

Twin Pines Activity Kit

We hope our second “Packet of Fun”
will keep you entertained while we all
stay safe at home.



Parks & Recreation
30 Twin Pines Lane
Belmont, CA
650-595-7441
www.belmont.gov/parksandrec



20 Twin Pines Lane
Belmont, CA
650-595-7444
www.belmont.gov/adults

“Enhancing the quality of life for the community.”

NEWS

A WORD FROM STAFF:

As everyone is hopefully mindful of the County's Shelter-In-Place order, we know it may be hard to stay at home so long. Since we are still thinking of you, we hope this second Activity Kit will help everyone cope with these interesting times. As always, you can call us at 595-7444 to get any new updates. And don't forget to call each other and say 'hello'!

Cheri & Andrea

HELPFUL INFORMATION

Senior Services Resource Line (from Peninsula Family Service): This is a support and referral line for people aged 60+ that can connect you to a range of resources such as food services, weekly well-being calls with a Senior Peer Counselor, and more. Call 650-780-7542.

Aging & Adult Services: If you are a senior, or a person with disabilities, and you have no neighbors, family or friends closeby, *and* you have an urgent need for food, medication or supplies call Aging & Adult Services at 1-800-675-8437, available 24/7.

Samaritan House: If you are homebound and low-income and need food or supplies, you can also contact Samaritan House at 650-347-3648.

Well Connected: If you are aged 60+ and looking for activities to do, or would just like to talk to friendly voices, we suggest trying out Well Connected, a "senior center without walls" that provides activities and conversations over the phone or online. Call 1-877-797-7299.

Friendship Line: Institute on Aging's 24-hour toll-free Friendship Line is the only accredited crisis line in the country for people aged 60 years and older, and adults living with disabilities. They also make on-going outreach calls to lonely older adults. Call 1-800-971-0016.

AARP Tax Preparation Services: All Tax Preparation Services are postponed until April (subject to change.) For more info, call the AARP directly at 1-888-227-7669.

Special Senior Shopping Hours: The following local supermarkets have provided special hours for people aged 60+

- **Lunardi's:** Tues + Thurs, 7-8am, (starting 3/24, 5% senior discount still applies)
- **Safeways:** Tues + Thurs, 6-9am

211 Referral Line: Available 24 hours a day, 7 days a week, to help you find the number of any agency, company, or anything else you might need, or get the latest updates.

SHELTER IN PLACE TIPS



- ◆ Follow a routine. Keep your normal sleep schedule. Get up, get dressed and shower as part of your regular day.

- ◆ Step outside every day, but using social distancing.



- ◆ Reach out to family and friends at least once a day.



- ◆ Limit your time listening to the news.

- ◆ Practice self-care: Exercise, meditate, read, stay hydrated and eat regularly.

- ◆ Practice self-expression: Write in a journal, sing, dance, play music, explore the arts.



- ◆ Find something you can control and do it! Organize a drawer, clean a closet, do a word search or puzzle.

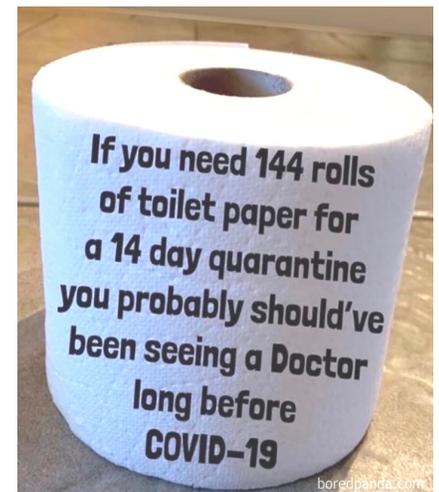
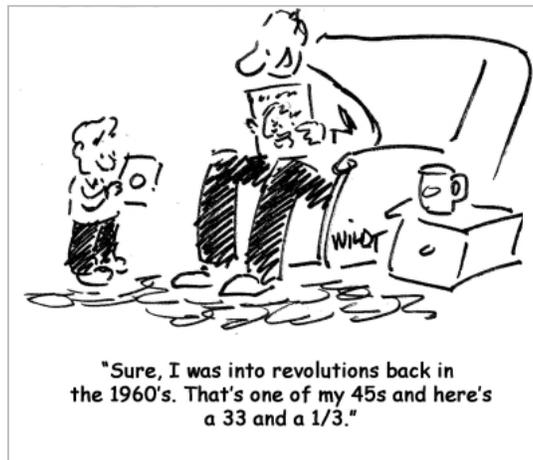
- ◆ Try something new, the possibilities are endless! When cooking, try a new recipe. Sit down at the piano or pick up the ukulele and try to play a new song. Try a new fitness workout on television or the internet. It won't happen unless you try!

