



Greetings from Your American Canyon Senior Center!

August 7, 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:

- Aging Activity Guide – California Department of Aging
- Virtual Museum Tours
- Virtual Class Offerings
- 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



ABOUT THE ACTIVITY GUIDE



WHY ARE WE GIVING THIS TO YOU?

We know things may feel unsettling and even scary right now.

Just because we're practicing physical distancing doesn't mean you can't stay healthy and connect with others.

This activity guide offers tips on finding peace in the little moments.



WHAT'S INSIDE?

Some tips, tricks, and tools to help you:

- ... take part in special experiences and learning
- ... maintain your physical vibrancy
- ... connect meaningfully with family and friends
- ... discover ways to feel calm, alive and positive



HOW YOU CAN USE THIS

The tips, activities, and ideas in this activity guide are just a starting point. Take a look and decide what activities work for you and how often.

Be creative! Suggested activities can be done in different ways - alone or with others, and with all types of tools (notepad, phone, TV, tablet, radio, computer).

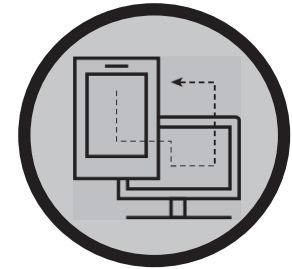
Map these ideas on the worksheets and trackers to help you follow through.



DIGITAL TIPS & TRICKS TO GET YOU STARTED

Ask your friends, family, and neighbors to

- Set up devices and install new tools
- Create a free conference call line
- Decrease barriers to using digital tools



First-time social media user?

- Join a social media platform that most of your friends, families, communities are already on
- Add / follow them once you've got your profile setup to stay up to date and connected

Enroll in your local public library

- Become a member and get free 24/7 digital access to tons of content (books, classes, etc.)

Use your favorite online search engine for what you'll need

- Example search engines include Google, Bing, and Netscape
- Type a few terms describing what you're looking for
- Click on legitimate and secure websites; sites that end in ".edu" and ".gov" are most credible
- Stay away from links with multiple dashes and symbols, website addresses that imitate actual businesses (e.g., "Amaz0n"), or sites with poor grammar
- Avoid clicking on large ads or buttons – most of these are scams



EXPERIENCES AND LEARNING

Creating special experiences for yourself and learning new things are great ways to keep your spirit up and your mind sharp. Below are ideas to kick things off.



TAKE A CLASS

Interested in history or a foreign language? Most learning can be done from your home.

TIPS

- Enroll in an online course – many are free!
- Reach out to friends, family, or neighbors who share your passion and may have resources
- Share your new knowledge on social media, over the phone or during weekly check-ins with others



CONNECT TO YOUR ROOTS

Whatever your background or history, your story is unique and interesting, and this is a great time to share it with others.

TIPS

- Research your ancestry
- Document your story
- Write a letter to a friend or family member



CHECK OFF YOUR (VIRTUAL) TRAVEL BUCKET LIST

Feeling adventurous? Go on a virtual travel adventure! Explore a new country and check out a tourist attraction.

TIPS

- Try digital tours of UNESCO World Heritage site and US national parks (e.g., via Google Earth)
- Stream natural attractions for free – the Northern Lights and cherry blossoms are currently in season for spring!
- Join in virtual museum tours, festivals, and performances streamed online



EXPERIENCES AND LEARNING (CONTINUED)

Creating special experiences for yourself and learning new things are great ways to keep your spirit up and your mind sharp. Below are ideas to kick things off.



PICK UP A CHILDHOOD HOBBY AND GET HANDS ON

Choose an activity you think you will enjoy and get started!

TIPS

- Learn a new instrument, search online for lessons. YouTube has tutorials for almost everything
- Create some visual arts – sketch, watercolor, photography
- Plant something – herbs or vegetables on the windowsill are both easy and useful



ENJOY THE MOMENT

Take some time for yourself to enjoy the moment.

TIPS

- Slow down an everyday routine (e.g., by watching a sunrise or sunset)
- Feeling nostalgic? Look through an old yearbook or photo album
- Enjoy an afternoon cup of tea



ESCAPE THROUGH LITERATURE

Escape into a different time and place – there's nothing like the thrill of getting absorbed into a good book.

TIPS

- Check your local library – many offer free digital access to eBooks, audiobooks, and magazines
- Start a book club with friends, family, or neighbors virtually or over the phone



FAMILY AND FRIENDS

You don't have to be in the same room or even the same time zone to share a few laughs. Here are some ideas to add some fun into your routine.



ORGANIZE A RECIPE EXCHANGE

Exchange your favorite recipes and share some stories or memories along the way.

TIPS

- Have a theme – holiday occasion, country, etc.
- Invite friends and family of all ages to think of recipes



UNCOVER A BLAST FROM THE PAST

Share past photos. See who can guess the year the photo was taken.

TIPS

- Post one photo each day or week
- Get creative and make a game out of it

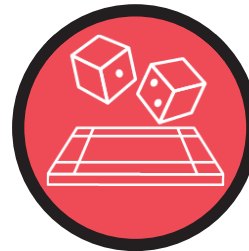


DO A VIRTUAL COFFEE CHAT OR MEAL

Talk to friends and family over coffee or a meal.

TIPS

- Ask each person to bring a story or memory to share during the conversation



HOST A REMOTE GAME NIGHT

Challenge family and friends to a night of games. Find your favorite game online, be creative in how you can do something remotely, or make up a completely new game!

