



“Let it Go”



By Heather Schelske—Neil Orchard Senior Activities Center Supervisor



November was a month for giving thanks and remembering our heroes. During our Veterans Day Celebration on November 8, we honored the brave men and women who served our country. The Moon Glow band provided patriotic music to the sold-out crowd. Following that, we all sat down for a delicious Thanksgiving Feast while the Sacramento Banjo Band entertained the group. A big thank you to Integra and Summerset Senior Living for sponsoring these wonderful events. I also want to give a special shout out to our anonymous benefactor (you know who you are) who donated all the turkeys for the feast.

When they say they saved the best for last, they must’ve been thinking about December. With decorations popping up all around us and the smell of baked goodies filling the air, it’s hard not to get into the holiday spirit. Whether you’ve been naughty or nice all year, you’re all invited to come have Breakfast with Santa on Saturday, December 14. Mrs. Claus is unable to attend this year, but she’s sent her good friend, Queen Elsa, to take her place. Make sure to get your tickets in advance as we sold out last year. See inside for more information.

After a year of making lists and checking them twice, Santa needs a vacation. What better place to take a break than in the tropics! Join us on Wednesday, December 18 for a Tropical Winter Wonderland. We will be serving our traditional holiday ham meal, but with a tropical flair. The Ukulele Fretters will be bringing the holiday cheer with their renditions of both Hawaiian and classic Christmas songs. If you haven’t gotten your tickets yet, make sure you do it soon because this is one event you don’t want to miss. Aloha!

Don’t forget that the center will be closed December 23, 2019 through January 1, 2020. We will reopen on Thursday, January 2, 2020.

*If we don’t get a chance to see you before the end of the year,
we wish you happy holidays and a great new year!*



Important Dates to Remember:

December 4-6:	Senior Advisory Board Election	December 18:	Tropical Winter Wonderland (Bingo Cancelled)
December 9:	Senior Advisory Board Meeting	December 23- January 1	Senior Center Closed for the Holidays
December 14:	Breakfast with Santa		
December 15:	Oakland Zoo’s Zoolights Trip		

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 autumn lunches:
Donation: \$3 per Person



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

- Dec. 4th:** Minestrone Soup
w/ (half) Grilled Cheese Sandwich
- Dec. 11th:** Broccoli Cheddar Soup
w/ Build Your Own Salad Bar
- Dec. 18th:** **Green Thumb Lunch Cancelled for Tropical Winter Wonderland**
- Dec. 25th:** **Senior Center Closed**

WII BOWLING

Wii Bowling will be held on December 10th & 17th 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 NOVEMBER

- | | |
|---------------|---------|
| 1. GREG W. | 202 PTS |
| 2. SHIRLEY G. | 175 PTS |
| 3. PAT R. | 144 PTS |
| 4. DOREEN F. | 80 PTS |



GET UP 'N' GO

Harrah's Northern California
Tuesday, January 21, 2020

Fee: \$30/person

Enjoy 4 hours of free time to gamble and have a no-host lunch. Casino bonus of \$25 free play is subject to change per the casino.

*This casino does not have an on-site buffet.

California Academy of Sciences
Thursday, March 26, 2020

Fee: \$95/person

Based in beautiful Golden Gate Park, the California Academy of Sciences is a must-see San Francisco museum!

Hard Rock Casino - Sacramento
Tuesday, April 14, 2020

Fee: \$40/person

Enjoy 4 hours of free time to gamble and have a no-host lunch. Casino bonus of \$20 free play is subject to change per the casino.

Cordova Senior Advisory Board Elections

Election of officers for President, Treasurer and two At-Large Members on the Senior Advisory Board will be held on Wednesday, December 4 and will close on Friday, December 6 at Noon. **All Neil Orchard Senior Activities Center Members are eligible and encouraged to vote!** Ballots can be picked up at the front desk beginning December 4. The candidates were asked to tell us a little something about themselves and their interest in the Senior Center—here are their comments:

Barbara Taylor for President



Barbara is a retired nurse who enjoys interacting with the folks and believes that the senior center provides a wonderful opportunity for the older generation to remain active and social.

Shirley Gladfelder for Treasurer



Shirley has been treasurer on the board for the past few years and continues to do an excellent job.

