



Greetings from Your American Canyon Senior Center!

August 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. 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 August 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

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 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.

Be prepared for a power outage

Extended power outages may impact the whole community

We often forget how much we depend on electricity.
Here are some things you should consider:



May disrupt communications, water, transportation



May close retail businesses, grocery stores, gas stations, ATMs and other services



Can cause food spoilage, water contamination



Can prevent use of medical devices

HOW TO PROTECT YOURSELF AND OTHERS DURING A POWER OUTAGE



KEEP FREEZERS AND REFRIGERATORS CLOSED.

The refrigerator will keep food cold for about four hours. A full freezer will keep the temperature for about 48 hours. Use coolers with ice if necessary. Monitor temperatures with a thermometer.



TURN OFF OR DISCONNECT APPLIANCES, EQUIPMENT OR ELECTRONICS.

Power may return with momentary “surges” or “spikes” that may cause damage.



USE ALTERNATE PLANS FOR REFRIGERATING MEDICINES OR POWER-DEPENDENT MEDICAL DEVICES.



USE FOOD SUPPLIES THAT DO NOT REQUIRE REFRIGERATION.



GO TO A COMMUNITY LOCATION WITH POWER WHEN HEAT OR COLD IS EXTREME (IF IT IS SAFE TO DO SO).





AVOID CARBON MONOXIDE POISONING.

Generators, camp stoves or charcoal grills should always be used outdoors and at least 20 feet away from windows. Never use a gas stovetop or oven to heat your home.



CHECK ON YOUR NEIGHBORS.

Older adults and young children are especially vulnerable to extreme temperatures.

HOW TO BE SAFE AFTER A POWER OUTAGE

WHEN IN DOUBT, THROW IT OUT.

Throw away any food that has been exposed to temperatures 40 degrees or higher for two hours or more, or that has an unusual odor, color or texture.



IF THE POWER IS OUT FOR MORE THAN A DAY, DISCARD ANY MEDICATION THAT SHOULD BE REFRIGERATED (UNLESS THE DRUG'S LABEL SAYS OTHERWISE).

If a life depends on the refrigerated drugs, consult a doctor or pharmacist and use medicine only until a new supply is available.



TO LEARN MORE WAYS TO PREPARE FOR AN OUTAGE, PLEASE VISIT [FEMA.GOV](https://www.fema.gov)



In order to keep communities safe, PG&E may need to turn off power when extreme weather or wildfire conditions are forecast. This statewide initiative is called **Public Safety Power Shutoff**.

To learn more about Public Safety Power Shutoff events and how to prepare for power outages, visit [prepareforpowerdown.com](https://www.prepareforpowerdown.com).

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CANYON



VIRTUAL PROGRAMS
BY PARTNER
ORGANIZATIONS



Soroptimist of American Canyon Presents...



Music Night Via Zoom

Thursday, August 5th at 7 p.m.

Join Zoom Meeting

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



Soroptimist of American Canyon Presents...



Via Zoom

Thursday, August 19th at 7p.m.

Please sign up by Wednesday, August 18th at
<https://lf.cityofamericancanyon.org/Forms/BingoNight>

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



STAY INFORMED - GET ALERTS!



INFORM yourself and those in your household by receiving real-time **ALERTS** in your area to stay safe in an **ACTIVE DISASTER**.



Sign up for **Nixle!** Text your zip code to **888777**

or

Sign up online at:

<https://local.nixle.com/register/>



The IPAWS is FEMA's national system for local alerting that provides authenticated emergency and life-saving information to the public.

These messages are based on location. You will automatically receive an **ALERT** message, even if you are in an area where you don't live or outside the area where your phone is registered

Learn more here: bit.ly/ipawsalerts



During **EMERGENCIES, TUNE INTO** your local radio station for live **NEWS** and **UPDATES** in your area

Check out:

KVON: News-Talk-Sports on **1440 AM** Radio

KBBF: Bilingual Public Radio on **89.1 FM** Radio

Calistoga's Emergency Station on **1670 AM** Radio



Follow **COAD & NAPA COUNTY** on social media:



@NapaValleyCOAD



@NapaCounty



@CountyofNapa

In a case of **EMERGENCY** know what a high-low siren sounds like. Get familiar with the sound here: bit.ly/Hi-LoSiren

INFÓRMESE - RECIBA ALERTAS!



