

Neil Orchard Senior News

February 2020

Jenny Ta ~ Editor

“Month of Love”

By Heather Schelske—Neil Orchard Senior Activities Center Supervisor



While other people were busy celebrating the calendar new year on January 1st, we celebrated the Lunar New Year with a feast! On January 22nd, we held our annual celebration that included an array of Chinese food, beautiful melodies and a Tai Chi demonstration. In addition to the usual dishes of chow mien, fried rice, beef & broccoli, and sweet & sour chicken, Jenny made her delicious eggrolls and Barbara made homemade lemon bars using lemons from our very own tree. Special thanks to Tim for volunteering to play the piano for our attendees, and to Summerset Senior Living for sponsoring this great event. Also, a big shout out to our Kathie and her students for their wonderful performance.

February is often considered the month of love, mainly because of a special holiday that is observed every year on February 14th. Unfortunately Valentine’s Day often gets a bad rap, with many referring to it as a “Hallmark Holiday;” primarily existing for commercial purposes. However, it doesn’t always have to be about the gifts, flowers or cards. Instead, we can use this month to reflect on all the things we love and take time to truly appreciate them. So, I hope that this reminder will give us all that little push to hug our loved ones and tell them how much they mean to us.

After a long hiatus, Mardi Gras is coming back to the senior center, and I for one am extremely excited! For this festive event, the Moon Glow band will be performing New Orleans style jazz music. Barbara is putting together a traditional menu featuring Red Beans & Rice, Sausage & Peppers, and Southern Cole Slaw. One lucky soul will find the hidden trinket inside one of Barbara’s king cupcake and be crowned king or queen of the day. So, find your masks and bring your appetite! It’s time to party like we’re in the French Quarter. See inside for more information.

Have you checked your mailbox recently? The Cordova Spring/Summer 2020 Recreation Guides have arrived and are filled with activities, presentations and trips to keep you occupied for the next six months. Don’t live within the CRPD district? You can pick up a copy in our senior center front lobby or browse a digital copy at www.crpdc.com.

“Love is not what you say. Love is what you do.” - unknown

Important Dates to Remember:

February 10: Senior Advisory Board Meeting	February 20: Birthday Celebration
February 10: Get Up N Go Travel Presentation	February 24: Senior Citizens’ Workshop
February 17: Closed for Presidents’ Day	February 25: Android Basics Presentation
February 20: How to Travel Independently ... and Frugally -Travel Presentation	February 26: Mardi Gras Party (No Bingo)
	March 9: Extended Travel with Collette

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](https://www.facebook.com/NeilOrchardSeniorActivitesCenter) 

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.

- Feb. 5th:** Wonton Soup
w/ Chinese Chicken Salad
- Feb. 12th:** Minestrone Soup w/ (half) Grilled Ham & Cheese Sandwich
- Feb. 19th:** Hearty Homemade Corn Chowder w/ Build Your Own Salad Bar
- Feb. 26th:** Green Thumb Lunch Cancelled for Mardi Gras Party. No Bingo

WII BOWLING

Wii Bowling will be held on February 11 & 18 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 JANUARY

- | | |
|---------------|---------|
| 1. GREG W. | 236 PTS |
| 2. SHIRLEY G. | 234 PTS |
| 3. PANCHING | 159 PTS |



Cookies Express **\$10 for 2 Dozen**

Have a special occasion or just want to treat yourself? We're now offering freshly baked cookies for sale! We're starting off with the classics but may add other options as interest grows. Orders must be made and paid for at least 1 week in advance. See front desk for more information and order forms.

- **CHOCOLATE CHIP**
- **PEANUT BUTTER**
- **OATMEAL RAISIN**
- **BROWN SUGAR**

FREE INFORMATIONAL PRESENTATIONS

SPACE LIMITED: RSVP AT FRONT DESK

Get Up N Go Travel Presentation

Monday, February 10 at 1:30 p.m.

Join CRPD staff as we explore the upcoming trips offered through our excursions program.

How to Travel Independently

...and Frugally

Thursday, February 20 at 5 p.m.

Through 'work exchange' and a variety of other cheap traveling methods, Sherrill Madden has traveled through 16 European countries on a fixed income!

