

February 2024

LUNAR NEW YEAR



YEAR OF THE DRAGON
Saturday, February 10th

A 5th of the world population celebrates
Lunar New Year

Each year is represented by 1 of 12 animals

Traditions include wearing red, gifting
money in red envelopes, setting off
fireworks, and more

Lunar New Year marks the beginning of
Spring and the arrival of the new year

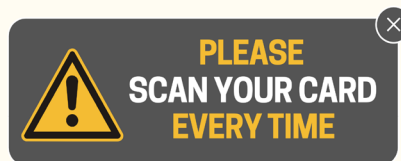
The dates vary each year

In this issue...

Free Self Defense Seminar
Info on Senior Advisory Committee
FREE Tax Services
Single & Multi-Day Trips
Black History Month Event
CRIL (Comm. Resources for Indep. Living)
At Home Activities, Puzzles, **and more!**

Open Monday - Friday
9:00am - 3:00pm
7401 Enterprise Dr.
510-578-4840
senior.center@newark.org

The Newark Senior Center will
CLOSED on **Monday, February 19th**
in observance of Presidents' Day.



Help us report accurate participation at
the Newark Senior Center! This ensures we
meet space and funding needs.

Forgot your card? Stop by the office
and we will be happy to check you in!

Your participation counts!





FREE SELF DEFENSE SEMINARS

with Mark Gothard

NEWARK
Recreation
and Community Services

Register online or
in-person at the
Newark Senior Center!

What you will learn:

- Different strikes & effective combinations
- How to escape some common grabs
- Situational awareness



Wednesdays;
February 7, March 13 & April 17



10:00 AM - 12:00 PM



Clark W. Redeker Newark Senior Center
7401 Enterprise Dr. Newark



City of Newark Senior Advisory Committee

What is the role of the Senior Advisory Committee?

Senior Advisory Committee members are encouraged to be active participants at the Clark W. Redeker Newark Senior Center and act as community ambassadors to support the needs of Newark seniors.



Left to Right: Sandi Arellano, Rick Arellano, Gaby Wickizer, Shirley Ferrante, Mayor Michael Hannon, Kathy Lemos, Stanley Keiser, Linda Mapes, Eileen McDonald and Olga Borjon not pictured.

Next Senior Advisory Committee Meeting:

Thursday, April 18th @ 9:30am

The Committee meets on a quarterly basis, or as otherwise decided by the Chairperson, at the Clark W. Redeker Newark Senior Center. Agendas are posted here at the Newark Senior Center at least 72 hours prior to regularly scheduled meetings. All seniors are encouraged to attend.

How are Committee Members Appointed?

When a vacancy occurs, it is publicized and any person, 55 years or older, residing within the City of Newark, who is interested in serving on the Senior Advisory Committee is invited to complete an application and submit it to the City Clerk by the established deadline. Applications are then forwarded to the Mayor who makes the appointment with City Council confirmation.

Newark Senior Center Daily Activities

 **NEWARK**
Recreation
and Community Services

Monday-Friday 9:00am-3:00pm senior.center@newark.org (510)578-4840

All activities are FREE for Seniors 55+ and are held at the Newark Senior Center unless noted otherwise.

Complimentary coffee, tea and snacks are provided daily.

Monday

10:00am.....
Bunco
1st, 3rd & 5th Mon. of month

12:00pm.....
**Introduction to
Belly Dancing**

1:00pm.....
Line Dancing

1:00pm.....
**Knit, Crochet &
Cross Stitch Group**

Tuesday

9:00am.....
Bridge

10:00am.....
Beginning Hula

11:00am.....
Intermediate Hula

12:00pm.....
Advanced Hula

Wednesday

9:00am.....
Hand & Foot Canasta

10:00am.....
Quilt, etc. Group

1:00pm.....
Ukulele Jam

Upcoming Closures

Monday, January 15th
Martin Luther King Jr. Day
Monday, February 19th
Presidents' Day
Monday, May 27th
Memorial Day

Thursday

9:00am.....
Brown Bag Distribution
2nd & 4th Thu. of month
at Newark Community Center

9:30am.....
Card Making Class
1st Thu. of month

10:30am.....
Chair Fitness \$3/class
1st & 3rd Thu. of month
See full sched. for exclusions

