



“Marching into Spring”



By Heather Schelske—Neil Orchard Senior Activities Center Supervisor



Beads, masks, and all that jazz! After a five-year hiatus, we dusted off our masks and transported everyone to the French Quarter in New Orleans for a Mardi Gras party! Barbara prepared a fantastic meal that included such favorites as Red Beans & Rice, Sausage & Peppers, Southern Cole Slaw and Kings Cupcake for dessert. Meanwhile, the Moon Glow band had guests hopping out of their seats to join the conga line! Two lucky ladies found the “baby” in their cupcakes and were crowned “Queens” for the day. In addition to receiving luck and prosperity for the upcoming year, the ladies were gifted vouchers for the Volunteer Celebration Luncheon. Thank you to Kathie Jacobs for donating the authentic New Orleans beads that were scattered around the room for guests to take home.

Feeling a little down on your luck? Join us on March 11 to see what the luck of the Irish can bring to us. The Moon Glow band will be joining us again, but this time will entertain guests with festive St. Patrick’s Day themed music. Enjoy a traditional meal of Corned Beef and Cabbage with soda bread and a delicious dessert. Thank you to Family Matters In-Home Care for sponsoring this great event. See inside for more information.

As I’m sure many of you are already aware of, in addition to the annual cold and flu season, there is a virus going around called the Coronavirus Disease 2019 (COVID-19). Please help us prevent the spread of germs and infections by taking the following prevention measures:

- Stay home when you are sick.
- Avoid touching your eyes, nose, and mouth.
- Wash your hands frequently with warm, soapy water for at least 20 seconds.
- Cover your mouth with your bent elbow or a tissue whenever you cough or sneeze.
- Avoid people who are sick with respiratory symptoms.

In addition to hand soap located in the restrooms, there is a hand sanitizer station in the Multi-purpose room and disinfecting wipes are available at the front desk. Thank you for helping our center stay healthy!

Don’t forget to *Spring Forward!* Daylight Savings Time begins on Sunday, March 8.

Important Dates to Remember:

March 8:	Daylight Savings Time Begins	March 30:	Alzheimer’s & Dementia Overview
March 9:	Extended Travel with Collette	April 14:	iPhone Basics Presentation
March 11:	St. Patrick’s Day Celebration	April 14:	Hard Rock Casino Daytrip
March 23:	Senior Advisory Board Meeting	April 22:	Volunteer Appreciation Luncheon
March 26:	CA Academy of Sciences Daytrip	April 27:	Wills & Trusts 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

Like us on **facebook** 

Facebook.com/
NeilOrchardSeniorActivitesCenter



GREEN THUMB LUNCH

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



All meals come with baked item & water/iced tea.

- March 4:** Creamy White Chicken Chili w/ Caesar Salad
- March 11:** Green Thumb Lunch cancelled for St. Patrick's Day event (No Bingo)
- March 18:** Lentil Soup w/ (half) Tuna Salad Sandwich
- March 25:** Sweet Potato & Apple Soup w/ Build Your Own Salad Bar

WII BOWLING

Wii Bowling will be held on March 10 & 17, 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 BOWLERS OF FEBRUARY

- | | |
|---------------|---------|
| 1. GREG W. | 215 PTS |
| 2. SHIRLEY G. | 208 PTS |
| 3. PAT R. | 167 PTS |



GET UP 'N' GO



Hard Rock Casino - Sacramento

Tuesday, April 14, 2020

Fee: \$40/person

Enjoy 4 hours of free time to gamble and have a no-host lunch. Casino bonus of \$20 free play is subject to change per the casino.

Mystery Trip

Friday, June 5

Fee: \$159/person

Are you ready for the adventure of your life? Don't worry about what or where, just bring your appetite and leave the rest to us. Besides, a little mystery never hurt anyone.



STOP THE SPREAD OF GERMS

Help prevent the spread of respiratory diseases like COVID-19.

Avoid close contact with people who are sick.



