



By Heather Schelske—Neil Orchard Senior Activities Center Supervisor



With a month already gone, how is everyone doing with their goals/resolutions? Haven't started working on your goals/resolutions yet? The Lunar New Year is your chance to start fresh and recommit to your goals. We have several exercise classes that fit just about everyone's needs.

The Lunar New Year Celebration will be held on February 2nd. This event will be a drive-thru event held on Wednesday, February 2nd at 11:30am. Come drive-thru and pick-up your delicious Chinese food and kick off the Lunar New Year. See inside for more information.

Retirement is sweet and Greg Wright our long-time maintenance worker of over 15 years here at the center has decided to retire. On February 14th from 11:30 a.m. -12:30 p.m. you will be able to drive-thru and wish Greg good luck in his future endeavors. Everyone will be also getting a sweet treat to celebrate Greg and Valentine's Day.

St. Patrick's Day will be here before you know it. Make sure to get your tickets for our delicious Corn beef and cabbage meal. We will also be having the Moon Glow Band playing live festive Irish themed music this day.

With the increase of COVID, to protect participants and staff all food events including Green Thumb lunches will be drive-thru events for the month of February. We hope to get back indoors in March.

Take the time this month to tell your loved ones how much you care for them and how important they are to you. *"Love is a promise, love is a souvenir, once given never forgotten, never let it disappear."* ~John Lennon

Important Dates to Remember:

Feb. 2:	Lunar New Year Celebration	Feb 21:	Center Closed for Presidents Day
Feb 3:	Fall prevention Presentation	March 16:	St. Patrick's Day Celebration
Feb 14th:	Greg's Retirement Good Bye	March 21:	Discover Chico Trip

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

\$4 per Person W/RSVP

\$5 Day of and To-Go

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

- Feb. 4th (Fri): Creamy Butternut Squash Soup & 1/2 Turkey and Cranberry Sandwich
- Feb. 9th (Wed): Mini Pizza and Green Salad
- Feb. 11th (Fri): Chicken and Quinoa Soup & Veggie Hummus Wrap
- Feb. 16th (Wed): Hearty Pasta Fagioli & Caprese Sandwich
- Feb. 18th (Fri): Baked Potato Soup & Cobb Salad
- Feb. 23rd (Wed): Black Bean Soup & BLTA Wraps
- Feb. 25th (Fri): Wild Mushroom and Orzo Soup & Chef Salad



Cordova Senior Advisory Board Election Results



Barbara Taylor for President

Barbara has been our active President for the last two years and has done a great job leading the Advisory Board.



Harry Shippy for Vice-President

Currently Harry is a At-Large Member and is now ready to move into the roll of Vice President.



Shirley Gladfelder for Treasurer

Shirley has been treasurer on the board for the past many years and continues to do an excellent job.



Pat Shippy for At-Large Member

Pat is currently one of the At-Large Members on the Board. She is always ready to lend a helping hand and get things done.

FREE PRESENTATIONS

SPACE LIMITED:

RSVP AT FRONT DESK

Fall Prevention

Thursday Feb 3rd, 10 a.m.

Falls are the leading cause of fatal injury and the most common cause of hospital admissions. Come find out how you can prevent falls in your home.– Dot Boyd Presenter

Estate Planning/Wills & Trusts

Tuesday April 5th 10-11 a.m.

An advocate from the Senior Legal Hotline of Norther California walks you through the process of estate planning for the future.

Food for Seniors

Cordova Food Locker

(10497 Coloma Road at St. John Vianney Church) Cordova Food Locker Distributes free food boxes on Mondays, Wednesdays, and Fridays between 9:30 a.m. - 1:20 p.m.

Sacramento Food Bank & Family Services

Monthly program for food distribution to seniors (normally on the second Friday of the month from 9:30-11:30 a.m.) Seniors may register for this program by calling 916-925-3240 or visiting:

www.sacramentofoodbank.org

Retirement if Sweet



Greg's Retirement Drive-Thru Party

February 14th

11:30-12:30 p.m.

