

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

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 Senior Frozen Curbside Meal Program is Here!

Pick ups will take place weekly at 115 E. Prospect Ave on Fridays between 10:30am and 11:00am and include 5 frozen meals. Reservations must be made in advance.

The suggested donation for participants 60 years and older is \$3/meal, a \$15 suggested donation each week. Menu items rotate and include milk, bread, juice, or assorted crackers, depending on the week. These meals can be heated using a microwave or oven. To participate, you must call in your lunch reservation the Thursday before by noon at (925) 314-3430.

New participants will need to fill out a County intake form called a NAPIS form.

A group of 4 high-schoolers from the Bay Area are designing an application that is intended to detect Alzheimer's early using a combination of physical cues. They are looking for adults 55 years and older to help them with the development of their app. To fill out their survey, please click here: <https://tinyurl.com/y5ypvoag>

Senior Advisory Commission

The next Senior Advisory Commission meeting will take place on Wednesday, July 22 at 4:00pm via Zoom. To access the Commission meeting: <https://us02web.zoom.us/j/89799756831>

Webinar ID: 897 9975 6831

For audio access to the meeting by telephone, use dial-in information below:

US: (669) 900-6833 or (346) 248-7799 or (253) 215-8782 or (312) 626-6799 or (929) 205-6099 or (301) 715-8592

For more information, please visit www.danville.ca.gov/agendas.

Chair Yoga Break! A local high school junior, Lakshmi Sajith, is also a certified yoga instructor and put together this Chair Yoga channel on YouTube. Enjoy and namaste! <https://tinyurl.com/yckxdrtb>

Share your thoughts! The California Master Plan on Aging is looking to hear your feedback on your experiences through COVID-19. Fill out a brief survey here: <https://tinyurl.com/yboeddjz>

Chilled Seafood Potpourri (Soup)

Submitted by Claude & Carol Benedix

2 green onions, thinly sliced
2 Tablespoons minced green pepper
1 cup peeled, diced cucumber
1 teaspoon tarragon, crushed
1 teaspoon salt
1 teaspoon Dijon style mustard
2 ¼ teaspoons sugar
2 teaspoons Worcestershire
Dash liquid hot pepper seasoning (GO EASY)
6 cups buttermilk
2/3 cup milk
About 1 cup crabmeat
About 1 ½ cups cooked, shelled shrimp

In a bowl combine onions (reserve some green tops for garnish), green pepper, cucumbers, tarragon, salt, mustard, sugar, Worcestershire, and hot pepper seasoning; stir in milk and buttermilk. Flake crab; if large shrimp are used, cut into pieces, or rinse and drain canned shrimp. Stir shellfish into soup. Chill at least 3 hours or overnight; stir well and garnish with onion tops before serving. Makes 6 to 8 main dish servings.

H. L. N., San Francisco

Yvonne's List: Recommended to Read & Watch

MOVIE SELECTION

Nurse Betty (2000) (Comedy/Crime/Drama)

Rated: (R) 1.50 hrs.

Kansas City waitress, Betty, with dreams of becoming a nurse, becomes delusional after seeing her no-good car salesman husband murdered. Becoming delusional from shock, she becomes convinced that she is the former fiancée of her soap opera idol. What she also believes is that the soap opera is real and goes to Los Angeles, California to find the hospital where he works as a cardiologist. Meanwhile, her husband's murderers are searching for the drugs stolen by her husband and, as luck would have it, they are stored in the trunk of the car in which she drove off.

Starring: Renee Zellweger, Morgan Freeman, Greg Kinnear, Chris Rock
Director: Neil LaBute
Critic's Choice: 6.1/10

Carol's Smaller Version

1 green onion
1 1/3 Tbsp minced green pepper
2/3 cup diced cucumber
2/3 tsp each of Tarragon, Dijon Mustard, salt
1 ¾ tsp sugar
1 1/3 tsp Worcestershire Sauce

Dash Hot Pepper Sauce (go easy)
4 cups Buttermilk
½ cup Milk
2/3 cup crabmeat or imitation crab
1 cup shrimp



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

BOOK SELECTION

The Woman Next Door by Yewande Omato

Loving thy neighbor is easier said than done. Hortensia James and Marion Agostino are neighbors. One is black, the other white. Both are successful women with impressive careers. Both have recently been widowed, and are living with questions, disappointments, and secrets that have brought them shame. And each has something that the woman next door deeply desires.

Sworn enemies, the two share a hedge and a deliberate hostility, which they maintain with a zeal that belies their age. But, one day, an unexpected event forces Hortensia and Marion together. But are these sparks of connection enough to ignite a friendship, or is it too late to expect these women to change?

Danville Senior Center Book Club Continues!

Here is their selection for August 2020:
Next Year in Havana by Chanel Cleeton