

May 4, 2020



In this issue:

- Food Resources
- Programs in Place for Seniors At Home...
- Activities
- Crafts
- Exercise Resources
- and a few good laughs!

FREE COMMUNITY PROGRAM DRIVE-THRU GRAB & GO GROCERY BAG CLARK W. REDEKER NEWARK SENIOR CENTER 7401 ENTERPRISE DRIVE | NEWARK

STARTING THURSDAY, MAY 7, 2020

Pickup Dates: First & Third Thursday of each month
Pickup Time: 10:30 AM - 11:30 AM or until supplies runs out

FOR OUR COMMUNITY MEMBERS IN NEED
RECEIVE (1) BAG PER FAMILY PER CAR
DRIVE THROUGH ONLY
PLEASE REMAIN IN YOUR VEHICLE & WEAR A FACE MASK

UPCOMING DATES:

Thursday, May 21
Thursday, June 4

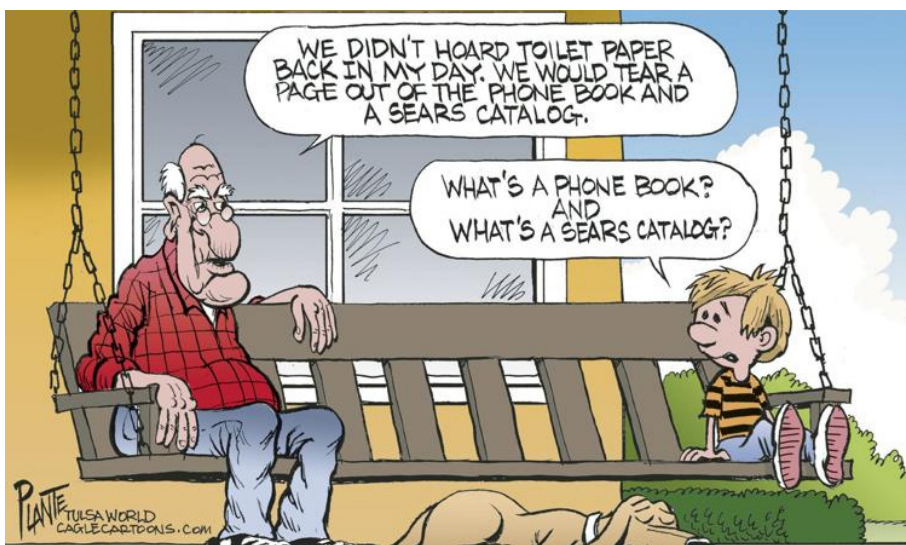
QUESTIONS:

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OFFICE: 510-578-4432
NICHOLAS.CUEVAS@NEWARK.ORG



We miss you and hope you are all as well as can be during this trying time. With this update, we hope to spread a little sunshine and joy! We look forward to the day we can see one another's smiling faces again. Until then, stay safe!

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Meal programs available to the public:

Viola Blythe Center

37365 Ash Street, Newark (510) 794-3437
Food distribution program that provides up to two weeks of canned and dry foods as well as bread products. Boxes of food are assembled by volunteers and placed outside for pick-up. The boxes can be picked up Monday through Wednesday between 11:00 a.m. and 1:00 p.m.

LOV Newark

8440 Central Blvd., Suite A/B (510) 793-5683
Emergency food pantry. Members can arrange for either pick-up or have delivered bags of groceries.

Salvation Army

36601 Newark Blvd., Newark (510) 793-6319
Food pantry in which community members can pick-up groceries every weekday 9:00-11:00am. Community members must provide proof of Tri-City residency.

