

November 30, 2020

Holiday Movie Trivia



- Question 1: In "It's A Wonderful Life", what is the name of George Bailey's guardian angel?
- Question 2: Who provided the voice of Ebenezer Scrooge in the 2009 animated movie, "A Christmas Carol"?
- Question 3: In which movie does Buddy travel from the North Pole to New York to find his father Walter Hobbs?
- Question 4: Who starred as Kevin McCallister in "Home Alone"?
- Question 5: In the movie "A Christmas Story", what is the only thing Ralphie Parker wants for Christmas?
- Question 6: Edmund Gwenn played Kris Kringle in which 1947 movie, a role reprised by Richard Attenborough in 1994?
- Question 7: In which movie, does Jim Carrey's character try to ruin Christmas for the people of Whoville?
- Question 8: In "Home Alone", what was the name of Kevin's neighbor who was played by Roberts Blossom?
- Question 9: Which dark comedy from 2003 features Billy Bob Thornton as a thief who disguises himself as a department store Santa Claus?
- Question 10: Which Cheers actor provided the narration for the Disney movie, "Mickey's Once Upon A Christmas"?
- Question 11: In which 2003 romantic comedy does the character Natalie fall in love with the British prime minister, played by Hugh Grant?
- Question 12: Which Hollywood actor played six roles in the movie, "The Polar Express", including Santa Claus, the Conductor, and the Narrator?
- Question 13: What was Clarence the angel awarded for completing his mission in "It's A Wonderful Life"?
- Question 14: Which American comedian played the role of Papa Elf in the movie "Elf"?
- Question 15: Tim Allen played the part of Scott Calvin, an ordinary guy who has to take Santa's place, in which film?
- Question 16: In which comedy film is Clark Griswold's boss Frank Shirley kidnapped and brought to Griswold's house?
- Question 17: Which Ghostbusters star played Frank Cross in the 1988 comedy, "Scrooged"?
- Question 18: Which movie features Arnold Schwarzenegger desperately trying to get an action figure on Christmas Eve as a gift for his son?
- Question 19: Which animated movie tells the adventures of Jack Skellington, Halloweentown's pumpkin king?
- Question 20: Which animated television film classic, based on the book by Raymond Briggs, features the song "Walking In The Air"? answers on page 2

In this issue:

- Informative Articles
- Winter Senior Recreation Information
- Free Online Games & Classes
- At Home... Craft, Activities & Exercise





Holiday Movie Trivia Answers

1. Clarence
2. Jim Carrey
3. Elf
4. Macaulay Culkin
5. A Red Ryder BB Gun
6. Miracle On 34th Street
7. How The Grinch Stole Christmas
8. "Old Man" Marley
9. Bad Santa
10. Kelsey Grammer
11. Love Actually
12. Tom Hanks
13. His wings
14. Bob Newhart
15. The Santa Clause
16. National Lampoon's Christmas Vacation
17. Bill Murray
18. Jingle All The Way
19. The Nightmare Before Christmas
20. The Snowman



Updated October 8, 2020

Jeff Hoyt , Editor in Chief

If you thought technology was only for the younger set, think again. Senior citizens are making their mark in the world of technology. As of 2016, research showed that 42% of all senior citizens owned a smart phone. With that smart phone comes the opportunity for many apps. Those who create apps know that senior citizens are an entirely different demographic that may be interested in apps that other groups are not. There are many that are free as well as those that charge a minimal one-time fee to download. Here are several apps that are geared towards different topics that may interest seniors as well as apps that are helpful.

Informational Apps

AARP

Cost: Free, Platform: iPhone & Android

This app is associated with AARP (American Association of Retired Persons). It provides a calendar of local events in your area as well as discounts that are available with your AARP membership.

Senior Savings

Cost: \$0.99, Platform: iPhone

Tracking down discounts and sales isn't always easy. It can be time consuming and no matter how hard you try you can miss some great deals. This app will tell you which stores, hotels, and restaurants offer discounts for seniors.

