

August 3, 2020



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

AS COVID-19 CASES SKYROCKET, LET'S STAY DILIGENT

It's more important than ever to protect ourselves
and our loved ones from the coronavirus

by Jo Ann Jenkins, CEO, AARP, June 26, 2020

As communities and states begin to reopen their economies as part of the coronavirus recovery, it's important for all of us to continue to take precautions and remain diligent. Older adults and those with underlying health conditions are still at high risk. As much as we would like all of this to be over, now is not the time to relax our own individual precautions.

While many businesses, restaurants, schools, churches, recreation facilities and other establishments begin the process of reopening and the number of people allowed to gather in one place increases, the reported cases of COVID-19 are skyrocketing. Many states, especially those in the south and west — such as Arizona, Texas, Florida and California — are reporting new daily cases surpassing the previous highs reported in April.

In testifying before members of Congress on Tuesday, White House health adviser Anthony Fauci, M.D., director of the National Institute of Allergy and Infectious Diseases, called this a “disturbing surge” and said that the next two weeks will be critical to slowing the outbreaks. He also warned that it's impossible to anticipate the dynamics of a possible second wave of infection in the fall, with Robert Redfield, director of the Centers for Disease Control and Prevention, noting that the cold weather, people gathering indoors and flu season present additional risks in the months ahead.

The CDC reminds us that the best way to prevent illness is to avoid being exposed to this virus. There is currently no vaccine to prevent it. It is thought to spread mainly by person-to-person contact between those who are in close contact with each other (within about six feet). The coronavirus spreads when an infected person coughs, sneezes or talks, producing respiratory droplets that can land in the mouths or noses of people who are nearby, and they can possibly be inhaled into the lungs.

Continue to practice social distancing. Staying at least six feet away from others is especially important for people who are at higher risk of getting very sick, such as older adults. Avoid close contact with people who are sick, even inside your home.

If you must go out in public:

- Wear a mask
- Avoid crowds, particularly in confined and indoor spaces.
- Wash your hands often, for at least 20 seconds — or use an alcohol-based hand sanitizer that contains at least 60 percent alcohol — especially after you've been in a public place or sneezing, coughing or blowing your nose.
- Avoid touching your eyes, nose and mouth with unwashed hands.
- Clean and disinfect frequently touched surfaces daily, including tables, doorknobs, light switches, countertops, handles, desks, phones, keyboards, toilets, faucets and sinks.
- Monitor your health. Be alert for symptoms such as fever, cough, shortness of breath and other signs the CDC has identified. If symptoms develop, take your temperature and follow CDC guidance.

By taking these precautions and staying diligent, we can help protect ourselves and our loved ones and stay healthy and safe. While we all look forward to a time when we can return to a more normal life, let's keep in mind that it is a process, and it may be a long one at that. But by continuing to be diligent, we can help speed up that process. Remember, we're all in this together.



FROZEN MEALS ARE AVAILABLE TO ORDER ON A WEEKLY BASIS FOR 55+ THRU FREMONT SENIOR CENTER & LIFE ELDERCARE

5 frozen meals for \$20.

Meals will include chicken, turkey, pork, fish and sometimes beef. There will be no substitutions, however, Vegetarian meals can be requested when placing your order. Please make us aware of any important food allergies.

Effective Thursday, July 30, we will have hot meals available to order for pick-up on the 1st, 3rd and 5th Thursdays of each month.

Cost: \$7.00 per meal - sometimes higher based on high-end meal.

The meals will be curb-side pick-up (in front of the senior center) each Thursday (12 pm - 1 pm) and will continue until the Senior Center reopens.

If you wish to stay in your house or don't have transportation available to pick up meals at the Fremont Senior Center, we can bring the meals to you! Life ElderCare has kind volunteers that will drop off meals to your home on Thursdays between 1pm - 2pm. This is a free service, so let us know if you need your meals delivered.

Orders are taken on a week by week basis. Order requests can be made through Monday at 3:00 pm for Thursday pick-up. Example: Orders for August 6 will be taken July 28 - 3 pm on August 3).

