



“Spring Equinox”

By Heather Schelske

Neil Orchard Senior Activities Center Supervisor



March brings with it the promise of warm and sunny days; not surprising since the Spring Equinox, marking the beginning of spring, occurs this month on the 20th. In addition to the Spring Equinox, one of the most celebrated holidays this month is St. Patrick’s Day! Join us and the Your Musical Memories Band for a wee bit o’fun on Wednesday, March 13 at 11:30 a.m. We’ll be serving a traditional corned beef and cabbage meal with a deliciously festive dessert to accompany it. Better hurry before your luck runs out and tickets sell out. See inside for more information.

For those lucky participants who were able to snag a ticket to our SOLD OUT Chinese New Year Celebration last month, they were treated to a fabulous feast ending with a refreshing lemon bar. After the feast, participants got the chance to stand up and get their chi flowing with an interactive Tai Chi demonstration, led by instructor Kathy Villegas. A big thank you to Summerset Senior Living for their generous sponsorship of this event and to the Tai Chi class for the awesome demonstration. Check out the calendar insert for pictures from the event.

Did you know that March is the month that most animals come out of hibernation? Why not follow suit and join us in exploring the great outdoors? We have two great travel presentations coming up this month. Jay Fehan will be here on Monday, March 4th to talk about the extended trips offered through Collette Vacations. Have a dream destination that you’ve always wanted to visit? Let Collette help you check it off your bucket list! Then, on Thursday, March 21, the senior center staff will host a Get Up N Go travel presentation that covers upcoming daytrips and overnights. These trips are fully escorted and depart right from the senior center. Another fantastic way to spend more time outside is with our new Walk with Ease program. Certified through the Arthritis Foundation, this doctor recommended exercise program can reduce pain and improve health. All you need to get started are a pair of comfortable walking shoes. This is no joke; our first session starts on April 1! See inside for more information for all three programs.

Don’t forget to spring forward on Sunday, March 10 when Daylight Savings Time officially begins!

Important Dates to Remember:

March 4:	Collette Travel Presentation	March 21:	Monthly Birthday Celebration
March 10:	Daylight Savings Time Begins	March 21:	Mystery Trip
March 13:	St. Patrick’s Day Celebration	April 8:	Soil Born Farms Demonstration
March 20:	Senior Advisory Board Meeting	April 10:	Volunteer Appreciation Luncheon
March 21:	Get Up ‘N Go: Daytrip Presentation	April 13:	Baked Potato Bar & Bingo Fundraiser

Business Hours

Mon. - Thurs. 7:30am—4:30pm
Fridays 7:30am—3:30pm

Address:

3480 Routier Road
Sacramento, CA. 95827
(916) 366-3133

Like us on **facebook** 

Facebook.com/
NeilOrchardSeniorActivitesCenter



GREEN THUMB LUNCH

Get your taste buds ready for some great spring lunches:
Donation: \$3 per Person



All meals come with homemade baked good and water or iced tea.

- March. 6th:** Cheese Tortellini Soup
w/ Turkey Salad Mini Croissant
- March. 13th:** St. Patrick's Day Celebration
(No Bingo)
- March. 20th:** Hearty Lentil Soup
w/ Turkey Cranberry (half) Sandwich
- March. 27th:** Vegetable Minestrone Soup
w/ Build Your Own Salad Bar



WII BOWLING



Wii Bowling will be held on March 12th & 19th from noon -1 p.m. Compete against your friends to see who gets the top score. This low impact game is great for all ages!

TOP 4 BOWLERS OF FEBRUARY

- | | |
|---------------|---------|
| 1. GREG W. | 258 PTS |
| 2. SHIRLEY G. | 201PTS |
| 3. PAT R. | 178 PTS |
| 4. ANITA N. | 177 PTS |

GET UP 'N' Go

Mystery Trip
Thursday, March 21, 2019
\$135 per person

Be adventurous and join us for a day of exploring your wild side with lunch included. Make sure to wear comfortable walking shoes.



Eleven Roses Ranch
Thursday, April 18, 2019
\$128 per person

Enjoy the rich history of life from the 1800s to present day while sampling some of Lake County's award winning wines and scrumptious hors d'oeuvres.



Collette Travel Presentation
Monday, March 4 at 1:30 p.m.
RSVP At the Front Desk

Have a trip that's on the bucket list but no idea how to plan it? Join Jay Fehan for an informative presentation on upcoming extended trips through Collette Vacations. Refreshments served.



Get Up N' Go: Daytrip Presentation
Thursday, March 21 at 2:30 p.m.
RSVP At the Front Desk

Looking to discover our beautiful state and all it has to offer but don't have anyone to travel with? Join us for an informative presentation on upcoming daytrips. These trips depart directly from the Neil Orchard Senior Activities Center and are fully escorted! Refreshments served.



SOIL BORN FARMS
urban agriculture & education project

Soil Born Farms Demonstration
Monday, April 8 at 9:30 a.m.
RSVP at the Front Desk

Recently featured in the Grapevine Newspaper, staff from the local Soil Born Farm will help you explore and master simple vegetarian recipes using seasonal produce.

St. Patrick's Day

St. Patrick's Day Celebration
Wednesday, March 13 at 11:30 a.m.
\$6 for Members in Advance
\$8 for Non-Members in Advance
\$10 on Day of Event

Put on your green and join the **Your Musical Memories band** for a wee bit o'fun at our annual St. Patrick's Day Celebration. Enjoy homemade corned beef and cabbage, potatoes, and a deliciously festive dessert.

Walk With Ease | Arthritis Foundation

NEW—Walk With Ease Class
Monday, Wednesday, & Friday
10:30 - 11:30 a.m.

