

June 22, 2020



Drive-Thru BBQ

Free for Seniors 55+
Thursday, July 9

**At the Silliman Activity
Center, 6800 Mowry Ave.**

Pre-registration required.

**Registration begins June 22 at
newarkca.activityreg.com or call 510-578-4845**

Choose your pickup time when registering!
**For safety precautions, please do not get in line
earlier than your assigned time.**

Drive-thru for pickup only.

Please wear a mask & do not exit your vehicle.

In this issue:

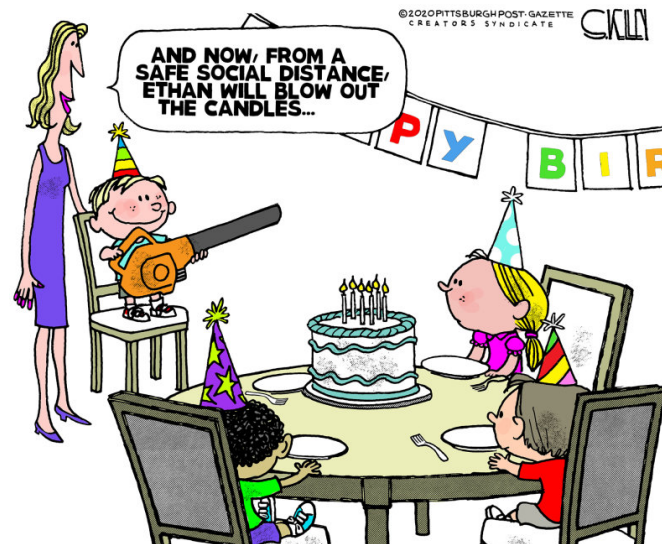
Helpful Information

Food Resources

At Home... Activities, Crafts, Exercise
and a few more laughs!

Where are we?

- A) Clark W. Redeker Newark Senior Center
- B) Newark City Hall
- C) Silliman Activity & Family Aquatic Center



California's reopening: See what's open and what's still shut down by county

By CHRONICLE DIGITAL TEAM

June 15, 2020

For up-to-date posting, visit <https://projects.sfchronicle.com/2020/coronavirus-map/california-reopening/>

For Alameda County...

When do shelter-in-place orders expire?

Effective until further notice

Are face coverings required in public?

Yes

What is open:

- ◇ Essential businesses like health care, grocery stores, pharmacies, banks
- ◇ Restaurants for pickup or delivery
- ◇ Curbside retail
- ◇ Low-contact service businesses like appliance repair and pet grooming
- ◇ Essential travel
- ◇ Small outdoor gatherings of 12 or fewer individuals from different households but similar social bubbles
- ◇ Outdoor activities like walking and biking with proper social distancing
- ◇ Construction, real estate transactions and other outdoor businesses with physical distancing requirements
- ◇ Child care for all children
- ◇ Educational institutions to resume career internship and pathways programs
- ◇ Some manufacturing
- ◇ Some outdoor facilities such as skate parks, athletic fields and golf courses
- ◇ Most state parks are open to hiking
- ◇ Curbside library services.

What is not open:

- ◇ Schools, nonessential in-store retail
- ◇ Bars, wineries and dine-in eating
- ◇ Use of state parks except for hiking
- ◇ Motorized access to state parks, camps and open spaces
- ◇ Public or private gatherings of any number of people occurring outside a single household
- ◇ Outdoor recreational areas and playgrounds with high-touch equipment
- ◇ Sports that require shared equipment or physical contact
- ◇ Personal services such as nail salons, tattoo parlors, gyms and fitness studios
- ◇ Entertainment and concert venues
- ◇ Movie and performing arts theaters
- ◇ Indoor museums
- ◇ Community centers
- ◇ Nightclubs
- ◇ Live sports and festivals.

Scheduled to open June 19:

(With modifications and physical distancing)

- ◇ Outdoor dining, fitness classes and museums
- ◇ Indoor retail
- ◇ Religious services with limited participants

COVID-19 - Coronavirus

Find and circle all of the COVID-19 words that are hidden in the grid.

The remaining letters spell a secret message.