PLEASE NOTE: Orders will be taken on a weekly basis. You can only order one week at a time.

Payments: Credit card payment is HIGHLY preferred. We have learned during this time that this is the safest method of payment for everyone. You can make arrangements to have a credit card form emailed to you or a staff member can call you for the information.

To get more details and/or to place an order, please email us at SeniorCenter@Fremont.gov or call the Senior Center at 510-790-6600 (message line) Include your name, phone number and the date you are ordering for. Lynn Hood will email or call you back to let you know she has gotten your order and to send you the credit card form. If you wish to be called for credit card information, let us know in your email or your voice message.

KEEPING SAFE: When should I use Soap and Water or Hand Sanitizer?

Soap and Water

- Before, during, and after preparing food
- Before eating food
- Before and after caring for someone who is sick
- Before and after treating a cut or wound
- After using the bathroom, changing diapers, or cleaning up a child who has used the bathroom
- After blowing your nose, coughing, or sneezing
- After touching an animal, animal food or treats, animal cages, or animal waste
- After touching garbage
- If your hands are visibly dirty or greasy

Alcohol-Based Hand Sanitizer

- Before and after visiting a friend or a loved one in a hospital or nursing home, unless the person is sick with *Clostridium difficile* (if so, use soap and water to wash hands).
- If soap and water are not available, use an alcohol-based hand sanitizer that contains at least 60% alcohol, and wash with soap and water as soon as you can.

* Do **NOT** use hand sanitizer if your hands are visibly dirty or greasy: for example, after gardening, playing outdoors, or after fishing or camping (unless a handwashing station is not available). Wash your hands with soap and water instead.

New York Word Search 1

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

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

BASEBALL
BASKETBALL
BOROUGH
BROADWAY
BROOKLYN
CHINATOWN
CONEY ISLAND
CULTURAL
EMPIRE STATE BUILDING
ENTERTAINMENT
FASHION

FERRIES
FIFTH AVENUE
FINANCE
FOOTBALL
GRAND CENTRAL TERMINAL
GREENWICH VILLAGE
GROUND ZERO
HARBOR
HIGHRISES
HOCKEY
HUDSON RIVER

IMMIGRANTS
LAGUARDIA AIRPORT
MANHATTAN
MEDIA
MUSICALS
NASDAQ
NEW YORK TIMES
NYSE
PLAYS
POPULOUS
QUEENS

SKYSCRAPERS
SOCCER
SPORTS
STATEN ISLAND
ST PATRICKS CATHEDRAL
SUBWAY
THE BIG APPLE
THE BRONX
TIMES SQUARE
UNITED NATIONS
WALL STREET

COVID-19 Prevention in Newark Parks

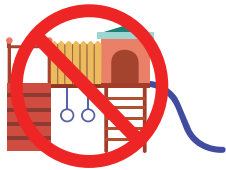
Keep our community safe...



Wear a face mask.



Respect the Radius. Keep 6 feet or more between you and others all the time.



Do not touch any surfaces or playground equipment.



Do not participate in team or contact sports. Avoid activities which share equipment or involve touching.

