



“Spring has Sprung”

By Heather Schelske

Neil Orchard Senior Activities Center Supervisor



I hope everyone is out enjoying some of the beautiful weather we’ve had this past month. I personally love the feeling of the warm sun’s rays on my skin and smelling the gorgeous flowers springing to life. I highly encourage everyone to go outside and enjoy this weather before the summer heat rolls in. Last month, we kicked off our first Walk with Ease session, a six-week walking program designed to help ease arthritis pain and help keep you fit. Our next session starts on May 13 at an earlier time of 9:30 a.m. to beat the heat. See inside for more details on this great program!

It’s that time of year again for our annual Community Yard Sale. Come out to Lincoln Village Community Park on Saturday, May 4 to shop with over 30 vendors to find that hidden treasure you’ve been looking for. Can’t attend but would like to help? Donate your gently used items to the Senior Advisory Board. Donations will be accepted until Friday, May 3 at 3 p.m.

Last month, we celebrated our superhero volunteers with a grand luncheon. Guests were served a delicious tri-tip meal while entertained by the lively music of The Your Musical Memories band. Although the celebration is only held once a year, we are thankful every day for everything our volunteers do for us. Superheroes are great but remember that not all heroes wear capes. As Gerard Way said, “All the best heroes are ordinary people who make themselves extraordinary.” And there was no one more extraordinary than Minnie Connor. Join us on May 22 for a celebration of life in honor of one of our longest volunteers. There will be no fee for lunch this day, we just ask that everyone bring a dish to share.

Remember that the center will be closed on Monday, May 27 in observance of Memorial Day.

Minnie’s Celebration of Life and Potluck Wednesday, May 22 at 11:30 a.m.

Join us in remembering, honoring, and celebrating Minnie Connor and her impact at the Neil Orchard Senior Activities Center. Lunch will be potluck style, please bring something to share. Green Thumb Lunch and Bingo will be cancelled.



Important Dates to Remember:

May 4:	Community Yard Sale	May 22:	Minnie’s Celebration of Life (No Bingo)
May 13:	Senior Advisory Board Meeting	May 27:	Center Closed for Memorial Day
May 14:	Android Basics Presentation	June 2:	Castroville Artichoke Festival
May 16:	Monthly Birthday Celebration	June 7:	National Donut Day
May 17:	National Pizza Party Day	June 18:	Email/Texting Presentation

Business Hours

Mon. - Thurs. 7:30 a.m.- 4:30 p.m.
Fridays 7:30 a.m. - 3:30 p.m.

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.

- May. 1st:** Creamy Rice & Vegetable Soup w/ Chef Salad
- May. 8th:** Tomato Soup w/ half Grilled Cheese Sandwich
- May. 15th:** Hearty Vegetable & Beef Soup w/ Veggie Mini Croissant
- May. 22nd:** **GT Lunch Cancelled for Minnie's Celebration of Life**
- May. 29th:** French Onion Soup w/ Build Your Own Salad Bar



Wii BOWLING



Wii Bowling will be held on May 14th & 21st 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 APRIL

- | | |
|---------------|---------|
| 1. GREG W. | 236 PTS |
| 2. MARY D. | 213 PTS |
| 3. SHIRLEY G. | 196 PTS |
| 4. ANITA N. | 167 PTS |



Android Basics Presentation

Tuesday, May 14 at 10:30 a.m.

RSVP at the Front Desk



Maybe you received a new Android phone over the holidays and aren't sure how to use it... so come to this interactive beginner's course on how to use your new gadget.



Email/Texting Presentation

Tuesday, June 18 at 9:30 a.m.

RSVP at the Front Desk



Learn how to set up and send messages via email and text on your phone. iPhones and Androids both welcome to attend.

Walk With Ease | Arthritis Foundation™

****NEW TIME ****

Walk With Ease

Mondays, Wednesdays, & Fridays

9:30 - 10:30 a.m.

Session Dates : May 13 - June 21 (no class 5/27)

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

\$5 Material Fee Due First Day of Class

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.

*****Due to the summer heat, class times will be changed to 9:30 - 10:30 a.m. starting with session 2 and onwards.**

GET UP 'N' GO

Pageo Lavender Farm

Tuesday, June 25, 2019

\$79 per person

Every June, the relaxing aromas of lavender fill the air and beautiful purple hues blanket the fields at Pageo Farm. Enjoy a short tour of the farm as you walk out into the fields, learning about the history of lavender, the farm and how it's harvested.

A Day in the Bay

Sunday, July 28, 2019

\$92 per person

Start the morning in Sausalito for a ferry ride over to the City by the Bay. Ranked as one of the most beautiful ferry rides in the world, the short trip offers glorious views of Alcatraz Island the Golden Gate Bridge and of course the breathtaking San Francisco skyline.

Feather Falls Casino

Tuesday, August 27, 2019

Fee: \$31 per person

Enjoy 4 hours of free time to gamble and have a no-host lunch. Casino bonus of \$12 cash and \$3 food is subject to change per casino.