12:30pm.....
BINGO
Packs sold 12:00-12:30pm
Birthday BINGO...\$10/pack
(1st Thu. of the month)
All other BINGO...\$7/pack

Friday

9:00am.....
Mahjong
Pre-registration required

9:00am.....
Texas Hold-em Poker

9:30-11:30am.....
**iPhone/iPad/Kindle
Assistance**
1st Friday of month, subject
to volunteer availability

12:30pm.....
Drop-in Mahjong
No pre-registration required

DAILY drop-in activities include
Billiards, Computers, Fitness Equipment,
Lending Library, Pinochle (mornings),
and Rummy (late mornings).



Sign up for the
Newsletter!

Celebrating

BLACK HISTORY MONTH

February 2024

ROSIE THE RIVETER

EDUCATION CENTER & RICHMOND ART CENTER

FRIDAY, MAY 3RD

\$144 RESIDENT / \$151 NON-RESIDENT

**DEPARTING FROM NEWARK COMM. CENTER
35501 CEDAR BLVD. EXACT TIME TBD.**



NEWARK
Recreation
and Community Services



10:00am Arrive at Rosie the Riveter Education Center for a self guided tour

12:00pm Lunch at Lara's Fine Dining

Choose from...

Chicken: Grilled chicken breast topped w/ lemon caper butter sauce. Served w/ rosemary roasted potatoes & seasonal vegetables

Salmon: Grilled Atlantic salmon topped w/ Pico mango sauce. Served with mashed potatoes & seasonal vegetables

Ravioli: Homemade ravioli with ricotta cheese, spinach in fresh tomato basil sauce
VEGAN OPTION AVAILABLE.

2:00pm Arrive at Richmond Art Center for a self guided tour/gift shop

4:00pm Depart Richmond for Home

**REGISTER ONLINE OR AT THE SENIOR CENTER
NO REFUNDS AFTER 4/25**

VITA Free Tax Service

HAVE YOUR TAX RETURN COMPLETED BY IRS-CERTIFIED TAX PREPARERS

For eligible customers with annual income of up to \$75,000,
or eligible seniors 65+ with annual income up to \$90,000.

IN PERSON SERVICE

To make a tax appointment,
go to **calendly.com/ffrc**
or call (510) 298-1796
for assistance.



VIRTUAL SERVICE

We offer **SECURE** online tax filing with
Code for America via Get Your Refund.
Submit your IDs and documents online
at **getyourrefund.org/fremont**

IN PERSON TAX PREPARATION LOCATIONS

Fremont Family Resource Center

39155 Liberty Street
Fremont, CA 94538
Building EFGH

Wed & Thurs 1 - 6 p.m.
BY APPOINTMENT

Union City Family Center

725 Whipple Road
Union City, CA 94587

Sat 10 a.m. - 1:30 p.m.
BY APPOINTMENT

Newark Senior Center

7401 Enterprise Drive
Newark CA 94560

Fri 10 a.m. -12 p.m.
BY APPOINTMENT




Scan the QR code for further
details on our website

<http://city.fremont.gov/taxhelp> | TELEPHONE: (510) 298-1796

Providing high-quality free tax preparation since 2002. See back for additional details.





49th Annual Afro-American Cultural & Historical
Society's



BLACK



HISTORY



**MONTH
EVENT**



Saturday, February 10, 2024

12:00 pm - 5:00 pm

Silliman Activity & Family Aquatic Center
6800 Mowry Ave. Newark, CA 94560



Community Resources for Independent Living (CRIL) is a peer-based disability resource organization that advocates and provides resources for people with disabilities to improve lives and make communities fully accessible. CRIL is also a resource for disability awareness education and training, advocacy and technical advice.

CRIL offers independent living services at no charge to persons with disabilities living in southern and eastern Alameda County. In order to become a CRIL consumer, an individual must have a disability or functional limitation and be able to benefit from independent living services. Everyone is welcome regardless of race, ethnicity, the nature of the disability or limitation, age, socioeconomic status, sexual orientation, gender identity, and expression, immigration status, health condition, or any other characteristics.

We are open Monday through Friday from 9:00am to 5:00pm, closed for lunch 12:30pm to 1:30pm. CRIL staff is available by appointment only. Please call ahead to schedule an appointment with one of our coordinators at:

(510) 881-5743

CRIL observes federal holidays.