Greg will be retiring this month after over 15yrs at the Senior Center .Come drive-thru, grab a sweet treat and say good bye to Greg as he will be so dearly missed.

Silver Surfers

Computer classes for beginners and open to all ages. Includes step by step handout and access to computers. (\$15 per class)

Learn to Zoom

Thurs, Feb 24th

10-11 a.m.

* Email account required for these classes.

Lunar New Year Celebration
Wednesday, February 2nd 11:30AM
\$6 for Members in Advance
\$8 for Non-Members in Advance
\$10 To-Go
NO TICKETS WILL BE SOLD AT THE DOOR!

Enjoy a delicious feast while learning about the various cultures that participate in this time-honored celebration of family, food, and good wishes.

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

Sponsored by:

 **aetna**[®]

St Patrick's Day

St. Patrick's Day Celebration

Wednesday, March 16th 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.

Join The Garden Club!

Get your hands dirty and help grow delicious veggies for our Green Thumb lunches!

Garden Club meets the first Wednesday of every month at 10:00 a.m. All are welcome to help in the Garden!



GET UP 'N' GO

Discover Chico:

Monday, March 21, 2022 - Fee \$120

Lying in the heart of the city of Chico, Bidwell Mansion State Historic Park stands as a tangible link to the history and legacy of John and Annie Bidwell, two of California's most significant historical figures. After our private guided tour of the mansion, lunch is included at the Sierra Nevada Brewing Company.

Cancellation deadline is February 11.

Activity Level: Moderate level amount of walking involved.

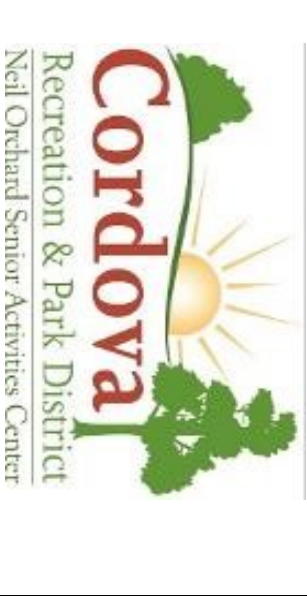
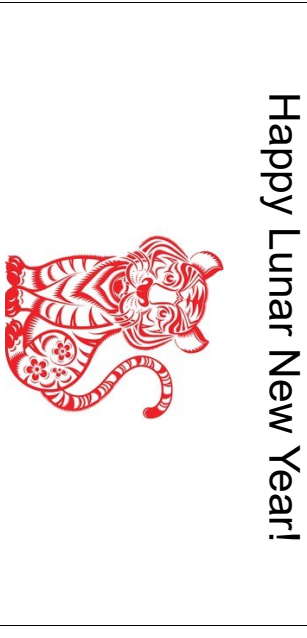
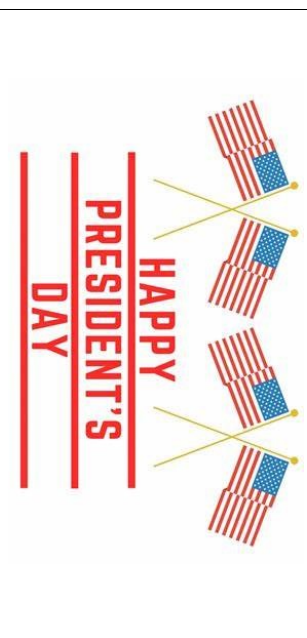
HAPPY BIRTHDAY

Cathy Adamson
Hannah Anderson
Beth Barton
Donna Bonagura
Nancy Boyd
Camille Bush
Juanita Carey
Terri Engelhardt
Antonio Enriquez
Ophelia Farrell
Mary Flink
Marilyn Hamm
Violy Headley
Jeane Lind
R. Marie Milne
Sirgute Morgan
Mary Jane Motter
Maureen Nagle
Arthur Paletta
Tawanna Payne
Mei Perry
Sharon Ramirez
Marlene Reed
Gretchen Simmons
Linda Tarrant
Michael Triplett
Ruben White
Estella Winch

