



## Greetings from Your American Canyon Senior Center!

April 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 31<sup>st</sup> through Monday, April 5<sup>th</sup> 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 April 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](http://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



**INFORMATION**

**AND**

**RESOURCES**



## **VIRTUAL CLASS OFFERINGS**

### **Sign Language Class – Mondays 1-2PM;**

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](mailto: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](mailto: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](mailto: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](mailto:vlin@cityofamericancanyon.org) or call the Senior Center at (707) 647-5350 for the log-in information and instructions.



**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](http://www.townofyountville.com/GT) to register today  
or call (707) 944-8712 for assistance.





# NAPA VALLEY

CALIFORNIA NATIVE PLANT SOCIETY



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## LETTER FROM THE PRESIDENT

### CNPS SPRING 2021 NATIVE PLANT SALES

This Spring, we are having both an in-person and an online sale.

**IN-PERSON SALE – SATURDAY, APRIL 10, 10AM – 4PM**

The in-person sale will be Saturday, April 10.

Attendance will be limited to 6 per each 20-minute time slot. Interested individuals must reserve a specific time slot.

Information on sign-ups will be on our website, [www.napavalleycnps.org](http://www.napavalleycnps.org) after March 10



Wagon full of plants



**CALIFORNIA NATIVE PLANT SALE**

<b>IN-PERSON SALE</b> SATURDAY <b>APRIL 10, 2021</b> 10 <sup>AM</sup> – 4 <sup>PM</sup> SKYLINE WILDERNESS PARK 2201 IMOLA AVE NAPA <b>RESERVATIONS REQUIRED</b>	<b>ONLINE SALE</b> STARTING SUNDAY <b>APRIL 11-16</b> ORDER PICKUP SATURDAY <b>APRIL 17</b>
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Low impact and drought tolerant native plants for shade and full sun. EXPERTS ON HAND TO ANSWER YOUR QUESTIONS.

NAPA VALLEY CHAPTER • CALIFORNIA NATIVE PLANT SOCIETY  
**FOR DETAILS VISIT OUR WEBSITE:**  
[www.napavalleycnps.org](http://www.napavalleycnps.org)  
 Free admission to Skyline Park during sale. All proceeds benefit the maintenance and educational programs of the Martha Walker California Native Plant Garden in Skyline Park.

**SPRING 2021 PLANT SALE - CONTINUED**

**ONLINE SALE - SUNDAY APRIL 11-APRIL 16. PICKUP ON SATURDAY APRIL 17**

- The sale inventory will go 'live' on Sunday, April 11 for members and on Monday, April 12 for non-members. You will be able to shop through Friday, April 16. Plant pickup will be Saturday, April 17.
- We will send out an email blast with the link to the Napa Valley Plant Sale for each group the morning of the respective dates or the day before via an email blast and on our website.
- The plant availability list will be posted in mid-March on our website, [www.napavalleycnps.org](http://www.napavalleycnps.org).
- You will place your order, pay, and schedule your pickup time online. Available inventory will be tracked online as the sale proceeds.
- Orders will be processed in the order in which they are received.
- Pick up of orders, by the gate to our sale area in Skyline Park, will be Saturday, April 17, 9:00am to 3:00pm. To maintain compliance with social distancing, for your protection and ours, pickups will be scheduled at 15-minute intervals.
- A small number of plants that need nurturing will be clearly marked as a SALE PLANT. While not in ideal condition, you may find that a bargain plant can still thrive with proper care.

Thank you in advance for supporting Napa Valley Chapter of CNPS and continuing to enjoy the beauty of native plants.



Verbena lilacina



Picking up Plants.





# 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](mailto:vladd@collabriacare.org)



Collabria Care

This program is generously sponsored by:



Care and comfort at a moment's notice.

# Tai Chi for Arthritis

Mondays and Wednesdays

2:00 PM – 3:00 PM

Feb. 22<sup>nd</sup> – April 28<sup>th</sup>

**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](mailto: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](mailto:riacastaneda@innovativehealths.com)

**\*No es necesario que venga a todas las clases para unirse\***





**Soroptimist of American Canyon Presents...**



**Music Night Via Zoom**

**Thursday, April 1<sup>st</sup> at 7 p.m.**

**Join Zoom Meeting**

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





**Soroptimist of American Canyon Presents...**



**Via Zoom**

**Thursday, April 15<sup>th</sup> at 7p.m.**

Please sign up by Wednesday, April 14<sup>th</sup> at  
<https://lf.cityofamericancanyon.org/Forms/BingoNight>

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





**BRAIN TEASERS**

**AND**

**COLORING PAGES**

## Games of Childhood



Think back to those after-school, weekend hours, or childhood days of summer when playing was often the first thing on your mind. Match the description on the left with the game on the right.

