

# Neil Orchard Senior Activities Center



## Keep Calm, It's Still Summer!



Last month, we had a blast celebrating National Hot Dog Day with our living hot dogs, ketchup, and mustard! What a difference a year makes—last July we had weeks of triple-digit heat, and this year, I've actually pulled out a sweatshirt a few days! Of course, we know the cooler weather won't last forever, and August may bring those scorching temperatures back. Please remember to stay cool, stay hydrated, and always wear sunscreen. Our lounge is always open if you need a place to cool down and relax.

This month, we're excited to celebrate **National Senior Citizens Day on August 20th!** Throughout the week, we'll have a variety of activities and giveaways to celebrate YOU and show just how much we appreciate each and every one of you. Check inside this issue for the full list of activities. We've also got a fantastic menu planned for you, so be sure to grab your tickets early, this one may sell out!

Looking ahead to September, the **Senior Advisory Board** will be hosting a **social on Monday, September 15th at 1:30 p.m.** for members and their friends. Enjoy food, drinks, and music at this free event, just make sure to RSVP at the front desk.

You should also be receiving your new **Recreate Activity Guide** this month! It includes all of our classes and events for the Fall & Winter. Be sure to look it over and mark your calendars with all the fun activities, programs, and events coming your way.

**Please note:** The Senior Center will be **closed on Monday, September 1st** in observance of Labor Day.

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>Aug 6:</b>	Garden Club 10 a.m.	<b>Aug 20:</b>	Senior Citizens Day Luncheon
<b>Aug 14:</b>	Get Up N Go: Sausalito/Muir Woods Trip	<b>Aug 20:</b>	Advisory Board Meeting
<b>Aug 18:</b>	SDHC Presentation 1 p.m.	<b>Aug 28:</b>	Get Up N Go: Follow That Seagull Day Trip

**Aug 18 - 22: Senior Citizens Week Celebration (see schedule inside)**



## AUGUST 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	
		<b>1</b>	Spring Mix Salad w/ Turkey Pot Pie Soup
<b>6</b>	Italian Chopped Salad w/ Meatball & Kale Soup	<b>8</b>	Roast Beef Wrap w/ Cheddar & Corn Chowder
<b>13</b>	Veggie Croissant Sandwich w/ Chicken Macaroni Soup	<b>15</b>	Egg Salad Sandwich w/ Beef Vegetable Soup
<b>20</b>	National Senior Citizen's Day (No Bingo)	<b>22</b>	Chicken Pesto Sandwich w/ Creamy Veggie & Rice Soup
<b>27</b>	Grilled Ham & Cheese Sandwich w/ Creamy Potato Soup	<b>29</b>	Chef Salad w/ Minestrone Soup



### **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:



### **National Cheeseburger Day**

**Wednesday September 17**

**\$8 Members | \$10 Non-Members**

Come and celebrate one of America's favorite sandwiches.

The sizzling fresh cheeseburgers are served with all the fixings, macaroni salad, and fresh fruit.



## Upcoming Programs & Events

### MARTIAL ARTS & SELF DEFENSE CLASS



**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.*

### FREE PRESENTATIONS

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

**Monday August 18 at 1pm - 3pm**

### YOUR NEW NEIGHBORHOOD PHARMACY

Meet the SDHC team for an informative presentation about what your new neighborhood pharmacy has to offer. They will have FREE goodie bags, appetizers, and open mic karaoke. Sign up today

at the front desk!



## WE'RE CELEBRATING NATIONAL SENIOR CITIZENS DAY ALL WEEK!



### SENIOR CITIZENS WEEK

**AUGUST 18 - 22**



Join us all week long, as we celebrate and show our appreciations to our seniors and their positive contributions to the community.



