

# Twin Pines Activity Kit

We hope our 6th 'Packet of Fun' will give you an extra challenge to keep the mind busy. Hang in there! We'll pull through this together!



**Parks & Recreation**  
**30 Twin Pines Lane**  
**Belmont, CA**  
**650-595-7441**  
**[www.belmont.gov/parksandrec](http://www.belmont.gov/parksandrec)**



**20 Twin Pines Lane**  
**Belmont, CA**  
**650-595-7444**  
**[www.belmont.gov/adults](http://www.belmont.gov/adults)**

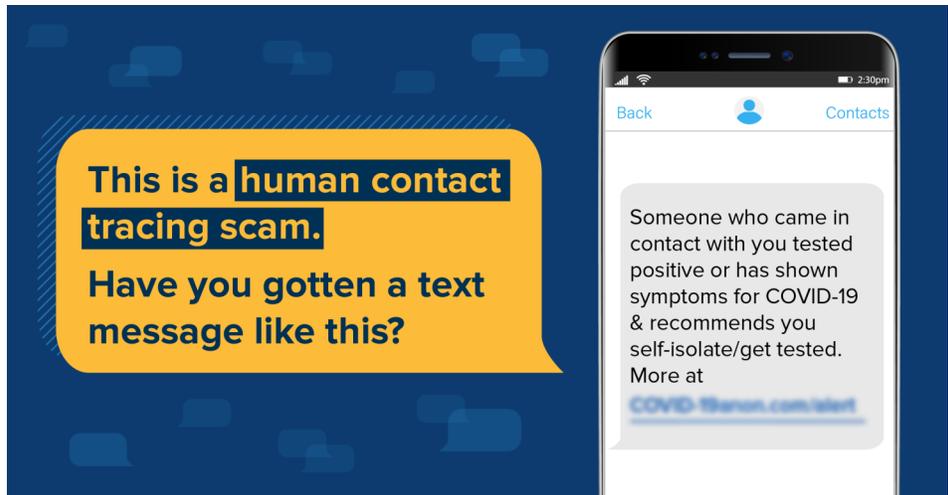
**"Enhancing the quality of life for the community."**

**WOULD YOU LIKE TO STOP RECEIVING THIS KIT? CALL 595-7444.**

# LATEST NEWS

## New coronavirus scam! “Contact Tracing”

If you've gotten a text message on your phone that says something like this, it is a scam! Do not answer or click on any of the links. Either delete it or ignore.



## Staying Healthy

- TV channels PBS and KPJK (channel 17) have Sit and be Fit shows at 7am and 9:30am if you want to follow along with seated exercises.
- The Veteran's Memorial/Senior Center of Redwood City is offering their Adaptive P.E. Program's on YouTube. These 15-25 minute workouts are specifically for seniors and offers modified gentle exercise. If you have a computer, enter the text [bit.ly/VMSCAdaptivePE](https://bit.ly/VMSCAdaptivePE) on your Search/Address bar.
- Silver Sneakers has its very own YouTube Channel as well, with exercises just for seniors ranging from 20-second tips on how to move properly to 7 minute workouts just for you. On your computer, enter the text [YouTube.com/user/TheSilverSneakers](https://YouTube.com/user/TheSilverSneakers)
- Try doing some moderate paced walking in your home hallway or around your neighborhood to keep your aerobic conditioning up!

## Comedy Club

You have heard it time and time again that “Laughter is the Best Medicine” and we have a dose of that medicine for you! Join in our new COMEDY CLUB and share jokes and funny stories with others via Zoom. Interested? Contact Cheri Handley at [chandley@belmont.gov](mailto:chandley@belmont.gov). It will be a barrel of laughs!

## Online Jigsaw Puzzles

There is a wonderful website that offers thousands of online Jigsaw puzzles, and you can pick whichever theme or picture you'd like to try! You can also customize the shape of the pieces, the difficulty level, and challenge yourself with timing.

