

Neil Orchard Senior Activities Center



Stay Cool and Celebrate



Beat the Summer Heat

Our beautiful spring weather has come to an end, and those triple-digit summer days are quickly approaching! As the temperatures rise, please stay safe: **carry water with you and drink it often.** You're always welcome to relax and cool down in the Senior Center lounge—a perfect place to escape the heat!

Garden Update – It's Flourishing!

Our **Green Thumb Garden** is thriving in this summer weather! We're harvesting squash, cucumbers, radishes, bell peppers, tomatoes, and so much more—all of which go into your Green Thumb soups and salads. If you haven't already, take a walk outside to see how beautiful the garden looks. *Please remember: do not pick the vegetables.* We use or freeze all produce for our meals.

Mystery Trip Reveal

Did you guess it? Our recent **Mystery Trip** took 51 passengers to **Lake Tahoe**, where they enjoyed a cruise aboard the *Tahoe Gal*! It was a beautiful day full of surprises. Be sure to sign up early for the next Mystery Trip—you never know where you'll end up!

Thank You, Advisory Board!

A big thank you to our **Advisory Board** for hosting the **Hot Dog & Bingo Fundraiser**! With over 40 participants, the event was a success. All proceeds go directly back into the Senior Center, supporting future programs and events. We are so grateful for everything the Board does!

New Classes Coming in July

Don't miss out on exciting new offerings starting next month!

Paint With Me – A fun and relaxing painting class

Martial Arts & Self-Defense – For adults 50 and over

...and more! Check the full schedule inside for times and details.

Center Closure Notice

The Senior Center will be **closed from June 30 – July 4** in observance of **Independence Day** and for our annual **deep cleaning**. When we reopen, expect sparkling floors and a refreshed building!

Happy 4th of July!

"America is a tune. It must be sung together." – Gerald Stanley Lee.
Wishing everyone a safe, relaxing, and joyful Independence 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:

Senior Center will be closed June 30 - July 4

July 8:	Martial Arts & Self Defense Class Begins	July 16:	National Hot Dog Day
July 9:	Garden Club	July 23:	Advisory Board Meeting
July 10:	GROW UC Davis Presentation	July 31:	Muir Woods & Sausalito Day Trip
July 14:	Estate Planning Wills & Trusts Presentation		



JULY 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 June 30 - July 4			
9	Ham & Cheese Croissant w/ Creamy Yellow Squash Soup	11	Caprese Pasta Salad w/ Lasagna Soup
16	National Hot Dog Day	18	Cheese Quesadilla w/ Chicken Pozole Soup
23	Turkey Pesto Wrap w/ French Onion Soup	25	Meatball Sandwich w/ Summer Veggie Soup
30	Chef Salad w/ Zucchini Basil Soup		

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



National Senior Citizens Day

Wednesday August 20 at 11:30 a.m.

\$8 Members / \$10 Non-Members

\$10 TOGO Orders

Join us as we support, honor, and show our appreciation to seniors and their positive contributions to the community.

Menu: Tri-Tip, Baked Beans, Salad & Dessert

Sponsored by:



Upcoming Programs & Events

GARDEN CLUB

First Wednesday of the month 10 a.m.
Next meeting: July 9th 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](#)

July 10: GROW UC Davis Presentation

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

Planning for the future is crucial and estate planning is particularly important for seniors. An advocate from the Senior Legal Hotline of Northern CA will walk you through this process.



MARTIAL ARTS & SELF DEFENSE CLASS

Starting July 8

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.

Upcoming Art Classes!

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!

Classes are held on Thursdays, June 19 - July 24

[Sign up today!](#)

CERAMICS

Wednesdays Noon - 4 p.m. & Fridays 10 - 2 p.m.

\$45 Members | \$50 Non-Members
for *8 visit punch card



Starting this month we will now have Wednesday classes! Explore your creativity in the ancient craft of working with clay. Learn hand building techniques and continue to learn more advance skills in glazing.

**\$25 Material Fee due with every punch card purchase*



MIXED MEDIA MINGLE

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

\$20 Members | \$25 Non-Members

\$5 Material Fee Per Class

Explore a variety of mediums, including acrylic and watercolor paint, pastels, collage, textured painting, fluid art, and more!

July 21st:

Paint & Plant



LET'S GET UP N' GO!

MUIR WOODS & SAUSALITO DAY TRIP

THURSDAY - AUGUST 14, 2025



Due to popular demand, we added a second date!

Only a few miles north of San Francisco, wander along the paved trails of Muir Woods before heading down to Sausalito.

Cost: \$75 per person

Activity Level: Easy - go at your own pace

Register by July 21st

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, virtual
experiences and ping pong.

Happy Birthday

CELEBRATING MEMBER BIRTHDAYS!