Tri-City Volunteers

37350 Joseph Street, Fremont (510) 598-4065
A large food bank that provides an assortment of food to tri-city families, including fruits and veggies, grains, canned goods, meats, and dairy items.
Marketplace Pick Up Hours:
Mondays-Thursdays
9:30a-10:00a Registered Disabled Clients
10:00a-12:30p Morning General Clients
12:30-1:00p Closed to Replenish TCV Marketplace

St. Edward Church

5788 Thornton Ave., Newark (510) 797-0241 St. Edward Friends and Family meal program on the second and fourth Sunday of every month 1:00-2:30pm. Due to the pandemic, prepacked lunch bags will be provided.

Newark Unified School District

Offering "to-go" meals for all Newark students including non-NUSD students under 18 years of age at two locations:

- Newark Jr. High School 6201 Lafayette Ave; and
- NUSD Central Kitchen 37370 Birch St.

Students will receive two meals on Mondays and 3 meals on Wednesdays.

Emergency Sikh Food Pantry

FREE services to deliver food to those in need. Those eligible include: The Elderly, Single Parents, Low Income & Special Circumstances. Additional services include hand-out packed meals for people in need. Families and the elderly that are ill and can't visit grocery stores can arrange for grocery pick-up twice a week via drive-thru at Gurdawa Sahib Fremont with the help of Sikh Panchayat, Ek Noor Seva Society, Sikhs for Humanity, Apna Bazar and Amolakh Singh Gakhal family. Sikh Food Pantry initiative is also being run by Khalis Foundation in conjunction with Alameda County providing grocery delivery to those that are unable to leave their houses.

Visit www.tinyurl.com/sikhfoodpantry.

Carry Out Pre-Packed Food Times:

Monday through Saturday, 5:30-7:30pm and Sunday from 12:00-2:00pm.





Grocery Drive-Thru Pickup Times:

Monday & Friday only between 3:00-6:00pm

Food/Grocery Pick-up address: 300 Gurdwara Road, Fremont, CA 94536

Alameda County residents visit: www.tinyurl.com/sfp-alameda

Visit www.newark.org for up-to-date information.


	Safeway: 5877 Jarvis Avenue Hours: 6:00am to 9:00am Tuesdays, Thursdays Safeway may not enforce accommodating hours
	Ranch 99 Market: 35219 Newark Blvd. Hours: 8:00am to 9:00am, Monday to Friday
	Food Maxx: 39966 Cedar Blvd. Hours: 7:00am to 9:00am, everyday
	Trinethra Indian Market: 39207 Cedar Blvd. Hours: 12:00pm to 1:00pm, everyday

Sprouts, Arteaga's, Lion Market, the Grocery Outlet & NewPark Mall Farmer's Market (Sundays 9:00 to 1:00) are also open and serving customers, but do not offer accommodating hours at this time.

GROCERY STORES WITH ACCOMMODATING HOURS
NEWARK • CALIFORNIA

These Newark stores are providing special shopping hours for older community members and those who have special needs.

Store hours and availability are subject to change.



KEEP CALM AND STAY HOME

COVID-19 CORONAVIRUS

Programs in place relating to Seniors:

Ride on Tri-City! Transportation Service

Remains fully operational. For more information or to schedule a ride, please contact Helpline at (510) 574-2053 or visit Ride-On Tri-City! Transportation Service

Life ElderCare

Meals on Wheels delivers nutritious meals mid-day Monday through Friday and also provides frozen meals for the weekend. To request service, please contact Life ElderCare at (510) 894-0370 or visit www.lifeeldercare.org.

Newark Senior Center

Although the City is unable to offer services directly to seniors at our senior center at this time, staff will be reaching out to regular customers via telephone and e-mail to perform well-checks.

Tax Preparation Services for Seniors

GetYourRefund.Org partners with free tax sites, known as Volunteer Income Tax Assistance (VITA) sites, to help you prepare your taxes. Trained and IRS-certified volunteers at local community organizations will prepare your taxes.

You can save up to \$300 when you file for free.

