)	8	Grilled Cheese w/ Tomato Soup
13	Harvest Soup w/ Corn & Ham Chowder	15	Tuna Croissant Sandwich w/ Veggie Soup
20	Thanksgiving Feast (No Bingo)	22	Chef Salad w/ Turkey Noodle Soup
27	Green Thumb and Bingo Cancelled Center will Close at Noon	29	Closed for Thanksgiving

THANKSGIVING FEAST

Wednesday November 20 2024

\$8 Members | \$10 Non-Members

\$10 TOGO (dessert not included)

Join us for a thanksgiving feast with all the fixing and pumpkin pie for dessert.

[RSVP TODAY!](#)

Sponsored by:



WINTER WONDERLAND

Wednesday December 18 | 11:30am

\$8 Members | \$10 Non-Members

\$10 TOGO (dessert not included)

Eat, drink and be merry! Join us for our annual Winter Wonderland event! Be on your best behavior, you never know who will stop by.

[RSVP TODAY!](#)

Menu: Ham, Scalloped Potatoes, Veggies, Roll and Holiday Dessert

Sponsored by:



Upcoming Programs & Events



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 4)

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 Nov 4. We would love to include it in our special presentation



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://cordovarpd.gov)



HOLIDAY TRIPS ARE HERE!

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

FOOD PROGRAMS FOR SENIORS

Rancho Cordova Food Locker

NEW LOCATION: 10600 Coloma Rd

At Cordova Neighborhood Church

Thanksgiving distribution: Nov 20-22

8:30 am - 1pm (approximate time)

Regular Schedule Distribution: M,W,F

9:30 am - 12:30 pm

Meals on Wheels by ACC

At home delivered meal services for eligible seniors.

Call 916-444-9533 to register.

Hours: M-F 8am - 3:30pm

Upcoming Programs & Events

Happy birthday!

ADVISORY BOARD NOMINATIONS 2025

The Senior Advisory Board is looking for nominations for these positions:

Vice President shall:

- Work closely with the President in carrying out the Board's mission
- In the absence of the President, preside at scheduled or executive Board meetings and perform the President duties and responsibilities as may be dictated by the circumstance by the President and/or Board.

Secretary shall:

- Work with the President to prepare the agenda for all Board meetings
- Prepare a notice of scheduled Board meetings and post copies of notices at strategic locations throughout the Center at least three working days in advance of meeting date.
- Prepare minutes of all Board meetings and distribute copies to all Board members and as otherwise may be directed by the Board.
- Maintain a Secretary's file to include copies of all Board meeting minutes, governing bylaws and all previous by laws, copies of pertinent correspondence, and other written materials as may be considered appropriate by the President. The file shall be kept in a secure location on the Center's premises.

2 Members at Large

- At-Large members, although they have no specific responsibilities, are voting members of the Board. They are expected to be familiar with the operations of the Center, attend all Board meetings, and participate in the discussion of issues affecting the Center that may be raised at said meetings.

***Place your nominations in the Ballot Box**

Nov 18-22

CELEBRATING MEMBER BIRTHDAYS!

Laurie Banks

Taesuk Larson

Jessie Barraza

Luz Libre

Mary Bennett

Lynn Matson

John A Cameron

Ron Miffin

Clara Chapala

Carmen Mitchell

Freda Coleman

Cheryl Putman

Arthur Esguerra

Lee Sanfilippo

Rachelle Faucher

Howard Slayton

James Green

Selma Sudarma

Carmella Greenbalgh

Anna Thornhill

Linda Guzzetta

Kazuko Welch

Ibra Harfield

Sharon Wong

Diane Jones

Carol Yip

Betsy Key

Don't see your name?

Visit the front desk to check on your membership!



**Garden
Club**

**This month Garden
Club will meet on
Wednesday
November 13 at 10AM**

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

Come help us grow!