**18**

Monday

### POPCORN DAY

Members can enjoy FREE popcorn all day

**19**

Tuesday

### NATIONAL AVIATION DAY

Test your paper plane flight skills to see if you can land on target



**20**

Wednesday

### NATIONAL SENIOR CITIZENS DAY

Join us for a special luncheon at 11:30a.m.  
\$8 Members | \$10 Non-Members | \$10 TOGO

**21**

Thursday

### GAME DAY

Bring your game face and join us at Senior Arcade 10 - 11 a.m. We'll have other games and prizes throughout the day too!



**22**

Friday

### ALOHA FRIDAY

Wear your best Hawaiian themed attire!



NEIL ORCHARD SENIOR ACTIVITIES CENTER  
3480 ROUTIER ROAD SACRAMENTO CA 95827



### PAINT NIGHT w/ HEART CRAFT STUDIOS

**Select Wednesdays 5 - 7 p.m.**

**\$25 Members | \$30 Non-Members**

**\$5 material fee**

Join Heart Craft Studios once a month for a fun evening filled with art and imagination. Each session offers a fresh project or theme with plenty of room for creativity.

### Upcoming Classes & Themes:

**August 27 - Sunflower Painting**

**September 24 - Fall Leaf Puddle Painting**

**October 29 - Pumpkin Stack Painting**

**November 19 - Winter Moonlight Painting**

**December 17 - Winter Dream Painting**



# Happy Birthday

## CELEBRATING MEMBER BIRTHDAYS!

Pat Alexander	Robert Fleming	Venita O'Connor
Lisa Alexander	Sharon Friedrich	Elizabeth Otero
Catherine Allen	Mary Gontjes	Dona Ozur
Suzanna Anderson	Sue Griffin	Sheila Page
Joyce Arrighi	Carol Hamilton	Esperanza Pedrin
Brian Barch	Suzanne Hanrahan	Steve Pinner
Erin Beverly	Roxann Harris	Marianna Ponder
Emma Beza	Janet Hayer	Gloria Profit
William Brayton	Tracie Heatherly	Kathy Raymond
Dorothy Calvetti	Julyn Hicks	Ronald Ridley
Denna Carson	Carol Hamilton	Eleanor Risser
Winston Cook	Suzanne Hanrahan	Nelson Roberts
Leta Cousineau	Roxann Harris	George Rummel
Gelna Davide	Janet Hayer	Cherene Sandidge
Milica Domanovich	Tracie Heatherly	Carol Santarosa
Marie Dorsey	Julyn Hicks	Lynda Street
Linday Ducray	John Kelmme	Kathryn Suraci
Elaine Duncan	Stephanie Mitchell	Anne Thomason
Judy Elliott	Julie Monroe	Geilan Toppazada
Helen Encinas	Trish Moss	Tracy Wittnebel
Sylvia Fernandes	Jack Mowbray	

**Don't see your name? Check on your membership at the front desk.**



## LOOKING AHEAD

### Save the date for upcoming Fall Programs!



- September 1 - Senior Center will be closed for Labor Day
- September 8 - Collette Travel Presentation
- September 24 - Paint Night with Heart Craft Studios
- September 25 - Academy of Science Day Trip
- September 29 - Social Security Presentation
- October 6 - The Empowered Caregiver Presentation



## MEMBER APPRECIATION SOCIAL

**MONDAY SEPTEMBER 15**

**1 - 3 P.M.**


Join us for a **FREE** Fun-filled afternoon hosted by the Senior Advisory Board!

Bring a friend and help us welcome newcomers to the center. Meet some of our amazing instructors and discover all the great programs we offer.