Cover your cough or sneeze with a tissue, then throw the tissue in the trash.



Avoid touching your eyes, nose, and mouth.



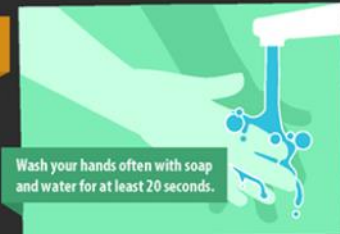
Clean and disinfect frequently touched objects and surfaces.



Stay home when you are sick, except to get medical care.



Wash your hands often with soap and water for at least 20 seconds.



For more information: www.cdc.gov/COVID19

FREE INFORMATIONAL PRESENTATIONS

SPACE LIMITED: RSVP AT FRONT DESK



**COLLETTE
VACATIONS**

Extended Travel Presentation w/ Collette Vacations

Monday, March 9 at 10:30 a.m.

Learn about upcoming trips with Jay from Collette Vacations. Short Q&A session to follow. Attendees receive a \$50 credit towards their next travel booking!

alzheimer's association®

Alzheimer's & Dementia Overview Monday, March 30 at 10:30 a.m.

Conducted by the Alzheimer's Association, this presentation provides an overview of Alzheimer's and dementia as well as the warning signs to look out for.

St. Patrick's Day

St. Patrick's Day Celebration
Wednesday, March 11 at 11:30AM
\$6 for Members in Advance
\$8 for Non-Members in Advance
\$10 on Day of Event

Put on your green and join us for a wee bit o'fun at our annual St. Patrick's Day Celebration. Enjoy homemade corned beef and cabbage, potatoes, carrots, soda bread and a festive dessert.



**BE COUNTED,
CALIFORNIA**

March 12 - July 31, 2020

Every 10 years, people across the country and in California fill out the Census in order to have an accurate count of all people in the United States. The Census determines California's federal funding for important community services. Let's ensure all Californians are counted so we can put those resources to good use here at home!

Three Ways to Complete the Census:

Online:

For the first time, the Census form will be available to complete online in 13 languages.

Phone:

The Census can be completed by phone in 13 languages.

Mail:

Limited addresses will receive paper forms.



**Neil Orchard Senior Activities Center:
Questionnaire Action Kiosk (QAK)**
 Mondays-Thursdays (7:30 a.m. - 4:30 p.m.)
 Fridays (7:30 a.m. - 3:30 p.m.)

The senior center will have a designated laptop available during regular business hours for those who wish to complete their 2020 Census online. Keep in mind that the kiosk will not be staffed. Senior center staff is available to answer basic questions but cannot help participants with the Census questionnaire.

volunteers make the world a better place

Volunteer Appreciation Luncheon

**Wednesday, April 22
at 11:30AM**

**Invited Volunteers & Guests
Complimentary**
\$6 for Members in Advance
\$8 for Non-Members in Advance
No Tickets Sold on Day of Event

In Flight Menu:

FIRST STOP: SWEDEN
SWEDISH MEATBALLS

SECOND STOP: GREECE
GREEK SALAD

THIRD STOP: BRAZIL
**BRAZILIAN STEAK W/ CHIMICHURRI SAUCE
AND GRILLED VEGGIES**

FOURTH STOP: ITALY

TIRAMISU



International MARKET



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 Claudia Alstrom, Reta Douglas, Shirley Gladfelder, Marilyn Hamm, Lois Leal, Kurt Linn, Liz Otero, Rell Schwanke, Gretchen Simmons, Ann Thomason, and Bill Wells.

Pantry Superstars For Quick Healthy Meals

BY SARAH SCHLICHTER

Blog.myfitnesspal.com

If you've got a hectic schedule or feel too tired when you come home to cook an elaborate meal, you're not alone. However, you don't have to let your commitment to healthy habits slide just because you're low on time. That's where having a reliable, well-stocked pantry can save the day. These ingredients are great on their own, or in tandem, for putting together easy, weeknight meals in 20 minutes or less.

