



“Happy Holidays”



By Heather Schelske—Neil Orchard Senior Activities Center Supervisor



Here come the holidays! Last month we honored all the brave men and women that have served our country at our Veteran’s Day celebration. A big thank you to the Rancho Cordova Rotary and additional CRPD administrative staff that came to help serve the meal. As usual the Moon Glow band was great and played all your favorite patriotic tunes. The very next week we had a wonderful turnout for our Thanksgiving Feast and again the Rancho Cordova Rotary came and helped us serve. We want to thank our Turkey Fairy member who donated all those turkeys (you know who you are) we appreciate you!!

Saturday December 4th, guess who’s coming to town? That’s right Mr. and Mrs. Claus! He will be bringing his list and will be checking it twice to find out if you have been naughty or nice. Enjoy a pancake breakfast and have pictures taken with the big guy himself! Many of you have already purchased tickets but if you are planning to attend, make sure to get your tickets in advance as we only have two seating times this year. See inside for more details.

Of course, we can’t end the year without having our annual Winter Wonderland Feast. The Moon Glow Band will be returning to bring us some festive Christmas music and we will be having a traditional Christmas ham and scalloped potato dinner. Make sure to get your tickets in advance so you guarantee a seat. TOGO boxes will also be sold for \$7 each. (Please RSVP by Friday Dec 10th.)

If you are looking for a way to give back this season, we have a Foodbank box located in the lobby for you to donate non-perishable goods to help those in need.

We hope you all have a great Holiday and we will see you next year!



Important Dates to Remember:

December 8:	Senior Advisory Board Meeting	December 13-17:	Senior Advisory Board Election
December 4:	Breakfast with Santa	December 23-	Senior Center Closed for the
December 15:	Winter Wonderland (Bingo Cancelled)	January 2nd	Holidays

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.*



- Dec. 1st (Wed):** Turkey Noodle Soup & Mixed Green Salad
- Dec. 8th (Wed):** Black Bean Soup & Half BLT Sandwich
- Dec. 15th (Wed):** *Green Thumb Lunch
Cancelled For Winter
Wonderland*
- Dec. 22nd (Wed):** Broccoli Cheddar Soup & Half Tuna Salad Sandwich
- Dec. 29th (Wed):** Center is Closed

GET UP 'N' GO

Hard Rock Casino - Northern California: Thursday, February 17, 2022

Enjoy 4 hours of Vegas-style gaming at one of Northern California's newest casinos! Located in Yuba County, this casino features a 14,000 square-foot casino, six restaurants, hotel & pool and an event center. Casino Bonus of \$25 Free Play included. *(Subject to change per the casino.)* Must be 21+ to register.

Cancellation deadline is Jan. 7th.

Activity Level: Leisurely/Minimal amount of walking involved.

Discover Chico:

Monday, March 21, 2022

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.

Cordova Senior Advisory Board Elections

Election of officers for President, Vice President, Treasurer and At-Large Members on the Senior Advisory Board will be held on Wednesday, December 13th and will close on Friday, December 17th at Noon. **All Neil Orchard Senior Activities Center Members are eligible and encouraged to vote!** Ballots can be picked up at the front desk beginning December 10. Below is information on the candidates



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 INFORMATIONAL PRESENTATIONS **SPACE LIMITED: RSVP AT FRONT DESK**

Caption Call Presentation

Thursday, January 20 at 10 a.m.

Use a Caption Call phone to read and hear phone conversations. It works just like a regular landline phone with the advantage of real-time captions. Learn the basics in this free presentation.



Breakfast WITH & Santa HOLIDAY CRAFT FAIR

Saturday, December 4th
Fee: \$5 per person
(ages 2 & under FREE)
Two Seating Times:
9 a.m. / 10 a.m.

Bring the whole family for a delicious breakfast of pancakes, sausage and refreshments. Share Christmas wishes with Santa Claus in our festive photobooth (included with admission). Afterwards, drop the kids off at Santa's Workshop to create a holiday craft to take home!

