

September 2024

In this issue...

- Still Space! Healthy Living Festival Bus Res.
- Upcoming Events for September
- Celebrate **Grandparents Day!**
- Fall Prevention Awareness Week
- Health Tips for the Upcoming Flu Season
- At Home Activities, Puzzles **and more!**

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



Oakland Zoo Trip

21st ANNUAL Healthy Living Festival



Thursday, September 26

Price: \$7 bus fare

Bus Pick-up/Drop-off Location:
Newark Community Center (Time TBA)
35501 Cedar Blvd., Newark, CA 94560

Event Details: Oakland Zoo (9:00 AM - 2:00 PM)

**Your entry ticket will be included with \$7 bus fare.
Meat and vegetarian lunch options available.*



OAKLAND ZOO



Please note that this event involves a significant amount of walking. We highly encourage all attendees to come prepared for this activity. Seniors who require assistance are advised to bring their walkers or canes, and if needed, to attend with a caregiver or companion. Our goal is to ensure that everyone has a safe and enjoyable experience at the festival. Thank you for your understanding and cooperation.

Closed
Monday, September 2nd
in observance of
Labor Day

the first day of
FALL
is September 22nd

UPCOMING

September Activities

Newark Senior Center will be CLOSED on Monday, September 2 in observance of Labor Day

WED
4

Napa River Cruise

Pre-registration required



THURS
5

Clipper Card Workshop 10:30 am

Drop-in, no registration required



THURS
5

Birthday Bingo 12:00 pm



FRI
6 + 20

iPhone/iPad/Android Help 9:30 am

Drop-in



WED
11

Self-Defense Seminar 10:00 am

Registration required



THUR
12

AARP Smart Driver 9:30 am

\$20/\$25 check day of, pre-registration required



WED
18

Soup and Salad Luncheon 12:00 pm

FULL - waitlist only



THURS
19

Chair Fitness 10:30 am

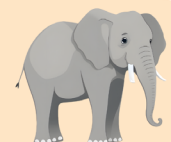
\$3, registration required



THURS
26

Healthy Living Festival / Zoo Trip

\$7, pre-registration for the bus required



All activities are held at the Newark Senior Center (7401 Enterprise Dr) unless noted otherwise. See our Daily Activities schedule for our ongoing/weekly activities. You can register for activities in-person or online at newarkca.activityreg.com.

Newark Senior Center Daily Activities



7401 Enterprise Dr. Mon-Fri 9am-3pm 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

10:00am.....
Introduction to Belly Dancing

11:00am.....
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, September 2nd
Labor Day

Monday, November 11th
Veterans Day

Thursday, November 28th
& Friday, November 29th
Thanksgiving

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 & 3rd Fri. 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!



GENERATIONS IN BLOOM: A GARDEN DAY FOR ALL AGES

AT THE NEWARK SENIOR CENTER - 7401 ENTERPRISE DRIVE

**SATURDAY
OCTOBER 5TH
9:00-11:00AM**

**JOIN US FOR THIS FREE
COMMUNITY GARDENING EVENT!
ALL AGES WELCOME!
REGISTER ONLINE OR AT THE
NEWARK SENIOR CENTER!**



HAPPY
GRANDPARENTS
DAY



Sunday, September 8, 2024

Ballroom Dance Class

Mondays
12:30-2:30pm

Coming Soon!

Tentative start date of
Monday, September 16th



Register at the Newark Senior Center

Fall Prevention Awareness Week

September 23–27, 2024



FallsFree CheckUp

YOU CAN PREVENT A FALL

Be empowered and be independent!

Get a personalized
#FallsFree CheckUp today.

 ncoa.org/FallsFreeCheckUp



Talking to Your Doctor About Falls: 6 Tips for Helpful Conversations

More than one in four older adults falls each year, but only half tell their doctor. It is important for your doctor to know about any health problems, including concerns about balance and falls. Get the most out of your conversations with these six tips.