- Canned beans are a great source of plant-based protein, and they're incredibly versatile. Since they cook so quickly, you can use them to make at-home quesadillas, just add beans, cheese and peppers to a warm tortilla. Or, mash with some breadcrumbs and an egg for an easy bean burger. Combine a few varieties of beans with canned tomatoes, tomato sauce, onion, spices and cheese for an easy chili.
- Like beans, lentils are a legume and make for an easy swap for beans in homemade quesadillas or an easy filling for a tortilla wrap. For a protein-packed option, toss them in a salad with shrimp or chicken. Or, mix with your choice of grain and vegetables for an easy grain bowl that meets your macros.
- Whether it's brown rice, quinoa, barley, farro or whole-wheat pasta, having some complex carbohydrates on hand can help make a complete meal. To save time, buy microwaveable rice mixes or cook a big batch at the beginning of the week to reheat as needed.



Join us on Thursday,
March 19, for our
monthly birthday
celebration!

Paul Abbott	Kay Ketchum
Norma Alejo	Kyungsook Kim
Sandra Anderson	Dee Kolafa
Susan Avalos	Patricia Lehman
Dolores Bagshaw	Eileen Lin
sarendar bal	Barbara Malchaski
Sharon Brooks	Carol Malcolm
Mark Burch	Betty Manoy
Nicole Carbonneau	Dawn Marrujo
Edgar Carlson	Maureen McCaslin
Yong Choe	Mary Migge
Masae Corbett	Patricia Mount
Betty Davis	Souris Nishi
Marea DeRosa	Janice Nunez
Patricia DeCroix	Dan Oaks
Peter Delucchi	Sam Olivas
Marea DeRosa	Linda Robinson
Barbara Desrochers	Jose Rocha
Deborah Elliott	Darlene Scates
Kristin Ensign	Ramesh Sinaee
Ida Espinosa	Rosemary Slater
John Gomez	Grover Stephens
Ruth Gunn	Kenneth Tarrant
Marsha Jacobs	Frances Thompson
Shary Johnson	Judi Tometich
Suzanne Karcher	Tammy Wong
James Kelley	Jeffrey Wurm

(continued from Gardening News)

- Canned tomatoes are a simple flavor enhancer for just about any dish and a great source of vitamins A and C. From homemade pasta to chili or fillings for sandwiches and quesadillas, these shelf-stable fruits save a significant amount of time in the kitchen.
- With a longer shelf life than bread, tortillas have a variety of uses and blend well with several other pantry staples. For a simple, reliable dinner, try a wrap with scrambled eggs, cheese and vegetables. Tortillas can also come in handy for those homemade quesadillas or they can serve as a thin pizza crust.



March 2020

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

2
8-9 a.m.
Senior Exercise
Kundalini Yoga
Walkin & Talkin
HICAP Counseling
Bridge Card Group
All Seasons Café
Bingo
Zumba Gold

Tuesday

3
8:15 - 9:00 a.m.
9:30 - 11:30 a.m.
9:30 - 11:30 a.m.
11:30 a.m.
12:30 - 3:30 p.m.
1:30 - 3:30 p.m.
4:40 - 5:30 p.m.
5:40 - 6:45 p.m.

Tai Chi Chuan
Knitting & Crocheting Group
C.I.A.
All Seasons Café
Ceramics
Intro. & Beg. Line Dance
Mat Pilates
Restorative Yoga

Wednesday

4
8 - 9 a.m.
9:15 - 10:15 a.m.
9:30 - 10:30 a.m.
9:30 - 11:30 a.m. (Cancelled)
10:30 a.m.
11:30 a.m.
noon - 2 p.m.
2:30 - 3:30 p.m.
4:40 - 5 p.m.
5 - 5:45 p.m.
6 - 6:45 p.m.

