



### “Lunar New Year”

By Heather Schelske

Neil Orchard Senior Activities Center Supervisor



We started the year with our fifth annual Polar Bear Plunge. Although it was a small crowd, it was a mighty tough crowd who came together to plunge for a purpose. For the senior center staff, this year’s purpose was the Camp Fire victims. Together with our dedicated plunger, Ann Taylor, the senior center raised just under \$700 to be given to the Golden Valley Bank Community Foundation to help with local relief for the town of Paradise. Good Day Sacramento filmed the event for their morning segment and featured a great interview with Ann. A big shout out to Ann Taylor, Jenny and Greg for taking the plunge for Paradise!

Still struggling with those new year resolutions made last month? Well luckily for us, the Lunar Year is just beginning. Let’s kick it off with a feast! On February 6<sup>th</sup>, we’ll be hosting our annual Chinese New Year Celebration. There will be an interactive Tai Chi demonstration led by our Tai Chi instructor, Kathy V., followed by a scrumptious Chinese feast. Make sure you get your tickets before they sell out. More information can be found inside.

With the new year, comes a new park district activity guide. In the next week or so you should be receiving CRPD’s new Spring/Summer activity guide in your mailbox. The guide will list all our classes, events and trips through the end of August. For those still struggling to commit to their fitness goals, one of the new classes we’ll be offering is called Walk with Ease. This six-week program is designed to help keep us moving which will reduce or give relief to those with arthritis. We’ll continue to update you with more information as staff begins their training for the class. The first meeting is on April 1<sup>st</sup> and that’s no joke.

On February 14<sup>th</sup>, as people all across the world celebrate love and friendship, don’t forget to tell your love ones how much you care for them. *“Deep within us—no matter who we are—there lives a feeling of wanting to be lovable, of wanting to be the kind of person that others like to be with. And the greatest thing we can do is to let people know that they are loved and capable of loving.” — From The World According To Mister Rogers*

### Important Dates to Remember:

**Feb. 6:** Chinese New Year Celebration  
**Feb. 11:** Senior Advisory Board Meeting  
**Feb. 11:** Wills & Trusts Presentation  
**Feb. 18:** **Center Closed in Observance of Presidents’ Day**

**Feb. 21:** Monthly Birthday Celebration  
**Feb. 25-26:** Amtrak to the Biggest Little City Trip  
**March 4:** Collette Travel Presentation  
**March 13:** St. Patrick’s Day Celebration

#### Business Hours

Mon. - Thurs. 7:30am—4:30pm  
 Fridays 7:30am—3:30pm

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



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

- Feb. 6th:** Chinese New Year Celebration (No Bingo)
- Feb. 13th:** Wonton Noodle Soup w/ Chinese Chicken Salad
- Feb. 20th:** Turkey & Rice Soup w/ BLT (half) Sandwich
- Feb. 27th:** Creamy Zucchini Soup w/ Build Your Own Salad Bar



### Wii BOWLING



Wii Bowling will be held on February 12th & 19th from 12-1 PM. Compete against your friends to see who gets the top score. This low impact game is great for all ages!

#### TOP 4 BOWLERS OF JANUARY

- |               |         |
|---------------|---------|
| 1. MARY D.    | 203 PTS |
| 2. GREG W.    | 202 PTS |
| 3. PAT R.     | 173 PTS |
| 4. SHIRLEY G. | 169 PTS |

### Cordova Senior Advisory Board Elections

The results are in and the people have spoken! Congratulations to Christina Poole who was reelected Vice-President and Pat Shippy who was reelected for At-Large Member. Interested in playing a bigger role at the center? The Advisory Board still has positions open. Please see Board President Kathie Jacobs or come to the next board meeting on February 11 for more info.



### In Recognition of Exemplary Patriotism

The Neil Orchard Senior Activities Center was awarded with a certificate from the National Society of the Sons of the American Revolution in recognition of exemplary patriotism in the display of the flag of the United States of America. Thank you to Greg and Rell for their dedication to taking care of the flag.

