

November 2, 2020



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THANKSGIVING Guidelines from the CDC

Thanksgiving is a time when many families travel long distances to celebrate together. Travel increases the chance of getting and spreading the virus that causes COVID-19. Staying home is the best way to protect yourself and others. If you must travel, be informed of the risks involved.

Lower risk activities...

- Having a small dinner with only people who live in your household
- Preparing traditional family recipes for family and neighbors, especially those at higher risk of severe illness from COVID-19, and delivering them in a way that doesn't involve contact with others
- Having a virtual dinner and sharing recipes with friends and family
- Shopping online rather than in person on the day after Thanksgiving or the next Monday
- Watching sports events, parades, and movies from home

Moderate risk activities...

- Having a small outdoor dinner with family and friends who live in your community
- Lower your risk by following CDC's recommendations on hosting gatherings or cook-outs.
- Visiting pumpkin patches or orchards where people use hand sanitizer before touching pumpkins or picking apples, wearing masks is encouraged or enforced, and people are able to maintain social distancing
- Attending a small outdoor sports events with safety precautions in place

Higher risk activities...

Avoid these higher risk activities to help prevent the spread of the virus that causes COVID-19:

- Going shopping in crowded stores just before, on, or after Thanksgiving
- Participating or being a spectator at a crowded race
- Attending crowded parades
- Using alcohol or drugs, which can cloud judgement and increase risky behaviors
- Attending large indoor gatherings with people from outside of your household



IT IS NOT HAPPY PEOPLE WHO ARE
THANKFUL
 IT IS THANKFUL PEOPLE WHO ARE
HAPPY





It seems as though this year is flying right on by and Thanksgiving will be here sooner than we know. This time around, things will be different given that most of us won't be able to gather with our loved ones to celebrate. It's time we get creative to share our love and gratitude from afar.

Families are brainstorming socially distanced Thanksgiving dinners which may occur in person or virtually. Either way, show up in whatever way you are most comfortable with, even if it's through a card or note.

It's tough missing out on family gatherings during the holidays. Make sure you let your people know you love them and are grateful for them during this time.

For a lot of us, it may be our first time not spending time with family during the holidays and that stinks; however, sending them a card or note will be sure to brighten their day and make them feel loved.

Article adapted from <https://punkpost.com/stories/covid-19-thanksgiving>



Feeling isolated?

Mask up and go for a walk!



Trivia



When did the Senior Center open? 20 Points

Who was the 23rd President of the US? 20 Points

who was Newark's first elected Mayor 20 Points

Question 1

What character had a T-negative blood type?

- A) James T. Kirk
- B) Mr. Spock
- C) Scotty
- D) Hikaru Sulu

Question 2

What rock and roller started his career touring the southern U.S. as The Hillbilly Cat?

- A) Eddie Fisher
- B) Roy Hamilton
- C) Jim Reeves
- D) Elvis Presley

Question 3

What war saw the capture of Heartbreak Ridge?

- A) Korean War
- B) World War I
- C) World War II
- D) Vietnam War

Question 4

Who was the title character in J.R.R. Tolkien's *Lord of the Rings* trilogy?

- A) Bilbo Baggins
- B) Gandalf
- C) Sam Gamgee
- D) Sauron

Question 5

What toothpaste set kids to crying: "Look, Ma - no cavities"?

- A) Dr. Lyon's Tooth Powder
- B) Ipana
- C) Crest
- D) Gleem

Question 6

What Surfari's hit was re-released in 1966?

- A) *Wipeout*
- B) *Surfer Joe*
- C) *Waikiki Run*
- D) *Dune Buggy*

Question 7

What Broadway show was loosely based on Elvis Presley's Arm induction?

- A) *On the Town*
- B) *Allegiance*
- C) *South Pacific*
- D) *Bye Bye Birdie*

Question 8

Who was the first Beatle to record outside the fold?

- A) John Lennon
- B) Paul McCartney
- C) Ringo Starr
- D) George Harrison

Answers on page 9.

Fall Leaves Table Runner Craft

Materials



- Felt sheets (You can use bigger pieces, we just found these easy to manage. We went with 5 of each color, leaving some room for errors that might occur. The amount you use will depend on the length of your table.)
- Scissors
- Sewing materials
- Paper
- Pencil/eraser
- Fabric glue
- Tape (optional)

- Cut out your leaves to form a pattern.