- 1. Write a list of things you want to talk about.** Before your appointment, create a list of health topics you want to talk about, including balance and falls. The outline will help you remember your conversation points and questions.
- 2. Ask for a falls risk assessment.** If you have fallen, have trouble walking, or feel unsteady, talk to your doctor about having a falls risk assessment.
- 3. Talk about other specialists.** Ask your doctor if you would benefit from seeing a physical therapist, occupational therapist, or other specialists to help improve balance, strength, medication use, nutrition, vision, and hearing to reduce your risk of falls.
- 4. Be honest about your concerns.** Tell your doctor if you have fallen and share as many details as possible. The more your doctor knows, the more they can help you.
- 5. Take notes—and ask for notes!** Bring a notepad and pen to write down any important information your doctor shares with you. This helps to remind you of information shared during the appointment.
- 6. Ask your doctor questions.** If there is anything you do not understand, ask your doctor again. Repeating information back to the doctor will help you remember and let the doctor know you understand the information.



Follow these tips to get through flu season:

- Avoid Crowds and Unnecessary Travel
- Avoid Touching Your Face
- Drink Plenty of Liquids
- Exercise Regularly
- Get a Flu Shot
- Get a Pneumonia Vaccine
- Mask Up
- Keep Your Surroundings Clean
- Stay Away from People Who Are Sick
- Stay Away If You're Sick
- Take In More Vitamin C
- Wash Your Hands

Common Symptoms of a Cold, the Flu, and COVID-19

Learn more at the National Institute on Aging
www.nia.nih.gov/flu

Common Symptoms*	Cold	Flu	COVID-19
Fever and/or chills		✓	✓
Headache		✓	✓
Muscle pain or body aches		✓	✓
Feeling tired or weak		✓	✓
Sore throat	✓	✓	✓
Runny or stuffy nose	✓	✓	✓
Sneezing	✓		
Cough	✓	✓	✓
Shortness of breath or difficulty breathing		✓	✓
Vomiting and diarrhea		✓	✓
Change in or loss of taste or smell			✓