Lorralyn Anderson	Cheryl Fernandez	Colleen O'Brien
Josefina Aquino	Barbara Fernangel	Judy Osgood
Barbara Ashton	Francis Fortier	Barbara Philpot
Karen Baker	Michelle Gaymon	Shute Pong
Robert Barrera	Kathy Gee	Tonianne Ross
JoAnn Bartle	Sheila Golden	Heather Schelske
Doris Brooks	Phyllis Gunton	Vickie Schoen
Lily Buckingham	Peggy Hughes	Gloria Sears
Mayre Burnside	Helen Jaczola	Kim Silva
Dale Carlson	Marti Johnson	Sheryl Smith
Sandy Chung	Joann Kuroda	Carolyn Thomas
Sharron Cianci	Yin Lauponam	Lilian Van Slyke
Terry Clinton	Richard Lovell	Sally Weisbecker
John Donnelly	Leann Manuele	Shirley Wilcox
Nova Edwards	Carol Matson	Josephine Williams
Mateen Elamin	Teresa Murphy	Valeska Wise
Katherine Ellis	Barbara Nall	Rodney Yip
	Larry Nall	

Don't see your name?

Visit the front desk to check on your membership!



PROJECT OF THE YEAR AWARDED TO STEVE BANKS

We want to extend our gratitude and appreciation to all of our incredible volunteers who generously give their time and energy to support the Neil Orchard Senior Activities Center.
Your dedication makes a lasting impact on our community.

A special thank you to Steve Banks who was awarded Project of the Year for his relentless hard work during the reconstruction of the center's garden.



July 2025

Neil Orchard Senior Activities Center
3480 Routhier 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
1	2	3	4	
We will be closed June 30 - July 4th				
7	8	9	10	11
8 - 9 a.m. Senior Exercise 9:15 - 10:15 a.m. Beginning Kundalini Yoga 9:30 - 10:30 a.m. Walking to Get Fit 10 - Noon Mixed Media Mingle Canceled 10:30 - 11:15 a.m. Intermediate Tai Chi 11:30 - 12:15 p.m. Beginning Tai Chi 3 - 4:30 p.m. Wire Wrap Jewelry Making	9 - 11 a.m. Knitting & Crochet Group Noon - 1 p.m. Zumba Gold 1:15 - 2:45 p.m. Beginning Line Dance 6 - 7 p.m. Martial Arts & Self Defense	8 - 9 a.m. Senior Exercise 9:15 - 10:15 a.m. Beginning Kundalini Yoga 9:30 - 11:30 a.m. Scrapbooking 9:30 - 10:30 a.m. Walking to Get Fit 11:30 a.m. - Noon Green Thumb Lunch Noon - 2 p.m. Bingo Noon - 4 p.m. Ceramics 4 - 5 p.m. Little Chef's World	9 - 11 a.m. Paint With Me 10 - 11 a.m. Senior Arcade Noon - 1 p.m. Zumba Gold Noon - 4 p.m. Hand & Foot Card Group 2 - 3:30 p.m. Improver Line Dance 2 - 3 p.m. GROW UC Davis Presentation	8 - 9 a.m. Senior Exercise 9:15 - 10:15 a.m. Beginning Kundalini Yoga 9:30 - 10:30 a.m. Walking to Get Fit 10 - 2 p.m. Ceramics 11:30 a.m. - Noon Green Thumb Lunch Noon - 2 p.m. Bingo
14	15	16	17	18
8 - 9 a.m. Senior Exercise 9:15 - 10:15 a.m. Beginning Kundalini Yoga 9:30 - 10:30 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. Estate Planning, Wills & Trusts 3 - 4:30 p.m. Wire Wrap Jewelry Making	9 - 11 a.m. Knitting & Crochet Group Noon - 1 p.m. Zumba Gold 1:15 - 2:45 p.m. Beginning Line Dance 6 - 7 p.m. Martial Arts & Self Defense	8 - 9 a.m. Senior Exercise 9:15 - 10:15 a.m. Beginning Kundalini Yoga 9:30 - 11:30 a.m. Creative Card Making 9:30 - 10:30 a.m. Walking to Get Fit 11:30 a.m. - Noon Green Thumb Lunch (Hot Dog Day) Noon - 2 p.m. Bingo Noon - 4 p.m. Ceramics 4 - 5 p.m. Little Chef's World	9 - 11 a.m. Paint With Me Noon - 1 p.m. Zumba Gold Noon - 4 p.m. Hand & Foot Card Group 2 - 3:30 p.m. Improver Line Dance	8 - 9 a.m. Senior Exercise 9:15 - 10:15 a.m. Beginning Kundalini Yoga 9:30 - 10:30 a.m. Walking to Get Fit 10 - 2 p.m. Ceramics 11:30 a.m. - Noon Green Thumb Lunch Noon - 2 p.m. Bingo
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Photo Gallery

Advisory Board Hot Dog & Bingo Fundraiser



Thank you to the Cordova Senior Advisory Board for a successful fundraiser,
and to everyone who came to support!

Spring Mystery Trip

