

Neil Orchard Senior News September 2019

Jenny Ta ~ Editor



"A Season of Change"

By Heather Schelske—Neil Orchard Senior Activities Center Supervisor





Along with the change in seasons, it seems like life around here has been going through a lot of changes as well. Over the past few months, we've had to say goodbye to quite a few of our members: volunteers retiring, participants moving away, and some who are no longer with us. Although we are all used to the ebb and flow in attendance, especially with over 650 members, saying goodbye never gets easier. Here at the Neil Orchard Senior Activities Center, we are a tight knit family and we cherish each and every one of our participants.

With that being said, I hope you all felt loved and cherished at our luncheon celebrating National Senior Citizens Day. The sold-out crowd enjoyed a scrumptious menu that featured tri-tip, baked beans, homemade macaroni salad and dessert. Don't think the fun stops there, because we're just starting! Coming up this month, we've got a BBQ to celebrate National Cheeseburger Day, then the Senior Advisory Board is hosting its first Taco Salad & Bingo Fundraiser. More information for both events can be found inside.

With all the changes happening around us, it's always nice to see something familiar. In this case, that something is Eddie! He's been working at the center off and on for the past couple of years, but after a hiatus, he's back again. He will be helping with some of our Get Up N Go trips, buildings rentals and special events. The next time you see Eddie around the center, make sure to say "Hi" and give him a big welcome back.

Don't be late for our very important date! Our annual Mad Hatter Tea Party is scheduled for Saturday, October 5 from 2-4 p.m. We've planned a delightful afternoon filled with contests, giveaways and food! Menu and more information for the event can be found inside. You better hurry before it's "Off With Your Head!"



The Senior Center will be closed **Monday, September 2** in observance of Labor Day.



Important Dates to Remember:

Get Up 'N Go Presentation September 5: September 9: **Advisory Board Meeting**

Pedestrian Safety Presentation September 12: National Cheeseburger Day September 18:

September 21: September 24:

Bingo & Tacos Fundraiser September 22-23: Hearst Castle Overnight Trip iPhone Basics Workshop

October 5:

Mad Hatter Tea Party

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.

Sept. 4th: Broccoli Cheddar Soup

w/ Antipasto Pasta Salad

Sept. 11th: Autumn Veggie Soup

w/ Tuna Sandwich

Sept. 18th: Green Thumb Cancelled for

National Cheeseburger Day

Sept. 25th: Creamy Mushroom Soup

w/ Build Your Own Salad Bar

Beginning September 11th, we will be offering 12-ounce take-out containers of soup for \$2 each!

WII BOWLING

Wii Bowling will be held on Sept. 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 AUGUST

1 GREG W. 299 PTS 2. PAT R. 181 PTS 3. PANCHING 178 PTS 4. ANITA N. 175 PTS



Apple Hill Daytrip Tuesday, October 8, 2019 Fee: \$65 per person

Trip includes roundtrip motor coach transportation, guided tour of Apple Hill, BBQ luncheon and free time to explore.

Cabaret at the East Sonora Theatre Sunday, October 20, 2019

Fee: \$129

Come forget your troubles at the iconic Cabaret musical. Enjoy a hosted lunch before the show.



Get Up N Go Travel Presentation Thursday, September 5 at 11:30 a.m.

Join us as we go over our upcoming trips. Refreshments will be served.

Pedestrian Safety Presentation Thursday, September 12 at 10:30 a.m.

Join us as we learn about pedestrian safety and find out how to protect yourself and your loved ones when walking.

iPhone Basics

Tuesday, September 24 at 10:30 a.m.

Did you get a new iPhone 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.

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ROD BEAUDRY-ROUTIER BIKEWAY PROJECT



You may have noticed the addition of the protected bikeways along Routier Rd. Make sure you avoid a ticket by understanding how to correctly use the new on-street parking. See front desk for a flyer with more information.

A FOND FAREWELL

If you've come to one of our Green Thumb lunch, chances are you've gotten to enjoy listening to LaRae play on the piano. After many years of delighting us all with her music, LaRae has decided to retire from piano playing. LaRae, thank you so much for bringing music into our lives every week. You will be sorely missed.

If you or anyone you know, knows how to play the piano and would be interested in playing during our lunches, please contact Heather or Jenny at the front desk.



Saturday, September 14, 2019 8 a.m. - noon **Hagan Community Dog Park** FREE TO ATTEND

Vendor Fee: \$20 for 15'x15' space

This is a special event for dog owners and lovers to enjoy contests, games and activities with their furry friend. Vendors with dog related items and information booths welcome. Other types of vendors will be approved on a case by case basis. Registration deadline is September 6th. Vendor applications may be obtained from the Senior Center front desk.



National Cheeseburger Day!

Wednesday, Sept. 18 at 11:30 a.m. Advance Tickets: \$5/Member, \$8/Non-Member Day of Event: \$10/Person

Celebrate one America's favorite sandwiches! The sizzling fresh cheeseburgers will be served with all the fixings, potato salad, fresh fruit and a beverage. Bingo will be held at regularly scheduled time.

Event Sponsor:







Saturday, October 5, 2019 • 2-4 p.m. \$10 per Person \$45 for a reserved table for 5

Don't be late for this very important date!