Senior Citizens Workshop

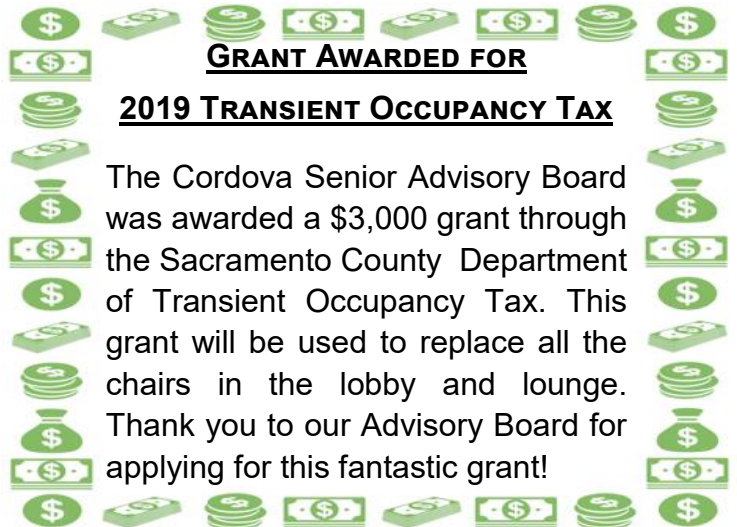
Monday, February 24, at 8:30am to noon

Join Christlene's workshop for a discussion of services available for senior citizens, specifically those who need assistance in remaining independent.

Android Basics

Tuesday, February 25 at 10:30 a.m.

Did you get a new Android phone over the holidays and aren't sure how to use it? Come to this hands-on, beginner's course on how to get started with your new gadget.



GRANT AWARDED FOR

2019 TRANSIENT OCCUPANCY TAX

The Cordova Senior Advisory Board was awarded a \$3,000 grant through the Sacramento County Department of Transient Occupancy Tax. This grant will be used to replace all the chairs in the lobby and lounge. Thank you to our Advisory Board for applying for this fantastic grant!

Mardi Gras Party
featuring the Moon Glow Band
Wednesday, February 26 at 11:30AM
\$6 for Members in Advance
\$8 for Non-Members in Advance
\$10 on Day of Event

Beads, masks, and all that jazz! Enjoy a Cajun-inspired menu with live music and door prizes. Make sure to bring your dancing shoes because the Moon Glow Band will be delighting attendees with New-Orleans style jazz music.

Menu: Red Beans & Rice, Sausage & Peppers, Southern Cole Slaw and Kings Cupcake



GET UP 'N' GO

California Academy of Sciences
Thursday, March 26, 2020
Fee: \$95/person

Based in the beautiful Golden Gate Park, the California Academy of Sciences is a must-see San Francisco museum!



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.

Lighthouses of San Francisco Bay
Tuesday, May 26, 2020
Fee: \$132/person

Join us as we cruise along the coast and learn about the individual histories of these historic lighthouses and their sites. Lunch included.

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.

Alcatraz Island
Thursday, July 9
Fee: \$118/person

Step back in time and experience the legendary island that has been a civil war fort, a military prison and one of the most notorious federal penitentiaries in US history. Take a self-guided tour of the infamous former federal prison, which was home to the likes of Al Capone, and George "Machine Gun" Kelley.

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.



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.

Planting Trees In Square Holes Makes Them Grow Stronger And Faster

IntelligentLiving.co/planting-trees-in-square-holes

If you plant a tree in a square hole, the tree becomes stronger and thrives more than if you planted it in a round hole. So, if you're on a mission to plant trees and save the planet, then it's good to keep this tip in mind.

Planting In Round Holes - Usually, when people plant trees, they make a round hole, put the tree inside then fill the hole with lots of rich compost and fertilizer. At first, your tree will have great success as the little sapling rapidly grows new roots that spread out into the fertile and fluffy soil. But once the roots hit the poorer and compact ground at the perimeter of the hole, the roots won't like it, and they will turn and snake along the edge of the border. When the roots do this, they create a spiraling action around the edge of the hole, developing a circular root system. The roots will thicken and harden into a tight ring as they mature, creating a girdle that chokes the plant, and in some cases, resulting in severe stunting or death.

Planting In Square Holes - The chances of your tree surviving will increase dramatically by merely digging a square hole instead of a round one when planting the sapling. The roots won't develop a circular root system because the roots are not good at growing around corners. When the roots hit the 90-degree angle of a square hole, rather than snaking around to create a spiral, they spread out of the planting hole to colonize the surrounding native soil. Not only does the tree have a better chance of survival, but the speed of growth will drastically increase, and the tree will become more resistant to environmental challenges.

