

January 11, 2021



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
WeeklyUpdate.



Please wear a mask and remain in your vehicle.

In this issue:

- AARP Tax Assistance
- Winter Recreation Activities
- COVID-19 Testing Information
- At Home... Articles, Activities & Exercise

JOY, HOPE AND PEACE

2021

HAPPY NEW YEAR!



FREE COMMUNITY PROGRAM
DRIVE-THRU GRAB & GO GROCERY BAG
NEWARK SERVICE YARD (across from Senior Center)
37440 FILBERT STREET | NEWARK
Park along Filbert Street, Don't block driveways, Staff will guide you

First and Third Thursday of Every Month

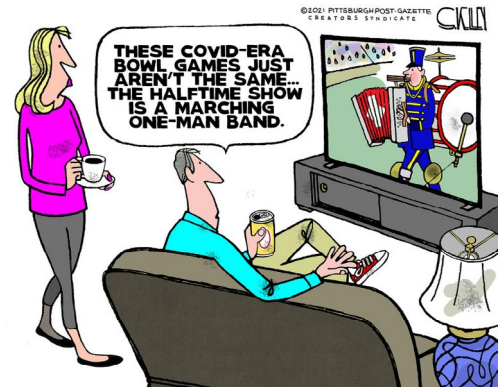
Pickup Time: 10:30 AM or until supplies run out

FOR OUR COMMUNITY MEMBERS IN NEED
RECEIVE (1) BAG PER FAMILY PER CAR
DRIVE THROUGH ONLY

PLEASE REMAIN IN YOUR VEHICLE & WEAR A FACE MASK

PROGRAM INFO:
1st & 3rd Thursday of each month
first come, first serve, open to everyone
MUST BE IN A CAR

QUESTIONS:
NICK CUEVAS, RECREATION SUPERVISOR
OFFICE: 510-578-4432
NICHOLAS.CUEVAS@NEWARK.ORG



Valentine Drive-Thru Lunch

Friday, February 12... *\$5/senior

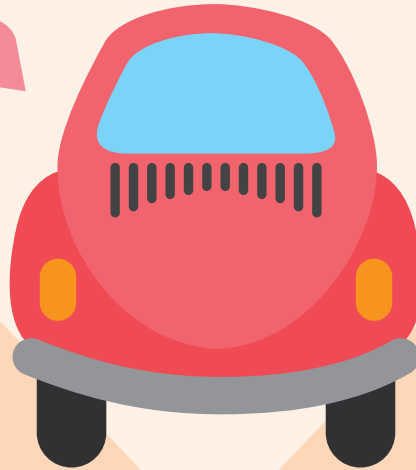
Drive-Thru 12:00-12:15pm

At the Silliman Activity Center Front Parking Lot

Menu: Chicken
Fettucine Alfredo

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.

St. Patrick's Day Drive-Thru Lunch

Wednesday, March 17... *\$5/senior

Drive-Thru 12:00-12:15pm

At the Silliman Activity Center Front Parking Lot

Menu: Corned Beef
Sandwich

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.

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.



Feeling ill? Get tested for COVID-19. Stay home. Save lives.

Wear a mask



Keep 6 feet apart



Wash your hands often



Stay home if you are sick



Get tested for COVID-19

YOU SHOULD GET TESTED IF YOU HAVE:

difficulty breathing



chills



cough



fever



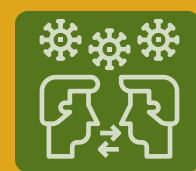
new loss of taste



new loss of smell



been in *close contact with someone who tested positive for COVID-19



*Close contact means spending 15 minutes or more within 6 feet or less with someone who is confirmed to have COVID-19.

Call 510-268-2101 to learn more about COVID-19 testing sites near you.



For a list of COVID-19 testing sites:

Scan the QR code



Follow the link



<https://tinyurl.com/yakefsmj>



Alameda County Health Care Services Agency



Alameda County Public Health Department
Celebrating Healthy People in Healthy Communities

Upcoming Free COVID-19 Testing In Newark



Serving the communities of
southern Alameda County
and Santa Clara County

To book an appointment click
<https://ac.fulgentgenetics.com/appointment/screen/landing> or call 510-770-8040.