Stay Safe
 AND
 Healthy

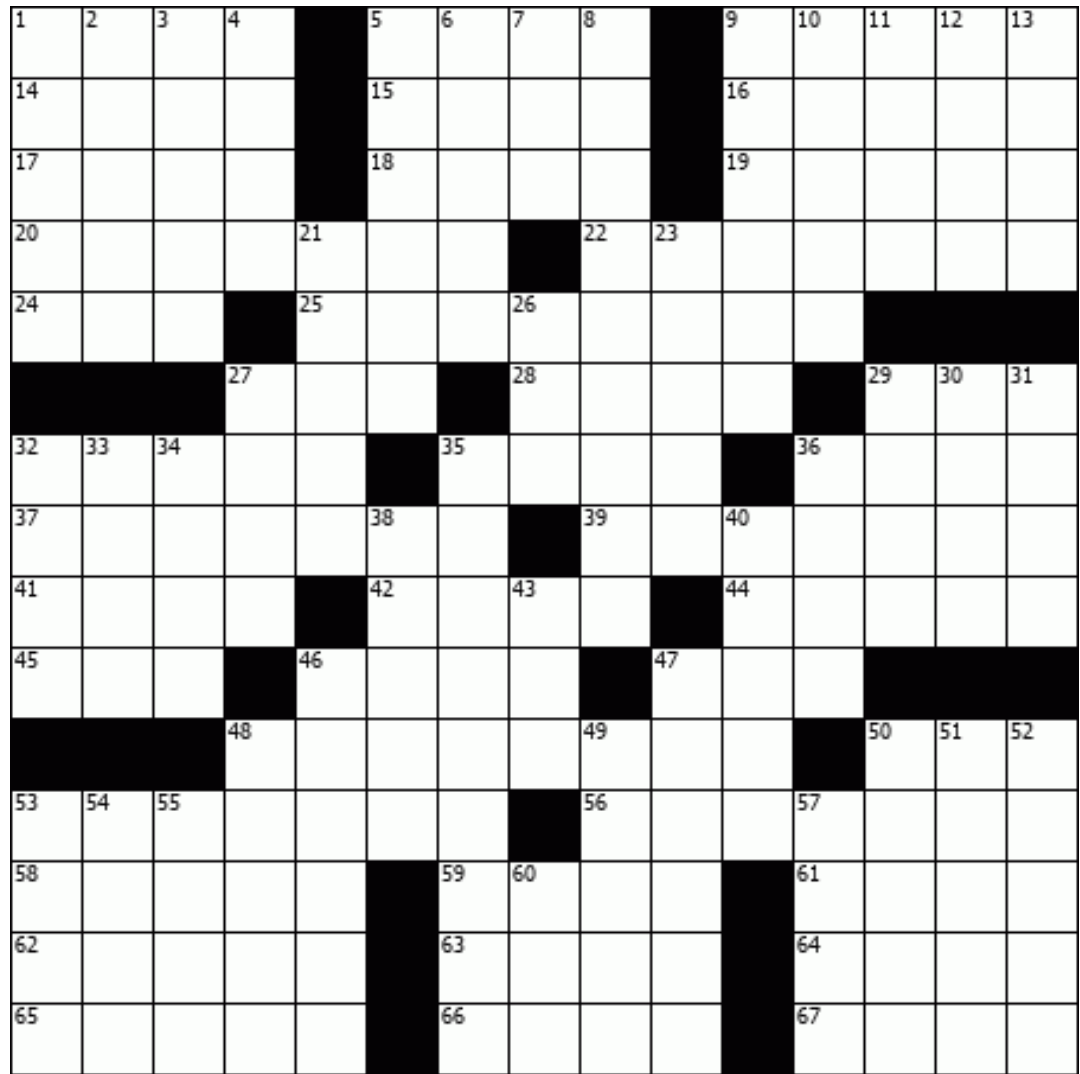
Crossword Puzzle

Answers on page 11.

Across

1. Boat paddles
5. Fortas and Lincoln
9. Plane spotter
14. Songbird
15. TV "opera"
16. Excuse
17. Roman emperor
18. Accurate
19. Metal bolt
20. Not cognizant
22. Lift up
24. Cooking vessel
25. Utopia
27. Spring month
28. Droop
29. Fuss
32. Screen ____
35. Earnest request
36. Cozy
37. Maker

39. Royal staff
41. Isn't, incorrectly
42. Cheeky
44. Church walkway
45. Slugger's need
46. ____ Moore of "A Few Good Men"
47. Coffee server
48. Decoration
50. Model Carol ____
53. Salon employee
56. Smoker's receptacle
58. Wear down
59. Yearning
61. Curtain holders
62. Assistants
63. Agitate
64. Norway's capital
65. Clever
66. Adam's abode
67. Adolescent



Down

1. Confess (2 wds.)
2. Hockey venue
3. Aired again
4. Skier's surface
5. Off course
6. Termite, e.g.
7. ____ de toilette
8. Swiftest
9. Most unusual
10. Breathing
11. Prima donna
12. Assist a crook
13. Religious ceremony
21. Into pieces
23. Pale purple
26. Shoemaker's tool
27. Vegetarian's taboo
29. Colony insects
30. Fencing event

31. Fairy-tale fiend
32. Strike-breaker
33. Opera solo
34. Air opening
35. Too early
36. Gyrate
38. Uncovers
40. Dirt
43. Edge
46. Most arid
47. Unobserved
48. More mature
49. National bird
50. Ascended
51. Large spoon
52. Heavyweight Mike ____
53. Large bodies of water
54. Clip neatly
55. Jedi master
57. Horse's gait
60. Disencumber

Funny "Cat Olympics" Video Compilation

Exercise

Gentle Stretches - Breathing Exercises

<https://www.youtube.com/watch?v=2fEHQYBWj1E>

Yoga Tai Chi Fusion | SilverSneakers

<https://www.youtube.com/watch?v=1EcHrjuGgKq>

Upper Body Workout - Arm Exercises

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



<https://www.youtube.com/watch?v=iE0DcLQoSVI>

The New 60



Sudoku Puzzle #107

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

Sudoku Puzzle #108

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

Solutions on page 11.

