

March 15, 2021



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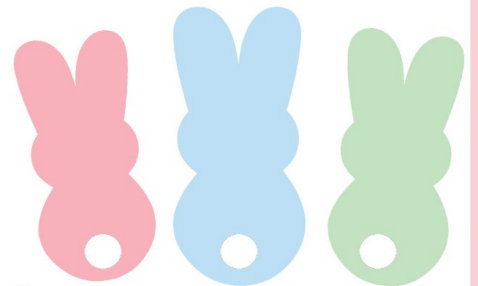


Can you believe it's been a year since we last saw your smiles and stood less than 6 feet from you? We can't either!

It's been a tough year for everyone and we know especially for you! As we celebrate this grim anniversary, we are hopeful and excited to begin offering more activities and opportunities to see and spend time with all of you again! Although covid restrictions will not allow us to reopen the Newark Senior Center just yet, we plan to offer outdoor and socially distant indoor activities once allowed. Information on those activities will be included in an upcoming weekly update. In the meantime, stay vigilant... get your vaccine, mask up and practice social distancing!

-Nick, Cheryl & Jessica-

We so miss ...



*hanging with
our PEEPS*







LOVE YOUR RECIPES

Healthier Ingredient Substitutes

Try these substitutions to cut down on calories, fat, cholesterol and sodium while keeping the flavor in your favorite recipes.

FAT & CHOLESTEROL




 A healthy oil such as: canola, corn, olive, sunflower or any non-tropical oil. Applesauce or prune puree for half of the called-for butter or shortening.






 Cooking spray or nonstick pans




 Two egg whites or 1/4 cup egg substitute for each whole egg




 EVAPORATED SKIM MILK






 FAT-FREE


 Fat-free or low-fat cream cheese, or low-fat cottage cheese pureed until smooth




 LIGHT


 Fat-free plain yogurt, or fat-free/low-fat sour cream




 PLAIN YOGURT



SODIUM




 Try other spices such as cinnamon, ginger and nutmeg



SUGAR




 REDUCE SUGAR BY 1/2




 Fresh fruit or canned fruit in its own juices or water










 PLAIN YOGURT



CARBOHYDRATES




 WHEAT FLOUR






 OATMEAL OR BRAN CEREAL






 WHEAT BREAD OR WHOLE GRAIN



COVID-19 Vaccine Resources for Alameda County Residents 65+ & Essential Workers



COVID-19 Vaccine Resources and Consent Form

Bay Area Community Health is now offering COVID-19 vaccines to patients and community members 65 and older or those who follow county guidelines listed below. If you do not meet the listed requirements, please do not contact BACH or fill out these forms. You will be able to register for a vaccine on a future date. Look for more information soon.

COVID-19 Vaccinations are only available to those who meet the below criteria:

-Alameda County appointments are only available to people who live or work in Alameda County.

-Santa Clara County appointments are only available to people who live or work in Santa Clara County.

Appointments are currently open to the following persons ONLY:

- Healthcare Workers
- People ages 65+
- Food and Agriculture Workers
- Emergency Services workers
- Education/Childcare workers

SCHEDULE AN APPOINTMENT

**online scheduling available [HERE](#)
or call 510-770-8040**

<https://bach.health/vaccine>



Washington Hospital Healthcare System

March 8, 2021

While Washington Hospital Healthcare System is authorized by the Alameda County Public Health Department to offer the COVID-19 vaccine to individuals in Phase 1A and Phase 1B who live or work in the Health Care District, we were notified today that we do not have a scheduled delivery of vaccine for future/unscheduled first doses. As a result, we cannot schedule any more first dose vaccination appointments until additional vaccine is received.

Once the vaccine is available, Washington Hospital and Washington Township Medical Foundation (WTMF) will resume administering the COVID-19 vaccine to individuals who live or work in Fremont, Newark, Union City, South Hayward or Sunol and who meet the below criteria. WTMF patients meeting these criteria will be able to schedule appointments through their personal MyChart account.

