



Greetings from Your American Canyon Senior Center!

March 2021

Greetings AC! We want to assure you that your local government is still working for you during these unpredictable times. The American Canyon Senior Center is here for you. Please call if you need anything at all. You can reach us at (707) 647-5350 from 9 AM - 12 PM, Monday – Friday. If you reach our voicemail, be sure to leave a message, and we will get back to you within a business day. Please note that City Offices will be closed on Wednesday, March 31st through Monday, April 5th due to unpaid furlough and holidays. For assistance, call the following: For emergency calls only, dial 911. For Non-Emergency Police or Fire Dispatch, dial (707) 253-4451. For Urgent Public Works or Parks Matters, Call our answering service at (707) 995-8674.

Attached you will find:

- Virtual Class Information from the American Canyon Senior Center
- Virtual Webinars hosted by our partner organizations
- Flyers for March Events
- And More!

The best way to hear news from the City of American Canyon is to subscribe to our email list serve. If you would like to receive email updates from the City with content like this, visit www.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

CITY OF
AMERICAN
CANYON



INFORMATION

AND

RESOURCES



VIRTUAL CLASS OFFERINGS

***NEW* Sign Language Class** – Mondays 1-2PM;
Beginning January 11th

This introductory class in Sign Language will help introduce and improve your knowledge of American Sign Language (ASL), improve your mental acuity, and increase your ability to reach out and connect to our deaf community. Please email vlin@cityofamericancanyon.org or call the Senior Center at (707) 647-5350 for the log-in information and instructions.

Morning Yoga - Mondays and Wednesdays 9-9:50 AM

Yoga can improve and maintain overall health. Learn to control stress while increasing flexibility, strength, and balance at home! Please email vlin@cityofamericancanyon.org or call the Senior Center at (707) 647-5350 for the log-in information and instructions.

Forever Young Fitness - Mondays, Wednesdays, & Fridays 10-10:50 AM

This long-running fitness class has many devoted followers who enjoy the sociability and fun it offers. 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 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 and have a towel and water nearby. Please email vlin@cityofamericancanyon.org or call the Senior Center at (707) 647-5350 for the log-in information and instructions.

Stitchers' Social Hour - Thursdays 12:30-1:30 PM

Stitchers' Social is a popular social group at the American Canyon Senior Center. The class participants grab yarn, hooks, and needles to work on projects. During this virtual class, participants can share their current projects and upcoming crafts, get help from one another, and enjoy the company while crafting their masterpieces. Please email vlin@cityofamericancanyon.org or call the Senior Center at (707) 647-5350 for the log-in information and instructions.

A YOUTH/SENIOR CITIZEN CONNECTION PROGRAM

PEN PAL PROJECT

A project of the American Canyon Soroptimist
& The City of American Canyon

To participate use the enclosed note card to answer the following questions. Be sure to include your name & address in the note card for future correspondence.

- **Where were you born?**
- **Do you have or have you had a pet?
What kind? What was his/her name?**
- **What is your favorite food?**
- **If you could go anywhere on vacation today, where would you go?**



Mail completed surveys to the following address for pen pal pairing:

AC Soroptimist
11C Poco Way, Box 128
American Canyon, CA 94503

Questions? Email Kristin Einberger at keinberger81@gmail.com or Alana Behn at abehn@cityofamericancanyon.org.

MENTAL HEALTH RESOURCES

NAPA COUNTYWIDE



Mental Health Crisis Hotlines 24/7

National Suicide Hotline: 1-800-273-8255

Crisis Text Line: Text "GO" to 741741

Crisis counselors are available to listen and help with coping skills

Trevor Project Hotline: 1-866-488-7386 or Text 678678

Crisis intervention and suicide prevention hotline + text message line for LGBTQ Youth

Crisis Stabilization Services / Exodus: 707-253-4711

For anyone age 5+ in immediate crisis, needing evaluation and crisis intervention
HHS South Campus - 2751 Napa Valley Corporate Way, Building B

Mental Health Support Lines

Napa County Mental Health Access: 707-259-8151 or 800-648-8650

For mental health assessments and referrals as well as warm line support (Monday through Friday 8am-5pm) for individuals of all ages who are experiencing anxiety, stress, worry, depression, etc. related to COVID-19

Aldea Bilingual Family Wellness Support Line: 707-543-1152

8am-8pm, 7 days/week Help for parents and guardians who are dealing with their children's anxiety and worry related to COVID-19

Mentis Healthy Minds Healthy Aging: English 707-299-1885

Spanish **707-299-1884**. 9am-5pm, Monday-Friday. Help for Older Adults (60+) experiencing heightened anxiety and worry due to COVID-19

