

Neil Orchard Senior Activities Center



Put a Little Spring In Your Step This Season!



Spring is the perfect season to get outside—and what better way than by hitting the golf course? As I shared last year, one of my personal goals was to improve my golf game. I'm excited to report that I've played at least 9 holes a total of **36 times** since then! While I still have plenty to learn, I'm officially hooked. Just last month, I even scored a **birdie**!

If you haven't yet visited **Cordova Golf Course**, I encourage you to check it out. They offer lessons and senior discounts, making it an ideal place to learn or sharpen your skills. Golf is a lifelong activity—and there's no shortage of courses to explore. Whether it's golf or something else, I hope you find an activity that keeps you moving and inspired.

In April, the Senior Advisory Board, Lara, and I hosted a booth at the **first-ever Rosemont Earth Day event** on Saturday, April 26. We handed out mini cups of soup featuring produce from our very own garden. The soup was a hit—especially on a cool, drizzly spring day!

To close out the month and kick off **Older Americans Month**, we held our **Annual Senior Resource Fair**, which featured **more vendors, participants, and sponsors than ever before!** Thank you to everyone who joined us—we hope you walked away with valuable resources and full stomachs. A special shout-out to our **Zumba Gold** and **Tai Chi** classes for their energetic, show-stopping performances!

Mark Your May Calendar!

- **Wednesday, May 7** – Join us for our lively **Fiesta Event!** Tickets are selling fast, so grab yours soon.
- **Friday, May 16 - Senior Advisory Board Pre-Sale** – 9:00 a.m. to 2:30 p.m. in the classroom. & **Pizza Party** – Enjoy pizza and friends! Don't forget to get your ticket.
- **Saturday, May 17** – It's our **Annual Community Yard Sale** from 8:00 a.m. to 2:00 p.m. Donations (benefiting the Senior Advisory Board) will be accepted starting **Monday, May 12**. Interested in hosting your own yard sale table? Spots are still available! For \$20! Get an application from the front desk!

We look forward to seeing you at one—or all—of our upcoming events!

The center will be closed on Monday May 26 in observance of Memorial 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.cordovarpd.gov

IMPORTANT DATES TO REMEMBER:

May 1:	GROW UC Davis: Social Engagement	May 16:	National Pizza Party Day (Bingo at 12 p.m.)
May 5:	Healthy Habits For Your Brain & Body	May 16:	Advisory Board Pre-Sale
May 7:	Garden Club	May 17:	Community Yard Sale
May 7:	Fiesta! (No Bingo)	May 19:	Older Adults: Know Your Rights Presentation
May 11:	Happy Mother's Day!	May 26:	Center Closed in Observance of Memorial Day
May 12:	Care for Caregivers Presentation		



MAY 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	
		2	Roasted Beet & Goat Cheese Salad w/ Kale & Sausage Soup
7	Fiesta! (No Bingo)	9	Cheese Quesadilla w/ Chicken Tortilla Soup
14	Half Hot Italian Sandwich w/ Minestrone Soup	16	National Pizza Party Day!
21	Half Grilled Cheese w/ Creamy Tomato Soup	23	Spring Mix Salad w/ Beef Vegetable Soup
28	Egg Salad Croissant w/ Turkey Noodle Soup	30	Chef Salad w/ Broccoli Cheddar Soup



FIESTA!

WEDNESDAY MAY 7 AT 11:30 A.M.

\$8 Members | \$10 Non-Members
\$10 TO-GO
(dessert not included)

Menu: White Sauce Chicken Enchilada, Rice, Beans, Chips & Salsa

Sponsored by: 




PIZZA PARTY!

FRIDAY MAY 16 | 11:30 a.m.

\$8 Members | \$10 Non-Members
\$10 TO-GO
(dessert not included)

We know it's cheesy but we love any excuse to celebrate!
Your ticket includes: a slice of cheese or pepperoni pizza, salad & a beverage.

Upcoming Programs & Events



SCRAPBOOKING

2nd & 4th Wednesdays of the month

9:30 - 11:30 a.m.

\$20 Members | \$25 Non-Members +10 Material Fee

Unleash your creativity in a fun scrapbooking class! Learn new techniques, design beautiful pages, and preserve cherished memories with expert guidance, inspiring materials, and personalized flair.

COMMUNITY YARD SALE!

Saturday May 17th 8 a.m. - 2 p.m.

Location: Lincoln Village Community Park

Looking to clean out your closet or find a good deal?
This event is perfect for you!

Registration to be a vendor: [Application Here](#)

OR get an application from the front desk.