GetYourRefund.Org also ensures eligible taxpayers claim the Earned Income Tax Credit (EITC), which can be over \$3,000 per family. Go

to <http://getyourrefund.org/> and answer questions to see if you qualify for the FREE service

YouTube Crafts



DIY TISSUE PAPER FLOWERS

<https://www.youtube.com/watch?v=RAq1TA61NM>



CINCO DE MAYO TISSUE PAPER BANNER

<https://www.youtube.com/watch?v=4ET3rgN4KfU>



YouTube Exercise

SENIOR CHAIR AEROBICS

https://www.youtube.com/watch?v=NbioVF_wALQ

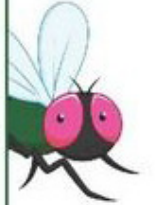
SENIOR CHAIR YOGA

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





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Y	E	D	Z	C	G	L	U	D	R	A	G	O	N	F	L	Y



- ABDOMEN
- ANT
- ANTENNAE
- ARTHROPOD
- BEE
- BEEBLE
- BUTTERFLY
- CHRYSAEIS
- CICADA
- COCKROACH
- COCOON
- CRICKET
- DRAGONFLY
- EGG
- ENTOMOLOGY
- EXOSKELETON
- FLEA
- FLY
- GRASSHOPPER
- HORSEFLY
- INVERTEBRATE
- LADYBUG
- LARVA
- METAMORPHOSIS
- MOSQUITO
- MOTH
- PARASITE
- PRAYING MANTIS
- PUPA
- STICK BUG
- TERMITE
- THORAX
- WASP

Create a Legacy Journal



1. Full birth name & birthdate.
2. Where were you born?
3. Siblings names.
4. Describe a favorite childhood memory.
5. What did you like to do as a child?
6. What were your parents names?
7. What were your parents like?
8. How are you most like your dad?
9. How are you most like your mom?
10. How did you meet your spouse?
11. What was your first impression of her/him?
12. What were your first dates like?
13. Tell us your proposal story.
14. How did you know he/she was the one?
15. Describe your wedding day.
16. What was life like as a young married couple? (struggles, fun things?)
17. Describe your college/young career life.
18. Describe the places you've lived.
19. Children's names and birthdates.
20. Tell us about each of your children.
21. What is one of your fondest memories as a young family?
22. What are you most proud of as you reflect on your life?
23. Do you have an unfulfilled dream?
24. How would you describe yourself?
25. Did you have any mentors over the years?
26. Please write a message to your grandchildren about life and love. . .and anything else.

