



Greetings from Your American Canyon Senior Center!

July 17, 2020

During these unpredictable times, I want to assure you that your local government is still working FOR you. Phone lines have been set up to help you easily get answers to questions you have or to be connected with any assistance you may need. Please call if you have any questions, or need anything at all. We are here for you; we are all in this together. Public Information & Support: 707-253-4540 (Monday – Friday, from 9 a.m. to 12 p.m. and 1 p.m. to 5 p.m.)

Our wonderful staff at the Senior Center have put together this packet of activities and information to share with you. Attached you will find:

- Senior Check-In Calls
- Virtual Class Offerings from the City of American Canyon
- Part 3 Strength Exercises – National Institute of Health
- Brain Teaser Activity Sheet
- Adult Coloring Page

We will include information like this **once a week**.

If you would like to receive email updates from the City with content like this, visit cityofamericancanyon.org and look for the envelope on the right side of the screen. It looks like this:



Click on the envelope and enter your email address, choose the topics you would like to subscribe to, and you are all set!

Sincerely,

A handwritten signature in black ink that reads "Jason Holley".

Jason Holley
City Manager



Senior Check-In Calls

The City of American Canyon has partnered with the Soroptimist International of American Canyon to do wellness to prevent isolated seniors and to help with resource information. If you would like to be added to the call list, please contact the American Canyon Senior Center at (707) 647-5350 and leave a message with your name and number.



INNOVATIVE
HEALTH
SOLUTIONS

VIRTUAL CLASS OFFERINGS THROUGH JULY

Arthritis Foundation Exercise Class

Tuesday and Thursdays

10am-11am

<https://zoom.us/j/9120293474>

Meeting ID (for Innovative Health Classes): 912 029 3474



VIRTUAL CLASS OFFERINGS

Forever Young Fitness is a long-running fitness class at the AC Senior Center. The class' regular followers attend for the exercise and enjoy the social interaction and fun experienced by all. This class is a great way to exercise your body and keep you feeling young with basic stretches and exercises, low impact workouts, dancing, and lots of laughter. To get the most out of this at-home virtual class, please dress comfortably, ensure you have enough free space in your exercise area, have a towel and water nearby, and have a great attitude!

Forever Young Fitness Class
Monday, Wednesdays, and Fridays
10am-11am

Please email vlin@cityofamericancanyon.org or call the American Canyon Senior Center at (707)647-5350 for meeting information.

Balance Walk

- 1 Raise arms to your sides, shoulder height.
- 2 Choose a spot ahead of you and focus on it to keep you steady as you walk.
- 3 Walk in a straight line with one foot in front of the other.
- 4 As you walk, lift your back leg. Pause for 1 second before stepping forward.
- 5 Repeat for 20 steps.

TIP: As you progress, try looking from side to side as you walk, but skip this step if you have inner-ear problems.





CHALLENGE YOURSELF TO IMPROVE YOUR BALANCE

Exercises to strengthen your legs and ankles also can help improve your balance. As you progress, try adding these challenges to help even more.

- Start by holding on to a sturdy chair with both hands for support.
- To challenge yourself further, try holding on with only one hand.
- As you feel steady, use just one finger for balance, or try the exercises without holding on.
- When you are steady on your feet, try doing the exercises with your eyes closed.





COOL DOWN

Cooling down at the end of your workout gives your muscles a chance to gradually return to rest. Again, this is important to prevent injury. To cool down, take about 5 minutes to do the following 4 flexibility exercises.

FLEXIBILITY EXERCISES

Ankles

- 1 Sit securely toward the edge of a sturdy chair.
- 2 Stretch your legs out in front of you.
- 3 With your heels on the floor, bend your ankles to point toes toward you.
- 4 Hold the position for 10-30 seconds.
- 5 Bend ankles to point toes away from you and hold for 10-30 seconds.
- 6 Repeat 3-5 times.



Back

If you've had hip or back surgery, talk with your doctor before trying this stretch.

- 1 Sit toward the front of a sturdy chair with armrests, with your feet flat on the floor, shoulder-width apart. Stay as straight as possible.
- 2 Slowly twist to the left from your waist without moving your hips. Turn your head to the left. Lift your left hand and hold on to the left arm of the chair. Place your right hand on the outside of your left thigh.
- 3 Hold the position for 10-30 seconds. Slowly return to face forward.
- 4 Repeat 3-5 times. Reverse positions and repeat 3-5 times on the right side.

TIP: As you progress, try lifting your left arm and resting it comfortably on the back of the chair. Hold on to the left armrest with your right arm. Repeat on your right side.



THINKING BACK TO CHILDHOOD



Thinking back to childhood is sure to bring up many memories. Think of one memory in particular that conjures up good feelings. Write two to three paragraphs about that memory in the space below. Draw a picture of it. Make up a song or a poem about it. If you like, share it with others, and ask if they have similar memories.

