

# JUNE 2022

JENNY TA - EDITOR

## “The Greatest Wealth is Health”

By Heather Schelske—Neil Orchard Senior Activities Center Supervisor



I know I usually talk about the benefits of physical health, but as we say goodbye to May and National Mental Health Awareness month, I want to take a moment to bring up the importance of our mental well-being. With tragedies happening all over the world and even in our own communities, it’s essential that we have the tools, outlets, and resources to help us process our emotions and take care of our overall health. A few practical ways to look after your mental health includes talking about your feelings, keeping active, eating well, keeping in touch with friends and family, or taking a break and changing your scenery. Whether you dance your stress away with Zumba Gold, find inner peace during Yoga, or bond with friends over Bingo, you can always find the support that you need here at the Neil Orchard Senior Activities Center.

Some of you may have noticed that I was gone for a few days last month. After two years, I was finally able to get away for some much needed rest and relaxation. I traded in my office space for the beautiful Monterey coastline. Check out that picture of us at the Lone Cypress tree on the 17-Mile Drive. It’s amazing how a simple change of scenery can dramatically boost your well-being and mood. Looking to get away but need inspiration? We’re diligently working on new trips for the fall and winter season, so keep an eye out for an updated copy of the Get Up N Go trip flyer.

For those in search of local resources, we will have our Senior Information Fair on Monday, June 6 from 1-3 p.m. There will be over 20 vendors passing out information and goodies to attendees. Thanks to our sponsors RC Healthcare, Eskaton Lodge Gold River, Golden Pond Senior living, and Kaiser Permanente Senior Advantage, each registered participant will also receive a FREE\* BBQ Chicken Lunch (with completed event passport)! Although this is a free event, make sure to register ahead of time to guarantee your lunch. See inside for more details.

### IMPORTANT DATES TO REMEMBER:

<b>June 6:</b> Senior Information Fair	<b>June 8:</b> Green Thumb Garden Club
<b>June 20:</b> Taco Salad & Bingo Fundraiser	<b>June 22:</b> Senior Advisory Board Meeting
<b>June 28:</b> Alcatraz Island Daytrip	<b>July 4 - 8:</b> Center Closed for Independence Day & Cleaning



**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



# JUNE GREEN THUMB LUNCH

**\$4 in Advance & \$5 Day of/To-Go**  
**RSVP by calling (916) 366-3133**  
**Lunch Served at 11:30 a.m.**



<b>Wednesdays</b>	
<b>1</b>	<b>Chicken Tortilla Soup w/ Mixed Greens &amp; Beet Salad</b>
<b>8</b>	<b>Split Pea Soup w/ Ham &amp; Swiss Half Sandwich</b>
<b>15</b>	<b>Chicken Noodle Soup w/ Egg Salad Mini Croissant</b>
<b>22</b>	<b>Roasted Tomato Soup w/ Grilled Cheese Half Sandwich</b>
<b>29</b>	<b>French Onion Soup w/ Chef Salad</b>

## **Senior Information Fair**



**Monday, June 6 · 1-3 p.m.**  
**Lincoln Village Community Park**

**FREE!**  
**(registration required)**

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

This **FREE** outdoor event offers local seniors, their families, and caregivers a chance 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.



**RC HEALTHCARE**  
*Hospice & Palliative Care*



**Event Sponsors:**







# Taco Salad & Bingo Fundraiser

Monday, June 20, 2022  
11:30 AM– 3:00 PM

Taco Salad (11:30 a.m.)  
(\$5 per person)

Bingo (21+): 12:30-3PM  
(\$5 buy-in per person)

Enjoy a taco salad with all the fixings and stay to play some bingo. This is a fundraiser hosted by the Cordova Senior Advisory Board. All proceeds benefit the Neil Orchard Senior Activities Center.

**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**

# NATIONAL HOT DOG DAY!

Wednesday, July 13 at 11:30 a.m.

**\$5/ person**  
(Must RSVP in Advance)

No need to pay for a ball game, just come celebrate one of the staples of American cuisine! Price includes grilled hot dog, bag of chips, and beverage.

## SILVER SURFERS

All Classes Begin at 10 a.m.  
\$20/Class

Classes are for beginners and open to all ages. Use of computers included or you may bring your own. See front desk for flyer with detailed class descriptions.

- ♦ June 13: Computers 101: The PC Basics
- ♦ June 20: Fundamentals of the Internet
- ♦ June 27: Socializing from Home
- ♦ July 18: Video Chatting
- ♦ July 25: Zoom
- ♦ August 8: Android 101
- ♦ August 15: Get to Know your iPhone

## GREEN THUMB GARDEN CLUB

The Garden Club will meet at 10 a.m. on Wednesday, June 8. Meetings are free and open to the public. We will do a brief introduction followed by a "hands on" gardening session. Bring a pair of gloves and small gardening tools.

Come help us GROW!