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

ACHES
ACUTE CARE
ASYMPTOMATIC
BATS
CAREGIVERS
CASES
COMMUNITY
CONTACT
CONTAGIOUS
CORONAVIRUS
COUGH
DOCTORS

ESSENTIALS
FEAR
FEVER
FRONTLINE
GLOVES
HEADACHE
HOSPITAL
ICU
ISOLATE
JOB LOSSES
LOCKDOWN
LONG TERM

CARE
LUNGS
MASKS
NURSES
NURSING ATTENDANTS
NURSING HOMES
OUTBREAK
PAINS
PANDEMIC
PARAMEDICS
PATIENTS
PNEUMONIA

POSITIVE
PPE
PRECAUTIONS
QUARANTINE
RECOVERY
RESTRICTIONS
RUNNY NOSE
SANITIZE
SHORTAGES
SIXFEET
SORE THROAT
SPREAD

STAY SAFE
SYMPTOMS
TESTING
TIREDNESS
TREND
UPDATES
VACCINE
VENTILATORS
WASH HANDS

7 Standing Exercises for Core Strength

By the Editors of SilverSneakers - June 16, 2020

Core strength is important for improving posture, avoiding injuries, and maintaining balance. These exercises will help you build strength—without getting on the floor.

Follow SilverSneakers Trainer Andi as she demonstrates a series of standing exercises designed to strengthen core muscles.

Video demonstration available at <https://www.silversneakers.com/blog/7-standing-exercises-for-core-strength/>

Exercise 1: Twist

Stand with your feet hip distance apart and knees slightly bent. Keep your feet planted as you twist your torso to the right side and then the left.

Exercise 2: Crunch

No getting on the floor for this crunch! Stand tall with feet planted firmly to the ground. Let your arms rest at the sides of your body, make gentle fists, then bend your elbows to align your fists with your shoulders, if comfortable. Then, engage your core muscles as you gently curl your torso forward then return to standing. This is a standing crunch.

Exercise 3: Core Rotation

Maintain the same form as used for your crunch for this core rotation move. With your feet hip distance apart and elbows still bent, lean forward from your core, then move your torso to one side and continue rotating until you reach the other side of your body, then straighten your spine to stand tall. Continue this rotation, alternating sides, for as many times as you like.

Exercise 4: Side Bend

Stand tall with your feet apart at a comfortable distance. Let your right arm rest at your side and bend your left elbow to create a gentle fist in front of your left shoulder. Next, bend laterally toward the side of your extended arm, then return to standing tall. Repeat this side bend move on both sides of your body.

Exercise 5: Wood Chop

Stand tall and clasp your hands together in front of you. Then, bring your clasped hands up and to the right, near or above your shoulder. Next, swing your hands down and across your body to toward your left hip. You should feel like you're chopping wood. Keep your core engaged and try to keep your hips from moving too much as you swing. Repeat on both sides of your body as many times as you feel comfortable.


Exercise 6: Knee Rotation

Clasp your hands together in front of your body with elbows bent. Bring your hands to the right side, twisting your torso along with them. Then, twist to the left side. As you rotate, raise your left knee. This move is great for your core and helps to build lower body strength. Alternate this move on both sides of the body.

Exercise 7: Figure-8 Row

Extend your arms out in front of you, then bend both elbows and rest one hand atop the other in front of your chest. Keep your hands together as you move your right elbow toward your right hip, next bring your elbow up toward your right shoulder, and then across your body toward your left hip, then up and across again. Your elbows will draw an imaginary figure-8 that moves across your body.

You don't have to get on the floor to strengthen your midsection. Add these standing moves to your weekly exercise plan, and try this seated core workout to build strength in a chair. If you want to keep living life the way you want and doing the things you love, don't ignore your core.



VOLUNTEER INCOME TAX ASSISTANCE

Why pay for TAX PREP?

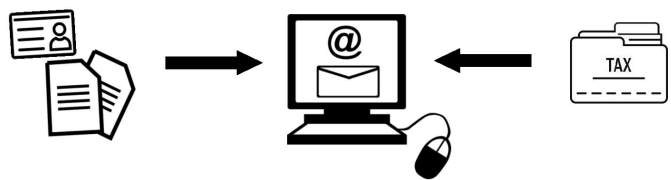
Let our **EXPERTS** do it for you – for **FREE!**

SPARKPOINT[®] FREMONT
The VITA Program is sponsored by the IRS and United Way Bay Area


If your annual household income is **\$56,000** or less, let our IRS-certified tax preparers file your tax return using our new **VIRTUAL VITA** service!!!

