

Jenny Ta ~ Editor



### “A Time to be Thankful”

By Heather Schelske—Neil Orchard Senior Activities Center Supervisor



You may have noticed that things were a little crazy around here last month, but that was all in preparation for our annual Mad Hatter Tea Party! We were delighted to see everyone dressed in their maddest Alice in Wonderland costumes and enjoyed listening to all the laughter as they participated in the games. With course after course of scrumptious finger foods, nobody left with an empty stomach. To celebrate the season, Get Up 'N' Go took a sold-out bus on a traditional fall excursion. Travelers got a guided tour of Apple Hill before indulging in a delicious BBQ luncheon that ended with slice of homemade apple pie a la mode. Speaking of traditions, we finished the month with our *fantastic* Halloween Bash! This sold out event featured a delicious baked potato bar that ended with some ghoulishly good treats. Thank you to Your Musical Memories for providing live entertainment and Happy at Home for sponsoring this wonderful event.

With the holiday season in full swing, we've got a full schedule of events for you guys. Starting with our Veterans Day Celebration on November 8<sup>th</sup>, we'll honor the men and women who served our country with a touching tribute and luncheon. Following that, let's share what we're thankful for at our Thanksgiving Feast on November 20<sup>th</sup>. Make sure you sign up soon though because both events have traditionally sold out every year. See inside for more details.

I hope you've all been good because Santa is coming back to town on Saturday, December 14 for the annual Breakfast with Santa. Mrs. Claus can't join us this year but she's sending her good friend, the Snow Queen, to help entertain the little ones. There are three different time slots to choose from but make sure to purchase tickets soon because we sold out last year. Cold weather got you feeling down? Join us on December 18 for a taste of the tropics with our Tropical Winter Holiday. See inside for more information on both events.

Did you know that we have a non-profit Senior Advisory Board? Interested in helping out the Senior Center but don't know how? We've got the answer! Joining the Cordova Senior Advisory Board is a great way to get involved. There are four positions that are opening during the next election period: President, Treasurer, and 2 Members-at-Large. Nominations are this month and elections will be held in December. More information on each position can be found inside.

#### Important Dates to Remember:

<b>November 5:</b> Android Basics Workshop	<b>November 18:</b> Collette Extended Travel
<b>November 8:</b> Veterans Day Celebration (no bingo)	<b>November 20:</b> Thanksgiving Feast (no bingo)
<b>November 11:</b> Center Closed for Veterans Day	<b>November 27:</b> Center closed at noon (no bingo)
<b>November 16:</b> San Francisco Shopping Trip	<b>November 28-29:</b> Senior Center closed for Thanksgiving Holiday
<b>November 18:</b> Senior Advisory Board Meeting	

#### 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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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.*

- Nov. 6th:** Mediterranean White Bean Soup w/ Ham & Broccoli Salad
- Nov. 13th:** Creamy Butternut Squash Soup w/ half BLT Sandwich
- Nov. 20th:** Green Thumb Lunch cancelled for Thanksgiving Feast (no bingo)
- Nov. 27th\*:** Turkey Noodle Soup w/ Build Your Own Salad Bar

*\*The Senior Center will close at noon on Weds., November 27th. There will be no bingo.*

## WII BOWLING

Wii Bowling will be held on November 12th & 19th 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 OCTOBER

- |               |         |
|---------------|---------|
| 1. GREG W.    | 278 PTS |
| 2. SHIRLEY G. | 201 PTS |
| 3. PAT R.     | 192 PTS |
| 4. PANCHING   | 170 PTS |



## GET UP 'N' GO

**Oakland Zoo's Zoolights**  
**Sunday, December 15, 2019**

**Fee: \$89/person**

Visit the Oakland Zoo during their annual holiday tradition, known as ZooLights, a festival of lights. Dinner is included.