Sponsored by:



Wednesday, December 15th at 11:30a.m.
\$6 for Members in Advance
\$8 for Non-Members in Advance
\$7 To Go Boxes (RSVP by 12/10)

Spread holiday cheer with us as we sing along to music from The Moon Glow Band and enjoy a special winter feast.

Menu:

Sponsored by:

Baked Holiday Ham,
 Scalloped Potatoes,
 Roasted Vegetables, Dinner
 Roll & Festive Dessert



Senior Advisory Board Presents:

Baked Potato & BINGO Fundraiser

Monday, December 6th, 2021

Buy tickets at the Front Counter



Baked Potato (\$5/person)
 11 a.m. - noon

BINGO (\$5/person)
 Noon - 2:30 p.m.

Cordova Senior Activities Center
Advisory Board Est. 1978



Lunar New Year Celebration
Wednesday, February 2nd 11:30AM
\$6 for Members in Advance
\$8 for Non-Members in Advance
\$10 on Day of Event

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:





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!



Food for Seniors

Rancho Cordova Food Locker

(10497 Coloma Road at St. John Vianney Church) Cordova Food Locker will have a Christmas Meal Giveaway Monday, December 20th, from 9:30 a.m. until 1:20 p.m. They will be distributing turkeys, chicken and hams to 1000 people.

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

Happy birthday! Happy birthday! Happy birthday! Happy birthday! Happy birthday!

Rick Blair
Joanne Brandt
Mary Buster
Karen Camacho
Ahmad Dalvi
Kate Dillon
Barbara Easton
Josephine Garcia
Shirley Gladfelder
Patricia Jaspén
Dana Johnson
Mary Kiernan
Anne Leonard
Genevieve Lisher
Marie Lovell
Yvonne Lucksy
Sidney Moore
Mona Nollsch
Janice Ottoson
Susie Patterson
Geanel Peay
Don Prange
Sandra Prioletti
Cristina Reyes
Joan Roper
Audrey Seal
Pawel Skrzyzinski
Kathy Souza
Gordon Stephens
Rodney Stone
Judy Strauch
Linda Sullivan
Habibullah Sultani
Virginia Thurson
Betty Vail
Barbara Liberty Vick
Judy Wilson
Miela Zitelli

Happy birthday! Happy birthday! Happy birthday! Happy birthday! Happy birthday!

December 2021

Neil Orchard Senior Activities Center
 3480 Rautier 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 8:00 - 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 11 a.m. - 2:00 p.m. Bake Potato & Bingo</p>	<p>1 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. Green Thumb Lunch 12:00 - 2:00 p.m. Bingo</p>	<p>2 9:00 - 11:00 a.m. Knitting Group Zumba Advanced Line Dance Hand & Foot Card Group Active Aging: Chair Yoga Floor Mat Pilates Restorative Yoga for the Back</p>	<p>3 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 12:00 - 2:00 p.m. Bingo **Breakfast with Santa Saturday, December 4th, 2021**</p>	
<p>7 9:00 - 10:00 a.m. Intermediate Tai Chi 9:30 - 11:00 a.m. Cordova Independent Artists 10:00 - 11:00 a.m. Beginning Tai Chi 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>8 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 Senior Advisory Board Meeting 2:30 - 3:30 p.m.</p>	<p>9 9:00 - 11:00 a.m. Knitting Group Zumba Advanced Line Dance Hand & Foot Card Group Active Aging: Chair Yoga CANCELLED Floor Mat Pilates CANCELLED Restorative Yoga for the Back CANCELLED</p>	<p>10 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 12:00 - 2:00 p.m. Bingo</p>	
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SENIOR CENTER WILL BE CLOSED DECEMBER 23, 2021 TO JANUARY 2, 2022

Thanksgiving Feast & Veterans Day Celebration

