

April 15, 2020

# SENIOR

Chino Senior Center  
13170 Central Avenue

# Connection

Welcome to the first edition of the City of Chino's Senior Connection Newsletter. During this unprecedented time, as a City it is our goal to keep everyone informed with the most up-to-date information on how the City is responding to COVID-19.

Enhancing the quality of life and connecting community is an important aspect of Chino Community Services. It is important to know no one is alone in this; we are all in it together.

Please enjoy the newsletter. We miss you and cannot wait for you to visit the Chino Senior Center again soon.

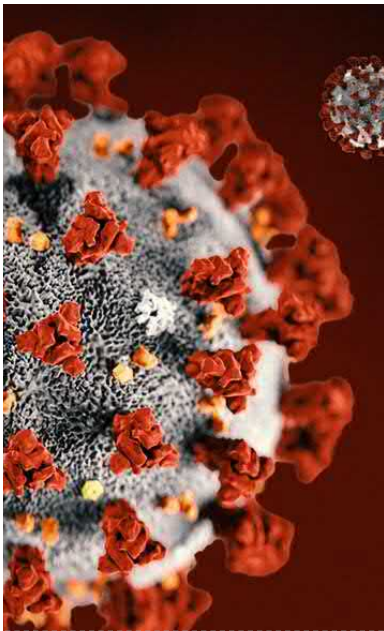


**Parks  
Make  
Life  
Better!**



City of Chino  
Community Services Department  
909.334.3258 | [cityofchino.org](http://cityofchino.org)





## **STAY HOME. SAVE LIVES. CHECK IN.**

Governor Newsom announced March 31, a new initiative to help seniors stay connected and healthy while having to stay at home.

California has launched a hotline to deliver services and help for older Californians, such as food delivery and mental health care.

**IF YOU NEED HELP, CALL:**

**1-(833)-544-2374**

*“The most important way for older Californians to stay safe is to stay at home,” said Governor Newsom. “No older Californian should be forced to go outside to get groceries or their medication. It’s on all of us across the state to check in on the older adults in our lives.”*

### **FROZEN MEALS AVAILABLE**

**Meals include:**

- 5 frozen meals
- 5 bread rolls
- 5 cups of fruit
- Half gallon of milk

The Chino Senior Center, in conjunction with Family Service Association (FSA), is offering five frozen meals for seniors 60 years and older. The meals will be delivered for free to Chino residents. You must register with the Senior Center to receive meals.

### **CARE BOXES AVAILABLE**

**To register for meals, or for more information, please call the Senior Center staff at (909) 334-3271.**

Senior care boxes are available to seniors 50 years and older. Care boxes can be picked up or delivered. Boxes include items such as beans, pasta, canned fruit, rice, and other non-perishable items. When available, boxes could include toilet paper and paper towels. Items may change from week to week and are available while supplies last.



Call (909) 315-8850 or email to [sos@chofire.org](mailto:sos@chofire.org) with your request for service.

## SERVING OUR SENIORS (SOS) PROGRAM

The Chino Valley Fire District is expanding their scope of service during the COVID-19 pandemic to help the most vulnerable Chino Valley residents. The Chino Valley Fire District, in partnership with Chino Valley Fire Foundation, established the Serving our Seniors (S-O-S) program to enable individuals at high risk of contracting COVID-19 to self-isolate.

If you are a senior or a person classified as high risk living in the Chino Valley and are unable to leave your home for food, medication, or other essential services, they are here for you.

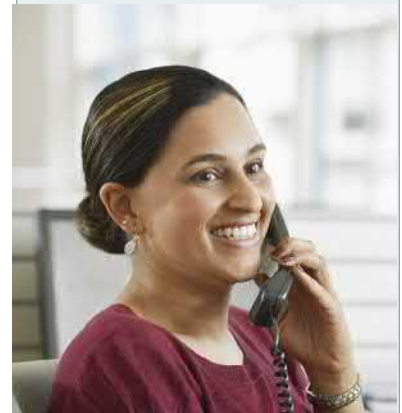
The Chino Valley Fire District asks you to call at (909) 315-8850 or email to [sos@chofire.org](mailto:sos@chofire.org) with your request for service. A member of their team will take your call and ask a series of questions that include name, residence, phone number, and information about the service requested. Fire District personnel and volunteers will do everything possible to fulfill your needs.

The Chino Valley Fire District wants you to know they are always here for you. Their personnel are thankful for the opportunity to help during these challenging times. Together, we will get through this.



## S.M.A.R.T. TRANSPORTATION

Transportation is available for doctor appointments and prescription drop-off and pick-up only on Tuesdays and Thursdays from 9:00 a.m.-2:00 p.m. Please call the Senior Center staff to schedule 24 hours in advance.



## WELLNESS CALLS

If you have a friend or family member who wants to be part of the weekly wellness calls, please call the Senior Center for more information.

# 7 EASY EXERCISES

Try these exercises twice a week to build up your strength, balance and flexibility.