### GET UP 'N' Go

#### Mystery Trip



**Thursday, March 21, 2019**  
**\$135 per person**

Be adventurous and join us for a day of exploring your wild side with lunch included. Make sure to wear comfortable walking shoes.

#### Eleven Roses Ranch

**Thursday, April 18, 2019**  
**\$128 per person**

Enjoy the rich history of life from the 1800s to present day while sampling some of Lake County's award winning wines and scrumptious hors d'oeuvres.

#### Castroville Artichoke Festival

**Sunday, June 2, 2019**  
**\$97 per person**

Celebrating its 60th year, the annual Castroville Artichoke Food & Wine Festival began in 1959 as a harvest festival to celebrate the iconic artichoke and the region known as the "Artichoke Center of the world." The fun includes live entertainment, artichoke eating contest, field tours, vendors, artichoke food demos, and more!

**Pageo Lavender Farm**  
**Tuesday, June 25, 2019**  
**\$79 per person**

Every June, the relaxing aromas of lavender fill the air and beautiful purple hues blanket the fields at Pageo Farm. Enjoy a short tour of the farm as you walk out into the fields, learning about the history of lavender, the farm and how it's harvested.



**Chinese New Year Celebration**  
**Wednesday, February 6 at 11:30AM**  
**\$6 for Members in Advance**  
**\$8 for Non-Members in Advance**  
**\$12 on Day of Event**

Celebrate the Lunar New Year with a delicious Chinese feast. Enjoy entertainment and door prizes. According to the Chinese zodiac, 2019 will be the year of the Pig. It is said that people born in the year of the Pig are faithful in friendship, stylish, perfectionist and hardworking.

Menu: Chow Mein, BBQ Pork Fried Rice, Sweet & Sour Chicken, Broccoli Beef and Dessert



**Wills & Trusts**  
**Monday, February 11 at 10AM**  
**RSVP At the Front Desk**

Presented by the Senior Legal Hotline of Northern California, this workshop will help provide you with the information needed to plan for your estates.



**Soil Born Farms Demonstration**

The cooking demonstration has been **CANCELLED** for February 11th and rescheduled to April 8th.



**Collette Travel Presentation**  
**Monday, March 4 at 1:30PM**  
**RSVP At the Front Desk**

Join us for an informative presentation on upcoming trips. Refreshments served.



**St. Patrick's Day Celebration**  
**Wednesday, March 13 at 11:30AM**  
**\$6 for Members in Advance**  
**\$8 for Non-Members in Advance**  
**\$10 on Day of Event**

Put on your green and join us for a wee bit o'fun at our annual St. Patrick's Day Celebration. Enjoy homemade corned beef and cabbage, potatoes, and a deliciously festive dessert.



**Get Up N' Go: Daytrip Presentation**  
**Thursday, March 21 at 2:30-3:30PM**  
**RSVP At the Front Desk**

Join us for an informative presentation on upcoming daytrips. Refreshments served.

## 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. Please join us on the February 13 at 10:30am.

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.

### DIY BIRD SEED FEEDERS

[www.weknowstuff.us.com](http://www.weknowstuff.us.com)

#### Materials:

•3/4 cup flour	•3 tablespoons corn syrup
•1/2 cup warm water	•4 cups birdseed
•1 packet unflavored gelatin	

#### Directions:

Step 1: Mix gelatin with warm water. Set aside. Place all of the other ingredients into one large bowl and pour the water over it. Mix together.

Step 2: Use vegetable oil on a paper towel to coat the insides of the cookie cutters; this will allow you to remove the ornaments from the cookie cutters easily.

Step 3: Spread waxed paper over your work area, then fill the insides of the cookie cutters with birdseed mixture, packing tightly.

Step 4: Poke a drinking straw near the top of each ornament to make a hole for hanging.

Step 5: Carefully remove each ornament and set on waxed paper. Let dry for several hours.