On your internet's Search/Address bar, enter the text [JigsawPlanet.com](https://JigsawPlanet.com)

Guess what? We have uploaded our very own local pictures, you can search for “Belmont Parks Rec” to see what we have shared with the community.

# LAUGHTER IS THE BEST MEDICINE

## Kid's Summer Schedule



PaigeKellerman

Fight  
Fight  
Lunch  
Fight  
Popsicle  
Fight  
Fight next to my body  
in the fetal position  
Anarchy  
Bedtime

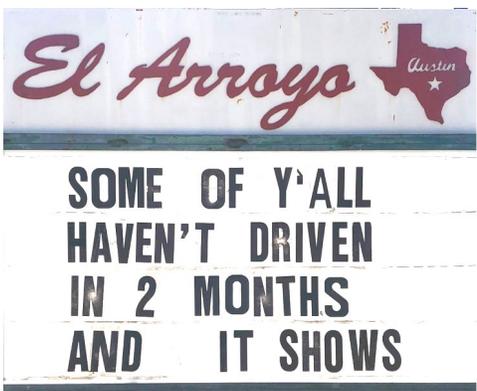
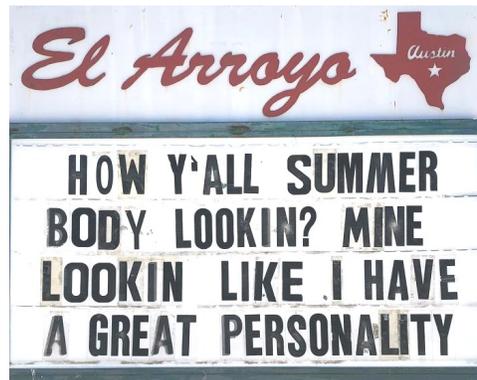
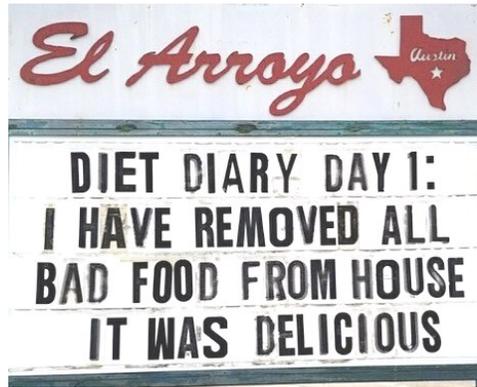
Found at a park in Brooklyn, NYC



My favorite memory from 2020 so far was probably waking up in the morning and sending my kids to school. That was pretty neat, idk.

Mommy Owl

4



Paige Kellerman  
@PaigeKellerman

Saying, "Hi," when your spouse gets home:

Boring

Overused

Doesn't light the home fires

Saying, "So we meet again."

Mysterious

Conversation starter

Implies they killed your parents in a botched robbery, causing you to turn to vigilante justice

I've been having my kid water our fake plants with a spray bottle. It keeps him entertained for the exact amount of time it takes me to drink a hot cup of coffee.

I have no regrets.



I think my kids like playing outside so much because they've realized I'm a much nicer mom when I know we're in earshot of the neighbors.



No Idea: Daddy Blog  
@byclintedwards

Me to wife: Tom Hanks had the coronavirus.

Wife to 10yo: he's the guy who did the voice of Woody.

10yo to 6yo: Woody got the coronavirus.

6yo: (inconsolable).

And that, my friends, is how miss-information spreads.

4

# TRIVIA FUN

## Oh, What's in a Name?

Have you ever wondered where a country's name comes from? Here is a quiz about the origins of the names of some countries in the world.