- Draw out the leaves. We went with the size of the paper.



- We then made tape loops, attached them to the back of the pattern and adhered the leaf to the felt sheet. We find the tape holds the pattern in place without the pokes that sometimes come along with using pins!



- Cut around your pattern carefully forming your felt leaf. Repeat for as many leaves that you would like with each pattern you make.



- Don your smock and cover your space with a craft table cloth. We then glued the leaves to each other overlapping them in a line formation. Allow to dry overnight. We wanted our table runner for the center of the table, but you could extend the leaves over the edge.



Enjoy!



PLAYBILL®

Your guide to where and when to watch captures of live plays and musicals, from the National Theatre and more! Click the links below to view the upcoming free live streams of stage productions.

<https://www.playbill.com/article/schedule-of-upcoming-and-current-free-live-stream-broadcasts-com-322823>

One Man, Two Guvnors

November 6

[PBS.org/BroadwayOnPBS](https://www.pbs.org/BroadwayOnPBS)

James Corden stars in the Richard Bean's adaptation of Carlo Goldoni's *The Servant of Two Masters*, filmed in 2011 at the National Theatre in London.

Adding Machine

Through November 12

[Finborough Theatre YouTube Channel](https://www.youtube.com/channel/UC...)

The UK premiere of Joshua Schmidt and Jason Loewith's musical adaptation of the Elmer Rice play, filmed in 2016 at the Finborough Theatre in London.

Romeo and Juliet

Available until February half-term 2021

[Shakespeare's Globe YouTube Channel](https://www.youtube.com/channel/UC...)

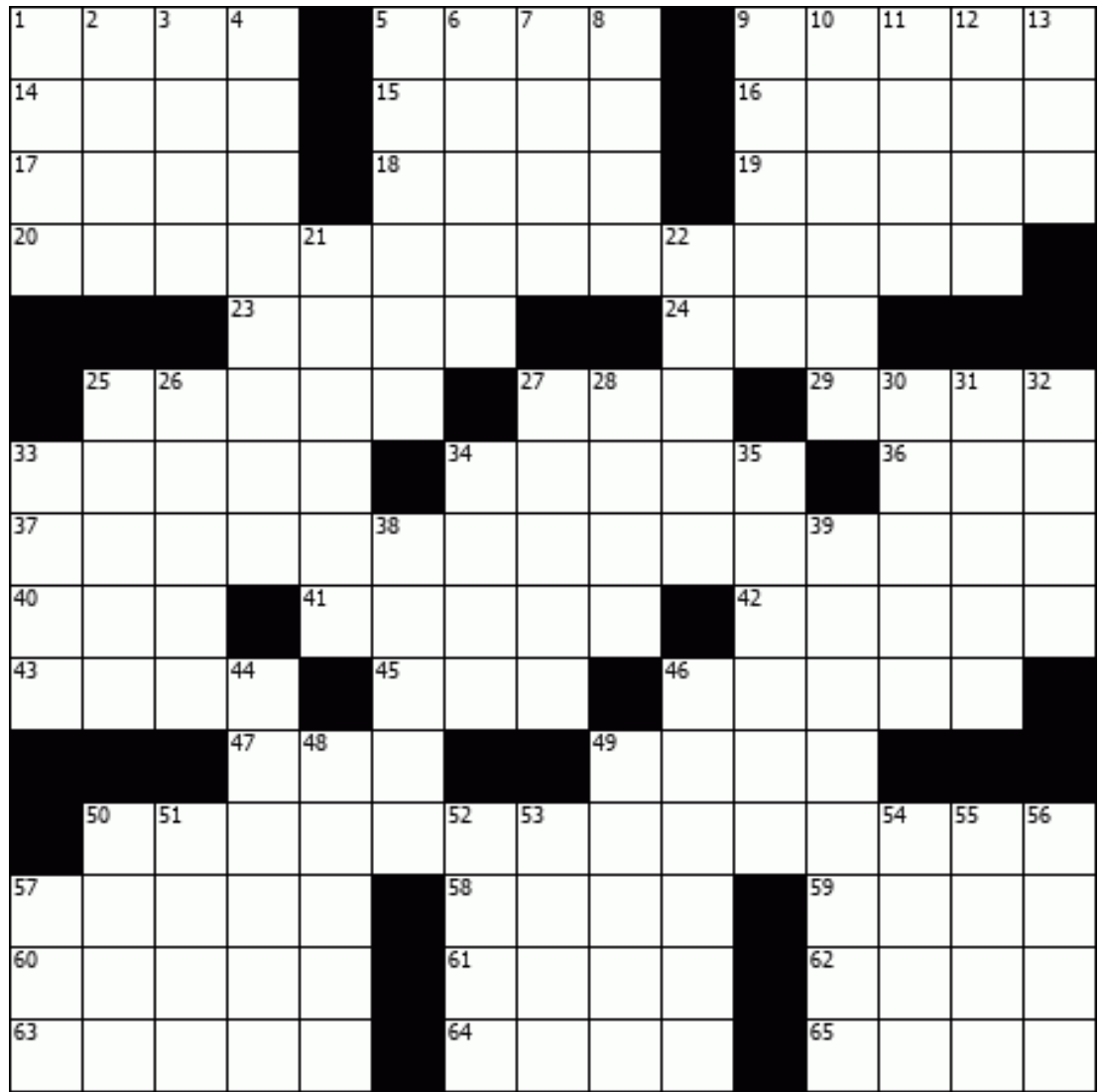
Nathan Welsh and Charlotte Beaumont star in this 90-minute adaptation of *Romeo and Juliet*, created to introduce young people to Shakespeare. The production was filmed in 2019 at Shakespeare's Globe in London.