February 2022

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
<p>3</p> <p>8:00 - 9:00 a.m. Senior Exercise 9:15 - 10:15 a.m. Beginning Kundalini Yoga 10:00 - 11:00 a.m. Walking to Get Fit 10:30 - 11:15 a.m. Intermediate/Advanced Tai Chi</p>	<p>1</p> <p>9:30 - 11:00 a.m. Cordova Independent Artists 12:00 - 1:00 p.m. Zumba Gold 1:15 - 2:45 p.m. Intro. & Beg. Line Dance 3:45 - 4:30 p.m. Active Aging: Chair Yoga 4:30 - 5:15 p.m. Floor Mat Pilates 5:30 - 6:30 p.m. Restorative Yoga for the Back</p>	<p>2</p> <p>8:00 - 9:00 a.m. Senior Exercise 9:15 - 10:15 a.m. Beginning Kundalini Yoga 9:30 - 11:30 a.m. Arts & Crafts 10:00 - 11:00 a.m. Walking to Get Fit 10:00 - 11:30 a.m. Garden Club 10:45 - 11:30 a.m. Active Aging Balance & Movement 11:30 - 12:00 p.m. Lunar New Year Celebration 12:00 - 2:00 p.m. Bingo 2:30 - 3:30 p.m. Senior Advisory Board Meeting</p>	<p>3</p> <p>9:00 - 11:00 a.m. Knitting Group 10:00-11:00 a.m. Fall Prevention 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 3:45 - 4:30 p.m. Active Aging: Chair Yoga 4:30 - 5:15 p.m. Floor Mat Pilates 5:30 - 6:30 p.m. Restorative Yoga for the Back</p>	<p>4</p> <p>8:00 - 9:00 a.m. Senior Exercise 9:15 - 10:15 a.m. Beginning Kundalini Yoga 10:00 - 11:00 a.m. Walking to Get Fit 10:45 - 11:30 a.m. Active Aging Balance & Movement 11:30 - 12:00 p.m. Green Thumb Lunch 12:00 - 2:00 p.m. Bingo</p>
<p>7</p> <p>8:00 - 9:00 a.m. Senior Exercise 9:15 - 10:15 a.m. Beginning Kundalini Yoga 10:00 - 11:00 a.m. Walking to Get Fit 10:30 - 11:15 a.m. Intermediate/Advanced Tai Chi</p>	<p>8</p> <p>9:30 - 11:00 a.m. Cordova Independent Artists 12:00 - 1:00 p.m. Zumba Gold 1:15 - 2:45 p.m. Intro. & Beg. Line Dance 3:45 - 4:30 p.m. Active Aging: Chair Yoga Cancelled 4:30 - 5:15 p.m. Floor Mat Pilates Cancelled 5:30 - 6:30 p.m. Restorative Yoga for the Back Cancelled</p>	<p>9</p> <p>8:00 - 9:00 a.m. Senior Exercise 9:15 - 10:15 a.m. Beginning Kundalini Yoga 10:00 - 11:00 a.m. Walking to Get Fit 10:45 - 11:30 a.m. Active Aging Balance & Movement 11:30 - 12:00 p.m. Green Thumb Lunch 12:00 - 2:00 p.m. Bingo</p>	<p>10</p> <p>9:00 - 11:00 a.m. Knitting Group 10:00-11:00 a.m. Create a Facebook Profile 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 3:45 - 4:30 p.m. Active Aging: Chair Yoga Cancelled 4:30 - 5:15 p.m. Floor Mat Pilates Cancelled 5:30 - 6:30 p.m. Restorative Yoga for the Back Cancelled</p>	<p>11</p> <p>8:00 - 9:00 a.m. Senior Exercise 9:15 - 10:15 a.m. Beginning Kundalini Yoga 10:00 - 11:00 a.m. Walking to Get Fit 10:45 - 11:30 a.m. Active Aging Balance & Movement 11:30 - 12:00 p.m. Green Thumb Lunch 12:00 - 2:00 p.m. Bingo</p>