**FREE | FOOD | GAMES | MUSIC**

***RSVP at the front desk or call 916-366-3133***



Monday	Tuesday	Wednesday	Thursday	Friday
				<div>1</div> <div><div>8 - 9 a.m.</div><div>Senior Exercise</div></div> <div><div>9:15 - 10:15 a.m.</div><div>Beginning Kundalini Yoga</div></div> <div><div>9:30 - 10:30 a.m.</div><div>Walking to Get Fit</div></div> <div><div>10 - 2 p.m.</div><div>Ceramics</div></div> <div><div>11:30 a.m. - Noon</div><div>Green Thumb Lunch</div></div> <div><div>Noon - 2 p.m.</div><div>Bingo</div></div>
<div>4</div> <div><div>8 - 9 a.m.</div><div>Senior Exercise</div></div> <div><div>9:15 - 10:15 a.m.</div><div>Beginning Kundalini Yoga</div></div> <div><div>9:30 - 10:30 a.m.</div><div>Walking to Get Fit</div></div> <div><div>10:30 - 11:15 a.m.</div><div>Intermediate Tai Chi</div></div> <div><div>11:30 - 12:15 p.m.</div><div>Beginning Tai Chi</div></div> <div><div>3 - 4:30 p.m.</div><div>Wire Wrap Jewelry Making</div></div>	<div>5</div> <div><div>9 - 11 a.m.</div><div>Knitting &amp; Crochet Group</div></div> <div><div>11:30 a.m. - 12:30 p.m.</div><div>Ukulele Jam</div></div> <div><div>Noon - 1 p.m.</div><div>Zumba Gold</div></div> <div><div>1:15 - 2:45 p.m.</div><div>Beginning Line Dance</div></div> <div><div>6 - 7 p.m.</div><div>Martial Arts &amp; Self Defense</div></div>	<div>6</div> <div><div>8 - 9 a.m.</div><div>Senior Exercise</div></div> <div><div>9:15 - 10:15 a.m.</div><div>Beginning Kundalini Yoga</div></div> <div><div>9:30 - 11:30 a.m.</div><div>Creative Card Making</div></div> <div><div>9:30 - 10:30 a.m.</div><div>Walking to Get Fit</div></div> <div><div>10 a.m.</div><div>Garden Club</div></div> <div><div>10 - 2p.m.</div><div>Ceramics</div></div> <div><div>11:30 a.m. - Noon</div><div>Green Thumb Lunch</div></div> <div><div>Noon - 2 p.m.</div><div>Bingo</div></div> <div><div>4 - 5 p.m.</div><div>Little Chef’s World</div></div>	<div>7</div> <div><div>Noon - 1 p.m.</div><div>Zumba Gold</div></div> <div><div>Noon - 4 p.m.</div><div>Hand &amp; Foot Card Group</div></div> <div><div>2 - 3:30 p.m.</div><div>Improver Line Dance</div></div>	<div>8</div> <div><div>8 - 9 a.m.</div><div>Senior Exercise</div></div> <div><div>9:15 - 10:15 a.m.</div><div>Beginning Kundalini Yoga</div></div> <div><div>9:30 - 10:30 a.m.</div><div>Walking to Get Fit</div></div> <div><div>10 - 2 p.m.</div><div>Ceramics</div></div> <div><div>11:30 a.m. - Noon</div><div>Green Thumb Lunch</div></div> <div><div>Noon - 2 p.m.</div><div>Bingo</div></div>
<div>11</div> <div><div>8 - 9 a.m.</div><div>Senior Exercise</div></div> <div><div>9:15 - 10:15 a.m.</div><div>Beginning Kundalini Yoga</div></div> <div><div>9:30 - 10:30 a.m.</div><div>Walking to Get Fit</div></div> <div><div>10:30 - 11:15 a.m.</div><div>Intermediate Tai Chi</div></div> <div><div>11:30 - 12:15 p.m.</div><div>Beginning Tai Chi</div></div> <div><div>3 - 4:30 p.m.</div><div>Wire Wrap Jewelry Making</div></div>	<div>12</div> <div><div>9 - 11 a.m.</div><div>Knitting &amp; Crochet Group</div></div> <div><div>11:30 a.m. - 12:30 p.m.