

February 1, 2021

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Informative Articles  
Senior Health & Wellness Resources  
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**NEW YEAR  
NEW YOU**

## Simple Ways to Declutter Your Spaces

1. Start by removing trash.
2. Begin by choosing one small area to organize – like a drawer.
3. Sort items into three piles: Keep, donate and toss.
4. Find a specific home for everything you intend to keep – for example, a hook for your keys.
5. Group similar items together, instead of storing them in multiple places, so you always know where to find them.
6. If you buy something new, pledge to get rid of something else to limit items in your home.
7. If you're holding on to items to pass to the next generation, ask your heirs if they want the items. Be prepared for them to say no, and be gracious.
8. Don't try to do everything all at once. Schedule limited amounts of time to work on decluttering and organizing on a regular basis.

Read the entire article at <https://www.aarp.org/home-family/your-home/info-2021/simple-decluttering-and-organization-tips.html>



# Valentine Drive-Thru Lunch

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

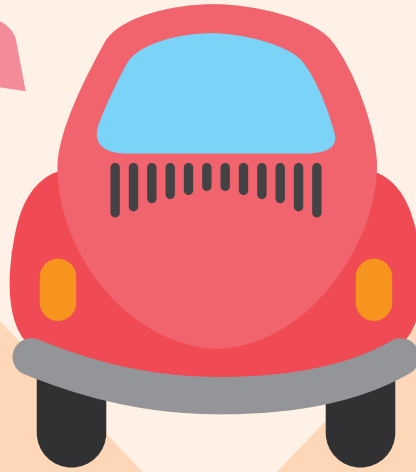
Drive-Thru 12:00-12:15pm

At the Silliman Activity Center Front Parking Lot

Menu: Chicken  
Fettucine Alfredo

Space is limited.

\*Pre-registration required  
[newarkca.activityreg.com](http://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](http://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](http://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](http://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](http://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](mailto: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](http://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](mailto:seniorityouthapps@clippercard.com). Or FAX your application form and proof-of-age document to 877.565.3149. Please allow 7 business days for delivery.

# COVID-19 Vaccine Availability

The State of California has [approved](#) giving the COVID-19 vaccine to people age 65 and older. We are calling hospitals and pharmacies daily to check which are currently administering vaccines.

Find Locations Near You

Or check locations and policies by region

**Northern California** (Humboldt, Mendocino, Shasta, Tehama, etc) →

**SF Bay Area** (San Francisco, Alameda, Santa Clara, Solano, Napa, etc) →

**Greater Sacramento** (Placer, El Dorado, Sierra, Yolo, Yuba, Nevada, etc) →

**San Joaquin Valley** (Fresno, Merced, Kings, Madera, Stanislaus, etc) →

**Southern California** (Los Angeles, San Diego, Orange, Inyo, Mono, etc) →

## California volunteers create crowdsourcing site for available vaccines: [www.vaccinateca.com](http://www.vaccinateca.com)

By James Torrez

Booking an appointment for a COVID-19 vaccine has proven to be more than challenging.

Now, a California-wide volunteer effort is working to make finding an appointment easier.

Often times, sites, like many in the Bay Area, either have appointments fully booked or have run out of their share of COVID vaccines. This week, the San Francisco Department of Public Health said they could run out of its dosages as soon as Thursday.

Now, hundreds of volunteers are willing to do the leg work to find Californians, especially those 65 and older local sites to make a vaccine appointment.

According to its website, VaccinateCA.com uses volunteers to call sites all throughout the state approximately every 36 hours to check in on COVID-19 vaccine statuses.

On its homepage, finding an available vaccine is broken down by region; Northern California, San Francisco Bay Area, Greater Sacramento, San Joaquin Valley and Southern California.

It lists centers in each region, whether they have vaccines, and whether you need to make an appointment.

The website's founders are a team of tech-industry businessmen and women. On their page, they admit their information may not be 100% accurate but say they are constantly updating.

"We're doing our best, but can't make guarantees," the site reads.

With an active Twitter page, the site encourages medical providers and workers to provide any additional information to help make the process of booking a COVID-19 vaccine easier.

As of Wednesday morning, the state recorded an additional 22,403 cases to its more than 3 million tally.

According to the state COVID-19 dashboard, roughly 2 million of the state's vaccines have not yet been used.

<https://www.ktvu.com/news/california-volunteers-create-crowdsourcing-site-for-available-vaccines>



**FREE**

# SENIOR VIRTUAL TRIPS

Join Recreation Supervisor, Nick Cuevas, as you explore new worlds together from the comfort of your home. Enjoy a light conversation about your experience after the tour.