Pat Shippy for At-Large Member



Pat is currently one of the At-Large Members on the Board. She is always ready to lend a helping hand and get things done.

Harry Shippy for At-Large Member



Although not officially on the board, Harry has been a great help at many of the Cordova Senior Advisory Board sponsored events.

FREE INFORMATIONAL PRESENTATIONS **SPACE LIMITED: RSVP AT FRONT DESK**

Senior Legal Hotline Presents: Wills & Trusts

Tuesday, January 7 at 10:30 a.m.

Planning for the future is crucial and estate planning is particularly important for seniors. Come learn about the numerous practical and legal considerations involved. Q&A session to follow.



**Breakfast
WITH
& Santa
& HOLIDAY CRAFT FAIR**

Saturday, December 14, 2019
Fee: \$5 per person
(ages 2 & under FREE)
Three Different Seating Times:
9 a.m. / 10 a.m. / 11 a.m.
Special Guest: Snow Queen

Bring the whole family for a delicious breakfast of pancakes, sausage and refreshments. Share Christmas wishes with Santa Claus in our festive photobooth (included with admission). Afterwards, drop the kids off at the craft area before shopping for those last minute gifts at the Holiday Craft Fair. Mrs. Claus couldn't make it out this year but she sent her special friend, the Snow Queen, to say hello instead!




Tropical Winter Wonderland

Wednesday, December 18 at 11:30 AM
\$6 for Members in Advance
\$8 for Non-Members in Advance
\$10 for Day-of-Event Purchases

Spread holiday cheer and enjoy a special winter feast. Make sure to be on your best behavior as we may be visited by a very special guest.

Menu
 Baked Holiday Ham, Scalloped Potatoes,
 Roasted Vegetables, Dinner Roll
 & Festive Dessert

Sponsored by:

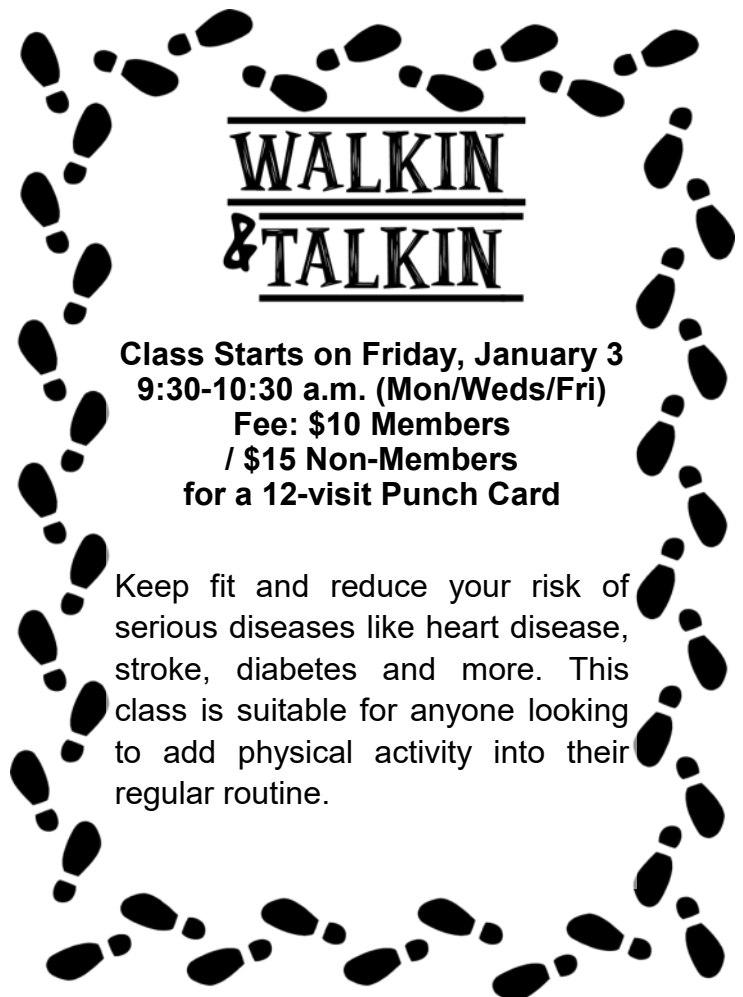
Atria
 SENIOR LIVING



Lunar New Year Celebration
Wednesday, January 22 at 11:30AM
\$6 for Members in Advance
\$8 for Non-Members in Advance
\$10 on Day of Event

Enjoy a delicious feast while learning about the various cultures that participate in this time-honored celebration of family, food, and good wishes.