THU January 21 @ 9:00 am - 3:30 pm

21

No-COST COVID-19 Testing: Cedar Church

Cedar Church 38325 Cedar Blvd., Newark

You MUST WEAR A MASK Appointments preferred Walk-ups
welcomed No-Cost COVID-19 testing is available to all members of
the public

FRI January 22 @ 9:00 am - 3:30 pm

22

No-Cost COVID-19 Testing: Cedar Church

Cedar Church 38325 Cedar Blvd., Newark

You MUST WEAR A MASK Appointments preferred Walk-ups
welcomed No-Cost COVID-19 testing is available to all members of
the public

AARP Foundation[®]

TAX-AIDE

Free tax assistance for those who need it most

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.

OLDER AMERICANS GROWING MORE COMFORTABLE WITH CORONAVIRUS VACCINE

By Patrick J. Kiger, AARP, January 6, 2021



More older Americans are warming to the idea of the COVID-19 vaccine, as a new poll finds that 76 percent of people 60 and older want to get the shots and 46 percent would get them as soon they're available to them.

A new poll of 1,611 U.S. adults by the Steven S. Hornstein Center for Policy, Polling and Analysis at Long Island University has found that older Americans' willingness to be vaccinated has doubled since the center's poll in October.

Andy Person, the center's director and chief of strategy, said the results indicate "a considerable positive shift during the past two months in the way Americans are thinking about the vaccine. It suggests that more Americans are optimistic and hopeful that the vaccine is safe and effective."

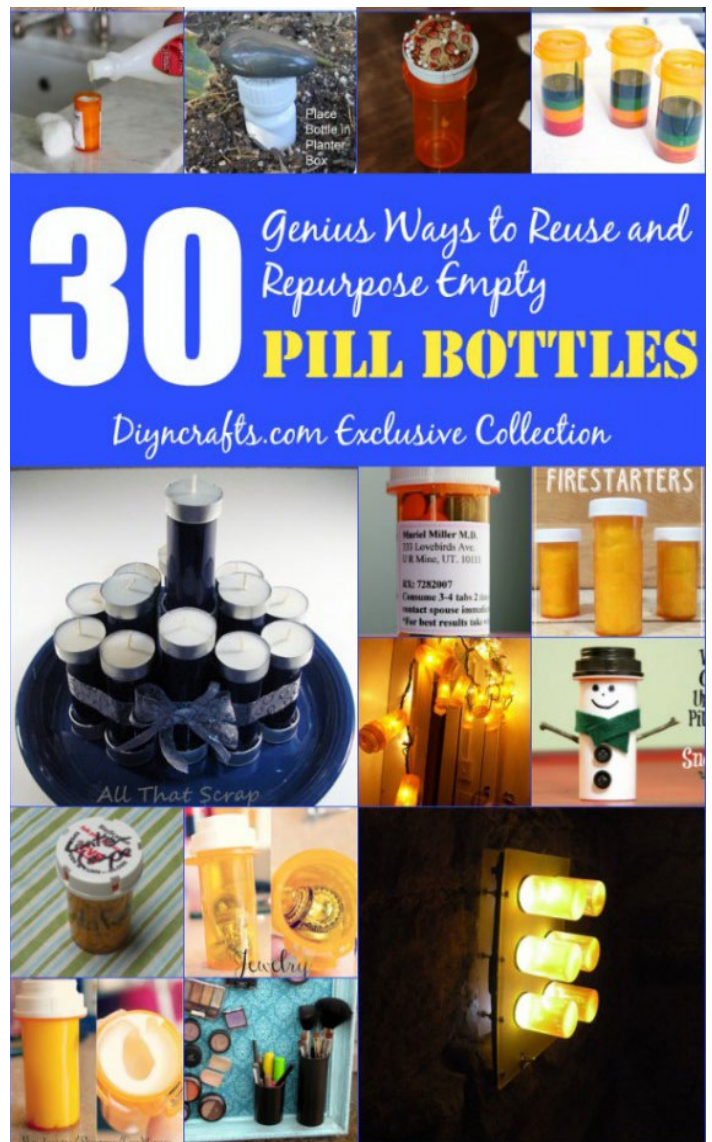
The percentage of 60-and-older Americans who want immediate vaccinations is considerably larger than in younger age groups. Only 33 percent of 18- to 29-year-olds would jump at the opportunity, along with 32 percent of those ages 30 to 44 and 34 percent of 45- to 60-year-olds.