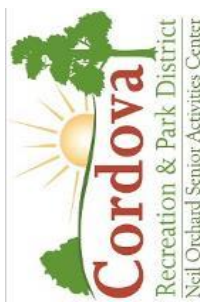



Join us on Thursday,
February 20, for our
monthly birthday
celebration!

Claudia Alstrom	Judy Mack
Hannah Anderson	Fred McCollum
Lori Anderson	John McCorkell
Wanda Annis	Sharon Mencarelli
Beth Barton	Don Migge
Kathy Beale	Sirgute Morgan
Susan Bennett	Mary Jane Motter
Nancy Boyd	Maureen Nagle
Camille Bush	John Newby
Juanita Carey	Erin Olivas
Carol Chan	Arthur Paletta
Arlene Chinn	Tawanna Payne
Lauren Cunningham	Mei Perry
Stephanie Danis	Sharon Ramirez
Antonio Enriquez	Marlene Reed
Douglas Evans	Barbara Roberts
Mary Fairall	Marilyn Robinson
Ophelia Farrell	Joe Samora
Mary Flink	Stanley Seiler
Sandra Foley	Marie Sessler
Erlinda Francisco	Gretchen Simmons
Rosalie Galleher	Sharon Steurer
Jovita Gomes	Rhoda Stewart
Mary Grable	Linda Tarrant
Marilyn Hamm	Leslie Thorpe
Carole King	Richard Toynbee
Suill Lee	Denise Whitelaw
Deborah Lee	Kathy Williams
Jeane Lind	Estella Winch