Spring Word Scramble

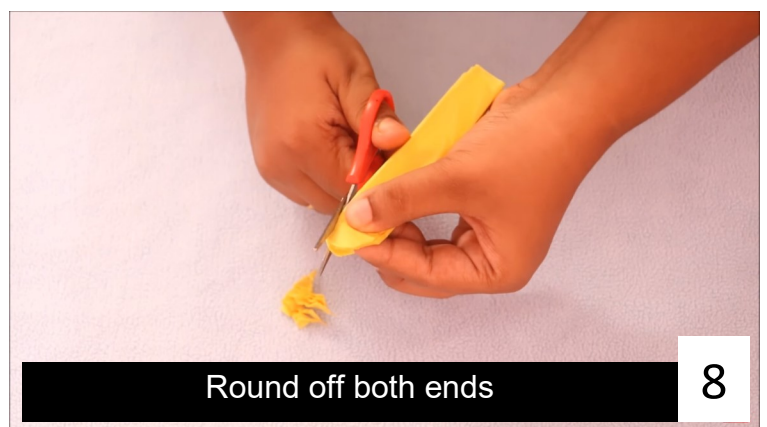
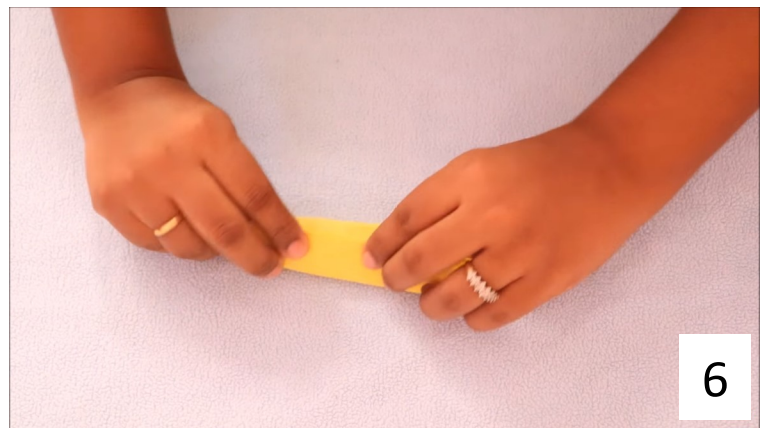
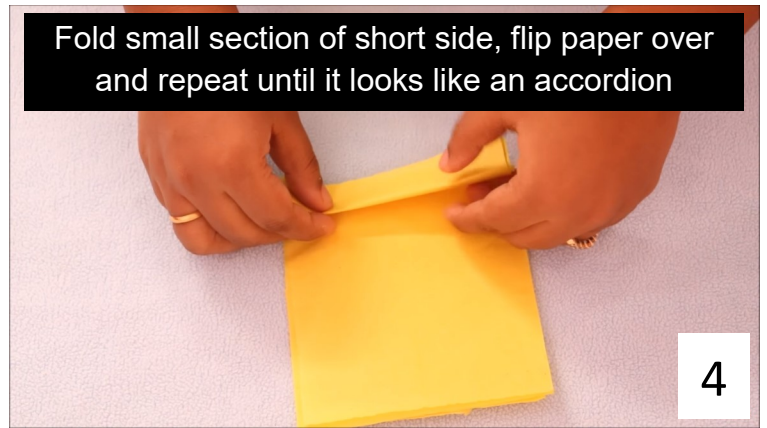
