

January 18, 2021



Is It Safe To Be Around Someone Who Got The Covid-19 Vaccine If You Haven't?

Getting the shots doesn't mean you can jump back into your pre-coronavirus life quite yet.

By: Catherine Pearson, 1/11/2021, Huff Post

Here's what you need to know:

Getting vaccinated doesn't offer immediate protection.

Both the Pfizer and Moderna vaccines appear to be remarkably effective based on the data currently available. The Pfizer vaccine is 95% effective at preventing symptomatic COVID-19 seven days after the second "booster" dose, while the Moderna vaccine is 94% effective 14 days after the second dose.

"It takes a while for immunity to build up," explained Edgar Sanchez, the vice chairman of the infectious disease group with Orlando Health in Florida. Experts believe it is likely that the first shot alone offers some level of protection against COVID-19, but it's not clear how much — or at what point that immunity boost kicks in.

The good news?

"If you have been vaccinated, you can believe that your own risk of getting symptomatic or severe COVID-19 disease is significantly reduced," said Eric Robinette, a pediatric infectious disease specialist with Akron Children's Hospital in Ohio.

But "significantly reduced" is not the same as nonexistent.

Even though both vaccines appear to be highly effective at protecting individuals against COVID-19, it's still possible for a person who has received both doses to catch the virus.

And you *could* still pass the virus on to someone else.

It's currently unclear whether getting vaccinated protects a person from spreading the coronavirus to others. That is something that is usually determined in vaccine research trials, but it hasn't been sorted out because of the sprint to create COVID-19 vaccines. And researchers aren't yet sure whether the Moderna and Pfizer vaccines protect against asymptomatic infection.

All of which means that an individual who has received both doses of the vaccine could potentially unknowingly become infected without showing any symptoms. And that person could then pass COVID-19 along to his or her contacts without realizing it — again, despite being vaccinated.

"We do not have clinical data as to whether the vaccine prevents people from developing asymptomatic COVID infection that they can transmit to others," Robinette said. "That type of immunity is referred to as 'sterilizing immunity,' the idea being that the person not only doesn't get sick, but is also 'sterilized' of the virus."

Because the vaccines do not offer 100% protection — and because it's possible that a person who has been vaccinated can unknowingly spread the virus to others — it's essential to continue following proven public health measures, like universal masking and physical distancing.

Does that mean that, say, a grandparent cannot visit a family member they haven't seen in months? Or that a vaccinated health care worker can't spend time with a friend who has not yet received both shots?

In this issue:

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

Those are decisions that individuals are going to have to make themselves (heeding local restrictions, of course) — but with the understanding that certain precautions should stay in place.

It's going to take a while until we reach herd immunity.

Infectious disease experts have waffled on what it will take to reach herd immunity in the U.S. Initially, they estimated that 60% to 70% of the population will need resistance to COVID-19 in order to stop it from spreading; now they're saying it is probably more like 75% to 85%, or perhaps even higher.

Getting to that point will hinge largely on vaccination. The vaccine rollout has been slow thus far, and there is no approved vaccine for children yet. Health officials have said in the past that most adults in the U.S. should have access to the vaccine by the end of June; it's not clear whether we are still on target for that goal.

Experts say we're likely going to be living with relatively easy, low-cost public health precautions — again, like masking, distancing and strict adherence to hand-washing — for some time.

"I hope," Robinette said of those who receive both doses of the vaccine relatively early on in the rollout, "that people will use their newfound freedom to help others who haven't yet been fortunate enough to be able to get the vaccine."

https://www.huffpost.com/entry/safe-be-around-someone-covid-vaccine_1_5ffc6e7ec5b63642b6fdbfd7

Valentine Drive-Thru Lunch

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

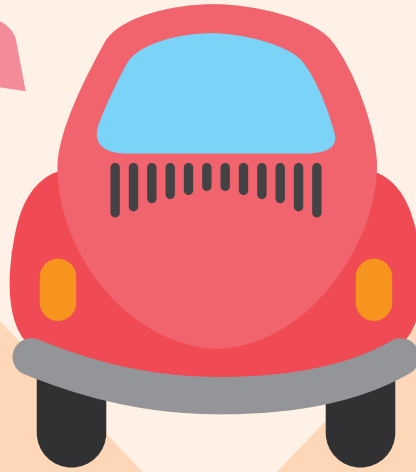
Drive-Thru 12:00-12:15pm

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.