## Warm-Up



### 1. Stationary March with Arm Swing/Seated March

## Strength Exercises



### 2. Sit to Stand



### 3. Standing Hip Extension

## Balance Exercises



### 4. Side Leg Raise



### 5. Single Leg Stand

## Flexibility Exercise



### 6. Triceps Stretch

## Cool Down



### 7. Standing Quadriceps Stretch

## Easy 1.8

|   |   |   |   |   |   |   |   |   |
|---|---|---|---|---|---|---|---|---|
|   |   | 5 |   |   |   | 7 |   |   |
|   |   |   | 3 |   | 6 |   |   |   |
| 8 | 3 | 6 |   | 7 |   | 2 | 1 | 4 |
|   |   | 9 |   | 4 |   | 3 |   |   |
| 1 | 8 |   | 2 | 5 | 3 |   | 4 | 6 |
|   |   | 2 |   | 9 |   | 1 |   |   |
| 9 | 6 | 3 |   | 8 |   | 4 | 2 | 7 |
|   |   |   | 4 |   | 7 |   |   |   |
|   |   | 8 |   |   |   | 5 |   |   |

Rated by Sudoku Snake, www.sudokusnake.com

## Moderate 2.4

|   |   |   |   |   |   |   |   |   |
|---|---|---|---|---|---|---|---|---|
| 2 |   |   |   | 9 |   |   | 3 | 5 |
|   | 9 | 3 |   |   | 7 |   |   |   |
|   | 8 | 5 | 4 |   |   |   |   | 2 |
| 4 |   |   |   | 1 | 3 |   |   |   |
|   | 3 | 2 | 7 |   | 8 | 9 | 4 |   |
|   |   |   | 9 | 4 |   |   |   | 3 |
| 3 |   |   |   |   | 2 | 5 | 1 |   |
|   |   |   | 3 |   |   | 8 | 6 |   |
| 6 | 5 |   |   | 7 |   |   |   | 4 |

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# APRIL

Find the words in the grid. When you are done, the unused letters in the grid will spell out a hidden message. Pick them out from left to right, top line to bottom line. Words can go horizontally, vertically and diagonally in all eight directions.

E B F S E H S O L A G A P  
 N U R O I L H Y A T D H P  
 I L Y U O T A S N N P I T  
 H B L R I L T O O N E F A  
 S S F S G G E M I A U Y U  
 N O R S U T A A S H I B R  
 U N E L S I R T A E V G U  
 S E T I D A E R Y R R T S  
 S H T R I R R N G O I H Q  
 E B U P M Q F G W K T E K  
 X M B A D A I S Y R Q K S  
 A A R B O R W E A T H E R  
 T M B W A L L E R B M U P

By Evelyn Johnson - www.qets.com

April      Grow  
 Arbor      Rain  
 Aries      Sunshine  
 Bulbs      Taurus  
 Bunny      Taxes  
 Butterfly      Umbrella  
 Daisy      Weather  
 Diamond  
 Earth  
 Easter  
 Eggs  
 Fool  
 Galoshes  
 Grass

# Puzzle Answers

## Solution

Easy 1.8

|   |   |   |   |   |   |   |   |   |
|---|---|---|---|---|---|---|---|---|
| 4 | 7 | 8 | 9 | 6 | 2 | 5 | 3 | 1 |
| 5 | 2 | 1 | 4 | 3 | 7 | 6 | 9 | 8 |
| 9 | 6 | 3 | 1 | 8 | 5 | 4 | 2 | 7 |
| 3 | 4 | 2 | 6 | 9 | 8 | 1 | 7 | 5 |
| 1 | 8 | 7 | 2 | 5 | 3 | 9 | 4 | 6 |
| 6 | 5 | 9 | 7 | 4 | 1 | 3 | 8 | 2 |
| 8 | 3 | 6 | 5 | 7 | 9 | 2 | 1 | 4 |
| 7 | 1 | 4 | 3 | 2 | 6 | 8 | 5 | 9 |
| 2 | 9 | 5 | 8 | 1 | 4 | 7 | 6 | 3 |

www.sudokusnake.com

## Solution

Moderate 2.4

|   |   |   |   |   |   |   |   |   |
|---|---|---|---|---|---|---|---|---|
| 6 | 5 | 8 | 1 | 7 | 9 | 3 | 2 | 4 |
| 9 | 2 | 1 | 3 | 5 | 4 | 8 | 6 | 7 |
| 3 | 4 | 7 | 6 | 8 | 2 | 5 | 1 | 9 |
| 8 | 1 | 6 | 9 | 4 | 5 | 2 | 7 | 3 |
| 5 | 3 | 2 | 7 | 6 | 8 | 9 | 4 | 1 |
| 4 | 7 | 9 | 2 | 1 | 3 | 6 | 5 | 8 |
| 7 | 8 | 5 | 4 | 3 | 6 | 1 | 9 | 2 |
| 1 | 9 | 3 | 5 | 2 | 7 | 4 | 8 | 6 |
| 2 | 6 | 4 | 8 | 9 | 1 | 7 | 3 | 5 |

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# APRIL

HIDDEN QUOTATION  
BY  
*William Shakespeare*

