

June 1, 2020



**Congratulations  
Eleanor Ortiz**

Tri-City Elder Coalition  
Difference Maker  
Award 2020

In recognition of her  
volunteer efforts and  
passion to make a  
difference in the Tri-  
City Community!



**In this issue:**

Helpful Information

Food Resources

At Home...

- Activities
- Crafts
- Exercise Resources

and a few more laughs!



**New Ride-On Tri-City!  
Program Provides  
Subsidized Lyft Rides**

The Ride-On Tri-City! Program, administered by the City of Fremont's Human Services Department, provides eligible seniors and people with disabilities access to a maximum of 30 subsidized Lyft rides per month from 8 a.m. to 6 p.m., 7 days a week for rides to and from destinations in Fremont, Newark, and Union City. Participants pay the first \$4 of each one-way trip and the Ride-On Tri-City! Program will cover the next \$16 of the ride. If the total cost of the trip is over \$20, participants pay the rest.

Eligible seniors or persons with disabilities who wish to use Lyft must submit a Ride-On Tri-City! Transportation Services Application. You can fill out the application form online at: <https://www.fremont.gov/DocumentCenter/View/34942/Ride-On-Tri-City-Services-Application>

For more information on the new Lyft service or other mobility and transportation services for seniors and people with disabilities, contact the Ride-On Tri-City! Program at 510-574-2053. or email: [rideontricity@fremont.gov](mailto:rideontricity@fremont.gov)

**FREE COMMUNITY PROGRAM  
DRIVE-THRU GRAB & GO GROCERY BAG**

CLARK W. REDEKER NEWARK SENIOR CENTER  
7401 ENTERPRISE DRIVE | NEWARK

**Thursday, June 4, 2020**  
**Thursday, June 18, 2020**

**Pickup Time:** 10:30 AM or until supplies run 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

**QUESTIONS:**  
NICK CUEVAS, RECREATION SUPERVISOR  
OFFICE: 510-578-4432  
[NICHOLAS.CUEVAS@NEWARK.ORG](mailto:NICHOLAS.CUEVAS@NEWARK.ORG)

