

“End of Summer”

By Heather Schelske—Neil Orchard Senior Activities Center Supervisor



As the center starts to slowly reopen it has been great to see so many members back and many of our classes resuming. Our first event back was National Senior Citizens Day, and it was a wonderful success that brought back a feeling of normalcy. With the sponsorship of Summerset Senior Living, we were able to have a delightful meal and many door prizes. Our membership appreciation day with banana splits was yummy. Moving Bingo back inside on Wednesday and Fridays has been a great way to get everyone out of the hot weather. Adding an additional Green Thumb lunch every other Friday has been a good addition and being able to eat inside rather than driving through and grabbing a bag lunch has brought back a sense of community here at the center. Remember to make a reservation in advance to save \$1 on your lunch!

In September we will continue to bring back some more classes. We have a new Paint Party class that will start this month and you don't even have to be an artist! Art's & Crafts class will also resume this month. Some of our exercise classes have decided to enjoy the cool morning air and stay outside while many of our afternoon classes are happy to be back inside with the air conditioner.

This month we will be celebrating Cheeseburger Day on September 15th. Make sure to get your tickets in advance. Next month we will be holding our annual Halloween Party and the Moon Glow band will be playing. With all our events we will be limiting the attendance so these events will sell out quickly.

Do you have a doggie? If so, join us at Hagan Dog Park on September 18th for our annual Doggie Day in the Park. This event will feature resource and information booths, an agility obstacle course, and other contests and prizes. Join us for this event for dog lovers!

Please remember to always wear a mask indoors unless you are eating. We need to follow the County regulations and do our part to help slow the spread of COVID and keep the center doors open.



**The Senior Center will be closed
Monday, September 6
in observance of Labor Day.**



Important Dates to Remember:

September 6:	Senior Center Closed
September 15:	National Cheeseburger Day
September 18:	Doggie Day In The Park

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



DOGGIE DAY IN THE PARK

**Saturday, September 18, 2019
8 a.m. - noon**

**Hagan Community Dog Park
FREE TO ATTEND**

Vendor Fee: \$30 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 10th. Vendor applications may be obtained from the Senior Center front desk.

Celebrating Veteran's Day

Free for veterans with advance reservation

\$6 members / \$8 Non-Members

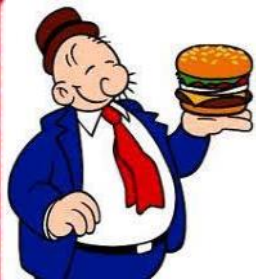
No Tickets Will Be Sold At The Door

Space is limited: RSVP by Nov. 5

Wed Nov 10th 11:30-12:30

Come show your appreciation for the men and women who served to keep America safe and free.

Enjoy a delicious lunch while listening to patriotic music provided by the *Moon Glow Band*.



National Cheeseburger Day!

Wednesday, Sept. 15 at 11:30 a.m.

**Advance Tickets: \$6 Member
\$8/Non-Member**

Day of Event: \$10/Person

Space is Limited: Please RSVP

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.



HALLOWEEN BASH

WEDNESDAY, OCTOBER 27 AT 11:30 A.M.

\$6/MEMBERS IN ADVANCE

\$8/NON-MEMBERS IN ADVANCE

\$10/DAY OF EVENT

SPACE IS LIMITED PLEASE RSVP

The werewolves will howl, the monsters will mash! It's time to celebrate, with a Halloween Bash! Come dressed in your spooky best and be ready to eat, drink, and be scary!

Featuring live music by the Moon Glow Band!

Enjoy mummy, er, YUMMY feast and Ghoulishly Good Dessert





GREEN THUMB LUNCH

Get your taste buds ready for some great autumn lunches:
\$4 per Person in advance
\$5 Day Of and To go.



Make sure to register in advance at the front desk to save \$1 and ensure that we make enough meals.

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

- September 1st: Minestrone Soup & Egg Salad Sandwich
- September 8th: Split Pea Soup & Chicken Caesar Salad
- September 10th: Won Ton Soup & Thai Peanut Salad
- September 15th: National Cheeseburger Day (Bingo will follow)
- September 22nd: Loaded Potato Soup & Half Hot Ham and Cheese Sandwich
- September 24th: Italian Lentil Soup & Broccoli Salad
- September 29th: Chicken Tortilla Soup & Taco Salad

ON-GOING MEMBER ACTIVITIES

Non-members pay \$1 drop-in fee per activity.

Library & Lounge Daily 7:30 a.m.-4 p.m.

Jigsaw Puzzle Swap Daily 7:30 a.m.-4 p.m.

Billiards Daily 7:30 a.m.-4 p.m.

Bingo Wed/Fri 12-2 p.m.

Hand & Foot* Thurs 12:30-4 p.m.

**Must call before attending card groups*

Halloween Raffle!

Support the Senior Advisory Board!