Manténgase **INFORMADO** usted y su familia, recibiendo **ALERTAS** en tiempo real en su área, para mantenerse seguro **DURANTE UN DESASTRE**.



Inscríbese para recibir alertas de **Nixle**, enviando un mensaje de texto con su código postal al **888-777** y responda con **ESP** para recibir mensajes en **español**.

O

Inscríbese en línea:

<https://local.nixle.com/register/>



El IPAWS es el sistema nacional de FEMA para recibir alertas locales que proporciona información autenticada de supervivencia y de emergencia para el público. Estos mensajes se basan en su ubicación. Usted automáticamente recibirá un mensaje de **ALERTA** aunque esté fuera del área donde usted vive o fuera del área donde su teléfono esté registrado.

Aprenda más aquí: bit.ly/ipawsespanol



SINTONICE la radio en sus estaciones locales, para recibir **NOTICIAS** actuales de su área durante una **EMERGENCIA**

Sintonice:

KVON: Noticias-Plática-Deportes en 1440 AM



KBBF: Radio Público Bilingüe en 89.1 FM

La Estación de Emergencia de Calistoga en 1670 AM

Siga a **El COAD** y **EL CONDADO DE NAPA** en las redes sociales:



@NapaValleyCOAD



@NapaCounty



@CountyofNapa

Sepa cómo suena una sirena de alta y baja frecuencia en caso de una **EMERGENCIA**.

Familiarícese con el sonido aquí: bit.ly/Hi-LoSiren



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



This program is generously sponsored by:



Care and comfort at a moment's notice.