# Literature Word Search

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

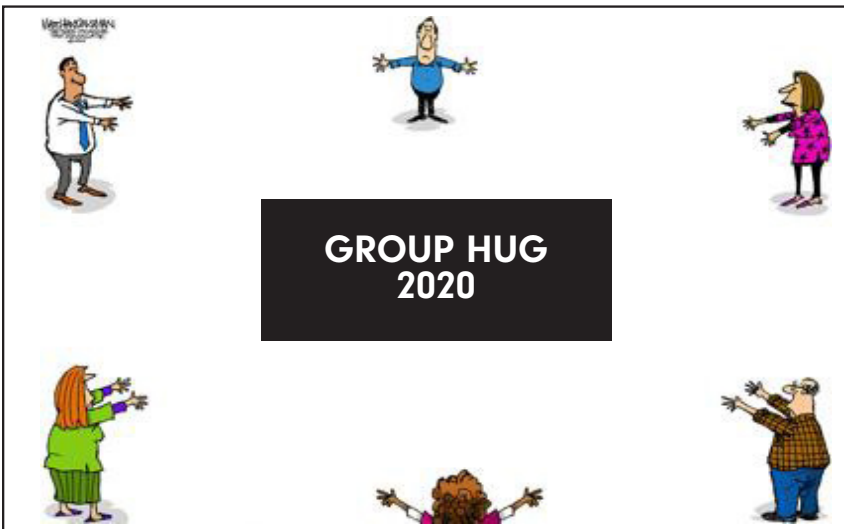
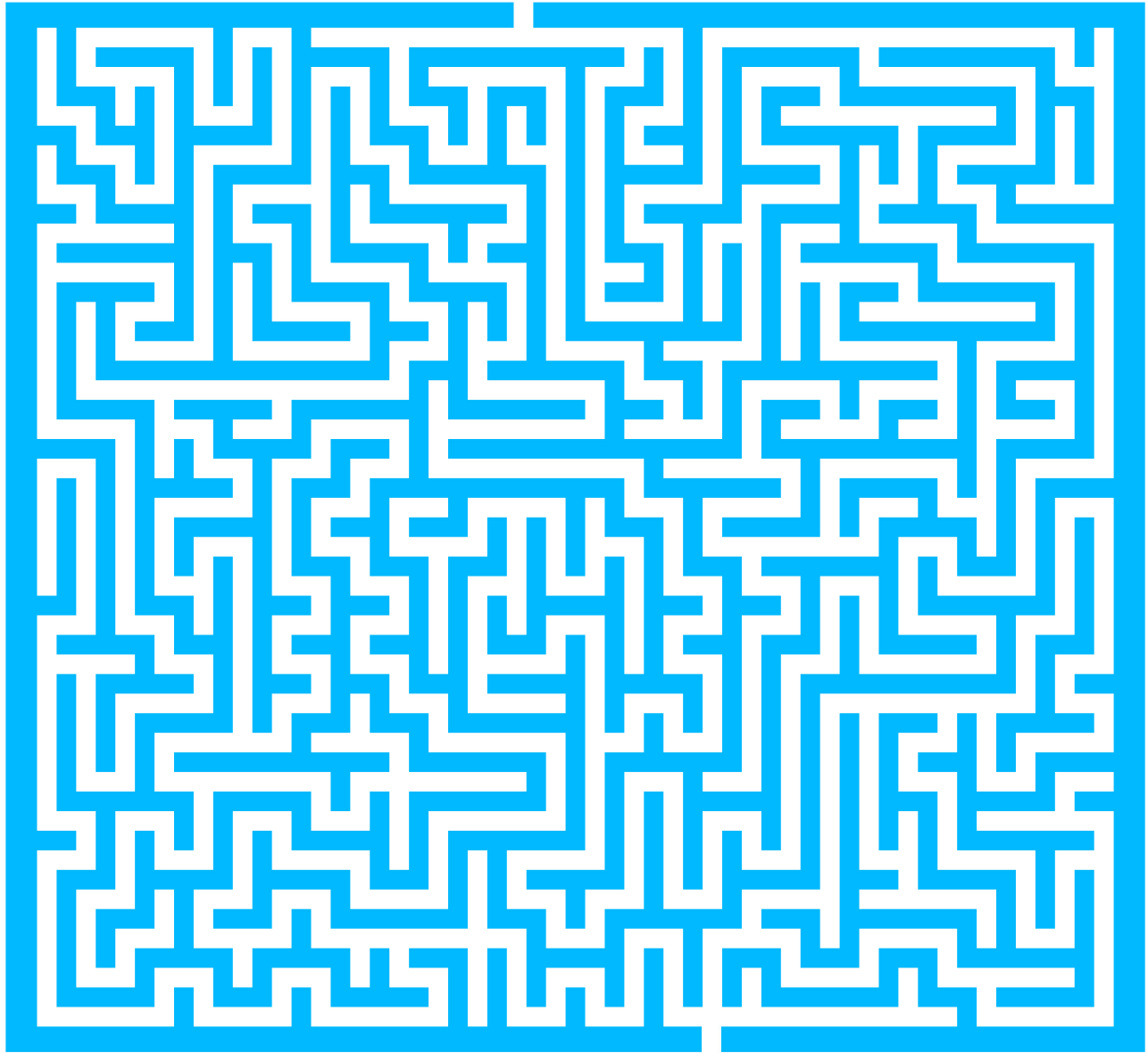
## Word List

Woolf  
 Harry Potter  
 Steinbeck  
 Chekhov  
 Hamlet  
 Frankenstein  
 Didion  
 The Hobbit

Keats  
 Ozymandias  
 Bronte  
 Beowulf  
 Chaucer  
 Ovid  
 The Odyssey  
 Byron

Ibsen  
 Shakespeare  
 Hunger Games  
 Kingsolver  
 Shelley  
 Vonnegut  
 Night







# How much do you remember from the *fabulous 50's* Answers...

## HISTORY

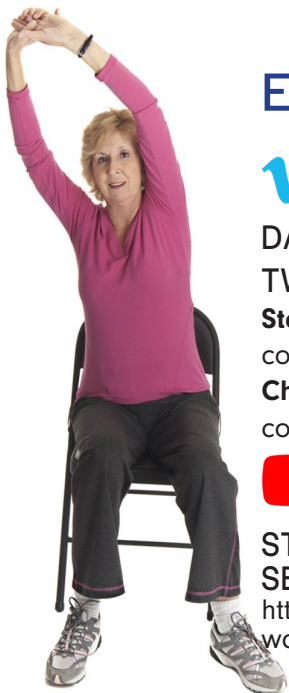
1. Dwight D. Eisenhower
2. Polio
3. Sputnik
4. Fidel Castro
5. 1955
6. Sir Edmund Hillary
7. Nikita Khrushchev
8. Wisconsin
9. Rosa Parks
10. Queen Elizabeth II

