

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

Yvonne's List: Recommended to Read & Watch



What About Bob (1991) (Comedy/Drama) **Rated: (PG) 1.39 hrs.**

Before going on vacation, self-involved psychiatrist Dr. Leo Marvin has the misfortune of taking on a new patient: Bob Wiley. An exemplar of neediness and a compendium of phobias, Bob follows Marvin to his family's country house. Dr. Marvin tries to get him to leave; the trouble is, everyone loves Bob. As his oblivious patient makes himself at home, Dr. Marvin loses his professional composure and, before long, may ready for some therapy himself.

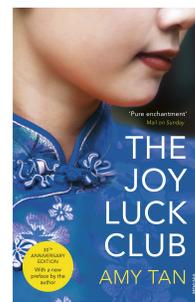
Starring: Richard Dreyfuss, Bill Murray, Katherine Erbe

Director: Frank Oz
Critic's Choice: 7/10

BOOK SELECTION

The Joy Luck Club by Amy Tan

Four Chinese immigrant women form a mahjong club in 1949 in San Francisco, at the First Chinese Baptist Church dubbing themselves The Joy Luck Club. Over the course of 40 years, their stories unfold as they raise their daughters in a country quite different from their own. Mothers and daughters learn to navigate relationships as they imperfectly translate one another and the opposing cultures. Seeking to find their identities as women, mothers, daughters, and wives, they find joy in the lives they create.



The book is an excellent read full of humor, and the usual emotions which make up being a part of a family and the sometimes complex relationships between mothers and daughters. The book was made into a film and can be watched if you prefer rather than reading it.

Enjoy a music break! Local 10th grader Nate Kattady recorded himself playing violin and wanted us to share it with you all. Click here: <https://youtu.be/z32m4WzjKAA>

Recipe from Jill Widas

Sweet Treat

Ingredients

1 full large ripe Avocado
Maple Syrup or Honey – to taste
Vanilla-to taste
1/2 cup unsweetened cocoa

Put ingredients in a blender, starting with vanilla, then adding avocado, syrup or honey then cocoa. Blend it all up and you have a variation of chocolate mousse. Top with whipped cream if desired!

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



Kellie has Springtime Trivia Questions for You!

Insects & hummingbirds drink the ___ of flowers.

- a. Honey
- b. Dew
- c. Nectar

Xeriscaping is:

- a. Replacing lawn with naturalized flowers
- b. Using little /no fertilizer in your garden
- c. Gardening with drought resistant plants

When is the best time to prune spring flowering shrubs?

- a. Before flowering
- b. After flowering
- c. Never

What defines a plant as a shrub?

- a. Grows bigger than other plants
- b. Develops a woody stem
- c. Never changes its shape

BONUS

Danville History
When was the first residential suburb established?

- a) 1943
- b) 1944
- c) 1947

Stay tuned for the next issue of the Seniors at Home guide for the answers.

CENSUS 2020: Everyone Counts.

THREE WAYS TO COMPLETE THE CENSUS:

1. **Online:** Use your census invitation go to my2020census.gov to begin.
2. **Phone:** For English speakers, call 844-330-2020. If your primary language is other than English consult the census website: <http://2020census.gov/en/ways-to-respond/responding-by-phone.html>
3. **Mail:** Fill out your questionnaire and mail it in. Due to the ongoing COVID-19 crisis, census takers will not be going to homes to follow up before June 2020. For more information on the census, go to www.2020census.gov.



Feeling lonely or overwhelmed?

California Department of Aging is expanding "Friendship Line California" to support lonely and isolated older Californians. Friendship Line California is toll-free and available to provide emotional support to older Californians facing loneliness, isolation, and anxiety.