"Delicious Desserts" Word Search

Find and circle all of the desserts that are hidden in the grid.
The remaining letters spell a secret message.

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

AMBROSIA
 APPLE CRISP
 APPLE PIE
 BAKED ALASKA
 BAKLAVA
 BANANA SPLIT
 BREAD PUDDING
 BROWNIES
 BUTTER TARTS
 CARROT CAKE
 CHEESE CAKE
 CHOCOLATE CAKE

CINNAMON ROLLS
 CREME BRULEE
 CREPES
 ECLAIRS
 EMPANADAS
 FLAN
 FRUIT CRUMBLE
 FUDGE
 GELATO
 GINGERBREAD
 ICE CREAM

JELLY ROLLS
 LEMON BARS
 MACAROONS
 MERINGUES
 MONKEY BREAD
 MOUSSE
 NUT BRITTLE
 PARFAIT
 PASTRIES
 PAVLOVA
 PEACH COBBLER

PINEAPPLE DELIGHT
 PLUM SQUARES
 RAISIN PUDDING
 RUM BALLS
 SORBET
 STRAWBERRY SHORT CAKE
 STRUDEL
 SUNDAE
 TIRAMISU
 TORTES
 TRIFLE

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

Sudoku Solution #107

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

Sudoku Solution #108

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

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

Alameda County Aging & Adult Service

(510) 577-1900

Bay Area Community Health

(510) 252-6808

Fremont Family Resource Center

(510) 574-2000

39155 Liberty St., Fremont

Fremont Healthy Start

(510) 912-8589

Location #1: 39155 Liberty St., Fremont

Location #2: 43040 Newport Dr., Fremont

Alzheimer & Dementia Support

Alzheimer's Association Helpline

(800) 272-3900


Alzheimer's Services of the East Bay

(510) 656-1329 *Fremont*

(510) 888-1411 *Hayward*

Stanford/VA Alzheimer's Center

(650) 858-3915

<https://www.med.stanford.edu/svalz> 

UC Davis Alzheimer's Disease Center

(925) 357-6515

Health & Wellness

Medicare and Insurance Counseling (HICAP)

(510) 839-0393

Alameda County Public Health Nursing

(510) 208-5930

BACS South County Wellness Center

(510) 613-0330

40963 Grimmer Blvd., Fremont

Bay Area Community Health

(510) 252-6808, [see locations here:](#) 

<https://bach.health/alameda-county-locations>

Community Health Center Network

(510) 297-0200, [see locations here:](#) 

<https://chcnetwork.org/>

Food & Meal Programs

Alameda County Food Banks

(510) 635-3663

LOV Newark

1st & 3rd Thursday of the month @ 10:00 AM

38325 Cedar Blvd.

Mercy Brown Bag

2nd & 4th Thursday of the month @ 9:30 AM

35501 Cedar Blvd.


SOS: Meals on Wheels

(510) 582-1263

Mon-Fri, 10:00 AM - 1:00 PM / 1:00 PM - 4:00 PM

Tri-City Volunteers Food Bank / Mobile Pantry

(510) 793-4583

<https://www.tri-cityvolunteers.org/food/> 

Housing / Home Utility Assistance

City of Fremont Office of Housing Assistance

(510) 494-4500

City of Fremont Landlord/Tenant Support

(510) 574-2270

Rent Assistance: Project Sentinel

(510) 574-2270

Healthy Homes (Home /Lead Repairs)

(510) 567-8280

Home Repairs: Habitat for Humanity

(510) 803-3388

HIP Shared Housing Program


(650) 348-6660

Spectrum Utility Services

(510) 881-0300

Social Engagement

Life Eldercare Friendly Visitors

(510) 894-0380, <https://lifeeldercare.org/> 

CityServe Compassion Network

(510) 796-7378, www.compassionnetwork.org 

Transportations

Ride-on Tri-City! (510) 574-2053

GoGoGrandparent (855) 464-6872

East Bay Paratransit (510) 287-5000

If you need help finding any other resources, please see Ivy in the office.