1. This country is named after the Arab royal family which founded the kingdom, and still rules it today. What is its name? A) Kuwait B) Saudi Arabia C) Bahrain D) Yemen
2. Which country's name comes from a Spanish adaptation of a Portuguese name meaning "Lion mountains"? A) Moldova B) Suriname C) Laos D) Sierra Leone
3. This country's name was created at the beginning of the 20th century by a student while in Cambridge. What is its name? A) New Zealand B) Liberia C) Pakistan D) Swaziland
4. Which country's name was supposedly inspired by the city of Venice, because a village built on a lake reminded sailors of the Italian city? A) Venezuela B) Belize C) Vanuatu D) Fiji
5. This country's name comes of the Portuguese name "Rio de Camaroës", which means "River of Shrimp" or "River of Prawns". What is its name? A) Cameroon B) Comoros C) Mauritius D) Somalia
6. This country's name comes from the Latin word for silver, even though this particular country has little to no sources of the precious metal. What is it called? A) Grenada B) Slovenia C) Argentina D) Azerbaijan
7. Which country's name comes from old Germanic and means "low land", because most of the country is at or below sea level? A) Luxembourg B) Estonia C) Belgium D) The Netherlands

---

## Can you match the description with the name of the morning drink?

- |  |                  |
|--|------------------|
| 1. Liquid extracted from mammal mammary glands ____                              | A) Agua dulce    |
| 2. Turkish drink made with flour from the tubers of an orchid ____               | B) Protein Shake |
| 3. Hot Italian drink made with double espresso, milk, and steamed milk foam ____ | C) Tea           |
| 4. A fruit drink made from blood, navel or valencia varieties ____               | D) Tang          |
| 5. Hot drink made by steeping cured leaves in hot water ____                     | E) Milk          |
| 6. A drink that US astronauts famously took to outer space ____                  | F) Orange Juice  |
| 7. Thick drink favored by athletes and bodybuilders ____                         | G) Cappuccino    |
| 8. Drink originally made of malt, milk, and eggs, flavored with cocoa ____       | H) Dou Jiang     |
| 9. Fresh Chinese soy milk ____   | I) Ovaltine      |
| 10. Costa Rican drink of sugar and water ____                                    | J) Salep         |

# ANAGRAMS PUZZLE

Can you work out the name of each actor or actress from the following anagrams?  
The length of each name is shown in brackets and on the lines.

**ACTORS:**

ANSWERS

- OMIT CURSE (3,6) TOM CRUISE
- APAL ICON (2,6) \_\_\_\_\_
- COOLEGO ENERGY (6,7) \_\_\_\_\_
- GERMAN FOREMAN (6,7) \_\_\_\_\_
- LESSRELEVANT TOSLY (9,8) \_\_\_\_\_
- WILL USE CRIB (5,6) \_\_\_\_\_
- INERT BROODER (6,2,4) \_\_\_\_\_
- COOL RAINDROP IDEA (8,2,6) \_\_\_\_\_
- MONK HATS (3,5) \_\_\_\_\_
- LIB MEGONS (3,6) \_\_\_\_\_
- JAW DUEL (4,3) \_\_\_\_\_
- SCOWL ANTIDOTE (5,8) \_\_\_\_\_

**ACTRESSES:**

ANSWERS

- LENGTHY PART WOW (7,7) GWYNETH PALTROW
- RAINY WONDER (6,5) \_\_\_\_\_
- WARY UNIVERSE EGO (9,6) \_\_\_\_\_
- IN FINE TORN JEANS (8,7) \_\_\_\_\_
- NO ALIENS DARLING (7,8) \_\_\_\_\_
- REALLY HERB (5,5) \_\_\_\_\_
- IDOL NICKNAME (6,6) \_\_\_\_\_
- NO EAGLE IN JAIL (8,5) \_\_\_\_\_
- SEEN AT A RICH JET-ZONE (9,4-5) \_\_\_\_\_
- TWEAK TINSEL (5,6) \_\_\_\_\_
- ROBUST JAILER (6,6) \_\_\_\_\_
- TRY REM SLEEP (5,6) \_\_\_\_\_

# SUDOKU (easy)

**Instructions:** Each row, column and square (9 spaces each) needs to be filled out with the numbers 1 through 9, without repeating any numbers within each row, column or square. The Sudoku grids below come with a few spaces already filled in; the rest of the spaces are up to you.