Menu: Chow Mein, BBQ Pork Fried Rice, Sweet & Sour Chicken, Broccoli Beef and Dessert

**WALKIN'
& TALKIN'**

Class Starts on Friday, January 3
9:30-10:30 a.m. (Mon/Weds/Fri)
Fee: \$10 Members
/ \$15 Non-Members
for a 12-visit Punch Card

Keep fit and reduce your risk of serious diseases like heart disease, stroke, diabetes and more. This class is suitable for anyone looking to add physical activity into their regular routine.

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. We meet the first Wednesday of every month.

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.

8 Ways Houseplants Make You Healthier

By Jenny Krane

Having plants in your space can help your mental and physical health in multiple ways. While houseplants have become a must-have in home decor, they can do a lot more for you than green up a room—they can boost your mental and physical health just by being present in your home. These are a few of the many perks of having green in your home.

1. **Reduce Anxiety** - Houseplants naturally release oxygen, and some even clean the air of toxins. Anxiety and depression have been linked to higher levels of air toxins, so the air-purifying abilities of plants make for mental health superheroes.

2. **Increase Creative Thinking** - While plants themselves may not help creativity, their color might.

3. **Help You De-Stress** - Interaction with indoor plants can reduce stress by suppressing the autonomic nervous system, or the system that controls bodily functions like the fight or flight response.

4. **Increase Productivity** - People respond well to having plants. Plants are even known to reduce afternoon fatigue.

5. **Act As a Natural Healer** - Plants are actually a natural cold remedy. In one study, participants reported fewer headaches, coughs, dry throats, and dry skin issues when they had plants.

6. **Improve Sleep** - Since houseplants clean the air and help us de-stress, they can make your sleeping space a sanctuary.



Join us on Thursday,
December 19, for our
monthly birthday
celebration!

Janice Barrington
Edith Beatty
Myrtle Benjamin
Kathie Berger
Anu Bond
Mary Buster
Fung-Chu Chen
Lora Clark
Yvonne Davis
Mary DeLaCruz
Kate Dillon
Barbara Easton
Beverly Edwards
Josephine Garcia
Shirley Gladfelder
Raylee Howard
Beva Hubbell
Patricia Jaspin
Dana Johnson
Mary Kiernan
Katherine Klusky
Maria Knox
Koula Koeth
Kazuko Kwan
Leona LaRochelle
Joseph LaSala
Joanne LeCompte
Anne Leonard
Genevieve Lisher
Charlotte Loreti
Marie Lovell
Yvonne Lucsky
Darlene Manley
Chin-Meei Mao

Irma Mauricio
Ada Montelie
Sidney Moore
Mona Nollsch
Marta Ortega
Janice Ottoson
Harry Palmer
Judy Paoli
Geanel Peay
Sandra Prioletti
Judith Puhr
Irene Quinn
Phyllis Ransom
Crispina Reyes
Joan Roper
Amparo Saunders
Audrey Seal
Beatrice Sparks
Gordon Stephens
Larry Stites
Linda Sullivan
Jamica Thomas
Valerie Thompson
Virginia Thurston
Brenda Turley
Betty Vail
Barbara Liberty Vick
Pearl Wallace
Nancy Weary
Debby Whetstone
Charlie Whittle
Judy Wilson
Sherie Wright
William Wright

7. **Help Boost Your Mood** - If you need a mood boost, start a houseplant collection in your home. Taking care of houseplants, especially in a large quantity, can become an active hobby that releases endorphins, making you happier and more energized.

8. **Decrease Pain** - Houseplants may actually lower your pain levels. A study stated that patients with higher stress associated with surgery experience more severe pain and slower recovery. Recovering patients in this study reported lower pain, fatigue, and anxiety when they had plants in their rooms.

