

# Neil Orchard Senior Activities Center



# JUNE



## May Was Full of Fun and Flowers!

There was no shortage of fun in May—and with all that fun came May flowers, thanks to the planting of our summer garden! And let's be honest, is there anything more fun than a Fiesta? We held ours on May 7th, and due to popular demand, I brought back my famous white sauce enchiladas, along with all the sides and fixings. A huge thank you to County Supervisor Pat Hume for sponsoring this festive event!

But we didn't stop there! On Friday, May 16th, we celebrated **National Pizza Party Day**, which got us geared up and excited for our **Annual Community Yard Sale**. A big thank you to everyone who donated items, and to our amazing Senior Advisory Board members for organizing the donations and raising funds for the Senior Center!

Have you noticed that bright, shiny new object on our front lawn? Yep, we now have a **brand-new electric sign**, and we couldn't be happier about it! Be sure to take a look and keep your eyes out for updates and announcements on the new board.

## Honoring Fathers This June

This month, we celebrate **Father's Day**. As I reflect on this special day, I remember my own father, who passed away eleven years ago. I had the chance to visit him this past weekend, and it reminded me how important it is to hold on to those beautiful memories.

*"A father is someone you look up to no matter how tall you grow."*

## Upcoming Event: Bingo & Hot Dog Fundraiser

Don't forget to grab your tickets for the **Senior Advisory Board's Bingo and Hot Dog Fundraiser**, which will be held on **National Bingo Day – June 27th**. It's sure to be a great time with fun, food, and prizes!

## Holiday Closure Reminder

The Senior Center will be **closed June 30th through July 4th** for floor cleaning and in observance of **Independence Day**. We'll reopen and resume normal hours on **Monday, July 7th**.

*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](http://www.cordovarpd.gov)

## IMPORTANT DATES TO REMEMBER:

<b>June 4:</b>	Garden Club	<b>June 19:</b>	Happy Juneteenth!
<b>June 5:</b>	UC Davis: Self Defense for Brain Health	<b>June 19:</b>	Get Up & Go: Spring Mystery Trip!
<b>June 15:</b>	Happy Father's Day!	<b>June 24:</b>	SDHC Pharmacy Presentation
<b>June 16:</b>	Extended Travel with Collette Presentation	<b>June 27:</b>	Advisory Board Hot Dog & Bingo Fundraiser



## JUNE 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	
4	Italian Chopped Salad w/ Pasta Fagioli Soup	6	Baked Potato w/ Chili
11	Chicken Caesar Wrap w/ Creamy Potato Soup	13	Turkey & Cheese Sandwich w/ Chicken & Rice Soup
18	Pesto Tortellini Salad w/ Italian Meatball Soup	20	Tuna Croissant w/ Lentil Soup
25	Chef Salad w/ Cream of Mushroom Soup	27	No Green Thumb Lunch   Advisory Board Hot Dog and Bingo Fundraiser



**Advisory Board  
Hot Dog & Bingo Fundraiser**

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

Enjoy a hot dog lunch and play  
some bingo!

**Bingo Only - \$6  
Hot Dog Lunch - \$8  
BOTH - \$14**

*Registration in person only  
Checks payable to Cordova Senior  
Advisory Board*

## **National Hot Dog Day**

**Wednesday July 16 at 11:30 a.m.**

**No need to pay for a ball game, just come  
celebrate one of the staples of  
American Cuisine.**

**Ticket includes grilled hot dog, bag of  
chips and beverage.**

**Ticket Fee:**

**\$8 Members**

**\$10 Non-Members**

**\$10 TOGO**



## Upcoming Programs & Events

### GARDEN CLUB

**First Wednesday of the month 10 a.m.**  
**Next meeting: June 4th 2025**



#### Garden Club

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

Come help us grow!

### FREE PRESENTATIONS

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

#### GROW UC Davis Monthly Brain Health Series:

**June 5th 2 p.m.:** Self Defense for Brain Health

Join us for a dynamic (non-contact) class that combines practical self-defense techniques with brain-boosting strategies! Learn how to protect yourself with simple, effective moves while strengthening your cognitive function through awareness and stress management.

#### Additional Upcoming Presentations

**June 16:** Extended Travel with Collette 1:30 p.m.

**June 24:** SDHC Pharmacy 1:00 p.m.

**July 14:** Estate Planning, Wills & Trusts 1 p.m.

### SENIOR ARCADE



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



**FREE for members**

**Non-Members: \$2 drop-in fee**

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



### MARTIAL ARTS & SELF DEFENSE CLASS

**Starting June 3**

**Tuesdays 6 -7 p.m.**



**\$75 Members | \$80 Non-Members**

Self-defense and fitness class for seniors. This class is 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 to all ages and levels.