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

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

# LOGIC PUZZLES

## Easy: Balloons

There are four friends (Adam, Elizabeth, Peter, Sally) and each has a balloon. From the clues below can you match each of them with their age and balloon?

1. The kids are aged 5, 6, 7 and 8 and one of them has a blue balloon.
2. The six year old girl has a green balloon.
3. Adam has a red balloon and is older than Peter.
4. Elizabeth is 5 years old but her balloon isn't yellow.



NAME	AGE	BALLOON

## Truth or Lies?

A girl meets a Lion and Unicorn in the forest. The Lion lies every Monday, Tuesday and Wednesday and the other days he speaks the truth. The Unicorn lies on Thursdays, Fridays and Saturdays, and the other days of the week he speaks the truth. "Yesterday I was lying," the Lion told the girl. "So was I," said the Unicorn. What day is it?

	Sun	Mon	Tue	Wed	Thur	Fri	Sat
Lion							
Unicorn							



## The River Crossing Variation Puzzle

Let's pretend we're on the metric system and use kilograms instead of pounds to give us a starting base number of 100.

Four people (Alex, Brook, Chris and Dusty) want to cross a river in a boat that can only carry 100kg.

Alex weighs 90kg, Brook weighs 80kg, Chris weighs 60kg and Dusty weighs 40kg. They have 20kg of supplies.

How do they get across?



# FOOD CORNER

## COOKS CORNER

Are you getting tired of eating the same thing week after week? Eating too many canned or frozen foods? Here are a few recipes for you to try out! They are quick and easy. Do you have a favorite recipe you would like to share? Email it to [chandley@belmont](mailto:chandley@belmont) or postal mail to Cheri Handley, Belmont Parks and Recreation, 30 Twin Pines Lane, Belmont CA 94002. Who knows? Your recipe might be featured in our next activity kit! Bon Appetit!

### SIMPLE & SAVORY APRICOT CHICKEN

From the kitchen of Grandma Rose

#### INGREDIENTS

One pound of chicken

8 ounce bottle of Catalina or French salad dressing

One package of dry onion soup mix

One cup of apricot jam

It's easy! Just place the chicken in a casserole dish. Mix dressing, jam and soup mix together. Pour over chicken and bake at 350 degrees for 45 minutes or until chicken is done.

Tastes great with rice!



### BAKED ZUCCHINI FRIES

From the kitchen of Cheri Handley

#### INGREDIENTS

½ cup bread crumbs

¼ cup parmesan cheese

2 eggs beaten

2 zucchini-ends trimmed, halved and cut into ½ inch strips

Stir bread crumbs and parmesan cheese together in a shallow bowl. Whisk eggs in a separate shallow bowl. Dip zucchini strips in egg mixture then roll in bread crumbs to coat. Place on a baking sheet, lined with aluminum foil. Bake at 425 degrees, turning once, until golden, 20-24 minutes.

### CHOCOLATE COVERED STRAWBERRIES

From the Kitchen of Karen Shibata

6 Strawberries

4 Ounces of Guittard Bittersweet Chocolate (Or any chocolate of your choice )

Rinse fruit and let drain (refrigerate if not using immediately - keep fruit cold). Place parchment or wax paper on cookie sheet and set aside. In microwave safe bowl melt chocolate for about 60 seconds stirring every 20 seconds. You can also use the double boiler method. REMEMBER that melted chocolate may retain its original shape - DO NOT BURN!!! Mix chocolate until it's smooth. Pat strawberries dry with paper towel. Take each strawberry by the stem and dip into chocolate. Shake off excess chocolate and place on cookie sheet. Let chocolate harden. On warm days the strawberries might have to be refrigerated. To serve place on plate or put each strawberry in paper cupcake cup and put on tray.



# FOOD CORNER

## RESTAURANT DELIVERY GUIDE

It is day Who-Knows-What of the outbreak, and you're staying safe at home not wanting to expose yourself to crowds of strangers who may or may not be taking all the precautions they should . But you've probably got a hankering from someone else's cooking other than your own. We've compiled a list of local restaurants where you can call, order your food, pay for it over the phone with your credit card, and have it delivered directly to your home, with zero contact.

