



### “Cheers to a New Decade”



By Heather Schelske—Neil Orchard Senior Activities Center Supervisor



What a fantastic end to not only the year, but the decade! It was filled with laughter, good food and even better company. But of course, we couldn't have done it without help from our good friend, Santa Claus. Not only did he take time away from his workshop to join us for breakfast with the children, he even brought along his good friend, Snow Queen Elsa. But with hundreds from the community joining us for breakfast, Santa needed all the help he could get to bring on the holiday cheer. Luckily, Millie K. and Linda D. stepped up to the challenge. For the last several years, these two ladies have spent their time gathering and making teddy bears to be given away to children attending the Breakfast with Santa event. It's a truly magical moment to see the children's eyes light up when they get to choose a new friend to take home. A big thank you to Millie and Linda for donating the teddy bears and also to Dorothy Calvetti for helping in the kitchen.

After visiting with all the kids from Breakfast, Santa needed to take a vacation before his big day. Luckily, he decided to take us with him to a Tropical Winter Wonderland. The sold-out crowd was treated to a traditional Christmas dinner but with a nice tropical flair. In addition to ham and scalloped potatoes, the menu included teriyaki meatballs and pineapple skewers, white rice, Hawaiian macaroni salad, and pineapple upside down cake for dessert. The Orangevale Ukulele Fretters entertained guests with Hawaiian and traditional Christmas music. Thank you to Atria Senior Living for sponsoring our trip to the tropics!

With the new year, comes new resolutions. One of the most popular resolutions is to make healthier choices in the coming year. The easiest (and hardest) way to do this is through exercise. It's easy to become overwhelmed with all the different options out there but I encourage beginners to start small. All of our exercise classes offer a one-time drop in fee for you to try the class before committing to the full month or punch card. For those wishing to ease into walking, we have our new Walkin' & Talkin' class that starts on Friday, January 3. What a better way to start your fitness journey than with new friends!

*“Cheers to a new year and another chance for us to get it right.” - Oprah Winfrey*

Don't forget that we will be closed on Monday, January 20th in observance of Martin Luther King Jr. Day.

#### Important Dates to Remember:

**January 1:** Center Closed for New Year Day  
**January 7:** Wills & Trusts Presentation  
**January 13:** Senior Advisory Board Meeting  
**January 20:** Center Closed for MLK Jr. Day

**January 21:** Harrah's NorCal Casino Daytrip  
**January 22:** Lunar New Year Celebration  
**January 28:** iPhone Basics

#### 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 winter lunches:  
Donation: \$3 per Person



*All meals come with baked item & water/iced tea.*

- Jan. 1st:** Senior Center Closed
- Jan. 8th:** Garlic Tortellini Soup w/ Greek Salad
- Jan. 15th:** Split Pea & Ham Soup w/ (half) Chicken Salad Sandwich
- Jan. 22nd:** **GT Lunch cancelled for Lunar New Year Celebration**
- Jan. 29th:** Zuppa Toscana (Potato & Sausage) Soup w/ Build Your Own Salad Bar

## Wii BOWLING

Wii Bowling will be held on January 14 & 21 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 DECEMBER

- |             |         |
|-------------|---------|
| 1. GREG W.  | 226 PTS |
| 2. LISA H.  | 177 PTS |
| 3. PANCHING | 170 PTS |
| 4. PAT R.   | 169 PTS |



## Cordova Senior Advisory Board Elections

The results are in and the people have spoken! Congratulations to Barbara Taylor who was elected for President and Harry Shippy for Member-at-Large. Shirley Gladfelder and Pat Shippy were reelected for their current positions of Treasurer and Member-at-Large. Want to find out how to get involved with the board? Come to the next meeting on January 14.

### A FOND FAREWELL

Kathie Jacobs, current President of the Senior Advisory Board, will be resigning from her position during January's board meeting. For the past four years, Kathie has led the board on numerous fundraising efforts and contributed to many great projects at the center. Kathie, we appreciate all your hard work and hope you enjoy your next adventure in New Orleans!

### 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.

#### **iPhone Basics Workshop**

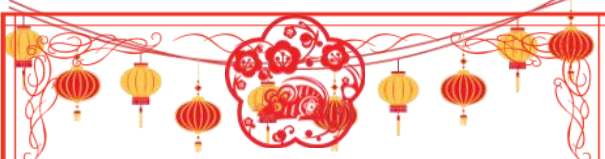
**Tuesday, January 28 at**

Did you get a new iPhone over the holidays and aren't sure how to use it? Come to this hands-on, beginner's course on how to get started with your new gadget.

The Cordova Senior Advisory Board was a recipient of a grant given by the Daughters Alcazar Court #161 (Women of the Shriners). The \$250 donation was presented to the board by Illustrious Commandress Charity JoAnn Henderson during November's board meeting. Thank you for thinking of us!



**Thank you**



**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



**Mardi Gras Party**  
**featuring the Moon Glow Band**  
**Wednesday, February 26 at 11:30AM**  
**\$6 for Members in Advance**  
**\$8 for Non-Members in Advance**  
**\$10 on Day of Event**

Beads, masks, and all that jazz! Enjoy a Cajun-inspired menu with live music and door prizes. Make sure to bring your dancing shoes because the Moon Glow Band will be delighting attendees with New-Orleans style jazz music.

