



“Autumn”



By Heather Schelske—Neil Orchard Senior Activities Center Supervisor



Most of us are ready for these Autumn days that are approaching. The cool crisp mornings make our outdoor classes far more tolerable that have us layering up a little more and moving a little quicker. While the weather is still good, I encourage you to try our morning exercise, yoga, tai chi and walking classes that all take place outside. If you would rather be inside, we have many indoor and evening classes as well.

Last month we celebrated National Cheeseburger Day with a big juicy cheeseburger, potato salad, watermelon and chips. This month we will be holding our annual Halloween Bash with live music from the Moon Glow Band. A few weeks later we will be having our Veterans Day Celebration and the Moon Glow band will return with some patriotic music. More details on these events inside. Make sure to register early as these events will sell out!

Adding Green Thumb lunch every other Friday has been a huge success. Each week our numbers for lunch and all programs continue to grow. Starting this month all To-Go Green Thumb lunches will be \$5. Reservations for dining in will remain \$4 and Day Of (if available) will be \$5. Make sure to make your reservation to secure your seat and meal.

The Green Thumb Garden was planted last month. With Shirley Gladfelder and Reta Douglas' help, we planted beets, onions, carrots, brussels sprouts, broccoli, cauliflower, lettuce, dill and parsley. The Garden Club will continue to meet the first Wednesday of every month from 10 a.m. to 11 a.m. unless noted otherwise. If you are interested in volunteering, please contact Heather Schelske. We can't wait for the vegetables to harvest to incorporate into our Green Thumb meals.

With Autumn among us get ready for our holiday season and all of our fun holiday special events!



The Center Will Be Closed on

Thursday, November 11 in honor of Veterans Day.



Important Dates to Remember:

October 14th: Wills & Trust Presentation	October 27th: Halloween Bash
October 15th: Kids in the Kitchen Cooking Class	October 30th: Halloween at Hagen

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

HALLOWEEN BASH

WEDNESDAY, OCTOBER 27 • 11:30 a.m.

\$6/MEMBERS IN ADVANCE

\$8/NON-MEMBERS IN ADVANCE

SPACE IS LIMITED PLEASE RSVP

No tickets will be sold at the door

The werewolves will howl, the monsters will mash! It's time to celebrate with a Halloween Bash! Come dressed in your spooky best and be ready to eat, drink and be scary!

Featuring live music by the
Moon Glow Band

Menu

Meatloaf with Red Sauce, Mashed Potatoes,
Seasonal Veggies and a Ghoulishly Good
Dessert



Veterans Day CELEBRATION

Wednesday, November 10 • 11:30 a.m.

Free for Veterans

\$6 members / \$8 Non-Members

No Tickets Will Be Sold At The Door

Space is limited

Please RSVP by Nov. 5

Come show your appreciation for the men and women who served to keep America safe and free.

Enjoy a delicious lunch while listening to patriotic music provided by the *Moon Glow Band*.

Menu

Lemon Chicken, Herb Roasted Potatoes, Veggies, Roll & a slice of Apple Pie a la mode

Halloween Raffle!

Support the Senior Advisory Board!

Tickets: \$1 each / \$5 for 6

Purchase tickets at the Front Desk

Prize Basket Includes:

Cheese Serving Set

Airwick Air Fresheners

RCSC Water Bottle

Peppermint Tea

2 Mugs

Pumpkin Tea Towel

Handmade Cards

Mini Flashlight

Puzzle

Foaming Hand Soap

Word Search Puzzle Book

\$15 Taco Bell Gift Card

\$15 KFC Gift Card

\$20 in Starbucks Gift Cards

ON-GOING MEMBER ACTIVITIES

Non-members pay \$1 drop-in fee per activity.

Library & Lounge Daily 7:30 a.m.-4 p.m.

Jigsaw Puzzle Swap Daily 7:30 a.m.-4 p.m.

Billiards Daily 7:30 a.m.-4 p.m.

Bingo Weds & Fri noon-2 p.m.

Hand & Foot* Thurs 1-4 p.m.

**Must call before attending card*



GREEN THUMB LUNCH

Get your taste buds ready for some great autumn lunches:

**\$4 per Person w/ RSVP
\$5 Day Of and To-Go**

Make sure to register in advance at the front desk to save \$1 and ensure that we make enough meals.

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

- October 6th: Pasta Fagioli Soup & Half Pesto Veggie Sandwich
- October 8th: Roast Butternut Squash Soup & Broccoli Salad
- October 13th: Chicken Noodle Soup & Half Egg Salad Sandwich
- October 20th: Vegetable Beef Barley Soup & Mixed Greens Salad
- October 22nd: Ham, Potato & Corn Chowder & Chef Salad
- October 27th: Green Thumb Lunch Cancelled for Halloween Bash. *No Bingo*

Thanksgiving Feast

Wednesday, November 17 • 11:30

**\$6 for Members
\$8 for Non-Members**

**Space is limited, Please RSVP
No tickets will be sold at the door.
\$5 per To-Go Box (pie not included)***

Menu

Thanksgiving Roasted Turkey, Mashed Potatoes and Gravy, Traditional Green Bean Casserole, Candied Yams, Dressing, Dinner Roll and Pumpkin Pie for dessert

**Prepay for a to-go box in advance to guarantee that you'll have a delicious meal to take home after the event.*

Must preorder by Nov. 12.