**\*Make sure you mention you got your information from Belmont's Senior Center staff when you call, and ask them for a copy of their menu!**

Name	Type	Delivery Hours	Phone	Notes
Divino	Italian (Pasta, meat dishes)	4:30-8pm, Everyday	620-9102	\$50 minimum
East Meets West Bowls	Indian/Thai fusion (rice bowls with various toppings)	11am-8pm, Mon-Sat	544-1744	Senior Discount
Mountain Mike's Pizza	Pizza, chicken wings, sandwiches, salads, mozzarella sticks	11am-10pm, Everyday	508-1100	
Oceanic Restaurant	Chinese (Seafood, Chicken, Pork, Beef & Vegetarian Dishes, Noodles, Rice).	Wed to Sun, 11-2:45, 3:45-9pm	574-4234	\$25 = free spring rolls, \$35 = free crab rangoons, \$45 = free garlic noodles
Toto's Pizzeria	Pizzas, pastas, sandwiches, salads, minestrone soup	Wed to Sun, 10am-8:15	631-8686	\$15 minimum
Village Host Pizza & Grill	Pizza, Sandwiches, Burgers, Sausages, Pasta, Salads, Buffalo wings, chili	Everyday, 5-7:30pm	591-6791	\$16 minimum
Yan's Garden	Mandarin & Schezuan Chinese (Seafood, Chicken, Pork, Beef, Lamb, & Vegetarian Dishes, Noodles, Rice)	Everyday, 11am-9pm	593-9777	\$30 minimum

***Note: Delivery times can take as long as 1 hour, so plan ahead!***



# TRIVIA ANSWERS

## Oh, What's in a Name?

1. **B)** The creation of the Kingdom of **Saudi Arabia** started at the beginning of the 20th century when Abdul-Aziz bin Saud, known as Ibn Saud, captured Riyadh, the ancestral home of his family and the current capital of the modern country.
2. **D)** In 1462, the coast of present **Sierra Leone** was explored by the Portuguese navigator Pedro da Cintra, who called it "Serra de Leão", probably because the shape of the mountains in the distance reminded him of a lion.
3. **C)** According to the story, Choudhary Rahmat Ali, a Pakistani activist, thought of the name "**Pakistan**" while studying in England (the 'i' was added later to make it easier to pronounce). He published a pamphlet in 1933, "Now or Never", in which the name appears for the first time in print. According to Ali, Pakistan is an acronym of the five regions of Punjab, Afghanistan, Kashmir, Sind, and Baluchistan. Other theories claim it is an acronym of just Punjab, Afghanistan and Kashmir, followed by -stan, which is found in several countries of the region.
4. **A)** There are two theories about the origin of the name **Venezuela**. One story says that the stilt houses on Lake Maracaibo reminded the explorer Amerigo Vespucci of the city of Venice, so he gave the region the name of "Veneziola", "little Venice" in Tuscan. The name was then influenced by Spanish. The other story, told by the Spanish, talks about a native tribe called the "Veneciuela".
5. **A) Cameroon.** *Lepidophthalmus turneranus* is a ghost shrimp (also called mud lobster) that lives off the coast of West Africa. When Portuguese explorers reached the Wouri River, they witnessed a swarm of ghost shrimps and called the river "Rio de Camaroos". The name was then used for the whole country.
6. **C. Argentina's** name comes from "argentum", the Latin name for silver. The first Spanish conquerors believed rumors which claimed there were silver mountains to be found in the region.
7. **D. The Netherlands.** It is said Austrians were the first one to call the Netherlands "the lower land", because of the contrast they presented with their native mountains. In old Dutch, "neder" simply mean "low", "down", or "below".

