



“Thankful”

By Heather Schelske—Neil Orchard Senior Activities Center Supervisor



We ended last month with a smashing monster Halloween bash. Live music from the Moon Glow band got us tapping our toes and even a few dancing to the beat. Barbara, our cook, made a delicious spooky meal and Aetna was our wonderful sponsor. We were all grateful to be back inside eating, listening to live music, all while enjoying each other’s company.

This month the parties continue, and we couldn’t be more thankful for that. On November 10th we will honor and celebrate our Veterans. Remember Veterans can attend the event for free, but please RSVP by November 5th. Also, Veterans, please bring in a photograph of yourself while you were in service for us to borrow by November 5th. The Moon Glow band will be returning to play patriotic music and Aetna will be our sponsor once again.

One-week later, November 17th, we will hold our annual Thanksgiving Feast. I know we all love Thanksgiving and there is nothing better than Thanksgiving leftovers. For this event we will be adding the option to purchase extra TOGO meals. Make sure to reserve your TOGO box by Nov. 12th and get your tickets before we sell out. Aetna is again our sponsor, and we are so thankful for them.

The Senior Advisory Board has been working hard at fundraising. Their fundraising event Baked Potato and Bingo will be held on December 6th. The Advisory Board does so much for us so please come and support this event. They also have a brand-new holiday basket for you to purchase tickets and win!

Don’t forget to mark your calendars, the center will be closed Thursday November 11th to honor our Veterans. We will be closed November 22nd– 26th to celebrate Thanksgiving.

Important Dates to Remember:

November 10: Veterans Day Celebration (no bingo)	November 17: Thanksgiving Feast (no bingo)
November 11: Center Closed for Veterans Day	November 22-26: Senior Center closed for Thanksgiving

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

Get your taste buds ready for some great autumn lunches:
Donation: \$3 per Person



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

- Nov. 3rd:** Roasted Red Pepper & Tomato Soup & Half Grilled Cheese Sandwich
- Nov. 5th:** Chicken & White Bean Chili & Spinach Beet Salad
- Nov. 10th:** Green Thumb Lunch *cancelled* for Veteran's Day Celebration (no bingo)
- Nov. 17th:** Green Thumb Lunch *cancelled* for Thanksgiving Feast (no bingo)

ON-GOING MEMBER ACTIVITIES

Non-members pay \$1 drop-in fee

Library & Lounge Daily 7:30 a.m.-4 p.m.

Jigsaw Puzzle Swap Daily 7:30 a.m.-4 p.m.

Billiards Daily 7:30 a.m.-4 p.m.

Bingo Weds & Fri noon-2 p.m.

Hand & Foot* Thurs 1-4 p.m.

Must call before attending card groups



Saturday, December 4, 2021

**Fee: \$5 per person
(ages 2 & under FREE)**

**Two Different 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 the craft area before shopping for those last minute gifts at the Holiday Craft Fair.



Senior Advisory Board Thanksgiving Raffle!

Tickets can be purchased at the Front Desk.

\$1 each or 6 tickets for \$5!

Prize basket includes:

- Martinelli's Sparkling Spider
- Minton's Crackers
- Mini Shortbread Cookies
- Chocolate Crackers
- Chocolate Waffle Cookies
- Black Fig Spread
- Smoked Provolone Cheese
- Dry Salami
- Milk Chocolate Bar
- 2 Jumbo Word Search Books
- 1 Christmas Dish Towel
- \$15 Burger King Gift Card
- \$20 Walmart Gift Card
- \$25 Denny's Gift Card
- 2 - \$5 Starbucks Gift Cards

Raffle will be held at our Thanksgiving event on November 17th. Reserve your seats and TO-GO boxes by November 12th.

Veterans Day CELEBRATION

WEDNESDAY, NOVEMBER 10 AT 11:30 A.M.
VETERANS ARE COMPLIMENTARY*

*PLEASE RSVP BY NOVEMBER 5
\$6/ADDITIONAL GUESTS
NO TICKETS SOLD AT THE DOOR

Show your appreciation for the men and women who served to keep America safe and free. Enjoy a delicious luncheon served with a slice of apple pie a la mode. Live entertainment provided by the Moon Glow band.

Menu:

Lemon Chicken, Herb Roasted Potatoes, Veggies, Dinner Roll & slice of Apple Pie a la mode

Sponsored By:



Wednesday, December 15th at 11:30 AM

\$6 for Members in Advance

\$8 for Non-Members in Advance

Spread holiday cheer with us as we sing Christmas carols and enjoy a special winter feast.