Menu: Scones w/ Jam & Fresh Fruit, Mini Croissant Chicken Salad Sandwich, Smoked Salmon Crostini, Caprese Bites, Delightful Cucumber Sandwich, Mini Quiche, Fanciful Stuffed Mushrooms, Brownie Bitess with Chocolate Drizzle, **Decadent Chocolate Mousse** and Queen of Hearts Red Velvet Cupcakes

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.

Fifteen benefits of drinking water Medicalnewstoday.com

To function properly, all the cells and organs of the body need water.. Adult humans are 60 percent water, and our blood is 90 percent water. There is no universally agreed quantity of water that must be consumed daily. Water is essential for the kidneys and other bodily functions. When dehydrated, the skin can become more vulnerable to skin disorders and wrinkling. Drinking water instead of soda can help with weight loss.

Here are some reasons our body needs water:

- 1. It lubricates the joints
- 2. It forms saliva and mucus
- 3. It delivers oxygen throughout the body
- 4. It boosts skin health and beauty
- It cushions the brain, spinal cord, and other sensitive tissues
- 6. It regulates body temperature
- 7. The digestive system depends on it
- 8. It flushes body waste
- 9. It helps maintain blood pressure
- 10. The airways need it
- 11. It makes minerals and nutrients accessible
- 12. It prevents kidney damage
- 13. It boosts performance during exercise
- 14. Weight loss
- 15. It reduces the chance of a hangover



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

Terry Amador Sumiko King

Richard Baerresen Bobbie Koenigsberger

Betsey Ballard Gayla Linteau

Carole Bender Marc Loreti

Chuck Bennett Madaline Machado

Terrie Bressette Edward Meyer

Diana Brooks Jeanne Miller

Rita Brown Phyllis Onion

Dennis Castaneda Ernest Owen

Jill Clark Josefina Pachkoulova

Janet Clemmensen Pratima Patel

Paulene Conaway Tommy Perez

Cleophas Daniels Lamarr Poole

Beverly Drew Mary Records

Emma Ercila Regina Redmond

Diana Esguerra Sue Riley

Ann Foster Fernando Russell

Janet Fowler Arne Sampe

Cheryl Freeman Robyn Self

Rosemary Freitas Harry Shippy

Joyce Frichtel Patricia Smith

Frank Gerace Irene Stebbins

Ron Grant Walter Thompson

Jeanette Hale Janet Tierney

Tuk Son Hall Geneva Trisler

Vincent Harrison FeNina Tuparan

Blenda Hoskins Nonda Watson

Diana Jayne Margot Wells

Betty Jones William Wells

Jola Jones Cornelia Whistler

Linda Jones Greg F.M.F. Wright

Barbara Kelley Bernice Yasui

September 2019

Neil Orchard Senior Activities Center

3480 Routier 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.

Friday	n. Senior Exercise 0:15 a.m. Kundalini Yoga m. All Seasons Café 1 p.m. Bingo 3:30 p.m. Ceramics 3:30 p.m. Zumba Gold Sunday, September 8 is	Senior Exercise Kundalini Yoga Walk With Ease All Seasons Café Bingo Ceramics Zumba Gold	m. Senior Exercise 0:15 a.m. Kundalini Yoga 0:30 a.m. Walk With Ease 1.m. All Seasons Café 2 p.m. Bingo 3:30 p.m. Ceramics 3:30 p.m. Zumba Gold **Bingo &Tacos Fundraiser** Saturday, Sept. 21	Senior Exercise Kundalini Yoga Walk With Ease All Seasons Café Bingo Ceramics Zumba Gold	
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Thursday	Tai Chi Chuan Glass Fusion Get Up 'N Go Travel All Seasons Café Advance Line Dance Hand & Foot Card Group Mar Pilates Restorative Yoga	128 - 9:50 a.m. Tai Chi Chuan 9 a.m 1 p.m. Glass Fusion 10:30 a.m. Pedestrian Safety Presentation 11:30 a.m. All Seasons Café All Seasons Café Advance Line Dance 1:30 p.m. Hand & Foot Card Group 4:40 - 5:30 p.m. Mar Pilates 5:40 - 6:45 p.m. Restorative Yoga	Tai Chi Chuan Glass Fusion All Seasons Café Birthday Celebration Advance Line Dance Hand & Foot Card Group Mat Pllates Restorative Yoga	Tai Chi Chuan Glass Fusion All Seasons Café Advance Line Dance Hand & Foot Card Group Mat Pliates Restorative Yoga	*Lunch served M-F, please see front desk for menus and to make reservations *All dates and times are subject to change without notice
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Monday	Senior Center CLOSED in observance of Labor Day	Senior Exercise Kundalini Yoga Walk Wilk Ease Advisory Board Meeting HICAP Counseling All Seasons Café Bingo Zumba Gold	Senior Exercise Kundalini'i Yoga Walk With Ease HICAP Counseling Bridge Card Group All Seasons Café Bingo Zumba Gold	Xercise in Yoga ith Fase Counseling cons Café Siroup Gold it Trip**	Senior Exercise Kundalini Yoga Walk With Ease HICAP Counseling All Seasons Café Bingo Zumba Gold
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We're Bananas for our Seniors!

























