

Neil Orchard Senior Activities Center

FEBRUARY

Happy Lunar New Year!



Lunar New Year Celebration

In celebration of the Lunar New Year, we held our annual event on the last Wednesday of the month. A big thank you to our very own Advanced Tai Chi class students for their beautiful demonstration. We also extend our gratitude to an anonymous member who created the annual Flamingo Fund. Thanks to their generosity, 10 participants received \$50 gift certificates to use at any of our events or programs.

National Hot Chocolate Day

Last month, we showed appreciation for all our active members by celebrating National Hot Chocolate Day. Every active member who stopped by received a warm cup of hot chocolate. Keep an eye out for more National Food Days in the future—we love showing how much we appreciate you!

New Year’s Resolutions

How are your New Year’s resolutions going? If you haven’t started, don’t worry—it’s never too late! The Lunar New Year began on January 29th, making it a great time to set fresh goals. We offer many low-impact exercise classes, as well as exciting new art classes starting this month. There’s something for everyone to enjoy and explore!

Mardi Gras Celebration

On February 26th, we’ll be bringing the spirit of New Orleans to the Senior Center with our Mardi Gras celebration. The Moon Glow band will be performing, and we’ll be serving a delicious Louisiana-inspired meal. Don’t forget to grab your raffle and event tickets early before they sell out!

Valentine’s Day Reminder

February 14th is a special day to reach out to your loved ones and let them know how much you care—but don’t limit it to just one day! A simple gesture of kindness can go a long way every day of the year.

Black History Month

This February, we also honor National Black History Month. Let’s take inspiration from these wise words by Maya Angelou: “If you are always trying to be normal, you will never know how amazing you can be.”

Upcoming Closure

Please note that the Senior Center will be closed on February 17th in observance of Presidents 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!

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

Visit our website!

www.cordova-rpd.gov

IMPORTANT DATES TO REMEMBER:

Feb 5:	Garden Club	Feb 14:	Happy Valentine’s Day!
Feb 6:	GROW UC Davis: Love, Laughter & Longevity Presentation	Feb 17:	Center Closed in observance of Presidents Day
Feb 10:	Get Up & Go Presentation	Feb 21:	Get Up N Go: Almond Blossom Festival Day Trip
Feb 13:	Fall Prevention Presentation	Feb 26:	Mardi Gras Party (No Bingo)



FEBRUARY 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	
5	Hot Turkey & Swiss Sandwich w/ Chicken Noodle Soup	7	Apple, Walnut Spring Mix Salad w/ Ham & Split Pea Soup
12	Half Grilled Ham & Cheese Sandwich w/ Cabbage Soup	14	Half Baked Potato w/ Chili
19	Roast Beef Wrap w/ Creamy Cauliflower Soup	21	Beet Spring Mix Salad w/ Beef & Barley Soup
26	Mardi Gras Party (No Bingo)	28	Chef Salad w/ Broccoli Cheddar Soup


MARDI GRAS PARTY
Wednesday February 26 | 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 w/ Red Bean and Rice, Corn Bread, Veggies & Dessert

Sponsored by: 

St. Patrick's Day Celebration
Wednesday March 12 | 11:30am
\$8 Members | \$10 Non-Members

Do you have the luck of the Irish?
 Enjoy live music from the Moon Glow Band, and a traditional homemade corned beef and cabbage as we celebrate

St. Patrick's Day!

Sponsored by:




Upcoming Programs & Events

NEW CLASSES:

Cooking with Chef Steve:

Starts Feb. 4th 5:30 - 7 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. This class offers a great way to enjoy healthy eating and meeting new friends along the way!

February Class – Valentine’s Day Dinner

March Class - Spring Brunch

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!

Senior Ukulele Class

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

Come learn how to tune and play the ukulele! This is a beginner class. You will need a soprano or concert size ukulele and a tuner.

\$70 members | \$75 non-members

UPCOMING PRESENTATIONS

Feb 6: GROW UC Davis Monthly Brain Health

Series: Love, Laughter & Longevity 2 pm

Feb 10: All About Get Up & Go Day Trips

1:30 pm

Feb 13: Fall Prevention 1 pm

Mar 6: GROW UC Davis Monthly Brain Health

Series: Sugar & Label Reading 2 pm

Mar 13: Extended Travel with Collette 1 pm

April 7th: Alzheimer’s Discussion Series: 10

Warning Signs of Alzheimer’s - 1-2 pm

Presentations are open to all ages. All presentations are held at the Neil Orchard Senior Activities Center. Registration is free.

NEW TRIPS!

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

April 17: Eleven Roses Ranch

- \$145 per person.
- Activity Level: Easy to moderate
- Explore gardens, vintage wagons and carriages at the beautiful Eleven Roses Ranch.
- Trip Inclusions: Ranch Tour, and hosted BBQ lunch, Roundtrip motor coach transportation, tour escort, driver gratuity and refreshments on the motor coach



2025 Senior Resource Fair

Join us on Wednesday April 30 for our annual Senior Resource Fair. Learn information from local organizations and services that pertain to the overall health and well-being of the aging community.

Admission: **FREE**

Date: Wednesday April 30

Time: 1-3 p.m.

Location: Lincoln Village Community Park

*Registered attendees who complete a passport at the event are eligible for a FREE lunch. [Register online](#) or at the Neil Orchard Senior Activities Center

Upcoming Programs & Events



Garden Club

This month Garden Club will meet on Wednesday February 5 at 10AM

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

RAFFLE BASKET FUNDRAISER!



