

December 21, 2020

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Celebrate the Holidays Safely

The best gift for friends and family is continued good health. With COVID-19 cases surging, it is more important than ever to wear a mask, maintain 6 feet of distance, and wash your hands frequently.

Break the news that you won't be participating in usual holiday celebrations:

- Acknowledge feelings of disappointment and expect emotional responses
- Explain that your decision is out of love for yourself and those you care about
- Remind them that this helps ensure everyone is around for future celebrations
- Offer alternative ways to celebrate

Manage stress, sadness and anxiety.

The holidays can be a stressful time, especially as plans with loved ones are forced to change. Find ways to cope by sticking to healthy habits, resisting pressure to do more, taking a breather, and reaching out to friends and family.

Celebrate virtually or with members of your household to prevent the spread of COVID-19. If you're still determined to gather, here are some ways to make the event safer:

- Host outdoor, rather than, indoor gatherings
- Require guests to wear masks even outdoors, except when eating or drinking
- Keep a list of attendees that may need to be notified of a COVID-19 exposure
- Encourage guests to wash their hands often or use hand sanitizer
- Clean and disinfect commonly touched surfaces or shared items, serving utensils
- Limit the number of guests to no more than 10 and ensure they remain at least 6 feet apart at all times
- Avoid direct contact, including handshakes and hugs

Anyone who has been exposed to or has symptoms of COVID-19, or those at risk for severe illness, should not attend in-person gatherings.

THIS IS OUR LAST SENIOR UPDATE FOR 2020.

The Clark W. Redeker Newark Senior Center Staff will be out of the office Mon., Dec. 21 - Fri., Jan. 1.

THE NEXT UPDATE WILL ARRIVE MON., JAN. 11.



COVID-19 and the Flu

What to know about COVID-19 and the flu



Symptoms of COVID-19 and the flu can be similar. If you are experiencing any emergency warning signs, such as trouble breathing, bluish lips or face, persistent pain or pressure in the chest, new confusion or inability to wake/stay awake, seek emergency medical care immediately.

Flu	COVID-19
Fever	Fever or chills
Cough	Cough
Sore throat	Sore throat
Runny or stuffy nose	Runny or stuffy nose
Muscle or body aches	Muscle or body aches
Headaches	Headaches
Fatigue	Fatigue
	Shortness of breath or difficulty breathing
	New loss of taste or smell
	Nausea or vomiting
	Diarrhea

COVID-19 and the flu are caused by different viruses, but are spread in similar ways. The best ways to protect yourself from getting sick are:

- Get your flu shot now. Flu shots are recommended for everyone over the age of 6 months.
- Wear a face covering and keep 6 feet distance from those not in your household. Limit contact with people you don't live with.
- Wash hands frequently.

If you are sick with the flu:

- Stay home and away from others for at least 7 days after illness onset OR
- At least 24 hours after fever respiratory symptoms resolve, whichever is longer.

If you test positive for COVID-19 AND have symptoms:

- Stay home until after at least 10 days have passed since symptoms started AND
- At least 24 hours have passed since you have stopped having a fever without using medications AND
- Other symptoms have improved.

If you test positive for COVID-19 with NO symptoms:

- Stay home until after 10 days have passed since your positive test.



Alameda County
Health Care Services Agency



Alameda County Public Health Department
Celebrating Healthy People in Healthy Communities

Colleen Chawla – Agency Director
Kimi Watkins-Tartt – Director
Nicholas Moss, MD – Interim Health Officer

Contact

Public Health Department:
(510) 267-8000 Main Line

COVID-19 Information:
(510) 268-2101

www.acphd.org

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.

New Year Drive-Thru Lunch

Friday, January 15... * \$5/senior

Drive-Thru 12:00-12:15pm

At the Silliman Activity Center Front Parking Lot

Menu: Grilled Chicken
Sandwich & Soup

Space is limited.

*Pre-registration required
newarkca.activityreg.com
or use the mail-in
registration form on
the final page of our
Weekly Update.



Please wear
a mask and
remain in
your vehicle.

AARP Tax Assistance

It's almost Tax Time again!! AARP Tax-Aide will be here to serve Seniors living in Fremont, Union City and Newark with their tax preparation and E-filing services for Tax Year 2020. As a result of the pandemic, services will be modified to protect everyone—with social distancing, wearing of masks, and complying with state and county COVID-19 restrictions. As such, there will be no person-to-person service. All tax returns will be prepared and reviewed virtually by AARP volunteers; therefore, it may take up to 7 days to complete and E-file a return. Beginning January 18, 2021, you can call AARP Tax Aide @ 408-475-3905 and leave a message with your Name, Phone number and AARP site you used in previous years. A Tax-Aide volunteer will return your call to explain the process.

