

Neil Orchard Senior Activities Center



Put a Little Spring In Your Step!



I recently heard someone say that January and February have felt like a long year! Though it has only been a couple of months, they have been packed with non-stop fun here at the Senior Center, and will continue to do so as we quickly approach March.

Last month, we celebrated **Valentine's Day** and were able to give out valentine's cards and chocolate to all our members; the sweethearts of our center. We also had our big **Mardi Gras Party**, featuring delicious New Orleans cuisine and live music from the Moon Glow Band.

This month, we're excited to introduce several **new classes**, including **ukulele, art, cooking,** and our **FREE Arcade Class** for members! Come play **Wii bowling** or try out our new **virtual reality goggles**, where you can explore different countries, landmarks, and national parks—all from the comfort of your chair. Look inside for more details!

You won't want to miss our **St. Patrick's Day** event on **March 12th**, where we'll be serving traditional corned beef and cabbage, with the Moon Glow Band returning to perform.

A huge **thank you** to everyone who contributed to our canned food drive! Although we fell about 75 cans short of winning the pizza party, we were still able to provide food for those in need—and that's what truly matters.

If you haven't registered for our **FREE Senior Resource Fair**, be sure to sign up! We'll have wonderful resources, live performances, and a free meal for those who register and complete their event passport.

We look forward to another great month with you all!

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:

Mar 3:	Extended Travel w/ Collette Presentation	Mar 9:	Daylight Savings - Don't forget to change your clocks
Mar 5:	Garden Club	Mar 17:	Happy St. Patrick's Day!
Mar 5:	Back to the Future Musical Day Trip	Mar 20:	First Day of Spring
Mar 6:	GROW UC Davis: Sugar & Label Reading Presentation	Mar 24:	Explore Senior Culture Presentation



MARCH 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	Cheese Quesadilla w/ Chicken & Spanish Rice Soup	7	Half Hot Italian Sandwich w/ Veggie Soup
12	St. Patrick's Day Celebration (No Bingo)	14	Spring Mix Salad w/ Corned Beef & Cabbage Soup
19	Half Egg Salad Sandwich w/ Italian Meatball Soup	21	Veggie Croissant Sandwich w/ Creamy Potato Soup
26	Spinach, Bacon & Egg Salad w/ Creamy Mushroom Soup	28	Chef Salad w/ French Onion Soup

St. Patrick's Day Celebration

Wednesday March 12 | 11:30am

\$8 Members | \$10 Non-Members

\$10 TOGO (dessert not included)

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:



SENIOR RESOURCE FAIR



WEDNESDAY APRIL 30 2025

At Lincoln Village Community Park

ALL AGES | FREE ADMISSION | 1-3p.m.

Join us 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.

*Registered attendees who complete a passport at the event are eligible for a FREE lunch.

[Register online](#) or by calling 916-366-3133

Thank you to our event sponsors



Upcoming Programs & Events



SENIOR ARCADE

2nd & 4th Thursdays of the month
10 - 11 a.m.

FREE for members | Non-Members: \$2 drop-in

Are you ready for some friendly competition?
Join us twice a month for a variety of games
including the Nintendo Wii and virtual experiences.

COOKING WITH CHEF STEVE

First Tuesdays of the month | 5:30 - 7 p.m.
\$25 members | \$30 non-members
+ \$10 material fee

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!



March 4th - Spring Brunch
April 1st - South of the Border

BEGINNING UKULELE CLASS



Tuesdays: Adult Sessions 5:30-6:30 p.m.
Thursdays : Senior Sessions 12:30-1:30p.m.
Monthly Fee: \$75

Come learn how to tune and play your ukulele.
Learn chords and strumming patterns to make
your playing fun.

Instruments are not provided. You will need a
soprano or concert size ukulele and tuner.

FREE PRESENTATIONS

Open to all ages. Register in advance by phone on [online](#)

Mar 3: Extended Travel w/ Collette 1:30pm

Mar 24: Explore Senior Culture 1p.m.

Apr 7: 10 Warning Signs of Alzheimer's 1p.m.

Apr 21: Understanding Alzheimer's & Dementia 1p.m.

GROW UC Davis Monthly Brain Health Series:

Mar 6: Sugar & Label Reading 2 pm

Apr 3: Social Engagement 2pm

HEART CRAFT STUDIO CLASSES

ALL 3 CLASSES POSTPONED TO APRIL

Art Lab

Mondays 2 - 3:30pm
\$100 monthly + \$20 material fee



This beginner friendly, hands-on course invites you to
combine various materials and techniques from painting,
drawing, collage and more!

Adventures in Acrylics

Tuesdays 11:30am - 1pm
\$100 monthly + \$20 material fee

A beginner friendly acrylic painting class that explores
different techniques, styles and subjects! Designed for
both beginners and aspiring artists alike.

Water Color Wednesdays

Wednesdays 2:30 - 4pm
\$100 monthly + \$20 material fee

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

*No prior experience is required for any of these classes.
\$25 drop-in fee*

Upcoming Programs & Events

Upcoming Get Up & Go Trips

Thursday April 17: Eleven Roses Ranch

- \$145 per person. (must be 21+)
- 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
- Deadline: April 3rd

Thursday May 22: Explore Sacramento

- \$95 per person (must be 21+)
- Activity Level: Moderate. Lots of stops
- Experience the history, arts, foods and culture of Sacramento
- Trip Inclusions: Lunch, Roundtrip motor coach transportation, tour escort, driver gratuity and refreshments on the motor coach
- Deadline: May 2nd

STAFF HIGHLIGHT: LARA NALL



Lara has been a valued member of CRPD and the Neil Orchard Senior Activities Center since 2021. She enjoys seeing members make new friends and discover new interests within our programs.

Her favorite color is purple (Go Kings!), and while she doesn't have pets of her own,

she has a soft spot for cats. As an ice cream enthusiast, she would be heartbroken if she could never enjoy a scoop again. Outside of work, Lara enjoys reading, cooking, weightlifting, and watching horror movies.

One of the items on her bucket list is to visit every Disney theme park around the world.

When you get a chance, stop by her office and say hi!

Happy Birthday

CELEBRATING MEMBER BIRTHDAYS!

Melody Baldwin	James Kelley
Janis Barnett	Mary Kate Kopperud
Suzanne Biernacki	Junko Lipman
Roger Bybee	Patricia Lush
Edgar Carlson	Darlene Miller
Shirley Carlson	Jeanette Muler
Sonja Chappel	Mathew Osorio
Laura Cope	Gwyneveyre Pasquale
Masae Corbett	Joseph Paulo
Stephanie Cousin	Sandy Ridley
Betty Davis	Kurt Rowing
Barbara Desrochers	Mike Salmon
Dolores Espinosa	Munira Sarani
Alfred Fettig	Robin Satow
Adene Fordyce	Sandra Shipley
Maria Franciosa	Rosemary Slater
Lisa Gandy	Kenneth Tarrant
Deborah Gipson	Analia Wantanabe
Constance Hamataka	Stephen Williams
Lorraine Hoffman	Jeffrey Wurm
Fran Inouye	

Don't see your name?

Visit the front desk to check on your membership!



Almond Blossom Festival



Mardi Gras 2025