## MUSIC

1. Que Sera Sera
2. Tennessee Ernie Ford
3. The Platters
4. Nat King Cole
5. Alan Freed
6. West Side Story
7. Bill Haley and the Comets
8. Buddy Holly and the Crickets
9. Poison Ivy
10. Hank Williams Senior

## POP CULTURE

1. Elvis Presley
2. James Dean
3. The Price Is Right
4. Joe DiMaggio
5. Poodle skirt
6. Edd "Kookie" Burns
7. Coonskin
8. Goldfish
9. Roy Rogers
10. Hula hoop



## Exercise

**vimeo**

### DANCE WITH JESSICA- THE TWIST

**Standing Version:** <https://vimeo.com/420847476/a4d690e3a9>

**Chair Version:** <https://vimeo.com/420847879/4e7a04452f>



### STRETCHES FOR SENIORS

<https://www.youtube.com/watch?v=eHXbj2Uq8mM&t=31s>

## YouTube Craft pg. 5



### MASON JAR LID MAGNETS

<https://www.youtube.com/watch?v=Rq73ULZeArQ>

## HOME SWEET HOME FRAME

Supplies: Picture frame, white paper (cardstock preferred), regular white paper, decorative paper (tissue paper, scrapbook paper, or even decorative tape), scissors, ruler, glue or tape & marker



### DIRECTIONS

1. Draw a simple house on the white cardstock paper (square, triangle on top & small square for chimney). Leave space at the bottom for text.
2. Cut around the perimeter of the house.
3. Using marker write "Home Sweet Home".
4. Cut several strips of decorative paper (slightly longer than the width of your house cutout). If using decorative tape, still make sure the strips are slightly longer than the width of the house cutout.
5. Glue or tape decorative paper strips in your desired pattern onto the regular white paper. If using decorative tape, adhere in your desired pattern onto the regular white paper.
6. Glue or tape the white cardstock house cutout onto the other paper. Make sure the decorative paper/tape in the background completely fills the house cutout.
7. Place in picture frame and it's complete!

# MASON JAR LID PHOTO MAGNETS

Supplies: Mason jar lids (or any other lids around the house), photos to trace & cut, scissors, magnets, hot glue gun & hot glue sticks.



1) Use the lid insert to trace a circle onto your photo.



2) Cut the circle out.



3) Hot glue the inside of the lid ring.



4) Glue the insert to the inside of the lid ring. Careful – the metal will get HOT from the glue!



5) Hot glue around the edge & center of the lid.

6) Push photo into the lid and smooth out as best as you can.



7) Glue one side of the magnet & attach to the back side of the mason jar lid.



8) Your project is now complete!



SEND US A PHOTO OF YOUR COMPLETED PROJECTS AT  
[SENIOR.CENTER@NEWARK.ORG](mailto:SENIOR.CENTER@NEWARK.ORG)



# 5

## ways to stop your GLASSES FROM FOGGING UP WHEN YOU WEAR A MASK



### 1. GET FLEXIBLE!

The goal here is to prevent air from escaping out the top of your mask when you exhale. Many store-bought masks have a flexible nose piece, but if you're using a homemade mask, you can MacGyver a pipe cleaner or other flexible material over where your mask touches your nose. Just make sure to shape the mask so that it's tight over the bridge of your nose to reduce airflow out the top of the mask.



### 2. STICKY SITUATION

If molding the mask around your nose isn't doing the trick, you can take it a step further and use medical or athletic tape to create a seal on the bridge of your nose and cheeks. Everyone's face is different, but the goal is to prevent airflow from escaping upwards and onto your lenses.



### 3. FIT = FUNCTION

Make sure your mask fits correctly! You may need to make minor adjustments to the straps to ensure it's tight enough. The tighter it is, the less chance there is for air to escape up and into your glasses.



### 4. KEEP 'EM CLEAN!

While more of a temporary fix, washing your lenses with soapy water can help reduce fogging while wearing a mask. If you let them air dry instead of wiping them dry, the soap will leave a thin residue which will help prevent fogging. Bonus: you'll have yourself some sparkling clean glasses!



### 5. THE QUICK FIX

It may sound simple, but just moving your glasses down your nose a bit can be a quick temporary fix if you find yourself without the ability to adjust or tape your mask. This will allow air to flow out the top of your glasses rather than circulating around the lenses and fogging them up.