

December 14, 2020



CDC Updated Quarantine Guidelines

Updated Dec. 2, 2020

Local public health authorities determine and establish the quarantine options for their jurisdictions. CDC currently recommends a quarantine period of 14 days. However, based on local circumstances and resources, the following options to shorten quarantine are acceptable alternatives.

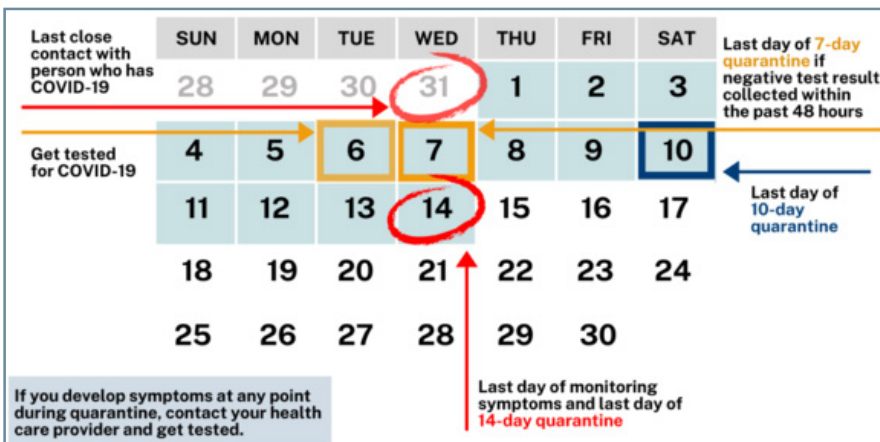
Quarantine can end after Day 10 without testing and if no symptoms have been reported during daily monitoring.

With this strategy, residual post-quarantine transmission risk is estimated to be about 1% with an upper limit of about 10%.

When diagnostic testing resources are sufficient and available, then quarantine can end after Day 7 if a diagnostic specimen tests negative and if no symptoms were reported during daily monitoring. The specimen may be collected and tested within 48 hours before the time of planned quarantine discontinuation (e.g., in anticipation of testing delays), but quarantine cannot be discontinued earlier than after Day 7.

With this strategy, the residual post-quarantine transmission risk is estimated to be about 5% with an upper limit of about 12%.

In both cases, additional criteria (e.g., continued symptom monitoring and masking through Day 14) must be met and are outlined in the full text at <https://www.cdc.gov/coronavirus/2019-ncov/more/scientific-brief-options-to-reduce-quarantine.html>



In this issue:

- Informative Articles
- Winter Recreation Information
- Free Virtual Plays & Musicals
- At Home... Craft, Activities & Exercise



 **NEWARK**
Recreation
and Community Services

Gingerbread House Decorating CONTEST



WE WANT TO SWEETEN YOUR HOLIDAY SEASON WITH A VIRTUAL GINGERBREAD CONTEST! SHOW US YOUR CREATIONS BY SUBMITTING A PHOTO TO RECREATION@NEWARK.ORG. ENTRIES MUST BE SUBMITTED BY MONDAY, DECEMBER 14TH. ALL ENTRIES WILL BE POSTED ON OUR SOCIAL MEDIA PAGES AND WINNERS WILL BE SELECTED BY A PANEL OF JUDGES.



PLEASE INCLUDE THE NAME OF YOUR CREATION, THE NAME(S) OF THE BUILDER(S), AND YOUR CONTACT INFO

NO MATERIALS WILL BE PROVIDED SO BE SURE TO GET CREATIVE WITH YOUR DESIGNS FOR A CHANCE TO WIN A PRIZE!



 **NEWARK**
Recreation
and Community Services

Newark's Community Cookbook,
Holiday Edition!

Not only can a great dish diversify your taste palette and create fun-filled family events, but food can also unify a community. Whether you're a professional chef, home cook, or baker, share your recipe for our first Community Cookbook!

Submit your recipe to:
cheryl.galvez@newark.org

Cookbook will be available in
January 2021
as a free digital download

Pre-Registration required for all activities at newarkca.activityreg.com or mail the form on page 10 to the Silliman Center



Virtual Hula With Janice

Every Tuesday

Zoom link will be emailed prior to the start.