**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.

# NOMINATIONS NOW OPEN

## CORDOVA SENIOR ADVISORY BOARD

Members of the Senior Center are encouraged to submit a nomination for anyone they think would do a good job representing the Cordova Senior Activities Center. And if you think that you'd be a great candidate for one of the positions below, don't be shy about nominating yourself! Nomination will take place from November 18-22. Nomination forms will be available at the front desk. Election of officers for all Board positions will be held December 9-13.

### Summary of Duties and Responsibilities

#### **The President shall:**

- Assume a leadership role as the Board carries out its mission, and to this end shall have general supervision and control of the business conducted by the Board.
- Preside at all regularly scheduled and executive Board meetings.
- Work with the Secretary to determine the topics to be included on the agenda for all Board meetings.
- Serve as the official representative of the Board whenever and wherever said representation is deemed appropriate.

#### **The Treasurer shall:**

- Be the custodian of all funds received by the Board, and in a timely manner deposit said funds into bank accounts maintained by the Board.
- Pay all routine bills in a timely manner. Obtain Board concurrence in the payment of any questionable bill.
- Keep accurate records of all receipts and disbursements.
- At all regularly scheduled Board meetings, present a Treasurer's Report to include the calendar period covered by the report, the beginning balance, total amounts received and disbursed during the period, and ending balance for all accounts.
- Prepare an annual financial report covering the Board's fiscal year. Said report shall be submitted to the Board no later than the 15th of January of the following year.

#### **At-Large members (2):**

- At-Large members, although they have no specific responsibilities, are voting members of the Board. As such, they are expected to be familiar with the with the operation of the Center, to attend all Board meetings, and to participate in the discussion of issues affecting the Center that may be raised at said meetings.
- Additionally, At-Large members may from time-to-time be asked to assist the Board in ways that are consistent with the Board's mission.

# Veterans Day CELEBRATION

FRIDAY, NOVEMBER 8 AT 11:30 A.M.  
VETERANS ARE COMPLIMENTARY\*

\*PLEASE RSVP BY NOVEMBER 1  
\$6/ADDITIONAL GUESTS  
NO TICKETS SOLD AT THE DOOR

Show your appreciation for the men and women who served to keep America safe and free. Enjoy a delicious luncheon served with a slice of apple pie a la mode. Live entertainment provided by the Moon Glow band.

### Menu:

Roasted Chicken, Creamy Mashed Potatoes, Sauteed Green Beans, Dinner Roll & slice of Apple Pie a la mode



*integra*  
Private and Personal Care Services

## Thanksgiving Feast



Wednesday, November 20 at 11:30 AM

\$6 for Members in Advance

\$8 for Non-Members in Advance

\$10 for Day-of-Event Purchases

\$5 per To-Go Box (pie not included)\*

Featuring the Sacramento Banjo Band

### Menu

Thanksgiving Roasted Turkey, Mashed Potatoes and Gravy, Traditional Green Bean Casserole, Candied Yams, Dressing, Dinner Roll and Pumpkin Pie for dessert

\*Prepay for a to-go box in advance to guarantee that you'll have a delicious meal to take home after the event. **Must preorder by Nov. 15.**



**Summerset**  
Senior Living



Saturday, December 14, 2019

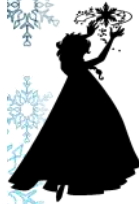
Fee: \$5 per person

(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

*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.

### 10 Superfoods for People Over 50 Newsmax (Barbro Bergfeldt/Dreamstime.com)

- ◆ Wild salmon. Fatty fish are higher in omega-3 fatty acids, which fight inflammation and remove triglycerides from the blood.
- ◆ Chia. These tiny black seeds are one of the healthiest foods around. Of particular interest are its concentrations of fiber and healthy fat. Fiber and omega-3s work together to keep your heart healthy.
- ◆ Black Beans. Black beans are an excellent source of soluble fiber, the type of fiber that is difficult to come by. It helps to pull cholesterol from the blood, lowering your LDL cholesterol level and reducing your risk of coronary heart disease.
- ◆ Kale. Kale is intensely rich in vitamins A, K, and C. In fact, one cup of this dark, leafy super food contains over 100% of the daily recommended value for each of these vitamins.
- ◆ Blackberries. Blackberries contain higher levels of fiber and antioxidants than most other berries.
- ◆ Almonds. Almonds are the most nutrient-dense nut, ranking highest in protein, calcium, vitamin E, magnesium, and folate.
- ◆ Kefir. Kefir is a fermented milk product that is similar to yogurt, but with a thinner consistency. The bacteria responsible for its fermentation are probiotics. Probiotics are the healthy bacteria that live in the gut and aid digestion.