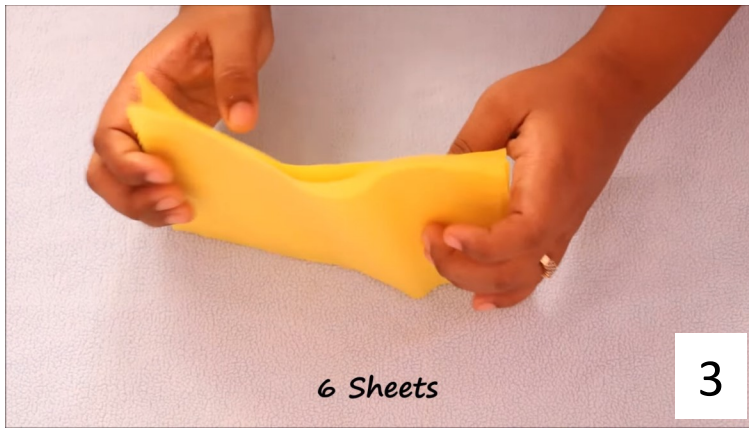
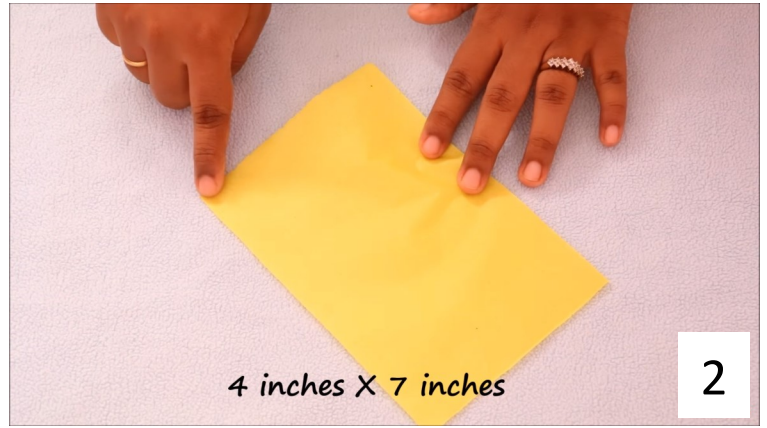
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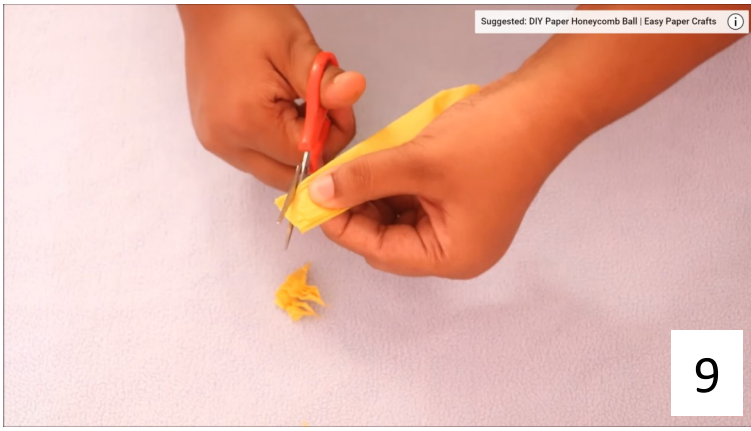


