

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



Away We Go (2009) (Comedy/Drama)

Rated: (PG) 1.38 hrs.

As they await the birth of their baby, a couple (John Krasinski, Maya Rudolph) travel across America in search of the perfect place to raise their family. During their journey, they share assorted misadventures and reconnect with old friends and relatives. The experiences and people they encounter help them define the word home on their own terms, possibly for the first time in their lives.

Starring: John Krazinski, Maya Rudolph

Director: Sam Mendez

Critic's Choice: 7/10

The California Department of Aging put together the Feeling Good & Staying Connected Activity Guide:

<https://tinyurl.com/yics37ax4>

BOOK SELECTION

I Remember Nothing by Nora Ephron

Nora Ephron's senior moment. She may not have reached what she calls "the nadir of old age, the Land of Anecdote," but the Oscar-nominated screenwriter still knows how to tell a story. Sassy and wise, her memoir takes a self-deprecating look at aging in the modern world. Ephron gives a candid, edgy voice to everything women who have reached a certain age have been thinking, but rarely acknowledging. Filled with insights and observations that instantly ring true, (and could have come only from her,) "I Remember Nothing" is pure joy. (Review from Google Books).

Contra Costa Crisis Center is Here for You!

These unprecedented times are challenging in many ways. For immediate, 24-hour phone counseling, call the grief line at 211 or 800-837-1818. For more information on the grief counseling program, contact staff at ClarisaA@crisis-center.org. The service is free and confidential. Talk or text someone now: <https://tinyurl.com/yborzcyj>

Reggie Kwan, Dancercise Instructor, wanted to share his latest YouTube video with you all. We hope you enjoy! <https://tinyurl.com/yblnfrj>

Eastburn Family Recipes

Taco Soup

Ingredients

1 lb Ground Beef
½ cup of Chopped Onions
1 Can (15ozs) Mexican Stewed Tomatoes, if you don't like chunky tomatoes, pulse or blend in food processor
1 Can (15ozs) Garbanzo Beans, drain water
1 Can (15ozs) Kidney Beans, drain water
1 Can (15ozs) Corn, drain water
1 pkg Taco Seasoning
1 Cup Water

Garnish

Sour Cream, Shredded Cheese,
Tortilla Chips Crumbled

Spray deep skillet with cooking spray or add oil. Brown meat, add chopped onions and stir together. When onions soften, drain grease, if any. Add Taco Seasoning Mix and stir. Add stewed tomatoes and mix well. Next, add beans and corn, mixing thoroughly. Finally, add water (it's ok to add more water if too thick). Simmer for 20 minutes. Serve up in separate bowls then add garnish.

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

Kellie Corner & Triva (Answers from Last Edition)

Insects & hummingbirds drink the ___ of flowers.

c. Nectar

Xeriscaping is:

c. Gardening with drought resistant plants

When is the best time to prune spring flowering shrubs?

b. After flowering

What defines a plant as a shrub?

b. Develops a woody stem

BONUS

Danville History

When was the first residential suburb established?

c) 1947

The Starfish Story

adapted from *The Star Thrower*
by Loren Eiseley (1907 - 1977)

Once upon a time, there was a wise man who used to go to the ocean to do his writing. He had a habit of walking on the beach before he began his work.

One day, as he was walking along the shore, he looked down the beach and saw a human figure moving like a dancer. He smiled to himself at the thought of someone who would dance to the day, and so, he walked faster to catch up.

As he got closer, he noticed that the figure was that of a young man, and that what he was doing was not dancing at all. The young man was reaching down to the shore, picking up small objects, and throwing them into the ocean.

He came closer still and called out "Good morning! May I ask what it is that you are doing?"
The young man paused, looked up, and replied

"Throwing starfish into the ocean."

"I must ask, then, why are you throwing starfish into the ocean?" asked the somewhat startled wise man.

To this, the young man replied, "The sun is up and the tide is going out. If I don't throw them in, they'll die."

Upon hearing this, the wise man commented, "But, young man, do you not realize that there are miles and miles of beach and there are starfish all along every mile? You can't possibly make a difference!"

At this, the young man bent down, picked up yet another starfish, and threw it into the ocean. As it met the water, he said, "It made a difference for that one."

Online Classes are Available!

Visit www.danville.ca.gov/recguide to enroll in classes such as Mat Pilates, Feldenkrais Awareness Through Movement, Yoga, Sketching, French, STEM Club, Mindfulness, or Sharing Our Stories (a writing class). For assistance in registration, please call (925) 314-3430.