Age	Day	Beginning	Time	Fee
55+	Tues	1/5	12:00-1:00pm	Free



Virtual Stretching With Jessica

Every Monday & Wednesday

Zoom link will be emailed prior to the start.

Age	Days	Beginning	Time	Fee
55+	Mon/Wed	1/6	10:00-10:30am	Free



Virtual Intro. to Crochet With Jessica & Cheryl

Supplies to make a winter scarf will be provided in advance. Beginner level class. Zoom link will be emailed prior to start.

Age	Day	Date	Time	Fee
55+	Thurs	1/21-1/28	10:00-11:00am	\$5



Virtual Intro to Heartfulness Meditation

Heartfulness means living the lightness and joy of your true nature. Experience a practical way to uncover the heart's unlimited resources. Listening and following your inner self takes practice, and this practice is best known as meditation. Whenever we feel deeply moved or stirred by life, it is our heart helping to remind us of our profound connection to existence. Heartfulness meditation is a simple method to connect you with this inner knowing. Come experience the beauty of the heart! Instructors: Beena Shah, Chandana Pathapatti & Bijju Krishnamurthy After completing one of the intro. classes below, you will be invited to join the free Continuing Meditation Group... Mondays, 11:00-11:45am. Zoom link will be emailed prior to the start.

Age	Days	Dates	Time	Fee
18+	Tue/Wed/Th	Jan. 5, 6 & 7	11:00-11:45am	Free
18+	Tue/Wed/Th	Feb. 2, 3 & 4	11:00-11:45am	Free
18+	Tue/Wed/Th	Mar. 2, 3 & 4	11:00-11:45am	Free



Virtual Monthly Chat & Trivia With Nick

Ongoing first Tues. of the month, 10:00-11:00am, Free for Seniors 55+

AARP Smart Driver Course Discount

Due to Coronavirus Restrictions, the in-person AARP Smart Driver Course will not be offered in person. To renew your car insurance discount, take the course online at www.aarpdriversafety.org Use discount code: **DRIVINGSKILLS** to receive 25% off through March 1, 2021.

Drive-Thru Events

Location: Silliman Activity Center Parking Lot, 6800 Mowry Ave. All participants must wear a mask.

New Year Drive-Thru Lunch...Soup and Sandwich

Age	Day	Date	Time	Fee
55+	Fri	1/15	12:00-12:15pm	\$5

Valentine Drive-Thru Lunch...Pasta

Age	Day	Date	Time	Fee
55+	Fri	2/12	12:00-12:15pm	\$5

St. Patrick's Day Drive-Thru Lunch...Corned Beef Sandwich

Age	Day	Date	Time	Fee
55+	Wed	3/17	12:00-12:15pm	\$5

RIDE-ON TRI-CITY!

Funded by the Alameda County Transportation Commission through Measure B/BB sales tax revenues. For more information on Measure B/BB, visit: www.alamedactc.org

Ride-On Tri-City!

Services to Newark residents are provided through a partnership between the City of Newark and the City of Fremont's Human Services Department. Eligibility Requirements for RIDE-ON TRI-CITY! transportation services:

- Newark residents who are 70 years of age or older; OR,
- Newark residents who are unable to use public transportation independently due to a disability or disabling health condition.

RIDE-ON TRI-CITY! registrants can use the following:

Taxi Service:

Subsidized curb-to-curb taxi rides in the Tri-City area using a taxi voucher. Taxi vouchers cost \$4 each and subsidize up to \$20 of taxi meter fare.

Ride-Hailing Service (through Lyft):

Pilot program... Subsidized curb-to-curb rides on Lyft in Tri-City area. Participants pay for the first \$4 of their trip and up to \$16 of additional trip costs will be subsidized.

Wheelchair-Accessible Van Service:

Participants requiring special door-to-door assistance can get subsidized wheelchair-accessible van rides in Tri-City area. Participants pay \$4 per one-way trip, using a pre-paid voucher. Call (510) 574-2053 for more information.

Transportation Questions Answered...

A Transportation Resources Specialist from RIDE-ON TRI-CITY! can assess your individual needs and work with you over the phone or by email to answer any questions you have about transportation and how to get around the community.