Virtual Tours

CITY OF NEWARK VIDEO TOUR

https://www.elocalink.tv/m/v/player.php?pid=w6azAz24&fp=cane19wel_rev3_iwd#

YOSEMITE VIRTUAL TOUR

<https://www.virtualyosemite.org/virtual-tour/#node234>

YELLOWSTONE VIRTUAL TOUR

<https://www.nps.gov/yell/learn/photosmultimedia/virtualtours.htm>

SAN DIEGO ZOO LIVE CAMERAS

<https://zoo.sandiegozoo.org/live-cams>

LOUVRE VIRTUAL TOUR

<https://www.louvre.fr/en/visites-en-ligne#tabs>

NATIONAL MUSEUM OF NATURAL HISTORY VIRTUAL TOUR

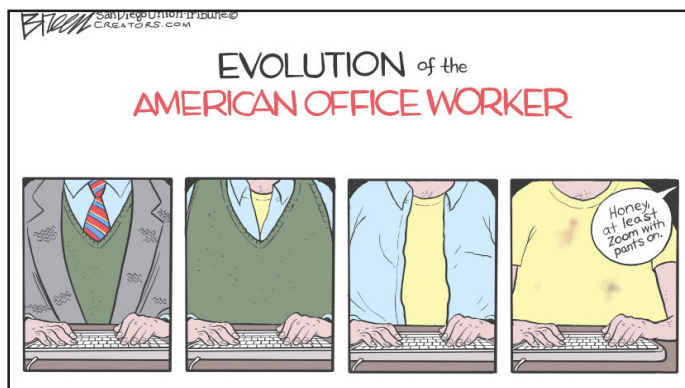
<https://naturalhistory.si.edu/visit/virtual-tour>

YouTube Craft Pg. 5



DIY BIRTHDAY BANNER

https://www.youtube.com/watch?v=5S-dimM_ri4




YouTube Exercise

SILVERSNEAKERS YOUTUBE CHANNEL

This channel has a variety of exercises including: daily stretching, dance, Tai Chi, total body workouts and more!

<https://www.youtube.com/channel/UCRp-32Yi0KC2YMgHlg6mTag>

 24GO LIVE APP & YOUTUBE CHANNEL

Enjoy free exercise classes provided by 24hr Fitness by downloading the free app onto your phone or clicking the YouTube video link below. Please click [HERE](#) for the 24GO website & class schedule (more classes available on the app.)
<https://www.youtube.com/watch?v=8-ilF8nlhUY>



DIY BIRTHDAY BANNER

Supplies: card stock or construction paper, pencil, ruler, scissors or razor blade, paint or marker, some type of ribbon or string



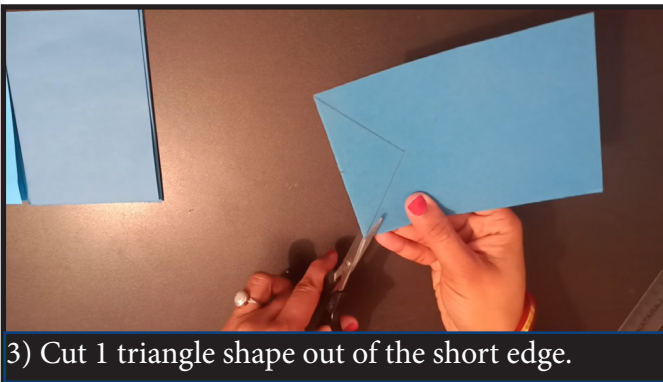
1) Cut a piece of card stock in half on the long edge.



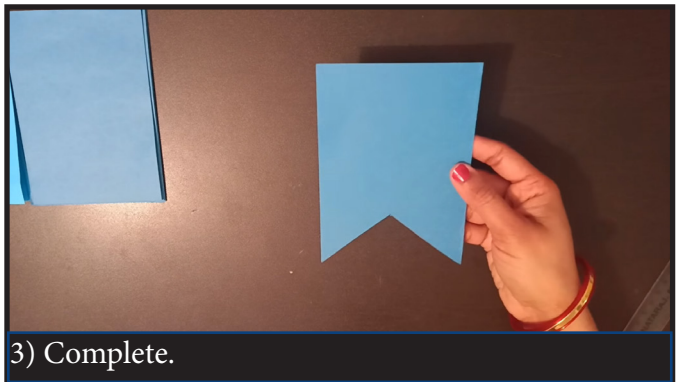
2) Cut the 2 small pieces again on the long edge.