- Washington Township Health Care District residents who are 65 and older
- Washington Township Medical Foundation patients who are 65 and older
- Employees and physicians of the Washington Hospital Healthcare System and other eligible health care professionals, per Alameda County Public Health Department guidelines
- Essential workers who live or work in the Washington Township Health Care District in the following categories: education and child care (formal & informal), emergency services (including law enforcement) and food/agriculture

Our COVID-19 vaccination phone line remains active (510.248.8200), but appointments are NOT being scheduled until more vaccine is issued to Washington Hospital Healthcare System. Please note that we often experience long wait times in the call center.

For more information about vaccination eligibility in CA and other vaccination resources, go to myturn.ca.gov. If it's not your turn yet to be vaccinated or appointments are not available, you can register at myturn.ca.gov to be notified when you are eligible or when appointments open up.

Updates will be available on this website and through MyChart as necessary.

Thank you for your patience.

<https://www.whhs.com/COVID-19-Coronavirus.aspx>

The above information has been copied directly from Washington Hospitals website. Check the above website for the most up-to-date information as it may have changed since March 8.

*Please note - If Washington Hospital does not have your personal information they will ask for it including your full social security number.

NEED TRANSPORTATION TO YOUR VACCINE APPOINTMENT?

The **RIDE-ON TRI-CITY!** Program will help seniors make COVID vaccine appointments with Washington Hospital and Haller's Pharmacy and help coordinate rides to and from appointments. Call 510-574-2053 for Ride-On Tri-City assistance.

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.



**Get vaccinated.
Get your smartphone.
Get started with v-safe.**

Use your smartphone to tell CDC about any side effects after getting the COVID-19 vaccine. You'll also get reminders if you need a second vaccine dose.

Sign up with your smartphone's browser at vsafe.cdc.gov

OR

Aim your smartphone's camera at this code



Learn more about v-safe www.cdc.gov/vsafe





Spring DRIVE-THRU LUNCH

Thursday, April 8... *\$5/senior

Drive-Thru 12:00-12:15pm

Silliman Activity Center Front Parking Lot

Menu: Spring Salad with Chicken, roll & dessert.

Space is limited. *Pre-registration required at 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.



CINCO DE MAYO

DRIVE-THRU LUNCH

Wednesday, May 5... *\$5/senior

Drive-Thru 12:00-12:15pm

Silliman Activity Center Front Parking Lot

MENU: CHICKEN TACOS, RICE, BEANS & DESSERT

Space is limited. *Pre-registration required at 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.



Exercise in the morning before your brain figures out what you're doing!



Yoga on the go!

9 easy poses to do while sitting in your desk chair

Hold poses for at least 3 to 5 deep breaths to release tension and stress. Do only as much as you can, comfortably.



1. Shoulder shrug

Inhale as you shrug your shoulders up to your ears. Exhale and release your shoulders down your back, and breathe deeply 3 to 5 times.



3. Rib circles

Circle your ribs around as if you are scraping the inside of a barrel with your ribcage. Repeat 4-8 times in each direction.



2. Fan pose

Sit forward, toward the edge of your seat. Reach both arms back, straighten your arms, and lean forward, with your chest pressing your shoulders back gently.



4. Side bends

Turn left palm up. Reach up and over with left arm while your right hand rests on the seat, and bend gently. Repeat on the other side.



These simple yoga sequences work the major muscle groups and joints, without stressing them as other forms of exercise can do.

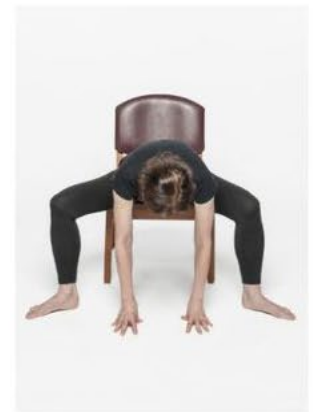
5. Sea horse

Turn sideways in the chair so your left arm is closest to the backrest, then move to its front edge. Hold the backrest with your left hand, and keep your left leg centered on the side of chair and your left foot flat on the ground. Let your right knee hang down toward the floor with toes uncurled so the top of your foot is on the floor. Sitting tall, slowly rock back and forth. Repeat on the other side.