The Senior Advisory Board is hosting their first of many 2025 ticket raffle fundraisers.



\$1 per ticket
\$5 for 6 tickets

Winner will be announced at the St. Patrick's Day Celebration on March 12th!

All proceeds benefit the Senior Activities Center.

WINNER RECEIVES:



Gourmet Goodness Gift Basket and \$100 worth of Gift Cards



Happy Birthday

CELEBRATING MEMBER BIRTHDAYS!

Nancy Boyd	Eric Norman
Maria Burkhart	Patricia Owen
Juanita Burson-Smith	Arthur Paletta
Camille Bush	Mei Perry
Marina Cardenas	Jane Pope
Judith Curtis	Stella Rivas-Bowen
Antonio Enriquez	Peggy Saber
Sandra Foley	Cheryl Sanfilippo
Zora Gaymon	Kay Stinson
Edward Goldstein	Linda Stohner
Olinda Gutierrez	Maria Suarez
Marilyn Hamm	Linda Tarrant
Violy Headley	Scarlett Thompson
Linda Landerholm	Noah Walker
Patrick Larkin	Willie Williams
Jeane Lind	Sherry Wilson
Kathy Lyman	Debby Syssocki
Louise Mishler	Sharon Yamamoto
Jeree Moore	
Mary Jane Motter	

Don't see your name?

Visit the front desk to check on your membership!



February 2025

Monday	Tuesday	Wednesday	Thursday	Friday
3 8 - 9 a.m. Senior Exercise 9:15 - 10:15 a.m. Beginning Kundalini Yoga 10 - 11 a.m. Walking to Get Fit 10:30 - 11:15 a.m. Intermediate Tai Chi 11:30 - 12:15 p.m. Beginning Tai Chi 1 - 4 p.m. Cards & Board Games 3 - 4:30 p.m. Wire Wrap Jewelry Making	4 9 - 11 a.m. Knitting & Crochet Group Noon - 1 p.m. Zumba Gold 1:15 - 2:45 p.m. Beginning Line Dance 5:30 - 7:00 p.m. Cooking with Chef Steve	5 8 - 9 a.m. Senior Exercise 9:15 - 10:15 a.m. Beginning Kundalini Yoga 10 - 11 a.m. Walking to Get Fit 9:30 - 11:30 a.m. Creative Card Making 10 - 11 a.m. Garden Club 11:30 a.m. - Noon Green Thumb Lunch Noon - 2 p.m. Bingo 2 - 4 p.m. Watercolor Wednesdays	6 Noon - 1 p.m. Zumba Gold 2 - 3 p.m. GROW UC Davis: Live, Laugh, Longevity Presentation Noon - 4 p.m. Hand & Foot Card Group	7 8 - 9 a.m. Senior Exercise 10 - 11 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 4 - 5 p.m. Kids in the Kitchen
10 8 - 9 a.m. Senior Exercise 9:15 - 10:15 a.m. Beginning Kundalini Yoga 10 - 11 a.m. Walking to Get Fit 10:30 - 11:15 a.m. Intermediate Tai Chi 11:30 - 12:15 p.m. Beginning Tai Chi 1 - 2 p.m. Get Up & Go Travel Presentation 3 - 4:30 p.m. Wire Wrap Jewelry Making	11 9 - 11 a.m. Knitting & Crochet Group Noon - 1 p.m. Zumba Gold 1:15 - 2:45 p.m. Beginning Line Dance	12 8 - 9 a.m. Senior Exercise 9:15 - 10:15 a.m. Beginning Kundalini Yoga 10 - 11 a.m. Walking to Get Fit 11:30 a.m. - Noon Green Thumb Lunch Noon - 2 p.m. Bingo 2 - 3:30 p.m. Tech 1on1 2 - 4 p.m. Watercolor Wednesdays	13 Noon - 1 p.m. Zumba Gold 1 - 2:00 p.m. Fall Prevention Presentation Noon - 4 p.m. Hand & Foot Card Group	14 ALL DAY Happy Valentine's Day! 8 - 9 a.m. Senior Exercise 9:15 - 10:15 a.m. Beginning Kundalini Yoga 10 - 11 a.m. Walking to Get Fit 10 - 2 p.m. Beginning & Advanced Ceramics 11:30 a.m. - Noon Green Thumb Lunch Noon - 2 p.m. Bingo
17 <div style="text-align: center;">  <p>Center Closed</p> </div>	18 9 - 11 a.m. Knitting & Crochet Group Noon - 1 p.m. Zumba Gold 1:15 - 2:45 p.m. Beginning Line Dance	19 8 - 9 a.m. Senior Exercise 9:15 - 10:15 a.m. Beginning Kundalini Yoga 10 - 11 a.m. Walking to Get Fit 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 p.m. Advisory Board Meeting 2 - 4 p.m. Watercolor Wednesday	20 Noon - 1 p.m. Zumba Gold Noon - 4 p.m. Hand & Foot Card Group	21 ALL DAY Ripon Almond Blossom Festival 8 - 9 a.m. Senior Exercise 9:15 - 10:15 a.m. Beginning Kundalini Yoga 10 - 11 a.m. Walking to Get Fit 10 - 2 p.m. Beginning & Advanced Ceramics 11:30 a.m. - Noon Green Thumb Lunch Noon - 2 p.m. Bingo
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Photo Gallery

Happy Lunar New Year!



Thank you to our Beginning and Advanced Tai Chi Class for showing a demonstration at this year's event!

Visit cordovarpd.gov for more information on upcoming events.