



“A Time to Remember, Honor and Celebrate”

By Heather Schelske

Neil Orchard Senior Activities Center Supervisor



Last month, we celebrated St. Patrick’s Day with a traditional meal of corned beef, cabbage, potatoes and carrots. With over a hundred people in attendance, it was a packed house! The Your Musical Memories Band livened things up and got people on their feet dancing and doing the conga. Missed out on the fun? Make sure you check out the insert for pictures of the festivities.

It’s a bird! It’s a plane! It’s a SUPER VOLUNTEER! Here at the senior center, we know that not all heroes wear capes; some of them volunteer. We are blessed with a league of over 50 volunteers who help us in the kitchen, during special events, set up programs, oversee our special interest groups, and so much more! Please join us on April 10 to celebrate these special individuals. A big thank you to KP International Market and Sunrise Senior Living for their generous sponsorship of this event. See inside for more details.

As many of you may already know, last month we lost a special lady who was very dear to our hearts. Minnie Connor passed away unexpectedly at the young age of 92. Minnie had been volunteering at the Senior Center since the day its doors opened in 1987. With almost 32 years and 11,386 hours of dedicated volunteer service, Minnie had the most volunteer hours in all of Sacramento County. Coming in almost every single day, Minnie was always ready to lend a helping hand or offer a kind word. Because of this, she was not only cherished by the staff but by all the center’s participants as well. Minnie showed us what it meant to live selflessly and how important it is to continue to give back. Thank you, Minnie, for taking care of us for all these years. You will be deeply missed.

Minnie Connor receiving her certificate of recognition from the Retired and Seniors Volunteer Program (RSVP) for her 30 years of volunteer service. Minnie received a standing ovation with hundreds of people admiring her selfless dedication.



Important Dates to Remember:

April 1:	**NEW Walk With Ease Class	April 18:	Eleven Roses Ranch Trip
April 8:	Cordova Senior Advisory Board	April 18:	Monthly Birthday Celebration
April 8:	Soil Born Farms Demonstration	April 23:	iPhone Basics Presentation
April 10:	Volunteer Appreciation Luncheon	May 4:	Community Yard Sale
April 13:	Baked Potato Bar & Bingo Fundraiser	May 14:	Android Basics 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

Like us on **facebook** 

Facebook.com/
NeilOrchardSeniorActivitesCenter



GREEN THUMB LUNCH

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



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

- April. 3rd:** Chicken Corn Chowder
w/ Olive Garden Style Salad
- April. 10th:** Volunteer Appreciation Celebration
(No Bingo)
- April. 17th:** Loaded Baked Potato Soup
w/ (half) Tuna Salad Sandwich
- April. 24th:** Vegetarian Chili Soup
w/ Build Your Own Salad Bar



WII BOWLING



Wii Bowling will be held on April 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 MARCH

- | | |
|---------------|---------|
| 1. SHIRLEY G. | 234 PTS |
| 2. GREG W. | 222 PTS |
| 3. MARY D. | 212 PTS |
| 4. PAT R. | 199 PTS |



SOIL BORN FARMS
urban agriculture & education project

Soil Born Farms Demonstration

Monday, April 8 at 10:30 a.m.
RSVP at the Front Desk

Recently featured in the Grapevine Newspaper, staff from the local Soil Born Farm will help you explore and master simple vegetarian recipes using seasonal produce.



iPhone Basics Presentation

Tuesday, April 23 at 9:30 a.m.
RSVP at the Front Desk



Did you get a new iPhone, but are not sure how to use it? Come to this interactive beginner's course on how to use your new gadget.



Android Basics Presentation

Tuesday, May 14 at 9:30 a.m.
RSVP at the Front Desk



Maybe you received a new Android phone over the holidays and aren't sure how to use it... so come to this interactive beginner's course on how to use your new gadget.

GET UP 'N' GO

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

Celebrate the annual Castroville Artichoke Food & Wine Festival's 60th anniversary in the "Artichoke Center of the World." The fun includes live entertainment, artichoke eating contest, field tours, vendors, artichoke food demos and much 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.


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.