- Learning how to ride public transit buses or BART
 - Obtaining and learning how to use a Clipper card
 - Finding and applying for affordable transportation alternatives if you no longer drive and cannot take public transit
 - Learning how to use ride-hailing services, like Lyft.
 - Renewing your driver's license, obtaining a DMV Disabled Parking placard or figuring out how to maintain driving safety as you age.
- For more information, call (510) 574-2053 or email rideontricity@fremont.gov

Senior Clipper Card

Seniors 65 years of age or older can obtain a Senior Clipper Card by visiting: www.clippercard.com/discounts MAIL your application form and a copy of your proof-of-age document to: Clipper Youth/Senior Applications, PO Box 318, Concord, CA 94522-0318. Do not send originals, as documents will not be returned. Or EMAIL scans or photos of your application form and your proof-of-age document to seniorityouthapps@clippercard.com. Or FAX your application form and proof-of-age document to 877.565.3149. Please allow 7 business days for delivery.

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](#)



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!

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 as an address for a letter to be sent back to.

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

Drop off begins:
December 2nd @ 10am

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

To Santa Claus
123 Candycane Lane
The North Pole

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		
65						66					67			
68						69					70			
71						72					73			

Across

1. Participate in a certain child's game
5. Did 75, say
9. Changes direction abruptly
14. Universally known figure
15. Its body is primed
16. Insertion symbol
17. Tarzan
20. Though, poetically
21. Name used in exclamations
22. A Guinness world record adjective
23. Story of conflict, perhaps
25. Invitation notation
27. What little things mean?
30. Sawn at an angle
35. Churchill's "___ Country"
38. Advertising catchword
40. Bluto's dream girl
41. Handyman
44. Consumed with gusto
45. Maroon's locale
46. First name in the "Desperate Housewives" cast
47. Aretha's signature song
49. Telemarketer's aim
51. Not yet final, in law
53. Roll with the punches
57. American writer Plath
61. Cyber annoyance, to many
64. Parent's order
65. Mary Higgins Clark (with "The")
68. Throw angrily
69. Ethereal glow
70. Be revolting?
71. They're held for questioning
72. Heartfelt
73. Stalk by the river

Down

1. Took a long walk
2. More gelid
3. Karan of fashion
4. Chang's twin
5. Sound partner
6. Gentle stroke
7. Old sleep-inducer
8. She may be out for a buck
9. Rodin, for one
10. Word with "ho"
11. Impulse
12. Pickled delicacies
13. Editor's override
18. October's jewel
19. "Bed of Roses" band Bon ___
24. Seller's profit margin
26. Is repulsive, in a way
28. Not at one's best
29. Geneticist's study
31. Filled with joy
32. Heckle
33. Lasting introduction?
34. He loved Lucy
35. Slightly cracked
36. It may be tempted
37. They cannot be returned
39. Upraised railroads
42. Vacancies
43. Hyson, for one
48. Venetian farewell
50. Item beside an easy chair
52. One of Seventeen?
54. Musical with a dog
55. Oater assemblage
56. Like some jackets
57. Room meas.
58. Kind of tide
59. Oahu wreaths
60. Let off steam
62. Untainted
63. Letters on a work order, perhaps
66. Pet rock, once
67. Get it wrong

Gift Ideas Word Search

Find and circle all of the words that are hidden in the grid.
The remaining 13 letters spell an additional gift idea.

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

BAKING
BELT
BOOK
BRACELET
CANDLES
CANDY
CHOCOLATES
CLOTHES
COFFEE MAKER
COFFEE MUG
COLOGNE

COOKIES
DOLL
EARRINGS
ELECTRONICS
FLOWERS
GAME
GIFT BASKET
GIFT CARD
HERBAL TEAS
JEWELRY
MONEY

MOVIE
MUSIC
NECKLACE
NECKTIE
PANTS
PENDANT
PERFUME
PLANT
SCARF
SHIRT
SLIPPERS

SNEAKERS
SOCKS
STUFFED ANIMAL
SWEATER
TELEVISION
TOOL SET
TOY
TREE ORNAMENT
WATCH
WINE

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

 **YouTube** What's Good?
A roundup of good news 11/27



https://www.youtube.com/watch?v=pEGNg9FenMs&ab_channel=Reuters

Exercise



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



SENIOR FITNESS BALANCE
TRAINING WORKOUT
https://www.youtube.com/watch?v=X4TrawV9aGl&ab_channel=SeniorFitnessWithMeredith