Epicurious

Cost: Free, Platform: iPhone

If you enjoy cooking but are tired of the same old recipes, this app offers thousands of recipes for you to try. You'll never get bored in the kitchen with this app by your side. No need to invest in a cookbook because this app is free!

Helpful Apps

Find My Phone

Cost: Free, Platform: iPhone

We all lose our phone from time to time. This app will help locate it for you.

continued on next page...

Medical Apps

Good RX

Cost: Free, Platform: iPhone & Android

It's no secret that the cost of prescription drugs has skyrocketed. This app will compare the prices of prescription drugs at more than 60,000 pharmacies to help you find the lowest price. The best part of this app is that it's free too!

Red Panic Button

Cost: Free for iOS, Platform: iPhone & Android

This app serves as a medical alert on your phone. Instead of wearing one of those necklaces that you press to get medical attention, you press a button on your phone. When you do this, it sends out a message to a list of people that are pre-designated to let them know you need help. It will also send out your current location.

Pillboxie

Cost: Free, Platform: iPhone

Sometimes remembering to take medications can be tricky, especially if you take different medications on different days. The Pillboxie app allows you to make a customized pillbox and set reminders to help you take your pills at their scheduled times.

Blood Pressure Monitor

Cost: Free, Platform: iPhone

Keeping track of your blood pressure is vital for many seniors. The Blood Pressure Monitor app allows you to track your blood pressure, weight and other vital statistics. You can also easily share them with your doctor.

Entertainment Apps

iBooks and Kindle

Cost: Free, Platform: iPhone & Android

By downloading this app on your smartphone, you can have access to thousands of books. The app is free but you still need to download the actual book. The app just allows you to read it on your phone. If you're not sure you want to commit to the entire book, you can choose to download just a few pages. If you like the sample pages, then you can decide to download the whole thing.

WordBrain

Cost: Free, Platform: iPhone & Android

Studies have shown that word puzzles can help delay the onset of dementia and Alzheimer's disease. Apps like WordBrain keep a senior's mind active by solving word puzzles. On this app, the puzzles start off easy and get harder as you go along.

Lumosity

Cost: Free, Platform: iPhone & Android

On the same thought as WordBrain, the Lumosity app also offers hundreds of games and puzzles to keep the mind sharp.

Words with Friends

Cost: Free, Platform: iPhone & Android

Here's another game app that allows seniors to keep their minds active. This is similar to Scrabble and also allows players to challenge one another no matter where they live. It's a fun way to stay connected with loved ones while sharpening those mental skills.

Old Time Radio 24

Cost: Free

Platform: iPhone

For seniors who want to listen to music from the 1920s to 1950s, this is the app for them. It broadcasts retro music and popular TV shows from that time period. Run by volunteers, this app can be something fun that the whole family can enjoy.

NPR One

Cost: Free, Platform: iPhone & Android

Here's another app that can provide information right on your smartphone. NPR (National Public Radio). National and international news as well as some entertainment shows are accessible on this app. You can even set up the app to let you know when your favorite programs are on so you don't miss them. You can also search for different topics that interest you.

Apps to Stay Connected

Skype

Cost: Free, Platform: iPhone & Android

Skype is a great app that allows seniors to video chat with loved ones. This one comes in handy if grandchildren don't live nearby by allowing seniors to still see them. Sometimes simply talking on the phone isn't enough. With Skype everyone can see each other which is a bonus.

Tapestry

Cost: Free, Platform: iPhone & Android

Think of this as Facebook for seniors who don't want to join Facebook. Tapestry is another social media app that allows seniors to share messages, photos and videos with their families in a spam-free, ad-free online environment.

As you can tell, there are countless apps that can not only help seniors with daily tasks, but also entertain and help them stay in touch with loved ones. They also provide another reason to get a smart phone if you're not in the 42% who already have one!