In addition to those who want to move quickly, 11 percent of age 60-plus people said they wanted to get the shots within a few weeks of availability and an additional 7 percent within a month; 12 percent would wait longer. Only 14 percent wouldn't get the shots at all, while 10 percent were unsure or didn't answer.

Forty-one percent of 60-plus Americans expect vaccine shots will be widely available by spring, while 31 percent predict wide availability by summer and 17 percent by fall. And 5 percent don't expect it until 2022 or later.

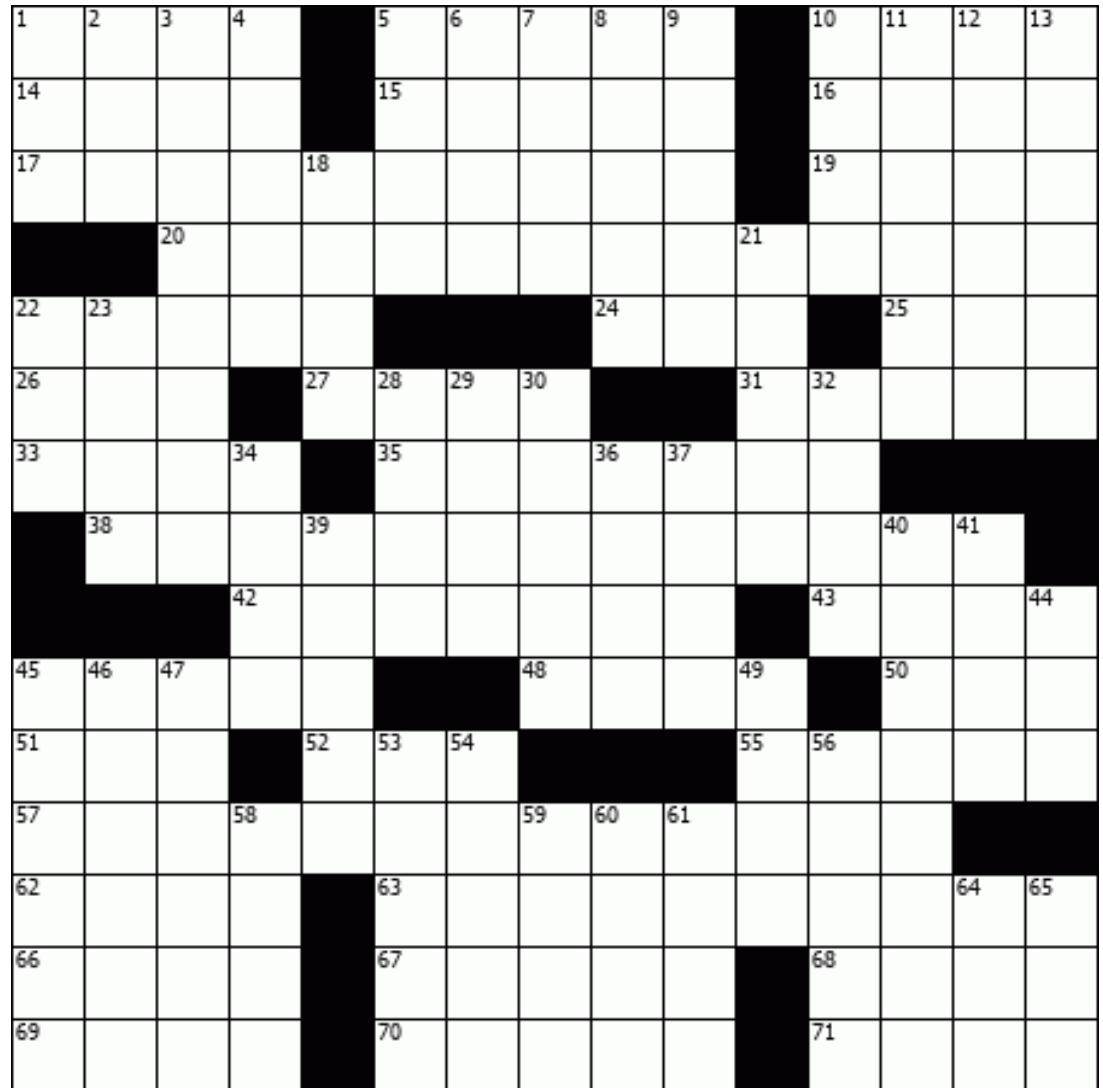
Americans 60 and older remain cautious about resuming normal activities in 2021, even after they are vaccinated. Only 42 percent definitely would be willing to travel by air, while 41 percent would attend large family gatherings and just 34 percent would attend a sports or entertainment event.

