



“Flavors of Fall”



By Heather Schelske—Neil Orchard Senior Activities Center Supervisor



Fall is finally here, and with it comes all the fabulous holidays (and food)! To kick off the festivities, we’re throwing our annual Mad Hatter Tea Party. Join us on Saturday, October 5 for an afternoon of soothing tea, delightful hors d’oeuvres, and wacky adventures. If you missed your chance to buy your ticket for this sold out event, make sure to mark your calendars to save the date for next year. This terrific par-TEA happens every year on the first Saturday of October.

Are you ready for a wicked good time? Then put on your spookiest outfit and make your way to our Halloween Bash. See inside for more frightfully fun details. Hope to see you all there...if you dare!

Besides the fabulous food, fall also means mild fall weather. With cooler days, it’s the perfect time to get out for a walk. Have you heard about our incredible Walk with Ease program? As we approach our last session of the year, it has been so inspiring to see how far our participants have come. When we first started the program, some of the participants struggled with walking even short distances. Fast forward to today, many of those same participants are now walking laps around us (literally)! If you’re interested in checking out the program, visitors are always welcomed to register for a one-day drop-in. In fact, on October 9th, Congressman Ami Bera will be visiting our Walk with Ease class to talk to the participants.

Did you hear? Our kitchen was issued an Award of Excellence in Food Safety by the Sacramento County Management. Establishments who receive this award are recognized as exhibiting excellent food safety and sanitation standards during their recent routine inspections. A big shout out to the N.O.S.A.C. team for keeping our facility in such great shape!

Speaking of hearing things, I bet you’ve probably heard all the banging happening around the building. Good news is that the construction noise will be ending soon. Even better news is that the contractors have been busy removing and replacing the old rain gutters and rotten fascia. This means no more running through waterfalls to get into the center during the winter rains.



**The Center Will Be Closed on
Monday, November 11 in honor of Veterans Day.**



Important Dates to Remember:

<p>October 5: Mad Hatter’s Tea Party October 8: Apple Hill Day Trip October 16: Landlord-Tenant Presentation October 20: Cabaret at East Sonora Theatre</p>	<p>October 21: Senior Advisory Board Meeting October 30: Halloween Bash October 31: How To Travel Independently...and Frugally Presentation</p>
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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.

- Oct. 2nd:** Creamy Tomato Soup
w/ (half) Grilled Cheese Sandwich
- Oct. 9th:** Minestrone Soup
w/ Chicken Caesar Salad
- Oct. 16th:** Tortellini Soup
w/ Egg Salad Mini Croissant
- Oct. 23rd:** Chicken Tortilla Soup
w/ Build your own Taco Salad Bar
- Oct. 30th:** **Green Thumb Lunch Cancelled for Halloween Bash**

WII BOWLING

Wii Bowling will be held on October 8th and 15th 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 SEPTEMBER

- | | |
|---------------|---------|
| 1. GREG W. | 228 PTS |
| 2. SHIRLEY G. | 221 PTS |
| 3. PAT R. | 219 PTS |
| 4. DOREEN F. | 161 PTS |



Price Increase

Due to increasing costs, beginning October 7, candy bars will be sold for \$1 each instead of \$0.75. Thank you for your understanding and appreciate your continued support.



Please join me in welcoming two new members to our senior center family! Elyssia is filling in the vacant Clerical position at the front desk and Barbara will taking over the cook position. Make sure you stop by and say hello!

GET UP 'N' GO

Cabaret at the East Sonora Theatre
Sunday, October 20, 2019

Fee: \$129/person

Come forget your troubles at the iconic Cabaret musical. Enjoy a hosted lunch before the show.

San Francisco Shopping Trip
Saturday, November 16, 2019

Fee: \$58/person

Kick off the holiday season with a day of shopping, dining and sightseeing in San Francisco.

Oakland Zoo's Zoolights
Sunday, December 15, 2019

Fee: 89/person

Visit the Oakland Zoo during their annual holiday tradition, known as ZooLights, a festival of lights. Dinner is included.

**MAD Hatter's
Tea PARTY**

Saturday, October 5, 2019 • 2-4 p.m.
\$10 per Person
\$45 for a reserved table for 5

Don't be late for this very important date!

Menu: Scones w/ Jam & Fresh Fruit, Mini Croissant Chicken Salad Sandwich, Smoked Salmon Crostini, Caprese Bites, Delightful Cucumber Sandwich, Mini Quiche, Fanciful Stuffed Mushrooms, Brownie Bites with Chocolate Drizzle, Zesty Lemon Bars, Chocolate Mousse, and Queen of Hearts Red Velvet Cupcakes

**Veterans Day
CELEBRATION**

FRIDAY, NOVEMBER 8 AT 11:30 A.M.
VETERANS ARE COMPLIMENTARY*
**PLEASE RSVP BY NOVEMBER 1*
\$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:
 Roasted Chicken, Creamy Mashed Potatoes, Sauteed Green Beans, Dinner Roll & slice of Apple Pie a la mode

**HALLOWEEN
BASH**

WEDNESDAY, OCTOBER 30 AT 11:30 A.M.
\$6/MEMBERS IN ADVANCE
\$8/NON-MEMBERS IN ADVANCE
\$10/DAY OF EVENT

The werewolves will howl, the monsters will mash! It's time to celebrate, with a Halloween Bash! Come dressed in your spooky best and be ready to eat, drink, and be scary! Featuring live music by the Your Musical Memories band.