<https://www.seniorliving.org/cell-phone/apps/>



Weather the Cold &
Warm Your Heart

With staff from the Clark W. Redeker Newark Senior Center

**Free Senior Drive-Thru
Holiday Lunch**

Friday, December 11

Drive-Thru 12:00 - 12:15pm

Silliman Activity Center Parking Lot

Space is limited.
Pre-registration required.

Menu: Pasta Bolognese



Click to register online or mail the registration form on page 10.



Crossword Puzzle

Answers on page 7.

Across

1. Painter of melting watches
5. It doesn't give much of a hoot!
10. Tracks traveler
14. X ___ xylophone
15. Orleans river
16. This company rings a bell
17. Example of 29-Across
20. La Scala shows
21. Sight from a fjord, perhaps
22. Game show mystery guest
23. Certain farm dweller
24. Unrealistic potato chip portion
26. Super quiet, musically
29. What you're doing by solving this puzzle (with 48-Across)
36. Frog or year
38. It will hold your horses
39. Emulate a crab
40. Coastal flyer
41. Musial and Smith
43. Trawling needs
44. Bye, somewhere
46. Lunchbox dessert
47. Pierce with a tusk
48. See 29-Across
51. "The Confessions of ___ Turner"
52. Pension starter?
53. Hué holiday
55. Family docs
58. Frolic boisterously
61. Mercury, to the Greeks
65. Example of 29-Across
68. Just ___ (not much)
69. Painful grief, in poetry
70. They may be called on account of rain
71. Longs
72. Idyllic places
73. In ___ (actually)

1	2	3	4		5	6	7	8	9		10	11	12	13
14					15						16			
17				18						19				
20							21					22		
			23						24		25			
26	27	28		29		30	31	32				33	34	35
36			37		38					39				
40					41				42		43			
44				45		46					47			
48					49					50		51		
			52						53		54			
55	56	57		58		59	60		61			62	63	64
65			66					67						
68					69						70			
71					72						73			

Down

1. Wainscot
2. In a hurry, for short
3. Longest sentence
4. Prefix with red or structure
5. Graybeards
6. Lavish with flowers, e.g.
7. Start to type?
8. Significant times
9. Expose by finking
10. "That'll show 'em!"
11. Egg without a shell
12. Afrikaner
13. Banded gem
18. Half a Chinese circle
19. Ding-___ (bell sounds)
25. Giving a once-over (Var.)
26. Say "Not guilty," e.g.
27. Proust's "A la recherche du temps ___"
28. Type of button
30. Yellowstone neighbor
31. It's fit for a princess
32. Adjective for Mongolia
33. Classic music hall
34. Sound beginning
35. Button in an alley
37. Sneaks a look
42. Balms, comforters, consolers, etc.
45. Great deal of interest
49. Wagner heroine
50. Legendary coach Ewbank
54. White-flag waver's desire
55. Mate's greeting
56. Controversial Rose
57. Cygnet's destiny
59. Ellington's was indigo
60. Cry in a thin voice
62. Some U. degrees
63. Retrocedes
64. Common enc.
66. Belonging to Mr. Begley
67. Cyclotron particle

Winter Word Search

Find and circle all of the Winter related words that are hidden in the grid.
The remaining letters spell a Japanese proverb.

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

BLACK ICE
BLIZZARD
BOOTS
CARNIVAL
CHRISTMAS
COLD
EGG NOG
FIREPLACE
FIREWOOD
FOG
FREEZE
FROST
GLOVES

HAIL
HEADBAND
HIBERNATION
HOCKEY
HOLIDAYS
ICE FISHING
ICICLES
KNIT CAP
LONG UNDERWEAR
MITTENS
OLYMPICS
PARKA
SCARF

SEASON
SKATES
SKI DOO
SKI PANTS
SKIING
SLED
SLEET
SLIPPERY
SNOW CASTLE
SNOW PLOW
SNOW SHOVEL
SNOW TIRES
SNOWBALL

SNOWBOARD
SNOWFLAKE
SNOWMAN
SNOWSHOES
SOLSTICE
SOUP
STEW
STORM
SWEATSHIRT
TOBOGGAN
VACATION
WIND CHILL
WOOL SOCKS

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

Exercise



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



10 MIN INDOOR WALKING
WORKOUT
https://www.youtube.com/watch?v=bO6NNfX_1ns&ab_channel=yes2next

RIDDLE

I have lots of memories,
but I own nothing...
What am I?