Senior Exercise
Kundalini Yoga
Walkin & Talkin
Arts & Crafts (Cancelled)
Garden Club Meeting
Green Thumb Lunch
Bingo
Zumba Gold
Fall Prevention Weight Training
Active Adult Cardio HIIT
Intro to Guitar

Thursday

5
8:15 - 10:00 a.m.
9 a.m. - 1 p.m.
11:30 a.m.
1 - 3:20 p.m.
1:30 - 5:30 p.m.
4:40 - 5:30 p.m.
5:30 - 8:30 p.m.
5:40 - 6:45 p.m.

Tai Chi Chuan
Glass Fusion
All Seasons Café
Advance Line Dance
Hand & Foot Card Group
Mat Pilates
Volunteer Your Way
Through Europe
Restorative Yoga

Friday

6
8 - 9 a.m.
9:15 - 10:15 a.m.
9:30 - 10:30 a.m.
11:30 a.m.
noon - 2 p.m.
12:30 - 3:30 p.m.
2:30 - 3:30 p.m.

Senior Exercise
Kundalini Yoga
Walkin & Talkin
All Seasons Café
Bingo
Ceramics
Zumba Gold

Monday

9
8-9 a.m.
9:15 - 10:15 a.m.
9:30 - 10:30 a.m.
10:30 a.m.
11 a.m. - 3 p.m.
11 a.m. - 3:30 p.m.
11:30 a.m.
noon - 2 p.m.
2:30 - 3:30 p.m.

Senior Exercise
Kundalini Yoga
Walkin & Talkin
Collette Travel Presentation
HICAP Counseling
Bridge Card Group
All Seasons Café
Bingo
Zumba Gold

Tuesday

10
8:15 - 9:00 a.m.
9:30 - 11:30 a.m.
9:30 - 11:30 a.m.
11:30 a.m.
12:30 - 3:30 p.m.
1:30 - 3:30 p.m.
4:40 - 5:30 p.m.
5:40 - 6:45 p.m.

Tai Chi Chuan
Knitting & Crocheting Group
C.I.A.
All Seasons Café
Ceramics
Intro. & Beg. Line Dance
Mat Pilates
Restorative Yoga

Wednesday

11
8 - 9 a.m.
9:15 - 10:15 a.m.
9:30 - 10:30 a.m.
9:30 - 11:30 a.m. (Cancelled)
10:30 a.m.
11:30 a.m.
noon - 2 p.m.
2:30 - 3:30 p.m.
4:40 - 5 p.m.
5 - 5:45 p.m.
6 - 6:45 p.m.

Senior Exercise
Kundalini Yoga
Walkin & Talkin
Arts & Crafts (Cancelled)
Garden Club Meeting
St. Patrick's Day Celebration
Bingo (Cancelled)
Zumba Gold
Fall Prevention Weight Training
Active Adult Cardio HIIT
Intro to Guitar

Thursday

12
8:15 - 10:00 a.m.
9 a.m. - 1 p.m.
11:30 a.m.
1 - 3:20 p.m.
1:30 - 5:30 p.m.
4:40 - 5:30 p.m.
5:30 - 8:30 p.m.
5:40 - 6:45 p.m.

Tai Chi Chuan
Glass Fusion
All Seasons Café
Advance Line Dance
Hand & Foot Card Group
Mat Pilates
Volunteer Your Way
Through Europe
Restorative Yoga

Friday

13
8 - 9 a.m.
9:15 - 10:15 a.m.
9:30 - 10:30 a.m.
11:30 a.m.
noon - 2 p.m.
12:30 - 3:30 p.m.
2:30 - 3:30 p.m.

Senior Exercise
Kundalini Yoga
Walkin & Talkin
All Seasons Café
Bingo
Ceramics
Zumba Gold

Monday

16
8-9 a.m.
9:15 - 10:15 a.m.
9:30 - 10:30 a.m.
11 a.m. - 3 p.m.
11:30 a.m.
noon - 2 p.m.
2:30 - 3:30 p.m.

