

Neil Orchard Senior Activities Center



Ring in the New Year



December was a magical month for us here at the Senior Center. We started the month with our annual Breakfast with Santa event. This sold-out event brought together many families and community members to help kick off the holiday season. We then hosted two wonderful holiday trips: one to the Poinsettia farm and another to the Dickens Faire. Both trips were filled with joy, festive sights, and cherished memories.

To finish off the year, we held our annual Winter Wonderland Party, featuring a Christmas luncheon and live Christmas carols performed by the Moon Glow Band. This delightful event was generously sponsored by Bear Hollow.

Just like that, 2024 came to a close. Senior Center staff worked hard to ensure we started the new year with a sparkling clean center, ready to welcome 2025. Many people are setting resolutions for this year. Last year, I came very close to golfing a minimum of nine holes once a week. This year, I plan to maintain that goal, add hiking a few times a month, and aim to walk at least 7,500 steps a day.

Not all resolutions need to involve exercise. What are yours? Here at the Senior Center, we offer not only exercise classes but also many opportunities to be social and explore your inner artist. I encourage you to find something that gets you out and about, keeping both your body and mind active.

I hope to resume walking with our walking group at least once a week and encourage you to join as well. Don't forget to try our lunches, which feature minimally processed foods and incorporate produce grown right here by our Garden Club. The Garden Club is another fantastic way to get involved and stay active.

They say as you get older, the years fly by, and I couldn't agree more. Let's make every day count and aim to make each one a little better. Cheers to 2025!

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:

January 1-3:	CENTER CLOSED	January 20:	CENTER CLOSED for MLK Day
January 8:	Garden Club	January 27:	Estate Planning Wills/Trust Presentation
January 9:	GROW UC Davis Presentation: The Power of Exercise	January 29:	Lunar New Year Celebration (No Bingo)



JANUARY 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	
We will be closed January 1-3			
8	Reuben Sandwich w/ Potato Soup	10	Chinese Chicken Salad w/ Wonton Soup
15	Turkey Wrap w/ Broccoli Cheddar Soup	17	Mandarin Spring Mix Salad w/ Lentil Sausage Soup
22	Croissant Veggie Sandwich w/ Ham & Corn Chowder	24	Italian Pasta Salad w/ Veggie Soup
29	Lunar New Year Celebration (No Bingo)	31	Chef Salad w/ Chicken Gumbo

LUNAR NEW YEAR CELEBRATION

Wednesday January 29 | 11:30am

\$8 Members | \$10 Non-Members

Enjoy a delicious feast while learning about the various cultures that participate in this time-honored celebration of family, food and good wishes.

Menu: Chow Mein, BBQ Pork Fried Rice, Sweet & Sour Chicken, Broccoli Beef & Dessert

YEAR OF THE SNAKE



MARDI GRAS PARTY

Wednesday February 12 | 11:30am

\$8 Members | \$10 Non-Members

\$10 TOGO (dessert not included)

Beads, masks, and all that jazz! Enjoy a Cajun-inspired menu with live music entertainment by the Moon Glow Band.

Menu: Chicken Gumbo, Sausage Red Bean and Rice, Corn Bread, Veggies & Dessert

Sponsored by:



Upcoming Programs & Events

INSTRUCTOR OF THE MONTH:

Lydia Mondragon



Lidia Mondragon is the Zumba Gold instructor here at the senior center! She has been an instructor here for over 15 years and loves to get up and groove.

Join Lidia on Tuesdays and Thursdays at Noon-1pm for a fun-filled, easy to follow/modified choreography to keep you moving.

NEW CLASSES COMING:

Card Making: finally back! 1st & 3rd Mondays
9:30 - 11:30 a.m.

(Jan 8 & 22 this month)

Watercolor Wednesdays:

Starts Feb. 5th, 2 - 4 p.m.

\$100 monthly class fee + \$20 materials fee

A beginner friendly weekly class, where you'll discover the beautiful techniques of watercolor painting, including washes, blending, layering, and more!

Cooking with Chef Steve:

Starts Feb. 4th 5:30 - 7:30 p.m.

\$25 members + \$10 Materials fee | \$30 non-members

This fun, and social class is perfect for those looking to explore new recipes and sharpen their culinary skills. Whether you're a seasoned cook or just starting, this class offers a great way to enjoy healthy eating and meeting new friends along the way!

February Class – Valentine's Day Dinner

Senior Ukelele Class

Begins Thursdays in March! 12:30 - 1:30pm

\$70 members | \$75 non-members

(instrument not included)

NEW TRIPS!

February 21: Ripon Almond Blossom Festival

- \$75 per person.
- Activity Level: Easy to moderate
- Ripon's Largest tradition of the year with celebrations, vendors, food & events!
- Trip Inclusions: Roundtrip motor coach transportation, tour escort, driver gratuity and refreshments on the motor coach

March 5: Back to the Future Musical in SF

- \$145 per person
- Activity Level: Easy
- Travel to SF for a hosted lunch before heading to the historic Orpheum Theater for a Back to the Future Musical!
- Trip Inclusions: Ticket to the musical, lunch before the show, roundtrip motor coach transportation, tour escort, driver gratuity and refreshments on the motorcoach

UPCOMING PRESENTATIONS

Jan 9: GROW UC Davis: The Power of Exercise 2p.m.