Postpartum Support International: Bilingual helpline 1-800-944.4773

Text **503-894-9453** for peri or post-natal moms

Mental Health Treatment Resources

Mentis Mental Health Services: Call Bilingual Intake: **707-255-0966** ext.132

For all ages available by phone or video | mentisnapa.org

Aldea Mental Health Services: For youth age 5-21 with mental health needs and Medi-Cal coverage, and persons age 12-30 dealing with psychosis call

Bilingual Intake: **707-253-0123**. Teens age 14-21 in need of drug & alcohol treatment, regardless of insurance, call **707-255-1855** | aldeainc.org

OLE Health Behavioral Health Services: Bilingual phone or video services for ages 5 and above. Call **707-254-1770** | olehealth.org

RECURSOS DE SALUD MENTAL

EN TODO EL CONDADO DE NAPA



Línea directa de Crisis de Salud Mental 24/7

Línea Nacional de Prevención del Suicidio: 1-888-628-9454

Línea de Crisis por texto: Texto "GO" a 741741

Consejeros de crisis están disponibles para escuchar y ayudarle a enfrentar esta situación.

Trevor Project Línea directa: 1-866-488-7386 o Texto a 678678

Línea directa de intervención en crisis y prevención del suicidio + línea de mensaje de texto para jóvenes LGBTQ

Servicios de Estabilización de Crisis / Éxodo: 707-253-4711

Para cualquier persona mayor de 5 años en crisis inmediata, necesitando evaluación e intervención de crisis. HHS South Campus - 2751 Napa Valley Corporate Way, Building B

Líneas de Apoyo para su Salud Mental

Departamento de Acceso a servicios de Salud Mental del Condado de Napa: 707-259-8151 o 800-648-8650.

Evaluaciones y referencias de salud mental y apoyo por teléfono (lunes-viernes de 8am a 5pm) para individuos de todas edades que están sintiendo ansiedad, estrés, preocupación, depresión, relacionado con COVID-19

Línea de Apoyo al Bienestar Familiar de Aldea: 707-543-1152

8am-8pm, 7 días/semana. Ayuda para padres y tutores que están lidiando con la ansiedad de sus hijos y preocupación relacionada con el COVID-19

Mente Saludable, Envejecimiento Saludable de Mentis: Inglés 707-299-1885

Español 707-299-1884. 9am-5pm, lunes-viernes. Ayuda para adultos mayores (60+) Experimentando una mayor ansiedad y preocupación debido a COVID-19

Postpartum Support International: Línea de Apoyo 1-800-944-4773

Texto 971-420-0294 para madres peri o postnatal

Recursos para el Tratamiento de la Salud Mental

Servicios para la Salud Mental de Mentis: llame a la línea de acceso bilingüe: 707-255-0966 ext.132. Para todas las edades disponibles por teléfono o video. mentisnapa.org

Servicios de Salud Mental de Aldea: Servicios de Salud Mental de Aldea: Para jóvenes de 5 a 21 años con necesidades de salud mental y cobertura de Medi-Cal, y personas de 12 a 30 años que padecen de psicosis, llame a la línea Bilingüe: 707-253-0123. Los adolescentes entre las edades de 14 y 21 años que necesiten tratamiento de drogas y alcohol sin importar la aseguaranza que tengan, llamen al 707-255-1855. Más información en aldeainc.org

Servicios de Salud Conductuales de OLE Health: Servicios bilingües por teléfono o video para mayores de 5 años. Llame al 707-254-1770 | olehealth.org

CITY OF
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CANYON



VIRTUAL PROGRAMS
BY PARTNER
ORGANIZATIONS



Virtual Classes

Membership for those ages 50+!
Gain access to 20 classes all for
ONE LOW FEE.

- Chair Yoga
- Golden Yoga
- Knitting
- Life Writing
- Overcoming Anxiety
- Preventing Injuries & Falls
- Pull Up a Chair Fitness
- Yountville Page Turners Book Club
- Tech Help Time
- Coffee & Current Events Discussion Group
- Easy Fan Tai Chi
- Meditation for Optimal Health
- Wine Time
- Writing Gymnasium

AND MORE

Classes begin
January 11



January - May
\$75 / \$40 Res.

Keep Connected & Start off 2021 right!

This program is a perfect way to connect with others while exercising your mind and body safely from home!

Visit www.townofyountville.com/GT to register today
or call (707) 944-8712 for assistance.

Arthritis Exercise Class

Mondays and Wednesdays

(no class Monday 15)

Feb. 10th – March 29th

11:30am – 12:30pm

Join us on zoom



- Easy and fun stretches
- Simple and slow moves

Want to sign up? Have questions?