Crossword Puzzle

Answers on page 8.

Across

1. CD player ancestor
5. "You're getting warmer," e.g.
9. Smokejumper's need
14. Type of mitt or rack
15. Emmy winner Falco
16. Desert watering hole
17. It may be checkered
18. Like Silver's rider
19. Garbo or Bergman, e.g.
20. Between Earth and Venus, e.g.
23. Some deer
24. Do-say link
25. Voice between alto and baritone
27. It borders the Atl.
29. Ain't corrected
33. Adventurer's stock
34. "Cheers" character
36. Long-handled farm tool
37. Some far out trips
40. Soybean container
41. Kind of heat or energy
42. Uppity one
43. Has dates with
45. Letters on a PC key
46. They might send you down the river
47. Millinery sale
49. Request for permission
50. What an astronaut experiences in space
57. Desire strongly
58. "What ___ God wrought"
59. Result of cogitating, perhaps
60. Poe's bird
61. "Waiting for the Robert ___"
62. A Spanish 21 deck has none
63. Juilliard major
64. Pathfinder's destination
65. Finishes



Down

1. Certain Kachina carvers
2. John, in Siberia
3. Song or gab ending
4. Home page location
5. Hand lender
6. Underwood and Studdard, affectionately
7. Early ship reaching American shores
8. High schooler
9. Receipt listings
10. Michener epic
11. ___-friendly
12. Shipshape
13. Suffix with Vietnam
21. Fowl perches
22. Receives a stipend
25. Nevada border lake
26. Escape detection of
27. Center in the crosshairs
28. County event
30. "Go ahead and ask"
31. Forbidden actions
32. Run-through
33. Recipe abbreviations
34. Computer giant
35. Opinion pieces
38. Averse
39. Immeasurably large
44. Tremble with cold or fear
46. Signs of allergic reactions, perhaps
48. Satellite-launching rocket stage
49. Olympic measure
50. Shrink trailer
51. Roofer's repair site, perhaps
52. Unnamed ones
53. Tra follower
54. Famous garden
55. Transmit
56. Disrespect orally
57. ___-Magnon (prehistoric man)

Breakfast Word Search

Find and circle all of the breakfast items that are hidden in the grid.
The remaining letters spell a popular breakfast drink.

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

BACON
BAGELS
BISCUITS
BREAD
CEREAL
COFFEE
CROISSANTS
DOUGHNUTS

EGGS
FRUIT
GRANOLA
HAM
HASH BROWNS
HONEY
HOT CHOCOLATE
JAM

JELLY
MARMALADE
MILK
MUFFINS
OATMEAL
OMELETS
PANCAKES
PORRIDGE

ROLLS
SAUSAGES
TEA
TOAST
WAFFLES
YOGURT

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



Exercise



FREE MORNING STRETCH W/
JESSICA EVERY WED. @ 10AM
Click [HERE](#) to register!



