



MAY 2022

JENNY TA - EDITOR

Swinging into Spring

By Heather Schelske—Neil Orchard Senior Activities Center Supervisor



It must be true what they say about April showers, because the trails are FULL of blooming wildflowers. Hiking was a hobby I had picked up a few years ago but had to stop when the COVID-19 pandemic hit and many of the trails were temporarily closed. However, I'm happy to report that most of the trails are open again and I haven't missed a weekend of hiking since January. In addition to the health benefits of hiking outdoors, we've gotten to explore some amazing places; including the Empire State Mine in Grass Valley that you can see in my picture. Whether it's joining our social Walking to Get Fit group or dropping-in for one of our fitness classes (\$5 drop-in fee applies), I highly encourage everyone to find an activity that inspires you to keep moving.

The bees aren't the only ones keeping busy this season, we've got a full schedule of events planned for the month of May. Come celebrate Cinco de Mayo with the Moon Glow Band on Wednesday, May 4. We'll have good food and even better company! For the first time in over 2 years, we're bringing back the annual Community Yard Sale. The event will take place on Saturday, May 7 from 8a.m. to 2p.m. For those early birds, the Advisory Board will have an exclusive pre-sale on Friday, May 6 from 9a.m. -2:30p.m. inside the NOSAC classroom. Last but definitely not least, what better way to celebrate National Pizza Party day than with a pizza party? Grab a slice with us on Wednesday, May 18 at 11:30a.m. (bingo will take place as regularly scheduled) More information for all these events can be found inside.

As this year's CRPD representative for the Leadership Rancho Cordova Class XV, I had the pleasure of learning about the past, present, and future of Rancho Cordova. Each year the Leadership class is tasked with executing a class project that benefits the community in some way. This year's class has partnered with the Rancho Cordova Homeless Assistance Resource Team (HART) to provide mobile shower kits for the unhoused community. During this next month, we will have a collection bin in the front lobby for new towels and adult underwear and socks. If you are able to donate, please do so. Every little bit helps.

IMPORTANT DATES TO REMEMBER:	
May 2: Social Security Presentation	May 4: Cinco de Mayo Fiesta
May 6: Yard Sale Presale (inside classroom)	May 7: Community Yard Sale
May 11: Green Thumb Garden Club Meeting	May 14: Meet the Machines (Hagan Community Park)
May 18: National Pizza Party Day	May 25: Senior Advisory Board Meeting
May 30: Center Closed in Observance of Memorial Day	June 6: Senior Information Fair



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



MAY GREEN THUMB LUNCH



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

Wednesdays		Fridays	
4	Green Thumb Lunch Cancelled for Cinco De Mayo Fiesta	6	Spring Vegetable Soup w/ Hot Ham & Swiss Sandwich
11	Stuffed Cabbage Soup w/ Mixed Greens & Beet Salad and Balsamic Dressing	13	Creamy Mushroom & Wild Rice Soup w/ Chicken Caesar Wrap
18	Green Thumb Lunch Cancelled for National Pizza Party Day	20	Pinto Bean Soup w/ Cheese Quesadilla & Corn Chips
25	Wonton Soup w/ Asian Noodle Salad	27	Old Fashioned Potato Soup w/ Chef Salad

WEDNESDAY, MAY 4, 2022 · 11:30 A.M.

ft. Moon Glow Band



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

Menu: Smothered Chicken Burrito, Black Beans, Mexican Chopped Salad w/ Honey Chipotle Vinaigrette, Tres Leches Cake

\$5 Members
\$8 Non-Members
 (Advance Ticket Purchases Only)



Wednesday
May 18
11:30 a.m.

National Pizza Party Day

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

COMMUNITY



Saturday, May 7 • 8 a.m. - 2 p.m.

FREE to Attend

15x15 Vendor Space: \$20

**Early Bird Presale • Friday, May 6
9a.m.-2:30p.m. • NOSAC Classroom**

Need to purge but don't want to be a vendor?
Drop off your items for the Cordova Senior Advisory
Board during the week of May 2.

FREE PRESENTATIONS

SPACE LIMITED: RSVP AT FRONT DESK

Social Security

Monday, May 2 at 10 a.m.

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

Estate Planning/Wills & Trusts

Monday, May 23 at 1 p.m.

Planning for the future is crucial and estate planning is particularly important for seniors. An advocate will walk you through this complex process with a short Q&A session afterwards.

Pension

Monday, June 6 at 10 a.m.

The Western States Pension Assistance project offers free pension counseling services to track down benefits, help determine eligibility, and assist with other retirement benefit issues.

Senior Information Fair

Monday, June 6 • 1-3 p.m.

Lincoln Village Community Park

FREE!

(registration required)

This FREE outdoor event offers local seniors, their families, and caregivers an opportunity to interact with service providers; experts in aging and related services; and advocates. Learn what's available in our community for seniors to live a safer, healthier, and happier life.