Jan 27: Estate Planning/ Wills & Trust 1 p.m.

Feb 6: GROW UC Davis: Love, Laughter & Longevity 2 pm

Feb 10: Get Up & Go Day Trips 1:30 p.m.

Feb 13: Fall Prevention 1 p.m.



Garden Club

This month Garden Club will meet on Wednesday

January 8 at 10AM

Please bring garden tools, wear closed toe shoes & we suggest long sleeves. Come help us grow!

Upcoming Programs & Events

Happy birthday!

Meet the Cordova Senior Advisory Board



President - Barbara Taylor

The Barbara that leads the Senior Advisory Board and is always making sure everything runs smoothly!

Aka: Tall Barbara



Vice President - Harry Shippy

We're sure you've heard his wonderful voice before! He calls for Bingo on Wednesdays and Fridays.



Treasurer - Shirley Gladfelder

She SHIRLEY puts the GLAD in Gladfelder with how she always comes into NOSAC with a beautiful smile!



Secretary—Marilyn Hamm

She MARILY comes in on Wednesdays and Fridays with a wonderful "Good afternooon!" for everyone.



Member at Large: Hilda Garcia

Helping Bingo Barbara with Bingo and Hand & Foot with a hot coffee in hand!



Member at Large: Barbara Desrochers

The Barbara that makes sure everyone's Bingo day goes smoothly! She organizes everything from the callers to the collectors for the games. Aka: Bingo Barbara



Member at Large: Gretchen Simmons

As sweet as a perSIMMON, Gretchen is also part of the Garden Club and the Walking to Get Fit Group!

CELEBRATING MEMBER BIRTHDAYS!

Sheri Abbott	Chang Patton
Mary Berliner Cabral	Ellen Paulo
Lunda Cancio	Jeanette Perez
William Clemmensen	Judy Pinner
Shu Hua Davies	Rakesh Prasad
Judy Denton	Donna Sawyer
Maudean Drobesh	Carol Schneck
Beth Foster	Edith Schwarz
Janice Heckey	Thomas Schwarz
Don Herrond	Linda Shell
Sue Holohan	Florence Skiadas
Marcel Horowitz	Theodore Thames
Linda Howell	Kathy Thiry
Tai Lind Hsiao	Ligia Tobar
Maria Jones	Meloney Welborn
Dennis Kemmerer	Adoria Wheeler
Carol Kernan	Kim Williams
Farooq Kundiwala	Eva Wise
Steffanie McNair	Donna Wood
Kim Meade	Elaina Wysocki
Wayne Parham	Huo Pok Yo
George Parson	

Don't see your name?

Visit the front desk to check on your membership!



January 2025



Monday	Tuesday	Wednesday	Thursday	Friday
		1	2	3
				
6 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	7 9 - 11 a.m. Knitting & Crochet Group Noon - 1 p.m. Zumba Gold 1:15 - 2:45 p.m. Beginning Line Dance	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 - 11 a.m. Garden Club 9:30 - 11:30 a.m. Creative Card Making 11:30 a.m. - Noon Green Thumb Lunch Noon - 2 p.m. Bingo	9 Noon - 1 p.m. Zumba Gold 2 - 3 p.m. GROW UC Davis: The Power of Exercise Noon - 4 p.m. Hand & Foot Card Group	10 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
13 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	14 9 - 11 a.m. Knitting & Crochet Group Noon - 1 p.m. Zumba Gold 1:15 - 2:45 p.m. Beginning Line Dance	15 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 Noon - 2 p.m. Bingo	16 Noon - 1 p.m. Zumba Gold Noon - 4 p.m. Hand & Foot Card Group	17 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
20 <div style="background-color: #cccccc; padding: 5px; text-align: center; margin-bottom: 10px;">Center Closed</div> 	21 9 - 11 a.m. Knitting & Crochet Group Noon - 1 p.m. Zumba Gold 1:15 - 2:45 p.m. Beginning Line Dance	22 8 - 9 a.m. Senior Exercise 9 - 10 a.m. Walking to Get Fit 9:15 - 10:15 a.m. Beginning Kundalini Yoga 9:30 - 11:30 a.m. Creative Card Making 11:30 a.m. - Noon Green Thumb Lunch Noon - 2 p.m. Bingo 2:30 - 3:00 p.m. Advisory Board Meeting	23 Noon - 1 p.m. Zumba Gold Noon - 4 p.m. Hand & Foot Card Group	24 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
27 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 - 2 p.m. Estate Planning Wills & Trusts Presentation 3 - 4:30 p.m. Wire Wrap Jewelry Making	28 9 - 11 a.m. Knitting & Crochet Group Noon - 1 p.m. Zumba Gold 1:15 - 2:45 p.m. Beginning Line Dance	29 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 Lunar New Year Celebration Noon - 2 p.m. <i>Bingo Cancelled</i>	30 Noon - 1 p.m. Zumba Gold Noon - 4 p.m. Hand & Foot Card Group	31 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

Photo Gallery

Winter Wonderland



Visit cordovarpd.gov for more information on upcoming events.

Duarte Poinsettia Farm



The Great Dicken's Christmas Faire

