

December 7, 2020



HOLIDAY SHOPPING *Stay safe from COVID-19 with these tips*

By: Jonathan McCall, Posted: Nov 25, 2020

PALO ALTO, Calif. (KRON) – A series of smash-and-grab cases come as holiday shopping is underway.

But this year’s more serious threat during Black Friday and gift shopping season is the surge in COVID-19 cases.

So far, retail stores in California have not been linked to any virus outbreaks, according to the California Retailers Association.

The association wants shoppers to help struggling retailers, especially mom and pop stores. However, they say to do it safely and with capacity limits in mind: Get in, and get out.

“I don’t think you’ll see the same thing before people in line for those doorbuster deals,” said Rachel Michelin with the association.

She shared some safety tips for shoppers:

“Number one, first and foremost... wear that facemask ... and make sure everyone in your party has a face covering.”

She also says if you’re going out, shop early to limit exposure to bigger crowds and limit the number of tips.

And supporting your favorite stores doesn’t mean you have to wait in a line to do it!

Consider shopping online, and picking up from the store, or simply have it delivered to your home.

“Now is not the time to go in and do a lot of window shopping.

Right now, a number of California counties are currently in the state’s most restrictive tier—which limits indoor capacity at just 25%.

Michelin says the next seven weeks will be critical for retailers, especially small ones.

She urges shoppers to get in and get out.

<https://www.kron4.com/news/bay-area/holiday-shopping-stay-safe-from-covid-19-with-these-tips/>

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- Informative Articles
- Winter Recreation Information
- Freeform’s 25 Days of X-Mas Movie Lineup
- At Home... Craft, Activities & Exercise



Stay home for the holidays

Protect yourself and others by staying home this holiday season. But if you must travel, follow these tips to prevent the spread of COVID-19:



Know you’re healthy before you go.
Do not travel or plan to gather if you are sick or with someone who is sick, or if you have been around someone with COVID-19 in the past 14 days.



Wear a protective mask.
Cover your nose and mouth when in public settings, including on public transportation and in transportation hubs such as airports and train stations.



Watch your distance.
Avoid close contact by staying at least 6 feet apart from anyone who is not from your household.



Wash your hands frequently.
Using soap and water, wash your hands often for at least 20 seconds, or use hand sanitizer with at least 60% alcohol. And avoid touching your eyes, nose, and mouth as much as possible.

Let’s do our part to be safe and stay healthy this holiday season so we all can thrive.



Are the Holidays Canceled in 2020?

Infectious Disease Experts Share Tips for Celebrating Safely

BY ZEE KRSTIC, Nov 30, 2020

With just a few weeks until Holiday Festivities arrive, the idea of gathering the family to celebrate holds a lot more anxiety than it ever did before. The novel coronavirus pandemic is fully raging on as winter forces people to move inside, with confirmed cases of COVID-19 booming from 10 million to over 11 million in just a week's time in early November. And while earlier this year there was discussion about a potential vaccine arriving in time for the Holidays, one has not yet been approved. As many families are making plans for December celebrations, federal health officials are hoping Americans will be practicing stringent social distancing and staying home as much as possible.

A major concern during the holiday season is coronavirus spread related to dinner parties, with households moving into tight quarters with friends or family that don't live in their home. It's why states like Michigan and Washington, as well as Texas and California, have instituted new state-mandated guidelines on business and social gatherings prior to the holiday season. According to the Associated Press, Michigan's new mandate has shut down all sporting events and closed restaurants that only offer inside seating, among other initiatives to curb the spread of new COVID-19 cases. Officials in Washington, however, have gone further than new rules for businesses – they've surpassed California's recommendations for private social gatherings, too, by banning parties or dinners outright for the next month: Unless those at the table have quarantined for two weeks, or have tested negative for COVID-19 and quarantined for a week, they won't be able to attend private social gatherings this holiday season.

There are many variations of social gathering rules in each state, but for some Americans, annual Holiday traditions are now out of the question due to updated travel guidelines in over 25 different states. Any person will bring some form of risk to your home if you host them for the Holidays, even if they abide by guidelines set forth by the Centers for Disease Control and Prevention.

As a host, you should be able to answer the following questions with ease:

- ◇ How many people will be invited to your home, and is your space large enough to allow social distancing inside?
- ◇ Where are they coming from? Is COVID-19 spreading faster or slower in that region?
- ◇ How will they travel to your home? Will they use public transportation?
- ◇ How long do you plan to have them inside your home?
- ◇ If you plan to host beyond a single evening, where will they live in your home? Does it require you to share a bedroom or a bathroom?