Senior Exercise
Kundalini Yoga
Walkin & Talkin
HICAP Counseling
All Seasons Café
Bingo
Zumba Gold

Tuesday

17
8:15 - 9:00 a.m.
9:30 - 11:30 a.m.
9:30 - 11:30 a.m.
11:30 a.m.
noon - 1 p.m.
12:30 - 3:30 p.m.
1:30 - 3:30 p.m.
4:40 - 5:30 p.m.
5:40 - 6:45 p.m.

Tai Chi Chuan
Knitting & Crocheting Group
C.I.A.
All Seasons Café
Wii Bowling
Ceramics
Intro. & Beg. Line Dance
Mat Pilates
Restorative Yoga

Wednesday

18
8 - 9 a.m.
9:15 - 10:15 a.m.
9:30 - 10:30 a.m.
9:30 - 11:30 a.m. (Cancelled)
10:30 - 1:30 p.m.
11:30 a.m.
noon - 2 p.m.
2:30 - 3:30 p.m.
4:40 - 5 p.m.
5 - 5:45 p.m.
5 - 6:45 p.m.

Senior Exercise
Kundalini Yoga
Walkin & Talkin
Arts & Crafts (Cancelled)
Bridge Card Group
Green Thumb Lunch
Bingo
Zumba Gold
Fall Prevention Weight Training
Active Adult Cardio HIIT
Intro to Guitar

Thursday

19
8:15 - 10:00 a.m.
9 a.m. - 1 p.m.
11:30 a.m.
11:45 a.m.
1 - 3:20 p.m.
1:30 - 5:30 p.m.
4:40 - 5:30 p.m.
5:30 - 8:30 p.m.
5:40 - 6:45 p.m.

Tai Chi Chuan
Glass Fusion
All Seasons Café
Birthday Celebration
Advance Line Dance
Hand & Foot Card Group
Mat Pilates
Volunteer Your Way
Through Europe
Restorative Yoga

Friday

20
8 - 9 a.m.
9:15 - 10:15 a.m.
9:30 - 10:30 a.m.
11:30 a.m.
noon - 2 p.m.
12:30 - 3:30 p.m.
2:30 - 3:30 p.m.

Senior Exercise
Kundalini Yoga
Walkin & Talkin
All Seasons Café
Bingo
Ceramics
Zumba Gold

Monday

23
8-9 a.m.
9:15 - 10:15 a.m.
9:30 - 10:30 a.m.
10:30 a.m.
11 a.m. - 3 p.m.
11:30 a.m.
noon - 2 p.m.
1 - 3 p.m.
2:30 - 3:30 p.m.

Senior Exercise
Kundalini Yoga
Walkin & Talkin
Advisory Board Meeting
HICAP Counseling
All Seasons Café
Bingo
Bunco
Zumba Gold

Tuesday

24
8:15 - 9:00 a.m.
9:30 - 11:30 a.m.
9:30 - 11:30 a.m.
11:30 a.m.
noon - 1 p.m.
12:30 - 3:30 p.m.
1:30 - 3:30 p.m.
4:40 - 5:30 p.m.
5:40 - 6:45 p.m.

Tai Chi Chuan (Cancelled)
Knitting & Crocheting Group
C.I.A.
All Seasons Café
Wii Bowling
Ceramics
Intro. & Beg. Line Dance
Mat Pilates
Restorative Yoga

Wednesday

25
8 - 9 a.m.
9:15 - 10:15 a.m.
9:30 - 10:30 a.m.
9:30 - 11:30 a.m. (Cancelled)
11:30 a.m.
noon - 2 p.m.
2:30 - 3:30 p.m.
4:40 - 5 p.m.
5 - 5:45 p.m.
5 - 6:45 p.m.

