

“New Year, New You”

By Heather Schelske

Neil Orchard Senior Activities Center Supervisor



Ladies and gentlemen, the fat man has officially left the building! We're talking about Santa of course. Visiting not once, but TWICE, Santa brought joy and laughter to our Breakfast with Santa and Winter Wonderland events. During his first visit, Santa enjoyed breakfast and took pictures with over 200 guests. Before leaving though, he wanted to make sure we thanked Millie K. and Linda D. for their wonderful handmade stuffed animals that went out to almost every child in attendance and to the wonderful Cordova Senior Advisory Board for helping with the pancake service. Santa had so much fun at our breakfast that he decided to come back for our Winter Wonderland luncheon. Bernice and LaRae did such a great job playing Christmas carols on the piano that Santa couldn't help but sing along with the crowd. With a surprise guest appearance from the beloved Polar Bear as well, everyone was in a jolly mood. Make sure to check out the calendar insert to see your photos with our special guests.

Are you ready to plunge into 2019? Because we sure are! On Saturday, January 5, Cordova Recreation & Park District will be hosting its annual Polar Bear Plunge and Pancake Breakfast. This year the senior center staff is collecting pledges and plunging for a purpose. We'll be 'Plunging for Paradise' and all funds raised by the staff will go 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 it will stay local in the community of Paradise. The plunge will take place at the Lincoln Village Community Pool followed by a pancake breakfast inside the Neil Orchard Senior Activities Center. See inside for more details.

This is the time of year when many of us make resolutions. One of the most common resolutions made is to enjoy a healthier lifestyle. Let us help with that! In addition to the many fitness classes provided at the Neil Orchard Senior Activities Center, we have recently been awarded a grant by the National Parks and Recreation Society to participate in the Walk with Ease program. This program is suitable for anyone looking to add some physical activity into their regular routine. Although the program will not start until later this year, we encourage everyone to make it a goal to participate as soon as it does. It is important to not only be physically fit, but also be cognitively intact. Our Ceramics class can be therapeutic and our cards and bingo groups can keep the mind sharp. Let's all cheer to a healthier new year!

Make sure to VOTE! See inside for more information on the Senior Advisory Board Elections.

Important Dates to Remember:

Jan. 5: Polar Bear Plunge	Jan. 22: Colusa Casino Daytrip
Jan. 14: Senior Advisory Board Meeting	Jan. 23: National Pie Day
Jan. 17: Monthly Birthday Celebration	Jan. 28: Identity Theft & Scams Presentation
Jan. 21: Center Closed in Observance of Martin Luther King Jr. Day	Feb. 6: Chinese New Year Celebration
	Feb. 11: Wills & Trusts Presentation

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.

- Jan. 2nd:** Potato & Ham Chowder
w/ Mixed Greens Salad
- Jan. 9th:** Vegetable Minestrone Soup
w/ Pesto Turkey Half Sandwich
- Jan. 16th:** Broccoli Cheddar Soup
w/ Cobb Salad
- Jan. 23rd:** Split Pea & Ham Soup
w/ Grilled Cheese (half) Sandwich
- Jan. 30th:** French Onion Soup
w/ Build Your Own Salad Bar



WII BOWLING



Wii Bowling will be held on January 8th & 15th from 12-1 PM. Compete against your friends to see who gets the top score. This low impact game is great for all ages!

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 Elections

Election of officers for Vice-President, Secretary and two At-Large Members on the Senior Advisory Board will be held on Monday, January 7 and will close on Friday, January 12 at Noon. **All Neil Orchard Senior Activities Center Members are eligible and encouraged to vote!** Ballots can be picked up at the front desk beginning January 7. The candidates were asked to tell us a little something about themselves and their interest in the Senior Center—here are their comments:

Christina Poole for Vice-President

Chris is the current Vice-President of the Advisory Board. She is a helpers helper and provides unbiased support to all the seniors at the center. She is a great help to the President and other board members.



Pat Shippy for At-Large Member

Pat is currently one of the At-Large Members on the Advisory Board. She is always ready to lend a helping hand and get things done. She has been a great asset to the board.



Open Positions:

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 (1):

- 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.



Wednesday, January 23 at 11:45AM
FREE for Members

Who doesn't love a freshly baked pie? Join us for a slice of pie to celebrate this American staple. All members who scan their membership key tags will receive a FREE slice of pie to enjoy after lunch.



Identity Theft & Scams Workshop
Monday, January 28 at 10:30AM
RSVP At the Front Desk

Presented by the Sacramento County District Attorney's Office, this workshop will teach you how to outsmart the crooks and not become another victim.