November 2024



Monday	Tuesday	Wednesday	Thursday	Friday
<p>*All dates and times are subject to change without notice</p>				
<p>4 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 11:15 - 11:45 a.m. Beginning Tai Chi 1 - 4 p.m. Cards & Board Games 1 - 2 p.m. Travel w/ Collette Presentation 3 - 4:30 p.m. Wire Wrap Jewelry Making</p>	<p>5 9 - 11 a.m. Knitting & Crochet Group Noon - 1 p.m. Zumba Gold 1:15 - 2:45 p.m. Beginning Line Dance</p>	<p>6 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 Veterans Day Celebration <i>Bingo Cancelled</i> 2 - 4 p.m. Tech 1on1 Workshops</p>	<p>7 Noon - 1 p.m. Zumba Gold Noon - 4 p.m. Hand & Foot Card Group</p>	<p>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 - 2 p.m. Beginning & Advanced Ceramics 11:30 a.m. - Noon Green Thumb Lunch Noon - 2 p.m. Bingo</p>
<p>11 Center Closed in observance of Veterans Day</p> 	<p>12 9 - 11 a.m. Knitting & Crochet Group Noon - 1 p.m. Zumba Gold 1:15 - 2:45 p.m. <i>Beginning Line Dance Cancelled</i></p>	<p>13 8 - 9 a.m. Senior Exercise 9 - 10 a.m. Walking to Get Fit 10 a.m. - 11 a.m. Garden Club 9:15 - 10:15 a.m. Beginning Kundalini Yoga 9:30 a.m. - 10:30 a.m. Creative Card Making Cancelled 11:30 a.m. - Noon Green Thumb Lunch Noon - 2 p.m. Bingo</p>	<p>14 Noon - 1 p.m. Zumba Gold Noon - 4 p.m. Hand & Foot Card Group</p>	<p>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 - 2 p.m. Beginning & Advanced Ceramics 11:30 a.m. - Noon Green Thumb Lunch Noon - 2 p.m. Bingo</p>
<p>18 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 11:15 - 11:45 a.m. Beginning Tai Chi 1 - 4 p.m. Cards & Board Games 3 - 4:30 p.m. Wire Wrap Jewelry Making ALL DAY Advisory Board Nominations</p>	<p>19 9 - 11 a.m. Knitting & Crochet Group Noon - 1 p.m. Zumba Gold 1:15 - 2:45 p.m. Beginning Line Dance ALL DAY Advisory Board Nominations</p>	<p>20 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 Thanksgiving Feast <i>Bingo Cancelled</i> ALL DAY Advisory Board Nominations</p>	<p>21 Noon - 1 p.m. Zumba Gold Noon - 4 p.m. Hand & Foot Card Group ALL DAY Advisory Board Nominations</p>	<p>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 - 2 p.m. Beginning & Advanced Ceramics 11:30 a.m. - Noon Green Thumb Lunch Noon - 2 p.m. Bingo</p>
<p>25 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 11:15 - 11:45 a.m. Beginning Tai Chi 3 - 4:30 p.m. Wire Wrap Jewelry Making</p>	<p>26 9 - 11 a.m. Knitting & Crochet Group Noon - 1 p.m. Zumba Gold 1:15 - 2:45 p.m. Beginning Line Dance</p>	<p>27 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 <i>Cancelled</i> Noon - 2 p.m. <i>Bingo Cancelled</i></p>	<p>28 Center Closed in observance of Thanksgiving!</p> 	<p>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 - 2 p.m. Beginning & Advanced Ceramics 11:30 a.m. - Noon Green Thumb Lunch Noon - 2 p.m. Bingo ALL DAY Advisory Board Nominations</p>

Photo Gallery

Baked Potato & Bingo Fundraiser by the Cordova Senior Advisory Board



Thank you to all those that came and supported the Senior Advisory Board for their Baked Potato & Bingo Fundraiser!
We appreciate the Advisory Board for all they do for our center.

Want to play more Bingo? Come on Wednesdays & Fridays after Green Thumb Lunch. Bingo is held Noon - 2p.m.

Visit cordovarpd.gov for more information on upcoming events.

Halloween Bash!



Happy HOWL-ween to everyone who dressed up and everyone who showed up! Everyone looked fantastic! We hope you enjoyed our SPOOK-tacular Halloween Bash!

Best Costume: Eva Wise
Scariest Costume: Suzanne Hanrahan
Most Original: Patricia Rose
Best Group Costume: Walking to Get Fit Group