

“Summer of Change”

By Heather Schelske—Neil Orchard Senior Activities Center Supervisor



What’s the best way to celebrate National Pizza Party Day? With a pizza party, of course! On May 17th, instead of the traditional Meals on Wheels lunch, we kicked it up a notch and indulged in pizza, salad and refreshments. Thank you to everyone who joined us for this fantastic little party. It’s always nice to change things up a little bit.

Change isn’t always easy though. Last month, we celebrated the life of long-time volunteer, Minnie Connor, with a *little* get together. Close to a hundred of her family and friends came together to enjoy a potluck luncheon and reminisce about her beautiful life. Minnie gave a lot to this center and it was incredibly touching to see so many people come out to honor her memory. Minnie was a big part of this center and is missed every single day.

On another note, Bernice Kong, another long-time volunteer has decided to retire from volunteering. With an impressive volunteer resume spanning over 60 years, Bernice has been volunteering at the Senior Center since its doors opened in 1987. Having spent so many years dedicating herself to helping the community, Bernice is finally dedicating some time to herself. This isn’t goodbye though, Bernice will continue to come in for lunch and Bingo, just as a participant instead of a volunteer. Our staff was already lost without Minnie, but not having Bernice here everyday is really going to take some getting used to. For being such a tiny lady, Bernice left some very big shoes to fill. Although we will miss seeing her every day, we’re all happy that she is finally taking some time for herself.

With all these changes happening, staff is doing our best to absorb the additional work and are learning as we go. We appreciate your patience with us as we work out the kinks.

Remember that the senior center will be closed July 1-5 for cleaning and in observance of Independence Day. We will reopen on Monday, July 8th.



The Senior Center will be closed Monday-Friday, July 1-5 for cleaning and in observance of Independence Day. We will reopen on Monday, July 8, 2019.

Important Dates to Remember:

June 2:	Castroville Artichoke Festival	June 19:	National Garfield the Cat Day
June 7:	National Donut Day	June 25:	Pageo Lavender Farm Trip
June 10:	Senior Advisory Board Meeting	July 1-5:	Senior Center Closure
June 18:	Email/Texting Presentation	July 17:	National Hot Dog BBQ Day
June 19:	IHSS Presentation	July 23:	Social Media Presentation

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



GREEN THUMB LUNCH

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



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

- June. 5th:** Creamy Mushroom Soup w/ Turkey half Sandwich
- June. 12th:** Chicken & Rice Soup w/ Beet Walnut Salad
- June. 19th:** **Garfield the Cat Day (Purchase Tickets in Advance)**
- June. 26th:** Hearty Vegetable Noodle Soup w/ Build Your Own Salad Bar



NEW LUNCH PROCEDURES

Beginning June 3, there will be some new procedures implemented for lunch.



- Participants will need to check in at the front desk (no earlier than 10:45 a.m.) to receive their placemats and utensils. They will then need to set their placemats at their own seats; we will no longer be saving seats.
- Donations for Meals on Wheels can go directly into the black donation box in the dining room.
- Donations for Green Thumb lunch will be collected at the time of check in at the front desk.

See Jenny at the front office for any questions or concerns.



WII BOWLING



Wii Bowling will be held on June 11th & 18th from noon - 1 p.m. Compete against your friends to see who gets the top score. This low impact game is great for all ages!

TOP 4 BOWLERS OF MAY

1. GREG W. 215 PTS
2. MARY D. 180 PTS
3. PAT R. 155 PTS
4. MISAO K 104 PTS



Pageo Lavender Farm

Tuesday, June 25, 2019

\$79 per person

Every June, the relaxing aromas of lavender fill the air and beautiful purple hues blanket the fields at Pageo Farm. Enjoy a short tour of the farm as you walk out into the fields, learning about the history of lavender, the farm and how it's harvested.

A Day in the Bay

Sunday, July 28, 2019

\$92 per person

Start the morning in Sausalito for a ferry ride over to the City by the Bay. Ranked as one of the most beautiful ferry rides in the world, the short trip offers glorious views of Alcatraz Island the Golden Gate Bridge and of course the breathtaking San Francisco skyline.