*Donations accepted on May 12th. For drops-off prior to this date, please contact the front desk at 916-366-3133

**Advisory Board Special Pre-Sale in the classroom on
Friday May 16th 9-2:30 p.m.**



MARTIAL ARTS & SELF DEFENSE CLASS

Starting June 3

Tuesdays 6 -7 p.m.

\$75 Members | \$80 Non-Members



Self-defense and fitness class for adults and seniors. A low to medium intensity and adapted for older adults. Increase strength, balance, and flexibility in a confident and safe way. All fitness levels are encouraged to join this beginner class.

Instructor Maurice Gatdula has over 40 years of experience teaching martial arts and self-defense for all ages.

Dress in loose, comfortable clothing. Uniforms are available for purchase from the instructor.

FREE PRESENTATIONS

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

GROW UC Davis Monthly Brain Health Series:

May 1: Social Engagement 2 p.m.

ALZHEIMER'S ASSOCIATION EDUCATION SERIES:

May 5: Healthy Habits For Your Brain & Body 1 p.m.

Additional Presentations

May 12: Care for Caregivers 1 p.m.

May 19: Older Adults: Know Your Rights 1 p.m.

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.

Wii Bowling Scores 4/24

Player	Total Score
Shirley G.	222
Barbara D.	163
Michelle G.	146
Hilda G.	112



Upcoming Programs & Events

Happy Birthday

CELEBRATING MEMBER BIRTHDAYS!

Kelli Bindel	Hiroko Newby
Mary Brown	Roger Olson
Joseph Callahan	Barbara Pattow-Vigil
Cindi Cereceres	Kenneth Pearson
Kyung Chu	Darlene Petty
Carol Cunningham	Patricia Rose
Lucille Davis	Wilma Russell
Susan Deng	Allan Ryce
Lynn Faurholt	Jose Sanchez
Yvetta Franklin	Suzanne Sibilla
Patricia Harriman	Carole Soenke
Mary Hufft	Kathy Teves
James Hunter	Virginia Underwood
Sheri Johnson	Terri Urban
Loretta Kofoed	Carol Wagner
Sandra Lanz	Jacquie Williams
Jeff Look	Gale York
Mary McKinnon	
Benadette Mendenz	

Don't see your name?

Visit the front desk to check on your membership!

ADVISORY BOARD

HOT DOG & BINGO FUNDRAISER!

Friday June 27 2025 11:30 - 3 p.m.

Come support the Cordova Senior Advisory Board raise funds for the Neil Orchard Senior Activities Center. Your ticket includes a tasty hot dog meal & a fun-filled afternoon of bingo!

\$8 Lunch Only | \$6 Bingo Only | \$14 Both

In-person registration only

(Cash or Check accepted)



PAINT WITH ME

Every Thursday 9 A.M. - 11 A.M.

\$15 Members | \$20 Non-Members

\$10 Material Fee

Join instructor Andrea Chavez for this fun and social painting class! She will guide you through each project, step-by-step you will take home your new artwork at the end of each class! **Class sessions begin on June 19!**

Sign up today!



MIXED MEDIA MINGLE

2nd & 4th Mondays 10 A.M. - 12 A.M.

\$20 Members | \$25 Non-Members

\$5 Material Fee Per Class

Join the Heart Craft Studio twice a month for this welcoming and creative class for all skill levels to explore a variety of mediums, including acrylic and watercolor paint, pastels, collage, textured painting, fluid art, and more! Each session offers a new opportunity to experiment, express yourself, connect with others, and enjoy the creative process in a relaxed, supportive environment. Come spend a fun morning creating something new while making new friends along the way at an upcoming Mixed Media Mingle!

Upcoming Classes and Themes:



May:

5/12 - Ocean Inspired Mixed Media

5/26 – No Class - Holiday

June:

6/9 - Textured Wave Painting

6/23 - Honeycomb Bee Watercolor Mixed Media

July:

7/7 - Textured Lotus Painting

7/21 - Paint & Plant





May 2025

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
5 8 - 9 a.m. Senior Exercise 9:15 - 10:15 a.m. Beginning Kundalini Yoga 10 - 11 a.m. Walking to Get Fit 10 - 1 p.m. Cards & Board Games 10:30 - 11:15 a.m. Intermediate Tai Chi 11:30 - 12:15 p.m. Beginning Tai Chi 1 - 2 p.m. Healthy Habits for your Brain & Body 3 - 4:30 p.m. Wire Wrap Jewelry Making	6 9 - 11 a.m. Knitting & Crochet Group Noon - 1 p.m. Zumba Gold 1:15 - 2:45 p.m. Beginning Line Dance 5:30 - 6:30 p.m. Adult Beginning Ukulele 5:30 - 7 p.m. Senior Cooking with Chef Steve Salle	7 8 - 9 a.m. Senior Exercise 9:15 - 10:15 a.m. Beginning Kundalini Yoga 9:30 - 11:30 a.m. Creative Card Making 10 - 11 a.m. Walking to Get Fit 11:30 a.m. - Noon Fiesta! Noon - 2 p.m. <i>Bingo Cancelled</i>	8 10 - 11 a.m. Senior Arcade Noon - 1 p.m. Zumba Gold 12:30 - 1:30 p.m. Senior Beginning Ukulele Noon - 4 p.m. Hand & Foot Card Group 2 - 3:30 p.m. Beginning Line Dance	9 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. Ceramics 11:30 a.m. - Noon Green Thumb Lunch Noon - 2 p.m. Bingo 4 - 5 p.m. Kids in the Kitchen
12 8 - 9 a.m. Senior Exercise 9:15 - 10:15 a.m. Beginning Kundalini Yoga 10 - 11 a.m. Walking to Get Fit 10 - Noon Mixed Media Mingle Art Class 10:30 - 11:15 a.m. Intermediate Tai Chi 11:30 - 12:15 p.m. Beginning Tai Chi 1 - 2 p.m. Care for Caregivers Presentation 3 - 4:30 p.m. Wire Wrap Jewelry Making	13 9 - 11 a.m. Knitting & Crochet Group Noon - 1 p.m. Zumba Gold 1:15 - 2:45 p.m. Beginning Line Dance 5:30 - 6:30 p.m. Adult Beginning Ukulele	14 8 - 9 a.m. Senior Exercise 9:15 - 10:15 a.m. Beginning Kundalini Yoga 9:30 - 11:30 a.m. Scrapbooking 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 101	15 Noon - 1 p.m. Zumba Gold 12:30 - 1:30 p.m. Senior Beginning Ukulele Noon - 4 p.m. Hand & Foot Card Group 2 - 3:30 p.m. Beginning Line Dance	16 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. Ceramics 11:30 a.m. - Noon Green Thumb Lunch (Pizza Party!) Noon - 2 p.m. Bingo
19 8 - 9 a.m. Senior Exercise 9:15 - 10:15 a.m. Beginning Kundalini Yoga 10 - 11 a.m. Walking to Get Fit 10 - 1 p.m. Cards & Board Games 10:30 - 11:15 a.m. Intermediate Tai Chi 11:30 - 12:15 p.m. Beginning Tai Chi 1 - 2 p.m. Older Adults Know Your Rights 3 - 4:30 p.m. Wire Wrap Jewelry Making	20 9 - 11 a.m. Knitting & Crochet Group Noon - 1 p.m. Zumba Gold 1:15 - 2:45 p.m. Beginning Line Dance 5:30 - 6:30 p.m. Adult Beginning Ukulele	21 8 - 9 a.m. Senior Exercise 9:15 - 10:15 a.m. Beginning Kundalini Yoga 9:30 - 11:30 a.m. Creative Card Making 10 - 11 a.m. Walking to Get Fit 11:30 a.m. - Noon Green Thumb Lunch Noon - 2 p.m. Bingo	22 10 - 11 a.m. Senior Arcade Noon - 1 p.m. Zumba Gold 12:30 - 1:30 p.m. Senior Beginning Ukulele Noon - 4 p.m. Hand & Foot Card Group 2 - 3:30 p.m. Beginning Line Dance	23 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. Ceramics 11:30 a.m. - Noon Green Thumb Lunch Noon - 2 p.m. Bingo
26 Center Closed in Observance of Memorial Day	27 9 - 11 a.m. Knitting & Crochet Group Noon - 1 p.m. Zumba Gold 1:15 - 2:45 p.m. Beginning Line Dance 5:30 - 6:30 p.m. Adult Beginning Ukulele	28 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. Scrapbooking 11:30 a.m. - Noon Green Thumb Lunch Noon - 2 p.m. Bingo	29 Noon - 1 p.m. Zumba Gold 12:30 - 1:30 p.m. Senior Beginning Ukulele Noon - 4 p.m. Hand & Foot Card Group 2 - 3:30 p.m. Beginning Line Dance	30 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. Ceramics 11:30 a.m. - Noon Green Thumb Lunch Noon - 2 p.m. Bingo

Photo Gallery

Eleven Roses Ranch Day Trip



Earth Day with the Rosemont Community Association



Senior Resource Fair



Visit cordovarpd.gov for more information on upcoming events.