**WE DON'T THINK
ANYONE IN OUR
COMMUNITY
SHOULD HAVE TO
FACE GOING
HUNGRY....**



**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

Upcoming Free COVID-19 Testing In Newark



Serving the communities of southern Alameda County and Santa Clara County

- Must wear a mask
- Walk ups welcome
- Appointments preferred

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

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

22

No-Cost COVID-19 Testing: Cedar Church

Cedar Church 38325 Cedar Blvd., Newark

FRI January 29 @ 9:00 am - 3:30 pm

29

No-Cost COVID-19 Testing: MacGregor Altern Education School

MacGregor Alternative Education School 35753 Cedar Blvd, Newark

SAT January 30 @ 9:00 am - 3:30 pm

30

No-Cost COVID-19 Testing: MacGregor Altern Education School

MacGregor Alternative Education School 35753 Cedar Blvd, Newark

AARP Foundation®

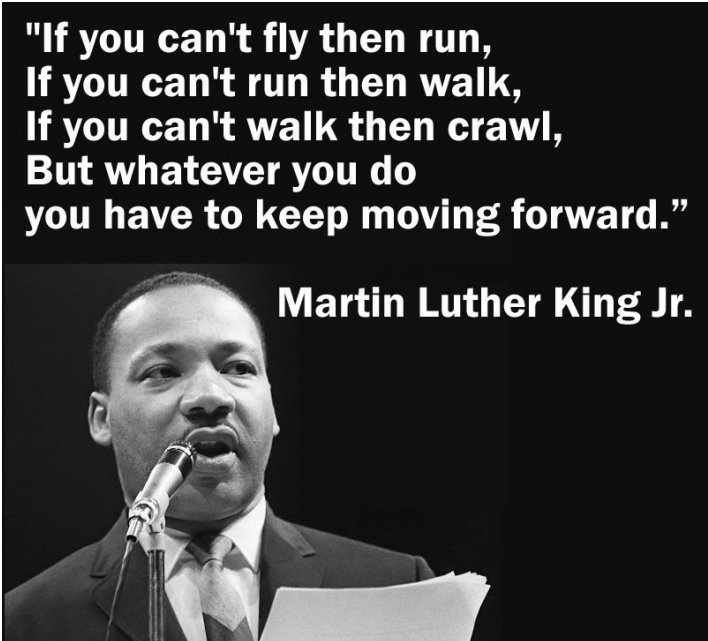
TAX-AIDE

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.

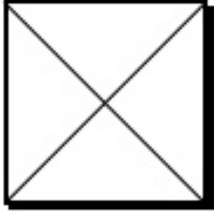



Beginning January 18, 2021, you can call AARP Tax Aide @ 408-475-3905 and leave a message with your Name, Phone number and AARP site you used in previous years. A Tax-Aide volunteer will return your call to explain the process.

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



Brain Teasers

Each of the 12 items below is a separate puzzle.
How many can you figure out?

<p>1</p> <p>MY TONGUE^{it}</p>	<p>2</p> 	<p>3</p> <p>POWAUSTERS</p>	<p>4</p> 
<p>5</p>  <p>TH</p>	<p>6</p> <p>GRA 12" VE</p>	<p>7</p> <p>kk cc uu tt ss</p> <p>word word word word</p>	<p>8</p> <p>22 Arizona</p>
<p>9</p> <p>N N N N N N N A A A A A A A C C C C C C C</p>	<p>10</p> <p>\$O all all all all</p>	<p>11</p> 	<p>12</p> <p>s a n d a n n a d n a s</p>

Answers 1. It's on the tip of my tongue, 2. X-Box, 3. Austin Powers, 4. Buckeye, 5. Thundercloud, 6. One foot in the grave, 7. Too stuck up for words, 8. Tuscon, Arizona, 9. 7-up cans, 10. Free for all, 11. Ring around the rose, 12. Sandbox

Crossword Puzzle

Answers on page 9.

Across

1. Put side by side
9. W2 data
15. Light limiter
16. Sort of cell
17. Made up for
18. Pretentious
19. "Idylls of the King" character
20. Kazakh river
22. Something prized
23. No longer flat
25. Old tub
26. Entangle
27. Elbow room
28. Atlantic Prov.
29. Far from fresh
30. Receded
32. Even-tempered
33. Reached a maximum
36. Came loose
37. Peary's partner
38. Student in uniform
39. First woman in Parliament
40. Winter woe
41. "Paint Your Wagon" composer
45. Blacken, in a way
46. Oat product
47. ___ year
48. Chi preceider
49. Paris preposition
50. Maugham story
51. Big Ten team
53. Elysium
57. Provided initial capital for
58. Makeup
59. Maritime vortices
60. Marconi contemporary

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						

Down

1. Manuscript marks
2. Speak frankly
3. Saudi city
4. One there before
5. Took something
6. Molasses product
7. Before
8. Thought out
9. You might get one at City Hall
10. "The Fountainhead" actress
11. Something to chew
12. Distinctive
13. Run the debate
14. Like teeth
21. "Monarque"
24. Bill payer
25. Really moved
26. Custom
29. Cuts at an angle
31. Jerry's partner
32. Like McCullers' café
33. Dress down
34. Applied more caulk
35. Meant
36. Fidel's brother
38. Held tight
40. Spongy ground
42. "Seinfeld" role
43. Middles
44. Physicist Rutherford
46. Household help
49. Old-time dagger
52. Milton's overthrower
54. Stout cousin
55. Dict., for one
56. Latin lover's murmur

60's Songs Word Search

Find and circle all of the 1960's song titles that are hidden in the grid.
The remaining letters spell the title of an additional 1960's song.

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

BABY LOVE
 BLUE MOON
 BLUE VELVET
 BUS STOP
 CARA MIA
 CHAIN GANG
 CHERISH
 CRAZY
 CRYING
 DIZZY
 DOWNTOWN
 EL PASO

ELENORE
 FINGERTIPS
 FIRE
 GALVESTON
 GOOD LOVIN'
 GROOVIN'
 HAIR
 HEATWAVE
 HEY JUDE
 HOLIDAY
 ITCHYCOO PARK
 LAST KISS

MEMPHIS
 MY GIRL
 MY GUY
 PEOPLE
 PUPPY LOVE
 RESPECT
 RUNAWAY
 SHERRY
 SOUL MAN
 SPOOKY
 STAY
 SURF CITY

TEEN ANGEL
 THE BOXER
 THE TWIST
 THESE EYES
 VALLERI
 VOLARE
 WHITE RABBIT
 WILD THING
 WINDY
 WIPEOUT
 WORDS
 YESTERDAY

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



Top 10 Good Things That Actually Happened in 2020



#9 Signs of Life & Water on Other Planets watchmojo

<https://www.youtube.com/watch?v=L4z10SaBzI>

Exercise



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



15 MIN. WALK DANCE CARDIO FOR SENIORS
<https://www.youtube.com/watch?v=1B2fk0cJIQ8>



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