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

Roberta Campbell	Ann Sandner
Sherri Chamberlain	Spencer Simmons
Pamela Cox	Susan Skinner
Gloria Cummings	Tannie Stephens
Barbara Daniel	Cristina Straw
Alice Dibben	Marylouise Tande
Lori Flowers	Stephan Turner
Hilda Garcia	Mary VanCleaf
Pearlean Harper	Teri VanAirdale
Lucy Irby	Sheila Vassey
Jeanette Leonard	Kathleen Ventura
Robert Medina	Marbella Wands
Rosemarie Mefford	Bonnie Warren
Allene Morris	Belinda Webber
Richard Pawling	Michael Winch
Judy Qualters	Linda Zeitz

*Muse Printables*

**NEW  
Location!**

# Party in the Park

**Friday, July 15 · 5:30 - 8:30 p.m.**

**HERON LANDING COMMUNITY PARK**






# June 2022



**Neil Orchard Senior Activities Center**  
 3480 Rottler 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>6 8-9 a.m. Senior Exercise</p> <p>9:15-10:15 a.m. Beginning Kundalini Yoga</p> <p>10-11 a.m. Walking to Get Fit</p> <p>1-3 p.m. Senior Information Fair</p>  <p><b>Cordova</b>                      Recreation &amp; Park District                      Neil Orchard Senior Activities Center</p>	<p>7 9-10 a.m. Cheng Man Ching Tai Chi</p> <p>9:30-11:30 a.m. Cordova Independent Artists</p> <p>Noon-1 p.m. Zumba Gold Cancelled</p> <p>1:15-2:45 p.m. Beginning Line Dance</p> <p>3:45-4:30 p.m. Active Aging: Chair Yoga</p> <p>4:45-5:15 p.m. Floor Mat Pilates</p> <p>5:30-6:30 p.m. Restorative Yoga for the Back</p>	<p>1 *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 Wednesdays &amp; Fridays unless otherwise noted. Please see front desk for menus and to make reservations</p> <p>*All dates and times are subject to change without notice</p>	<p>8 8-9 a.m. Senior Exercise</p> <p>9-11 a.m. Arts &amp; Crafts</p> <p>9:15-10:15 a.m. Beginning Kundalini Yoga</p> <p>10-11 a.m. Walking to Get Fit</p> <p>10-11 a.m. Garden Club</p> <p>11:30 a.m. - Noon Green Thumb Lunch</p> <p>Noon-2 p.m. Bingo</p> <p>2:30-3:15 p.m. A.A.: Balance &amp; Movement</p>	<p>9 9-10 a.m. Cheng Man Ching Tai Chi</p> <p>9-11 a.m. Knitting Group</p> <p>Noon-1 p.m. Zumba Gold Cancelled</p> <p>1-3:20 p.m. Advanced Line Dance</p> <p>12:30-4:30 p.m. Hand &amp; Foot Card Group</p> <p>3:45-4:30 p.m. Active Aging: Chair Yoga</p> <p>4:45-5:15 p.m. Floor Mat Pilates</p> <p>5:30-6:30 p.m. Restorative Yoga for the Back</p>	<p>2 9-10 a.m. Cheng Man Ching Tai Chi</p> <p>9-11 a.m. Knitting Group</p> <p>Noon-1 p.m. Zumba Gold</p> <p>1-3:20 p.m. Advanced Line Dance</p> <p>12:30-4:30 p.m. Hand &amp; Foot Card Group</p> <p>3:45-4:30 p.m. Active Aging: Chair Yoga</p> <p>4:45-5:15 p.m. Floor Mat Pilates</p> <p>5:30-6:30 p.m. Restorative Yoga for the Back</p>	<p>3 8-9 a.m. Senior Exercise</p> <p>9:15-10:15 a.m. Beginning Kundalini Yoga</p> <p>10-11 a.m. Walking to Get Fit</p> <p>Noon-2 p.m. Bingo</p>	<p>10 8-9 a.m. Senior Exercise</p> <p>9:15-10:15 a.m. Beginning Kundalini Yoga</p> <p>10-11 a.m. Walking to Get Fit</p> <p>Noon-2 p.m. Bingo</p>	<p>13 8-9 a.m. Senior Exercise</p> <p>9:15-10:15 a.m. Beginning Kundalini Yoga</p> <p>10-11 a.m. Walking to Get Fit</p> <p>10a.m. - Noon Computers 101: The PC Basics</p>	<p>14 9-10 a.m. Cheng Man Ching Tai Chi</p> <p>9:30-11:30 a.m. Cordova Independent Artists</p> <p>Noon-1 p.m. Zumba Gold Cancelled</p> <p>1:15-2:45 p.m. Beginning Line Dance</p> <p>3:45-4:30 