

FOREVER ACTIVE

Our official newsletter for **active adults** in American Canyon



Workshops & Clinics

Red Cross - Emergency Preparation

December 4th - **FREE**

9:00am - 12pm, Senior Center Lobby

The Red Cross will be offering information on how to be prepared for emergencies.

AARP - Join the Team!

AARP is looking for friendly individuals to join our volunteer team this upcoming tax season. Training and support are provided. Positions available include greeters and preparers. Apply at aarpfoundation.org/taxaid or call 888-227-7669.



January Classes

NEW!

Mindful Meditation - The Art of Stillness

Tuesdays - **FREE**

9am - 11am, Senior Center Multi-Use Room

Jumpstart the day with guided meditation that aligns the mind, body, and spirit. No experience needed. All levels welcome.

Latin Fusion Dance

Tuesdays - **FREE**

10am - 11am, Senior Center Multi-Use Room

Latin Fusion is a partnerless dance style featuring a combination of cardio-based, authentic Latin dance moves to get your heart pumping.

Diabetes Empowerment Education Program

Begins Wednesday, January 15th - **FREE**

Senior Center Multi-Use Room

Join us for a free 6 week program to learn tips and tricks for living with diabetes. If you are diabetic, prediabetic, or support someone with diabetes, this class is for you!

WEEKLY SCHEDULE

Classes at the American Canyon Senior Center

THE SENIOR CENTER WILL BE CLOSED 12/24, 12/25, AND 1/1

MONDAYS

- FREE** Yoga/Pilates Class | 9:00am - 10:00am
- FREE** Forever Young Fitness Class | 10:10am - 11:10am
- Senior Nutrition Program | 11:30am - 12:30pm
- FREE** Sign Language | 12:30pm - 1:30pm

TUESDAYS

- (12/10) **FREE** Computers & Gadgets Made Easy | 9:00am - 10:15am
- FREE** Pinochle Club | 10:30am - 2:00pm
- Senior Nutrition Program | 11:30am - 12:30pm
- Low Impact Dance | 1:00pm - 2:00pm
- Line Dancing with Evolution Soul | 7:00pm - 9:00pm

WEDNESDAYS

- FREE** Yoga & Pilates Class | 9:00am - 10:00am
- FREE** Forever Young Fitness Class | 10:10am - 11:10am
- Senior Nutrition Program | 11:30am - 12:30pm

THURSDAYS

- FREE** Meditation Time | 9:00am - 10:00am
- FREE** Open Watercolor Studio | 9:00am - 11:00am
- Senior Nutrition Program | 11:30am - 12:30pm
- FREE** Stitches Social Class | 12:30pm - 2:30pm

FRIDAYS

- FREE** Yoga & Pilates Class | 9:00am - 10:00am
- FREE** Forever Young Fitness | 10:10am - 11:10am
- FREE** Pinochle Club | 10:30am - 2:00pm
- Senior Nutrition Program | 11:30am - 12:30pm

UPCOMING EVENTS

Events hosted by the American Canyon Senior Center



Cookie Decorating Party

Wednesday, December 11th - **FREE**
12pm - 2pm, Senior Center Multi-Use Room
The Holiday Season is here! Join us for cookies, cocoa, and a holiday movie. Please register with the Senior Center front desk by 12/6.

Holiday Tree Lighting Cocoa & Caroling

Wednesday, December 11th - **FREE**
6pm, Senior Center Multi-Use Room
American Canyon Soroptimist's are leading the way on our caroling adventure this holiday season! Enjoy hot cocoa and snacks during the lighting of the tree at the Senior Center.

Holiday Wrap Up!

Tuesday, December 17th - **FREE**
9:30am - 11am, Senior Center Assembly Room
It's time to wrap it up! Gift wrap all your holiday gifts while enjoying the company of good friends.



Rock Painting Social

Thursday, December 19th - **FREE**
5pm - 7pm, Senior Center Multi-Use Room
Inspire kindness by painting a rock with a unique picture, scenery, or inspirational quote. Take your work of art home or trade it for another at American Canyon's Kindness Rock Garden located at 2234 Elliott Drive.

Holiday Luncheon

Thursday, December 19th - **FREE**
11am, Senior Center Multi-Use Room
Good food, good friends, and lots of holiday cheer! RSVP to the Senior Center front desk by 12/3! Unfortunately, we cannot accommodate drop-ins.

Holiday Light Tour

Thursday, December 19th
5:30pm - 8:30pm
Activity #59201.306 | \$10
Our residents not only decked the halls, but decked out their entire house! Take a trip with us to visit the cheeriest houses in American Canyon! A light holiday snack will be provided. Register in person or online at www.cityofamericancanyon.org/magicoftheseason

MONTHLY PUZZLE

Christmas Carol Quiz!

Can you name the popular songs of the Holiday Season?