- ◆ Remember that this is temporary. Take it one day at a time and find joy in each day.

LAUGHTER IS THE BEST MEDICINE



"Prediction: There will be a minor baby boom in 9 months, and then one day in 2033, we shall witness the rise of THE QUARANTEENS."
-Anonymous



"Day 2 Without Sports: Found a woman sitting on my couch yesterday. Apparently she's my wife. She seems nice."



When you normally spend all your time at home anyway but now the government says you have to



THIS OR THAT GAME: Know Your Center Friends

This week's feature: Jim Wagner

Where you find him at the Center: Lunch, Senior Club Meetings, or the Puzzle table!

Early bird or Night Owl? *Early Bird*

Movies: Comedy or Drama? *Comedy*

Ice cream in a Cone or Cup? *Cup*

Blue or Red? *Blue*

Coke or Sparkling Water? *Water*

Pancakes or Waffles? *Waffle*

Winter or Summer? *Summer*

Dog or cat? *Dog*

Elvis or The Beatles? *Elvis*

Least favorite: Doing laundry or Doing dishes? *Laundry*

Vacations: Ocean or Forest? *Forest*

Chocolate or Vanilla? *Vanilla*

Cake or Pie? *Pie*

Classical Music or Popular Music? *Popular*

Pen or Pencil? *Pen*

Coffee or Tea? *Coffee*

Leftie or Rightie? *Right*

Sweet or Salty? *Sweet*

HUB WORDS GAME

How many words can you make from the letters in the wheel? Each Word must contain the 'hub' letter I. Can you find a 9-letter word? Can you find at least 20 other words of *five* letters or more, avoiding proper nouns?



TRIVIA TIDBITS

Java...Cup o' Joe...Brew... However you state it, there's nothing like a fresh, hot cup of coffee to start your day! Coffee is more than just a drink— it's a social and cultural phenomenon! How much do you know about coffee? Test your trivia skills with this quiz.

- The name cappuccino comes from:
 - The drink's resemblance to the brown cowls worn by Capuchin monks
 - The similarity in color to the fur of Capuchin monkeys
 - The Italian *puccino*, meaning "light brown one"
 - The size of the cup in which it's commonly served
- Espresso literally means:
 - Speed it up
 - To go
 - Forced out
 - Black and intense
- Coffee was the first food to be:
 - Shipped from Europe to the New World
 - Freeze-dried
 - Used in Aztec religious ceremonies
 - Roasted and ground for drinking
- One third of the world's coffee is produced by:
 - Vietnam
 - Columbia
 - Turkey
 - Brazil
- Kopi Luwak, the world's most expensive coffee (up to \$600 per pound), is:
 - Processed during a full moon
 - Brewed only with solid gold pots
 - Made from coffee beans eaten then excreted by a Sumatran wild cat
 - Grown at a higher altitude than any other bean
- Arabica varieties such as Java and Mocha are named after:
 - The plantations where they're grown
 - The coffee grower who developed that variety
 - Their predominant flavorings
 - Their ports of origin
- How much water do you need to grow enough beans to produce 1 cup of coffee?
 - 4 liters
 - 40 liters
 - 100 liters
 - 140 liters
- How many U.S. states produce coffee?
 - 0
 - 2
 - 4
 - 10
- Which country has the biggest coffee drinkers per person?
 - USA
 - Italy
 - Finland
 - France
- How many different ways could you customize your coffee at Dunkin' Donuts?
 - 25
 - 250
 - 2,500
 - 25,000
- Coffee beans are not really beans.
 - True
 - False
- Which has more caffeine?
 - Light roast
 - Dark roast
- Who is the most well-known coffee-loving musician?
 - Mozart
 - Beethoven
 - John Lennon
 - Elvis Presley

**Read more
fascinating
facts about
Coffee in the
next page!**

Trivia Answers: **1.** (A) The word comes from the resemblance of the drink to the clothing of the Capuchin monks. **2.** (C) In Italian, the word literally means "when something is forced out". **3.** (B) Coffee was the first food to be freeze-dried. **4.** (D) Brazil, a position it's held for 166 years. Vietnam is 2nd, followed by Columbia, Indonesia, Ethiopia, India, Honduras, Uganda, Mexico, and Guatemala. **5.** (C) Yes, it's the beans excreted by a Sumatran wild cat! **6.** (D) After ports of origin **7.** (D) 140 liters, about half a bathtub of rainwater or irrigation. **8.** (B) Hawaii has optimal temperature being close to the equator, and makes the famous "Kona Coffee". Recently, California started getting into premium coffee production. **9.** (C) An average adult Finn goes through 27lbs of coffee per year, while Americans only go through a measly **11.** (D) 25,000. Yes, they did the math. **11.** (A) True. They are actually the pit of the coffee berry. **12.** (A) The roasting process breaks down and burns off the caffeine **13.** (B) Beethoven. He insisted on always using 60 beans per brew.