p.m. Active Aging: Chair Yoga</p> <p>4:45-5:15 p.m. Floor Mat Pilates</p> <p>5:30-6:30 p.m. Restorative Yoga for the Back</p>	<p>15 8-9 a.m. Senior Exercise</p> <p>9-11:30 a.m. Arts &amp; Crafts</p> <p>9:15-10:15 a.m. Beginning Kundalini Yoga</p> <p>10-11 a.m. Walking to Get Fit</p> <p>11:30 a.m. - Noon Green Thumb Lunch</p> <p>Noon-2 p.m. Bingo</p> <p>2:30-3:15 p.m. Active Aging: Balance &amp; Movement</p>	<p>16 9-10 a.m. Cheng Man Ching Tai Chi</p> <p>9-11 a.m. Knitting Group</p> <p>Noon-1 p.m. Zumba Gold Cancelled</p> <p>1-3:20 p.m. Advanced Line Dance</p> <p>12:30-4:30 p.m. Hand &amp; Foot Card Group</p> <p>3:45-4:30 p.m. Active Aging: Chair Yoga</p> <p>4:45-5:15 p.m. Floor Mat Pilates</p> <p>5:30-6:30 p.m. Restorative Yoga for the Back</p>	<p>17 8-9 a.m. Senior Exercise</p> <p>9:15-10:15 a.m. Beginning Kundalini Yoga</p> <p>10-11 a.m. Walking to Get Fit</p> <p>Noon-2 p.m. Bingo</p>	<p>20 8-9 a.m. Senior Exercise</p> <p>9:15-10:15 a.m. Beginning Kundalini Yoga</p> <p>10-11 a.m. Walking to Get Fit</p> <p>10a.m. - Noon Fundamentals of the Internet</p> <p>11:30 a.m. Advisory Board Taco Salad &amp; Bingo Fundraiser</p> <p>12:30-3 p.m. Bingo</p>	<p>21 9-10 a.m. Cheng Man Ching Tai Chi</p> <p>9:30-11:30 a.m. Cordova Independent Artists</p> <p>Noon-1 p.m. Zumba Gold</p> <p>1:15-2:45 p.m. Beginning Line Dance</p> <p>3:45-4:30 p.m. Active Aging: Chair Yoga</p> <p>4:45-5:15 p.m. Floor Mat Pilates</p> <p>5:30-6:30 p.m. Restorative Yoga for the Back</p>	<p>22 8-9 a.m. Senior Exercise</p> <p>9-11:30 a.m. Arts &amp; Crafts</p> <p>9:15-10:15 a.m. Beginning Kundalini Yoga</p> <p>10-11 a.m. Walking to Get Fit</p> <p>11:30 a.m. - Noon Green Thumb Lunch</p> <p>Noon-2 p.m. Bingo</p> <p>2:30-3:15 p.m. Active Aging: Balance &amp; Movement</p> <p>2:30-3:30 p.m. Advisory Board Meeting</p>	<p>23 9-10 a.m. Cheng Man Ching Tai Chi</p> <p>9-11 a.m. Knitting Group</p> <p>Noon-1 p.m. Zumba Gold</p> <p>1-3:20 p.m. Advanced Line Dance</p> <p>12:30-4:30 p.m. Hand &amp; Foot Card Group</p> <p>3:45-6:30 p.m. Fitness with Jennifer Alton Cancelled</p>	<p>24 8-9 a.m. Senior Exercise</p> <p>9:15-10:15 a.m. Beginning Kundalini Yoga</p> <p>10-11 a.m. Walking to Get Fit</p> <p>Noon-2 p.m. Bingo</p>	<p>27 8-9 a.m. Senior Exercise</p> <p>9:15-10:15 a.m. Beginning Kundalini Yoga</p> <p>10-11 a.m. Walking to Get Fit</p> <p>10a.m. - Noon Getting Connected: Socializing from Home</p>	<p>28 Alcatraz Island Trip</p> <p>9-10 a.m. Cheng Man Ching Tai Chi</p> <p>9:30-11:30 a.m. Cordova Independent Artists</p> <p>Noon-1 p.m. Zumba Gold</p> <p>1:15-2:45 p.m. Beginning Line Dance</p> <p>3:45-6:30 p.m. Fitness with Jennifer Alton Cancelled</p>	<p>29 8-9 a.m. Senior Exercise</p> <p>9:15-10:15 a.m. Beginning Kundalini Yoga</p> <p>10-11 a.m. Walking to Get Fit</p> <p>11:30- Noon Green Thumb Lunch</p> <p>Noon-2 p.m. Bingo</p> <p>2:30-3:15 p.m. Active Aging: Balance &amp; Movement Cancelled</p>	<p>30 9-10 a.m. Cheng Man Ching Tai Chi</p> <p>9-11 a.m. Knitting Group</p> <p>Noon-1 p.m. Zumba Gold</p> <p>1-3:20 p.m. Advanced Line Dance</p> <p>12:30-4:30 p.m. Hand &amp; Foot Card Group</p> <p>3:45-6:30 p.m. Fitness with Jennifer Alton Cancelled</p>



# May We Take Your Picture?

Cinco de May (May 4)



Community Yard Sale (May 7)



National Pizza Party Day (May 18)

