



Greetings from Your American Canyon Senior Center!

July 24, 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:

- Virtual Class Offerings
- Part 4 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,

Jason Holley
City Manager



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 Class

Monday, Wednesdays, and Fridays 10am-11am

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!

Stitchers' Social Class

Thursdays 12:30pm-1:30pm

Stitchers' Social is a long-running social group at the American Canyon Senior Center. The class' participants grab yarn, hooks, and needles to work on projects. During this virtual class, we will discuss the projects that we are working on and upcoming crafts.

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

Thigh

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

- 1 Stand behind a sturdy chair with your feet shoulder-width apart and knees straight, but not locked.
- 2 Hold on to the chair for balance with your right hand.
- 3 Bend your left leg back and grab your foot in your left hand. Keep your knee pointed to the floor. If you can't grab your ankle, loop a resistance band, belt, or towel around your foot and hold both ends.
- 4 Gently pull your leg until you feel a stretch in your thigh.
- 5 Hold the position for 10-30 seconds.
- 6 Repeat 3-5 times.
- 7 Repeat 3-5 times with your right leg.



Shoulder and Upper Arm

If you have shoulder problems, talk with your doctor before trying this stretch.

- 1 Stand with your feet shoulder-width apart.
- 2 Hold one end of a towel in your right hand.
- 3 Raise and bend your right arm to drape the towel down your back.
- 4 Reach behind your lower back and grasp the towel with your left hand.
- 5 Pull the towel down with your left hand. Stop when you feel a stretch in your right shoulder.
- 6 Repeat 3-5 times.
- 7 Reverse positions and repeat 3-5 times to stretch your left shoulder.

TIP: As you progress, try pulling the towel down farther, but not so far that it hurts.



FAMOUS MUSICIANS AND THEIR NICKNAMES



Many musicians have nicknames—some referring to a character trait, some a physical trait, and others simply named after their type of music. Can you match the following musician to their nickname?

- | | |
|----------------------|---------------------------|
| 1. Frank Sinatra | The King of Pop |
| 2. B.B. King | The Queen of Soul |
| 3. Johnny Cash | The Singing Cowboy |
| 4. Harry Belafonte | The King of Rock and Roll |
| 5. Luciano Pavarotti | The King of Swing |
| 6. Madonna | Satchmo |
| 7. Bruce Springsteen | The King of High C's |
| 8. Elvis Presley | Chairman of the Board |
| 9. Michael Jackson | The Man in Black |
| 10. Louis Armstrong | The Material Girl |
| 11. Ella Fitzgerald | First Lady of Song |
| 12. Loretta Lynn | Coal Miner's Daughter |
| 13. Aretha Franklin | King of the Blues |
| 14. Benny Goodwin | The Boss |
| 15. Gene Autry | The King of Calypso |

ANSWERS:

- | | | |
|-----|-------------------|---------------------------|
| 1. | Frank Sinatra | Chairman of the Board |
| 2. | B.B. King | King of the Blues |
| 3. | Johnny Cash | The Man in Black |
| 4. | Harry Belafonte | The King of Calypso |
| 5. | Luciano Pavarotti | The King of High C's |
| 6. | Madonna | The Material Girl |
| 7. | Bruce Springsteen | The Boss |
| 8. | Elvis Presley | The King of Rock and Roll |
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