

# Seniors *at Home* Guide



Dear Danville Senior Center Participants,

We hope you are doing well and staying healthy. As businesses in Danville start to reopen, we are looking at plans to safely reopen the Senior Center. There may be some adjustments to class sizes and scheduling to allow for social distancing. We look forward to seeing you back in the building and in our programs, it hasn't been the same without you! As soon as we have a reopening plan and timeline, we will reach out via email. In the meantime, we are available at (925) 314-3430, Monday-Friday, 8:30am – 5:00pm. Have a great day! -Leah, Yvonne, Milly, Kellie & Janet

**We hope all the fathers and grandfathers had a happy Father's Day!** Local volunteers put together this video to send you some cheer: <https://www.youtube.com/watch?v=xRsNO1WohYg>.

### 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](http://www.danville.ca.gov/seniorresources)

### The Danville Senior Center is working with Contra Costa County CC Café to assess the need for a curbside, frozen meal program for seniors.

Pickups would take place weekly at 115 E Prospect Ave on Fridays between 10:45am and 11:15am and would include 5 frozen meals. Reservations must be made in advance.

The suggested donation for participants 60 years and older would be \$3/meal, a \$15 suggested donation each week. Menu items would rotate and include milk, bread, juice, or assorted crackers, depending on the week. These meals can be heated using a microwave or oven. Some sample menu items include BBQ Chicken Rib Patty over Mashed Potatoes, Cheese Ravioli with Alfredo Sauce, or Salmon Patty with Dill Sauce.

To be placed on an interest list for this program, please email [seniors@danville.ca.gov](mailto:seniors@danville.ca.gov) or call (925) 314-3430. New participants will need to fill out a County intake form called a NAPIS form to participate.

The next Senior Advisory Commission meeting will take place on Wednesday, July 22 at 4:00pm via Zoom. For more information, please visit: [www.danville.ca.gov/agendas](http://www.danville.ca.gov/agendas).

**Share your thoughts!** Contra Costa County and the Contra Costa Transportation Authority are teaming up to find out how to improve transportation services for seniors, people with disabilities, and eligible veterans who live or travel in Contra Costa County. Submit your feedback on the survey below: [https://www.surveymonkey.com/r/CCTA\\_Survey2](https://www.surveymonkey.com/r/CCTA_Survey2)

**The 4th of July parade has gone virtual this year!** Put on your favorite patriotic outfit (or pajamas!) and watch from the comfort of your couch or set up lawn chairs in your driveway. Tune in to the link below at 10:00am on July 4th: <https://www.srvkiwanis.org/parade>



## Three Summer Smoothies

Try one! In a blender, puree the ingredients until smooth.

### Mango Madness

1 c. orange juice  
1/2 c. coconut yogurt  
1 1/2 c. frozen mango  
1 medium carrot, coarsely grated

### Strawberry Fields

1/2 c. coconut water  
1/2 c. coconut yogurt  
1 c. strawberries  
1/2 c. frozen peaches

### Green Goddess

1/2 c. unsweetened almond milk  
1/2 c. honey yogurt  
2 bananas, cut into pieces and frozen  
3 c. baby spinach



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

## Yvonne's List: Recommended to Read & Watch



### MOVIE SELECTION

**Downhill (2020) (Comedy/Drama)**

**Rated: (R) 1.26 hrs.**

Barely escaping an avalanche during a family ski vacation in the Alps, a married couple is thrown into disarray as they are forced to reevaluate their lives and how they feel about each other.

Starring: Julia Louis-Dreyfus, Wil Ferrell,  
Miranda Otto  
Director: Nat Faxon, Jim Rash  
Critic's Choice: 4.8/10

### BOOK SELECTION

**A Gentleman in Moscow by Amor Towles**

The story is the 30-year saga of the Count Alexander Ilyich Rostov, who is placed under house arrest inside the Metropol Hotel in Moscow in 1922 when the Bolsheviks spare him from death or Siberia because of his 1913 revolutionary poem written in university. The relationships he forms with staff and guests, his handling of twists of fate, his moral rectitude and his perseverance to go on in the face of his lifelong imprisonment for being a Former Person make for a compelling tale, told beautifully by Towles. It is not overwritten, and provides just enough historical contexts without being burdensome.

Quote from reviewer D. P. McHenry: "I literally sat and stared into space for an hour after I finished *A Gentleman In Moscow*, contemplating it and wishing it hadn't ended. I may just have to re-read it."

### Danville Senior Center Book Club Continues!

Here is their selection for July 2020:  
*The Dutch House* by Ann Patchett