Chinese New Year Celebration
Wednesday, February 6 at 11:30AM
\$6 for Members in Advance
\$8 for Non-Members in Advance
\$10 on Day of Event

Celebrate the Lunar New Year with a delicious Chinese feast. Enjoy entertainment and door prizes. According to the Chinese zodiac, 2019 will be the year of the Pig. It is said that people born in the year of the Pig are faithful in friendship, stylish, perfectionist and hardworking.

Menu: Chow Mein, BBQ Pork Fried Rice, Sweet & Sour Chicken, Broccoli Beef and Dessert



Saturday, January 5 • 8-10AM
Plunge at 8:30AM

\$10 registration fee to take the plunge
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 fourth 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. After the plunge, registered participants can warm up inside the Neil Orchard Senior Activities Center with a complimentary pancake breakfast.

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.



Wills & Trusts
Monday, February 11 at 10AM
RSVP At the Front Desk

Presented by the Senior Legal Hotline of Northern California, this workshop will help provide you with the information needed to effectively plan for your estates.

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.

7 Super Healthy Low-Carb Vegetables

Vegetables are an essential part of a healthy low-carb diet, and due to its versatility you can never get bored of them. By: DoctorNDTV

1. Celery: Celery is one of those dark green vegetables with zero-calorie. Low in carbohydrates the vegetable actually helps you burn more calories than you consume.

2. Spinach: Spinach is low carbs and is an amazing source of iron. Also the vegetable has been shown to maintain a healthy heart and reduce the risk of common eye diseases.

3. Cauliflower: Cauliflower has a mild flavor and is very versatile. Cauliflower is very low in carbs and is high in both vitamin K and C.

4. Mushrooms: Fungi is a great way to enhance the flavor of some regular dishes. Mushrooms have incredible anti-inflammatory properties.

5. Broccoli: Broccoli is rich in vitamins C and K and has very few carbs. Add this green vegetable in your salads or soups.

6. Bell peppers: They are rich in vitamin A and have anti-inflammatory properties from carotenoids which they contain.

7. Green beans: Though green beans are a member of the legume family, they have significantly less amount of carbs than most other legumes.




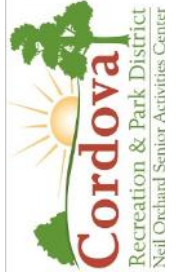
Join us on Thursday,
January 17th for our
monthly birthday
celebration!

Barbara Abel	Herb Lindner
Bibiana Alonso	Gale Lovell
Elsie Beyer	Beverly McAdam
Katy Blankumsee	William Mongolo
Philip Calentine	Janette Newens
Sue Campa	Jan Palmer
Linda Cancio	George Parsons
Susan Carey-Myers	Vincent Paulraj
frank chao	Carole Reynolds
Georgia Chaw	Ruth Rezos
Bih Yuh Chu	Deborah Rogers
Carolyn Clements	Mayra Ruiz
Kate Colvin	Gilda Sarmiento
Pamela Davis	Milton Saunders
Marie Esparza	Deborah Schanbacher
Beth Foster	Tom Schwarz
Salvador Gonzalez	Janet Smith
KeeSook Ham	Kathryn Spear
Rizalina Hemming	Beatrix Speierer
Phyllis Hilts	Susan Spicer
Maurine Humphreys	Teri Steinman
Sandy Hunsaker	Sandra Sublett
Valarie Irwin	Theodore Thames
Rosalyn Jackson	Kathy Thiry
Brigitte Jackson	Ligia Tobar
Ligia Jenkins	Judy Tourville
Leroy Jinson	Patricia West
Carl Johnson	Adoria Wheeler
Richard Kelley	Marilyn Williams
Harriet Kellogg	JoAnn Work
Jacqueline Letteire	Jerome Zwicky

January 2019

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

Monday	Tuesday	Wednesday	Thursday	Friday
<p>1</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>8-9AM Senior Exercise 9:15-10:15AM Kundalini Yoga 11AM-3PM HICAP Counseling Services 11AM-3PM Bridge Card Group 11:30AM All Seasons Café 12-2PM Bingo 2:30-3:30PM Zumba Gold</p>	<p>2</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> <p>8-9AM Senior Exercise 9:15-10:15AM Kundalini Yoga 9:30-11:30 AM Arts & Crafts (Cancelled) 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</p>	<p>3</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 & Foot Card Group 4:40-5:30PM Mat Pilates 5:40-6:45PM Restorative Yoga</p>	<p>4</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>**Polar Bear Plunge & Pancake Breakfast** Saturday, January 5th, 8am-10am</p>	
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Winter Wonderland 2018