"...soon it will be Christmas day." _____

"May your days be merry and bright..." _____

"....and heaven and nature sing." _____

"Good tidings we bring..." _____

"...you'll go down in history" _____

"....right down Santa Claus Lane" _____

"....and pretend that he is Parson Brown" _____

"Said the night wind to the little lamb" _____

"Don we now our gay apparel..." _____

"You can plan on me." _____

"dashing through the snow" _____

"...God and sinners reconciled." _____

"...on Christmas Day in the morning" _____

"I saw Mommy...." _____


"Just like the ones I used to know" _____

Community Action of Napa Valley Senior Dining Menu December 2019

For all Reservations, Call (707) 253-6111

Congregate Site Locations: Napa Senior Center, Rohliffs, American Canyon Senior Center, Rianda House, and St. Helena

Menu subject to change without notice.

Monday	Tuesday	Wednesday	Thursday	Friday
2 Vegetarian Enchilada Casserole Zucchini Corn O'Brien Whole Wheat Bread Fresh Orange	3 Roast Beef w/Gravy Whipped Potatoes Green Beans and Carrots Whole Wheat Bread Fresh Apple	4 Potato Crusted Pollock Macaroni & Cheese Tuscan Vegetable Blend Multi-Grain Bread Fresh Banana	5 Baked Chicken Breast Spinach Artichoke Sauce Tossed Spinach Salad Brown Rice Whole Grain Garlic Breadstick Hot Diced Peaches	6 Minestrone Soup Green Peas Mixed Green Salad Whole Grain Saltine Crackers Hot Mixed Fruit
9 Cheesy Potato Soup Cinnamon Butternut Squash Garden Vegetables Unsalted Crackers Diced Apples	10 Pork Roast w/Red-Eyed Gravy Northern Beans Garlic Spinach Multi-Grain Bread Fresh Orange	11 Chicken Pot Pie Green Beans Mixed Green Salad Whole Wheat Bread Hot Mixed Fruit	12 Whole Grain Breaded Fish Whole Kernel Corn Coleslaw Whole Wheat Hamburger Bun Peach Crisp	13 Baked Chicken Breast Mediterranean Sauce Rigatoni Pasta Tuscan Vegetable Blend Whole Grain Roll Fresh Banana
16 Lasagna Casserole Yellow Squash Mixed Vegetables Whole Grain Garlic Breadstick Fresh Orange Birthday Cake 	17 Stuffed Salmon w/Dill Sauce Brown Rice California Vegetables Multi-Grain Bread Fresh Apple	18 Christmas Meal Sliced Roast Beef w/Gravy Whipped Potatoes Beet Salad Whole Wheat Bread Apple Blueberry Crisp	19 Cajun Chicken & Sausage Pasta Whole Kernel Corn Brussels Sprouts Whole Wheat Bread Mandarin Oranges	20 Beef Chili w/Beans Baked Potato Mixed Green Salad Unsalted Crackers Apple Raisin Compote
23 Cheese Omelet w/Salsa Shredded Cheese Fiesta Vegetables Spinach Whole Wheat Tortilla Fresh Apple	24 Closed for Christmas	25 Closed for Christmas	26 Beef Patty Lettuce & Tomato Garden Vegetables Baked Beans Whole Wheat Hamburger Bun Fresh Orange	27 Sweet & Sour Pork over Jasmine Rice Japanese Vegetables Mixed Green Salad w/Dressing Whole Wheat Bread Hot Diced Peaches

 Indicates Menu with \geq 1,000 mg sodium

AMERICAN CANYON'S

magic of the season



COMMUNITY TREE LIGHTING

FRIDAY, 12/6 at 6:30pm | Shenandoah Park

Enjoy our lighted parade, silent disco, photos with Santa, visiting with holiday characters, holiday marketplace shopping, and more!



9TH ANNUAL REINDEER RUN

SATURDAY, 12/7 at 8am | Wetlands Edge Trailhead

Kick off the holidays in a fun and healthy way while also raising money for ACCPF and KHOPE! Register for a 5K or 10K walk or run.



SNOW DAY

SATURDAY, 12/7 from 12pm - 5pm | Shenandoah Park

Enjoy our snow play area, sled hill, themed villages, trackless train rides, photos with Santa, and so much more!



SANTA SLEIGH VISITS

12/14 and 12/15 from 6pm - 9pm | Walmart Parking Lot

Here's your chance to visit with Santa and take a photo with him. *Please note our firefighters may need to leave early in an emergency.*



I SPY A HOLIDAY TREE COMPETITION

12/18 and 12/19 from 6:30pm - 9pm | Senior Multi-Use Center

Form a team and look for holiday trees around American Canyon. Clues included! Win prizes and bragging rights. Registration required.



HOLIDAY HOME DECOR CONTEST

12/16 - 12/20 | Homes located in American Canyon

Win 1st, 2nd, and 3rd prize for best decor in our community! Vote for your favorite online or via ballot. Registration is required.

WWW.CITYOFAMERICANCANYON.ORG/MAGICOF THESEASON