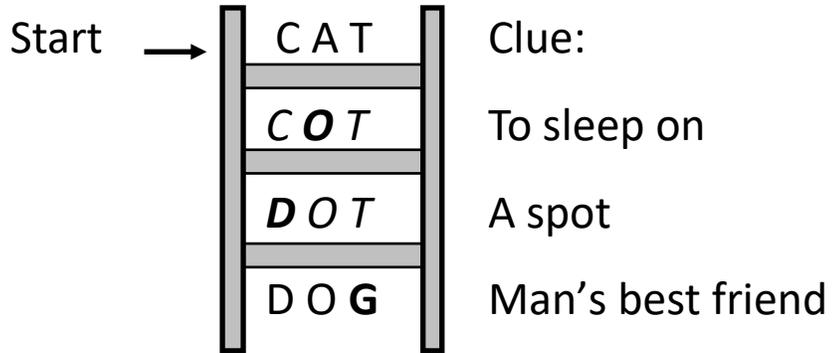
DID YOU KNOW? More Coffee Facts

- There's a Spa and Resort in Hakone, Japan that has a pool of coffee that guests can bathe in.
- The Grand Cafe, a cocktail bar in Oxford, now occupies the site where England's first coffeehouse was established in 1652. Within 25 years, England had 3,000 coffeehouses. Then, a paranoid King Charles II banned them.
- Coffee has been banned many, many times. Mecca banned coffee in the 16th century because they believed it inspired radicals. Nevertheless, Catholic clergy viewed it as a Muslim drink (Satanic, in their view) and asked Pope Clement VIII to ban it. The pope tried it, and liked it so much he had it baptized, jumpstarting its popularity in the Christian world. In 1675, King Charles II of England banned coffeehouses because he believed people gathered there to plot against him. The idea wasn't so far-fetched: both the American and French revolutions were plotted in coffeehouses.
- From 1987 to 2007, Starbucks opened an average of 2 stores per day.
- The CIA has its own Starbucks. This Starbucks in Langley, Virginia, might be the only one in America where baristas never write their customers' names on their cups. When you work for the CIA, sometimes you want to go where nobody knows your name.
- The part of Ethiopia where wild coffee originated was called the Kingdom of Kaffa from the 14th century onward. That may be where the drink gets its name. Another theory says that the Arabians who first popularized coffee named it *qahwah* after one of their ancient drinks that was similar to wine. *Qahwah* became *kahve* in Turkish, then *koffie* in Dutch, and finally coffee in English.
- Black Ivory coffee, the world's 2nd most expensive coffee, costs more than \$500 per pound, or \$50 per cup. The beans are sourced from the poop of elephants in Thailand, after they've eaten coffee cherries and excreted the pits. The elephants' digestive enzymes are said to transform the compounds in the beans. It's not a new concept—for many years, Kopi Luwak coffee sourced from the feces of civets was regarded as the world's priciest.
- In 1732, composer Johann Sebastian Bach wrote a comic opera called *Coffee Cantata* about a coffee-crazy young woman whose father tries to come between her and her coffee.
- A tea tax imposed by the British government in 1773 not only led to a raid on tea ships in Boston Harbor and the American Revolution, it also paved the way for coffee. During and after the revolution, many Americans considered drinking tea to be unpatriotic and switched to coffee. Many never went back. Today, the U.S. consumes more coffee than any country in the world.
- A UK company called bio-bean partnered with Shell on a project to turn coffee grounds into biodiesel. The fuel worked without any modifications to the buses. Bio-bean now makes "coffee logs" out of recycled coffee grounds, for use in fireplaces and wood stoves.
- Novelist and playwright Honoré de Balzac is said to have ground coffee beans and ingested them directly to fuel his writing.
- The earliest documented evidence of coffee drinking comes from Sufi monasteries in Yemen, at the bottom of the Arabian peninsula, from the 15th century.
- In the early days of coffee, Yemen and Indonesia were the two regions that grew most of it. Ships would collect beans from the port of Mokha in Yemen, and the port of Java on the island of the same name in Indonesia, all on the same trip. While the chocolatey drink we now call mocha takes its name from the Yemeni port, Mocha Java is actually just regular coffee made from a blend of Yemeni and Indonesian beans.