Get your event-issued
passport stamped at
each vendor to turn in
for a **FREE BBQ
Chicken Lunch!**



Our Concessions stand is once again open for business. All items may be purchased from the front desk:

\$1

- Bottled Water
 - Pepsi
 - Diet Pepsi
 - 7-Up
- Assorted Chips

GREEN THUMB GARDEN CLUB

The Garden Club will meet at 10 a.m. on Wednesday, May 11 to start planting our summer garden. Bring a pair of gloves and small gardening tools.

All are welcome to join and help us grow!



HAPPY BIRTHDAY

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

Sharon Anderson	Roger Olson
Janet Asher	Sandy Parham
Dennis Booth	Barbara Pattow-Vigil
Kammy Caruss	William Perry
Bruce Cline	Darlene Petty
Linda Diaz	Sipra Raj
Maria Fabionar	Patricia Rose
Yveta Franklin	Sydney Rutherford
Sandra Gallagher	Robert Sanders
Jeanette Galloway	Regina Schaefer
Patricia Harriman	Amy Smith
Oliver Hewins	Carole Soenke
Derek Jones	Virginia Underwood
Patricia Kent	Beatrice Vejar
Bernice Kong	Paulette Whitmore
Sandra Lanz	Patti Williams
Brent Mikesell	

Muse Printables

MOBILE SHOWER KIT DONATION DRIVE

Donations Accepted:
April 25th - May 20th

Help Leadership Rancho Cordova gather critical supplies needed by Rancho Cordova HART to provide free mobile showers to the unhoused in our community.

SHOWER KIT NEEDS LIST:

- Bath Towels
- Adult Size Underwear
- Adult Size Socks

*We will only accept NEW & UNUSED items for donation

Collection Bin
Located in the
Lobby

Cordova Recreation & Park District

BACK TO SCHOOL!

with Folsom Cordova Unified School District (FCUSD)

**Donations are due
June 30, 2022**

Our goal is to build helpful Back to School bags for students in need! Please donate any (or all!) of the below items.

- Backpacks
- Composition Notebooks
- Color Pencils
- Glue Sticks
- Pencil Sharpener with Shaving Receptacle
- Kids Scissors
- 2" Binders

