

### “Summer Daze”

By Heather Schelske—Neil Orchard Senior Activities Center Supervisor



Can you believe we’re already halfway through 2019? Although the weather is heating up, the mornings are beautiful! There’s nothing better than starting your morning with a walk in the park. Want company? Then join our six-week Walk with Ease program; members can join for only \$10 per session. Participants walk at their own speed while tracking their progress through a personal journal. Our next session starts on Monday, July 8<sup>th</sup> and will meet Mondays, Wednesdays and Fridays at 9:30 a.m. See the front desk for more information and to enroll.

You know how much we love celebrating the National days around here. Last month we celebrated National Garfield Day with a delicious homemade lasagna meal. This month, we’ll be celebrating two National events. The first one is National Hot Dog Day which takes place on Wednesday, July 17<sup>th</sup> at 11:30 a.m. For \$5, you get to enjoy a grilled hot dog with all the fixings, a bag of chips and beverage of your choice. Tickets can be purchased at the front desk. Did you know that July is National Park & Recreation month? To celebrate, Cordova Recreation & Park District is hosting our annual Party in the Park on Friday, July 19<sup>th</sup> at Lincoln Village Community Park. Festivities begin at 5:30 p.m. and include live music from Mix 96, an interactive kids zone, vendors, food trucks and giveaways! See inside for more details. Thank you to Atria Senior Living for sponsoring this great community event.

Although there have only been a couple of scorches so far, we all know that Sacramento summers can easily reach the triple digits. Make sure that you stay hydrated as much as possible and try to limit your outdoor errands to early mornings or late evenings. If the air conditioner in your house isn’t working, there are many public places that can provide some relief from the heat: the senior center, public libraries, malls...etc. In addition to taking preventative measures, it’s important to recognize the signs of heat exhaustion and heat stroke. See inside for a list of the different signs to look out for.

*Have a wonderful Fourth of July and stay cool!*




**The Senior Center will be closed Monday-Friday, July 1-5 for cleaning and in observance of Independence Day. We will reopen on Monday, July 8, 2019.**

<b>Important Dates to Remember:</b>			
<b>July 1-5:</b>	<b>Senior Center Closure</b>	<b>July 19:</b>	Party in the Park
<b>July 8:</b>	Senior Advisory Board Meeting	<b>July 22:</b>	CalFresh Outreach Day
<b>July 17:</b>	National Hot Dog BBQ Day	<b>July 28:</b>	Day in the Bay Daytrip
<b>July 18:</b>	Monthly Birthday Celebration	<b>August 12:</b>	Wills and Trusts Presentation

**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

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NeilOrchardSeniorActivitesCenter



## GREEN THUMB LUNCH

Get your taste buds ready for some great summer lunches:  
Donation: \$3 per Person



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

- July. 10th:** Wonton Soup  
w/ Chinese Chicken Salad
- July. 17th:** **National Hot Dog Day Celebration (Purchase Tickets in Advance)**
- July. 24th:** Summer Squash Soup  
w/ (half) Tuna Sandwich
- July. 31st:** Chicken Noodle Soup  
w/ Build Your Own Salad Bar

## WII BOWLING



Wii Bowling will be held on July 9th & 16th 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 JUNE

1. SHIRLEY G.	222 PTS
2. GREG W.	211 PTS
3. MARY D.	192 PTS
4. ANITA N.	169 PTS

## SIGNS OF HEAT EXHAUSTION & HEAT STROKE

Heat exhaustion and heat stroke are the most heat-related illnesses.

### **Warning signs for heat exhaustion include:**

- Heavy sweating
- Paleness
- Muscle Cramps
- Tiredness/Weakness/Dizziness
- Headache/ Nausea/ Vomiting/ Fainting

### **Warning signs for heat stroke are severe and include\*:**

- High body temperature
- Absence of sweating and hot red or flushed dry skin
- Rapid pulse
- Difficulty breathing
- Strange behavior/ Hallucinations/ Confusion/ Agitation/ Disorientation
- Seizure
- Coma

*\*If you or someone you know is experiencing any of these severe symptoms, immediately call 9-1-1*

## GET UP 'N' GO

### **A Day in the Bay**

**Sunday, July 28, 2019**

**\$92 per person**

Start the morning in Sausalito for a ferry ride over to the City by the Bay. Ranked as one of the most beautiful ferry rides in the world, the short trip offers glorious views of Alcatraz Island the Golden Gate Bridge and of course the breathtaking San Francisco skyline.