DIY Tissue Paper Flowers

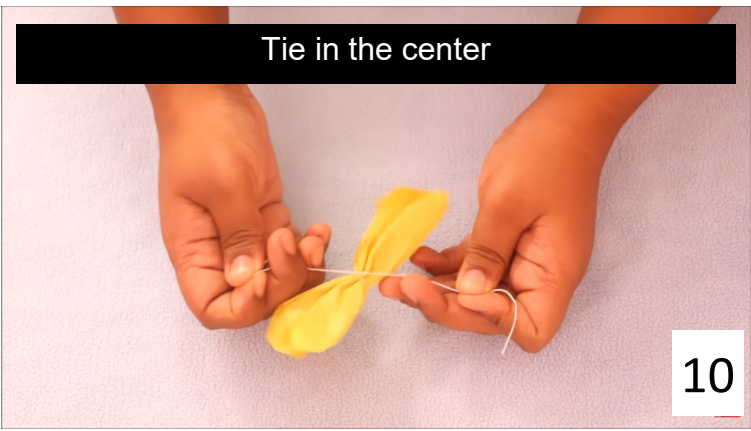
Find the video tutorial at:

<https://www.youtube.com/watch?v=RAtq1TA61NM>





9



Tie in the center

10



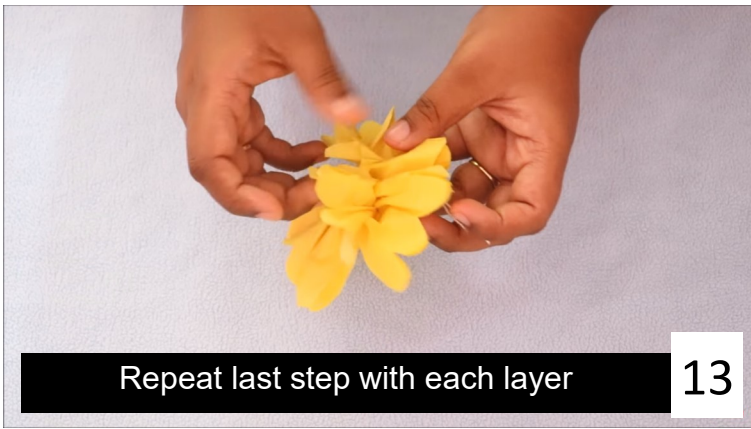
Fan out paper on all 4 sides

11



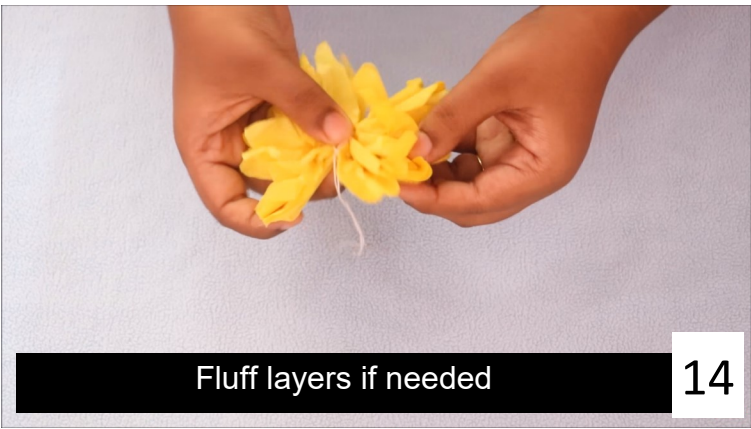
Peel the top layer of tissue up

12



Repeat last step with each layer

13



Fluff layers if needed

14



15



Thanks for watching!!

16

Cinco de Mayo Tissue Paper Banner

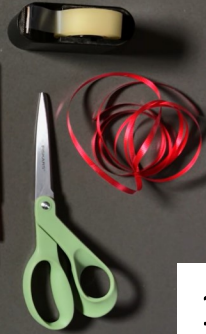
Find the video tutorial at:

<https://www.youtube.com/watch?v=4ET3rgN4KfU>



What you'll need:

- tissue paper
- scissors
- tape
- ribbon



1

Cut along fold

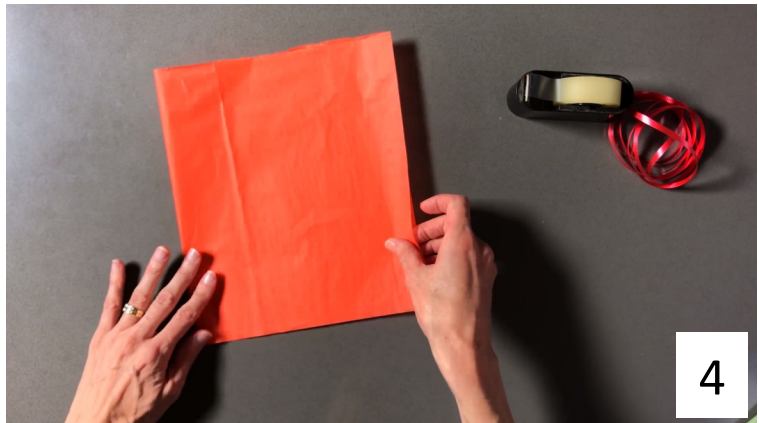


2

Make a tri-fold



3



4

Cut along folds



5

Fold in half



6

Fold in half again



7

Cut to make one end rounded



8

Fold rounded edge



9

Cut a notch at rounded end



10



11

Unfold once



12

Fold in half widthwise



13

Fold diagonally



14

Cut shapes along diagonal edge



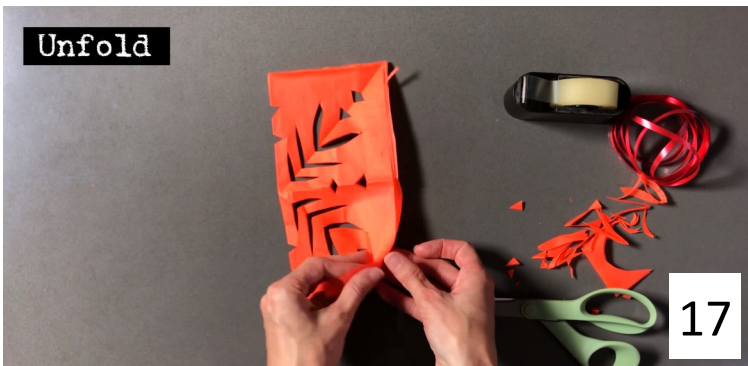
15

Cut shapes along other edge



16

Unfold



17



18

Send us a photo of your completed project at senior.center@newark.org