Collection Bin Located in the Lobby

May 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																																										
2	8 - 9 a.m. Cancelled: Senior Exercise 9:15 - 10:15 a.m. Cancelled: Beginning Kundalini Yoga 10 - 11 a.m. Walking to Get Fit 10 - 11 a.m. Social Security Presentation	3	9 - 10 a.m. Cheng Man Ching Tai Chi 9:30 - 11:30 a.m. Cordova Independent Artists Noon - 1 p.m. Zumba Gold 1:15 - 2:45 p.m. Beginning Line Dance 3:45 - 4:30 p.m. Active Aging: Chair Yoga 4:45 - 5:15 p.m. Floor Mat Pilates 5:30 - 6:30 p.m. Restorative Yoga for the Back	4	8 - 9 a.m. Senior Exercise 9 - 11:30 a.m. Arts & Crafts 9:15 - 10:15 a.m. Beginning Kundalini Yoga 10 - 11 a.m. Walking to Get Fit 11:30 a.m. Cinco de Mayo Fiesta 2:30 - 3:15 p.m. Active Aging: Balance & Movement	5	9 - 10 a.m. Cheng Man Ching Tai Chi 9 - 11 a.m. Knitting Group Noon - 1 p.m. Zumba Gold 1 - 3:20 p.m. Advanced Line Dance 12:30 - 4:30 p.m. Hand & Foot Card Group 3:45 - 4:30 p.m. Acting Aging: Chair Yoga 4:45 - 5:15 p.m. Floor Mat Pilates 5:30 - 6:30 p.m. Restorative Yoga for the Back	6	8 - 9 a.m. Senior Exercise 9 a.m. - 2:30 p.m. Yard Sale Presale 9:15 - 10:15 a.m. Beginning Kundalini Yoga 10 - 11 a.m. Walking to Get Fit 11:30 - Noon Green Thumb Lunch Noon - 2 p.m. Bingo 5 - 7 p.m. Kids in the Kitchen	9	8 - 9 a.m. Senior Exercise 9:15 - 10:15 a.m. Beginning Kundalini Yoga 10 - 11 a.m. Walking to Get Fit	10	9 - 10 a.m. Cheng Man Ching Tai Chi 9:30 - 11:30 a.m. Cordova Independent Artists Noon - 1 p.m. Zumba Gold 1:15 - 2:45 p.m. Beginning Line Dance 3:45 - 4:30 p.m. Active Aging: Chair Yoga 4:45 - 5:15 p.m. Floor Mat Pilates 5:30 - 6:30 p.m. Restorative Yoga for the Back	11	8 - 9 a.m. Senior Exercise 9:15 - 10:15 a.m. Beginning Kundalini Yoga 10 - 11 a.m. Walking to Get Fit 11:30 a.m. - Noon Green Thumb Lunch Noon - 2 p.m. Bingo 2:30 - 3:15 p.m. Active Aging: Balance & Movement	12	9 - 10 a.m. Cheng Man Ching Tai Chi 9 - 11 a.m. Knitting Group Noon - 1 p.m. Zumba Gold 1 - 3:20 p.m. Advanced Line Dance 12:30 - 4:30 p.m. Hand & Foot Card Group 3:45-6:30 p.m. Fitness with Jennifer Alton's Classes Cancelled	13	8 - 9 a.m. Senior Exercise 9:15 - 10:15 a.m. Beginning Kundalini Yoga 10 - 11 a.m. Walking to Get Fit 11:30 - Noon Green Thumb Lunch Noon - 2 p.m. Bingo	16	8 - 9 a.m. Senior Exercise 9:15 - 10:15 a.m. Beginning Kundalini Yoga 10 - 11 a.m. Walking to Get Fit	17	9 - 10 a.m. Cheng Man Ching Tai Chi 9:30 - 11:30 a.m. Cordova Independent Artists Noon - 1 p.m. Zumba Gold 1:15 - 2:45 p.m. Beginning Line Dance 3:45 - 4:30 p.m. Active Aging: Chair Yoga 4:45 - 5:15 p.m. Floor Mat Pilates 5:30 - 6:30 p.m. Restorative Yoga for the Back	18	8 - 9 a.m. Senior Exercise 9:15 - 10:15 a.m. Beginning Kundalini Yoga 10 - 11 a.m. Walking to Get Fit 11:30 - Noon National Pizza Party Day Noon - 2 p.m. Bingo 2:30 - 3:15 p.m. Active Aging: Balance & Movement	19	9 - 10 a.m. Cheng Man Ching Tai Chi 9 - 11 a.m. Knitting Group Noon - 1 p.m. Zumba Gold 1 - 3:20 p.m. Advanced Line Dance 12:30 - 4:30 p.m. Hand & Foot Card Group 3:45-6:30 p.m. Fitness with Jennifer Alton's Classes Cancelled	20	8 - 9 a.m. Senior Exercise 9:15 - 10:15 a.m. Beginning Kundalini Yoga 10 - 11 a.m. Walking to Get Fit 11:30 - Noon Green Thumb Lunch Noon - 2 p.m. Bingo	23	8 - 9 a.m. Senior Exercise 9:15 - 10:15 a.m. Beginning Kundalini Yoga 10 - 11 a.m. Walking to Get Fit	24	9 - 10 a.m. Cheng Man Ching Tai Chi 9:30 - 11:30 a.m. Cordova Independent Artists Noon - 1 p.m. Zumba Gold 1:15 - 2:45 p.m. Beginning Line Dance 3:45 - 4:30 p.m. Active Aging: Chair Yoga 4:45 - 5:15 p.m. Floor Mat Pilates 5:30 - 6:30 p.m. Restorative Yoga for the Back	25	8 - 9 a.m. Senior Exercise 9:15 - 10:15 a.m. Beginning Kundalini Yoga 10 - 11 a.m. Walking to Get Fit 11:30 - Noon Green Thumb Lunch Noon - 2 p.m. Bingo 2:30 - 3:15 p.m. Active Aging: Balance & Movement 2:30 - 3:30 p.m. Advisory Board Meeting	26	9 - 10 a.m. Cheng Man Ching Tai Chi 9 - 11 a.m. Knitting Group Noon - 1 p.m. Zumba Gold 1 - 3:20 p.m. Advanced Line Dance 12:30 - 4:30 p.m. Hand & Foot Card Group 3:45 - 4:30 p.m. Active Aging: Chair Yoga 4:45 - 5:15 p.m. Floor Mat Pilates 5:30 - 6:30 p.m. Restorative Yoga for the Back	27	8 - 9 a.m. Senior Exercise 9:15 - 10:15 a.m. Beginning Kundalini Yoga 10 - 11 a.m. Walking to Get Fit 11:30 - Noon Green Thumb Lunch Noon - 2 p.m. Bingo	30	<p>WE WILL BE CLOSED FOR MEMORIAL DAY <small>MONDAY, MAY 29, 2022</small></p>		31	9 - 10 a.m. Cheng Man Ching Tai Chi 9:30 - 11:30 a.m. Cordova Independent Artists Noon - 1 p.m. Zumba Gold 1:15 - 2:45 p.m. Beginning Line Dance 3:45 - 4:30 p.m. Active Aging: Chair Yoga 4:45 - 5:15 p.m. Floor Mat Pilates 5:30 - 6:30 p.m. Restorative Yoga for the Back	<p>Cordova Recreation & Park District Neil Orchard Senior Activities Center</p>		<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 Wednesdays & Fridays unless otherwise noted. Please see front desk for menus and to make reservations *All dates and times are subject to change without notice</p>		<p>HELLO May</p>	

NOSAC Through the Years



Mardi Gras 2010



Veterans Celebration 2014



Mad Hatter Tea Party 2015



Lunar New Year 2016



Halloween 2016



National Banana Lover's Day 2018



Volunteer Appreciation 2018



Thanksgiving 2018



National Hot Dog Day 2019



Tropical Winter Wonderland 2019 (credit Rick Maness)



Luau 2017



Breakfast with Santa 2021