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

### ADVISORY BOARD

#### HOT DOG & BINGO FUNDRAISER!

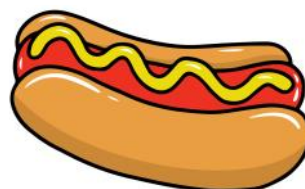
**Friday June 27 2025 11:30 - 3 p.m.**

Come celebrate National Bingo Day and 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)**

*Checks payable to Cordova Senior Advisory Board*



## Upcoming Art Classes!

# Happy Birthday

## CELEBRATING MEMBER BIRTHDAYS!

### 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 Themes:

June:

6/9 - Textured Wave Painting

6/23 - Honeycomb Bee Watercolor

July:

7/7 - Textured Lotus Painting

7/21 - Paint & Plant

Donna Albright	Shirley Lorenzen
Marcia Ballard	Allison Manning
Steve Banks	Amy McBride
Helen Barrera	Mike McBride
Raychel Beasley	Wiletha McDonald
Glenda Caldwell	Jerrilynn Miller
Mike Chamberlain	Hassan Mojarrad
Gerri Cohen	Menigeh Mojarrad
Tamaryn Crossman	Nancy Nelson
Alice Dibben	Kathleen Pearson
Hilda Garcia	Judy Qualters
Pearlean Harper	Kim Sell
Joyce Hartge	Janine Solis
Alfred Hernandez	Tannie Stephens
Donna Hill	Marylouise Tande
Eva Ho	Joseyn Valenzuela
Lucy Irby	Mary Van Cleef
Barbara Larson	Kathleen Ventura
Jennifer Lemus	Marbella Wands
Jeanette Leonard	Michael Winch

Don't see your name?

Visit the front desk to check on your membership!

## PUBLIC SWIM HOURS

**Starting June 9!**

### Lincoln Village Community Pool

Mon - Fri: 11 a.m. to 4 p.m.

Weekends: 1 p.m. to 5 p.m.

### Cordova Community Pool

Mon - Fri: 11 a.m. to 4 p.m.



Weekends: 1 p.m. to 5 p.m.