Crossword Puzzle

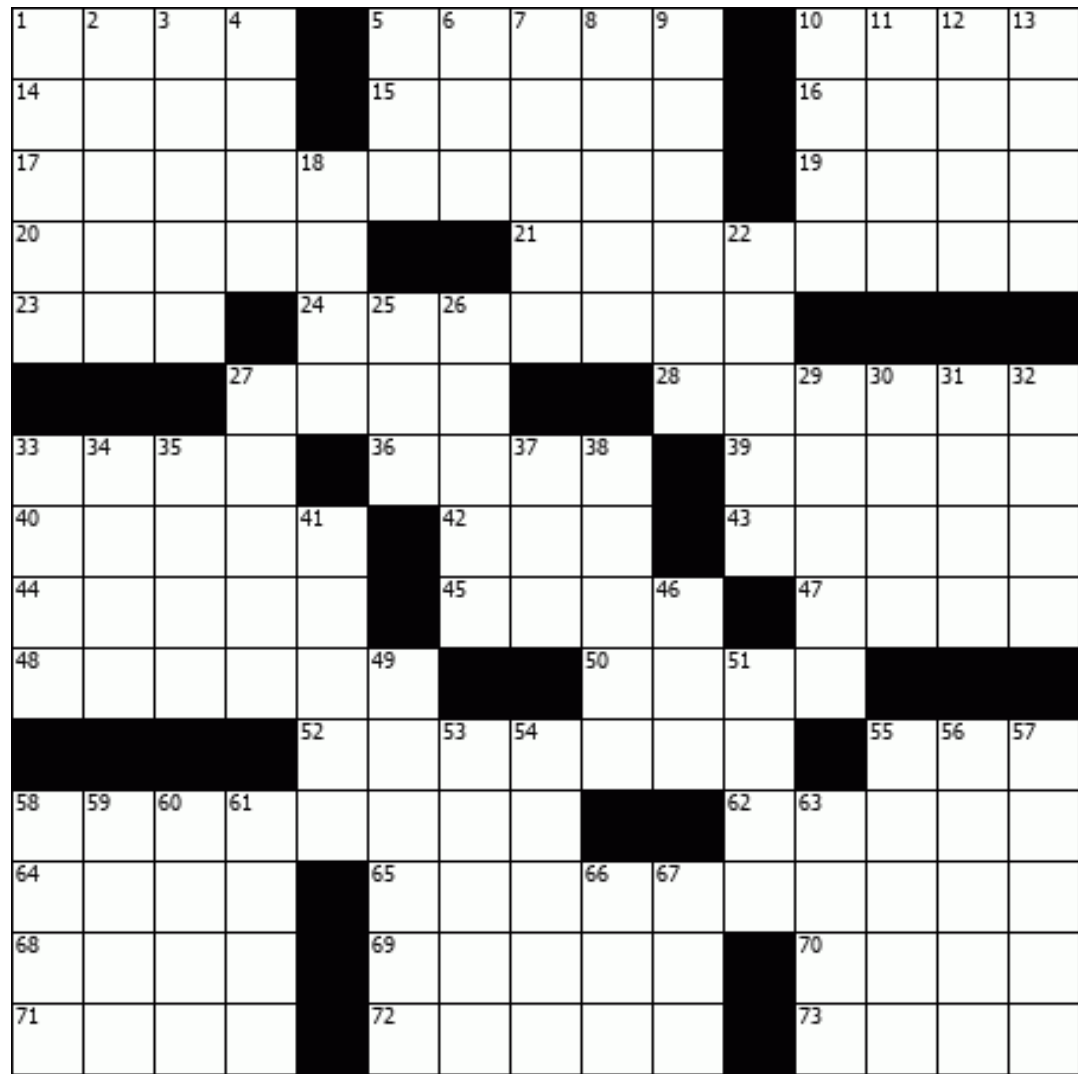
Answers on page 11.