Feather Falls Casino

Tuesday, August 27, 2019

Fee: \$31 per person

Enjoy 4 hours of free time to gamble and have a no-host lunch. Casino bonus of \$12 cash and \$3 food is subject to change per casino.



Email/Texting Presentation

Tuesday, June 18 at 10:30 a.m.

RSVP at the Front Desk



Learn how to set up and send messages via email and text on your phone. iPhones and Androids both welcome to attend.

IHSS Presentation

Wednesday, June 19 at 10:30 a.m.

RSVP at the Front Desk

In-Home Support Services is an invaluable resource that allows an individual with a disability to live independently in his or her home. This presentation gives an overview of the programs requirements and initial application process. We will discuss protective supervision, share of cost issues and what to do if you think you are entitled to more hours.



NATIONAL DOUGHNUT DAY

National Donut Day

Friday, June 7 at 11:30 a.m.

Free for **CURRENT** members
\$3 non-members

All members will receive a FREE donut to enjoy after lunch. You DONUT want to miss this!

Our Sponsor for the event:



National Garfield the Cat Day

Wednesday, June 19 at 11:30 a.m.

\$5 for members

\$8 for non-members


\$10 day of event

Famously created by cartoonist Jim Davis, Garfield the cat appeared in his first comic strips on June 19, 1978. Join us in celebrating all things related to our favorite ginger feline.

Menu:

Lasagna, garlic bread and salad

Our Sponsor for the event:



NATIONAL HOT DOG DAY

National Hot Dog BBQ Day

Wednesday, July 17 at 11:30 a.m.

Fee: \$5 per member, \$8 per non-member
\$10 day of event

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



Party in the Park

Party in The Park

Friday, July 19 at 5:30 p.m.

Lincoln Village Community Park & Pool
3450 Routier Road, Sacramento

Join us for a fun summer evening in the park with giveaways, music and vendors. Lincoln Village Pool will be open to the public for a free family swim night. Enjoy a variety of food and drinks from our vendors.

GARDENING NEWS

By Claudia Alstrom

Can You Dig It?



The Green Thumb Garden Club is always looking for help in planting and maintaining the vegetable garden, as well as the flower gardens inside and out. We meet the first Wednesday of every month.

Our Green Thumb Garden Club members are Ann Thomason, Bill Wells, Gretchen Simmons, Judy, Judy Kho, Kurt Linn, Linda Gates, Liz Otero, Marilyn Hamm, Marjorie, Rell Schwanke, Roxie Jones, Shirley Gladfelder, Lois Leal, Reta Douglas and Claudia Alstrom.

Nine Easiest Herbs To Start An Herb Garden

What's more satisfying than growing a gorgeous, lush garden in your backyard? Growing one that you can eat from, too. Whether you have a green thumb or are just starting out, it's easy to nurture your own herb garden with these nine tasty plants.

1. Chives - With their delicate onion flavor and pretty purple blossoms, chives are our favorite early sign of spring. When you want to harvest, cut from the base and don't take more than a third of the bunch at a time.
2. Mint - Mint might be the easiest herb out there to grow—in fact, it's so easy that you'll probably want to plant it in a container to avoid total take-over.
3. Basil - Nothing beats the smell of fresh basil. So pick your favorite variety (Genovese? Thai?) and nurse it to abundance in a sunny patch of soil.
4. Parsley - Parsley is a workhorse herb that's incredibly easy to grow, provided you give her lots of sun and water. The flat leaf variety (also called Italian) is sweet, strong and best for cooking.
5. Rosemary - Hardy and fragrant, this shrub-like herb takes well to hot, dry and sunny spots.
6. Thyme - This woody-stemmed herb can pretty much grow itself if you don't fuss with it too much. Just give it full sun and well-draining soil.
7. Oregano - This Mediterranean herb is common in cooking, but it also happens to look lovely as edging or ground cover in your garden.



Join us on Thursday,
June 20th, for our
monthly birthday
celebration!