Join us on Thursday,  
November 21, for our  
monthly birthday  
celebration!

Debbie Alexander	Ronnie Hall
Peggy Allen	Betty Hamzy
Robert Arriola	Doug Hilton
Vicky Barthel	Theo Huffins
Pamela Bradley	Trudy Hunter
Doris Campbell	Luz Johnson
Leland Colvin	Karen Johnston
Doris Condos	Taesuk Larson
Sharon Coxe	Luz Libre
Dawn Davison	Mary Little
Victor DeStefani	Marcia Moser
Kimberle Donovan	Sue Park
Marcy Drefs	Jeri Roberts
Richard Fairall	Terri Robinson
Rachelle Faucher	Lee Sanfilippo
Nancy Fillingame	Sue Ann Silva
Mona Foster	Margaret Spencer
Mike Fuller	Joyce Surette-Quigley
Dolores Gallagher	Bienvenida Tan
Sally Gonzalez	Richard Truax
Donna Gutierrez	Iva Lou Woodring

*(continued from left)*

- ◆ Russet Potatoes. Potatoes have earned a bad rap, but they're actually a nutrient-rich superfood. Potatoes can help prevent high blood pressure and reduce your risk for stroke and heart disease.
- ◆ Butternut Squash. This winter squash's orange hue means it's high in beta-carotene, an antioxidant that is converted to vitamin A in the body. Vitamin A helps maintain vision and decreases the risk of macular degeneration
- ◆ Ginger. Best known for its ability to eliminate gastrointestinal discomfort, ginger is a natural remedy for nausea and vomiting. Ginger also has an anti-inflammatory effect that helps relieve achy joints and stiff muscles.