</div><div>Ukulele Jam</div></div> <div><div>Noon - 1 p.m.</div><div>Zumba Gold</div></div> <div><div>1:15 - 2:45 p.m.</div><div>Beginning Line Dance</div></div> <div><div>6 - 7 p.m.</div><div>Martial Arts &amp; Self Defense</div></div>	<div>13</div> <div><div>8 - 9 a.m.</div><div>Senior Exercise</div></div> <div><div>9:15 - 10:15 a.m.</div><div>Beginning Kundalini Yoga</div></div> <div><div>9:30 - 11:30 a.m.</div><div>Scrapbooking</div></div> <div><div>9:30 - 10:30 a.m.</div><div>Walking to Get Fit</div></div> <div><div>10 - 2p.m.</div><div>Ceramics</div></div> <div><div>11:30 a.m. - Noon</div><div>Green Thumb Lunch</div></div> <div><div>Noon - 2 p.m.</div><div>Bingo</div></div> <div><div>4 - 5 p.m.</div><div>Little Chef’s World</div></div>	<div>14</div> <div><div>All Day</div><div>Muir Woods &amp; Sausalito Trip</div></div> <div><div>Noon - 1 p.m.</div><div>Zumba Gold</div></div> <div><div>Noon - 4 p.m.</div><div>Hand &amp; Foot Card Group</div></div> <div><div>2 - 3:30 p.m.</div><div>Improver Line Dance</div></div>	<div>15</div> <div><div>8 - 9 a.m.</div><div>Senior Exercise</div></div> <div><div>9:15 - 10:15 a.m.</div><div>Beginning Kundalini Yoga</div></div> <div><div>9:30 - 10:30 a.m.</div><div>Walking to Get Fit</div></div> <div><div>10 - 2 p.m.</div><div>Ceramics</div></div> <div><div>11:30 a.m. - Noon</div><div>Green Thumb Lunch</div></div> <div><div>Noon - 2 p.m.</div><div>Bingo</div></div>
<div>18</div> <div><div>ALL DAY</div><div>Popcorn Day!</div></div> <div><div>8 - 9 a.m.</div><div>Senior Exercise</div></div> <div><div>9:15 - 10:15 a.m.</div><div>Beginning Kundalini Yoga</div></div> <div><div>9:30 - 10:30 a.m.</div><div>Walking to Get Fit</div></div> <div><div>10:30 - 11:15 a.m.</div><div>Intermediate Tai Chi</div></div> <div><div>11:30 - 12:15 p.m.</div><div>Beginning Tai Chi</div></div> <div><div>1 - 3 p.m.</div><div>SDHC Presentation</div></div> <div><div>3 - 4:30 p.m.</div><div>Wire Wrap Jewelry Making</div></div>	<div>19</div> <div><div>ALL DAY</div><div>Aviation Day</div></div> <div><div>9 - 11 a.m.</div><div>Knitting &amp; Crochet Group</div></div> <div><div>11:30 a.m. - 12:30 p.m.</div><div>Ukulele Jam</div></div> <div><div>Noon - 1 p.m.</div><div>Zumba Gold</div></div> <div><div>1:15 - 2:45 p.m.</div><div>Beginning Line Dance</div></div> <div><div>6 - 7 p.m.</div><div>Martial Arts &amp; Self Defense</div></div>	<div>20</div> <div><div>8 - 9 a.m.</div><div>Senior Exercise</div></div> <div><div>9:15 - 10:15 a.m.</div><div>Beginning Kundalini Yoga</div></div> <div><div>9:30 - 11:30 a.m.</div><div>Creative Card Making</div></div> <div><div>9:30 - 10:30 a.m.</div><div>Walking to Get Fit</div></div> <div><div>10 - 2p.m.</div><div>Ceramics</div></div> <div><div>11:30 a.m. - Noon</div><div>Senior Citizens Day Luncheon</div></div> <div><div>Noon - 2 p.m.</div><div>Bingo Cancelled</div></div> <div><div>2:30 -3:30 p.m.</div><div>Senior Advisory Board Meeting</div></div> <div><div>4 - 5 p.m.