Note: This service may be impacted or cancelled with minimum notice by city and/or county officials based on COVID severity.



Crossword Puzzle

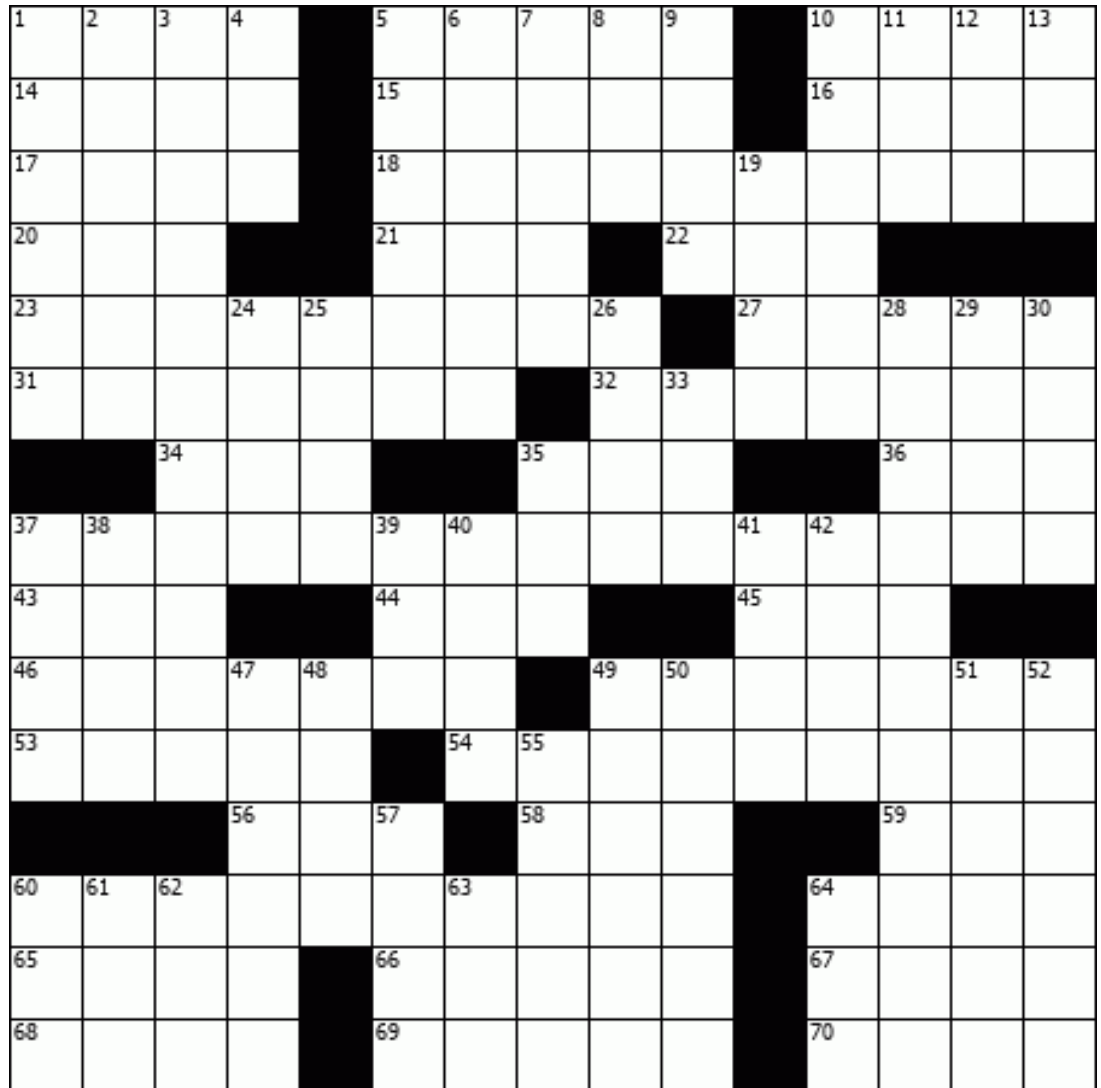
Answers on page 7.

