



### “Falalalala!”

By Heather Schelske



It’s certainly starting to look a lot like Christmas around here. So much so, that a certain jolly fellow is making his annual visit to the Neil Orchard Senior Activities Center. That’s right! Santa Claus is coming to town! Join us on Saturday, December 8 for our Breakfast with Santa. Tickets to the event include a pancake breakfast, photo booth picture with Santa, face painting and crafts for the children. Make sure you get your tickets in advance because we’re making a list and checking it twice! See inside for more information.

Of course, we can’t end the year without our annual Winter Wonderland feast! The event will be held on Wednesday, December 12<sup>th</sup> and will feature a traditional Christmas luncheon, Christmas carols and maybe even a surprise guest appearance! This is our last event of the year and definitely not one you want to miss. Get your tickets now before they sell out. More details can be found inside.

Last month we honored all the brave men and women who have served, or are currently serving, our country at our Veterans Day Celebration. The Your Musical Memories band played to a sold-out crowd and had everyone up and dancing. They even got a conga line started! The very next week was our Thanksgiving Feast. LaRae played on the piano while everyone got to gobble down on the wonderful feast. A very special thank you to a very special lady who donated all the turkeys for the event. We appreciate you!

Last month, California witnessed its deadliest and most destructive wildfire to date. The Camp Fire destroyed over 18,000 structures and took out the Northern California town of Paradise. The staff here at the senior center have decided that we’re taking the “Plunge for Paradise” at the annual Polar Bear Plunge in January. Throughout the month of December, we will be collecting pledges to help those who have been affected by the disastrous Camp Fire. See inside for more information and to see how you can help support this great cause.

Don’t forget that the center will be closed December 19 through January 1. We will reopen on January 2.

*I hope everyone has a very Merry Christmas and a Happy New Year!*

#### Important Dates to Remember:

<b>Dec. 7:</b>	National Cotton Candy Day	<b>Dec. 14:</b>	Elder Abuse Presentation
<b>Dec. 8:</b>	Breakfast with Santa	<b>Dec. 16:</b>	San Francisco Dickens Fair Trip
<b>Dec. 10:</b>	Senior Advisory Board Meeting Cancelled	<b>Dec. 19-</b>	<b>Senior Center Closed for Cleaning and in Observance of the Holidays</b>
<b>Dec. 12:</b>	Winter Wonderland (No Bingo)	<b>Jan. 1:</b>	
		<b>Jan. 5:</b>	Polar Bear Plunge

#### Business Hours

Mon. - Thurs. 7:30am—4:30pm  
Fridays 7:30am—3:30pm

#### 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 winter lunches:  
Donation: \$3 per Person



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

- Dec. 5th:** Cheesy Potato Soup  
w/ Build Your Own Salad Bar
- Dec. 12th:** **Green Thumb Lunch & Bingo cancelled for Winter Wonderland**
- Dec. 19th:** **Senior Center Closed**



### WII BOWLING



Wii Bowling will be held on December 11th & 18th from 12-1 PM. This low impact game is great for all ages!

#### **November Top Bowlers**

<b>Greg W. (253)</b>	<b>Shirley G. (201)</b>
<b>Pat R. (187)</b>	<b>Anita N. (172)</b>

### GET UP 'N' GO



**Colusa Casino**  
**Tuesday, January 22, 2019**  
**\$45 per person**

Enjoy 4 hours of free time to gamble and have lunch on your own. Casino bonus of \$10 Free Play is subject to change per the casino. 21+

**Amtrak to the Biggest Little City**  
**Monday-Tuesday, February 25-26, 2019**  
**\$289 per person, double occupancy**  
**\$356 per person, single occupancy**

Visit America's "Biggest Little City" with an overnight trip to Reno. Travel onboard the Amtrak Zephyr and relax in comfort as you experience a birds-eye view of the High Sierras.

**Mystery Trip**  
**Thursday, March 21, 2019**  
**\$135 per person**

Be adventurous and join us for a day of exploring your wild side with lunch included. Make sure to wear comfortable walking shoes.



### CORDOVA SENIOR ADVISORY BOARD

Members of the Senior Center are encouraged to submit a nomination for anyone they think would do a good job representing the Cordova Senior Activities Center. And if you think that you'd be a great candidate for one of the positions below, don't be shy about nominating yourself! Nomination will take place from December 10-17, 2018. Nomination forms will be available at the front desk. Election of officers for all Board positions will be held in January.

