



“Welcome Back”

By Heather Schelske—Neil Orchard Senior Activities Center Supervisor



After a long 16 months we are back!!! We are so excited to be fully open again. Although we were not open the last 16 months, we did do our best to keep everyone connected. If you did or didn't participate here is a small recap of what did during the building closure. Many group classes were held outside such as Advance Line Dance, Exercise, Kundalini Yoga and Walking group. We held monthly events where folks could drive up, have lunch and hang out in the car to listen to live music; many of you drove through every

Wednesday to pick up your Green Thumb lunch as well. Following the Green Thumb lunch we had held Parking Lot Bingo were participants listened to the radio while we called out numbers and gave out prizes to the Bingo winners; the senior resource drive-throughs were also a great success. We enjoyed virtual coffee talks and we even produced an interactive newsletter. Our biggest accomplishment was partnering with the City of Rancho Cordova in the Great Plates program where we made 60 meals a day for 20 participants and delivered them Monday-Friday. I appreciated the days I got to deliver those meals because I could see so many faces that I have missed.

All this hard work didn't go unnoticed. The California Association of Recreation and Park Districts (CARPD) in June awarded for Outstanding Activity or Special Event for the District's Senior Drive-thru programs (see inside for more details).

During this time, we did have some staff that moved on and they will be missed. We also gained a new staff member Lara Nall. Lara is our new front desk receptionist. Please make sure to introduce yourself and welcome her (see inside for more details).

REMEMBER MASK ARE REQUIRED FOR INDOOR PROGRAMMING!!

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



Important Dates to Remember:

August 12:	Senior Advisory Board Meeting
August 18th:	National Senior Citizens' Day
August 27:	National Banana Lovers' Day
Sept. 6:	Center closed for Labor Day

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

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Facebook.com/
NeilOrchardSeniorActivitesCenter



Make A Reservation

Our to-go Green Thumb lunch taught us that WE LOVE RESERVATIONS! It's helpful to ensure we prepare enough for everyone. It will also help us decide if we can offer you lunch other days of the week as well!

PLUS when you reserve in advance you'll save \$1! (Reservations day of will still be accepted depending on availability .)

To help, just call and make a reservation the Monday before Green Thumb lunch.

GREEN THUMB LUNCH AUGUST



Get your taste buds ready for some great summer lunches:

Donation:
\$4 per Person in-advance
\$5 at the door
11:30 A.M.



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

- Aug. 4th (Wed):** Corn Chowder Soup w/ Pesto Pasta Salad
- Aug. 11th (Wed):** Broccoli Cheddar Soup w/ 1/2 Turkey Avocado Sandwich
- Aug. 13th (Fri):** Cream of Mushroom soup & Mixed Green Salad
- Aug. 18th (Wed):** **Green Thumb Cancelled for National Senior Citizen's Day (Purchase tickets in advance)**
- Aug. 25th (Wed):** Veggie Chili & Baked Potato
- Aug. 27th (Fri):** Tortellini Soup w/ Chef Salad



CRPD Receives Award for Senior Programs:

By Shelby Golden



The Cordova Recreation & Park District (District) is honored to be the recipient of the California Association of Recreation and Park Districts (CARPD) Award of Distinction for Outstanding Activity or Special Event for the District's Senior Drive-Thru Programs. The District was presented with the award during the CARPD Annual Conference on June 24, 2021.

The need for healthy nutrition and play for seniors did not cease during the pandemic. In fact, the need may have been even be greater than before. With this mind, District staff developed the Green Thumb Lunch TO GO program and Parking Lot Bingo to keep seniors safe, provide seniors with a healthy lunch and provide community entertainment fun. The District also partnered with the City of Rancho Cordova in the Great Plates program to produce and deliver meals to an at-risk population.

These programs gave the seniors something to look forward to and a safe event for them to attend where they can socialize with their friends from a safe distance. Imagine seeing a row of cars lined down the block where seniors can wave to one another and still be able to have a sense of community while having safe fun outside of their home. When you can bring food and play together safely during a pandemic for the vulnerable population, in addition to lots of smiles, you know you have formed a connection.

IT'S SO NICE TO MEET YOU!



