

November 23, 2020



CDC Guidelines for Celebrating Thanksgiving

Traditional Thanksgiving gatherings with family and friends are fun but can increase the chances of getting or spreading COVID-19 or the flu. The safest way to celebrate Thanksgiving this year is to celebrate with people in your household. If you do plan to spend Thanksgiving with people outside your household, take steps to make your celebration safer.

- Remember that some people without symptoms may be able to spread COVID-19 or flu.
- Keeping 6 feet (about 2 arm lengths) from others is especially important for people who are at higher risk of getting very sick.
- Wash hands often with soap and water for at least 20 seconds.
- Keep hand sanitizer (at least 60% alcohol) with you and use it when you are unable to wash your hands.
- Have a small outdoor meal with family and friends who live in your community.
- Limit the number of guests.
- Have conversations with guests ahead of time to set expectations for celebrating together.
- Clean and disinfect frequently touched surfaces and items between use.
- If celebrating indoors, make sure to open windows.
- Limit the number of people in food preparation areas.
- Have guests bring their own food and drink.
- If sharing food, have one person serve food and use single-use options, like plastic utensils.

Consider Other Thanksgiving Activities

- Safely prepare traditional dishes and deliver them to family and neighbors in a way that does not involve contact with others (for example, leave them on the porch).
- Schedule a time to share a meal together virtually.
- Have people share recipes and show their turkey, dressing, or other dishes they prepared.
- Watch Thanksgiving Day parades, sports, and movies or find a fun game to play at home with people in your household.

Shopping

- Shop online sales the day after Thanksgiving and days leading up to the winter holidays.
- Use contactless services for purchases, like curbside pick-up.
- Shop in open air markets staying 6 feet away from others.

In this issue:

- Informative Articles
- Virtual Concerts
- Thanksgiving Recipes
- At Home... Activities & Exercise



However you celebrate, we wish you health and happiness always!
We are grateful for you and the many friendships made at the Clark W. Redeker Newark Senior Center!

-Nick, Cheryl & Jessica-





**YOU ARE INVITED!
TO THE 32nd ANNUAL COMMUNITY
THANKSGIVING DAY DINNER**

**FREE MEALS WILL BE GIVEN OUT FROM 12:30 - 4 PM
AT THE NEWARK PAVILION PARKING LOT
6430 THORNTON AVE. IN NEWARK (CROSS STREET - CHERRY)
Car entries are on Cherry St. and don't come earlier than 12 noon**

OPEN TO ALL THOSE WHO WOULD SPEND THE DAY ALONE, OR WHO DO NOT HAVE THE RESOURCES. BECAUSE OF COVID-19 YOU MUST COME TO PICK UP IN A CAR AND WAIT TO BE WAITED ON IN THE CAR. IF YOU DO NOT HAVE A CAR, THERE WILL BE AN AREA WHERE YOU CAN WAIT WITH YOUR BICYCLE FOR THE FOOD. YOU CANNOT EAT IN THE PARKING LOT.

EVERYONE IN CAR OR OUTSIDE MUST WEAR A MASK

**YOU WILL BE GIVEN A TRADITIONAL THANKSGIVING MEAL
WITH ALL THE TRIMMINGS**

EVERYONE IS WELCOME - NO QUESTIONS ASKED

This is a joint project between -

LOV, Salvation Army Tri City Corps, Centerville Free Dining Room, Hayward Police Department, FESCO Family Shelter, Fremont Healthy Start, St. Edward Church, Spectrum, Kidango, Fremont Family Resource Center, Compassion Network, Tiburcio Vasquez Health Center, Newark Senior Center, Tri City Volunteers, Second Chance, Family Paths, Abode Services, Abode Services Bridgeway, Abode Services Main Street Village

**FOR MORE INFORMATION, CALL
LEAGUE OF VOLUNTEERS-LOV AT 793-5683**





FRIENDS Moist Maker Sandwich

Ingredients

- 3 slices of sandwich bread
- Mayonnaise (optional)
- 2 pieces romaine lettuce
- 1/4 cup gravy
- 1/2 cup leftover turkey or deli-style slices
- 1/4 cup canned cranberry sauce (the book also has a recipe for "Chandberry" sauce)
- 1/4 cup cornbread stuffing
- Salt and pepper

Method

Lay out a slice of bread. If using mayonnaise, spread an even layer over the slice of bread then top with a leaf or two of lettuce, then half the turkey, followed by half of the stuffing. Pour the leftover gravy into a shallow dish. Dip a second slice of bread into the gravy and turn to coat. Top the stuffing with this moist maker slice. Add another layer of lettuce, the remaining turkey, cranberry sauce, and top with the rest of the stuffing and the final slice of bread. Use a large toothpick to hold everything together.