February 2020

Neil Orchard Senior Activities Center
 3480 Rortier 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
 <p>3 8-9 a.m. Senior Exercise 9:15 - 10:15 a.m. Kundalini Yoga 9:30 - 10:30 a.m. Walkin & Talkin 11 a.m. - 3 p.m. HICAP Counselling 11 a.m. - 3:30 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>4 8:15 - 9:00 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. Intro. & Beg. Line Dance 4:40 - 5:30 p.m. Mat Pilates 5:40 - 6:45 p.m. Restorative Yoga</p>	<p>5 8 - 9 a.m. Senior Exercise 9:15 - 10:15 a.m. Kundalini Yoga 9:30 - 10:30 a.m. Walkin & Talkin 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 Training 5 - 5:45 p.m. Active Adult Cardio HIIT 5 - 6:45 p.m. Intro to Guitar Part 1</p>	<p>6 8:15 - 10:00 a.m. Tai Chi Chuan 9 a.m. - 1 p.m. Glass Fusion 11:30 a.m. All Seasons Café 1 - 3:20 p.m. Advance Line Dance 1:30 - 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 8 - 9 a.m. Senior Exercise 9:15 - 10:15 a.m. Kundalini Yoga 9:30 - 10:30 a.m. Walkin & Talkin 11:30 a.m. All Seasons Café noon - 2 p.m. Bingo 12:30 - 3:30 p.m. Ceramics 2:30 - 3:30 p.m. Zumba Gold</p>
<p>10 8-9 a.m. Senior Exercise 9:15 - 10:15 a.m. Kundalini Yoga 9:30 - 10:30 a.m. Walkin & Talkin 10:30 a.m. Advisory Board Meeting 11 a.m. - 3 p.m. HICAP Counselling 11:30 a.m. All Seasons Café noon - 2 p.m. Bingo 1:30 p.m. Get Up N Go Presentation 2:30 - 3:30 p.m. Zumba Gold</p>	<p>11 8:15 - 9:00 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 noon - 1 p.m. Wii Bowling 12:30 - 3:30 p.m. Intro. & Beg. Line Dance 1:30 - 3:30 p.m. Ceramics 4:40 - 5:30 p.m. Mat Pilates 5:40 - 6:45 p.m. Restorative Yoga</p>	<p>12 8 - 9 a.m. Senior Exercise 9:15 - 10:15 a.m. Kundalini Yoga 9:30 - 10:30 a.m. Walkin & Talkin 9:30 - 11:30 a.m. Arts & Crafts 10:30 - 1:30 p.m. Bridge Card Group 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 Training 5 - 5:45 p.m. Active Adult Cardio HIIT 5 - 6:45 p.m. Intro to Guitar Part 1</p>	<p>13 8:15 - 10:00 a.m. Tai Chi Chuan 9 a.m. - 1 p.m. Glass Fusion 11:30 a.m. All Seasons Café 1 - 3:20 p.m. Advance Line Dance 1:30 - 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>14 8 - 9 a.m. Senior Exercise 9:15 - 10:15 a.m. Kundalini Yoga 9:30 - 10:30 a.m. Walkin & Talkin 11:30 a.m. All Seasons Café noon - 2 p.m. Bingo 12:30 - 3:30 p.m. Ceramics 2:30 - 3:30 p.m. Zumba Gold</p>
<p>17 CLOSED FOR PRESIDENTS' DAY</p> 	<p>18 8:15 - 9:00 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 noon - 1 p.m. Wii Bowling 12:30 - 3:30 p.m. Ceramics 1:30 - 3:30 p.m. Intro. & Beg. Line Dance 4:40 - 5:30 p.m. Mat Pilates 5:40 - 6:45 p.m. Restorative Yoga</p>	<p>19 8 - 9 a.m. Senior Exercise 9:15 - 10:15 a.m. Kundalini Yoga 9:30 - 10:30 a.m. Walkin & Talkin 9:30 - 11:30 a.m. Arts & Crafts 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 Training 5 - 5:45 p.m. Active Adult Cardio HIIT 5 - 6:45 p.m. Intro to Guitar Part 1</p>	<p>20 8:15 - 10:00 a.m. Tai Chi Chuan 9 a.m. - 1 p.m. Glass Fusion 11:30 a.m. All Seasons Café 11:45 a.m. Birthday Celebration 1 - 3:20 p.m. Advance Line Dance 1:30 - 5:30 p.m. Hand & Foot Card Group 4:40 - 5:30 p.m. Mat Pilates 5:00 p.m. How to Travel Independently ...and Frugally Presentation</p>	<p>21 8 - 9 a.m. Senior Exercise 9:15 - 10:15 a.m. Kundalini Yoga 9:30 - 10:30 a.m. Walkin & Talkin 11:30 a.m. All Seasons Café noon - 2 p.m. Bingo 12:30 - 3:30 p.m. Ceramics 2:30 - 3:30 p.m. Zumba Gold</p>
<p>24 8-9 a.m. Senior Exercise 8:30 a.m. - Noon Senior Citizens' Workshop 9:15 - 10:15 a.m. Kundalini Yoga 9:30 - 10:30 a.m. Walkin & Talkin 11 a.m. - 3 p.m. HICAP Counselling 11:30 a.m. All Seasons Café noon - 2 p.m. Bingo 12:30 - 3:30 p.m. Bunco 2:30 - 3:30 p.m. Zumba Gold</p>	<p>25 8:15 - 9:00 a.m. Tai Chi Chuan 9:30 - 11:30 a.m. Knitting & Crocheting Group 9:30 - 11:30 a.m. C.I.A. 10:30 - 12:30 p.m. Android Basics 11:30 a.m. All Seasons Café 12:30 - 3:30 p.m. Ceramics 1:30 - 3:30 p.m. Intro. & Beg. Line Dance 4:40 - 5:30 p.m. Mat Pilates 5:40 - 6:45 p.m. Restorative Yoga</p>	<p>26 8 - 9 a.m. Senior Exercise 9:15 - 10:15 a.m. Kundalini Yoga 9:30 - 10:30 a.m. Walkin & Talkin 9:30 - 11:30 a.m. Arts & Crafts 10:30 - 1:30 p.m. Bridge Card Group 11:30 a.m. Mardi Gras Party Noon - 2p.m. Bingo (Cancelled) 2:30 - 3:30 p.m. Zumba Gold 4:40 - 5 p.m. Fall Prevention Training 5 - 5:45 p.m. Active Adult Cardio HIIT 5 - 6:45 p.m. Intro to Guitar Part 1</p>	<p>27 8:15 - 10:00 a.m. Tai Chi Chuan 9 a.m. - 1 p.m. Glass Fusion 11:30 a.m. All Seasons Café 1 - 3:20 p.m. Advance Line Dance 1:30 - 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>28 8 - 9 a.m. Senior Exercise 9:15 - 10:15 a.m. Kundalini Yoga 9:30 - 10:30 a.m. Walkin & Talkin 11:30 a.m. All Seasons Café noon - 2 p.m. Bingo 12:30 - 3:30 p.m. Ceramics 2:30 - 3:30 p.m. Zumba Gold</p>

LUNAR NEW YEAR CELEBRATION