### **Feather Falls Casino**

**Tuesday, August 27, 2019**

**Fee: \$31 per person**

Enjoy 4 hours of free time to gamble and have a no-host lunch. Casino bonus of \$12 cash and \$3 food is subject to change per casino.

### **Hearst Castle Overnight Trip**

**Sunday-Monday, September 22-23, 2019**

**Fee: \$420 per double occupancy**

**\$526 per single occupancy**

Experience the 1920s and 30s grandeur that surrounded W.R. Hearst and his guests at La Cuesta Encantada—Spanish for “Enchanted Hill” with a guided Hearst Castle tour. Trip includes overnight accommodations at the famous Madonna Inn in San Luis Obispo, luggage handling, dinner and two lunches and guided tour of Hearst Castle.

### **Apple Hill Daytrip**

**Tuesday, October 8, 2019**

**Fee: \$65 per person**

Embark on a guided tour of the Apple Hill Farm area and enjoy breathtaking scenic views of Placerville, CA. After the tour, sit down for a BBQ luncheon that includes a delicious slice of apple pie a la mode.

### **Cabaret at the East Sonora Theatre**

**Sunday, October 20, 2019**

**Fee: \$129 per person**

This iconic musical explores the dark, heady and tumultuous life of Berlin's natives and expatriates as German slowly yields to the emerging Third Reich.





**National Hot Dog BBQ Day**  
**Wednesday, July 17 at 11:30 a.m.**

**Fee: \$5 per member, \$8 per non-member**  
**\$10 day of event**

No need to pay for a ball game, just come celebrate one of the staples of American cuisine! Tickets include grilled hot dog, bag of chips and a beverage.

**Party in The Park**  
**Friday, July 19 at 5:30 p.m.**  
**Lincoln Village Community Park & Pool**

Join us for a fun summer evening in the park with music from Mix 96, an interactive kids zone, giveaways, food trucks and vendors. Lincoln Village Pool will be open to the public for a free family swim night.

*Atria*  
SENIOR LIVING

**CalFresh Outreach Day**  
**Monday, July 22, 2019**  
**9:30 a.m. - 12:30 p.m.**  
**See Front Desk to Schedule Appointment**

SSI Recipients may now be eligible for CalFresh Food benefits! CalFresh Food benefits can stretch food budgets and provide more healthy choices. Recipients can buy food at any grocery store or farmers market that accepts EBT. Please see the front desk to pick up an application and schedule your appointment.

**National Senior Citizens Day**  
**Weds., Aug. 21 at 11:30 a.m.**  
**\$5/Member, \$8 Non-Member**  
**\$10 Day of Event**

This day was created as a day to support, honor and show appreciation to our seniors. Join us for a delicious BBQ Luncheon.

*Atria*  
SENIOR LIVING

## 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.

### Things That Make You a Mosquito Magnet

Samantha Zabell from Better Homes & Gardens talked to Joseph Conlon, technical advisor at the American Mosquito Control Association and Dr. Marie Jhin, a board certified dermatologist, to find out what makes someone a mosquito magnet, and the best preventive measures to keep your weekends as bug-free as possible.

- Your genetics - Unfortunately, much of what makes you the perfect mosquito meal is out of your control. A 2004 study from The Institute of Pest Control Technology found that mosquitoes were more attracted to Type O blood than Types A or B.
- Your breathing - Mosquitoes also are attracted to those with a higher metabolic rate because they produce more carbon dioxide.
- Excessive sweating - Mosquitoes are attracted to bacteria or chemicals that live in your sweat, including lactic acid.
- Floral-scented perfume - While this hasn't been scientifically proven, Conlon speculates that a floral scent is likely to attract mosquitoes because their main energy source is flowers, not blood.
- Forgetting to apply repellent to mosquito-friendly body parts - Mosquitoes are attracted to highly vascularized areas. Additionally, many species prefer the lower extremities like the feet.



Join us on Thursday,  
July 18th, for our  
monthly birthday  
celebration!

