

Seniors *at Home* Guide



Dear Danville Senior Center Participants,
The Senior Center staff miss you and hope you are doing well and staying healthy! We hope that this mini “at home” guide helps provide you with some information and helps you stay connected during this time. We are still available at (925) 314-3430, Monday-Friday, 8:30am – 5:00pm. -Leah, Yvonne, Milly, Kellie & Janet

Stay Up-to-Date:

The Town is updating its website as information and resources become available. See current information here: www.danville.ca.gov/seniorresources

The Unwanted Visitor

By Yvonne Nouri

Do you remember the month of December?
Getting ready for winter, keeping warm by the embers
Planning the holidays, and the New Year
Meeting with friends, having no fear
Shopping for loved ones, scoring deals at Papyrus
Never dreaming that soon we'd be hit with a virus!
Drinks at McGah's, dinner at Bridges
Hikes on the mountain, overlooking the ridges
Coffee at Starbucks, Lattes at Peet's
Gathering socially where everyone meets

Do you remember taking for granted
The freedom to go wherever we wanted?
Then came the rumors of COVID 19
Spreading its spores, silent, unseen
Panic in stores, nothing to buy
Shelves gleaming bare, no matter how high
A trip to the store, taking one day or more
Gone were the days of products galore
Finding TP was like hitting the jackpot!
Never mind feeling like you'd hit your low spot!

Don't touch your face, cover your mouth!
Stay 6 feet away, more to the South!
Slowly but surely our recreation
Became more restricted with this situation
Our staff is committed to keeping you lifted
Through sharing ideas from those who are gifted
We work in the background to keep you engaged
Knowing that sometimes you feel like you're caged!

While we sit in our houses and pray for good health
We try to be thankful for all of our “wealth.”
Having neighbors & families & friends who are near
Keeping in contact, abating our fear
And when this is over, which we hope will be soon
We can welcome the summer, sometime in June

We miss our participants of all different ages
And look forward to adding more fun in our pages
A child, or a teen, a senior or “tween”
We're planning a comeback like you've never seen!
Weddings, memorials, parties and more
Will hopefully soon be back in our doors

Sports and Aquatics and the love of outdoors
We hope will replace doing some of our chores
A show in the Gallery, a laugh on the stage
Will help you to smile again as you engage

The Mayor, the Council, the Powers that Be
Are all working together like a branch on a tree
Thanks for your patience while you shelter in place
Trying to find meaning while in your own space
We know this is hard and you sometimes feel blue
But we know you love Danville, & Danville loves you!

If you are in emotional distress due to the COVID-19 pandemic, please call the Disaster Distress Line at 1-800-985-5990.

Eastburn Family Recipes

Ham & Potato Chowder

2 large or 3 medium potatoes, skin and cut into bite size chunks
 2 cans Cream of Mushroom Soup
 1 Ham Steak (any cubed ham works but I like the steak, good flavor), cut into bite size pieces
 1 cup fresh mushrooms, cut into pieces (add more if you like)
 Milk
 Water
 Pepper, maybe salt

Fill medium saucepan with water. Add potatoes to water and bring to boil. Turn heat down to simmer and cook until potatoes are tender but not too soft. Meanwhile, pour soup into a Dutch oven, set to medium low. Fill cans with milk and add to soup. Stir until all lumps are gone and soup is well blended. Add ham steak to soup and mix. Stir in mushrooms. When potatoes are done, add to soup and mix well. Reserve potato water and slowly add to soup until you reach desired consistency. Add pepper to taste and salt if needed. Heat through. Super easy and real yummy Serve with a hearty bread and a green salad.

Email us your favorite simple recipes for a chance to be featured in the next edition of the Seniors At Home Guide!

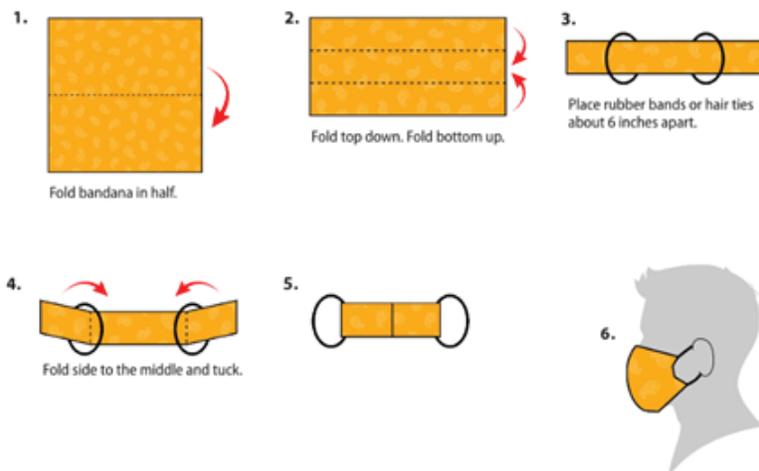
Bandana Face Covering

No-Sew Mask

Materials:

- Bandana (or square cotton cloth approximately 20'x20')
- Rubber Bands (or hair ties)
- Scissors (if you cut your own)

Use Cloth Face Coverings to Help Slow the Spread of COVID-19. Here is a [link to a do-it-yourself, no-sew mask](#).



Online Classes Have Started!

Missing your classes & your instructors? Check out online classes available for registration here: www.danville.ca.gov/recguide. You just need a smartphone/computer/tablet and an internet connection to participate.

Classes include:

- Mat Pilates with Felicia
- Yoga with Marcia
- Feldenkrais: Awareness Through Movement with Naffie
- Stem Club

We wanted to end our newsletter with a “mindful moment.” Enjoy this meditation, led by our Chair Yoga Instructor Brett Mehninger:

<https://youtu.be/t-cAU5azU0k>