

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

September Virtual Classes are Open for Registration!

Register for online classes at www.danville.ca.gov/recguide
or call (925) 314-3430 for registration assistance.

Here are the offerings for September 2020:

Mat Pilates

Activity #26357

\$45R \$54N

Tuesday, 8:30am – 9:30am

Sept 1 – Sept 29

This class works towards toning, flexibility, better posture, efficient movement and mind & body connection. We will work from the deepest layers of muscle which stabilize and support ideal posture and alignment. Bring mat, small pilates ball and resistant strap.

Jacki Sorensen's VertiFirm – Toning & Strengthening

Activity #26445

\$24R \$29N

Tuesday, 11:15am – 12:00pm

September 1 – September 22

This is a short but action-packed 40 minute class that focuses on toning and strengthening all your major muscle groups PLUS the abdominals. VertiFirm is Jacki Sorensen's approach to toning and strength where all exercises are done while standing up with light hand weights. Besides gaining strength and muscle tone, you will find your posture and balance improving too! The only

time you are on the floor is for the abs and stretching segment and this can be done standing or seated if needed. This class is suitable for active seniors. Wear comfortable clothes and bring a floormat. Hand-held 2-4 lb weights are recommended but not required. This is a good companion class for Jacki Sorensen's Beginning Aerobic Dancing.

Jacki Sorensen's Beginning Aerobic Dancing

Activity #26446

\$28R \$33N

Thursday, 11:15am – 12:00pm

September 3 – September 24

FOR NEW STUDENTS: Want to try Jacki Sorensen's Aerobic Dancing? Learn the basic steps and dances in a supportive, fun environment. Dance combinations make use of cha-cha, waltz, samba and swing steps in a safely choreographed format suitable for active seniors. Wear comfortable clothes and supportive athletic shoes. This is a good companion class to Jacki Sorensen's Verti-Firm class.

Wanna get away?

We wish we could too. Email us your favorite travel photo at seniors@danville.ca.gov and the location of where you travelled for a chance to be featured on our next newsletter or social media!

Yoga (55Y & Up)

Activity #26356

\$44R \$53N

Monday, 10:00am – 11:00am

September 7 – September 28

Basic foundations of yoga poses, breathing and meditation are taught in a modified style. These techniques promote flexibility, strength, endurance, mobile stability, bone and heart enhancement. It ultimately brings calmness to the mind, and full body relaxation. Yoga mat required. Wear stretchable clothing.

Feldenkrais Awareness Through Movement

Activity #26358

\$48R \$58N

Tuesday, 10:00am – 11:00am

September 8 – September 29

Activity #26359

\$36R \$43N

Thursday, 10:00am – 11:00am

September 10 – October 1 (No class September 17)

This classroom application of the Feldenkrais Method® uses gentle movement explorations to teach you to move with greater ease and efficiency. Regular students enjoy better posture, improved breathing and coordination, as well as increased flexibility and grace in action.

Sketching (55Y & Up)

Activity #26360

\$60R \$72N

Friday, 3:00pm – 4:30pm

September 11 – October 2

Learn how to draw basic objects and correct proportions, understand perspective and contrast. Students will learn how to shade and learn a variety of sketching techniques. You don't need to have sketching pencils; you can use a school pencil and a blank paper! All levels are welcome!

Tai Chi Chih & QiGong

Activity #26307

\$10R \$12N

Monday, 9:00am – 9:55am

September 14 – September 28

Tai Chi is a moving meditation that cultivates health, serenity and longevity. The non-impact movements are easy and adaptable to anyone's range of motion, including those who need to do the movements while seated. With 20 easy-to-learn movements, anyone can participate. Zoom in from the comfort of your own home!

Senior Stretch

Activity #26451

\$24R \$29N

Friday, 9:00am – 9:45am

September 11 – September 25

This active aging exercise class is designed to help seniors and individuals suffering from arthritis to maintain their cardiovascular health, strength and flexibility. The main purpose is to be able to enjoy activities of everyday life without pain or injury. Whether you're a veteran gym member or a newcomer, we welcome you to come enjoy the benefits of light functional movement in a group. Arthritis condition not required. An exercise mat is helpful for class.

Leah's Mom's Famous Cooked-Egg Caesar Salad Recipe

Ingredients:

6 Tablespoons of olive oil

1 large hard boiled egg, shelled and cut up

4 - 6 drained and chopped anchovy fillets

1/4 cup lemon juice

1 - 2 cloves of garlic, diced up

Directions: In a blender or food processor, slowly and smoothly puree the ingredients. Toss your favorite lettuce blend with this dressing and enjoy!

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

The Senior Frozen Curbside Meal Program is here!

The Senior Frozen Curbside Meal Program is here! Pickups will take place weekly at 115 E Prospect Ave on Fridays between 10:30am and 11:00am and include 5 frozen meals. The suggested donation for participants 60 years and older is \$3/meal, a \$15 suggested donation each week. 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.