Robin Alexander	Wallace Morgan
Lorrylyn Anderson	Larry Nall
Karen Baker	Colleen O'Brien
Doris Brooks	Lloyd Olsen
Madge Burkholder	Sandy Olson
Kelly Caffero	Marge Peterson
Marion Carlson	Averille Pinne
Carla Cervantes	Shute Pong
Terry Clinton	Debra Pritchard
Jennifer Copperberg	Betty Raiford
Michelle Daniel	Teresita Robinson
Dorothy Derouin	Carol Schweder
Jean Doyle	Maria Serrano
John Durst	Terri Severson
Linda Edwards	Katherine Smith
Michael Farrell	Celia Suarez
Sheila Golden	Thomas Trisler
Phyllis Marie Gunton	Terri Van Aalst
Florence Harmor	Tony Vazquez
Sandra Higgins	Sylvia Villalobos
Ramona Jackels	Shawn White
Joseph Lashinsky	Annie Wilburn
Esther Macharia	Bonny Williams
Carol Matson	Josephine Williams
Lambert Mills	Alvin Wong

If you already have a bite you want to scratch but don't – apply a chilled tea bag instead. After making a pitcher of iced tea, save and refrigerate the bags, and place them over the bite once cold. The tea has tannin, which is an astringent that draws out fluid from the bite. For those who are particularly sensitive to bites an oral antihistamine is recommended as it will counteract the histamine released by your body following the bite. A bite might seem worse to you than your friend—since it's a mild allergic reaction, you could just be more allergic to mosquito bites than others.

# July 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

1	2	3	4	5
<p><b>Senior Center Closed</b></p>	<p><b>Senior Center Closed</b></p>	<p><b>Senior Center Closed</b></p> 	<p><b>Senior Center Closed</b></p>	<p><b>Senior Center Closed</b></p>
<p>8-9 a.m. Senior Exercise                      9:15 - 10:15 a.m. Kundalini Yoga                      9:30 - 10:30 a.m. Walk With Ease                      10:30 a.m. Senior Advisory Board                      11 a.m. - 3 p.m. HICAP Counseling                      11:30 a.m. All Seasons Café                      noon - 2 p.m. Bingo                      2:30 - 3:30 p.m. Zumba Gold (cancelled)</p>	<p>8 - 8:50 a.m. Tai Chi Chuan                      9:30 - 11:30 a.m. Knitting &amp; Crocheting Group                      9:30 - 11:30 a.m. C.I.A.                      11:30 a.m. All Seasons Café                      noon - 1 p.m. Wii Bowling                      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>8 - 9 a.m. Senior Exercise                      9:15 - 10:15 a.m. Kundalini Yoga                      9:30 - 10:30 a.m. Walk With Ease                      9:30 - 11:30 a.m. Arts &amp; Crafts                      10:30 a.m. Garden Club Meeting                      10:30 a.m. - 1:30 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 (cancelled)                      4:40 - 5 p.m. Fall Prevention Weight Training                      5 - 5:45 p.m. Active Adult Cardio HIIT                      5 - 6:45 p.m. Introduction to Guitar</p>	<p>8 - 9:50 a.m. Tai Chi Chuan                      11:30 a.m. All Seasons Café                      1 - 3:20 p.m. Advance Line Dance                      1 - 5:30 p.m. Hand &amp; Foot Card Group                      4:40 - 5:30 p.m. Mat Pilates                      5:40 - 6:45 p.m. Restorative Yoga</p>	<p>8 - 9 a.m. Senior Exercise                      9:15 - 10:15 a.m. Kundalini Yoga                      9:30 - 10:30 a.m. Walk With Ease                      11:30 a.m. All Seasons Café                      noon - 2 p.m. Bingo                      2:30 - 3:30 p.m. Zumba Gold (cancelled)</p>
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**Sunday, July 28, 2019**  
**Day in the Bay Daytrip**

\*Lunch served M-F, please see front desk for menus and to make reservations  
 \*All dates and times are subject to change without notice

Please call (916) 376-8915 to make an appointment for HICAP  
 \*Please call (916) 551-2144 to make an appointment for Senior Legal Services



# BLAST FROM THE PAST

**Naming Ceremony and**

**Hawaiian Luau**

**Thriving Summer**