VOLUNTEER
APPRECIATION CELEBRATION
 Weds., April 10 at 11:30 a.m.
 Invited Volunteers Complimentary
 \$6 for members/ \$8 for non-members
 \$10 day of event

Not all heroes wear capes!
 Our volunteers are our heroes.
 Come join us in celebrating their
 super amazing-ness. Volunteers
 please RSVP by April 1.

Menu: Sliced Tri-Tip, Creamy Garlic
 Mashed Potato, Roasted Asparagus,
 Dinner Roll and a dessert

Event Sponsored by:
 



Community Yard Sale
Saturday, May 4, 2019
8 a.m. - 2 p.m.
FREE to Attend
15x15 Vendor Space: \$20

Would you like to clean out your closets and make some money, but don't want the hassle of having a yard sale at your home? Take advantage of our advertising and join us for our annual Community Yard Sale. You can rent a 15'x15' outdoor space for \$20. For more information or to reserve your space, please pick up a flyer at the front desk.

Want to help, but don't want to be a vendor? Donate your items for the Advisory Board to sell.



**Baked Potato
& Bingo Fundraiser**



Saturday, April 13 at 11a.m.
\$5 per person for Baked Potato Bar
\$3 per person buy in for Bingo
Cash or Check Only

Enjoy a baked potato bar with all the fixings from 11 a.m. to 12 p.m. Then stick around for Bingo from 12 p.m. to 2:30 p.m. This fundraiser is hosted by the Cordova Senior Advisory Board. All proceeds to benefit the Neil Orchard Senior Activities Center.



National Pizza Party Day
Friday, May 17 at 11:30 a.m.
\$5 for members / \$8 for non-members
\$10 day of event

We know it's cheesy, but we love an excuse to celebrate! Your Pizza Party ticket includes a slice of pepperoni or cheese pizza, green salad and a beverage.



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.

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.

5 Things That'll Make Your Houseplant Very Happy This Spring—By Emma Loewe

Some advice on how to best support plants during spring from Rebecca Bullene (founder of Greenery NYC) - tips for refreshing your plant pal as temps climb:

- Prune it – “You should be regularly cleaning your plants—but spring is a great time to really go through and get rid of dead material.” Once a leaf goes brown, you're better off cutting it yourself. “Pruning really stimulates growth, so it's a great thing to do in the spring.”
- Dust it – Mist a microfiber cloth with water and spray your plant's leaves to wash off any dust that's built up over the winter. Pro tip: A plant that feels furry, like a staghorn fern, should be left alone.
- Refresh soil with fertilizer - Sunlight is like food for your plant, and once spring hits, there's more sunlight. Help your plant thrive and grow to its fullest potential by making sure its home (aka soil) is healthy. Look for a fertilizer that is nitrogen-free if you want to promote a more gentle, sustainable growth.
- Water it more – Bullene's golden rule of plant parenthood (“more light, more water”), means your watering routine increases. You should be watering more frequently, once every week or two. Once you do, beware of the telltale sign of overwatering: brown spots on leaves. And some plants might also appreciate less direct light in spring.



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

Aubrey Anderson	Charleen Lee
Jim Anderson	Monta Sue Lewis
Billie Barker	Margaret Linden
Daniel Barthel	Kurt Linn
Toni Bohl	Pamela Martin
Karlene Brown	Gwendolyn Martin
Curtis Bryant	George McDonald
Anna Coleman	Lorraine McIntyre
Petey Connolly	Josh Merrill
Virginia Davis	Gary Morgan
Sally Durst	Mary Page
Aida Enriquez	Roberta Parker
Ray Gallagher	Kathleen Pederson
David Gallegos	Maria Ramrez
Shirley Gaustad	JoAnn Scott
Sandra Green	Dietta Steiner
Anna Greene	Barbara Taylor
Christina Gurule	James Tremblay
Anthony Gurule	Stanley Tucker
Phyllis Gutierrez	Natividad Viana
Stan Hall	Ann Barbara Weber
Sara Heffel	Charles Whitney
Rebecca Jagers	Rose Wilson
Janice Joe	

(continued from Gardening News)

- Optional: Transplant to a new pot (carefully!) - move it to a roomier pot with some new soil before spring and summer hit. But proceed with caution! “I think it's fine to change out the soil in spring, but I would never do a full rinse of soil because there are good microbes that live in there,” Bullene explains. In short: You should leave all of the root soil intact because your plant has grown accustomed to it.