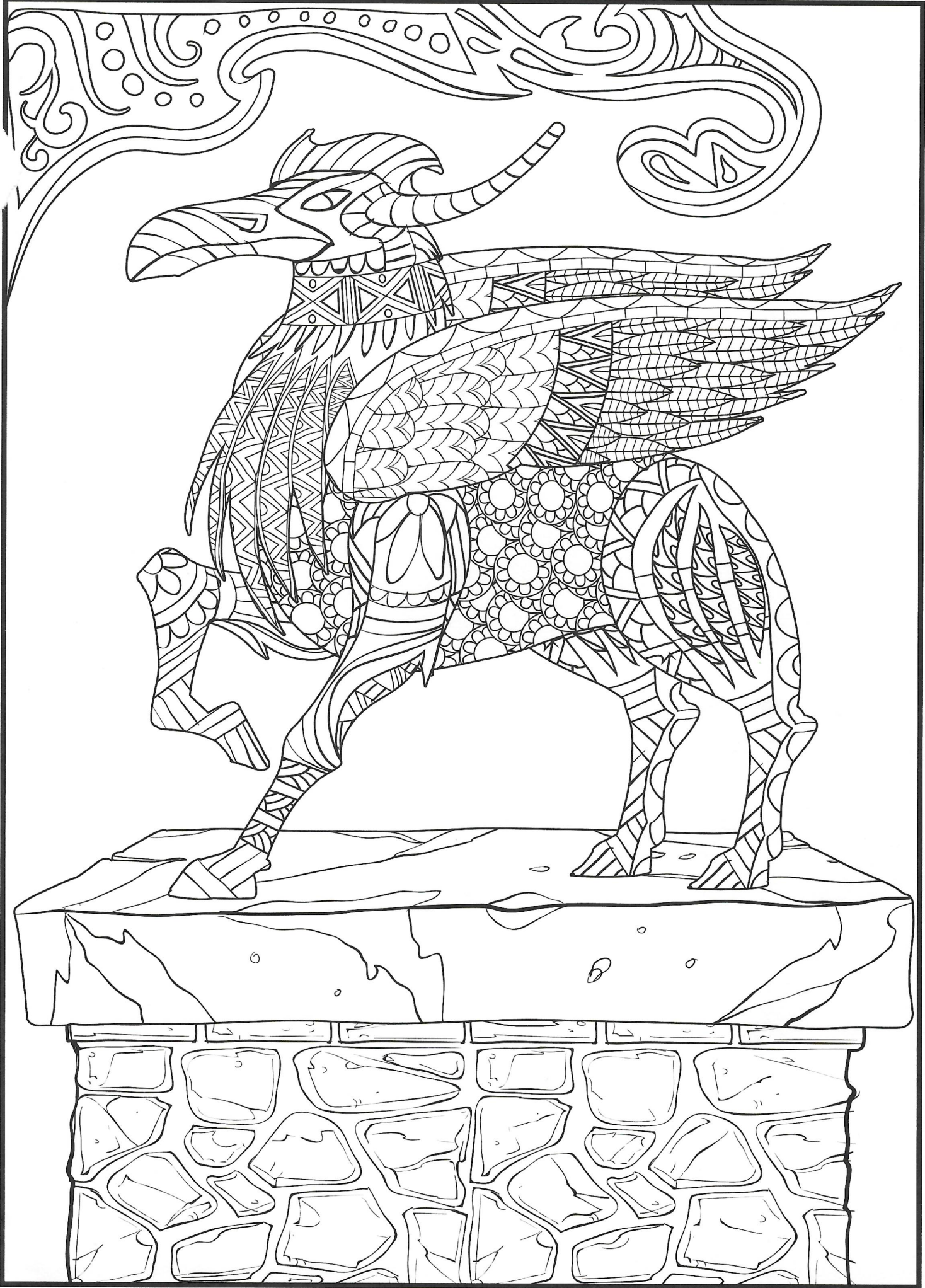
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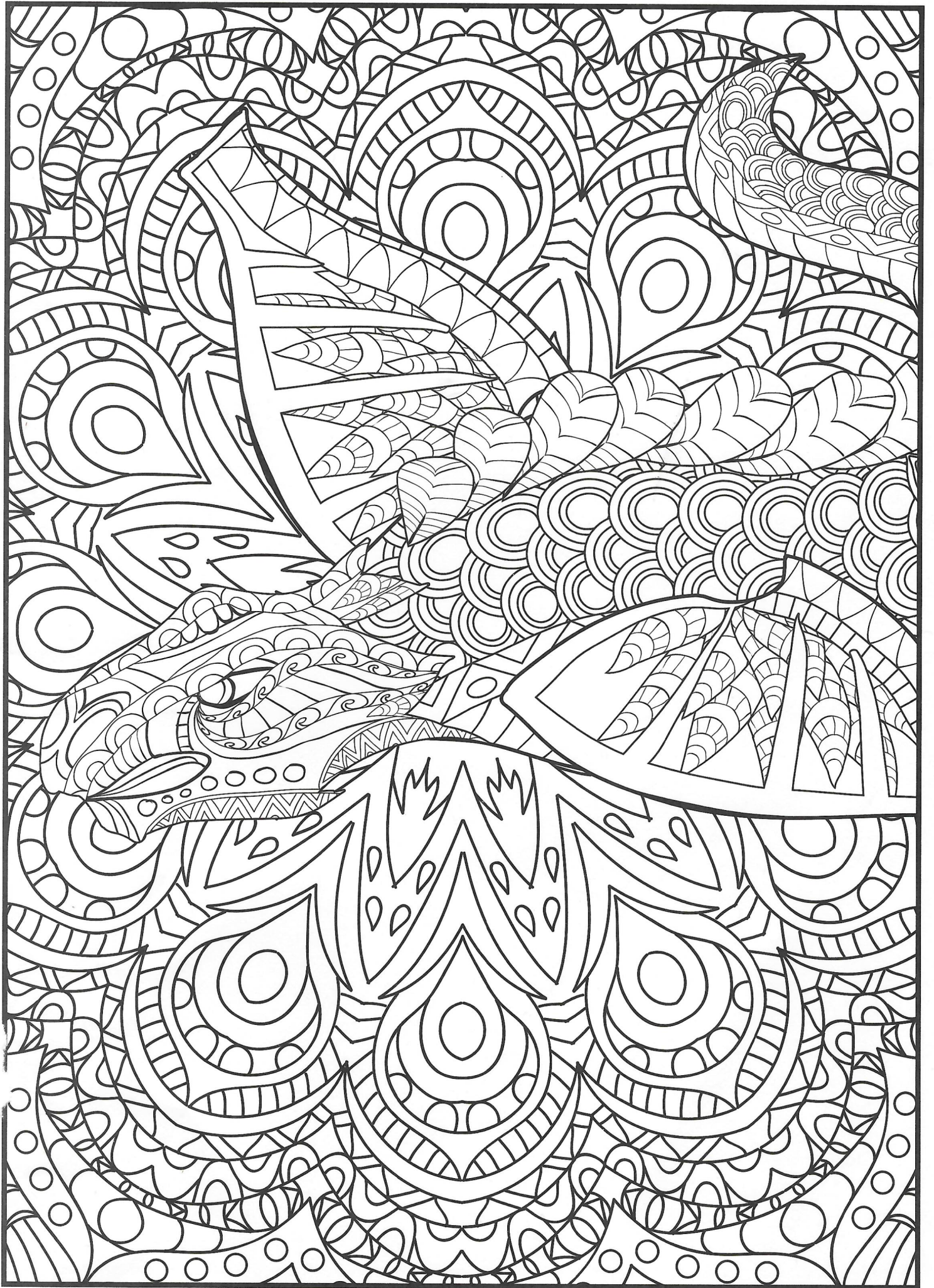