You may qualify for more than \$6,000 in refunds from the California and Federal Earned Income Tax Credits!


In response to the safety and well-being of our employees, volunteers and customers, we have developed an alternative tax preparation process amidst the COVID-19 pandemic. Our solution is low-risk to the public, while still providing the same level of service for those who need to file their tax returns.



Forms, tax documents, IDs, and completed tax returns are transferred via secure email.



If you don't have access to technology, no problem! Forms will be provided to you by pick up at FRC or via mail, you can schedule an appointment for staff to scan and upload your documents to a secure file, and you'll pick up your tax return when it's ready.

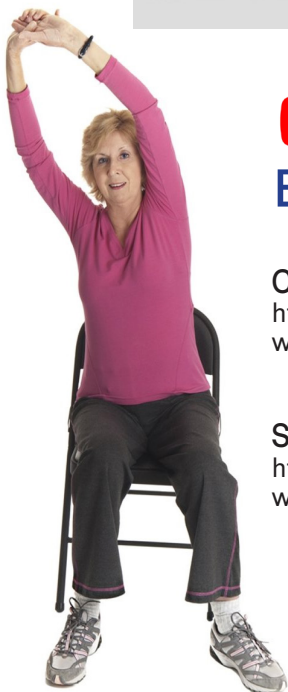


TO START THE PROCESS, CALL
(510) 666-6434

More information available at <https://static1.squarespace.com/static/569ac0b6fd5d084e149d7259/t/5ec432c47a5e5f3d7581cd48/1589916358057/Virtual+VITA+Flier+-+English.pdf>

Guess the word or phrase!

1 CCCCCCC	2 LE / VEL	3 GIVE GET GIVE GET GIVE GET GIVE GET	4 ABCDEFGHIJKLMNOPQRSTUVWXYZ	5 T O W N
6 LU CKY	7 HE'S / HIMSELF	8 BL C USE	9 AID ← AID AID	10 W D E S T
11 GROUND FEET FEET FEET FEET FEET FEET	12 ECNALG	13 CYCLE CYCLE CYCLE	14 R E A D I N G	15 R O A D S
16 0 — M.D. Ph.D. B.Sc.	17 KNEE LIGHTS	18 YOU JUST ME	19 MILONELION	20 PRO / MISE
21 TO CH U	22 1,2,3,...,38 39,40 LIFE	23 JACK	24 economy	25 UP 8
26 just	27 Apple	28 G N I K A M LOST LOST LOST LOST	29 O V A T I O N	30 STAND TAKE MINE TAKING I YOU 2 MY



 **YouTube**
Exercise

CHAIR ZUMBA FOR SENIORS

<https://www.youtube.com/watch?v=mnP3uMXHMEI&t=266s>

SILVER SNEAKERS SEATED DANCE

<https://www.youtube.com/watch?v=fv43jq0sHeE>

Answers

1. Seven Seas
2. Level Crossing
3. Forgive & Forget
4. Missing U
5. Downtown
6. Lucky Break
7. He's Beside Himself
8. See Through Blouse
9. First Aid
10. West Indies
11. 6 Feet Underground
12. Backward Glance
13. Tricycle
14. Reading Between the Lines
15. Crossroads
16. 3 Degrees Below Zero
17. Neon Lights
18. Just Between You & Me
19. One In a Million
20. Broken Promise
21. You Are Out of Touch
22. Life After 40
23. Jack In the Box
24. Growing Economy
25. Up Before 8
26. Just Around the Corner
27. Apple Pie
28. Making Up Lost Time
29. Standing Ovation
30. I Understand, you Undertake to Undermine My Undertaking

TCV FOOD BANK IS OPEN

Drive-Thru Grab and Go Bag of Food
Monday—Thursday 9.30a—2.30p

 **37350 Joseph St., Fremont, CA 94536**

GLASS BOTTLE LIGHT

Supplies for plain bottle: glass bottle & string of lights

Supplies for decorated bottle: clear glass bottle, glue, tissue paper, scissors & string of lights



Plain Bottle:

- 1) Feed lights into bottle & plug in.

Decorated Bottle:

- 1) Cut out desired shapes of tissue paper.
- 2) Glue tissue paper onto bottle in desired pattern.
- 3) Feed lights into bottle & plug in.