SENIOR CARDIO & BALANCE
W/ PETE MO
[https://www.youtube.com/
watch?v= DJUR9jpNm0](https://www.youtube.com/watch?v=DJUR9jpNm0)



Drive Thru/Tailgate Friendsgiving Lunch

Monday, 11/23, Arrive between 12:00pm - 1:00pm
\$5/Senior

SPACE IS LIMITED. PRE-REGISTRATION REQUIRED.

Location: Silliman Activity Center Parking Lot

All participants must wear a mask at check-in. Grab and go or... eat your lunch (Thanksgiving Turkey Sandwich) in the car and bring a chair and join the parking lot tailgate. If you don't have a chair, we will have some on-hand. For your safety, you must sit at a safe social distance in the parking lot as designated by staff.

Email your favorite Thanksgiving Recipe to cheryl.galvez@newark.org by 11/2 to be included in a recipe exchange.



Trivivia

Answers

- Question 1:** B) Mr. Spock
- Question 2:** D) Elvis Presley
- Question 3:** A) Korean War
- Question 4:** D) Sauron
- Question 5:** C) Crest
- Question 6:** A) Wipeout
- Question 7:** D) Bye Bye Birdie
- Question 8:** A) John Lennon

Senior Pen Pals

Are you interested in becoming a senior penpal for our teen volunteer program?

Exchange letters with our teen volunteers from September-December! Help them earn volunteer hours for school!

Interested?

Contact Recreation Coordinator Katie Dennis
Katie.dennis@newark.org or 510-578-4409

ONLINE... at newarkca.activityreg.com or scan the QR Code

MAIL... registration form and payment to "City of Newark":
Silliman Activity & Family Aquatic Center
6800 Mowry Avenue
Newark, CA 94560



PHONE IN REGISTRATIONS ARE NOT ACCEPTED.

Newark Recreation and Community Services Registration Form

Adult/Main Contact Name: _____ Birth Date: ____ / ____ / ____

Day Phone: _____ Cell Phone: _____

Email Address: _____

Address: _____ City: _____ Zip: _____

Emergency Contact Name: _____ Phone: _____

Participant: Name	Birth Date	Gender	Class Name, Date and Time	Fee
_____	____ / ____ / ____	M F	_____	\$ _____
_____	____ / ____ / ____	M F	_____	\$ _____
_____	____ / ____ / ____	M F	_____	\$ _____
_____	____ / ____ / ____	M F	_____	\$ _____

Voluntary donation to the Recreation Scholarship Program: \$ _____

Total: \$ _____

Release of Liability: I understand that my (or my minor child's/ward's) participation in any City activity is voluntary. Further, I understand that participation can be a hazardous activity. By signature below, I agree that neither I, my successors, assigns, nor anyone acting on my behalf will hold the City of Newark, its officers, agents, employees, or volunteers liable for any injury, accident, or illness arising out of my (my minor child's/ward's) voluntary participation in the above named program/activity. I hereby release the City of Newark, its officers, agents, employees, or volunteers from and against any and all claims, cost liabilities, expenses, or judgments, including attorney's fees and court costs arising from my (my minor child's/ward's) participation in the program/activity or any illness/injury resulting therefrom, and hereby agree to indemnify and hold harmless the City of Newark, its officers, agents, employees, or volunteers from and against any and all such claims, whether caused by negligence or otherwise.

I further understand that the City of Newark is not and will not be responsible for Workers Compensation benefits as a result of any injury or illness due to my (my minor child's/ward's) voluntary participation in this activity.

The City of Newark reserves the right to photograph facilities, activities, and program participants for potential use in advertising brochures, department social media, and the City's web page. All photos will remain the property of the City of Newark.

Signature of Participant (or Parent/Guardian, if under 18)

Payment: _____ Check or Money Order made payable to the "City of Newark"

_____ Charge VISA/Mastercard... Card #: _____ - _____ - _____ Expiration: ____ / ____
month/year