## Morning Drinks

1. **E)** In the US, the **milk** found in most groceries comes from cows, but people in other cultures drink milk from yaks, sheep, goats, camels, or other mammals. Other products, also referred to as milk, are made from soy, almonds, rice or coconut.
2. **J)** Tubers from the orchid genus *Orchis* are ground to create **salep** flour. The flour is used in drinks and desserts. The drink is normally a warm winter drink. Recipes seem to vary, some mixing the flour with water, others with milk. The drink is often garnished with cinnamon and ground pistachios.
3. **G)** The name "**cappuccino**" is inspired by the Capuchin monks, whose habits (religious clothing) have a reddish brown color that reminded early coffee makers of milk mixed into a dark brew. The cappuccino drink apparently originated in Vienna in the 1700s, and was perfected (as most modern coffee drinkers would say) in Italy in the twentieth century. The texture of the foam rises to an art form at a good cafe.
4. **F) Orange juice.** Bottled juice purchased at the grocery store is generally a mixture of juice from different types of oranges. In 1967 orange juice became the official beverage of Florida.
5. **C) Tea** -- a Chinese invention -- typically uses leaves of the green tea plant, *Camellia sinensis*. The curing process has a tremendous effect on the eventual flavor. Different combinations of wilting, crushing, oxidation, yellowing, and even fermentation yield different types, such as oolong, white, green, and black. The plant also affects the flavor, of course, with different strains destined for different blends. Once you've purchased the tea, there are other ways to change the flavor. For example, you might steep the leaves in water for a longer or shorter amount of time, or you might try sweetening it with honey, sugar, or milk.
6. **D) Tang** was initially marketed in 1959, but truly gained popularity when NASA provided it for John Glenn's famous space flight in 1962. The original formulation contained 100% RDA of vitamin C and only 40 calories. The powdered form of the orange-flavored drink is added to water.
7. **B) Protein shakes** are designed to supplement normal nutrition with extra protein and carbohydrates, perhaps enhancing muscle growth. The key ingredient is protein powder, derived from a variety of sources: milk, egg, rice, soy, whey or casein.
8. **I) Ovaltine.** Developed in Switzerland in 1897, the drink was called Ovomaltine. Today there are variations in how it is made by country. It was exported to Britain in 1909 and later to the US and Canada. In the US there were promotions on the radio shows "Little Orphan Annie" and "Captain Midnight". In Britain "The League of Ovaltineys" was broadcast on the radio.
9. **H) Hot soy milk (Dou Jian)** is a breakfast staple in China and Taiwan, both in a glass and in a bowl (with some soy sauce, fried dough, and scallions).
10. **A) Agua dulce.** Cane sugar harvested in Costa Rica is squeezed to extract all of the juice. The product is then boiled, evaporated and molded into what are called tapas (lids). Agua dulce is made by scraping off some of the tapa into boiling water (or milk).

# ANSWERS

## Anagram Answers

**Actors:** Tom Cruise, Al Pacino, George Clooney, Morgan Freeman, Sylvester Stallone, Bruce Willis, Robert De Niro, Leonardo Di Caprio, Tom Hanks, Mel Gibson, Jude Law, Clint Eastwood.

**Actresses:** Gwyneth Paltrow, Winona Ryder, Sigourney Weaver, Jennifer Aniston, Gillian Anderson, Halle Berry, Nicole Kidman, Angelina Jolie, Catherine Zeta-Jones, Kate Winslet, Julia Roberts, Meryl Streep

## Sudoku Answers

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

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

## Logic Puzzle Answers

### Balloons

Adam is 8 years old and has a red balloon. Elizabeth is 5 years old and has a blue balloon. Peter is 7 years old and has a yellow balloon. Sally is 6 years old and has a green balloon.

### Truth or Lies

Thursday. In this statement, the Lion is telling the truth, and the Unicorn is lying.

### River Crossing

There may be a couple variations that will work, but here's one way: Chris and Dusty row across (combined 100kg), Dusty returns. Alex rows over, and Chris returns. Chris and Dusty row across again, Dusty returns. Brook rows across with the supplies (combined 100kg), and Chris returns. Chris and Dusty row across again.