<p>14</p> <p>8:00 - 9:00 a.m. Senior Exercise 9:15 - 10:15 a.m. Beginning Kundalini Yoga 10:00 - 11:00 a.m. Walking to Get Fit 10:30 - 11:15 a.m. Intermediate/Advanced Tai Chi</p>	<p>15</p> <p>9:30 - 11:00 a.m. Cordova Independent Artists 12:00 - 1:00 p.m. Zumba Gold 1:15 - 2:45 p.m. Intro. & Beg. Line Dance 3:45 - 4:30 p.m. Active Aging: Chair Yoga Cancelled 4:30 - 5:15 p.m. Floor Mat Pilates Cancelled 5:30 - 6:30 p.m. Restorative Yoga for the Back Cancelled</p>	<p>16</p> <p>8:00 - 9:00 a.m. Senior Exercise 9:15 - 10:15 a.m. Beginning Kundalini Yoga 9:30 - 11:30 a.m. Arts & Crafts 10:00 - 11:00 a.m. Walking to Get Fit 10:45 - 11:30 a.m. Active Aging Balance & Movement 11:30 - 12:00 p.m. Green Thumb Lunch 12:00 - 2:00 p.m. Bingo</p>	<p>17</p> <p>9:00 - 11:00 a.m. Knitting Group 10:00 - 11:00 a.m. Caption Call Presentation 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 3:45 - 4:30 p.m. Active Aging: Chair Yoga Cancelled 4:30 - 5:15 p.m. Floor Mat Pilates Cancelled 5:30 - 6:30 p.m. Restorative Yoga for the Back Cancelled</p>	<p>18</p> <p>8:00 - 9:00 a.m. Senior Exercise 9:15 - 10:15 a.m. Beginning Kundalini Yoga 10:00 - 11:00 a.m. Walking to Get Fit 10:45 - 11:30 a.m. Active Aging Balance & Movement 11:30 - 12:00 p.m. Green Thumb Lunch 12:00 - 2:00 p.m. Bingo</p>
<p>21</p> <p>Center is Closed</p>	<p>22</p> <p>9:30 - 11:00 a.m. Cordova Independent Artists 12:00 - 1:00 p.m. Zumba Gold 1:15 - 2:45 p.m. Intro. & Beg. Line Dance 3:45 - 4:30 p.m. Active Aging: Chair Yoga 4:30 - 5:15 p.m. Floor Mat Pilates 5:30 - 6:30 p.m. Restorative Yoga for the Back</p>	<p>23</p> <p>8:00 - 9:00 a.m. Senior Exercise 9:15 - 10:15 a.m. Beginning Kundalini Yoga 10:00 - 11:00 a.m. Walking to Get Fit 10:45 - 11:30 a.m. Active Aging Balance & Movement 11:30 - 12:00 p.m. Green Thumb Lunch 12:00 - 2:00 p.m. Bingo 2:30 - 3:30 p.m. Senior Advisory Board Meeting</p>	<p>24</p> <p>9:00 - 11:00 a.m. Knitting Group 10:00-11:00 a.m. Learn to Zoom 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 3:45 - 4:30 p.m. Active Aging: Chair Yoga 4:30 - 5:15 p.m. Floor Mat Pilates 5:30 - 6:30 p.m. Restorative Yoga for the Back</p>	<p>25</p> <p>8:00 - 9:00 a.m. Senior Exercise 9:15 - 10:15 a.m. Beginning Kundalini Yoga 10:00 - 11:00 a.m. Walking to Get Fit 10:45 - 11:30 a.m. Active Aging Balance & Movement 11:30 - 12:00 p.m. Green Thumb Lunch 12:00 - 2:00 p.m. Bingo</p>



*Please call (916) 376-8915 to make an appointment for HICAP

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

*Lunch served M-F, please see front desk for menus and to make reservations

*All dates and times are subject to change without notice



2021 Year End Snap Shots