"Be present in all things,
and thankful for all things."

- Maya Angelou

"Even in the trials of life,
if we have eyes to see
them, we can find good
things everywhere we
look."

- Joanna Gaines

"Gratitude is the inward
feeling of kindness
received. Thankfulness
is the natural impulse
to express that feeling."

- Henry Van Dyke

RECIPES SUBMITTED AND SHARED FROM PARTICIPANTS AND NEWARK RECREATION AND COMMUNITY SERVICES STAFF...

Salami & Cheese Pinwheels

Clark W. Redeker Newark Senior Center

Ingredients:

- 4 soft taco size flour tortillas heated
- 1 T. Mayonnaise
- 1 T. Dijon Mustard
- 1 1/2 c. Cheddar cheese
- 8 oz. very thin slices of salami

Directions:

Blend dijon mustard and mayonnaise together. Spread each tortilla with a layer of cream cheese and mustard mixture. Cover with salami slices and shredded cheese. Roll tortilla tightly. Cover with plastic wrap and refrigerate 1 hour. Before serving cut in 1 inch slices. Serve at room temperature.

Makes 28 to 32 pinwheels

Submitted by: Sandi Arellano



Baked Beans

Clark W. Redeker Newark Senior Center

Ingredients:

- 2 (16 oz cans baked beans with pork)
- 1/4 cup molasses
- 1/4 cup chopped onions
- 4 tablespoons brown sugar
- 1 tablespoon prepared mustard
- 2 tablespoons ketchup
- 2-3 slices cooked bacon, chopped

Directions:

Preheat oven to 350 degrees. Mix all ingredients except bacon and put in greased casserole dish. Top with bacon, cover and bake for three hours or until thick. Bacon will mix with beans. Mixture will continue to thicken as it cools.

Serves approx 10

Submitted by: Helen Nielsen



Cream Corn Casserole

Clark W. Redeker Newark Senior Center

Ingredients:

- 1 can of corn (drained)
- 1 can of cream of corn
- 1 stick of butter or margarine (melted)
- 1 cup sour cream
- 1 box of jiffy cornmeal (has to be jiffy)

Directions:

Mix all together. Bake uncovered @ 350. For 1 hour

Submitted by: Kathy Lemos



Clark W. Redeker Newark Senior Center

Arroz Con Gandules (Puerto Rican Rice w/Pigeon Peas)

Directions:

- Cut full (16oz.) pack of bacon into small pieces & fry until crispy. Don't drain bacon grease save for next step.
- Combine one medium diced onion, diced red bell pepper, and whole Jalapeno.
- Add all to bacon grease and mix until soft.
- Add four cups white (uncooked) rice to the pan and fry until rice looks dirty.
- Add garlic to taste and fry for 2-4 minutes.
- Add eight cups of water and tomato chicken knorr seasoning to taste
- Add four packs of Sazon Goya Con Culantro Y Achiote
- Bring to boil then; add one bunch of cilantro chopped and one (15 oz.) can of pigeon peas (drained)
- Return to boil, then reduce heat, cover and simmer until rice is cooked.

Submitted by: Nick Cuevas



Clark W. Redeker Newark Senior Center

Overnight Salad

Ingredients:

- 1 med. head lettuce shredded
- 1/2 cup sliced green onions
- 1 c. sliced celery
- 1 8 oz. water chestnuts
- 1 pkg. frozen peas
- 2 c. Mayonnaise
- 1/2 cup parmesan cheese
- 1/2 tsp. Salt
- 1/2 tsp. garlic powder
- 3 boiled eggs
- 1/2 lb. sliced bacon
- 2 to 3 tomatoes chopped

Directions:

Place lettuce in bowl. Top with green onions, celery, water chestnuts and peas. Spread mayonnaise over top. Sprinkle with parmesan cheese, salt and garlic powder. Cover and Chill 24 hours. Sprinkle with eggs, bacon and tomato.

Submitted by: Sandi Arellano



Grandma Janet's Fudge

Clark W. Redeker Newark Senior Center

Ingredients:

- 5 c. sugar
- 1 can evaporated milk
- 4 (6 oz.) pkg. semi sweet chocolate chips
- 2 cubes margarine
- 8 oz. marshmallow whip
- 2 tsp. vanilla
- walnuts are optional

Directions:

- Cook sugar & milk over low heat until sugar is completely dissolved.
- Put remaining ingredients in a large bowl.
- Pour hot mixture on top & beat with mixer until blended.
- Pour into 2 9x12 Pyrex dishes.
- Chill in refrigerator.