Across

1. Office acronym
5. Iridescent gems
10. Shrub
14. Pickle seasoning
15. Citrus fruit
16. One time only
17. Go downhill
19. Comedian Sandler
20. Dodge
21. New spouse's boys
23. Marginal grade
24. Unpleasant sight
27. Baby bed
28. Decide
33. Epic
36. Writing utensils
39. Urban's opposite
40. Audibly
42. Congressman (abbr.)
43. Hurricane
44. Loop of rope
45. Implement
47. ____ and ends
48. Swiss city
50. Bring up
52. Foolish
55. Roker and Pacino
58. Levels of authority
62. Ancient object
64. Crossword hint
65. Heal
68. Corridor
69. Obliterate
70. Grace closing
71. Wise birds
72. Drinking tube
73. Arrange

Down

1. Summed up
2. Colander
3. Aquatic plants
4. Begged
5. Bullfight cry
6. Apiece
7. Stockpile
8. Game of chance
9. Scoffs
10. Feathery shawls
11. Take apart
12. Read quickly
13. Skirt edges
18. At no time, in verse
22. Equals
25. Puppy's cry
26. Film critic Roger ____
27. Bring about
29. Private teacher
30. Trampled
31. Fat for frying
32. Shade sources
33. Caroled
34. ____ vera
35. Hoodlum
37. Keanu Reeves role
38. Tennis, e.g.
41. Satan
46. Luau souvenir
49. Cherishes
51. Land measure
53. Not active
54. Felix's roommate
55. San Antonio shrine
56. Metric measure
57. Odor
58. Reverberate
59. Pincer
60. Boat's frame
61. Long fishes
63. Significant times
66. Can's neighbor
67. Church bench





How to Make Valentine's Day Flowers Last Longer

Exercise

10-Min Walking & Strength Training

<https://www.youtube.com/watch?v=3RTaz95dKBo>

Transform Your Posture | 12-Min

<https://www.youtube.com/watch?v=l7SoyvLWEIM>

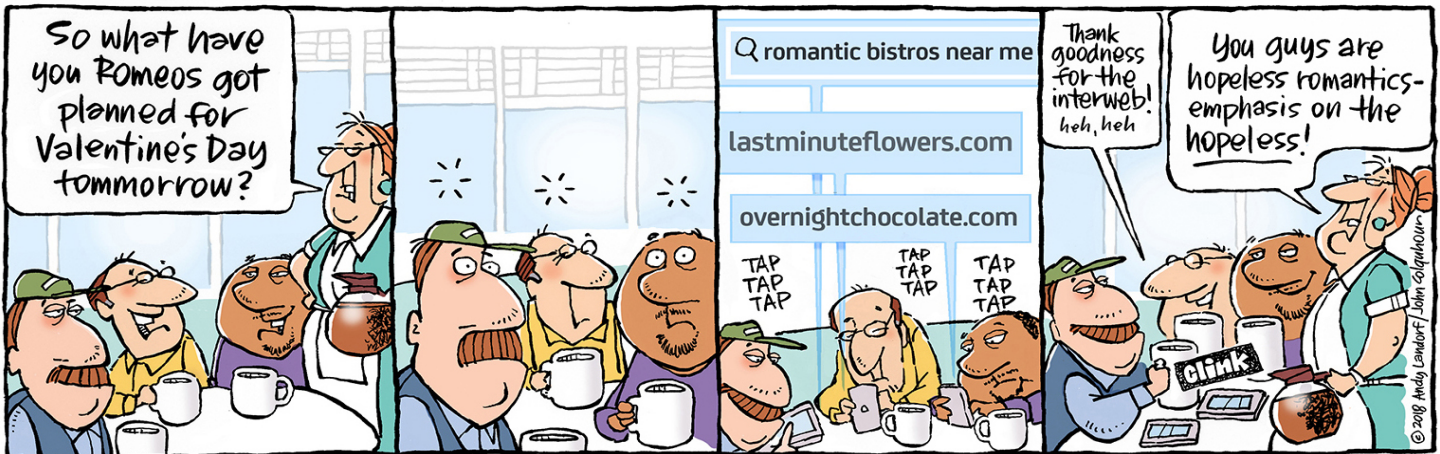
10 min Full Body PARTNER Stretches

<https://www.youtube.com/watch?v=N7bw5VMPvZ4>



<https://www.youtube.com/shorts/f0-itKz-zS4>

The New 60



Sudoku Puzzle #93

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

Sudoku Puzzle #94

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

Solutions on page 11.