# June 2025

Neil Orchard Senior Activities Center

3480 Routier 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							
2	8 - 9 a.m. 9:15 - 10:15 a.m. 10 - 11 a.m. 10:30 - 11:15 a.m. 11:30 - 12:15 p.m. 3 - 4:30 p.m.	Senior Exercise Beginning Kundalini Yoga Walking to Get Fit Intermediate Tai Chi Beginning Tai Chi Wire Wrap Jewelry Making	3	9 - 11 a.m. Noon - 1 p.m. 1:15 - 2:45 p.m. 5: 30 - 6:30 p.m. 6 - 7 p.m.	Knitting & Crochet Group Zumba Gold Beginning Line Dance Adult Beginning Ukulele Marital Arts & Self Defense	4	8 - 9 a.m. 9:15 - 10:15 a.m. 9:30 - 11:30 a.m. 10 - 10:30 a.m. 9:30 - 10:30 a.m. 11:30 a.m. - Noon Noon - 2 p.m. 4 - 5 p.m.	Senior Exercise Beginning Kundalini Yoga Creative Card Making Garden Club Walking to Get Fit Green Thumb Lunch Bingo Little Chef's World	5	Noon - 1 p.m. 12:30 - 1:30 p.m. 2 - 3 p.m. 2 - 3:30 p.m. Noon - 4 p.m.	Zumba Gold Senior Beginning Ukulele GROW UC Davis Presentation Beginning Line Dance Hand & Foot Card Group	6	8 - 9 a.m. 9:30 - 10:30 a.m. 9:15 - 10:15 a.m. 10 - 2 p.m. 11:30 a.m. - Noon Noon - 2 p.m.	Senior Exercise Walking to Get Fit Beginning Kundalini Yoga Ceramics Green Thumb Lunch Bingo	
9	8 - 9 a.m. 9:15 - 10:15 a.m. 10 - 11 a.m. 10 - Noon 10:30 - 11:15 a.m. 11:30 - 12:15 p.m. 3 - 4:30 p.m.	Senior Exercise Beginning Kundalini Yoga Walking to Get Fit Mixed Media Mingle Intermediate Tai Chi Beginning Tai Chi Wire Wrap Jewelry Making	10	9 - 11 a.m. Noon - 1 p.m. 1:15 - 2:45 p.m. 5: 30 - 6:30 p.m. 6 - 7 p.m.	Knitting & Crochet Group Zumba Gold Beginning Line Dance Adult Beginning Ukulele Marital Arts & Self Defense	11	8 - 9 a.m. 9:15 - 10:15 a.m. 9:30 - 11:30 a.m. 9:30 - 10:30 a.m. 11:30 a.m. - Noon Noon - 2 p.m. 2 - 3:30 p.m. 4 - 5 p.m.	Senior Exercise Beginning Kundalini Yoga Scrapbooking Walking to Get Fit Green Thumb Lunch Bingo Tech 1-on-1 Little Chef's World	12	10 - 11 a.m. Noon - 1 p.m. 12:30 - 1:30 p.m. Noon - 4 p.m. 2 - 3:30 p.m.	Senior Arcade Zumba Gold Senior Beginning Ukulele Hand & Foot Card Group Beginning Line Dance	13	8 - 9 a.m. 9:15 - 10:15 a.m. 9:30 - 10:30 a.m. 10 - 2 p.m. 11:30 a.m. - Noon Noon - 2 p.m.	Senior Exercise Beginning Kundalini Yoga Walking to Get Fit Ceramics Green Thumb Lunch Bingo	
16	8 - 9 a.m. 9:15 - 10:15 a.m. 10 - 11 a.m. 10:30 - 11:15 a.m. 11:30 - 12:15 p.m. 1:30 - 2 p.m. 3 - 4:30 p.m.	Senior Exercise Beginning Kundalini Yoga Walking to Get Fit Intermediate Tai Chi Beginning Tai Chi Extended Travel with Collette Wire Wrap Jewelry Making	17	9 - 11 a.m. Noon - 1 p.m. 1:15 - 2:45 p.m. 5: 30 - 6:30 p.m. 6 - 7 p.m.	Knitting & Crochet Group Zumba Gold Beginning Line Dance Adult Beginning Ukulele Marital Arts & Self Defense	18	8 - 9 a.m. 9:15 - 10:15 a.m. 9:30 - 11:30 a.m. 9:30 - 10:30 a.m. 11:30 a.m. - Noon Noon - 2 p.m. 2:30 -3:30 p.m. 4 - 5 p.m.	Senior Exercise Beginning Kundalini Yoga Creative Card Making Walking to Get Fit Green Thumb Lunch Bingo Senior Advisory Board Meeting Little Chef's World	19	8 - 5 p.m. 9 - 11 a.m. Noon - 1 p.m. 12:30 - 1:30 p.m. Noon - 4 p.m. 2 - 3:30 p.m.	Spring Mystery Trip! Paint With Me Zumba Gold Senior Beginning Ukulele Hand & Foot Card Group Beginning Line Dance	20	First Day of Summer!		All Day National Selfie Day Senior Exercise Beginning Kundalini Yoga Walking to Get Fit Ceramics Green Thumb Lunch Bingo
23	8 - 9 a.m. 9:15 - 10:15 a.m. 10 - 11 a.m. 10 - Noon 10:30 - 11:15 a.m. 11:30 - 12:15 p.m. 1 - 2 p.m. 3 - 4:30 p.m.	Senior Exercise Beginning Kundalini Yoga Walking to Get Fit Mixed Media Mingle Intermediate Tai Chi Beginning Tai Chi SDHC Pharmacy Wire Wrap Jewelry Making	24	9 - 11 a.m. Noon - 1 p.m. 1:15 - 2:45 p.m. 5: 30 - 6:30 p.m. 6 - 7 p.m.	Knitting & Crochet Group Zumba Gold Beginning Line Dance Adult Beginning Ukulele Marital Arts & Self Defense	25	8 - 9 a.m. 9:15 - 10:15 a.m. 9:30 - 11:30 a.m. 9:30 - 10:30 a.m. 11:30 a.m. - Noon Noon - 2 p.m. 4 - 5 p.m.	Senior Exercise Beginning Kundalini Yoga Scrapbooking Walking to Get Fit Green Thumb Lunch Bingo Little Chef's World	26	9 - 11 a.m. 10 - 11 a.m. Noon - 1 p.m. 12:30 - 1:30 p.m. Noon - 4 p.m. 2 - 3:30 p.m.	Paint With Me Senior Arcade Zumba Gold Senior Beginning Ukulele Hand & Foot Card Group Beginning Line Dance	27	National Bingo Day!		8 - 9 a.m. Senior Exercise Beginning Kundalini Yoga Walking to Get Fit Ceramics Green Thumb Lunch Cancelled Advisory Board Hot Dog & Bingo Fundraiser
30	The Center will be closed June 30th through July 4th in observance of Independence Day & Cleaning.  See you on July 7th!														

## Photo Gallery



## Fiesta



## National Pizza Party Day



## Check out our new sign!



Keep an eye out for any announcements as you pass by our amazing NEW Sign!

Visit [cordovarpd.gov](http://cordovarpd.gov) for more information on upcoming events.