

APRIL 2022



April Showers Bring...Exciting News!

Heather Schelske - Neil Orchard Senior Activities Center Supervisor



I hope everyone has been taking advantage of the beautiful weather we've had and is enjoying the great outdoors. A great way to get outside and exercise is by joining our Walk to Get Fit class. Held every Monday, Wednesday, and Friday at 10 a.m. the group walks around Lincoln Village Park while socializing and enjoying the fresh air. Wanting to be more active, but allergies keeping you indoors? We've got you covered too! We've added 3 new fitness classes that all start this month: Cheng Man Ching Short Form Tai Chi, Active Aging Chair Yoga, and Active Aging Balance & Movement. See inside for more information.

Spring is a time for new beginnings, in addition to new classes, we are excited to welcome Reeza and Mark to the Senior Center family. Reeza will be stationed at the front desk as our new clerical position while Mark will be taking over the building maintenance. Make sure to say "Hi!" when you see them. Although usually a time for new beginnings, we're excited that spring also brought back many familiar things. If you live in the Cordova Recreation & Park District's service area, you should have already received a copy of "Your Place to Recreate" in the mail. That's right, it's back in print! The Recreation Guide lists all our classes, presentations, trips and special events so make sure you hang on to it and save the dates on all upcoming activities. Also returning is indoor service for our Green Thumb lunches. Check out the menu inside and make sure to reserve ahead of time to save some money. Last, but not least, Jenny Ta is back in the building! After a year of being away, she is returning to her old position and is ready to hit the ground running.

I hope you're all ready for an amazing season, because my staff and I are all ready to *spring* into action!

IMPORTANT DATES TO REMEMBER:

April 5: Estate Planning / Wills & Trust Presentation	April 27: Cordova Senior Advisory Board Meeting
April 6: Green Thumb Garden Club Meeting	May 2: Social Security Presentation
April 9: Hoppin' & Huntin' at Hagan Community Park	May 4: Cinco De Mayo Fiesta
April 14: CaptionCall Presentation	May 7: Community Yard Sale
April 26: California Academy of Sciences Trip	



Address:

3480 Routier 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.



Facebook.com/
NeilOrchardSeniorActivitiesCenter

APRIL GREEN THUMB LUNCH

Every Wednesday & Friday
(unless otherwise noted)

\$4 in Advance & \$5 Day of/To-Go
RSVP by calling (916) 366-3133



Wednesdays		Fridays	
		<i>*No Green Thumb Lunch on April 1*</i>	
6	Broccoli Cheddar Soup w/ Baked Potato	8	Corn Chowder w/ Tarragon Chicken Salad 1/2 Sandwich
13	Minestrone Soup w/ Broccoli Salad	15	Chicken Noodle Soup w/ BLTA Wrap
20	Pork Pozole w/ Street Corn Salad	22	Tomato Basil Soup w/ Grilled Cheese 1/2 Sandwich
27	Split Pea Soup w/ Chicken Caesar Wrap	29	Clam Chowder w/ Chef's Salad

CINCO DE MAYO

Wednesday, May 4, 2022 · 11:30 a.m.

\$6 Members / \$8 Non-Members / \$10 Day-of-Event

Sponsor:

National Pizza Party Day

Wednesday
May 18
11:30 a.m.

\$5 Members / \$8 Non-Members / No Day of Event Tickets

Choice of cheese, pepperoni, or combination pizza served with green salad & beverage



Saturday, April 9 • 8:30 - 11:30 a.m.

HAGAN COMMUNITY PARK
2197 CHASE DRIVE

FREE event for children ages 10 & under
See Front Desk for Flyer

FREE PRESENTATIONS

SPACE LIMITED: RSVP AT FRONT DESK

CaptionCall

Thursday, April 14 • 12:30 p.m.

CaptionCall helps people with hearing loss connect with friends and family by phone. Easy-to-read captioning helps you understand conversations better

Social Security

Thursday, April 14 at 12:30 p.m.

Learn about eligibility rules, including what it means to receive benefits before, during, or after normal retirement age.

COMMUNITY



Saturday, May 7 • 8 a.m. - 2 p.m.

FREE to Attend

15x15 Vendor Space: \$20

Pick up Vendor Application at Front Desk

Need to purge but don't want to be a vendor? Donate your items to the Cordova Senior Advisory Board! Contact the Front Desk to set up a time to drop off your donation.

SILVER SURFERS

\$15/Class

Classes are for beginners and open to all ages. Use of computers included

- ♦ **May, 5: Create & Learn Email Basics**
- ♦ **May 12: Learn to Surf the Internet**
- ♦ **May 19: Create Facebook Profile**
- ♦ **May 26: Learn to Zoom**

NEW CLASSES!

