



## Greetings from Your American Canyon Senior Center!

August 28, 2020

During these unpredictable times, I want to assure you that your local government is still working for you. Whether you need food and local resources, warm line access, or virtual social activities, the American Canyon Senior Center is available. Please call if you have any questions, or need anything at all at the Senior Center: 707-647-5350 (Monday – Friday, from 9 a.m. to 12 p.m.) Please leave a message and we will get to you within a business day.

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

- Emergency Supply Kit – PG&E
- 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](http://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







# Emergency Supply Kit Checklist

Stock up on supplies to last a week and refresh them at least once a year. Put them in waterproof containers, and store them in an easy to reach place. Here's what you'll need:

## Food and water

-  **Drinking water**  
1 gallon of water per person, per day
-  **Tools and utensils**  
Non-electric can opener and forks, spoons and knives
-  **Food**  
Nonperishable and easy to prepare without power
-  **Baby/pet food**  
Be sure to include food for all members of your household

## Equipment

-  **Flashlights**  
Do not use candles
-  **Radio**  
Battery-powered or a hand-crank weather radio
-  **Extra batteries**  
Include two extra sets
-  **Mobile phone**  
Include a portable charger

## Health and personal supplies

-  **Basic first aid kit**  
From antibiotic ointments and bandages to cold packs and more
-  **Blankets and clothing**  
Blankets, warm clothes, sturdy shoes and heavy gloves
-  **Activities for children**  
Toys, books, games and cards
-  **Important documents**  
Copies of IDs, medical records, pet vaccinations and family photos
-  **Medication and eyeglasses**  
Prescription and non-prescription
-  **Toiletries**  
Soap, toothbrushes, toothpaste, toilet paper, etc.
-  **Cash and credit cards**  
If possible, put aside at least \$100
-  **Other useful items**  
Paper towels, trash bags, multipurpose tool that includes a knife

For more information about how to keep your family and employees safe, visit [pge.com/safety](http://pge.com/safety).



## **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!

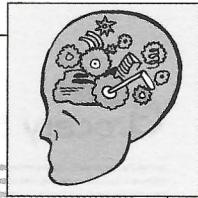
### **Stitchers' Social Class**

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

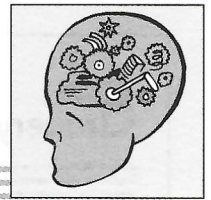
## Grocery Store Scavenger Hunt



Grocery stores can be a great place to use all your senses. Take a trip to your local grocery store to identify the following items. If this is not possible, use magazines, newspapers, or simply your imagination to complete the exercise. Whichever way you do it, you're sure to bring up many memories associated with food!

1. Name two items (e.g., clove of garlic) that you could identify by feel alone.
2. Name two items that have a sour taste.
3. Name two items (e.g., lemon) that you could identify by smell without having to see them.
4. Name two items—not in the produce section—that are red.
5. Name two items that are soft.
6. Name two items that make a fairly loud noise when eaten.
7. Name two fruits that have a strong smell.
8. Name two vegetables that have a strong smell.
9. Name two items that are sticky (in or out of the package).

# Grocery Store Scavenger Hunt ANSWER SHEET



1. Name two items (e.g., clove of garlic) that you could identify by feel alone.  
**Bananas, eggs, hot dogs/sausage, spaghetti**
2. Name two items that have a sour taste.  
**Lemon, lime, sour cream, vinegar**
3. Name two items (e.g., lemon) that you could identify by smell without having to see them.  
**Bleach, chocolate, citrus fruits, coffee, fish, herbs and spices, Limburger cheese**
4. Name two items—not in the produce section—that are red.  
**Canned beets, ketchup, Red Hots candy, red licorice, sweet and sour sauce, tomato sauce**
5. Name two items that are soft.  
**Bread, cotton balls, baked goods, marshmallows, toilet paper, Twinkies**
6. Name two items that make a fairly loud noise when eaten.  
**Bubble gum, carrots, celery, crackers, croutons, hard candy, potato chips**
7. Name two fruits that have a strong smell.  
**Bananas, citrus fruits, strawberries**
8. Name two vegetables that have a strong smell  
**Cabbage, onions, peppers**
9. Name two items that are sticky (in or out of the package).  
**Cinnamon rolls, jams and jellies, molasses, sticky buns, syrup**

**FACILITATOR:** This scavenger hunt could be done individually, in small groups, or in one large group. It is a good activity to use after going through each of the senses individually in order to explain to participants how important it is that we use ALL of our senses to enhance our memory. Above are a few sample answers to get the conversation started.