Philip Boyce	Allene Morris
Minnie Connor	Chan Newlander
Emilio DeCarlo	Julie O'Neill
Mary Diaz	Jennifer Page
Alice Dibben	Norma Parker
Deborah Fieldson	Richard Pawling
Lori Flowers	Salvadar Ramrez
JoAnne French	LaRae Reese
Hilda Garcia	Patricia Russell
Judi Grace	Ann Sandner
Dorothy Grijalva	Sandra Simmons
Racheal Gungner	Sandra Simpson
Al Hagler	Susan Skinner
Hien Hansen	Tannie Stephens
Gerald Hargrove	Marylouise Tande
Pearlean Harper	Ann Taylor
Donna Hill	Joan Thomas
Laurie Howard	Suzanne Tognet
Jan Kempanowski	Diane Truax
Sharon Larkin	Teri VanAirdale
Charlotte Lawrence	Mary VanCleaf
Teri Lee	Sheila Vassey
Jeanette Leonard	Kathleen Ventura
June Matsuo	Rheda Washington
Rosemarie Mefford	Cindy Young
Raymond Miranda	

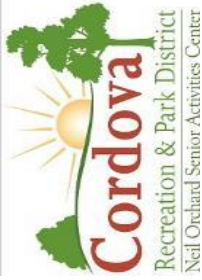
8. Sage - If you're prone to forgetfulness, sage might be your new best friend. Its soft, fuzzy leaves can withstand less water than others, making it ideal for, well, lax gardeners.
9. Borage - With those vibrant periwinkle blossoms, you'll wonder how you hadn't heard of this easy-growing annual until now. The flowers are actually edible and have a subtle, cucumber-like flavor. The pretty herb flourishes from late spring through summer in partial shade.



June 2019

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

Monday



Neil Orchard Senior Activities Center

Tuesday

Please call (916) 376-8915 to make an appointment for HICAP
 *Please call (916) 551-2144 to make an appointment for Senior Legal Services

Wednesday

*Lunch served M-F, please see front desk for menus and to make reservations
 *All dates and times are subject to change without notice

Thursday

Friday

<p>3</p> <p>8-9 a.m. Senior Exercise 9:15 - 10:15 a.m. Kundalini Yoga 9:30 - 10:30 a.m. Walk With Ease 11 a.m. - 3 p.m. HICAP Counseling 11 a.m. - 3 p.m. Bridge Card Group 11:30 a.m. All Seasons Café noon - 2 p.m. Bingo 2:30 - 3:30 p.m. Zumba Gold</p> <p>**Sunday, June 2 Castroville Artichoke Festival</p>	<p>4</p> <p>8 - 8:50 a.m. Tai Chi Chuan 9:30 - 11:30 a.m. Knitting & Crocheting Group 9:30 - 11:30 a.m. C.I.A. 11:30 a.m. All Seasons Café 12:30 - 3:30 p.m. Ceramics 1:30 - 3:30 p.m. Line Dance (Cancelled) 4:40 - 5:30 p.m. Mat Pilates 5:40 - 6:45 p.m. Restorative Yoga</p>	<p>5</p> <p>8 - 9 a.m. Senior Exercise 9:15 - 10:15 a.m. Kundalini Yoga 9:30 - 10:30 a.m. Walk With Ease 9:30 - 11:30 a.m. Arts & Crafts 10:30 a.m. Garden Club Meeting 11:30 a.m. Green Thumb Lunch noon - 2 p.m. Bingo 2:30 - 3:30 p.m. Zumba Gold 4:40 - 5 p.m. Fall Prevention Weight Training 5 - 5:45 p.m. Active Adult Cardio HIIT 5 - 6:45 p.m. Introduction to Guitar</p>	<p>6</p> <p>8 - 9:50 a.m. Tai Chi Chuan 11:30 a.m. All Seasons Café 1 - 3:20 p.m. Advance Line Dance 1 - 5:30 p.m. Hand & Foot Card Group 4:40 - 5:30 p.m. Mat Pilates 5:40 - 6:45 p.m. Restorative Yoga</p>	<p>7</p> <p>8 - 9 a.m. Senior Exercise 9:15 - 10:15 a.m. Kundalini Yoga 9:30 - 10:30 a.m. Walk With Ease 11:30 a.m. All Seasons Café 11:30 a.m. National Donut Day Bingo noon - 2 p.m. Ceramics 12:30 - 3:30 p.m. Zumba Gold</p>
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Celebration of Minnie Connor's Life

