

March 29, 2021



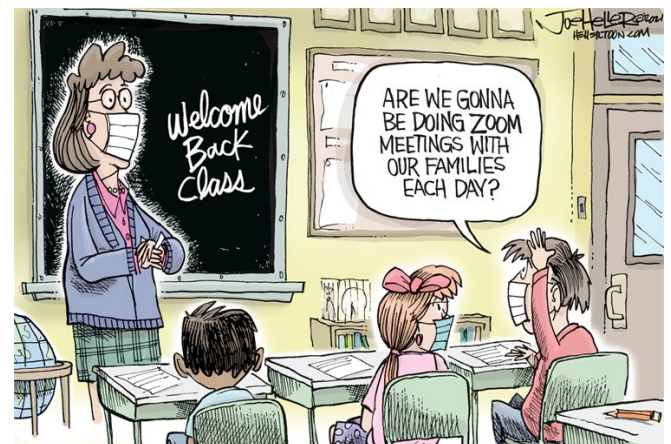
Tax Day Moves to May 17 This Year

by John Waggoner, AARP, Updated March 17, 2021
Tax Day has been pushed back to May 17 from the traditional deadline of April 15 for filing federal income taxes. (May 15 is a Friday, so the new deadline is Monday, May 17.) It was pushed forward to July 15 in 2020 because of the pandemic. You'll need to have your return postmarked by midnight on May 17.

If you file electronically, the date and time in your time zone when your return is transmitted controls whether your return is filed on time. After you file, you will get an electronic acknowledgment that the IRS has accepted your return.

In this issue:

- Informative Articles
- FREE Online Smart Phone Training
- CDC's Recommendations for Those Fully Vaccinated At Home... Comics, Puzzles & Exercise



Enjoying our Drive-Thru Lunches?

The Newark Recreation and Community Services Department would like to extend a big "THANK YOU" to Dino's Grill, Newark for providing our delicious sandwiches, soups and pastas. We appreciate all the love and care extended to our precious Senior Community!

See page 5 for our upcoming lunches.



Older Adults Are More at Risk for Catching the Coronavirus Again

Repeat infections are rare, but study finds people 65 and over are significantly more susceptible

by Michelle Crouch, AARP, March 18, 2021

Adults age 65 and older who have been infected with

the coronavirus are more likely than younger people to be reinfected, a large-scale study published in The Lancet reveals.

The study, which looked at reinfection rates among approximately 4 million people in Denmark, found that the vast majority of those who had tested positive for the coronavirus were protected from the virus for at least six months, and that reinfection was rare.

However, adults ages 65 and older who had been previously infected had only about 47.1 percent protection against a repeat infection, compared to a protection rate of 80.5 percent among younger people, the study showed.

The difference can likely be explained by natural changes that weaken your immune system as you age, the study's authors said.

"We know that as we get older, the robustness of our immune systems wanes," explains C. Buddy Creech, M.D., an infectious disease specialist and director of the Vanderbilt Vaccine Research Program in Nashville, Tennessee. "It's the reason why we give older adults shingles boosters and high-dose influenza vaccine, or influenza vaccine that has a special immune stimulant in it called an adjuvant."

Natural immunity is not enough

The study underscores the importance of face masks, social distancing and getting the COVID-19 vaccine, even for those who have already had the coronavirus, especially if they're older. "Natural protection, especially among older people, cannot be relied on," the study's authors wrote.

The coronavirus vaccines that have been authorized in the U.S. offer significantly better protection than natural immunity, Creech says. "If you take 100 individuals who have all had COVID, their immune response might be all over the map," he says. "It often correlates with a variety of factors, including severity of their initial disease. But when you look at immune response [to the vaccines], they are far stronger and more consistent."

In a piece of good news, the study found "no evidence" that a person's immunity declines within a six-month period of testing positive for the virus. The authors noted that their study analyzed coronavirus test data from spring and fall 2020, before the identification and emergence of new, more contagious strains of the virus called variants. Some of the most concerning variants contain a mutation that may allow the virus to elude some of the antibodies produced through natural immunity or the current vaccines.

"These data are all confirmation, if it were needed, that for SARS-CoV-2, the hope of protective immunity through natural infections might not be within our reach, and a global vaccination programme with high efficacy vaccines is the enduring solution," The Lancet said in a commentary released with the study.

While a COVID-19 vaccine is crucial to help stop the spread of, and ultimately wipe out, this pandemic, we must remain vigilant and continue to ...

1 PRACTICE GOOD HAND HYGIENE

2 WEAR MASKS

3 AVOID CROWDS

4 STAY 6 FEET APART

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 senioryouthapps@clippercard.com. Or FAX your application form and proof-of-age document to 877.565.3149.
Please allow 7 business days for delivery.