If you can't answer those questions confidently, it may indicate your plans will come with a higher risk of COVID-19 transmission, says Christelle Ilboudo, M.D., an infectious disease specialist working in pediatrics within the University of Missouri Health Care System. If you're still planning on hosting family members or friends for any December holidays, there are a few ways to reduce any health risks prior to the 25th:

How can I safely host Holiday dinner this year?

COVID-19 is easily spread when an asymptomatic individual (someone who is silently carrying the disease) breathes infectious droplets or aerosols around others, which is why it's crucial to bring your gathering outside if at all possible. If you don't have space outside, the single-most important thing you can do is work on ventilation in your dining room, Dr. Ilboudo says. "For most homes, it's as easy as opening the doors or your windows to the outside air, making sure that air is being replaced," she says, adding that stale air can be dangerous in an inside setting, as the evening progresses. "Some people have gone out to purchase air filters or fans, and that's good for reducing risk, as long as you are getting the air recirculated in the room – to get the air to move and replace itself as much as possible."

Since many families may gather for a Holiday dinner, the best way to host guests involves tactics and updates you have already made for Thanksgiving. Here are some things you can do to make a Holiday dinner a little bit safer:

- ◇ Create seating arrangements that put as much distance between your household and your visitors, even a separate table if you can. If possible, outside is best and can alleviate much risk.
- ◇ Arrange your meals in advance, and skip a family-style or buffet-like set up this year. Have only one person be designed as the runner or server, so that most everyone remains seated during dinner.
- ◇ Wear masks when you're not eating and make sure materials are available to your guests to clean their hands throughout the evening.
- ◇ You don't have to furiously scrub or disinfect each and every surface as soon as they're touched, but consider leaving disinfecting wipes or spray in your bathroom. Guests can clean their hands and then spray or wipe down handles, faucets, or doorknobs before they walk out. Open up those bathroom windows if possible, too!
- ◇ Sitting down for a television special or for a quiet chat before or after dinner isn't an automatic no this year, but you should avoid any singing, shouting, or a game night where you need to share cards or pieces, Dr. Ilboudo advises.

Tips for Celebrating Safely

continued from page 2...

Safety tips to keep in mind for overnight guests:

Since officials at the CDC now define “close contact” to a sick individual as anything longer than 15 minutes in a 24-hour period, every kind of visitor brings some risk into your home. But overnight visitors can bring an insurmountable risk if they must share living quarters with you, Dr. Ilboudo clarifies, adding that a recent CDC-issued report illustrates this trend. It may be safer for your own family to simply ask your guests to stay by in a nearby hotel – and keep exposure to others in the building to a minimum – than to invite them into your living space. You should also consider canceling playing host to overnight guests if you don’t have the space to offer individual bedrooms and bathrooms, she argues.

“The guest space should be their own space – that’s really going to help decrease your risk if you’re not sharing things as much as possible... But it would be best if they didn’t have to be in your home for the entire visit,” Dr. Ilboudo says. “Just come for the activities you are planning, outdoors if possible, and then return home or back to their hotel.” The key here is spending as much time as possible outside or in a centralized room – the dining room, a living room – and then retreating to individual bedrooms and bathrooms as soon as possible. The shorter the interactions, the less likely a visitor to your home will be able to spread viable virus particles onto surfaces or into the air around you.

Is gift giving canceled this year?

The good news? You shouldn’t hold back from gifting a present, or accepting a gift, if you are worried about COVID-19. Because the disease is thought to primarily spread in close contact with other people, and not by surfaces, you likely will not have to disinfect wrapped gifts when you receive them. Rather, you’ll focus on making sure your hands are clean and avoid rubbing your eyes, nose, or mouth if they are not.

“It’s just not the primary way that COVID-19 spreads. Unless that person is actively sneezing and coughing on your package when they hand it to you, the chances that active virus is living on the box... are fairly low to basically non-existent,” Dr. Ilboudo explains. “Are you wearing your masks during a gift giving session, and are everyone’s hands clean? That’s what you should focus on.”

While the risk is indeed low, something that you can do is wrap your gift earlier – so that the item inside remains protected from any surface germs long before it’s time to exchange. That way, you can remove the wrappings, wash your hands, and then simply feel free to unbox or use the gift right away.