Across

1. Dunces
5. Underway
10. The prophet Muhammad, for one
14. Remedy
15. Victorian, stereotypically
16. Function
17. Somewhat
18. Leaf used in basketmaking
20. Daiquiri requirement
21. PC key
22. Make lace
23. Chesapeake Bay delicacy
27. Ostentatious
31. Makes (oneself) well-liked
32. Mark Antony's wife
34. Giant Mel
35. NOW cause
36. Large deer
37. Colonial preacher of the Great Awakening
43. Coffee brewer
44. Unusual
45. French Dada artist
46. Terminus of the Jordan River
49. Flow easily
53. College applicant's creation
54. Vessel to the New World
56. Grenade filler
58. Opposite of bon
59. Memphis-to-Nashville dir.
60. Kodak alternative
64. Sea World performer
65. Country on the Strait of Hormuz
66. Cop's snack, humorously
67. Worker's cycle
68. Bunch of toughs
69. Grasslike plant
70. Vortex

Down

1. In short supply
2. Alabama university town
3. Temperamental egotists
4. Where film rolls
5. Materialize
6. Conducts a body search
7. Cup marking
8. Keats or Shelley work
9. Revival site, perhaps
10. Singer Franklin
11. Scepter
12. Entirely
13. Queen, for one
19. Word with Near or Far
24. Alpha-gamma connection
25. Suffragist Carrie
26. Bruised
28. Subdued
29. Feral
30. Talks up a storm
33. Dishonorable one
35. Objective
37. Bible book
38. Iron and copper, e.g.
39. Prepare for planting
40. Disgraced gardener
41. It may cause division in the office
42. Woody's folksy son
47. Marriage precursor
48. Harmony
49. Scandinavian floor covering
50. Recently
51. Displayed some swordsmanship
52. Weird like Friday?
55. Revise
57. Small amounts
60. Driving hazard
61. Thurman of Hollywood
62. Dutch painter Vermeer
63. A real Stooge
64. Be obligated



Mystery Holiday Carol Word Search

The words listed below are from a familiar Holiday Carol. What is it?

Find and circle all of the words hidden in the grid.

The remaining letters spell the name of the Holiday Carol.

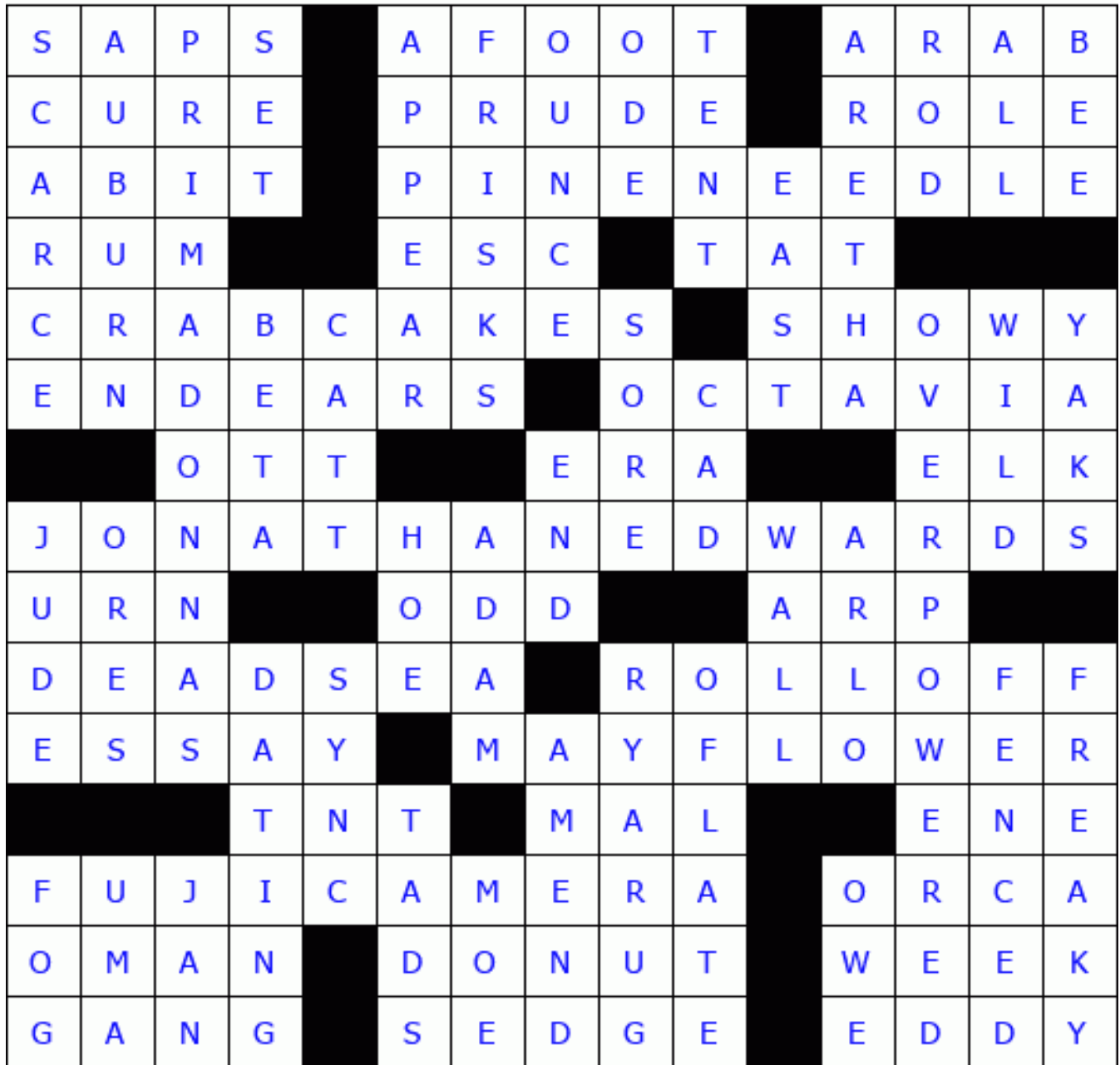
H Y E P Y L L O H L M W C G N
T L R R D T L W S E L E A A O
I L O A T I E E H C K A R Y W
W O F H A O S L M I T T O R Y
J J E H E S G E L P L H L E Y
Y O B H A E A E A E E E A E S
U T Y L S S D S T R R R N H H
L N N O U T S L U H R A G O T
E E S R U E R S E W E U P R D
W I E E S S A I A S O R O P L
W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