“Valentine’s Day” Word Search

Find and circle all of the words that are hidden in the grid.
The remaining letters spell a popular Valentine’s Day item.

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

ADMIRER
ADORE
AFFECTION
ATTRACTION
BEAU
BELOVED
BOYFRIEND
CANDLES
CANDY
CHOCOLATES

COUPLE
CRUSH
CUPID
DARLING
DATE
DEAR
DEVOTION
FANCY
FEBRUARY
FLAME

FLOWERS
FONDNESS
FOREVER
FRIENDSHIP
GIFT
GIRLFRIEND
HEARTS
JEWELRY
LIKE
LOVEBIRDS

LOVERS
PARTNER
PROPOSAL
RELATIONSHIP
RESTAURANT
ROMANCE
ROSES
SENTIMENT
SUITOR
SWEETHEART

A	S	A	P		O	P	A	L	S		B	U	S	H
D	I	L	L		L	E	M	O	N		O	N	C	E
D	E	G	E	N	E	R	A	T	E		A	D	A	M
E	V	A	D	E			S	T	E	P	S	O	N	S
D	E	E		E	Y	E	S	O	R	E				
			C	R	I	B			S	E	T	T	L	E
S	A	G	A		P	E	N	S		R	U	R	A	L
A	L	O	U	D		R	E	P		S	T	O	R	M
N	O	O	S	E		T	O	O	L		O	D	D	S
G	E	N	E	V	A			R	E	A	R			
				I	D	I	O	T	I	C		A	L	S
E	C	H	E	L	O	N	S			R	E	L	I	C
C	L	U	E		R	E	C	U	P	E	R	A	T	E
H	A	L	L		E	R	A	S	E		A	M	E	N
O	W	L	S		S	T	R	A	W		S	O	R	T

Sudoku Solution #93

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

Sudoku Solution #94

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

INFORMATION & REFERRALS

Dial 211 for free information and referral to Human Services for daily needs and in times of crisis.

General

Senior Info Line

(510) 574-2041

Community Ambassador Program for Seniors

(510) 574-2063

Area Agency on Aging Information & Referral

(510) 577-3530

Alameda County Social Services Agency

www.alamedacountysocialservices.org

Dementia-Specific Support

Alzheimer's Services of the East Bay

(510) 656-1329 www.aseb.org

Alzheimer's Association

(800) 272-3900

Bay Area Community Services (510) 613-0330

www.bayareacs.org/adult-day-programs

Stanford/VA Alzheimer's Center

(650) 858-3915 www.med.stanford.edu/svalz

Employment & Learning

SparkPoint Fremont (510) 574-2020

Fremont Library Programs (510) 745-1400

Newark Library Programs (510) 795-2627

Senior Employment Program (510) 238-3535

Nutrition

Life ElderCare Meals on Wheels (510) 574-2092

Mercy Brown Bag Grocery Program

(510) 578-4840

Tri-City Volunteers Inc. Food Bank

(510) 793-4583

Health & Wellness

Medicare and Insurance Counseling (HICAP)

(510) 839-0393

LIFE ElderCare Meals & Fall Prevention

(510) 574-2090 www.lifeeldercare.org

Community Health Center Network

<https://chcnetwork.org/>

Housing

City of Fremont Office of Housing Assistance

(510) 494-4500

HIP Shared Housing Program

(510) 574-2173

City of Fremont Landlord/Tenant Support

(510) 574-2270

Habitat for Humanity: Home Repair

<https://www.habitatbsv.org/services/home-repair>

Project Sentinel: Rent Assistance

(510) 574-2270 <http://www.housing.org/>

Community Resources for Independent Living (CRIL)

(510) 881-5743 <https://www.crilhayward.org/>

Social Engagement

Life Eldercare Friendly Visitors

(510) 894-0370 www.lifeeldercare.org

CityServe Compassion Network

(510) 796-7378 www.compassionnetwork.org

Transportation

Ride-On Tri-City!

(510) 574-2053 <https://city.fremont.gov/rideontricity>



KAISER
PERMANENTE®



Kaiser Permanente members are eligible to receive special rates for ClassPass!

Sign up NOW!

<https://healthy.kaiserpermanente.org/northern-california/health-wellness/fitness-deals>