<https://www.aarp.org/health/conditions-treatments/info-2021/older-americans-coronavirus-vaccine-poll/>



<https://www.diyrcrafts.com/11126/repurpose/30-genius-ways-to-reuse-and-repurpose-empty-pill-bottles>

Crossword Puzzle



Across

1. Strike-breaker
5. A Marx brother
10. Silent film vamp Theda
14. Tuscan river
15. "My Cherie ---" (Stevie Wonder song)
16. Lively old dance
17. Accommodate
19. Sea eagle
20. Folding entryway
22. Cube root of 27
24. Virginia college
25. Took the bait
26. Tennis shot
27. Fax button
31. Some leather workers
33. Like Arthur Fonzarelli
35. Place to berth a ship
38. Certain halftime performer
42. Snoop's vantage
43. Wee bit
45. Slangy farewell
48. Circus horn-player
50. Whelp
51. Kind of tray
52. "At Seventeen" singer Janis
55. Jockey Arcaro
57. Company informer
62. Fairway alert
63. Without rational basis
66. Constellation bear
67. Condensed, memorable saying
68. Russian ruler
69. Nullified tennis serves
70. Slalom's makeup
71. Memo words

Down

1. Cul-de-___
2. ___-Magnon man
3. Michigan city
4. Italian bowling game
5. Symbol of goodness
6. Arabian V.I.P.
7. "The Long and Winding --"
8. Russian president
9. Two-tone snacks
10. Born's partner
11. Bacteria requiring oxygen
12. "The Bathers" painter Pierre
13. Advisories
18. Finishes the cake
21. Push gently
22. Letters of devotion
23. Car part
28. TV award
29. Flood avoider
30. Martial arts schools

32. Legendary Himalayan creature
34. Gospel writer
36. Actor's quest
37. Type of rug
39. Be worthy of
40. Scatter fertilizer over a lawn
41. Lady's small handbag
44. Simian
45. Legitimate
46. On liberty
47. Parched feeling
49. Less than decent
53. Primitive aquatic organisms
54. School clique, maybe
56. Triangle of land in a river
58. Red and Dead
59. Constricting snakes
60. Winter Olympics vehicle
61. Some bills
64. Remained unused
65. Broadway letters describing a hit show

Happy New Year Word Search

Find and circle all of the words that are hidden in the grid.
The remaining letters spell the name of a popular location for celebrating New Years Eve.

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

APPETIZERS
 BABIES
 BALLOONS
 BANNERS
 BUFFET
 CELEBRATE
 CHAMPAGNE
 CONFETTI
 DANCE
 DAY ONE

DECORATIONS
 END OF DECEMBER
 EVENTS
 FAMILY
 FATHER TIME
 FEAST
 FESTIVITIES
 FIREWORKS
 FIRST OF JANUARY
 FRIENDS

HATS
 HOLIDAY
 HORNS
 KISS
 MIDNIGHT
 MUSIC
 NEW YEARS DAY
 NEW YEARS EVE
 NOISEMAKERS
 OCCASION

PARADES
 PARTY
 PUNCH
 RESOLUTIONS
 SINGING
 STREAMERS
 THIRTY FIRST
 TIARAS
 WINE
 YEAR IN REVIEW

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



Some Good News Holiday Special w/ John Krasinski & Dwayne Johnson



<https://www.youtube.com/watch?v=3GwU4GKzLXY>

Exercise



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



Best Exercises for Seniors & Beginners to Start New Year
<https://www.youtube.com/watch?v=ya31E-iHtl>



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