## TRIP 1

The Hidden Worlds of the National Parks

**Tuesday, February 9th from 9-11a.m.**

Explore some of the most beautiful places in the USA, guided by National Park Rangers.

### How to Register/Questions:

**CLICK HERE**

for online registration  
or

**Email:** [Nicholas.cuevas@newark.org](mailto:Nicholas.cuevas@newark.org)

**Call:** 510-578-4432

## TRIP 2

TBD

**Tuesday, March 9th from 9-11a.m.**

More information will be provided at a later date.

### Requirement's:

Must have access to a computer with internet. All senior virtual trips will be hosted via Zoom.

# Senior Support Program of the Tri-Valley's

## 2021 Virtual Finding Wellness and Exercise Classes

**\*All Classes Meet Through Zoom\***

### **Finding Wellness Series 1:**

*Introduction to Health and Wellness: Learn about different topics to help improve overall health!*

**Class Dates: Fridays**

01/22-02/26/21

**Time: 1:00 PM**



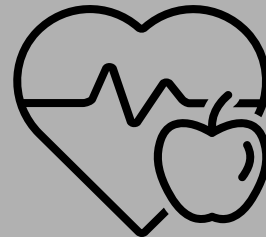
### **Finding Wellness Series 2:**

*Organ Systems and Your Health: Learn how different organs affect health*

**Class Dates: Tuesdays and Thursdays**

02/04-02/16/21

**Time: 11:00 AM**



### **Wellness Wednesdays**

*Learn useful tips for living a healthy lifestyle!*

**Class Dates: Wednesdays**

01/27/21, 02/10/21, 02/24/21

03/10/21, 03/24/21

**Time: 1:00 PM**



### **SSPTV's Seated Exercise Program**

*Get your heart rate pumping while improving overall strength, flexibility, and balance!*

**Meeting Days:**

**Tuesdays and Thursdays**

**Start Date: 02/23/21**

**Time: 9:30 AM**



**To Register: Call 925-931-5379 EXT 5393  
Or Email Andrea Escobedo: [aescobedo@ssptv.org](mailto:aescobedo@ssptv.org)**

# Health Forward with HomeLIFE

Please see the flyer below for information on the Health Forward with HomeLIFE program by LIFE ElderCare. This program offers a variety of free services via phone or video call for seniors.



[info@LifeElderCare.org](mailto:info@LifeElderCare.org)

ph# 510-894-0370

## **Health Forward with HomeLIFE**

- Program available free for all Alameda County residents age 60+ with focus on those who have difficulty leaving the home.
- Multiple interventions (recommended) or a single intervention can be selected.
- Home Mods can only be done if identified through a HomeLIFE Assessment.

<b>Intervention Type</b>	<b>Format</b>
Fall risk assessment with recommendations	Phone, Zoom or any online platform
Medication review with recommendations	Phone, Zoom or any online platform
Home safety assessment with recommendations	Zoom or any online platform
Minor Home Modifications as needed via home assessment (kits of double sided tape, sensor nightlights, etc. Pro installations i.e. grab bars free as needed for low-income)	Mod kits mailed or dropped off, Professional installations done w/Hazmat as needed
Education on behaviors to reduce fall risk (footwear, vision screens, hydration, nutrition, social support, postural hypotension, etc.)	Phone, Zoom or any online platform
Simple evidence-based exercises (Barnett's)	Zoom or any online platform
Lifestyle Integrated Functional Exercise (LiFE)- balance and strength movements incorporated into daily activities	Phone, Zoom or any online platform, or 6' masked outdoor visit
Care Coordination/Referrals to support networks, home delivered meals etc.	Phone, Zoom or any online platform