- |  |                           |
|--|---------------------------|
| — 1. Though many of us did this with one or two ropes to songs or rhymes when we were young, it's used increasingly for fitness.                                 | a. Hide and Seek          |
| — 2. There are many variations to this game, but the basic one has one person being "it" and the rest trying to keep from being touched by "it."                 | b. Follow the Leader      |
| — 3. This game was first patented in England in 1888 and consists of plastic discs of different colors, a mat, and a container into which the discs are flipped. | c. Jump rope              |
| — 4. In this game, you receive \$200 for passing "go."   | d. Tic-Tac-Toe            |
| — 5. "Mary, you may take five big steps" could be one of the instructions given in this game.  | e. Tug of War             |
| — 6. This game involves a nine-space grid and two opponents, each trying to make a straight line with three of their own markers.                                | f. Mother, May I?         |
| — 7. This game is played with colorful glass spheres.  | g. Jacks                  |
| — 8. In this classic game, one person is "it" and the rest try to keep hidden from "it."   | h. Tag                    |
| — 9. Played on dark squares, this game requires 12 red pieces and 12 black pieces and is played between two people.  | i. Checkers               |
| — 10. In this game, players carefully gather as many sticks as they can without moving the other sticks in the pile.   | j. Hopscotch              |
| — 11. This game involves two teams, each at opposite ends of a rope, pulling as hard as they can.  | k. Tiddly Winks           |
| — 12. All you need for this game is chalk, a marker for each child, and some "hopping" ability.  | l. Pick-Up Sticks         |
| — 13. This game requires a small ball; a hard, level playing surface; and 10 small metal objects.  | m. Red Light, Green Light |
| — 14. The first person to touch the "stoplight" in this game wins.   | n. Monopoly               |
| — 15. Everyone must do what the head of the line does in this game.  | o. Marbles                |



- |  |                           |
|--|---------------------------|
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**FACILITATOR:** This is a great activity for bringing back many childhood memories. As you review the questions, ask participants how many of these games they have played. Which others did they play? With whom? Where? Did they like to play outside or inside best? What was their favorite game? Did they always follow the rules? Did they play any of these games with their children or grandchildren? Do they think that children today "play" as much as they did?



## Heroes and Heroines

Heroes inspire and impress us; they make the impossible seem possible. Although many of us have our own personal heroes, this worksheet lists a few of the more famous historical and sports figures who may be considered among the greatest heroes of our time. Match the description on the left with the hero or heroine on the right.

- |  |                            |
|--|----------------------------|
| ___ 1. This famous boxer's original name was Cassius Clay.   | a. Michael Jordan          |
| ___ 2. This former president helped to free slaves.  | b. Hank Aaron              |
| ___ 3. This Catholic nun was known as the "Saint of the Gutters."  | c. Abraham Lincoln         |
| ___ 4. This famous golfer is known for bringing the sport to the mainstream in society.                              | d. Pelé                    |
| ___ 5. This young girl is famous for her diary that was written while she was in hiding.                             | e. Joan of Arc             |
| ___ 6. This famous baseball player holds the all-time career home run record.  | f. César Chávez            |
| ___ 7. This pilot is famous for his solo flight across the Atlantic Ocean.   | g. Arnold Palmer           |
| ___ 8. This basketball player won six championships and started a Boys and Girls Club in Chicago.                    | h. Anne Frank              |
| ___ 9. This saint fought the English and was eventually accused of witchcraft and killed.                            | i. Muhammad Ali            |
| ___ 10. This runner developed a cult-like following of fans and was killed in an automobile accident at a young age. | j. Mother Teresa           |
| ___ 11. This civil rights leader is famous for his "I Have A Dream" speech.  | k. Wilma Rudolph           |
| ___ 12. This native of Brazil is considered one of the greatest soccer players of all time.                          | l. Susan B. Anthony        |
| ___ 13. This individual is famous for being arrested while fighting for women's right to vote.                       | m. Steve Prefontaine       |
| ___ 14. This person is the first American woman to win three Olympic gold medals.                                    | n. Charles Lindbergh       |
| ___ 15. This Mexican-American activist's campaigning led to major improvements for farm workers.                     | o. Martin Luther King, Jr. |

## Heroes and Heroines ANSWER SHEET



1. This famous boxer's original name was Cassius Clay. **i. Muhammad Ali**
2. This former president helped to free slaves. **c. Abraham Lincoln**
3. This Catholic nun was known as the "Saint of the Gutters." **j. Mother Teresa**
4. This famous golfer is known for bringing the sport to the mainstream in society. **g. Arnold Palmer**
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10. This runner developed a cult-like following of fans and was killed in an automobile accident at a young age. **m. Steve Prefontaine**
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12. This native of Brazil is considered one of the greatest soccer players of all time. **d. Pelé**
13. This individual is famous for being arrested while fighting for women's right to vote. **l. Susan B. Anthony**
14. This person is the first American woman to win three Olympic gold medals. **k. Wilma Rudolph**
15. This Mexican-American activist's campaigning led to major improvements for farm workers. **f. César Chávez**

**FACILITATOR:** After participants have completed all they can, encourage conversation about individual heroes. Who are their personal heroes? Who else would they add or remove from this list? What else do they know about each of the people listed here?