Answer on pg. 9



Take time to relax and
enjoy this wonderful
time of year.

Curl up with a cup of
cocoa and draw.

Want to learn how to
doodle?

There's a wonderful easy
intro to Winter Doodling
at

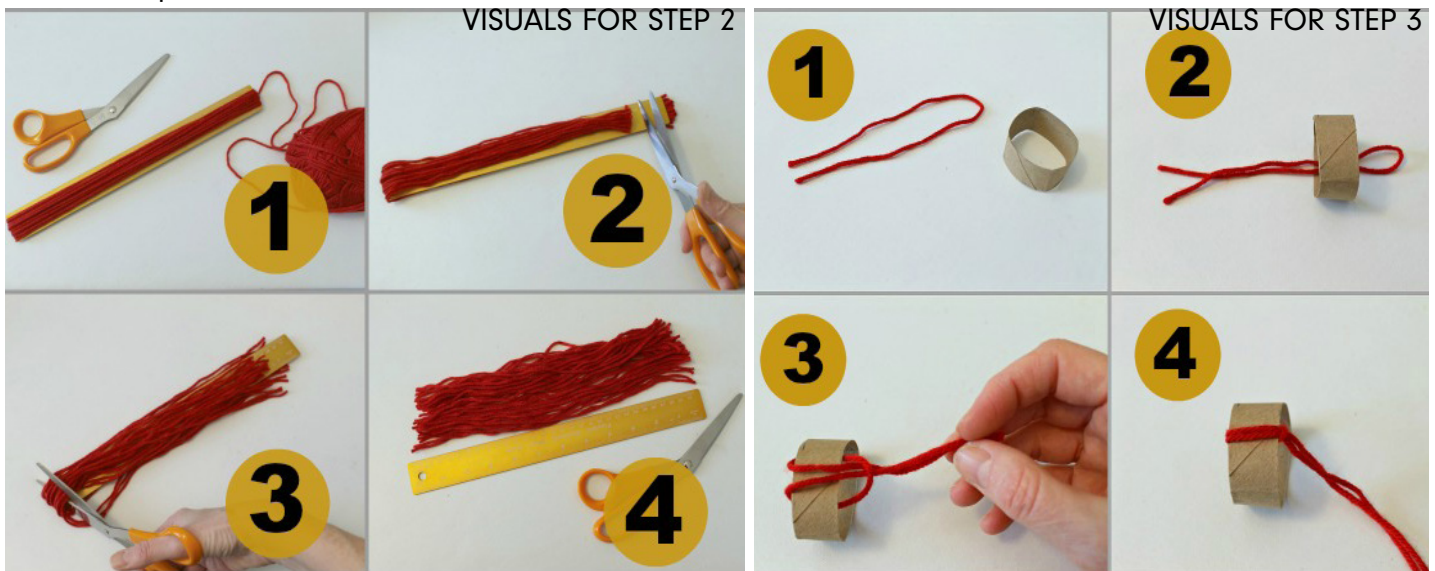
<https://www.youtube.com/watch?v=f-6hASWQvUU>



To make these little hat ornaments you will need the following supplies:

- A cardboard roll from toilet paper or paper toweling
- Worsted Weight (medium 4) Yarn – about 14 yards for each hat
- Scissors
- Ruler
- Optional – 1” Pom Poms and Glue Gun (for Style #2 hat)

1. For each hat, cut a 3/4” ring from the cardboard roll.
2. Cut the yarn into 12” pieces. You will need about 40 pieces for each hat. I found the quickest way to do this was to wrap my yarn around a 12” ruler 20 times. Then cut through the loops on each end of the ruler. Viola! You now have 40 pieces of 12” yarn that didn’t take you forever to cut.
3. To assemble the hats you will be attaching all the pieces of yarn to the cardboard ring with a simple knot. To make the knot, fold the strand of yarn in half. Put the folded end through the cardboard ring. Then bring the two ends over top the of cardboard ring, through the looped end, and pull tight. (If you are a knitter, you will recognize this as how you make fringe on your scarves, afghans, etc.)
4. Repeat this step until you have covered all of the cardboard ring. Have the strands close together but don’t overlap them.