ALL
ANCIENT
APPAREL
AWAY
BEFORE
BLAZING
BOUGHS
CAROL
CHORUS
DON
FAST

FOLLOW
GAY
HAIL
HARP
HEEDLESS
HOLLY
JOIN
JOLLY
JOYOUS
LADS
LASSES

MEASURE
MERRY
NEW
NOW
OLD
OUR
PASSES
SEASON
SING
STRIKE
TELL

TIDE
TIS
TOGETHER
TREASURE
TROLL
WEATHER
WHILE
WIND
WITH
YEAR
YULE



23 ideas to make your family Zoom holiday party actually fun

Games, activities, conversation starters—plus, how to choose the right platform for your fam.

by The Family Dinner Project



@iv_lichiTwenty20

<https://www.mother.ly/lifestyle/virtual-holiday-party-ideas-for-families>

Exercise

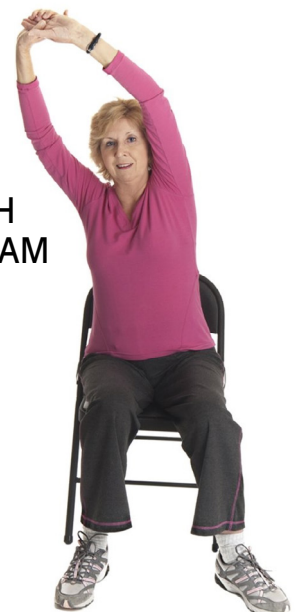


FREE MORNING STRETCH
W/ JESSICA, WEDS. @ 10AM
Click [HERE](#) to register!



GETTING UP FROM THE
FLOOR SAFELY

<https://www.youtube.com/watch?v=wMGANIT9vIM>



Homemade Holiday Card Ideas

<https://www.bhg.com/christmas/cards/make-your-own-christmas-cards/>



To make, start with two pieces of cardstock: cut one 3×5 inch and one 5×6 inch piece of cardstock. Fold larger piece in half to form card; unfold. Using a pencil and ruler, make marks the same widths as ribbons in a triangle shape on right half of the card. Use a crafts knife to make slits where marked. Thread ribbon through slits and tape ends down on the back. Tape 3×5 inch cardstock inside card flap to hide ribbon ends.