Step 6: Once the ornaments are dry, you can use peanut butter to decorate the rims and insides with other seeds. For example, spread a line of peanut butter around an outside rim, then press thistle onto the rim. Or use peanut butter to create a heart shape atop a circle, and press in thistle and corn kernels.

Step 7: Thread ribbon through the hole, and hang on a tree.



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

Claudia Alstrom	Hyo Kim
Hannah Anderson	Kim Lecam
Pam Andon	Suill Lee
Daniel Black	Donna Leslie
Donna Bonagura	Judy Mack
Nancy Boyd	Fred McCollum
Camille Bush	John McCorkell
Carol Chan	Don Migge
Marcus Chaw	Mary Jane Motter
Arlene Chinn	Arthur Paletta
Joyce Clark	Josephine Paulraj
Stephanie Danis	Michael Pennington
Jayaprada Dasyam	Mei Perry
Antonio Enriquez	Sharon Ramirez
Mary Fairall	Marlene Reed
Ophelia Farrell	Charlene Rees
Mary Flink	John Regala
Rosalie Galleher	Leticia Rico
Dorothy Gorman	Gretchen Simmons
Florence Gouker	Melecio Suarez-Garia
Vikash Gulati	Linda Tarrant
David Allen Hunt	Leslie Thorpe
Bice Jenkins	Shari Townley
Diana Katz	Robert Vail
Jennifer Kauta	

# February 2019

Neil Orchard Senior Activities Center  
 3480 Router Road, Sacramento, CA 95827 916-366-3133  
 Monday-Thursday: 7:30AM-4:30PM / Friday: 7:30AM-3:30PM


## Monday

## Tuesday

## Wednesday

## Thursday

## Friday

<p><b>4</b></p> <p>8-9AM Senior Exercise                  9:15-10:15AM Kundalini Yoga                  11AM-3PM HICAP Services                  11AM-3PM Bridge Card Group                  11:30AM All Seasons Café                  12-2PM Bingo                  2:30-3:30PM Zumba Gold</p>	<p><b>5</b></p> <p>8:00-8:50AM Tai Chi Chuan                  9:30-11:30AM Knitting &amp; Crocheting Group                  9:30-11:30AM Cordova Independent Artists                  11:30AM All Seasons Café                  12:30-3:30PM Ceramics                  1:30-3:30PM Intro. &amp; Beg. Line Dance                  4:40-5:30PM Mat Pilates                  5:40-6:45PM Restorative Yoga</p>	 <p><b>6</b></p> <p>8-9AM Senior Exercise                  9:15-10:15AM Kundalini Yoga                  9:30-11:30 AM Arts &amp; Crafts                  11:30AM Chinese New Year Celebration                  2:30-3:30PM Zumba Gold                  4-6:45PM Intro to Guitar (Kids &amp; Adults)                  4:35-5PM Fall Prevention Wght Training                  5-5:45PM Active Adult Cardio HIIT</p>	<p><b>7</b></p> <p>8:00-9:50AM Tai Chi Chuan                  9AM-1PM Glass Fusion                  11:30AM All Seasons Café                  1-3:20PM Advance Line Dance                  1:00-5:30PM Hand &amp; Foot Card Group                  4:40-5:30PM Mat Pilates                  5:40-6:45PM Restorative Yoga</p>	<p><b>1</b></p> <p>8-9AM Senior Exercise                  9:15-10:15AM Kundalini Yoga                  11:30AM All Seasons Café                  12-2PM Bingo                  12:30-3:30PM Ceramics                  2:30-3:30PM Zumba Gold</p>
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# *Polar Bear Plunge 2019 & 2018 Year End Snap Shots*

**St. Patrick's Day**



**Volunteer Appreciation**



**Fiesta Party**



**Summer Days BBQ**



**Polar Bear Plunge 2019**



**Hawaiian Luau**



**Halloween Party**



**Veterans Day Celebration**



**Thanksgiving Celebration**