Cheng Man Ching Short Form Tai Chi

With Golden Jade Tai Chi Chuan

Tuesdays • 9 - 10 a.m.

6-visit Punch Card: \$40/Member, \$45/Non-Member

Curriculum teaches the 37-movement short form, fixed and stepping push hands, two-man practice sets, Da Lu and San Shou.

Fitness with Jennifer Alton

**10-visit Punch Card: \$52/Member, \$57 Non-Member
(same punch card can be used for both classes)**

- ♦ **Active Aging Chair Yoga (T/TH 3:45-4:30 p.m.)**
A therapeutic combination of several yoga styles specifically tailored to older adults.
- ♦ **A. A. Balance & Movement (Weds. 2:30-3:15 p.m.)**
Learn to challenge your body's muscular strength, flexibility, agility, balance, posture, and endurance.

Senior Information Fair

Monday, June 6th

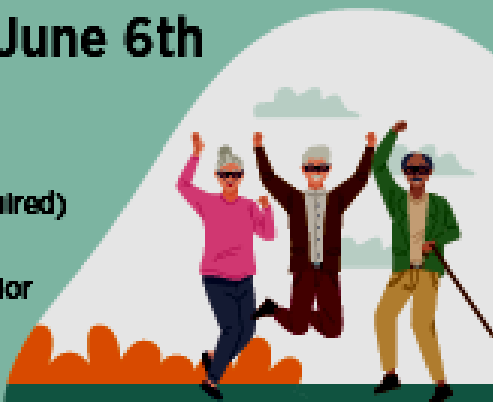
1 - 3 p.m.

FREE!

(registration required)

Location:

**Neil Orchard Senior
Activities Center**



SAY HELLO!



Hi All, I'm Reeza!

A little about myself, I'm 25 years old and although my hometown is South San Francisco, I have been living in Sacramento for about 7 years now. I'm a recent graduate from Sac State.

Some hobbies that I enjoy include exercising, scrapbooking, taking photos with my film camera, baking, trying new foods, and also relaxing watching crime documentaries. On special occasions, I also enjoy attending music events.

Can't wait to meet all of you!

GREETINGS!



Hello everyone, my name is Mark. I began working for the Cordova Recreation & Park District in the Park Maintenance Department and am thrilled to transition over to the Neil Orchard Senior Activities Center.

At the age of 3, my family packed a few suitcases, boarded a train in Ohio, and made our way to the Golden State of California where we settled down in the Sacramento area.

During my free time, I enjoy riding my bike around the neighborhood and Go-Kart racing with my 22-year-old son.

Please say "Hi!" when you see me walking around!

BEGIN AGAIN



Although some of you may recognize me from a year ago, I realize there are also many new faces who have joined the center since then. So, let's start from the beginning, shall we?

Hi, my name is Jenny, and I am the newly hired Recreation Coordinator. My husband and I have been married for 10 years and are lucky enough to be parents to 2 little boys, (Russell (7) and Oliver (5)).

I am an Escape Room enthusiast and always make it a point to visit one in each new city that I visit. Besides spending an obscene amount of money to get locked into rooms, I enjoy exploring Sacramento and discovering hidden gems. I am thrilled to be back and look forward to reconnecting with everyone.

HAPPY BIRTHDAY

Don't see your name? Check with the front to make sure your membership is current!

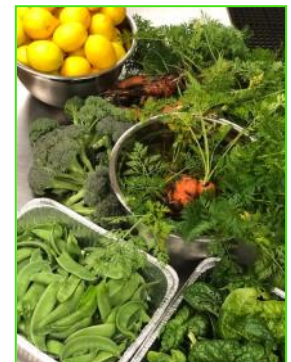
Loy Baxter	Charleen Lee
Karlene Brown	Kurt Linn
Curtis Bryant	Theodosia Lowe
Susan Carey	Mariana Manoila
Reta Douglas	Behrouz Mehrzad
Aida Enriquez	Lara Nall
Darlene Gant	Hermina Oliveros
Carla Hart	Marjorie Polgar
Debbie Haughn	Richard Saccani
Keith Hopkins	Femina Solis
Rebecca Jagers	Dietta Steiner
Ann Johnson	Barbara Taylor
Kimberly Johnston-Dodds	Wayne Weisbecker
Toni Lynn La Rocque	Rose Wilson
Won Larsen	

Muse Printables

GREEN THUMB GARDEN CLUB

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

The Garden Club meets the first Wednesday of every month at 10 a.m. All are welcome to join and help us grow.





St. Patty's Day Celebration