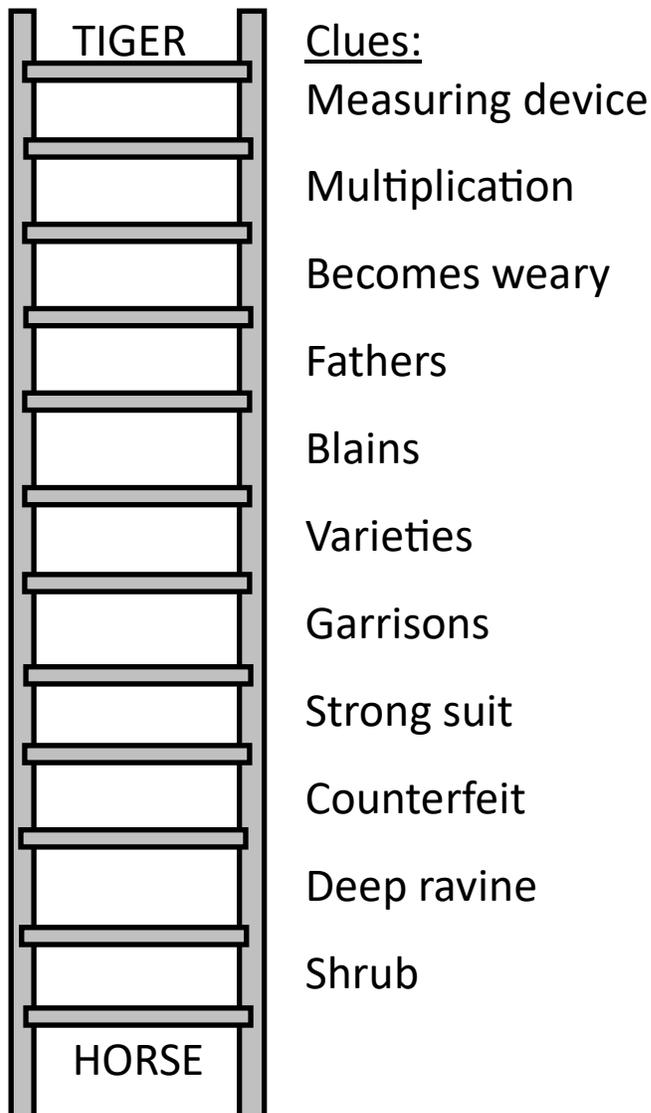
WORD LADDER

Ready for a challenge? A Word Ladder is a sequence of words formed by changing just one letter. You can find the clues to the next word outside the ladder.

Example:



Now you try:



LICENSE PLATE TRIVIA

Beep beep!
You're not
too close to
read these
license plates
and figure
out what
they mean.



1.



8.



2.



9.



3.



10.



4.



11.



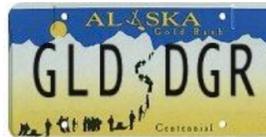
5.



12.



6.



13.



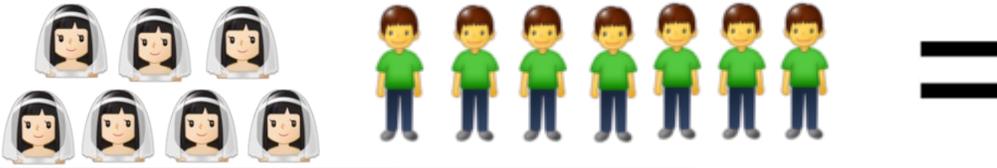
7.



14.

1. Tinkerbell
2. Sweet
3. Who tooted?
4. Stop texting?
5. Plates
6. Late as usual
7. Little guy
8. Gee, you're slow
9. I hate y'all
10. Vanity Plate
11. Pee before we go
12. Oh, you ate one too
13. (Also name of Van Halen record)
14. Riddiculus (from Harry Potter)

GUESS THE MOVIE



Answers: 1) The Notebook 2) Charlie & The Chocolate Factory 3) Titanic 4) Four Weddings & A Funeral 5) Wizard of Oz 6) The Sound of Music 7) 7 Brides for 7 Brothers 8) Planes, Trains & Automobiles 9) Roxanne