Submitted by: Jessica Gurulé



Four Layer Dessert

Clark W. Redeker Newark Senior Center

Directions:

- Crust Layer: 1 ½ c flour, ¾ c butter, ½ c nuts chopped (Pecans, walnuts or almonds). Blend ingredients together as you would for a pie crust and press into the pan and bake at 375 degrees for 20 minutes. Allow to cool slightly.
- Cream Cheese Layer: 1 c powdered sugar, 8 oz cream cheese, 1 c cool whip. Blend together all the above ingredients until smooth. Spread mixture over the crust.
- Pudding Layer: 3 pckgs of your favorite INSTANT pudding flavor! (tastes great with vanilla, banana, chocolate or butterscotch), 4 ½ c milk. Mix together the instant pudding and milk until it thickens. Spread over the cream cheese layer
- Top Layer: Spread the remainder of the cool whip over the pudding flavor and then top it with chopped nuts.
- Make the dish at least 4 hours before serving. Store in the refrigerator.

Submitted by: Katie Dennis



Don't forget dessert...

Clark W. Redeker Newark Senior Center

Apple Crisp

Ingredients:

- 4 c peeled & sliced green apples
- 2/3 c brown sugar
- 1/2 c flour
- 1/2 c oats
- 3/4 t cinamon
- 3/4 t nutmeg
- 1/3 c melted butter

Directions:

- Preheat oven to 375 degrees.
- Place apples in a 9x13 buttered casserole dish.
- Mix remaining ingredients until mixture is crumbly.
- Spread over apples and bake 30-35 minutes until topping is golden brown.