Senior Exercise
Kundalini Yoga
Walkin & Talkin
Arts & Crafts (Cancelled)
Green Thumb Lunch
Bingo
Zumba Gold
Fall Prevention Weight Training
Active Adult Cardio HIIT
Intro to Guitar

Thursday

26
8:15 - 10:00 a.m.
(Cancelled)
9 a.m. - 1 p.m.
11:30 a.m.
1 - 3:20 p.m.
1:30 - 5:30 p.m.
4:40 - 5:30 p.m.
5:30 - 8:30 p.m.
5:40 - 6:45 p.m.

Tai Chi Chuan
Glass Fusion
All Seasons Café
Advance Line Dance
Hand & Foot Card Group
Mat Pilates (Cancelled)
Volunteer Your Way
Through Europe
Restorative Yoga (Cancelled)

Friday

27
8 - 9 a.m.
9:15 - 10:15 a.m.
9:30 - 10:30 a.m.
11:30 a.m.
noon - 2 p.m.
12:30 - 3:30 p.m.
2:30 - 3:30 p.m.

Senior Exercise
Kundalini Yoga
Walkin & Talkin
All Seasons Café
Bingo
Ceramics
Zumba Gold

Monday

30
8-9 a.m.
9:15 - 10:15 a.m.
9:30 - 10:30 a.m.
10:30 a.m. Alzheimer's and Dementia Overview
11 a.m. - 3 p.m.
11:30 a.m.
noon - 2 p.m.
2:30 - 3:30 p.m.

Senior Exercise
Kundalini Yoga
Walkin & Talkin
Alzheimer's and Dementia Overview
HICAP Counseling
All Seasons Café
Bingo
Zumba Gold

Tuesday

31
8:15 - 9:00 a.m.
9:30 - 11:30 a.m.
9:30 - 11:30 a.m.
11:30 a.m.
12:30 - 3:30 p.m.
1:30 - 3:30 p.m.
4:40 - 5:30 p.m.
5:40 - 6:45 p.m.

Tai Chi Chuan
Knitting & Crocheting Group
C.I.A.
All Seasons Café
Ceramics
Intro. & Beg. Line Dance
Mat Pilates
Restorative Yoga

Wednesday

4
8 - 9 a.m.
9:15 - 10:15 a.m.
9:30 - 10:30 a.m.
9:30 - 11:30 a.m. (Cancelled)
10:30 a.m.
11:30 a.m.
noon - 2 p.m.
2:30 - 3:30 p.m.
4:40 - 5 p.m.
5 - 5:45 p.m.
6 - 6:45 p.m.

Senior Exercise
Kundalini Yoga
Walkin & Talkin
Arts & Crafts (Cancelled)
Garden Club Meeting
Green Thumb Lunch
Bingo
Zumba Gold
Fall Prevention Weight Training
Active Adult Cardio HIIT
Intro to Guitar

Thursday

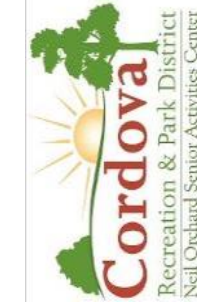
5
8:15 - 10:00 a.m.
9 a.m. - 1 p.m.
11:30 a.m.
1 - 3:20 p.m.
1:30 - 5:30 p.m.
4:40 - 5:30 p.m.
5:30 - 8:30 p.m.
5:40 - 6:45 p.m.

Tai Chi Chuan
Glass Fusion
All Seasons Café
Advance Line Dance
Hand & Foot Card Group
Mat Pilates
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Through Europe
Restorative Yoga

Friday

6
8 - 9 a.m.
9:15 - 10:15 a.m.
9:30 - 10:30 a.m.
11:30 a.m.
noon - 2 p.m.
12:30 - 3:30 p.m.
2:30 - 3:30 p.m.

Senior Exercise
Kundalini Yoga
Walkin & Talkin
All Seasons Café
Bingo
Ceramics
Zumba Gold



***Please call (916) 376-8915 to make an appointment for HICAP**

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

***Lunch served M-F, please see front desk for menus and to make reservations**

***All dates and times are subject to change without notice**

MARDI GRAS PARTY