# Laughter is an instant vacation. 😊

- Milton Berle

HERE'S TO  
FINDING  
HUMOR IN  
DIFFICULT  
SITUATIONS



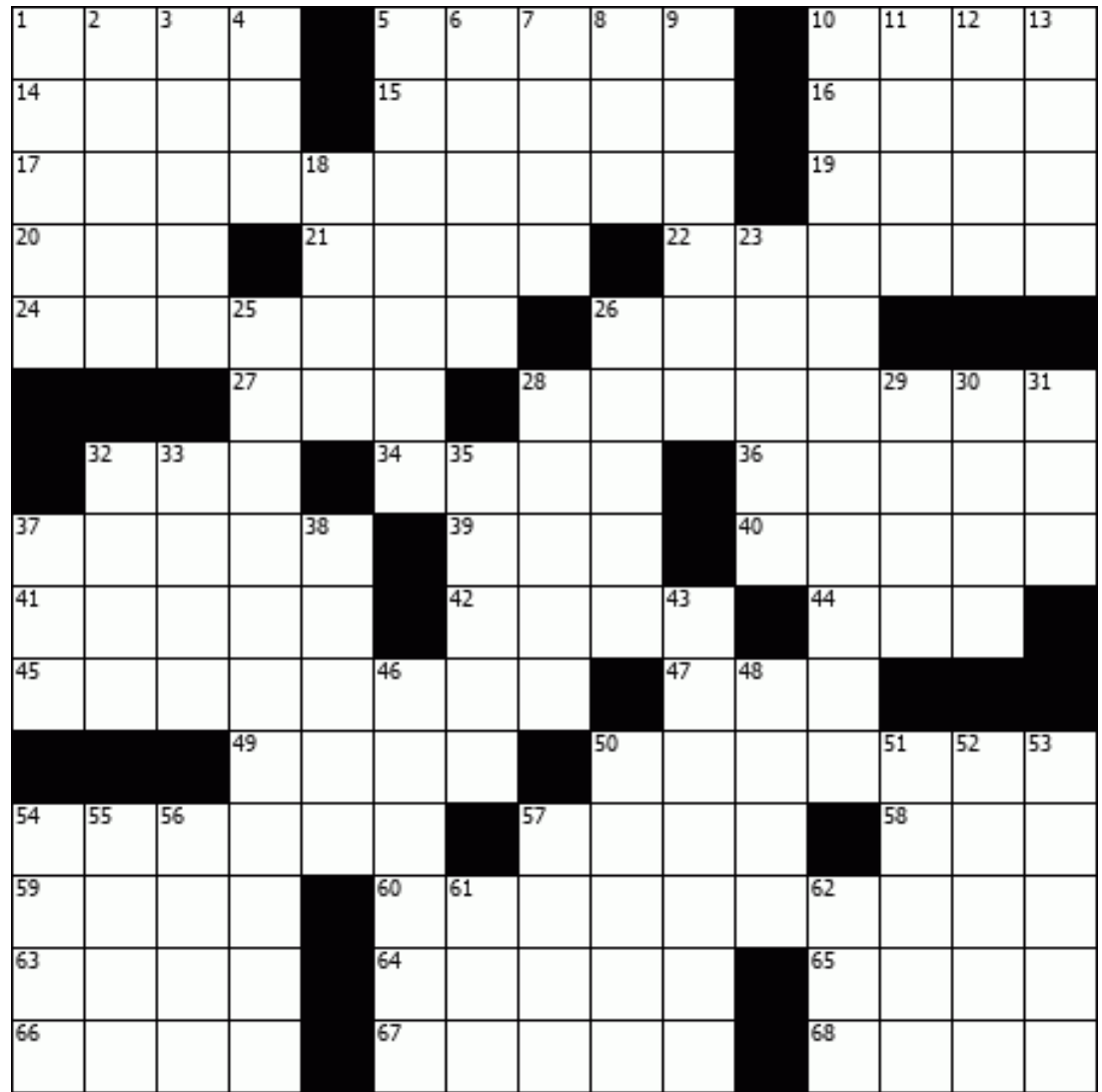


# Crossword Puzzle

Answers on page 11

## Across

1. Woman of refinement
5. Bracket-braced window
10. Knight's group (with "The")
14. Czech runner Zatopek
15. Last name in fashion
16. Involving the ear
17. Links lover's magazine
19. Earthen pot
20. Were now?
21. "... Jumpin' Jack Flash, it's ..."
22. "Catch-22" author
24. Balkan native
26. "Live at Red Rocks" musician John
27. Real finish
28. Edith Head's area
32. Scurried
34. Steel support beam
36. Early serfs
37. Timer sounds
39. Basic education trio
40. Buyer be where?
41. Underway
42. The fourth person
44. Outdated records
45. Browbeats
47. Unclose, to Byron
49. Shampoo ingredient, often
50. Brand new business
54. Where rabbits breed
57. Cart away
58. Incumbents
59. Mephistophelian
60. Deep Blue vs. Kasparov, e.g.
63. Tiller starter
64. Gymnastic apparatus
65. \_\_\_ fide (bad faith)
66. Nightstand jug
67. Suppresses one's wanderlust
68. In a different form