6. Seated spinal twist

Cross right hand to your left leg, and place left hand behind you on the seat. Keep shoulder parallel to the ground and your spine long. Turn head to left. Repeat on the other side.



7. Wide-legged fold

Open your legs wide and slowly lean forward, draping the spine down and allowing your head and arms to hang. Come up slowly to release.



8. Hamstring stretch

Sit on the edge of your chair and extend your legs out in front of you (heels down, toes up). Hold the chair and lean forward with a long spine until you feel a healthy stretch in the back of your legs.



9. Seated relaxation

Relax, close your eyes and rest back into the chair. Breathe deeply, consciously releasing tension.

Health.clevelandclinic.org

SOURCE: my.clevelandclinic.org/services/wellness/integrative-medicine/treatments-services/yoga

© 2015 Cleveland Clinic

Crossword Puzzle

Answers on page 11.

Across

1. Fast flier
4. Mesh with the group
9. Vegas game
13. Blood classification system
14. Response to "No you don't!"
16. Give ___ of approval: silently okay
17. Possible 11/3 headline
20. Cabinet dept.
21. Onion cousins
22. Defamed in writing
26. Pupil site
27. Hesitant speaker's sounds
28. Call ___ day
29. Cuban water
31. Living room piece
33. Below zero: Abbr.
34. European herders
36. Quite
37. Unlikely 11/3 headline
40. Gillette brand
43. Electronics device
44. Marcel Marceau character
47. Bricklayer's tool
50. Marcus of movie theaters
51. Lennon's lady
52. "___ folly to be wise": Gray
53. ___ generis
55. Distribute, as leaflets
57. Opts not to opt
60. Ballpark figs.
61. Possible 11/3 headline
65. Most eligible to serve
66. The Cyclades' sea
67. Chapter in history
68. Oenophile's concern
69. College quarters
70. CD-__

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	

Down

1. Olympic spear
2. Inelastic rubber
3. Pledge drive incentive, maybe
4. Needle bearer
5. Security guard's requests
6. Spinning toy
7. "That's the way ___"
8. Dark time in Durango
9. Critic Pauline
10. On the way
11. Arctic gale
12. Adventurous trip
15. Green lights
18. Before, poetically
19. Artist Paul
23. ___ land: unreality
24. "Good golly!"
25. Taken to the cleaners
30. Time for fools
32. Hosp. room fixtures
35. Attack like an eagle
37. Dogpatch denial
38. Thought
39. Rather report
40. Parent's words of encouragement
41. Chicago paper
42. Arm of the Pacific Ocean
44. Ardent supporter
45. Unborn
46. 1945 conference site
48. Actor Morales
49. Soprano Tetrzzini
54. How some losses are printed
56. Brief moment
58. Whaler's direction
59. Utah state flower
62. Slogan ending?
63. Escape
64. USCG rank

St. Patrick's Day Word Search

Find and circle all of the words that are hidden in the grid.
The remaining 34 letters spell a secret message.

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

BEER
BELFAST
BISHOP
CABBAGE
CELEBRATION
CELTIC CROSS
CHRISTIAN
CLOVER
CORK
CORNER BEEF

DANCING
DUBLIN
EVENTS
FEAST DAY
FESTIVAL
GREEN
GUINNESS
HERITAGE
HISTORY
HOLIDAY

HOLY DAY
IRELAND
IRISH
LEPRECHAUN
LIMERICK
MARCH
MISSIONARY
MUSIC
PARADE
PATRON SAINT

POTATOES
SEVENTEENTH
SHAMROCK
SNAKES
SODA BREAD
TRADITION
YEARLY

Sudoku Puzzle #3

Sudoku Puzzle #4

The rules to play Sudoku are quite simple. Fill in the blanks so that each row, each column, and each of the nine 3x3 grids contain one instance of each of the numbers 1 through 9.

