



**KRISTI BIRD - EDITOR**

***"Marching into New Classes"***

*By Heather Schelske—Neil Orchard Senior Activities Center*



February was a chilly month, and I couldn't think of a better way to warm up than with one of our exercise classes. Another great way to stay warm is to join one of our new classes this month. We have all new Arts & Crafts, Ceramics and Sewing that start this month. This dreary weather can also make us feel lonely, so try one of our social groups, such as bingo or our hand and foot card group. If you still want to be brave and venture outside, we have a very committed walking group that enjoys and welcomes new company. We may even have a few spots left for our Get Up & Go trip this month to Safari West. Reach out to Lara to see if she can squeeze you in; this trip is not one you will want to miss.

In just a few weeks, we will be celebrating St. Patrick's Day. The Moon Glow band will be playing live music, and we will have the traditional corned beef and cabbage. Make sure to get your tickets soon, as our events have been selling out.

Come bring your family to our Hoppin & Huntin at Hagan on April 1st from 11 a.m. to 1 p.m. Our Senior Advisory Board will be in attendance, so make sure to stop by their booth. Also, please save the date for our first Earth Day and Senior Resource Fair on April 22nd. You will not want to miss these two great events that you can bring the whole family to.

Don't forget to set your clocks on March 12th for Daylight savings.



**IMPORTANT DATES TO REMEMBER:**

<b>Mar 1:</b> Garden Club Meeting	<b>Mar 23:</b> Safari West - Motorcoach Day Trip
<b>Mar 13:</b> Identity Theft & Insurance Fraud Presentation	<b>Mar 27:</b> California Lifeline Program Presentation
<b>Mar 15:</b> St Patrick's Day Celebration (Bingo Cancelled)	<b>Mar 29:</b> Senior Advisory Board Meeting



**Address:**  
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.



Facebook.com/  
NeilOrchardSeniorActivitiesCenter



## MARCH GREEN THUMB LUNCH

\$5 in Advance & \$6 Day of/To-Go

Wednesdays	
1	Pot Roast Soup w/ Spring Mix Salad
8	Veggie Soup w/ Turkey & Cheese Wrap
15	St Patrick's Day Celebration (Green Thumb & Bingo Cancelled)
22	Creamy Italian Sausage & Kale Soup w/ Pasta Salad
29	Tortellini Soup w/ Chef Salad

**ST. PATRICK'S DAY CELEBRATION**  
**MARCH 15 2023**  
**11:30 AM**

**\$8 MEMBERS / \$10 NON-MEMBERS**  
**\$10 TO-GO**

Do you have the luck of the Irish?  
 Enjoy homemade corned beef and cabbage as we celebrate St. Patrick's Day!  
 Live music by the Moon Glow Band!

**RSVP BY: March 10th**

Sponsored by:  
 Alignment Health

**NEW!**

**EARTH DAY**  
 Celebration & Senior Resource Fair

**SATURDAY, APRIL 22 • 10 A.M. - 1 P.M.**  
 Lincoln Village Community Park | Activity # 9208

Earth Day is an annual celebration that honors the achievements of the environmental movement. Join us to bring awareness of the need to protect Earth's natural resources. We will have Senior resources for the aging population, environmental resources, activities, music and vendors.

Alignment Health Golden Pond



# Hoppin' & Huntin' at Hagan

Saturday, April 1 • 11 a.m. - 1 p.m.  
HAGAN COMMUNITY PARK

Join us for a FREE egg hunt, inflatables, games, music and more!



## Arts & Crafts : First Fridays 10am-Noon

Create, socialize in an ongoing arts & crafts series with a new focus each week.

March 3rd - Create a Zen Rock Garden

\$25 (Members) for a 7-visit punch card  
+\$5 material fee for each class

## Ceramics : Fridays 12-2pm

Begins March 3rd

Learn basic clay techniques including hand-building, forming, construction, surface treatment, & a variety of methods to decorate glaze ceramic ware.

\$30 + material fee per 8 week session

## Sewing Group: 1st and 3rd Mon. 1-4pm

Begins March 6th

Enjoy a rewarding journey of creating in fabric in an open studio format.

\*No instructor!! Just like-minded people coming together to create and share their experiences and knowledge through artistic endeavors.

\$25 (Members) for a 10 visit punch card

## FREE PRESENTATIONS

SPACE LIMITED: RSVP AT FRONT DESK

### Identity Theft & Insurance Fraud

Monday, March 13 at 1-2 p.m.

Seniors are prime targets for identity thieves. Join a member of the District Attorney's staff as they go over the most common types of identity theft and how to avoid them

### California Lifeline

Monday, March 27 at 1-2 p.m.

The California Lifeline Program is a state program that provides discounted home phone and cell phone services to eligible households.

### Extended Travel with Collette

Monday, April 10 at 1-2 p.m.

Join Jay Fehan from Collette for an informational presentation on a variety of existing Collette Travel options. Information on upcoming trips will be resented as well as suggestions for future trip offered.