My name is Lara and you have likely seen me at the front desk at least once. It is so nice to meet you! A little about me, I have a theater background and have worked on plays and events for years. You seem to have a lot of events too, so it is going to be fun to help again. I love gardening and look forward to seeing all the Green Thumb volunteers in the garden! Outside of our center, you can find me reading a book, working on arts and crafts, or checking out a new movie. I bet we have a lot in common. I am so excited to be here and working with Heather and the NOSAC staff to help you have the best time possible here at Neil Orchard. If I have not met you yet, it will be so nice to meet you!

Happy National
Banana Lovers Day!



August 27, 2021
at 11:45AM
FREE for
Current Members

We are going bananas for our members and in true senior center fashion, we show our love with food. Let's celebrate National Banana Lover's Day with a banana split! Make sure you bring your active (not expired) membership key tag and **SCAN IN** at the front desk to claim your treat.



National Senior Citizens Day

Wednesday, August 18 at 11:30 a.m.
Advance Tickets: \$6/Member, \$8/Non-Member

This day was created as a day to support, honor and show appreciation to our seniors. Join us for a delicious luncheon featuring BBQ tri-tip, macaroni salad, baked beans, roll and dessert.

Event Sponsor:





Green Thumb

Garden Club is back!

All are welcome to attend our first meeting on Wednesday August 4th from 10-11:30

(Meetings will be held the first Wednesday of each month.)



Silver Surfers Computer Classes!

These are beginner classes open to all ages. Includes a step-by-step handout.
Seats are limited!

8/12—Email Basics
8/19—Surf the Internet
8/26—Facebook Profile
9/9—Zoom

*Cost per class: \$15
10-11:00 a.m.*



It's Cheeseburger Day!

Wednesday, September 15, 11:30 a.m.
Tickets in Advance: \$6/Member,
\$8/Non-Member
Day of Event \$10/Person

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 is Back!

Join us inside every
Wednesday
& Friday from 12-2

Bingo is a game of chance in which each player matches numbers printed on 5x5 cards. Please arrive 15 minutes early to find seat and select card(s).

Hello August!

Neil Orchard Senior Activities Center
 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.