Session: April 1—May 10

Fee per session: \$10/Member, \$15/Non-Member

Did you know that 1 in 4 older adults across the country are inactive? Don't be a statistic! Join our Walk With Ease program and engage in a fun physical activity. This six-week program will help keep you fit and reduce your risk of serious diseases, like heart disease, stroke, diabetes and more. The program is designed to help relieve arthritis pain, but is suitable for anyone looking to add physical activity into their regular routine. All you need to get started are comfortable clothes and supportive shoes.



VOLUNTEER

APPRECIATION CELEBRATION

Wednesday, April 10 at 11:30 a.m.
Invited Volunteers Complimentary
\$6 for members/ \$8 for non-members
\$10 day of event

Not all heroes wear capes! Our volunteers are our heroes. Come join us in celebrating their super amazing-ness. Volunteers please RSVP by April 1. Tickets are limited and may sell out.

Menu

Sliced Tri-Tip, Creamy Garlic Mashed Potato, Roasted Asparagus, Dinner Roll and a dessert

Event Sponsored by:

KP International MARKET **SUNRISE SENIOR LIVING**

Baked Potato & Bingo Fundraiser

Saturday, April 13 at 11a.m.
\$5 per person for Baked Potato Bar
\$3 per person buy in for Bingo
Cash or Check Only

Enjoy a baked potato bar with all the fixings from 11 a.m. to 12 p.m. Then stick around for Bingo from 12 p.m. to 2:30 p.m. This fundraiser is hosted by the Cordova Senior Advisory Board. All proceeds to benefit the Neil Orchard Senior Activities Center.



GARDENING NEWS

By Claudia Alstrom

Can You Dig It?



The Green Thumb Garden Club is always looking for help in planting and maintaining the vegetable garden, as well as the flower gardens inside and out.

Our Green Thumb Garden Club members are Ann Thomason, Bill Wells, Gretchen Simmons, Judy, Judy Kho, Kurt Linn, Linda Gates, Liz Otero, Marilyn Hamm, Marjorie, Rell Schwanke, Roxie Jones, Shirley Gladfelder, Lois Leal, Reta Douglas and Claudia Alstrom.

AVOCADO TOAST (by Jenny Sugar)

Steve & I were in Davis last year when we had our first bite of Avocado Toast – it was wonderful. It's quick & easy to make. We love the crunchiness from the toast and the creaminess of the avocado, plus the salty sprinkle on top. It's so good!

The only thing keeping us from eating avocado toast every day of the week isn't that we don't have a perfectly ripe avocado to smash on our toast. The issue is that avocado toast isn't exactly low in calories. Avocados are filled with healthy fats, but they're still calorie-dense — and it's easy to go overboard because avocado toast is so tasty. But this avocado toast hack is about to blow your mind.

Registered dietitian Savina Rego, posted this "volume eating hack" to upgrade your avocado toast experience and help you lose weight. She said that even though avocados are loaded with healthy fats, fiber, vitamin C, and folate, a serving size is still only about two or three tablespoons. Her trick is to mix avocado with either green peas, edamame or ricotta/cottage cheese (regular or reduced-fat) - it helps reduce the calorie load without reducing the volume!. Brilliant, right? This trick helps make this deliciousness a little more balanced. You've got carbs from the toast, healthy fats from the avocado, and protein from the peas or cottage cheese. This is not only lower in calories and higher in fiber, but it'll also keep you feeling full and satisfied, which will prevent you from reaching for more food and help you lose weight.

I especially like putting sliced hard boiled egg on top.



Join us on Thursday,
March 21st, for our
monthly birthday
celebration!

Norma Alejo	Ward Hemming
Sandra Anderson	Ethel Johnson
Jean Arase	Shary Johnson
Wanda Ashley	James Kelley
Susan Avalos	Kay Ketchum
Dolores Bagshaw	Cynthia Kloczko
Yong Barber	Dee Kolafa
Stanley Bosch	Patricia Lush
Jenny Bosick	Tammy Meader
Matthew Bowen	Rachel Mears
Sharon Brooks	Mary Migge
Mark Burch	Lorraine Mongolo
Edgar Carlson	Charles Newens
Yong Choe	Joseph Paulo
Betty Christoff	Jeff Pei
Masae Corbett	Jill Petifer
Christina Craig	Christina Poole
Betty Davis	Jaime Rembrandt
Patricia DeCroix	Billie Robison
Sandra Denny	Jose Rocha
Marea DeRosa	John Schreiner
Barbara Desrochers	Jan Senna
Jim Dolson	Shirley Severson
Bev Dunn	Ramesh Sinaec
Jessie Espinosa	Frances Thompson
Betty Faciane	Janice Williams
John Gomez	Jeffry Wurm
Ruth Gunn	Alice York
Pat Gunter	

March 2019

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) 551-2144 to make an appointment for Senior Legal Services

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8-9 a.m. Senior Exercise
9:15 - 10:15 a.m. Kundalini Yoga
11 a.m. - 3 p.m. HICAP Counseling
11 a.m. - 3 p.m. Bridge Card Group
11:30 a.m. All Seasons Café
noon - 2 p.m. Bingo
1:30 - 2:30 p.m. **Collette Travel Presentation**
Zumba Gold

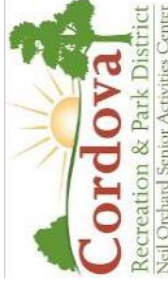
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5-5:45 p.m. Introduction to Guitar **(CXL)**

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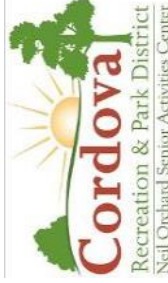
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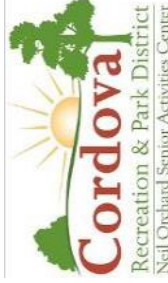
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Chinese New Year Celebration 2019