7	3		2	9	4		6	
		1			6			
4	5			8				
			3				8	6
2	8	3			7	4		
	6						1	
	7			2	5			
8				7				
		5	4			7	9	

1	6		3					
		8	5		9	3	4	
		4	2	7			5	8
			9		5		3	
								5
		3		1		4		
			6			9		4
	9			8	3			6
	5	2				7		

Solutions on page 11.



SPRING BUCKET LIST

- GET COVID VACCINE
- REGISTER FOR A NEWARK SENIOR DRIVE-THRU LUNCH
- EAT ICE CREAM
- PLANT FLOWERS
- SPRING CLEAN
- RIDE A BIKE
- GO ON A NATURE WALK
- HAVE A PICNIC
- GO TO THE PARK
- WATCH THE SUNSET
- JUMP IN A PUDDLE
- PICK WILDFLOWERS
- FIND A RAINBOW
- DANCE IN THE RAIN
- FLY A KITE
- BLOW BUBBLES
- PLANT SEEDS
- PAINT ROCKS
- BAKE COOKIES
- MAKE A SPRING SALAD
- READ A BOOK OUTSIDE
- MAKE A BIRD FEEDER
- MAKE LEMONADE
- GO FISHING

Shamrock Pretzel Pops Recipe

Prep Time
10 mins

Cook Time
2 mins

Total Time
12 mins

Course: Dessert Cuisine: American Keyword: Shamrock Pretzel Pops Recipe Author: Alea

Ingredients

Ingredients:

- Pretzel twists 3 for each pretzel pop
- Green candy wafer melts
- Gold sugar sprinkles
- Gold coin sprinkles Available at Michaels

Supplies:

- lollipop sticks
- waxed paper
- tweezers
- toothpicks
- Instructions:

Instructions

Instructions:

1. Line a baking sheet or large cutting board with waxed paper. Place lollipop sticks on waxed paper, spaced to allow room for each shamrock.
2. Melt green candy melts in a microwave safe bowl (according to package directions.) Heat on high for 30 seconds and stir. Repeat in 15-second increments, stirring each time, until completely melted. Do not overheat as the candy will seize and become unusable. If the candy is too thick to pour from a spoon, stir in 1 teaspoon of coconut oil or vegetable shortening. Test for consistency and add more coconut oil if needed, up to 1 tablespoon.
3. Dip each pretzel in candy coating, turning to coat. Remove from candy coating with a fork and tap against the bowl to remove excess. Place pretzel on waxed paper with the bottom edge touching a lollipop stick. Use a toothpick to slide into place if needed. Repeat with each pretzel until three pretzels are around each stick.
4. While the pretzels are wet, sprinkle with gold sugar sprinkles.
5. Pour remaining candy melts in a plastic bag. Snip the corner of the bag and press to add a small amount of candy into the hole where the pretzels are around the rod. Immediately add a gold coin sprinkle. (Tip: To apply the coin, use a pair of sterilized tweezers.)
6. Allow pops to set completely. Place in the refrigerator for faster results.

Notes

Store in an airtight container at room temperature.



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

Exercise



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



SEATED YOGA SERIES W/
TATIS CERVANTES-AIKEN
[https://www.youtube.com/
watch?v=3faVOVNf284](https://www.youtube.com/watch?v=3faVOVNf284)



Sudoku Solution #3

7	3	8	2	9	4	5	6	1
9	2	1	5	3	6	8	7	4
4	5	6	7	8	1	9	2	3
1	4	7	3	5	9	2	8	6
2	8	3	6	1	7	4	5	9
5	6	9	8	4	2	3	1	7
6	7	4	9	2	5	1	3	8
8	9	2	1	7	3	6	4	5
3	1	5	4	6	8	7	9	2

Sudoku Solution #4

1	6	5	3	4	8	2	7	9
7	2	8	5	6	9	3	4	1
9	3	4	2	7	1	6	5	8
8	4	6	9	2	5	1	3	7
2	1	9	4	3	7	8	6	5
5	7	3	8	1	6	4	9	2
3	8	7	6	5	2	9	1	4
4	9	1	7	8	3	5	2	6
6	5	2	1	9	4	7	8	3

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