Mon.	Tue.	Wed.	Thu.	Fri.
<p>2</p> <p>8-9 – Exercise 9-10 – Walk to get fit 9:15-10:15 Beg. Kundalini Yoga</p>	<p>3</p> <p>9-10 – Intermediate Tai Chi 9:30-11:30- Cordova Independent Artists 10-11 – Beg. Tai Chi 12-1 - Zumba 1:15 – 3:15 Beg./Int. Line Dance 3:30-4:15 – Active Aging Chair Yoga 4:30-5:15 – Floor Mat Pilates 5:30 – 6:35 – Restorative Yoga for the Back</p>	<p>4</p> <p>8-9 – Exercise 9-10 – Walk to get fit 9:15-10:15 - Beg. Kundalini Yoga 10:30-11:35 – Active Aging Balance & Movement 10:00-11:30 – Garden Club Meeting 11:30-12 - Green Thumb Lunch 12-2 - Bingo</p>	<p>5</p> <p>12-1 Zumba (CANCELLED) 1 – 3:30 - Advanced Line Dance 1-4 – Hand & Foot Card Group 3:30-4:15 – Active Aging Chair Yoga 4:30-5:15 – Floor Mat Pilates 5:30 – 6:35 – Restorative Yoga for the Back</p>	<p>6</p> <p>8-9 – Exercise 9-10 – Walk to get fit 9:15-10:15 - Beg. Kundalini Yoga 10:30-11:35 Active Aging Balance & Movement 12-2pm – Bingo</p>
<p>9</p> <p>8-9 – Exercise 9-10 – Walk to get fit 9:15-10:15 Beg. Kundalini Yoga</p>	<p>10</p> <p>9-10 – Intermediate Tai Chi 9:30-11:30- Cordova Independent Artists 10-11 – Beg. Tai Chi 12-1 – Zumba (CANCELLED) 1:15 – 3:15 Beg./Int. Line Dance</p>	<p>11</p> <p>8-9 – Exercise 9-10 – Walk to get fit 9:15-10:15 - Beg. Kundalini Yoga 11:30-12 - Green Thumb Lunch 12-2 - Bingo</p>	<p>12</p> <p>10-11 – Silver Surfers – Email Basics 12-1 Zumba (CANCELLED) 1 – 3:30 - Advanced Line Dance 1-4 – Hand & Foot Card Group</p>	<p>13</p> <p>8-9 – Exercise 9-10 – Walk to get fit 9:15-10:15 - Beg. Kundalini Yoga 11:30-12 - Green Thumb Lunch 12-2 – Bingo</p>
<p>16</p> <p>8-9 – Exercise 9-10 – Walk to get fit 9:15-10:15 Beg. Kundalini Yoga</p>	<p>17</p> <p>9-10 – Intermediate Tai Chi 9:30-11:30- Cordova Independent Artists 10-11 – Beg. Tai Chi 12-1 - Zumba 1:15 – 3:15 Beg./Int. Line Dance 3:30-4:15 – Active Aging Chair Yoga 4:30-5:15 – Floor Mat Pilates 5:30 – 6:35 – Restorative Yoga for the Back</p>	<p>18</p> <p>8-9 – Exercise 9-10 – Walk to get fit 9:15-10:15 - Beg. Kundalini Yoga 10:30-11:35 – Active Aging Balance & Movement 11:30-12:30 – SENIOR CITIZEN DAY 11:30-12 - Green Thumb Lunch (CANCELLED) 12-2 – Bingo (CANCELLED)</p>	<p>19</p> <p>10-11 – Silver Surfers – Surf the Internet 12-1 Zumba 1 – 3:30 - Advanced Line Dance 1-4 – Hand & Foot Card Group 3:30-4:15 – Active Aging Chair Yoga 4:30-5:15 – Floor Mat Pilates 5:30 – 6:35 – Restorative Yoga for the Back</p>	<p>20</p> <p>8-9 – Exercise 9-10 – Walk to get fit 9:15-10:15 - Beg. Kundalini Yoga 10:30-11:35 – Active Aging Balance & Movement 12-2 - Bingo</p>
<p>23</p> <p>8-9 – Exercise 9-10 – Walk to get fit 9:15-10:15 Beg. Kundalini Yoga</p>	<p>24</p> <p>9-10 – Intermediate Tai Chi 9:30-11:30- Cordova Independent Artists 10-11 – Beg. Tai Chi 12-1 - Zumba 1:15 – 3:15 Beg./Int. Line Dance 3:30-4:15 – Active Aging Chair Yoga 4:30-5:15 – Floor Mat Pilates 5:30 – 6:35 – Restorative Yoga for the Back</p>	<p>25</p> <p>8-9 – Exercise 9-10 – Walk to get fit 9:15-10:15 - Beg. Kundalini Yoga 10:30-11:35 – Active Aging Balance & Movement 11:30-12 - Green Thumb Lunch 12-2 - Bingo</p>	<p>26</p> <p>10-11 – Silver Surfers – Facebook Profile 12-1 Zumba 1 – 3:30 - Advanced Line Dance 1-4 – Hand & Foot Card Group 3:30-4:15 – Active Aging Chair Yoga 4:30-5:15 – Floor Mat Pilates 5:30 – 6:35 – Restorative Yoga for the Back</p>	<p>27</p> <p>8-9 – Exercise 9-10 – Walk to get fit 9:15-10:15 - Beg. Kundalini Yoga 10:30-11:35 – Active Aging Balance & Movement 11:30-12 - Green Thumb Lunch 11:45 - NATIONAL BANANA SPLIT DAY! 12-2 - Bingo</p>
<p>30</p> <p>8-9 – Exercise 9-10 – Walk to get fit 9:15-10:15 Beg. Kundalini Yoga</p>	<p>31</p> <p>9-10 – Intermediate Tai Chi 9:30-11:30- Cordova Independent Artists 10-11 – Beg. Tai Chi 12-1 - Zumba 1:15 – 3:15 Beg./Int. Line Dance</p>			 <p>Cordova Recreation & Park District Neil Orchard Senior Activities Center</p>