December 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

2	<p>8-9 a.m. Senior Exercise 9:15 - 10:15 a.m. Kundalini Yoga 9:30 - 10:30 a.m. Walk With Ease 11 a.m. - 3 p.m. HICAP Counseling 11 a.m. - 3:30 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>3</p>	<p>8 - 8:50 a.m. 9:30 - 11:30 a.m. 9:30 - 11:30 a.m. 11:30 a.m. 12:30 - 3:30 p.m. 1:30 - 3:30 p.m. 4:40 - 5:30 p.m. 5:40 - 6:45 p.m.</p> <p>Tai Chi Chuan Knitting & Crocheting Group C.I.A. All Seasons Café Ceramics Intro. & Beg. Line Dance Mat Pilates Restorative Yoga</p>	<p>4</p>	<p>8 - 9 a.m. 9:15 - 10:15 a.m. 9:30 - 10:30 a.m. 10:30 - 11:30 a.m. 11:30 a.m. noon - 2 p.m. 2:30 - 3:30 p.m. 4:40 - 5 p.m. 5 - 5:45 p.m.</p> <p>Senior Exercise Kundalini Yoga Walk With Ease Arts & Crafts Garden Club Meeting Green Thumb Lunch Bingo Zumba Gold Fall Prevention Training Active Adult Cardio HIIT</p>	<p>5</p>	<p>8-9:50 a.m. 9 a.m. - 1 p.m. 11:30 a.m. 1 - 3:20 p.m. 1:30 - 5:30 p.m. 4:40 - 5:30 p.m. 5:40 - 6:45 p.m.</p> <p>Tai Chi Chuan Glass Fusion All Seasons Café Advance Line Dance Hand & Foot Card Group Mat Pilates Restorative Yoga</p>	<p>6</p>	<p>8 - 9 a.m. 9:15 - 10:15 a.m. 9:30 - 10:30 a.m. 11:30 a.m. noon - 2 p.m. 12:30 - 3:30 p.m. 2:30 - 3:30 p.m.</p> <p>Senior Exercise Kundalini Yoga Walk with Ease Beginning Ceramics All Seasons Café Bingo Ceramics Zumba Gold</p>
9	<p>8-9 a.m. Senior Exercise 9:15 - 10:15 a.m. Kundalini Yoga 10:30 - 11:30 a.m. Board Meeting 11 a.m. - 3 p.m. HICAP Counseling 11 a.m. - 3:30 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>10</p>	<p>8:15 - 9 a.m. 9:30 - 11:30 a.m. 11:30 a.m. Noon - 1 p.m. 12:30 - 3:30 p.m. 1:30 - 3:30 p.m. 4:40 - 5:30 p.m. 5:40 - 6:45 p.m.</p> <p>Tai Chi Chuan Knitting & Crocheting Group C.I.A. All Seasons Café Wii Bowling Ceramics Line Dance (cancelled) Mat Pilates Restorative Yoga</p>	<p>11</p>	<p>8 - 9 a.m. 9:15 - 10:15 a.m. 9:30 - 11:30 a.m. 10:30 - 1:30 p.m. 11:30 a.m. noon - 2 p.m. 2:30 - 3:30 p.m. 4:40 - 5 p.m. 5 - 5:45 p.m.</p> <p>Senior Exercise Kundalini Yoga Arts & Crafts Bridge Card Group Green Thumb Lunch Bingo Zumba Gold Fall Prevention Training Active Adult Cardio HIIT</p>	<p>12</p>	<p>8:15 - 10 a.m. 9 a.m. - 1 p.m. 11:30 a.m. 1 - 3:20 p.m. 1:30 - 5:30 p.m. 4:40 - 5:30 p.m. 5:40 - 6:45 p.m.</p> <p>Tai Chi Chuan Glass Fusion All Seasons Café Advance Line Dance Hand & Foot Card Group Mat Pilates Restorative Yoga</p>	<p>13</p>	<p>8 - 9 a.m. 9:15 - 10:15 a.m. 10 a.m. - noon noon - 2 p.m. 12:30 - 3:30 p.m. 2:30 - 3:30 p.m.</p> <p>Senior Exercise Kundalini Yoga Beginning Ceramics Bingo Ceramics Zumba Gold</p>