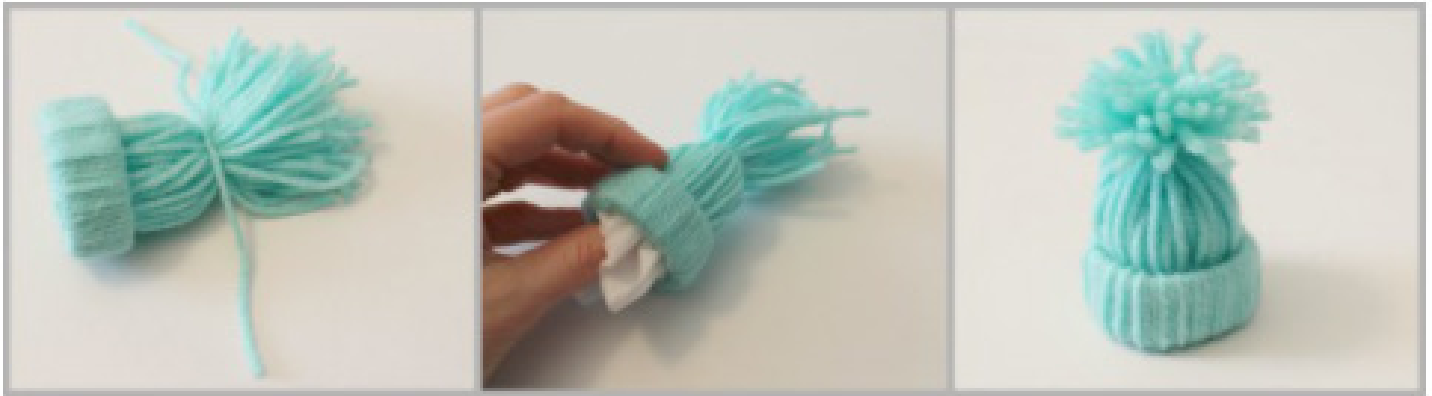


Then I have a couple different options for finishing the top of the hat.

Style #1

Take all the yarn ends and push them through the cardboard tube. Take another small length of yarn and tie all the ends together, about 1" above the top of the cardboard ring. At this point I also like to take a small piece of tissue and stick it inside to help form the hat and make it sturdier.

Trim the yarn ends on the top of the hat to about a 1/2" length to form a pom pom on top of the hat.



Style #2

For this style, you will tie all the yarn ends together BEFORE you push them through the cardboard ring. Tie them together about 1-1/2" above the cardboard ring. Trim the yarn ends to about 1" above where you tied them.

Then push them through the cardboard ring. The yarn ends will help fill in the body of the hat and make it sturdier (so no need for a piece of tissue as in Style #1).

Glue a 1" fluffy pom pom to the top of the hat with just a tiny bit of hot glue from a glue gun.



To hang your ornament, you can pass an ornament hanger through a few of the strands of the yarn – or – you could also add a hanger to your mini hat by making one from a small piece of thread.

You can use plain or variegated yarn, you can make stripes, you can glue on matching color pom poms or a contrasting color pom pom, there are lots of options! And this craft can be super cheap too. I was able to use leftover yarn I already had, pom poms from the Dollar Store, and a paper towel tube that I would have otherwise just tossed out. It's a very frugal way to make your own ornaments!



<https://www.themakeyourownzone.com/easy-yarn-craft-mini-socking-cap-ornament/>

RIDDLE ANSWER: photo album

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