Menu: Red Beans & Rice, Sausage & Peppers, Southern Cole Slaw and Kings Cupcake



**GET UP 'N' GO**

**Harrah's Northern California**  
**Tuesday, January 21, 2020**  
**Fee: \$30/person**

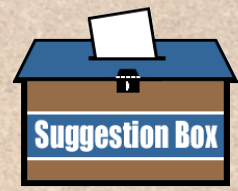
Enjoy 4 hours of free time to gamble and have a no-host lunch. Casino bonus of \$25 free play is subject to change per the casino.  
 \*This casino does not have an on-site buffet.

**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.



**Suggestion Box Update**

Have you seen our new Suggestion Board? It's located on the wall in between Jenny's office and the entryway. Suggestions and/or comments can continue to be submitted to the box located underneath the board. Responses will be posted to the suggestion board for members to review. Responses will respect all wishes for anonymity.

We are always looking for ways to improve and would love to hear all feedback!

*\*Suggestions/Comments may also be emailed to [jta@crpd.com](mailto:jta@crpd.com) with "Suggestion Box" in the subject line.*

## 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.

### How to Store Potatoes & Onions the Right Way

By: Ceara Milligan

You know that spuds should never be kept in the refrigerator. But it's easy to think that potatoes and onions should be stored together in the pantry. Here's the truth—storing them together might not be the best idea.

#### Can I Store Potatoes and Onions Together?

- Sure, spuds and bulbs are tasty when combined together in meals. But they should actually be stored far away from one another.
- Why? Your onions produce and emit ethylene gas, which speeds up the ripening process and can cause nearby potatoes to rot and spoil more quickly. (However, garlic, another root bulb, can be safely stored alongside onions with no scary side effects.)

#### How to Store Potatoes

- Your potatoes should be stored in a cool, dark, dry place, such as a pantry or cupboard. Use a storage container that is well-ventilated, such as a crate, a cardboard box with holes punched in it or any container that will allow any excess moisture to evaporate. Keep the container covered to block light and prevent your spuds from spouting.

#### How to Store Onions

- Onions should also be kept in a ventilated space, such as your countertop. You can keep them in a paper bag or even a wire basket. It isn't necessary to store onions in the refrigerator, as the cold temperature will quickly soften their texture.



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

May Bakri	Gale Lovell
Tom Beigel	Sara Malone
Elsie Beyer	Jennifer Mason
Judy Brichta	Beverly McAdam
Philip Calentine	William Mongolo
Sue Campa	Donna Nelson
Linda Cancio	Michael Nelson
Tong Ho Chang	Kimberly Normark
Kate Colvin	Jan Palmer
Mike Cunningham	Jeanette Perez
Shu Davies	Kent Ransom
Susan Davis	Mayra Ruiz
Teresa De Lopez	Milton Saunders
Linda Folk	Joy Setta
Beth Foster	Beatrix Speierer
David Freeman	Edward Spellacy
Terry Haug	Marion Steed
Maurine Humphreys	Teri Steinman
Valarie Irwin	Bente Tarantola
Rosalyn Jackson	Theodore Thames
Richard Kelley	Kathy Thiry
Dan Koenigsberger	Judy Tourville
Jean Kohlhoff	Hayward Washington
Cecile Lavoie	Adoria Wheeler
Herb Lindner	Marilyn Williams
Patricia Lobatos	Jerome Zwicky

# January 2020

Neil Orchard Senior Activities Center

3480 Roudier 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.

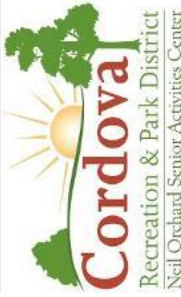


## Monday

## Tuesday

## Wednesday

## Thursday

## Friday

Monday	Tuesday	Wednesday	Thursday	Friday
<p></p> <p>8-9 a.m. Senior Exercise 9:15-10:15 a.m. Kundalini Yoga 9:30-10:30 a.m. Walkin &amp; Talkin 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>*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>7 8:15 - 9:00 a.m. Tai Chi Chuan 9:30 - 11:30 a.m. Knitting &amp; Crocheting Group C.I.A. 10:30-12:30 p.m. <b>Wills &amp; Trusts</b> 11:30 a.m. All Seasons Café 12:30 - 3:30 p.m. Ceramics 1:30 - 3:30 p.m. Intro. &amp; Beg. Line Dance 4:40 - 5:30 p.m. Mat Pilates 5:40 - 6:45 p.m. Restorative Yoga</p>	<p>1 Center Closed for New Years Day</p> <p></p> <p>8 8-9 a.m. Senior Exercise 9:15 - 10:15 a.m. Kundalini Yoga 9:30 - 10:30 a.m. Walkin &amp; Talkin 9:30 - 11:30 a.m. Arts &amp; Crafts 10:30 a.m. Garden Club Meeting 10:30-11:30 p.m. Bridge Card Group 11:30 a.m. Green Thumb Lunch noon - 2 p.m. Bingo 2:30 - 3:30 p.m. Zumba Gold 4:40 - 5 p.m. Fall Prevention Training 5 - 5:45 p.m. Active Adult Cardio HIIT</p>	<p>2 8:15 - 10:00 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 1:30 - 5:30 p.m. Hand &amp; Foot Card Group 4:40 - 5:30 p.m. <b>Mat Pilates (CXL)</b> 5:40 - 6:45 p.m. Restorative Yoga (CXL)</p>	<p>3 8-9 a.m. Senior Exercise 9:15 - 10:15 a.m. Kundalini Yoga 9:30 - 10:30 a.m. Walkin &amp; Talkin 10 a.m. - noon Beginning Ceramics 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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# BREAKFAST WITH SANTA & TROPICAL WINTER WONDERLAND