Contact Elizabeth at Rianda House; Call: (707)-963-8555 ext. 103
or Email: elizabeth@riandahouse.org



**INNOVATIVE
HEALTH
SOLUTIONS**



Food Smarts Nutrition Education

Every 2nd and 4th Thursday

Feb. 11th – April 22nd

11:30am – 12:00pm

Join us on zoom



- Learn healthy tips
- Easy to follow recipes
- Connect with others

Want to sign up? Have questions?

Contact Elizabeth at Rianda House; Call: (707)-963-8555
ext. 103



INNOVATIVE
HEALTH
SOLUTIONS



Tai Chi for Arthritis

Mondays and Wednesdays

2:00 PM – 3:00 PM

Feb. 22nd – April 28th

Join us!

Zoom Meeting ID: 886 6526 0878



- Relax. Move. Breathe.
- Gentle and slow exercises

Want to sign up? Have questions?

Contact Ria; Call: (707)-297-0888

Email: riacastaneda@innovativehealths.com

No need to come to all classes to join



Tai Chi para Artritis

Los Lunes y Miércoles

2:00 PM – 3:00 PM

Feb. 22 – Abril 28

¡Únete con nosotros!

ID de Zoom :886 6526 0878



- Relaja. Mueve. Respira.
- Ejercicios suaves y lentos

Quieres registrarte? Tienes preguntas?

Conectate con Ria; Llame: (707)-297-0888

Email: riacastaneda@innovativehealths.com

No es necesario que venga a todas las clases para unirse





Mind Boosters & Brain Fitness Online

We have combined both programs for people who are concerned about their memory, or are in the early stages of memory loss and want to be proactive in maintaining their brain health.

Why Attend?

It's FUN! Participants enjoy the benefits of:

- Increased mental stimulation
- Increased socialization, support, and encouragement

You LEARN!

- New techniques for memory enhancement
- The 5 Domains of Brain Health
- The connection between physical activities, exercise, and overall brain health

Classes are offered
online via Zoom

Details provided upon registration

2nd and 4th Thursdays
of the month

11:00 a.m. to 1:00 p.m.

REGISTRATION

Contact Veronna Ladd

707.258.9087

vladd@collabriacare.org



Collabria Care

This program is generously sponsored by:



Care and comfort at a moment's notice.



Soroptimist of American Canyon Presents...



Music Night Via Zoom

Thursday, March 4th at 7 p.m.

Join Zoom Meeting

<https://us02web.zoom.us/j/87076367822>



Soroptimist of American Canyon Presents...



Via Zoom

Thursday, March 18th at 7p.m.

Please sign up by Wednesday, March 17th at
<https://lf.cityofamericancanyon.org/Forms/BingoNight>

Join Zoom Meeting
<https://us02web.zoom.us/j/87076367822>

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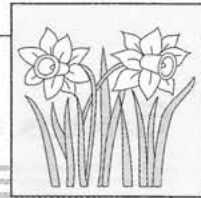


BRAIN TEASERS

AND

COLORING PAGES

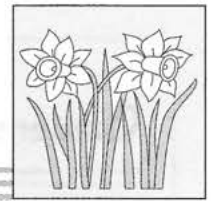
Gardens and Parks



Gardening is one of the most popular pastimes in the United States. Whether you enjoy working in the soil or walking through a flower garden, gardens bring us back to nature's beauty. While you are working on the sheet, use your senses to imagine how each garden would look, what it would smell like, and what the plants would feel like.

- | | |
|---|------------------------------------|
| — 1. London is the home to these gardens that cover more than 300 acres and contain a center for botanical research, museums, greenhouses, and the largest plant collection in the world. | a. Golden Gate Park |
| — 2. In this story by Frances Hodgson Burnett, a spoiled orphan finds a key to an abandoned garden and secretly brings the garden back to life. | b. Kew Gardens |
| — 3. One of the Seven Ancient Wonders of the World, these gardens on the Euphrates River were supposedly built in 600 B.C. by King Nebuchadnezzar II. | c. Topiary |
| — 4. This famous New York park was the first landscaped public park in the United States and covers 843 acres. | d. <i>Better Homes and Gardens</i> |
| — 5. The state of New Jersey is known as this. | e. Tomato |
| — 6. This glass or plastic enclosure is used for growing plants or small animals in a temperature- and humidity-controlled environment. | f. Central Park |
| — 7. This flower is one of the most popular landscaping shrubs and flowers sold by florists. It is a symbol of love and beauty. | g. <i>The Secret Garden</i> |
| — 8. This garden is depicted in the book of Genesis as the location where Adam and Eve ate an apple from the Tree of Knowledge. | h. Rose |
| — 9. People can try to walk their way through this type of garden that is a maze of paths made out of hedges or plants. | i. Rock garden |
| — 10. This magazine debuted in 1924 to bring articles and information about home décor and gardening. | j. Garden of Eden |
| — 11. Located in San Francisco, this garden park was once covered in sand dunes but now is more than 1,000 acres and has a variety of attractions, including museums and a herd of bison. | k. Hanging Gardens of Babylon |
| — 12. Vegetable gardens grow a variety of plants; however, this plant is the most popular to grow for its delicious, sweet bounty. | l. Butchart Gardens |
| — 13. This type of garden has plants clipped or trimmed into neat shapes, sometimes even elaborate animal or person sculptures. | m. Labyrinth |
| — 14. Rather than using lots of greenery, this type of garden uses stones for decoration and is also called a rockery or alpine garden. | n. Terrarium |
| — 15. Located in Vancouver, Canada, this 55-acre show garden is more than 100 years old and was built on an old quarry site. | o. The Garden State |