Here's to a happy home for you and your plants this spring.

April 2019

Neil Orchard Senior Activities Center

3480 Rautier 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.

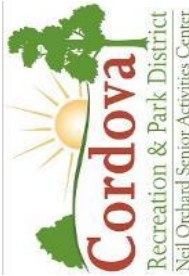
Monday

Tuesday

Wednesday

Thursday

Friday

<p>1</p> <p>8-9 a.m. Senior Exercise Kundalini Yoga Walk With Ease HICAP Services Bridge Card Group All Seasons Café Bingo Zumba Gold</p>	<p>2</p> <p>8 - 8:50 a.m. Tai Chi Chuan 9:30 - 11:30 a.m. Knitting & Crocheting Group 9:30 - 11:30 a.m. Cordova Independent Artists 11:30 a.m. All Seasons Café 12:30 - 3:30 p.m. Ceramics 1:30 - 3:30 p.m. Intro. & Beg. Line Dance 4:40 - 5:30 p.m. Mat Pilates (cancelled) 5:40 - 6:45 p.m. Restorative Yoga (cancelled)</p>	<p>3</p> <p>8 - 9 a.m. Senior Exercise Kundalini Yoga Arts & Crafts Garden Club Meeting 10:30 - 11:30 a.m. Walk With Ease 11:30 a.m. Green Thumb Lunch noon - 2 p.m. Bingo 2:30 - 3:30 p.m. Zumba Gold 4:35 - 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>4</p> <p>8 - 9:50 a.m. Tai Chi Chuan 9 a.m. - 1 p.m. Glass Fusion 11:30 a.m. All Seasons Café 1 - 3:20 p.m. Advance Line Dance 1 - 5:30 p.m. Hand & Foot Card Group 4:40 - 5:30 p.m. Mat Pilates 5:40 - 6:45 p.m. Restorative Yoga</p>	<p>5</p> <p>8 - 9 a.m. Senior Exercise Kundalini Yoga Walk With Ease All Seasons Café Bingo Ceramics Zumba Gold</p>
<p>8</p> <p>8-9 a.m. Senior Exercise Kundalini Yoga Senior Advisory Board 10:30 - 11:30 a.m. Walk With Ease 10:30 - 11:30 a.m. Soil Born Farms HICAP Services All Seasons Café Bingo Zumba Gold</p>	<p>9</p> <p>8 - 8:50 a.m. Tai Chi Chuan 9:30 - 11:30 a.m. Knitting & Crocheting Group 9:30 - 11:30 a.m. Cordova Independent Artists 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. & Beg. Line Dance 4:40 - 5:30 p.m. Mat Pilates (cancelled) 5:40 - 6:45 p.m. Restorative Yoga (cancelled)</p>	<p>10</p> <p>8 - 9 a.m. Senior Exercise (cancelled) 9:15 - 10:15 a.m. Kundalini Yoga (cancelled) 9:30 - 11:30 a.m. Arts & Crafts 10:30 - 11:30 a.m. Walk With Ease 11:30 a.m. Volunteer Appreciation 12:30 - 3:30 p.m. Bridge Card Group 2:30 - 3:30 p.m. Zumba Gold 4:35 - 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>11</p> <p>8 - 9:50 a.m. Tai Chi Chuan (cancelled) 9 a.m. - 1 p.m. Glass Fusion 11:30 a.m. All Seasons Café 1 - 3:20 p.m. Advance Line Dance 1 - 5:30 p.m. Hand & Foot Card Group 4:40 - 5:30 p.m. Mat Pilates 5:40 - 6:45 p.m. Restorative Yoga</p>	<p>12</p> <p>8 - 9 a.m. Senior Exercise Kundalini Yoga Walk With Ease All Seasons Café Bingo Ceramics Zumba Gold</p> <p>**Baked Potato Bar & Bingo Fundraiser Saturday, April 13 at 11 a.m.</p>