Tickets: \$1 each / \$5 for 6

Purchase tickets at the Front Desk

Prize Basket Includes:

- Cheese Serving Set
- Airwick Air Fresheners
- RCSC Water Bottle
- Peppermint Tea
- 2 Mugs
- Pumpkin Tea Towel
- Handmade Cards
- Mini Flashlight
- Puzzle
- Foaming Hand Soap
- Word Search Puzzle Book
- \$15 Taco Bell Gift Card
- \$15 KFC Gift Card
- \$20 in Starbucks Gift Cards

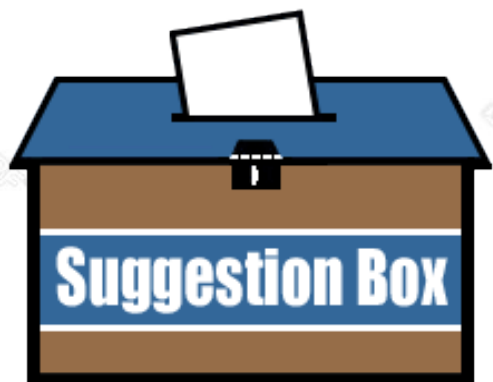
We are Silver & Fit and Active & Fit!

The Silver&Fit and Active & Fit programs are exercise and healthy programs specifically designed for adults ages 65+ who want to improve their quality of life through exercise and fun. Members of participating health plans may qualify for free or discounted fitness classes. Check with your insurance carrier to see if you are eligible .



Have a suggestion or comment?

Suggestions can be sent to
Inall@crpd.com
(enter "suggestions box" as the
subject) or use the box
located in the lobby next to the
automatic doors.
We will respect all wishes for



Wills & Estate Planning

Thursday October 14th

10:00-11:00 a.m.

Presented by the Senior Legal Hotline. Planning for the future is crucial and estate planning is particularly important for seniors. Estate planning requires many practical and legal considerations. In the face of such complexity many seniors are presented with false information.

*Space is Limited. RSVP in advance by
calling the front desk: 916-366-3133*



Food for Seniors (Commodity Supplemental Food Program – CSFP), provides FREE food to low-income seniors. Eligible participants will receive a box of groceries each month.

For more information on how to apply visit the Sacramento Food Bank & Family Services website.

sacramentofoodbank.org/food-for-seniors



**Do you live in
Rancho Cordova?**

Do you need a home modification to stay in your home, and short-term case management?

RAMPS*RAILS

GRAB BARS *AND MORE









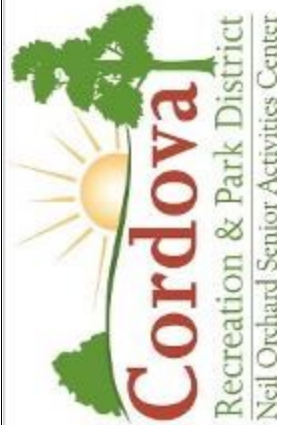
Please call Resources For Independent Living (RIL) at 916-446-3074 or email:

hannal@ril-sacramento.org

to see if you qualify and for more information!

September 2021 - Happy National Senior Center Month!

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>Happy Labor Day!</p> <p>Senior Center CLOSED September in observance of Labor Day</p> <p>8:00 - 9:00 a.m. Senior Exercise 9:00 - 10:00 a.m. Walking to Get Fit 9:15 - 10:15 a.m. Beginning Kundalini Yoga</p> 	<p>Lunch served Wednesdays and every other Friday, Make a reservation at the front desk to save \$1</p> <p>*All dates and times are subject to change without notice</p> <p>9:00 - 10:00 a.m. Intermediate Tai Chi 9:30 - 11:30 a.m. Cordova Independent Artists 10:00 - 11:00 a.m. Beginning Tai Chi 12:00 - 1:00 p.m. Zumba Gold 1:00 - 3:00 p.m. Paint Party 1:15 - 3:15 p.m. Intro. & Beg. Line Dance 3:30 - 4:15 p.m. Active Aging: Chair Yoga 4:30 - 5:15 p.m. Floor Mat Pilates 5:30 - 6:35 p.m. Restorative Yoga for the Back</p>	<p>8:00 - 9:00 a.m. Senior Exercise 9:00 - 10:00 a.m. Walking to Get fit 9:15 - 10:15 a.m. Kundalini Yoga 9:30 - 11:30 a.m. Arts & Crafts 10:30 - 11:35 a.m. Active Aging Balance & Movement 11:30 - 12:00 p.m. Green Thumb Lunch 12:00 - 2:00 p.m. Bingo</p>	<p>9:00 - 11:00 a.m. Knitting Group 12:00 - 1:00 p.m. Zumba 1:00 - 3:20 p.m. Advanced Line Dance 1:00 - 4:00 p.m. Hand & Foot Card Group</p> 	<p>8:00 - 9:00 a.m. Senior Exercise 9:00 - 10:00 a.m. Walking to Get Fit 9:15 - 10:15 a.m. Kundalini Yoga 10:30 - 11:35 a.m. Active Aging Balance & Movement 11:30 - 12:00 p.m. Green Thumb Lunch 12:00 - 2:00 p.m. Bingo</p> 
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Celebrating Our Seniors! National Senior Citizens Day!