8 TIPS TO TACKLE SPRING CLEANING



1. START FRESH

Make your way around the house clearing off surfaces and only put back what you really love.



2. BUDGET YOUR TIME

Be realistic about the time that you have available and choose a space to clean that you can fully complete within that time frame.



3. CLEAN FROM TOP TO BOTTOM

Save time by cleaning from the top of the room to the bottom and from one side to the other to avoid cleaning the same area twice.



4. MAKE A 'CLEANING CADDY'

Put together a bucket or caddy just for spring cleaning. Simply grab and go when you have a couple minutes or more to clean.



5. USE THE RIGHT TOOLS

Cleaning essentials: an extendable duster, all-purpose cleaner, squeegee, scrub brushes, a lint roller, garbage bags, and a caddy to store the supplies in.



6. CHECKLISTS ARE KEY

Map out a plan ahead of time - checklists are a great tool to help you stay focused and work quickly.



7. LET THE FRESH AIR IN!

At the first sign of a warm sunny day, open all the windows for a few hours, and let as much of that wonderful fresh air indoors as possible to clear out the stuffiness and let in the freshness.



8. RECORD YOUR PROGRESS

Take a picture, set a timer for 5 minutes, and work on a small, visible area of your home. When the timer goes off, take another picture. You'll be amazed at the difference five minutes can make!



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

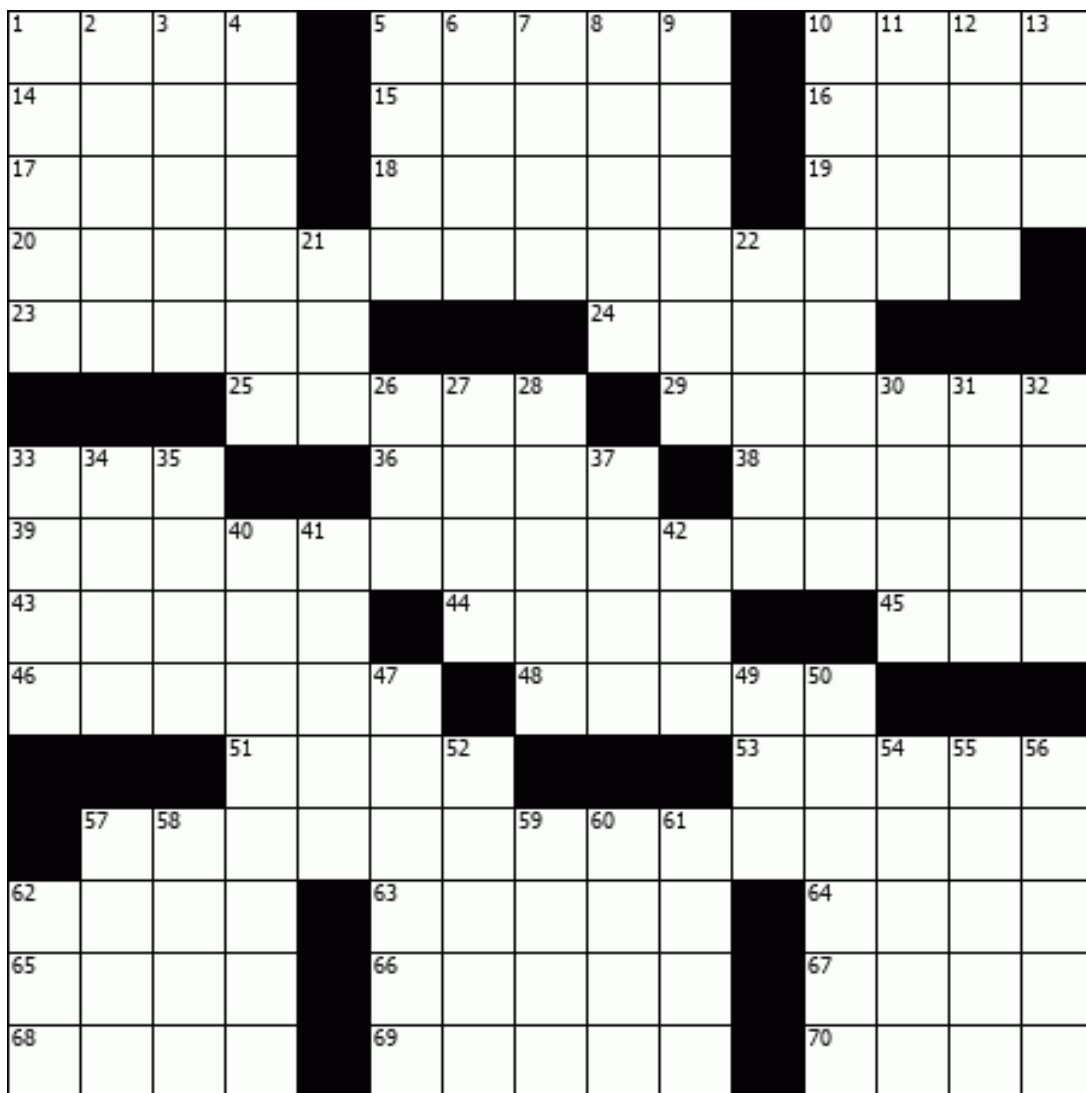
Space is limited. *Pre-registration required at newarkca.activityreg.com or use the mail-in registration form on the final page of our Weekly Update.