BRAIN TEASERS

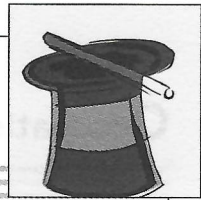
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COLORING PAGES





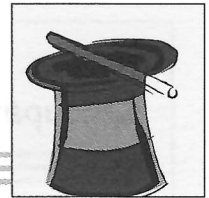
Occupations of Famous People



Famous people are known for many reasons—which families they came from, what they invented, the positions they held in politics, or special feats they performed. Perhaps more than anything, though, they are known for their occupations. Match the occupations on the left with the famous people who worked in that occupation on the right.

- | | |
|------------------------------------|--------------------------------|
| ___ 1. Anthropologist | a. William Randolph Hearst |
| ___ 2. Violin maker | b. Shirley Temple Black |
| ___ 3. Bicyclist | c. Albert Einstein |
| ___ 4. Painter | d. Clara Barton |
| ___ 5. Guide and interpreter | e. Annie Oakley |
| ___ 6. Architect | f. Mother Teresa |
| ___ 7. Mathematician and physicist | g. Samuel Clemens (Mark Twain) |
| ___ 8. Opera singer | h. Ferdinand Magellan |
| ___ 9. Professional golfer | i. Margaret Mead |
| ___ 10. U.S. ambassador | j. "Babe" Didrikson Zaharias |
| ___ 11. Supreme court justice | k. Mata Hari |
| ___ 12. Explorer | l. Sandra Day O'Connor |
| ___ 13. Astronaut | m. Lance Armstrong |
| ___ 14. Markswoman | n. Sacagawea |
| ___ 15. Nun | o. Frank Lloyd Wright |
| ___ 16. Newspaper publisher | p. "Grandma" Moses |
| ___ 17. Magician | q. Marian Anderson |
| ___ 18. Spy | r. Harry Houdini |
| ___ 19. Journalist and writer | s. Antonio Stradivari |
| ___ 20. Nurse | t. Sally Ride |