Community Yard Sale
Saturday, May 4, 2019
 8 a.m. - 2 p.m.
FREE to Attend
15x15 Vendor Space: \$20

Would you like to clean out your closets and make some money, but don't want the hassle of having a yard sale at your home? Take advantage of our advertising and join us for our annual Community Yard Sale. You can rent a 15'x15' outdoor space for \$20. For more information or to reserve your space, please pick up a flyer at the front desk.

Want to help, but don't want to be a vendor? Donate your items for the Advisory Board to sell.



National Donut Day
Friday, June 7 at 11:30 a.m.
Free for CURRENT members
\$3 non-members

All members will receive a FREE donut to enjoy after lunch. You DONUT want to miss this!

National Garfield the Cat Day

Wednesday, June 19 at 11:30 a.m.
\$5 for members / \$8 for non-members
\$10 day of event

Famously created by cartoonist Jim Davis, Garfield the cat appeared in his first comic strips on June 19, 1978. Join us in celebrating all things related to our favorite ginger feline.

Menu: Lasagna, garlic bread and salad.



National Pizza Party Day

Friday, May 17 at 11:30 a.m.
\$5 for members / \$8 for non-members
\$10 day of event

We know it's cheesy, but we love an excuse to celebrate! Your Pizza Party ticket includes a slice of pepperoni or cheese pizza, green salad and a drink



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.

How To Pick The Perfect Avocado By M. Tara Crowl

Here are a few tips for selecting and storing the nutrient-packed fruit:

- Check the stem - Check to see if there's a stem, the short brown stub at the top of the avocado. If it's there, nudge it with your thumb. Does it come off easily? If not, the avocado probably isn't ripe yet. If it does come off, check the color of the indentation it leaves behind. If it's a bright, fluorescent yellow or green, the avocado is ready to go. If it's moldy or black, that's not an avocado you want to buy. If the stem isn't on the avocado, check the color of the indentation. Since it's already been exposed to air, it won't be bright yellow or green. But if it's brown (the color of a tree trunk) rather than black or moldy, the avocado should be good.
- Test how soft it is - Don't squeeze it! Put it in the palm of your hand to determine how hard or soft it is. If it feels mushy, it's past its prime. It might still be good to eat, but it's a gamble at this point.
- Look at the color - As a Hass avocado ripens, the color darkens from green to black. If it's a vibrant green, it's not ripe yet. If it's too ripe, the color will be very dark and there might be white spots on the skin.

However, even if an avocado looks and feels ripe, it still might not be. Most avocados eaten in the U.S. are grown in Mexico, California, or Peru, and there's no way to know if they've been handled carefully on their journey to your grocery store. Many issues can arise along the way that could damage the avocado.

→



Join us on Thursday,
May 16th, for our
monthly birthday
celebration!

Janet Asher	Sandra Lanz
Florence Baerresen	Paul Longo
Pam Bridges	Mary Lyons
Tri Bui	Huong McGuire
Joseph Callahan	Yvonne Olsen
Linda Chandler	Roger Olson
Ching-Ruey Chang	Girish Patlikar
Kun Young Chu	Barbara Pattow-Vigil
Bruce Cline	William Perry
Gerald Corbett	Darlene Petty
Vesta Cudworth	Feng Qi
Carol Cunningham	Jeanne Reynolds
Lucille Davis	Patricia Richardson
Dorothy Day	Patricia Rose
Marcia Linda Diaz	Robert Sanders
Dori Eisenhour	Tom Seifert
Billy Fakes	Debbie Silva
Sherryl Fox	Charles Smith
Yveta Franklin	Doralee Smith
Sandra Gallagher	Virginia Underwood
Jeanette Galloway	Theodosia Valrey
Gale Green	Robert Van Cleef
Laurel Hargrove	Beatrice Vejar
JoAnn Henderson	Beverly Weaver
Laurie Inks	Margaret Wesson
Larry Jones	Anna White
Rosa Elena Knapp	Paulette Whitmore
Bernice Kong	Sharon Williams

For instance, if temperature fluctuations occurred in transit, the oil inside the avocado can actually "cook" its flesh. Gonzalez says if this happens, the avocado will go directly from being too hard to overly ripe. Even if an avocado arrives at a store in perfect condition, damage can still occur before you buy it. Many shoppers' go-to method for gauging ripeness is to squeeze them. But if a lot of people have grabbed or squeezed an avocado, its flesh will be brown and bruised—even if it looks green on the outside.

May 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.