</div><div>Little Chef’s World</div></div>	<div>21</div> <div><div>ALL DAY</div><div>Game Day</div></div> <div><div>10 - 11 a.m.</div><div>Senior Arcade</div></div> <div><div>Noon - 1 p.m.</div><div>Zumba Gold</div></div> <div><div>Noon - 4 p.m.</div><div>Hand &amp; Foot Card Group</div></div> <div><div>2 - 3:30 p.m.</div><div>Improver Line Dance</div></div>	<div>22</div> <div><div>ALL DAY</div><div>Aloha Friday</div></div> <div><div>8 - 9 a.m.</div><div>Senior Exercise</div></div> <div><div>9:15 - 10:15 a.m.</div><div>Beginning Kundalini Yoga</div></div> <div><div>9:30 - 10:30 a.m.</div><div>Walking to Get Fit</div></div> <div><div>10 - 2 p.m.</div><div>Ceramics</div></div> <div><div>11:30 a.m. - Noon</div><div>Green Thumb Lunch</div></div> <div><div>Noon - 2 p.m.</div><div>Bingo</div></div>
<div>25</div> <div><div>8 - 9 a.m.</div><div>Senior Exercise</div></div> <div><div>9:15 - 10:15 a.m.</div><div>Beginning Kundalini Yoga</div></div> <div><div>9:30 - 10:30 a.m.</div><div>Walking to Get Fit</div></div> <div><div>10:30 - 11:15 a.m.</div><div>Intermediate Tai Chi</div></div> <div><div>11:30 - 12:15 p.m.</div><div>Beginning Tai Chi</div></div> <div><div>3 - 4:30 p.m.</div><div>Wire Wrap Jewelry Making</div></div>	<div>26</div> <div><div>9 - 11 a.m.</div><div>Knitting &amp; Crochet Group</div></div> <div><div>11:30 a.m. - 12:30 p.m.</div><div>Ukulele Jam</div></div> <div><div>Noon - 1 p.m.</div><div>Zumba Gold</div></div> <div><div>1:15 - 2:45 p.m.</div><div>Beginning Line Dance</div></div> <div><div>6 - 7 p.m.</div><div>Martial Arts &amp; Self Defense</div></div>	<div>27</div> <div><div>8 - 9 a.m.</div><div>Senior Exercise</div></div> <div><div>9:15 - 10:15 a.m.</div><div>Beginning Kundalini Yoga</div></div> <div><div>9:30 - 11:30 a.m.</div><div>Scrapbooking</div></div> <div><div>9:30 - 10:30 a.m.</div><div>Walking to Get Fit</div></div> <div><div>10 - 2p.m.</div><div>Ceramics</div></div> <div><div>11:30 a.m. - Noon</div><div>Green Thumb Lunch</div></div> <div><div>Noon - 2 p.m.</div><div>Bingo</div></div> <div><div>4 - 5 p.m.</div><div>Little Chef’s World</div></div> <div><div>5 - 7 p.m.</div><div>Paint Night</div></div>	<div>28</div> <div><div>ALL DAY</div><div>Follow That Seagull Day Trip</div></div> <div><div>Noon - 1 p.m.</div><div>Zumba Gold</div></div> <div><div>Noon - 4 p.m.</div><div>Hand &amp; Foot Card Group</div></div> <div><div>2 - 3:30 p.m.</div><div>Improver Line Dance</div></div>	<div>29</div> <div><div>8 - 9 a.m.</div><div>Senior Exercise</div></div> <div><div>9:15 - 10:15 a.m.</div><div>Beginning Kundalini Yoga</div></div> <div><div>9:30 - 10:30 a.m.</div><div>Walking to Get Fit</div></div> <div><div>10 - 2 p.m.</div><div>Ceramics</div></div> <div><div>11:30 a.m. - Noon</div><div>Green Thumb Lunch</div></div> <div><div>Noon - 2 p.m.</div><div>Bingo</div></div>



National Hot Dog Day



Thank you for joining us for our National Hot Dog Day!!

Feeling Creative?  
Join one of our Arts, & Enrichment Classes & Clubs!



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