Menu:

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

Sponsored by:



Thanksgiving Feast



Wednesday, November 17 at 11:30 AM

\$6 for Members - \$8 for Non-Members
\$5 per To-Go Box (pie not included)*

No tickets will be sold at the door.

Featuring the Moon Glow Band

Menu:

Thanksgiving Roasted Turkey, Mashed Potatoes and Gravy, Traditional Green Bean Casserole, Cranberry sauce, Dressing, Dinner Roll and Pumpkin Pie for dessert

*Prepay for a to-go box in advance to guarantee that you'll have a delicious meal to take home after the event. **Must preorder by Nov. 12.**

Sponsored By:



Senior Advisory Board Presents:

**Baked Potato
&**

BINGO Fundraiser

Monday, December 6, 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

SACRAMENTO CITY EXPRESS

Closing the Digital Divide



Free Internet, Equipment and Training

City of Sacramento partners with United Way California Capital Region, SMUD, City of Rancho Cordova and community nonprofits to close the digital divide in our communities. Free internet, computers, and digital training are available for those who qualify!

What is being offered?

- Free hotspots (covered for 1 year)
- Free broadband for up to 200 people for a year (via Comcast Internet Essentials or AT&T low-cost internet plan)
- Refurbished desktop and/or all-in-one computer
- Digital literacy training and other important learning resources

For more information visit:

www.yourlocalunitedway.org/digital



Happy birthday! Happy birthday! Happy birthday!

Happy birthday! Happy birthday! Happy birthday!

Leland Colvin

Barbara Dowd

Diana Duffy

Tommy Hearnnes

Taesuk Larson

Luz Libre

Marcia Moser

Kay Patterson

Billie Pierce

Cheryl Putman




Lee Sanfilippo

Vivian Wenerick



November 2021

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												
1	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 12:00 - 2:00 p.m. Bingo	2	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 1:00 - 3:00 p.m. Paint Party 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	3	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 2:30 - 3:30 p.m. Senior Advisory Board Meeting	4	9:00 - 11:00 a.m. Knitting Group 12:00 - 1:00 p.m. Zumba 1:00 - 3:20 p.m. Advanced Line Dance 1:00 - 4:00 p.m. Hand & Foot Card Group 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	5	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	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	9	9:00 - 10:00 a.m. Intermediate Tai Chi CANCELLED 9:30 - 11:30 a.m. Cordova Independent Artists 10:00 - 11:00 a.m. Beginning Tai Chi CANCELLED 12:00 - 1:00 p.m. Zumba Gold 1:00 - 3:00 p.m. Paint Party 1:15 - 2:45 p.m. Intro. & Beg. Line Dance CANCELLED 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	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 11:30 - 1:00 p.m. Green Thumb Lunch Cancelled for Veteran's Day Celebration (No Bingo)	11		12	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	
15	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	16	9:00 - 10:00 a.m. Intermediate Tai Chi CANCELLED 9:30 - 11:30 a.m. Cordova Independent Artists 10:00 - 11:00 a.m. Beginning Tai Chi CANCELLED 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	17	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. Active Aging Balance & Movement 10:45 - 11:30 a.m. Green Thumb Lunch Cancelled for Thanksgiving Feast (No Bingo) 11:30 - 1:00 p.m.	18	9:00 - 11:00 a.m. Knitting Group 12:00 - 1:00 p.m. Zumba 1:00 - 3:20 p.m. Advanced Line Dance 1:00 - 4:00 p.m. Hand & Foot Card Group 3:45 - 4:30 p.m. Active Aging: Chair Yoga CANCELLED 4:30 - 5:15 p.m. Floor Mat Pilates CANCELLED 5:30 - 6:30 p.m. Restorative Yoga for the Back CANCELLED	19	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	22	<h2 style="text-align: center;">The Center Will Be Closed All Week For The Thanksgiving Holiday.</h2>		23	9:00 - 10:00 a.m. Intermediate Tai Chi 9:30 - 11:30 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 CANCELLED 4:30 - 5:15 p.m. Floor Mat Pilates CANCELLED 5:30 - 6:30 p.m. Restorative Yoga for the Back CANCELLED	24	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. Active Aging Balance & Movement 10:45 - 11:30 a.m. Green Thumb Lunch Cancelled for Thanksgiving Feast (No Bingo) 11:30 - 1:00 p.m.	25		26	
29	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	30	9:00 - 10:00 a.m. Intermediate Tai Chi 9:30 - 11:30 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 CANCELLED 4:30 - 5:15 p.m. Floor Mat Pilates CANCELLED 5:30 - 6:30 p.m. Restorative Yoga for the Back CANCELLED																	



Halloween Bash