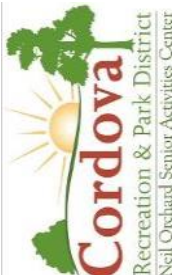

Monday

Tuesday

Wednesday

Thursday

Friday

 <p>Cordova Recreation & Park District Neil Orchard Senior Activities Center</p>	<p>Please call (916) 376-8915 to make an appointment for HICAP</p> <p>*Please call (916) 551-2144 to make an appointment for Senior Legal Services</p> <p>*Lunch served M-F, please see front desk for menus and to make reservations</p> <p>*All dates and times are subject to change without notice</p>	<p>1 8-9 a.m. Senior Exercise 9:15-10:15 a.m. Kundalini Yoga 9:30-11:30 a.m. Arts & Crafts 10:30 a.m. Garden Club Meeting 10:30-11:30 a.m. Walk With Ease 11:30 a.m. Green Thumb Lunch noon-2 p.m. Bingo 2:30-3:30 p.m. Zumba Gold 4:35-5 p.m. Fall Prevention Training 5-5:45 p.m. Active Adult Cardio HIT 5-6:45 p.m. Introduction to Guitar</p>	<p>2 8-9:50 a.m. Tai Chi Chuan 9 a.m. - 1 p.m. Glass Fusion 11:30 a.m. All Seasons Café 1-3:20 p.m. Advance Line Dance 1-5:30 p.m. Hand & Foot Card Group 4:40-5:30 p.m. Mat Pilates 5:40-6:45 p.m. Restorative Yoga</p>	<p>3 8-9 a.m. Senior Exercise 9:15-10:15 a.m. Kundalini Yoga 10:30-11:30 a.m. Walk With Ease 11:30 a.m. All Seasons Café noon-2 p.m. Bingo 12:30-3:30 p.m. Ceramics 2:30-3:30 p.m. Zumba Gold (CANCELLED)</p> <p>**Saturday, May 4 from 8 a.m. - 2 p.m. Community Yard Sale</p>
<p>6 8-9 a.m. Senior Exercise 9:15-10:15 a.m. Kundalini Yoga 10:30-11:30 a.m. Walk With Ease 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 2:30-3:30 p.m. Zumba Gold</p>	<p>7 8-8:50 a.m. Tai Chi Chuan 9:30-11:30 a.m. Knitting / Crocheting Group 9:30-11:30 a.m. C.I.A. 11:30 a.m. All Seasons Café 12:30-3:30 p.m. Ceramics 1:30-3:30 p.m. Intro. & Beg. Line Dance 4:40-5:30 p.m. Mat Pilates 5:40-6:45 p.m. Restorative Yoga</p>	<p>8 8-9 a.m. Senior Exercise 9:15-10:15 a.m. Kundalini Yoga 9:30-11:30 a.m. Arts & Crafts 10:30-11:30 a.m. Walk With Ease 11:30 a.m. Green Thumb Lunch noon-2 p.m. Bingo 12:30-3:30 p.m. Bridge Card Group 2:30-3:30 p.m. Zumba Gold 4:35-5 p.m. Fall Prevention Training 5-5:45 p.m. Active Adult Cardio HIT 5-6:45 p.m. Introduction to Guitar</p>	<p>9 8-9:50 a.m. Tai Chi Chuan 9 a.m. - 1 p.m. Glass Fusion 11:30 a.m. All Seasons Café 1-3:20 p.m. Advance Line Dance 1-5:30 p.m. Hand & Foot Card Group 4:40-5:30 p.m. Mat Pilates 5:40-6:45 p.m. Restorative Yoga</p>	<p>10 8-9 a.m. Senior Exercise 9:15-10:15 a.m. Kundalini Yoga 10:30-11:30 a.m. Walk With Ease 11:30 a.m. All Seasons Café noon-2 p.m. Bingo 12:30-3:30 p.m. Ceramics 2:30-3:30 p.m. Zumba Gold</p>
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<p>27</p>  <p>REMEMBER THOSE WHO SERVED ALL GAVE SOME, SOME GAVE ALL Closed in Observance of Memorial Day</p>	<p>28 8-8:50 a.m. Tai Chi Chuan 9:30-11:30 a.m. Knitting / Crocheting Group 9:30-11:30 a.m. C.I.A. 11:30 a.m. All Seasons Café 12:30-3:30 p.m. Ceramics 1:30-3:30 p.m. Intro. & Beg. Line Dance 4:40-5:30 p.m. Mat Pilates 5:40-6:45 p.m. Restorative Yoga</p>	<p>29 8-9 a.m. Senior Exercise 9:15-10:15 a.m. Kundalini Yoga 9:30-11:30 a.m. Arts & Crafts 10-11 a.m. Senior Social Group 9:30-10:30 a.m. Walk With Ease 11:30 a.m. Green Thumb Lunch noon-2 p.m. Bingo 2:30-3:30 p.m. Zumba Gold 4:35-5 p.m. Fall Prevention Training 5-5:45 p.m. Active Adult Cardio HIT 5-6:45 p.m. Introduction to Guitar</p>	<p>30 8-9:50 a.m. Tai Chi Chuan 9 a.m. - 1 p.m. Glass Fusion 11:30 a.m. All Seasons Café 1-3:20 p.m. Advance Line Dance 1-5:30 p.m. Hand & Foot Card Group 4:40-5:30 p.m. Mat Pilates 5:40-6:45 p.m. Restorative Yoga</p>	<p>31 8-9 a.m. Senior Exercise 9:15-10:15 a.m. Kundalini Yoga 9:30-10:30 a.m. Walk With Ease 11:30 a.m. All Seasons Café noon-2 p.m. Bingo 12:30-3:30 p.m. Ceramics 2:30-3:30 p.m. Zumba Gold</p>

Volunteer Appreciation Celebration 2019