<p>15</p> <p>8-9 a.m. Senior Exercise Kundalini Yoga Walk With Ease HICAP Services Bridge Card Group All Seasons Café Bingo Zumba Gold</p>	<p>16</p> <p>8 - 8:50 a.m. Tai Chi Chuan (cancelled) 9:30 - 11:30 a.m. Knitting & Crocheting Group 9:30 - 11:30 a.m. Cordova Independent Artists 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. & Beg. Line Dance 4:40 - 5:30 p.m. Mat Pilates 5:40 - 6:45 p.m. Restorative Yoga</p>	<p>17</p> <p>8 - 9 a.m. Senior Exercise Kundalini Yoga Arts & Crafts 10:30 - 11:30 a.m. Walk With Ease 11:30 a.m. Green Thumb Lunch Bingo 2:30 - 3:30 p.m. Zumba Gold 4:35 - 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>18</p> <p>8 - 9:50 a.m. Tai Chi Chuan 9 a.m. - 1 p.m. Glass Fusion 11:30 a.m. All Seasons Café 11:45 a.m. Birthday Celebration 1 - 3:20 p.m. Advance Line Dance 1 - 5:30 p.m. Hand & Foot Card Group 4:40 - 5:30 p.m. Mat Pilates 5:40 - 6:45 p.m. Restorative Yoga</p> <p>**Eleven Roses Ranch Daytrip**</p>	<p>19</p> <p>8 - 9 a.m. Senior Exercise Kundalini Yoga Walk With Ease All Seasons Café Bingo Ceramics Zumba Gold</p>
<p>22</p> <p>8-9 a.m. Senior Exercise Kundalini Yoga Walk With Ease HICAP Services All Seasons Café Bingo Bunco Group Zumba Gold</p>	<p>23</p> <p>8 - 8:50 a.m. Tai Chi Chuan 9:30 - 11:30 a.m. iPhone Basics 9:30 - 11:30 a.m. Knitting & Crocheting Group 9:30 - 11:30 a.m. Cordova Independent Artists 11:30 a.m. All Seasons Café 12:30 - 3:30 p.m. Ceramics 1:30 - 3:30 p.m. Intro. & Beg. Line Dance 4:40 - 5:30 p.m. Mat Pilates 5:40 - 6:45 p.m. Restorative Yoga</p>	<p>24</p> <p>8 - 9 a.m. Senior Exercise Kundalini Yoga Arts & Crafts 10 - 11 a.m. Senior Social Group 10:30 - 11:30 a.m. Walk With Ease 11:30 a.m. Green Thumb Lunch noon - 2 p.m. Bingo 12:30 - 3:30 p.m. Bridge Card Group 2:30 - 3:30 p.m. Zumba Gold 4:35 - 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>25</p> <p>8 - 9:50 a.m. Tai Chi Chuan 9 a.m. - 1 p.m. Glass Fusion 11:30 a.m. All Seasons Café 1 - 3:20 p.m. Advance Line Dance 1 - 5:30 p.m. Hand & Foot Card Group 4:40 - 5:30 p.m. Mat Pilates 5:40 - 6:45 p.m. Restorative Yoga</p>	<p>26</p> <p>8 - 9 a.m. Senior Exercise Kundalini Yoga Walk With Ease All Seasons Café Bingo Ceramics Zumba Gold</p>
<p>29</p> <p>8-9 a.m. Senior Exercise Kundalini Yoga Walk With Ease HICAP Services All Seasons Café Bingo Zumba Gold</p>	<p>30</p> <p>8 - 8:50 a.m. Tai Chi Chuan 9:30 - 11:30 a.m. Knitting & Crocheting Group 9:30 - 11:30 a.m. Cordova Independent Artists 11:30 a.m. All Seasons Café 12:30 - 3:30 p.m. Ceramics 1:30 - 3:30 p.m. Intro. & Beg. Line Dance 4:40 - 5:30 p.m. Mat Pilates 5:40 - 6:45 p.m. Restorative Yoga</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>*Lunch served M-F, please see front desk for menus and to make reservations</p> <p>*All dates and times are subject to change without notice</p>	

St. Patrick's Day Celebration 2019