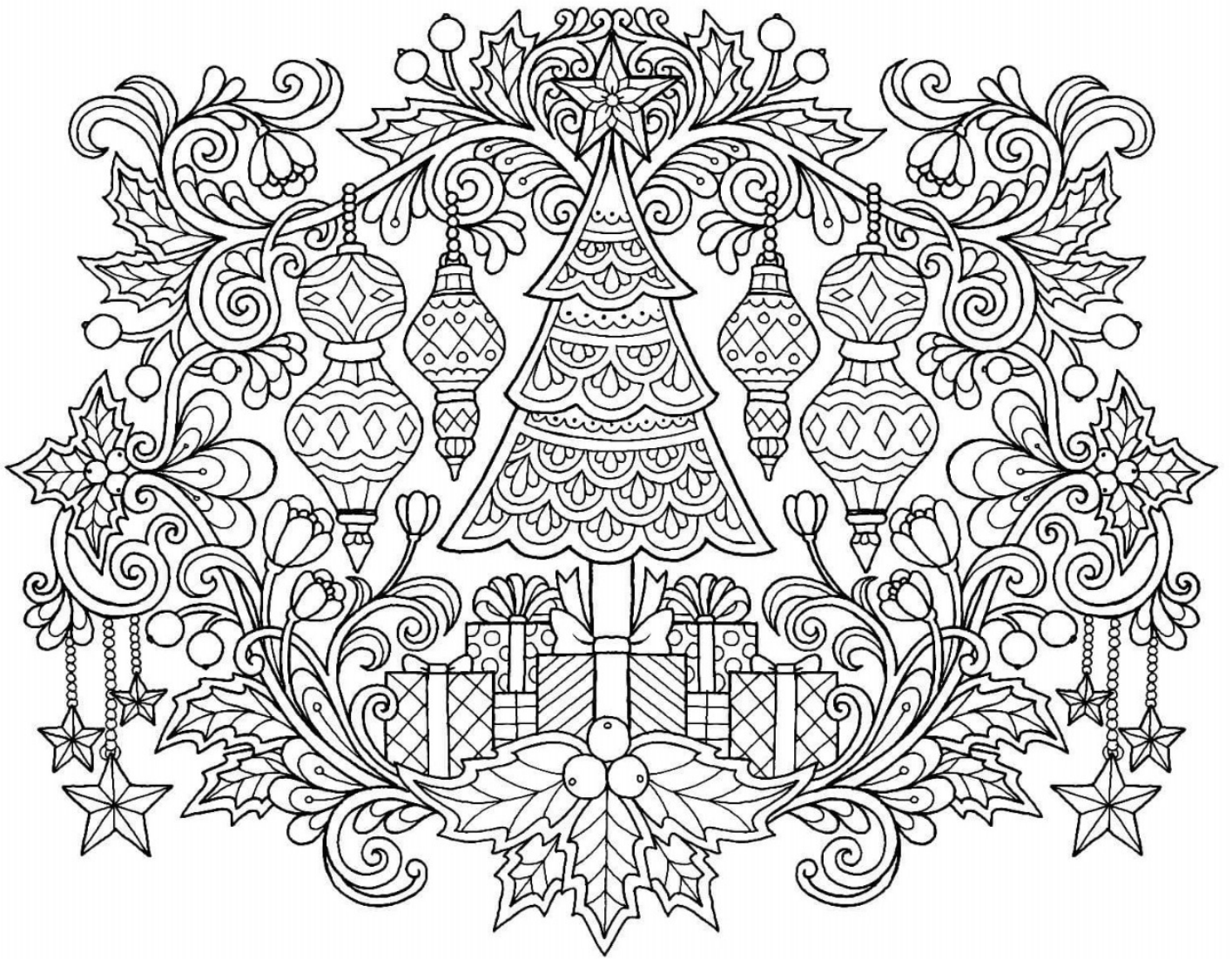
This DIY Christmas card showcases a modern take on a traditional Christmas tree, with no evergreen to be seen. To make, fold a piece of cardstock into the card. Attach one end of embroidery floss to the inside front of the card. Bring floss from the inside of the card to the outside front from the bottom of the card. Loop string to create a tree, gluing the string down at the end of each "branch." After you have your branches, attach sequins at end of each branch and add a seasonal greeting.



Snowflake stickers add sparkle and dimension to this delicate, pastel Christmas card. Plan the design of the card based on the size of the stickers by making a shape using dots with a pencil on the front of the card. Adhere the stickers on the card, forming a Christmas tree shape.

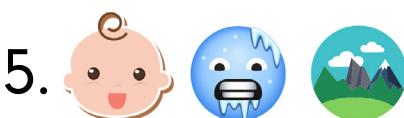
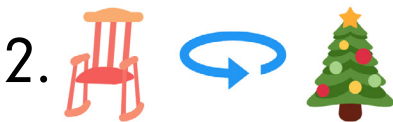


We made this simple and chic homemade holiday card using a rubber stamp and a steady hand. Use a large wreath-shape stamp and a red marker to embellish the classic holiday symbol with a festive word or phrase.



Holiday Emogi Song Trivia

Name that classic holiday song by the string of emogi below!



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