Shirley Freitas
Lenny Schafer,
Pat Shippy
Gloria Miller
Charles Hayden
Mary Houston
Shirley Rall
Joan Wulff
Mildred King
Sue Hall
Marilyn Gomez
Mickey Vaughn
Ginger Birk
Tomi Kunz
Earl Kennedy
Delfina Garduno
Mayumi Dragon
Linda Dalton
Carol Palsha
Paul Robbins
Tanya Morgan

Happy birthday! Happy birthday! Happy birthday! Happy birthday!

Happy birthday! Happy birthday! Happy birthday! Happy birthday!

**Don't see your birthday?
Update your info at the front desk!**

Happy birthday! Happy birthday!

BINGO

Senior Advisory Board Presents:
Baked Potato & BINGO
Fundraiser

Monday, December 6, 2021

Baked Potato (\$5/person)
11 a.m. - noon

BINGO (\$5/person)
Noon - 2 p.m.



See front desk for tickets. All
proceeds from this fundraiser help
with projects at the Senior Center

Wills & Estate Planning

Thursday, October 14th
10-1 a.m.

Presented by the Senior
Legal Hotline. Planning for
the future is crucial and
estate planning is
particularly important for
seniors. Estate planning
requires many practical
and legal considerations.
In the face of such
complexity many seniors
are presented with false
information.

Space is limited. RSVP in advance by
calling the front desk: 916-366-3133



Food for Seniors (Commodity
Supplemental Food Program – CSFP),
provides FREE food to low-income
seniors. Eligible participants will receive
a box of groceries each month.

For more information on how to apply
visit the Sacramento Food Bank & Family
Services website.

sacramentofoodbank.org/food-for-seniors



Do you live in Sacramento?

Do you need a home modification to
stay in your home, and short-term
case management?

RAMPS*RAILS

GRAB BARS *AND MORE

For more information on
Resources For Independent
Living (RIL) to see if you qualify
call 916-446-3074 or email
hannal@ril-sacramento.org

Ends Oct 31

October 2021

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>Lunch served Wednesdays and every other Friday, Make a reservation at the front desk to save \$1</p> <p>*All dates and times are subject to change without notice</p>			<p>1</p> <p>8:00 - 9:00 a.m. 9:15 - 10:15 a.m. 10:00 - 11:00 a.m. 12:00 - 2:00 p.m.</p> <p>Senior Exercise Beginning Kundalini Yoga Walking to Get Fit Bingo</p> 
<p>4</p> <p>8:00 - 9:00 a.m. 9:15 - 10:15 a.m. 10:00 - 11:00 a.m.</p> <p>Senior Exercise Beginning Kundalini Yoga Walking to Get Fit</p> 	<p>5</p> <p>9:00 - 10:00 a.m. 9:30 - 11:30 a.m. 10:00 - 11:00 a.m. 12:00 - 1:00 p.m. 1:00 - 3:00 p.m. 1:15 - 2:45 p.m. 3:30 - 4:15 p.m. 4:30 - 5:15 p.m. 5:30 - 6:35 p.m.</p> <p>Intermediate Tai Chi Cordova Independent Artists Beginning Tai Chi Zumba Gold Paint Party Intro. & Beg. Line Dance Active Aging: Chair Yoga Floor Mat Pilates Restorative Yoga for the Back</p>	<p>6</p> <p>8:00 - 9:00 a.m. 9:15 - 10:15 a.m. 10:00 - 11:00 a.m. 9:30 - 11:30 a.m. 10:30 - 11:35 a.m. 11:30 - 12:00 p.m. 12:00 - 2:00 p.m.</p> <p>Senior Exercise Beginning Kundalini Yoga Walking to Get Fit Arts & Crafts Active Aging Balance & Movement Green Thumb Lunch Bingo</p>	<p>7</p> <p>9:00 - 11:00 a.m. 12:00 - 1:00 p.m. 1:00 - 3:20 p.m. 1:00 - 4:00 p.m. 3:30 - 4:15 p.m. 4:30 - 5:15 p.m. 5:30 - 6:30 p.m.</p> <p>Knitting Group Zumba Advanced Line Dance Hand & Foot Card Group Active Aging: Chair Yoga Mat Pilates Restorative Yoga for the Back</p>	<p>8</p> <p>8:00 - 9:00 a.m. 9:15 - 10:15 a.m. 10:00 - 11:00 a.m. 10:30 - 11:35 a.m. 11:30 - 12:00 p.m. 12:00 - 2:00 p.m.</p> <p>Senior Exercise Beginning Kundalini Yoga Walking to Get Fit Active Aging Balance & Movement Green Thumb Lunch Bingo</p> 
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Celebrating National Cheeseburger Day!