Gardens and Parks ANSWER SHEET



1. London is the home to these gardens that cover more than 300 acres and contain a center for botanical research, museums, greenhouses, and the largest plant collection in the world.
 2. In this story by Frances Hodgson Burnett, a spoiled orphan finds a key to an abandoned garden and secretly brings the garden back to life.
 3. One of the Seven Ancient Wonders of the World, these gardens on the Euphrates River were supposedly built in 600 B.C. by King Nebuchadnezzar II.
 4. This famous New York park was the first landscaped public park in the United States and covers 843 acres.
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 - g. *The Secret Garden*
 - k. Hanging Gardens of Babylon
 - f. Central Park
 - o. The Garden State
 - n. Terrarium
 - h. Rose
 - j. Garden of Eden
 - m. Labyrinth
 - d. *Better Homes and Gardens*
 - a. Golden Gate Park
 - e. Tomato
 - c. Topiary
 - i. Rock garden
 - l. Butchart Gardens

FACILITATOR: Gardens are a wonderful sensory experience. Most of us love gardens. Some of us like to work in them—others would prefer to keep their hands clean! Ask participants who likes gardening. Who likes to visit gardens? What is everyone's favorite flower? Favorite park? Bringing in pictures of some famous parks and gardens, along with some flowers, would add greatly to the sensory pleasure of this activity.

Addresses, Streets, Highways, and Bridges



There are thousands of bridges and highways and innumerable streets and addresses throughout the world. Most are unknown except to the people who live nearby. The following places, though, are recognizable to many Americans and to some people in other parts of the world. Match the description on the left with the place on the right.

- | | |
|--|------------------------------------|
| — 1. The Prime Minister of England lives at this address. | a. <i>Bridge on the River Kwai</i> |
| — 2. A "Christmas Miracle" took place on this street, according to a popular movie. | b. Golden Gate Bridge |
| — 3. This English bridge was moved from London to Arizona. | c. Brooklyn Bridge |
| — 4. Many people sit in cafes, shop at boutiques, or attend the cinema on this famous Parisian avenue. | d. 10 Downing Street |
| — 5. Big Bird, Oscar the Grouch, and Cookie Monster live on this street. | e. Champs-Élysées |
| — 6. The President of the United States lives at this address. | f. Pan-American Highway |
| — 7. This famous San Francisco bridge opened in 1937. | g. Route 66 |
| — 8. This network of roads runs nearly the entire distance from Alaska to southern Chile, linking the Northern Hemisphere with the southern one. | h. Magnificent Mile |
| — 9. Sherlock Holmes lives at this address. | i. <i>77 Sunset Strip</i> |
| — 10. This famous Chicago shopping district is on Michigan Avenue. | j. 34th Street |
| — 11. This New York bridge was originally built for horse-drawn traffic and trolleys and was opened in 1883. | k. 1600 Pennsylvania Avenue |
| — 12. This well-known street is located in the French Quarter in New Orleans. | l. Bourbon Street |
| — 13. You can "get your kicks" on this historic highway that runs from Chicago to Los Angeles. | m. London Bridge |
| — 14. This set of bridges in Thailand, popularized in a 1957 movie with William Holden, was assembled by prisoners. | n. 221B Baker Street |
| — 15. This television show debuted in 1958 and starred, among others, Kookie, who was always combing his hair. | o. Sesame Street |

Addresses, Streets, Highways, and Bridges

ANSWER SHEET



1. The Prime Minister of England lives at this address. **d. 10 Downing Street**
2. A "Christmas Miracle" took place on this street, according to a popular movie. **j. 34th Street**
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15. This television show debuted in 1958 and starred, among others, Kookie, who was always combing his hair. **i. 77 Sunset Strip**

FACILITATOR: Some factual, some fictional, many of these famous bridges, addresses, streets, and highways are sure to be recognizable. For each place, ask participants who has been there, who would like to visit, and what they think made the place so famous. Ask for other suggestions of famous addresses and so forth. Would places like Haight-Ashbury in San Francisco or the Tower Bridge in London have been recognizable? Why or why not? Use a map.