Tea Light Snowman Ornament Craft



Here's what you'll need:

- Battery operated tea lights
- A Black Sharpie
- Red Ribbon (like this and this)
- Red Pipe Cleaners
- Red Pom Poms
- Black Felt
- Orange Sharpie
- Glue Gun

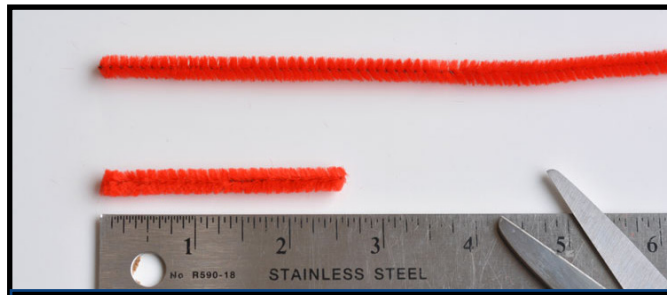
<https://onelittleproject.com/tea-light-snowman-ornaments/2/>



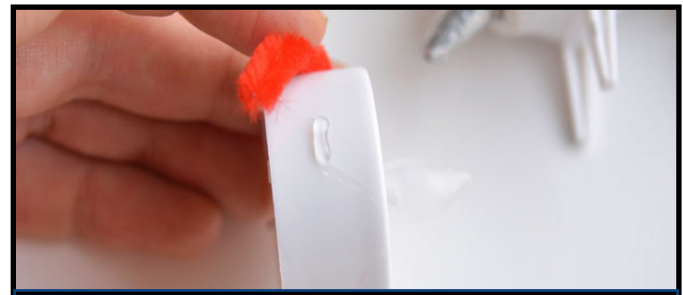
1) Position the face so the 'nose' is pointing up.



2) Use the black sharpie to draw on a face.



3) Cut a piece of red pipe cleaner approx. 2.5" long.



4) Curve it around the light & hot glue only on ends.



5) Hot glue small pom poms to both ends.



6) Cut ribbon to approx. 4.5", cross over & add a dab of hot glue to hold it together.



7) Add a small line of glue to the back of the "scarf".



8) Glue to the back of the candle as shown.

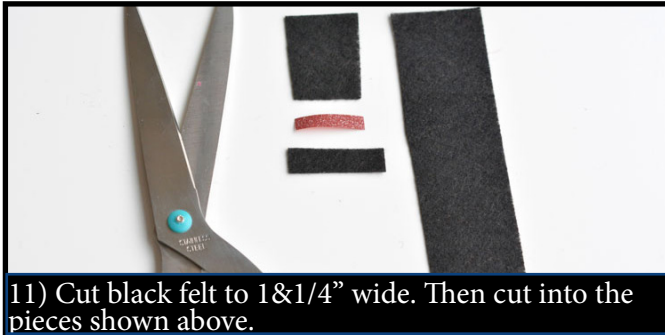


9) Slip a piece of 10" ribbon under the headband & tie.



10) Color the nose with an orange sharpie.

FOR TOP HAT OPTION FOLLOW STEPS 1-2, 6-8 & 10-13.



11) Cut black felt to 1&1/4" wide. Then cut into the pieces shown above.



12) Hot glue the pieces together, then to candle.



13) Cut & tie a piece of 10" ribbon. Hot glue to candle behind top hat.



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>

Peter Pan – A Musical Adventure

December 19 – January 1

ChicagoShakes.com

A musical based on J.M. Barrie's tale about the boy who won't grow up, with songs by George Stiles and Anthony Drewe. Filmed in 2018 at the Chicago Shakespeare Theater.

A Christmas Carol

Through December 24

MilwaukeeRep.com

Mark Clements' adaptation of the classic Charles Dickens story, filmed at Milwaukee Rep in 2016.

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.

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