#### Summary of Duties and Responsibilities

##### **The Vice-President shall:**

- Work closely with the President in carrying out the Board's mission
- In the absence of the President, preside at scheduled and/or executive Board meetings and perform other of the President's duties and responsibilities as may be dictated by the circumstances.

##### **The Secretary shall:**

- Work with the President to prepare the agenda for all Board meetings.
- Prepare a notice of scheduled Board meetings and post copies of said notice at strategic locations throughout the Center at least three working days in advance of the meeting date.
- Prepare minutes of all Board meetings and distribute copies of said minutes to all Board members and as otherwise may be directed by the Board.
- Maintain a Secretary's file to include copies of all Board meetings minutes, a copy of the governing bylaws and all previous bylaws, copies of pertinent correspondence, and such other written material as may be considered appropriate by the President. The Secretary's file shall be kept in a secure location on the Center's premises.

##### **At-Large members (2):**

- At-Large members, although they have no specific responsibilities, are voting members of the Board, As such, they are expected to be familiar with the with the operation of the Center, to attend all Board meetings, and to participate in the discussion of issues affecting the Center that may be raised at said meetings.
- Additionally, At-Large members may from time-to-time be asked to assist the Board in ways that are consistent with the Board's mission.

# National Cotton Candy Day

Friday, December 7, 2018 at 11:45am  
FREE for Members

It's National Cotton Candy Day! Remember to scan your membership tag today to redeem a deliciously sweet treat!



Saturday, December 8, 2018  
Pancake Breakfast: \$5 per person  
(ages 2 & under FREE)  
Two Different Seating Times:  
9-10am OR 10:30-11:30am

Bring the whole family for a delicious breakfast of pancakes, sausage and refreshments. Share Christmas wishes with Santa Claus in our festive photobooth (included in admission). Afterwards, drop the kids off at the craft area before shopping for those last minute gifts at the Holiday Craft Fair.



Wednesday, December 12 at 11:30 AM  
\$6 for Members in Advance  
\$11 for Non-Members in Advance  
\$12 for Day-of-Event Purchases

Spread holiday cheer with us as we sing Christmas carols and enjoy a special winter feast. Make sure to be on your best behavior as we may be visited by a very special guest.

### Menu

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

# PRESENTATIONS



### Elder Abuse:

Friday, December 14 • 10:30 AM  
RSVP At the Front Desk

Presented by the Sacramento County District Attorney's Office. This presentation brings awareness to victims and dependent adults.



Saturday, January 5 • 8-10AM (Plunge at 8:30AM)  
\$10 registration fee to take the plunge  
(includes FREE t-shirt if registered by Dec. 17)  
Pancake Breakfast: \$5 per Person 9+  
\$2 Children ages 8 and under

Party like it's 32 degrees! Dress up in your wildest costume and take the plunge at Cordova Recreation & Park District's fifth annual Polar Bear Plunge. Think you've got what it takes? Pick up a registration form from the front desk and submit it along with your \$10 registration fee. Register by Dec. 17 to receive a FREE event t-shirt! After the plunge, registered participants can warm up inside the Neil Orchard Senior Activities Center with a complimentary pancake breakfast or do some shopping at the vendor fair.

This year, the staff at the Neil Orchard Senior Activities Center will be Plunging for Paradise. We will be collecting pledges to raise funds to help the countless Camp Fire victims from the town of Paradise. All donations will go directly to the Golden Valley Bank Camp Fire Relief Efforts, where will stay local in the community of Paradise.

### **Help support our cause!**

- Donate to the 'Plunging for Paradise' Pledge Jar at the front desk.
- Cheer us on at the event.
- Sign up to take the Plunge and collect pledges with us!

**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. Please join us on the first Wednesday of each month at 10:30am.

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.

**Cleaning Your Dishwasher**

Dishwashers can get a little gunky if not cleaned properly. With all the dirty dishes that go into it, your dishwasher can start to collect food particles. If your machine is really dirty, it can create terrible smells and slow down, or even impede, the washing process. Fortunately, the process is simple and straightforward, and it takes virtually no time at all.

- Required materials
- A washcloth or sponge
- Dish soap
- 2 cups of white vinegar
- A dishwasher-safe cup
- 1 or 2 cups of lemon juice

1. Empty the dishwasher and remove attachments
2. Check the filter and wipe down the door
3. Vinegar wash - Place 2 cups of white vinegar in a dishwasher-safe cup in the top rack. Turn on the dishwasher. This will safely kill germs and remove stains.