Menu:
 Baked Potato Bar with all the fixings & a Ghoulishly Good Dessert

**HAPPY
at HOME**
 EXCEPTIONAL IN-HOME CARE SERVICES

FREE INFORMATIONAL PRESENTATIONS
SPACE LIMITED: RSVP AT FRONT DESK

Landlord-Tenant Presentation
Wednesday, October 16 at 10:30 a.m.
 As home prices and rents continue to rise, many seniors have difficulty obtaining or maintaining safe, affordable housing. During this presentation, a legal advocate will discuss basic landlord-tenant law.

How To Travel Independently
... and Frugally Presentation
Thursday, October 31 at 2 p.m.
 Volunteer your way through Europe...for less than you think! Would you love to travel but believe it's financially unrealistic? Sherrill Madden is living proof that travel can be done regardless of your financial situation. Learn how to take your dream trip for pennies on the dollar.

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.

Fifteen benefits of drinking water Medicalnewstoday.com

To function properly, all the cells and organs of the body need water.. Adult humans are 60 percent water, and our blood is 90 percent water. There is no universally agreed quantity of water that must be consumed daily. Water is essential for the kidneys and other bodily functions. When dehydrated, the skin can become more vulnerable to skin disorders and wrinkling. Drinking water instead of soda can help with weight loss.

Here are some reasons our body needs water:

1. It lubricates the joints
2. It forms saliva and mucus
3. It delivers oxygen throughout the body
4. It boosts skin health and beauty
5. It cushions the brain, spinal cord, and other sensitive tissues
6. It regulates body temperature
7. The digestive system depends on it
8. It flushes body waste
9. It helps maintain blood pressure
10. The airways need it
11. It makes minerals and nutrients accessible
12. It prevents kidney damage
13. It boosts performance during exercise
14. Weight loss
15. It reduces the chance of a hangover



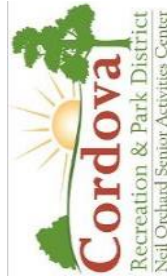
Join us on Thursday,
October 17th, for our
monthly birthday
celebration!

Rudy Avalos	Tomi Kunz
Darrell Bennett	James Lawrence
Ginger Birk	Lois Leal
Joseph Bontrager	Jane Morgan
Maggie Bradley	Letecia O'Quinn
Karen Carvalho	Linda Paladino
Meriane Chisholm	Laurel Pirtle
Marilyn Cleary	Donna Powell
Valerie Colacchia	Shirley Rall
Eduvijes Corona	Johnathan Robinson
Linda Dalton	Veronica Russell
Sherry DeLisle	Lenny Schafer
Mayumi Dragon	Linda Seiler
Pamela Farmer	Pat Shippy
Leona Ford	Terry Urban
Shirley Freitas	Sandra West
Ben Glovinsky	Brenda White
Marilyn Gomez	Herman White
Sue Hall	Rita White
Charles Hayden	Gina Whitfield
Janet Jennings	Carol Wilfley
Earl Kennedy	Diana Winckel
Gina Kim	Joan Wulff
Mildred King	Janice Zuniga
Stan Krolkowski	

October 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 p.m.