## Down

1. "Jockeys in the Rain" artist
2. Dean Martin song topic
3. One who's in it for the long run?
4. Legolas of Middle Earth, e.g.
5. Japanese paper art
6. Lear's daughter
7. "\_\_\_ de Castro" (John Clifford play)
8. Tabloid aviators
9. Shaping tools
10. Fast Eddie, for one
11. "\_\_\_ do" (resigned acceptance)
12. Stack of chips
13. Halloween embellishment, sometimes
18. Place to start the roast?
23. Mr. Kefauver
25. Where granny goes on Friday nights, stereotypically
26. Yanks' manager
28. Pasta, potatoes and the like
29. Alphabetic run
30. Suffixes with ballad and command
31. Pilot's dir.
32. Rampant
33. Shortly
35. React to the cop with the radar gun
37. Bit of Morse code
38. Ancient Roman burial stone
43. Water flowers
46. Spiral shells often used as horns
48. \_\_\_ Beach, Fla.
50. Full of back talk
51. Largest satellite of Saturn
52. Popeye, to Pipeye
53. "Don't give me that!"
54. "\_\_\_ number one!"
55. Declare openly
56. Prescribed ceremony
57. Queen of Olympus
61. How some like it, on screen
62. Docs' grp.

# Elvis Word Search

Find and circle all of the words, names, songs, and movies that have to do with Elvis.  
The remaining letters spell a line from an Elvis song.

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

AARON  
 ALL SHOOK UP  
 BLUE HAWAII  
 BURNING LOVE  
 CLAMBAKE  
 COLONEL PARKER  
 DON'T BE CRUEL  
 DRAFTED  
 G.I. BLUES  
 GIRL HAPPY  
 GLADYS

GOOD LUCK CHARM  
 GOSPEL  
 GRACELAND  
 GYRATING  
 HEARTBREAK HOTEL  
 HOUND DOG  
 IN THE GHETTO  
 JAILHOUSE ROCK  
 KENTUCKY RAIN  
 KING CREOLE  
 LISA MARIE

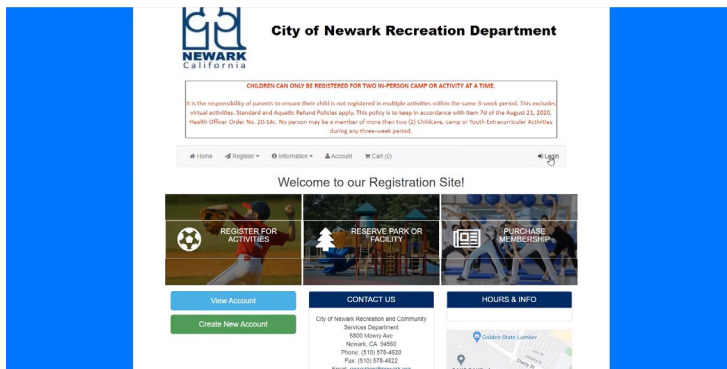
LITTLE SISTER  
 LOVE ME TENDER  
 MEMPHIS  
 ONE NIGHT  
 PRISCILLA  
 RCA  
 RETURN TO SENDER  
 ROCKABILLY  
 ROUSTABOUT  
 SHE'S NOT YOU  
 STUCK ON YOU

SUN RECORDS  
 SURRENDER  
 SUSPICIOUS MINDS  
 THE KING  
 TOO MUCH  
 TUPELO  
 U.S. ARMY  
 VERNON  
 VIVA LAS VEGAS

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



## How to Register for Newark Recreation Classes/Activities Online



<https://vimeo.com/505420759>

## Exercise

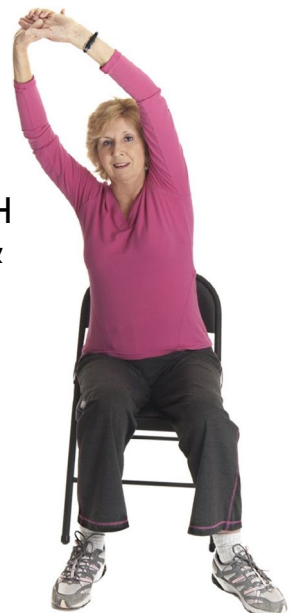


**FREE MORNING STRETCH  
W/ JESSICA, MONDAYS &  
WEDNESDAYS @ 10AM**  
Click [HERE](#) to register!



**SENIOR LOW IMPACT  
WORKOUT AT HOME**

[https://www.youtube.com/  
watch?v=UXdFeWEts8Y](https://www.youtube.com/watch?v=UXdFeWEts8Y)



**ONLINE...** at [newarkca.activityreg.com](http://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