Adapted from: <https://www.goodhousekeeping.com/holidays/christmas-ideas/a34693025/is-christmas-canceled/>



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



Register online at newarkca.activityreg.com or
mail the registration form on page 10.



NEWARK
Recreation
and Community Services

SANTA'S
AIRMAIL

Letters to Santa

The City of Newark Recreation Department
will be collecting letters to Santa and will
deliver them to the North Pole!

Drop off begins:
December 2nd @ 10am

Drop off ends:
December 15th @ 4:00 pm

Our magical North Pole mailbox will be available for
drive-through drop off from 8am-4:00 pm
Monday-Friday right outside the main doors
at the Silliman Center.

In order for your child to receive a response from
Santa, please include your child's first and last name,
as well an address for a letter to be sent back to.

To Santa Claus
123 Candycane Lane
The North Pole

In order to ensure enough time for Santa, letters will
only be accepted until Tuesday, December 15th.

Crossword Puzzle

Answers on page 7.

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		

Across

1. It may be convertible
5. Hedge component
10. Walk with effort
14. Last thing said before dinner?
15. Monopoly purchase
16. Theta follower
17. Burdensome boss
19. Stride at a track
20. Bring into servitude
21. Show clearly
23. Prior to, in poems
24. Site for tying knots
26. "G'day, ___!"
28. Postgrad deg.
29. Indisposed
33. Garb
34. Top boss
36. Eden exile
37. Comparatively more comical
38. Tenth anniversary gift
39. Chief plotter
41. Court defense
42. Montreal's railway
43. Trig. function
44. Roll call response
45. Rockies resort
47. Sword conqueror
48. Black Sea locale
51. Heart part
55. Paper starter
56. Oppressive boss
59. Church recess
60. Postal device
61. Put up on the wall
62. Pb
63. Little house on the prairie?
64. Hotel amenities

Down

1. More than fill
2. Mideast sultanate
3. ___ up (come clean)
4. Low socks
5. It can be close
6. Water carrier
7. Tire trapper
8. Put to work
9. Artist's cap, perhaps
10. Blast furnace product
11. Shark's offer
12. Of the ear
13. Dinner and a movie, perhaps
18. Stable mom
22. Reason for a decoration
24. Leave in the lurch
25. Word on a certain door
26. Hollywood release
27. Actor's representative
28. Dennis of comics, for one
30. Paul Newman, for one
31. Your of yore
32. Use a whetstone
33. Presidential run
34. Peach or plum
35. That girl
37. Dentist's suggestion
40. Comprehended
41. Pinnacles
44. Damsel's deliverer
46. Name in brewing
47. Blender setting
48. Fiery gem
49. Gullible one
50. She was born free
51. Skilled
52. Fellow
53. Horne who sang "Stormy Weather"
54. Work units
57. What a game may break
58. Extraction's creation

Christmas Tree Word Search

Find and circle all of the Christmas Tree words that are hidden in the grid.
The remaining 53 letters spell a secret message.

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

ANGEL
ARTIFICIAL
BRANCHES
CANDY CANES
CELEBRATION
DECEMBER
DECORATE
DECORATIONS
FESTIVE
FRESH CUT

GARLAND
GIFTS
GREEN
LARGE
LIGHTS
NEEDLES
ORNAMENTS
PINE
PRESENTS
PURCHASE

REAL
SCENT
SETTING UP
SKIRT
SMALL
SPRUCE
STAND
STAR
TAKING DOWN
TINSEL

TOPPER
TRADITION
TREE FARM
TREE LOT
TRUNK
WATER
YEARLY

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

Happy Holidays

Exercise



FREE MORNING STRETCH
W/ JESSICA, WEDS. @ 10AM

Click [HERE](#) to register!



20 MIN CHAIR YOGA

https://www.youtube.com/watch?v=H7tBRiw3UrQ&ab_channel=JennyMcClendon



NEWARK Recreation and Community Services

NEWARK'S HOLIDAY HOME DECORATING

Contest December 2020



Submission Guidelines:

Open to Newark Residents only * Please submit one photo that best represents your decorated residence * Agree to allow your photo to be posted on the City of Newark social media and website * Photo must be received by no later than December 13

Email your photo to nicholas.cuevas@newark.org

Voting Guidelines:

All entries will be posted on City of Newark social media/website December 14-17. The amount of "likes" will determine 1st, 2nd, and 3rd place. Winners will receive a "Best Holiday Decorated Residence" certificate signed by Newark Mayor Al Nagy-