16	<p>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. - 3:30 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>**Trip to Oakland Zoo Sunday, December 15, 2019**</p>	<p>17</p>	<p>8:15 - 9 a.m. 9:30 - 11:30 a.m. 9:30 - 11:30 a.m. 11:30 a.m. noon - 1 p.m. 12:30 - 3:30 p.m. 1:30 - 3:30 p.m. 4:40 - 5:30 p.m. 5:40 - 6:45 p.m.</p> <p>Tai Chi Chuan Knitting & Crocheting Group C.I.A. All Seasons Café Wii Bowling Ceramics Line Dance Mat Pilates Restorative Yoga</p>	<p>18</p>	<p>8 - 9 a.m. 9:15 - 10:15 a.m. 9:30 - 11:30 a.m. 10:30 - 1:30 p.m. 11:30 a.m. noon - 2 p.m. 2:30 - 3:30 p.m. 4:40 - 5 p.m. 5 - 5:45 p.m.</p> <p>Senior Exercise Kundalini Yoga Arts & Crafts Bridge Card Group Tropical Winter Wonderland Bingo Cancelled Zumba Gold Fall Prevention Training Active Adult Cardio HIIT</p>	<p>19</p>	<p>8:15 - 10 a.m. 9 a.m. - 1 p.m. 11:30 a.m. 1 - 3:20 p.m. 1:30 - 5:30 p.m. 4:40 - 5:30 p.m. 5:40 - 6:45 p.m.</p> <p>Tai Chi Chuan Glass Fusion All Seasons Café Advance Line Dance Hand & Foot Card Group Mat Pilates Restorative Yoga</p>	<p>20</p>	<p>8 - 9 a.m. 9:15 - 10:15 a.m. 10 a.m. - noon 11:30 a.m. noon - 2 p.m. 12:30 - 3:30 p.m. 2:30 - 3:30 p.m.</p> <p>Senior Exercise Kundalini Yoga Beginning Ceramics All Seasons Café Bingo Ceramics Zumba Gold</p>
23	<p>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. - 3:30 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>24</p>	<p>8:15 - 9 a.m. 9:30 - 11:30 a.m. 9:30 - 11:30 a.m. 11:30 a.m. noon - 1 p.m. 12:30 - 3:30 p.m. 1:30 - 3:30 p.m. 4:40 - 5:30 p.m. 5:40 - 6:45 p.m.</p> <p>Tai Chi Chuan Knitting & Crocheting Group C.I.A. All Seasons Café Wii Bowling Ceramics Line Dance Mat Pilates Restorative Yoga</p>	<p>25</p>	<p>8 - 9 a.m. 9:15 - 10:15 a.m. 9:30 - 10:30 a.m. 10:30 - 11:30 a.m. 11:30 a.m. noon - 2 p.m. 2:30 - 3:30 p.m. 4:40 - 5 p.m. 5 - 5:45 p.m.</p> <p>Senior Exercise Kundalini Yoga Arts & Crafts Bridge Card Group Tropical Winter Wonderland Bingo Cancelled Zumba Gold Fall Prevention Training Active Adult Cardio HIIT</p>	<p>26</p>	<p>8:15 - 10 a.m. 9 a.m. - 1 p.m. 11:30 a.m. 1 - 3:20 p.m. 1:30 - 5:30 p.m. 4:40 - 5:30 p.m. 5:40 - 6:45 p.m.</p> <p>Tai Chi Chuan Glass Fusion All Seasons Café Advance Line Dance Hand & Foot Card Group Mat Pilates Restorative Yoga</p>	<p>27</p>	<p>8 - 9 a.m. 9:15 - 10:15 a.m. 10 a.m. - noon 11:30 a.m. noon - 2 p.m. 12:30 - 3:30 p.m. 2:30 - 3:30 p.m.</p> <p>Senior Exercise Kundalini Yoga Beginning Ceramics All Seasons Café Bingo Ceramics Zumba Gold</p>
30		<p>31</p>		<p>30</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>				

SENIOR CENTER WILL BE CLOSED DECEMBER 23, 2019 TO JANUARY 1, 2020

Veterans Day & Thanksgiving Feast Celebrations