## Computer Classes

### Silver Surfers

Monday mornings 10AM - Noon

**Each Class \$20 Members**

**\$25 Non-Members**

*Registration is required.*

### Upcoming Classes:

**March 6: iPhone 101: The Basis**

**March 13: Computer 101**

**March 20: Fundamentals of the Internet**

**March 27: Socializing from Home**

*Computers are provided or you are welcome to bring your computer if you prefer!*



**GET UP 'N' GO**

- ROUNDTRIP MOTOR COACH
- TOUR ESCORT
- REFRESHMENTS
- HOSTED LUNCH
- FREE TIME IN QUAIN TOWN OF MURPHY, CA

**MAY 11th**

**Date:** Thurs. May 11  
**Fee:** \$129  
**Register by:** April 1st  
**Departure:** 7:00am  
**Activity Level:** Moderate

Enjoy a guided tour of this ancient forest.

**CALAVERAS BIG TREES STATE PARK**



916-366-3133  
 NEIL ORCHARD SENIOR ACTIVITIES CENTER

**COMMUNITY YARDSALE**

**Lincoln Village Community Park**  
**Saturday, May 6 | 8 a.m. - 2 p.m.**

**FREE to Attend**  
**15x15 Vendor Space: \$20**  
**Pick up Vendor Application at Front Desk or contact Lara Nall at [lnall@crpd.com](mailto:lnall@crpd.com)**

Need to purge but don't want to be a vendor? Donate your items to the Cordova Senior Advisory Board! Contact the Front Desk to set up a time to drop off your donation.



**Don't see your name? Check with the front to make sure your membership is current!**

- |                    |                    |                  |                   |
|--------------------|--------------------|------------------|-------------------|
| Gwen Bendient      | Brenda Dorsey      | Keiko "Ka" Lopez | Barbara Piert     |
| Jenny Bosick       | Geri Douglas       | Patricia Lush    | Christina Poole   |
| Jeannie Boulden    | Dolores Espinosa   | Alice McReynolds | Crystal Reese     |
| Sharon Brooks      | Michele Forrest    | Tammy Meader     | Jose Rocha        |
| Mark Burch         | Lisa Gandy         | Debbie Meske     | James Sedlar      |
| Edgar Carlson      | Constance Hamataka | Patricia Mount   | Kenneth Tarrant   |
| Patty Connaughton  | Lorraine Haffman   | Jeanette Muller  | Frances Thompson  |
| Masae Corbett      | Fran Inouye        | Margaret Nocar   | Laurie Tsonetokoy |
| Delia Darden       | James Kelley       | Liz Paige        | John Webster      |
| Barbara Desrochers |                    |                  | Karen Wright      |

# March 2023



Neil Orchard Senior Activities Center  
 3480 Router 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

\*Please call (916) 376-8915 to make an appointment for HICAP  
 \*Please call (916) 561-2144 to make an appointment for Senior Legal Services  
 \*Lunch served Wednesdays unless otherwise noted. Please see front desk for menus and to make reservations  
 \*All dates and times are subject to change without notice

## Tuesday



## Wednesday

## Thursday

## Friday

Monday	Tuesday	Wednesday	Thursday	Friday
<p>6</p> <p>8 - 9 a.m. Senior Exercise</p> <p>9:15 - 10:15 a.m. Beginning Kundalini Yoga</p> <p>10 - 11 a.m. Walking to Get Fit</p> <p>10 a.m. - Noon Silver Surfers: iPhone 101: The Basics</p> <p>10:30 - 11:15 a.m. Intermediate Tai Chi</p>	<p>7</p> <p>9 - 11 a.m. Knitting Group</p> <p>9 - 10 a.m. Cheng Man Ching Tai Chi</p> <p>9:30 - 11:30 a.m. Cordova Independent Artists</p> <p>Noon - 1 p.m. Zumba Gold Cancelled</p> <p>1:15 - 2:45 p.m. Beginning Line Dance</p> <p>3:45 - 4:30 p.m. Active Aging: Chair Yoga</p> <p>4:45 - 5:15 p.m. Floor Mat Pilates</p> <p>5:30 - 6:30 p.m. Restorative Yoga for the Back</p>	<p>1</p> <p>8 - 9 a.m. Senior Exercise</p> <p>9:15 - 10:15 a.m. Beginning Kundalini Yoga</p> <p>10 - 11 a.m. Walking to Get Fit</p> <p>11:30 a.m. - Noon Green Thumb</p> <p>Noon - 2 p.m. Bingo</p> <p>2:30 - 3:15 p.m. Active Aging: Balance &amp; Movement</p>	<p>2</p> <p>9 - 10 a.m. Cheng Man Ching Tai Chi</p> <p>Noon - 1 p.m. Zumba Gold Cancelled</p> <p>1 - 3:20 p.m. Advanced Line Dance</p> <p>Noon - 4 p.m. Hand &amp; Foot Card Group</p> <p>3:45 - 4:30 p.m. Active Aging: Chair Yoga</p> <p>4:45 - 5:15 p.m. Floor Mat Pilates</p> <p>5:30 - 6:30 p.m. Restorative Yoga for the Back</p>	<p>3</p> <p>8 - 9 a.m. Senior Exercise</p> <p>9:15 - 10:15 a.m. Beginning Kundalini Yoga</p> <p>10 - 11 a.m. Walking to Get Fit</p> <p>10 a.m. - Noon Arts &amp; Crafts</p> <p>Noon - 2 p.m. Bingo</p>
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# Mardi Gras Party 2023