# November 2019

Neil Orchard Senior Activities Center

3480 Rortier 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.

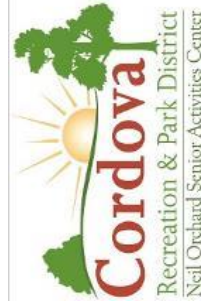
## Monday




## Tuesday

## Wednesday

## Thursday

## Friday



<p><b>4</b></p> <p>8-9 a.m. Senior Exercise Kundalini Yoga Walk With Ease HICAP Services 11 a.m. - 3 p.m. Bridge Card Group All Seasons Café 11:30 a.m. noon - 2 p.m. 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><b>5</b></p> <p>8 - 8:50 a.m. 9:30 - 11:30 a.m. 9:30 - 11:30 a.m. <b>10:30-12:30 p.m.</b> 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 &amp; Crocheting Group C.I.A. <b>Smartphone Workshop</b> All Seasons Café Ceramics Intro. &amp; Beg. Line Dance Mat Pilates Restorative Yoga</p>	<p>*All dates and times are subject to change without notice</p> <p><b>6</b></p> <p>8 - 9 a.m. 9:15 - 10:15 a.m. 9:30 - 10:30 a.m. 9:30 - 11:30 a.m. 10:30 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. 5 - 6:45 p.m.</p> <p>Senior Exercise Kundalini Yoga Walk With Ease Arts &amp; Crafts Garden Club Meeting Green Thumb Lunch Bingo Zumba Gold Fall Prevention (cxl) Active Adult Cardio HIIT (cxl) Introduction to Guitar</p>	<p>*Lunch served M-F, please see front desk for menus and to make reservations</p> <p><b>7</b></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 &amp; Foot Card Group Mat Pilates Restorative Yoga</p>	<p><b>1</b></p> <p>8 - 9 a.m. 9:15 - 10:15 a.m. 9:30 - 10:30 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 Walk With Ease Beginning Ceramics All Seasons Café Bingo Ceramics Zumba Gold</p>
<p><b>11</b></p>  <p>8-9 a.m. Senior Exercise Kundalini Yoga Walk With Ease Advisory Board Meeting <b>Extended Travel with Collette Vacations</b> HICAP Services 11 a.m. - 3 p.m. 11 a.m. - 3:30 p.m. 11:30 a.m. noon - 2 p.m. 2:30 - 3:30 p.m.</p>	<p><b>12</b></p> <p>8 - 8:50 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. 4:40 - 5:30 p.m. 5:40 - 6:45 p.m.</p> <p>Tai Chi Chuan Knitting &amp; Crocheting Group C.I.A. All Seasons Café Wii Bowling Ceramics Intro. &amp; Beg. Line Dance Mat Pilates Restorative Yoga</p>	<p><b>13</b></p> <p>8 - 9 a.m. 9:15 - 10:15 a.m. 9:30 - 10:30 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. 5 - 6:45 p.m.</p> <p>Senior Exercise Kundalini Yoga Walk With Ease Arts &amp; Crafts Bridge Card Group Green Thumb Lunch Bingo Zumba Gold Fall Prevention Training Active Adult Cardio HIIT Advanced Guitar</p>	<p><b>14</b></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 &amp; Foot Card Group Mat Pilates (cancelled) Restorative Yoga</p>	<p><b>15</b></p> <p>8 - 9 a.m. 9:15 - 10:15 a.m. 9:30 - 10:30 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 Walk With Ease Beginning Ceramics All Seasons Café Bingo Ceramics Zumba Gold</p> <p><b>**San Francisco Shopping Daytrip** Saturday, November 16, 2019</b></p>
<p><b>18</b></p> <p>8-9 a.m. 9:15 - 10:15 a.m. 9:30 - 10:30 a.m. 10:30 a.m. <b>10:30 a.m.</b> 11 a.m. - 3 p.m. 11 a.m. - 3:30 p.m. 11:30 a.m. noon - 2 p.m. 2:30 - 3:30 p.m.</p> <p>Senior Exercise Kundalini Yoga Walk With Ease Advisory Board Meeting <b>Extended Travel with Collette Vacations</b> HICAP Services 11 a.m. - 3 p.m. 11 a.m. - 3:30 p.m. 11:30 a.m. noon - 2 p.m. 2:30 - 3:30 p.m.</p>	<p><b>19</b></p> <p>8 - 8:50 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 &amp; Crocheting Group C.I.A. All Seasons Café Wii Bowling Ceramics Intro. &amp; Beg. Line Dance Mat Pilates Restorative Yoga</p>	<p><b>20</b></p> <p>8 - 9 a.m. 9:15 - 10:15 a.m. 9:30 - 10:30 a.m. 9:30 - 11:30 a.m. <b>11:30 a.m.</b> 2:30 - 3:30 p.m. 4:40 - 5 p.m. 5 - 5:45 p.m. 5 - 6:45 p.m.</p> <p>Senior Exercise Kundalini Yoga Walk With Ease Arts &amp; Crafts <b>Thanksgiving Feast (BINGO CANCELLED)</b> Zumba Gold Fall Prevention Training Active Adult Cardio HIIT Advanced Guitar</p>	<p><b>21</b></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 Birthday Celebration Advance Line Dance Hand &amp; Foot Card Group Mat Pilates Restorative Yoga</p>	<p><b>22</b></p> <p>8 - 9 a.m. 9:15 - 10:15 a.m. 9:30 - 10:30 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 Walk With Ease Beginning Ceramics All Seasons Café Bingo Ceramics Zumba Gold</p>
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# Halloween Bash & Mad Hatter Tea Party

