

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. We are available at (925) 314-3430, Monday-Thursday, 8:30am – 5:00pm and Fridays 8:30am – 1:00pm. Have a great day!

-Leah, Yvonne, Milly & Kellie

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

FREE Flu Shots

Friday, October 30, 1:00pm – 4:00pm

Alcosta Senior & Community Center, 9300 Alcosta Blvd, San Ramon. No appointment needed, all are welcome regardless of insurance or immigration status. No ID or SS number required. Please wear your face covering. For more information, call (925) 313-6767 or visit www.cchealth.org/flu.

COVID 19 Support Group

Contra Costa Crisis Center is offering a COVID-19 Support Group for anyone experiencing any stress during this time. The group will meet virtually to build connections and resilience in times of uncertainty. Topics may include: understand stressors, coping strategies, strength in sharing and embracing humor. Call (800) 833-2900 or text HOPE to 20121 for more information today.

Senior Frozen Curbside Meal Program

Call (925) 314-3430 to enroll, 60+ years only
\$15 suggested donation for 5 frozen meals
Menus online at www.danville.ca.gov/seniors

Let's Talk About Senior Scams

Free Virtual Buzz Session:

Thursday, November 12 at 2:30pm

Join this Zoom conversation with Amy Ballock and Lauren Brown from Danville Police Department to talk about common scams, share your own scam experiences and learn about red flags, when to call the police, and how to help spread the word about scams. Register by visiting www.danville.ca.gov/recguide and using Activity Code #26551 or call (925) 314-3430 for assistance.

Don't be a victim of a scam!

The following scenarios should always send up a red flag. Contact the Danville Police Department if you are unsure or if anyone is asking you for money! You can call the lobby at 925-314-3700 or dispatch at 925-820-2144. If someone calls you claiming the following, please hang up and call your local police department to verify:

- Incarcerated relative needs bail money
- Computer repair/ virus on your computer needs pre-payment to be resolved
- The Police Department saying you have criminal charges and need to pay money to clear them.
- Lottery or Sweepstakes saying you won money but you have to pay some taxes on your winnings
- Government agencies like Social Security, IRS, U.S. Treasury etc. saying you are in some kind of trouble and need to pay money to get out of the trouble.

Remember, no legitimate government agency is ever going to call you to ask for money. Also, anyone asking for money to be sent via gift cards, Bitcoin or wire is scamming you! Please do not send money this way. Lastly, these scammers have found a way to copy legitimate phone numbers. It is no longer enough to just Google the phone number to see if it's real. You need to assume these are not legitimate calls and do more research to protect yourself. If you have questions, call the Danville Police Department at 925-314-3700.



Leah's Favorite Homemade Pumpkin Spice Coffee Creamer

(from Instagram @houseofeilers)

Ingredients:

- 1 cup milk of choice
- ½ cup pumpkin puree
- 1 tbsp sweetener of choice (maple syrup works great)
- ½ tsp cinnamon
- ¼ tsp cloves
- ¼ tsp nutmeg
- ¼ tsp vanilla

Directions: Simmer all ingredients on low, whisking occasionally until heated through and combined. Refrigerate. To use, combine a tbsp of the creamer with your milk of choice, heat/blend/froth and add to your coffee. Enjoy!

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

THE VISITOR - (2007) (Drama/Romance)

Rated: (PG-13) - 1.44 hrs.

When professor Walter Vale travels to New York for a lecture, he's stunned to find illegal immigrants Tarek and Zainab living in his apartment. It comes out that it was rented to them by a swindler, and Vale feels sufficiently sorry for them that he invites them to stay. They get on well, until Tarek is accused of jumping a subway turnstile and lands in a detention center. He risks being deported, and Vale does everything he can to prevent it.



theVisitor

Starring: Richard Jenkins, Haaz Sleiman, Danai Gurira
 Director: Tom McCarthy
 Critic's Choice: 7.6/10

BOOK SELECTION

IN AN INSTANT

by Suzanne Redfearn

When a sudden car accident shatters a family, they are left to pick up the pieces while trying to solve the mystery of just what happened that night.

The book begins as an action-packed tale of survival that is positively addictive; then it digs deep into an emotional and thought-provoking exploration of our humanity and what it means to make difficult moral choices in the most harrowing of circumstances. Redfearn deftly pivots from character to character in this multiple-points-of-view narrative, unraveling the past and weaving together a new future for the family.