TIPS

- Keep it going
- Set up a night each week to get the group back together
- Track overall progress



VIRTUAL MUSEUM TOURS

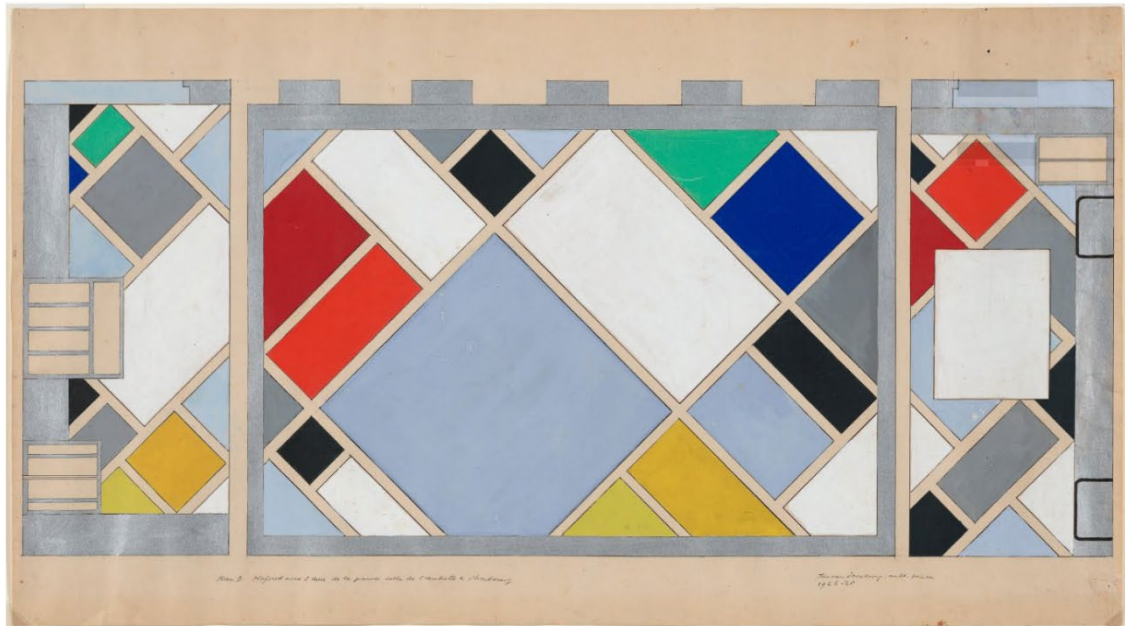
Did you ever want to take a trip to the MOMA or the Louvre! Virtual Museum Tours are now available online. Courtesy of Top10.com, please check out the top 10 Virtual Museum Tours at this link: <https://www.top10.com/virtual-museum-tours>.





TELL US WHAT DID YOU SEE?

Which museum did you visit? What was the best thing about it? The City of American Canyon Senior Center is compiling a “best-of” list of virtual museum exhibits. Please email vlin@cityofamericancanyon.org or call the American Canyon Senior Center at (707)647-5350 to share your museum visit!



Van Doesburg, Theo (1927) *Café Aubette* [Ink and gouache on paper]. Museum of Modern Arts, New York City.



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

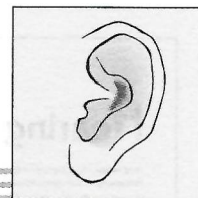
Hearing and Emotions



Your sense of hearing is powerfully related to your emotional memory. For example, what do you think of when you hear "The Star-Spangled Banner"? *Pride*? *Joy*? What about the sound of a train whistle? *Anticipation*? Listed below are common emotions. For this exercise, look at each emotion, and list sounds or things that you hear that make you feel that emotion. Be creative in thinking about sounds—use nature, music, people, animals, machines, and so forth. Share some of the memories that these sounds bring up.

1. Surprised (example: balloon popping)
2. Relaxed
3. Joyful
4. Amused
5. Awestruck
6. Fearful
7. Content
8. Gracious
9. In love
10. Proud
11. Cautious
12. Empowered
13. Peaceful
14. Inspired
15. Nervous
16. Excited
17. Hungry

Hearing and Emotions ANSWER SHEET



- | | |
|---------------|--|
| 1. Surprised | Balloon popping, car horn honking |
| 2. Relaxed | Bubbling creek, harp |
| 3. Joyful | Kids playing |
| 4. Amused | Comedian telling a joke, people laughing |
| 5. Awestruck | Waves crashing |
| 6. Fearful | Gunshots |
| 7. Content | Family discussion |
| 8. Gracious | Gospel music |
| 9. In love | Romantic songs, wedding march |
| 10. Proud | National anthem |
| 11. Cautious | Scary movie music, thunder |
| 12. Empowered | Trumpets |
| 13. Peaceful | Heartbeat, rain falling |
| 14. Inspired | Cheering, clapping |
| 15. Nervous | Airplane engines, wolves howling |
| 16. Excited | Starting gun |
| 17. Hungry | Food sizzling, popcorn popping |

FACILITATOR: The sense of hearing is important in memory. Years after an experience, hearing a certain sound can immediately bring up memories of the event. For example, take the roar of a crowd at a ballgame or the sound of kids in the schoolyard. As people age, hearing is an especially important component of healthy memory. If a person is experiencing hearing loss, he or she may have difficulty remembering things that are important. Therefore, if someone is experiencing memory problems, his or her hearing should be checked and, if needed, the person should be fitted for a hearing aid to ensure that his or her change in memory is not due to an inability to hear well.

In this exercise, participants recall a sound that reminds them of a certain emotion. Encourage participants to be creative with their responses, and remind them that there are no right or wrong answers. For additional discussion, ask participants to name their favorite sounds, funny sounds, sounds that are annoying, sounds according to the seasons, or sounds that animals make. Some sounds that you can use for discussion are listed above.