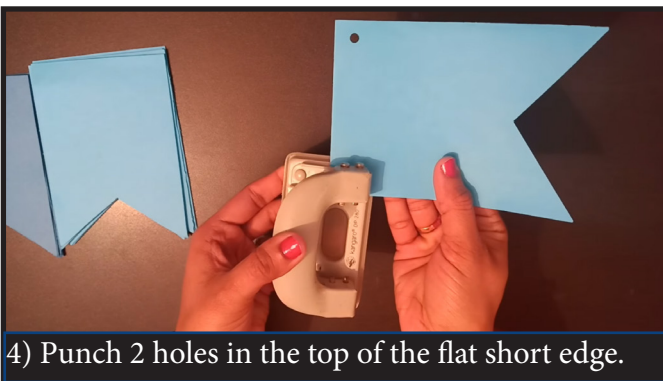
3) Cut 1 triangle shape out of the short edge.



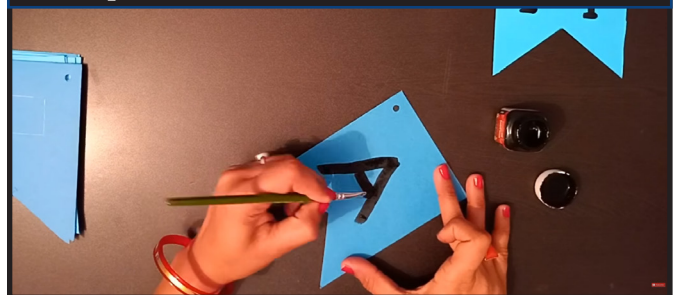
3) Complete.



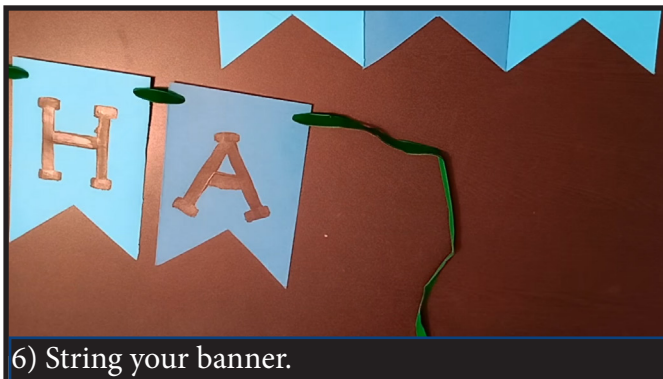
4) Punch 2 holes in the top of the flat short edge.



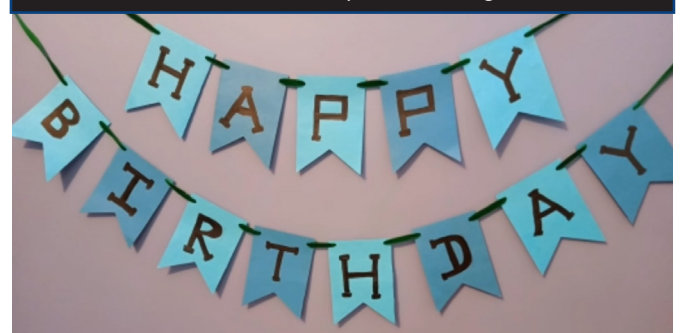
5) Draw/paint on your desired letters onto each banner piece.



6) String your banner.



8) Your banner is now ready to be hung!



SEND US A PHOTO OF YOUR COMPLETED PROJECTS AT
SENIOR.CENTER@NEWARK.ORG



NEW pickup location ACROSS from Senior Center



NEWARK
Recreation
and Community Services

TCV **FOOD BANK**
+ THRIFT STORE
TRI-CITY VOLUNTEERS INC.

A Partnership to serve the community

FREE COMMUNITY PROGRAM
DRIVE-THRU GRAB & GO GROCERY BAG
NEWARK SERVICE YARD (across from Senior Center)
37440 FILBERT STREET | NEWARK
Park along Filbert Street, Don't block driveways, Staff will guide you

Thursday, August 6 , 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

PROGRAM INFO:

1st & 3rd Thursday of each month
first come, first serve, open to everyone
MUST BE IN A CAR

QUESTIONS:

NICK CUEVAS, RECREATION SUPERVISOR
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NICHOLAS.CUEVAS@NEWARK.ORG