Vote on the following pages: [Facebook@Newarkrec](#) • [Instagram@Newarkrec](#)

**25**

FREEFORM DAYS OF CHRISTMAS

WATCH
DEC 1-25  FREEFORM

DECEMBER 1	8:20p/7:20c	Dr. Seuss' How the Grinch Stole Christmas (2000)	DECEMBER 12	4:50p/3:50c 6:50p/5:50c 8:55p/7:55c	Disney and Pixar's Toy Story Disney and Pixar's Toy Story 2 Disney and Pixar's Toy Story 3
DECEMBER 2	6:25p/5:25c 8:30p/7:30c 12a/11c	The Santa Clause The Santa Clause 2 The Santa Clause 3: The Escape Clause	DECEMBER 13	7:15p/6:15c 9:25p/8:25c 11:55p/10:55c	The Santa Clause The Santa Clause 2 The Santa Clause 3: The Escape Clause
DECEMBER 3	5:50p/4:50c 8:20p/7:20c	Home Alone Home Alone 2: Lost in New York	DECEMBER 14	8:20p/7:20c	Dr. Seuss' How the Grinch Stole Christmas (2000)
DECEMBER 4	9:15p/8:15c	Dr. Seuss' How the Grinch Stole Christmas (2000)	DECEMBER 15	8:25p/7:25c	Disney's A Christmas Carol
DECEMBER 5	6:35p/5:35c 7:40p/6:40c 8:45p/7:45c	Santa Claus Is Comin' to Town Rudolph the Red-Nosed Reindeer Frosty the Snowman	DECEMBER 16	6:25p/5:25c	The Santa Clause 2
DECEMBER 6	6:45p/5:45c 9:15p/8:15c	Home Alone Home Alone 2: Lost in New York	DECEMBER 17	5:50p/4:50c 8:20p/7:20c	Home Alone Home Alone 2: Lost in New York
DECEMBER 7	3:10p/2:10c 6:20p/5:20c	Love Actually The Santa Clause	DECEMBER 18	9p/8c	Dr. Seuss' The Grinch (2018) <i>(Freeform Premiere)</i>
DECEMBER 8	8:20p/7:20c	Almost Christmas <i>(Freeform Premiere)</i>	DECEMBER 19	6:35p/5:35c 8:40p/7:40c	Dr. Seuss' The Grinch (2018) Dr. Seuss' How the Grinch Stole Christmas (2000)
DECEMBER 9	3:50p/2:50c 5:50p/4:50c	The Star (2017) <i>(Freeform Premiere)</i> Home Alone	DECEMBER 20	7:45p/6:45c 10:15p/9:15c	Home Alone Home Alone 2: Lost in New York
DECEMBER 10	6:40p/5:40c	The Nightmare Before Christmas	DECEMBER 21	9p/8c	The Santa Clause 3: The Escape Clause
DECEMBER 11	11:55p/10:55c	Daddy's Home 2 <i>(Freeform Premiere)</i>	DECEMBER 22	10:20p/9:20c	The Night Before <i>(Freeform Premiere)</i>
			DECEMBER 23	8:10p/7:10c 10:50p/9:50c 11:55p/10:55c	Dr. Seuss' How the Grinch Stole Christmas (2000) Santa Claus Is Comin' to Town Prancer Returns
			DECEMBER 24	8:15p/7:15c 8:50p/7:50c 9:55p/8:55c	Frosty the Snowman Rudolph the Red-Nosed Reindeer Santa Claus Is Comin' to Town
			DECEMBER 25	6p/5c 8:30p/7:30c	Home Alone Home Alone 2: Lost in New York

Find the full schedule at [Freeform.com/25DaysSchedule](https://www.freeform.com/25DaysSchedule)
Schedule subject to change. Please check [freeform.com](https://www.freeform.com) or your local listings.

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PINECONE & CORK TREE CRAFT

SUPPLIES

- Hot glue gun
- Pinecone
- Wine cork
- Wooden star
- Green spray paint (or green craft paint & brush)
- Optional: Fake Snow/Glitter

<https://www.makeitgrateful.com/living/celebrate/christmas/pinecone-christmas-trees-a-forest-of-holiday-decor/>

DIRECTIONS

1. On the bottom of a pinecone, glue a wine cork. This will be the base of your Christmas tree.
2. Lightly spray-paint the pinecone green. It doesn't need to be completely coated – a light coat is better than a thick, drippy one.
3. Hot-glue the star onto the top of the pinecone.
4. Toss on a little fake snow.



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