Depending on how well you rinse your plates before throwing them in the dishwasher, you should not have to repeat this process very often — just when it gets too ripe for you to handle. To prolong the amount of time in between deep cleans, you can give dishes a good rinse in the sink — washing away the stuck-on bits of food — before placing them in the dishwasher for a more thorough clean.




**Join us on Thursday,  
December 13th for our  
monthly birthday  
celebration!**

Edith Beatty	Marta Ortega
Kathie Berger	Janice Ottoson
Joanne Brandt	Harry Palmer
Sharon Buda	Judy Paoli
David Cizek	Dolores Peters
Sue Crider	Sandra Prioletti
Ahmad Dalvi	Irene Quinn
Dominique Degrate-Word	Phyllis Ransom
Mary DeLaCruz	Crispina Reyes
Kate Dillon	Linda Roberts
Barbara Easton	Judith Rooney
Alba Espinoza	Bobbie Rowan
Josephine Garcia	Lisa Sabillo
Shirley Gladfelder	Barbara Samuels
Raylee Howard	Amparo Saunders
Donna Jenni	Audrey Seal
Carol Kehoe	Danny Slater
Mary Kiernan	Kathy Soza
Kazuko Kwan	Beatrice Sparks
joseph LaSala	Larry Stites
Wanda Lee	Linda Sullivan
Barbara Liberty Vick	Jamica Thomas
Genevieve Lisher	Virginia Thurston
Marie Lovell	Brenda Turley
Chin-Meei Mao	Betty Vail
Frank Mele Jr.	Pearl Wallace
Belen Mendoza	Debby Whetstone
Sidney Moore	Charlie Whittle
Mona Nollsch	Judy Wilson

# December 2018

Neil Orchard Senior Activities Center  
 3480 Router Road, Sacramento, CA 95827 916-366-3133  
 Monday-Thursday: 7:30AM-4:30PM / Friday: 7:30AM-3:30PM