Monday



Tuesday

Wednesday

Thursday

Friday

Monday	Tuesday	Wednesday	Thursday	Friday
<p>7</p> <p>8-9 a.m. Senior Exercise Kundalini Yoga Walk With Ease HICAP Counseling Bridge Card Group All Seasons Café Bingo Zumba Gold (CANCELLED)</p>	<p>1</p> <p>8 - 8:50 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.</p> <p>Tai Chi Chuan Knitting & Crocheting Group C.I.A. All Seasons Café Ceramics Intro. & Beg. Line Dance Mat Pilates Restorative Yoga</p>	<p>2</p> <p>8 - 9 a.m. 9:15 - 10:15 a.m. 9:30 - 10:30 a.m. 9:30 - 11:30 a.m. 11:30 a.m. noon - 2 p.m. 2:30 - 3:30 p.m. 4:40 - 5 p.m. 5 - 6:45 p.m.</p> <p>Senior Exercise Kundalini Yoga Walk with Ease Arts & Crafts Green Thumb Lunch Bingo Zumba Gold Fall Prevention Weight Training Active Adult Cardio HIIT Intro to Guitar (Kids & Adults)</p>	<p>3</p> <p>8 - 9:50 a.m. 9 a.m. - 1 p.m. 11:30 a.m. 1:30 - 3:20 p.m. 4:40 - 5:30 p.m. 5:40 - 6:45 p.m.</p> <p>Tai Chi Chuan Glass Fusion All Seasons Café Advance Line Dance Hand & Foot Card Group Mat Pilates Restorative Yoga</p>	<p>4</p> <p>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.</p> <p>Senior Exercise Kundalini Yoga Walk with Ease Beginning Ceramics All Seasons Café Bingo Ceramics Zumba Gold</p>
<p>8</p> <p>8 - 8:50 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.</p> <p>Tai Chi Chuan Knitting & Crocheting Group C.I.A. All Seasons Café Wil Bowling Ceramics Intro. & Beg. Line Dance Mat Pilates Restorative Yoga</p> <p>**APPLE HILL DAYTRIP**</p>	<p>8</p> <p>8 - 9 a.m. 9:15 - 10:15 a.m. 9:30 - 10:30 a.m. 9:30 - 11:30 a.m. 10:30 a.m. 10:30 a.m. - 1:30 p.m. 11:30 a.m. noon - 2 p.m. 2:30 - 3:30 p.m. Zumba Gold (cancelled) 4:40 - 5 p.m. 5 - 6:45 p.m.</p> <p>Senior Exercise Kundalini Yoga Walk With Ease Arts & Crafts Garden Club Meeting Bridge Card Group Green Thumb Lunch Bingo Zumba Gold (cancelled) Fall Prevention Weight Training Active Adult Cardio HIIT Intro to Guitar (Kids & Adults)</p>	<p>9</p> <p>8 - 9 a.m. 9:15 - 10:15 a.m. 9:30 - 10:30 a.m. 9:30 - 11:30 a.m. 10:30 a.m. 10:30 a.m. - 1:30 p.m. 11:30 a.m. noon - 2 p.m. 2:30 - 3:30 p.m. Zumba Gold (cancelled) 4:40 - 5 p.m. 5 - 6:45 p.m.</p> <p>Senior Exercise Kundalini Yoga Walk With Ease Arts & Crafts Garden Club Meeting Bridge Card Group Green Thumb Lunch Bingo Zumba Gold (cancelled) Fall Prevention Weight Training Active Adult Cardio HIIT Intro to Guitar (Kids & Adults)</p>	<p>10</p> <p>8 - 9:50 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. 5:40 - 6:45 p.m.</p> <p>Tai Chi Chuan Glass Fusion All Seasons Café Advance Line Dance Hand & Foot Card Group Mat Pilates Restorative Yoga</p>	<p>11</p> <p>8 - 9 a.m. 9:15 - 10:15 a.m. 9:30 - 10:30 a.m. 10 a.m. - noon 11:30 a.m. noon - 2 p.m. 12:30 - 3:30 p.m. 2:30 - 3:30 p.m. Zumba Gold (CANCELLED)</p> <p>Senior Exercise Kundalini Yoga Walk With Ease Beginning Ceramics All Seasons Café Bingo Ceramics Zumba Gold (CANCELLED)</p>
<p>14</p> <p>8-9 a.m. 9:15 - 10:15 a.m. 9:30 - 10:30 a.m. 11a.m. - 3 p.m. 11:30 a.m. noon - 2 p.m. 2:30 - 3:30 p.m. Zumba Gold (CANCELLED)</p> <p>Senior Exercise Kundalini Yoga Walk With Ease HICAP Counseling All Seasons Café Bingo Zumba Gold (CANCELLED)</p>	<p>15</p> <p>8 - 8:50 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.</p> <p>Tai Chi Chuan Knitting & Crocheting Group C.I.A. All Seasons Café Wil Bowling Ceramics Intro. & Beg. Line Dance Mat Pilates Restorative Yoga</p>	<p>16</p> <p>8 - 9 a.m. 9:15 - 10:15 a.m. 9:30 - 10:30 a.m. 9:30 - 11:30 a.m. 10:30 a.m. Landlord-Tenant Presentation 11:30 a.m. noon - 2 p.m. 2:30 - 3:30 p.m. Zumba Gold (cancelled) 4:40 - 5 p.m. 5 - 6:45 p.m.</p> <p>Senior Exercise Kundalini Yoga Walk With Ease Arts & Crafts Green Thumb Lunch Bingo Zumba Gold (cancelled) Fall Prevention Weight Training Active Adult Cardio HIIT Intro to Guitar (Kids & Adults)</p>	<p>17</p> <p>8 - 9:50 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. 5:40 - 6:45 p.m.</p> <p>Tai Chi Chuan Glass Fusion All Seasons Café Birthday Celebration Advance Line Dance Hand & Foot Card Group Mat Pilates Restorative Yoga</p>	<p>18</p> <p>8 - 9 a.m. 9:15 - 10:15 a.m. 9:30 - 10:30 a.m. 10 a.m. - noon 11:30 a.m. noon - 2 p.m. 12:30 - 3:30 p.m. 2:30 - 3:30 p.m.</p> <p>Senior Exercise Kundalini Yoga Walk With Ease Beginning Ceramics All Seasons Café Bingo Ceramics Zumba Gold</p>
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Doggie Day in the Park & National Cheeseburger Day!