My family serves with Vanilla Ice Cream. Submitted by: Cheryl Galvez

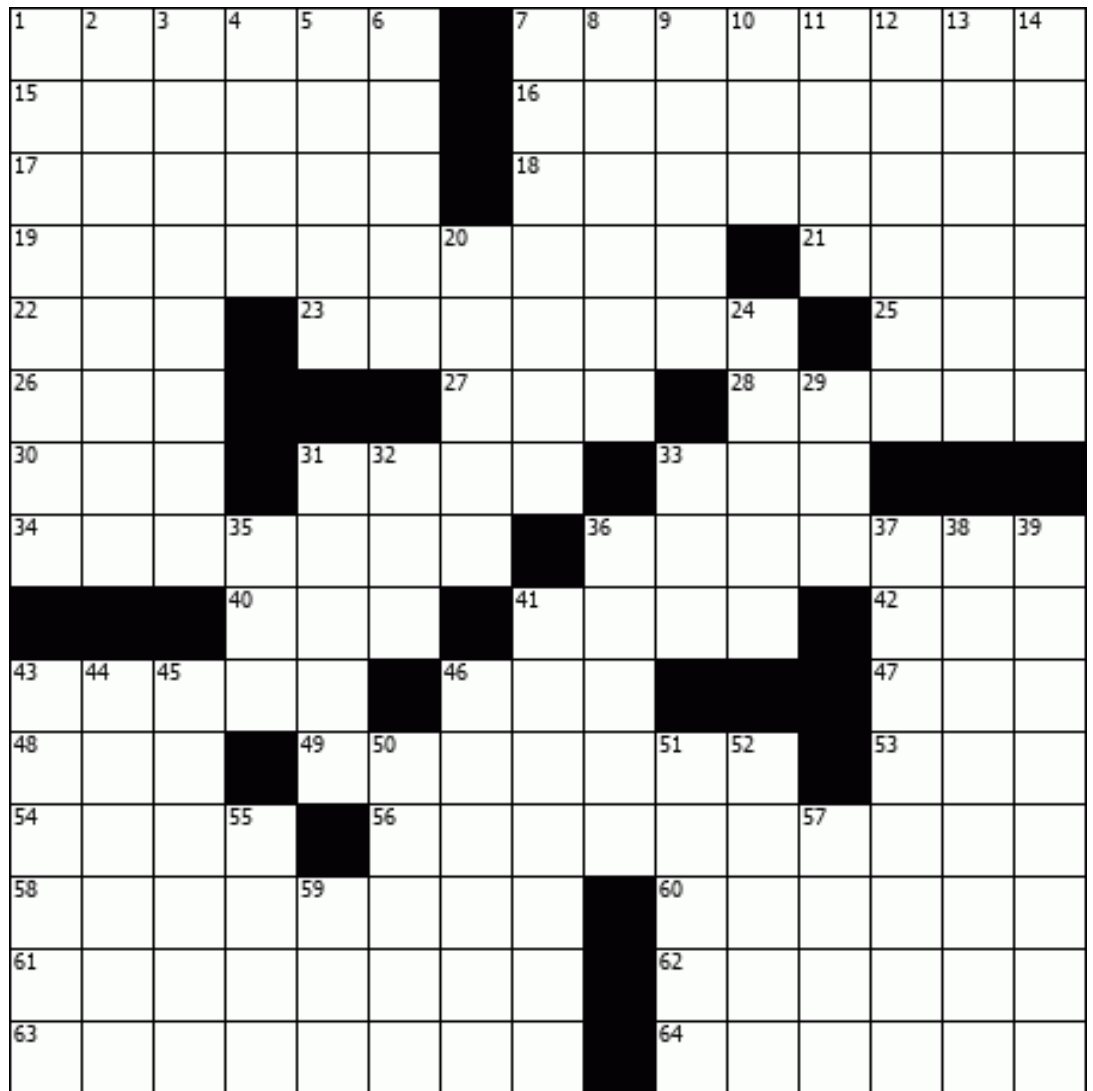


Crossword Puzzle

Answers on page 8.

Across

1. MacDowell's "Sea Pieces," for one
7. Traditional-valued
15. Flight extreme
16. Lack of company
17. Playground ball holder
18. One talking nonsense
19. Architect's asset
21. Russian mountain range
22. Like cool cats
23. Nanette in "No, No, Nanette"
25. Dog days in Dijon
26. Sweater letter
27. Nemo's harpooner
28. More modest
30. Business abbr.
31. Angled a nail
33. "tom thumb" director
34. Square-dance moves
36. Hand raisers, at times
40. Feel crummy
41. Wild, edible mushrooms
42. Grassland
43. Become entrenched
46. Go on and on and on and on and . . .
47. Annex
48. Winning serve
49. Wet blanket
53. Year in Trajan's reign
54. Ends with
56. Vesuvius neighbor
58. Congressional blocs
60. On the move
61. Small number, in math
62. Daze
63. Pull-off place
64. It may hold your pants up



Down

1. Book carriers
2. Light musical
3. Office supplies
4. Turkish official
5. Hen's lack
6. Condor home
7. Had dreams
8. Turned left, nautically
9. Has fun
10. Afire
11. Friend of Wonder Woman
12. Hoisting machine
13. Form a thought
14. More spooky
20. Clematis and wisteria
24. Lots
29. Noachian
31. Mark of Cain
32. Thin toon
33. Humdinger
35. Yes, in Yokohama
36. Jazz genre
37. Putting in
38. Trust
39. Caulfield creator
41. Double-deck game
43. Chorus member
44. Mountaineer's tool
45. Costumes
46. "Our Man in Havana" author
50. Racing family surname
51. Hold ___ (talk)
52. Plants
55. Sporan sporter
57. Director Reitman
59. ___ corda (music marking)

Thankful For... Word Search

Find and circle all of the people and things to be thankful for.
The remaining letters spell a secret message.

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

ACTS OF KINDNESS
A PLACE TO LIVE
BEACHES
BEAUTIFUL NATURE
BLESSINGS
BOOKS
BROTHERS
CARE GIVERS
CHILDREN
CHRISTMAS
CLEAN WATER
CLOTHING
COMPUTERS

ELECTRICITY
EYEGLASSES
EYESIGHT
FAITH
FAMILY
FLOWERS
FOOD
FREEDOM
FRESH AIR
FRIENDS
FUN
GOOD HEALTH
GRANDMA

GRANDPA
HAPPY MEMORIES
HEARING
HOLIDAYS
HUMOR
INTERNET
LAUGHTER
LIFE
LOVE
MUSIC
NURSES
PARENTS
PEACE

PETS
RAINBOWS
SCHOOL
SINGING
SISTERS
SMART PHONES
SMILES
SUNSHINE
TEACHERS
TELEVISION
VOLUNTEERS
WARM SHOWERS

S	O	N	A	T	A		A	P	P	L	E	P	I	E	
A	P	O	G	E	E		S	O	L	I	T	U	D	E	
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C	R	E	A	T	I	V	I	T	Y		A	L	A	I	
H	E	P		H	E	I	R	E	S	S		E	T	E	
E	T	A				N	E	D			C	O	Y	E	R
L	T	D		T	O	E	D		P	A	L				
S	A	S	H	A	Y	S		B	I	D	D	E	R	S	
			A	I	L		C	E	P	S		L	E	A	
D	I	G	I	N		G	A	B				E	L	L	
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N	E	T	S		N	E	A	P	O	L	I	T	A	N	
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E	X	P	O	N	E	N	T			T	R	A	N	C	E
R	E	S	T	A	R	E	A			H	A	N	G	E	R