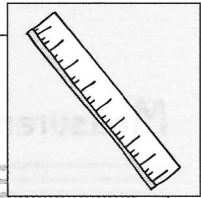
Occupations of Famous People ANSWER SHEET



1. Anthropologist
 2. Violin maker
 3. Bicyclist
 4. Painter
 5. Guide and interpreter
 6. Architect
 7. Mathematician and physicist
 8. Opera singer
 9. Professional golfer
 10. U.S. ambassador
 11. Supreme court justice
 12. Explorer
 13. Astronaut
 14. Markswoman
 15. Nun
 16. Newspaper publisher
 17. Magician
 18. Spy
 19. Journalist and writer
 20. Nurse
- i. Margaret Mead
 - s. Antonio Stradivari
 - m. Lance Armstrong
 - p. "Grandma" Moses
 - n. Sacagawea
 - o. Frank Lloyd Wright
 - c. Albert Einstein
 - q. Marian Anderson
 - j. "Babe" Didrikson Zaharias
 - b. Shirley Temple Black
 - l. Sandra Day O'Connor
 - h. Ferdinand Magellan
 - t. Sally Ride
 - e. Annie Oakley
 - f. Mother Teresa
 - a. William Randolph Hearst
 - r. Harry Houdini
 - k. Mata Hari
 - g. Samuel Clemens (Mark Twain)
 - d. Clara Barton

FACILITATOR: After reviewing the correct answers, discuss the lives of these famous people and what made them famous. Ask participants the following questions: Who are some other famous people with these occupations? Which of these famous people were also rich? What did it take to become rich? Which of these occupations sounds most exciting?

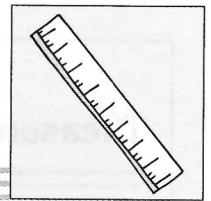
Measurements



Our everyday lives are filled with measurements—how much apples weigh at the grocery store, how much flour we put in the cookies, how far we've walked. We measure things in many different ways—on a scale, in a measuring cup, on a thermometer, and much more. Think about these different ways as you try to identify the following measurements.

1. There are 4 cups in a what?
2. What unit are horses measured in?
3. How many items are in a baker's dozen?
4. How many time zones are there in the world?
5. There are 3 teaspoons in a what?
6. What is a counting device with a frame and rods with moveable beads called?
7. There are 4 pecks in a what?
8. There are 2 cups in a what?
9. One decade equals how many years?
10. What unit of length is used in ship navigation?
11. Mph stands for what?
12. There are 4 quarts in a what?
13. How many days are in a leap year?
14. How many degrees are in a circle?
15. How many fluid ounces are in 1 cup?
16. How many inches are in 1 foot?
17. How many yards are there in a football field?
18. What is the average body temperature for most people?

Measurements ANSWER SHEET



1. There are 4 cups in a what?
Quart
2. What unit are horses measured in?
Hands
3. How many items are in a baker's dozen?
13
4. How many time zones are there in the world?
24
5. There are 3 teaspoons in a what?
Tablespoon
6. What is a counting device with a frame and rods with moveable beads called?
Abacus
7. There are 4 pecks in a what?
Bushel
8. There are 2 cups in a what?
Pint
9. One decade equals how many years?
10
10. What unit of length is used in ship navigation?
Nautical mile
11. Mph stands for what?
Miles per hour
12. There are 4 quarts in a what?
Gallon
13. How many days are in a leap year?
366
14. How many degrees are in a circle?
360
15. How many fluid ounces are in 1 cup?
8
16. How many inches are in 1 foot?
12
17. How many yards are there in a football field?
100
18. What is the average body temperature for most people?
98.6° F

FACILITATOR: When reviewing this sheet, it would be good to have out items used for measuring, such as a ruler, a measuring cup, a thermometer, and a calendar. Ask for other tools used for measuring. Ask participants the following questions: What else do we measure on a regular basis? Did you use a slide rule, a protractor, a compass, a calculator, or an adding machine? Are children today losing the ability to do math in their heads? Is math made too easy with calculators?