Monday	Tuesday	Wednesday	Thursday	Friday
<p>3</p> <p>8-9AM Senior Exercise                      9:15-10:15AM Kundalini Yoga                      11AM-3PM HICAP Counselling Services                      11AM-3PM Bridge Card Group                      All Seasons Café                      12-2PM Bingo                      2:30-3:30PM Zumba Gold</p>	<p>4</p> <p>8:00-8:50AM Tai Chi Chuan                      9:30-11:30AM Knitting &amp; Crocheting Social Group                      9:30-11:30AM Cordova Independent Artists                      11:30AM All Seasons Café                      12:30-3:30PM Ceramics                      1:30-3:30PM Intro. &amp; Beg./Adv. Line Dance                      4:40-5:30PM Mat Pilates                      5:40-6:45PM Restorative Yoga</p>	<p>5</p> <p>8-9AM Senior Exercise                      9:15-10:15AM Kundalini Yoga                      9:30-11:30AM Arts &amp; Crafts                      10:30AM Green Thumb Garden Club                      11:30AM Green Thumb Lunch                      2:30-3:30PM Zumba Gold                      4:35-5PM Small Group Weight Training                      5-5:45PM Active Adult Cardio HIIT Training</p>	<p>6</p> <p>8:00-9:50AM Tai Chi Chuan                      9AM-1PM Glass Fusion                      11:30AM All Seasons Café                      1-3:20PM Advance Line Dance                      1:00-5:30PM Hand &amp; Foot Card Group                      4:40-5:30PM Mat Pilates                      5:40-6:45PM Restorative Yoga</p>	<p>7</p> <p>8-9AM Senior Exercise                      9:15-10:15AM Kundalini Yoga                      11:30AM All Seasons Café                      12-2PM Bingo                      12:30-3:30PM Ceramics                      2:30-3:30PM Zumba Gold</p> <p>Saturday, December 8                      Breakfast with Santa                      9-10am or 10:30-11:30AM</p>
<p>10</p> <p>8-9AM Senior Exercise                      9:15-10:15AM Kundalini Yoga                      11AM-3PM HICAP Counselling Services                      11AM-3PM Bridge Card Group                      All Seasons Café                      12-2PM Bingo                      2:30-3:30PM Zumba Gold</p>	<p>11</p> <p>8:00-8:50AM Tai Chi Chuan                      9:30-11:30AM Knitting &amp; Crocheting Social Group                      9:30-11:30AM Cordova Independent Artists                      11:30AM All Seasons Café                      12-1PM Wii Bowling                      12:30-3:30PM Ceramics                      1:30-3:30PM Intro. &amp; Beg. Line Dance (cancelled)                      4:40-5:30PM Mat Pilates                      5:40-6:45PM Restorative Yoga</p>	<p>12</p> <p>8-9AM Senior Exercise                      9:15-10:15AM Kundalini Yoga                      9:30-11:30AM Arts &amp; Crafts                      11:30AM Winter Wonderland (No Bingo)                      2:30-3:30PM Zumba Gold                      4:35-5PM Small Group Weight Training                      5-5:45PM Active Adult Cardio HIIT Training</p>	<p>13</p> <p>8:00-9:50AM Tai Chi Chuan (cancelled)                      9AM-1PM Glass Fusion                      11:30AM All Seasons Café                      1-3:20PM Birthday Celebration                      1-3:20PM Advance Line Dance                      1:00-5:30PM Hand &amp; Foot Card Group                      4:40-5:30PM Mat Pilates                      5:40-6:45PM Restorative Yoga</p>	<p>14</p> <p>8-9AM Senior Exercise                      9:15-10:15AM Kundalini Yoga                      10:30-11:30AM Elder Abuse Presentation                      11:30AM All Seasons Café                      12-2PM Bingo                      12:30-3:30PM Ceramics                      2:30-3:30PM Zumba Gold</p> <p>Sunday, December 16                      SF Dickens Fair   Fee: \$90</p>
<p>17</p> <p>8-9AM Senior Exercise                      9:15-10:15AM Kundalini Yoga                      10:30AM Advisory Board Meeting (cancelled)                      11AM-3PM HICAP Counselling Services                      11AM-3PM Bridge Card Group                      All Seasons Café                      12-2PM Bingo                      2:30-3:30PM Zumba Gold</p>	<p>18</p> <p>8:00-8:50AM Tai Chi Chuan                      9:30-11:30AM Knitting &amp; Crocheting Social Group                      9:30-11:30AM Cordova Independent Artists                      11:30AM All Seasons Café                      12-1PM Wii Bowling                      12:30-3:30PM Ceramics                      1:30-3:30PM Intro. &amp; Beg. Line Dance (cancelled)                      4:40-5:30PM Mat Pilates (cancelled)                      5:40-6:45PM Restorative Yoga (cancelled)</p>	<p>19</p> <p>Senior Center Closed for the holidays 12/19-1/1/19</p>	<p>20</p> <p>Senior Center Closed for the holidays 12/19-1/1/19</p>	<p>21</p> <p>Senior Center Closed for the holidays 12/19-1/1/19</p>
<p>24</p> <p>Senior Center Closed for the holidays 12/19-1/1/19</p>	<p>25</p> <p>Senior Center Closed for the holidays 12/19-1/1/19</p>	<p>26</p> <p>Senior Center Closed for the holidays 12/19-1/1/19</p>	<p>27</p> <p>Senior Center Closed for the holidays 12/19-1/1/19</p>	<p>28</p> <p>Senior Center Closed for the holidays 12/19-1/1/19</p>
<p>31</p> <p>Senior Center Closed for the holidays 12/19-1/1/19</p>	<p>1</p> <p>Senior Center Closed for the holidays 12/19-1/1/19</p>	<p>2</p> <p>8-9AM Senior Exercise                      9:15-10:15AM Kundalini Yoga                      9:30-11:30AM Arts &amp; Crafts                      10:30AM Green Thumb Garden Club                      11:30AM Green Thumb Lunch                      2:30-3:30PM Zumba Gold                      4:35-5PM Small Group Weight Training                      5-5:45PM Active Adult Cardio HIIT Training</p>	 <p>Cordova                      Recreation &amp; Park District                      Neil Orchard Senior Activities Center</p>	<p>*Please call (916) 376-8915 to make an appointment for HICAP</p> <p>*Please call (916) 551-2144 to make an appointment for Senior Legal Services</p> <p>*Lunch served M-F, please see front desk for menus and to make reservations</p> <p>*All dates and times are subject to change without notice</p>

# Veterans Day Celebration & Thanksgiving Feast 2018