 **YouTube** Cute Kids & Dogs
Compilation 2020



https://www.youtube.com/watch?v=uqAwYFjA3YU&ab_channel=FunnyPets

Exercise



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

 **YouTube**

17 CHAIR EXERCISES FOR
SENIORS & ELDERLY

https://www.youtube.com/watch?v=3ANUed30Bgk&ab_channel=ViveHealth



Billboard

As the nation adjusts to the new reality of life under self-quarantine in the midst of the coronavirus pandemic, a number of artists and musical institutions are taking the show online to share some musical joy during these trying times. Check out our ever-expanding list of shows and musical events to stream from the comfort of your home.

<https://www.billboard.com/articles/columns/pop/9335531/coronavirus-quarantine-music-events-online-streams>

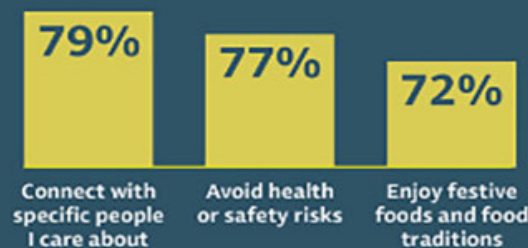
Dec. 10-20: Straight No Chaser are performing 10 shows live from Maryland's MGM National Harbor. Each show will have a unique setlist featuring holiday hits and pop staples, as well as some of the group's most beloved tunes, as well as songs that they have yet to perform live. [Tickets start at \\$20.](#)

Dec. 12: Andrea Bocelli is performing live from Italy's Teatro Regio di Parma opera house, with appearances by special guests for the event titled "Believe in Christmas." [Tickets go on sale Nov. 20.](#)

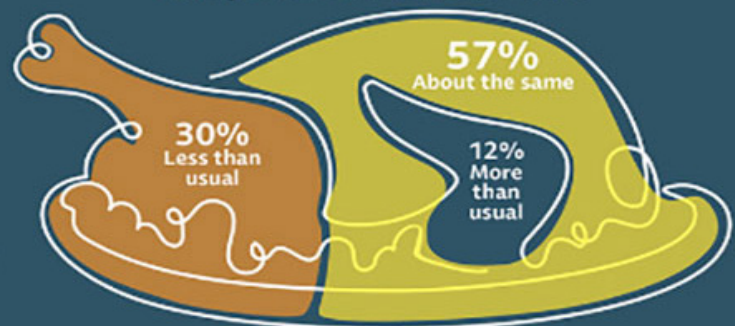
Dec. 12: Sam Smith, Wyclef Jean and many others will be performing for the Lang Lang International Music Foundation's first virtual concert. The show begins at 3 p.m. ET on [Lang Lang's YouTube channel.](#)

Americans emphasize connecting with loved ones and enjoying festive foods this Thanksgiving. But just as many say they will take health-related precautions.

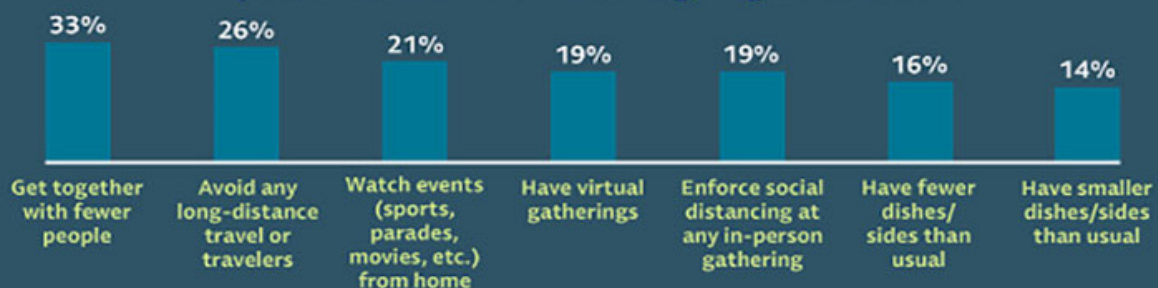
Important to a Successful Thanksgiving



Thanksgiving Celebration Plans, Compared to Previous Years



Impact of COVID-19 on Thanksgiving Celebrations



Based on FMI's U.S. Grocery Trends COVID-19 Tracker conducted by FMI and The Hartman Group. The study was fielded online to a nationally representative sample of 1,001 U.S. adults October 1-9, 2020.

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