

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:			
September 5:	Get Up ‘N Go Presentation	September 21:	Bingo & Tacos Fundraiser
September 9:	Advisory Board Meeting	September 22-23:	Hearst Castle Overnight Trip
September 12:	Pedestrian Safety Presentation	September 24:	iPhone Basics Workshop
September 18:	National Cheeseburger Day	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 |



GET UP 'N' GO

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.

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

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.



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.

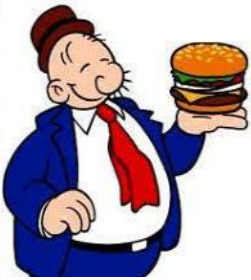
DOGIE DAY IN THE PARK

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 of 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:



BINGO

Senior Advisory Board Presents:
Taco Salad & BINGO Fundraiser
Saturday, September 21, 2019

Taco Salad (\$6/person)
11 a.m. - noon

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

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



MAD Hatter's Tea PARTY

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 Bites 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
5. 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

We're Bananas for our Seniors!