PLEASE WEAR A MASK AND REMAIN IN YOUR VEHICLE.



Crossword Puzzle

Answers on page 9.



Across

1. Salute with enthusiasm
5. Embarrass
10. These may be flipped
14. Not to mention
15. Coup group
16. Component used as fertilizer
17. Recital highlight
18. "Jakob the Liar" actor Alan
19. Niagara's veil
20. Start of an unhealthy quip
23. Many a John Wayne flick
24. Benjamin Franklin experiment prop
25. Base negotiating amounts
29. Discoverer's cry
33. Seashell seller
36. Blow off steam
38. Bill attachment
39. Unhealthy quip (Part 2)
43. Skip a syllable
44. Harness the wind
45. Word with little or late
46. Considered
48. Note above C
51. Currier's partner
53. Panoramic view
57. Unhealthy quip (Part 3)
62. Acting Anderson
63. Greece's Constantine II was one
64. Words with tab or temperature
65. Fell like ___ of bricks
66. Split the cards again
67. At the apex
68. Titanic's undoing
69. Ivans IV and V (Var.)
70. Parched

Down

1. Can't help but
2. Hi hi
3. Spot of land
4. Give some slack
5. Trojan War hero
6. Tupperware sound
7. "Lonely Boy" singer
8. Rover's retrieval
9. Monogram bearer, perhaps
10. Enter clumsily
11. Part of the eye
12. He loved Lucy
13. Gained a lap
21. Incense
22. Took ___ for the worse
26. Serpent's mark?
27. Belles of the ball
28. Golf's "Slammin' Sammy"
30. Make readable
31. Game like bingo
32. Jason's vessel
33. Tool repository
34. Revolutionary with a regret
35. Peter Gunn's girlfriend
37. End-of-the-week letters
40. Looking up to
41. Screen Superman
42. Green around the gills
47. Storm in Kuwait?
49. "___ Maria"
50. Pageant prizes
52. Famous battle participants
54. Cheap attachment
55. Enrico Caruso, for one
56. In awe
57. Carry
58. ___ about
59. Flaky mineral
60. Visual image, to an astigmatic
61. "___ Make a Deal"
62. Part of science class

1950's Songs Word Search

Find and circle all of the 1950's song titles that are hidden in the grid.
The remaining letters spell the title of an additional 1950's song.

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

BLUEBERRY HILL
BO DIDDLEY
BYE BYE LOVE
CRAZY ARMS
DJANGO
DONNA
EVERYDAY
FEVER
HEARTBREAK HOTEL
HONKY TONK

HOUND DOG
JAILHOUSE ROCK
KANSAS CITY
LA BAMBA
LONELY TEARDROPS
LONG TALL SALLY
MACK THE KNIFE
MANNISH BOY
MAYBELLENE
MISTY

MONA LISA
MOVE IT
MYSTERY TRAIN
NIGHT TRAIN
ONLY YOU
PEGGY SUE
RAVE ON
RED HOT
RIP IT UP
RUMBLE

SEARCHIN'
SHOUT
SIXTEEN TONS
SPEEDO
SUZIE Q
TAKE FIVE
TEQUILA
TUTTI FRUTTI
YAKETY YAK
YOU SEND ME

Sudoku Puzzle #7

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.

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

Sudoku Puzzle #8

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

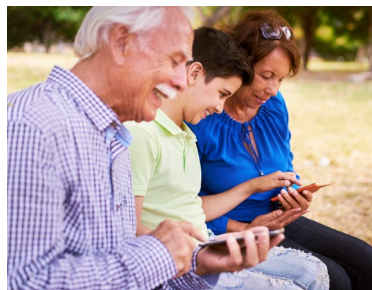
Solutions on page 9.



Having difficulty **hearing** or **seeing** on your smartphone? Attend a **FREE online training** and make your smartphone work better for you!

Learn how to:

- Operate the basic functions of your smartphone
- Send text messages
- Make text larger
- Connect Bluetooth devices
- Make your smartphone louder and easier to hear... and much more!



This is a two-part online training. To participate you will need a computer, internet service and a valid email address. We currently offer iPhone and Android smartphone trainings.

Please call or email us for more information!

Call: 1-866-271-1540

Email: smartphonetraining@ddtp.org



Spring is in the air!

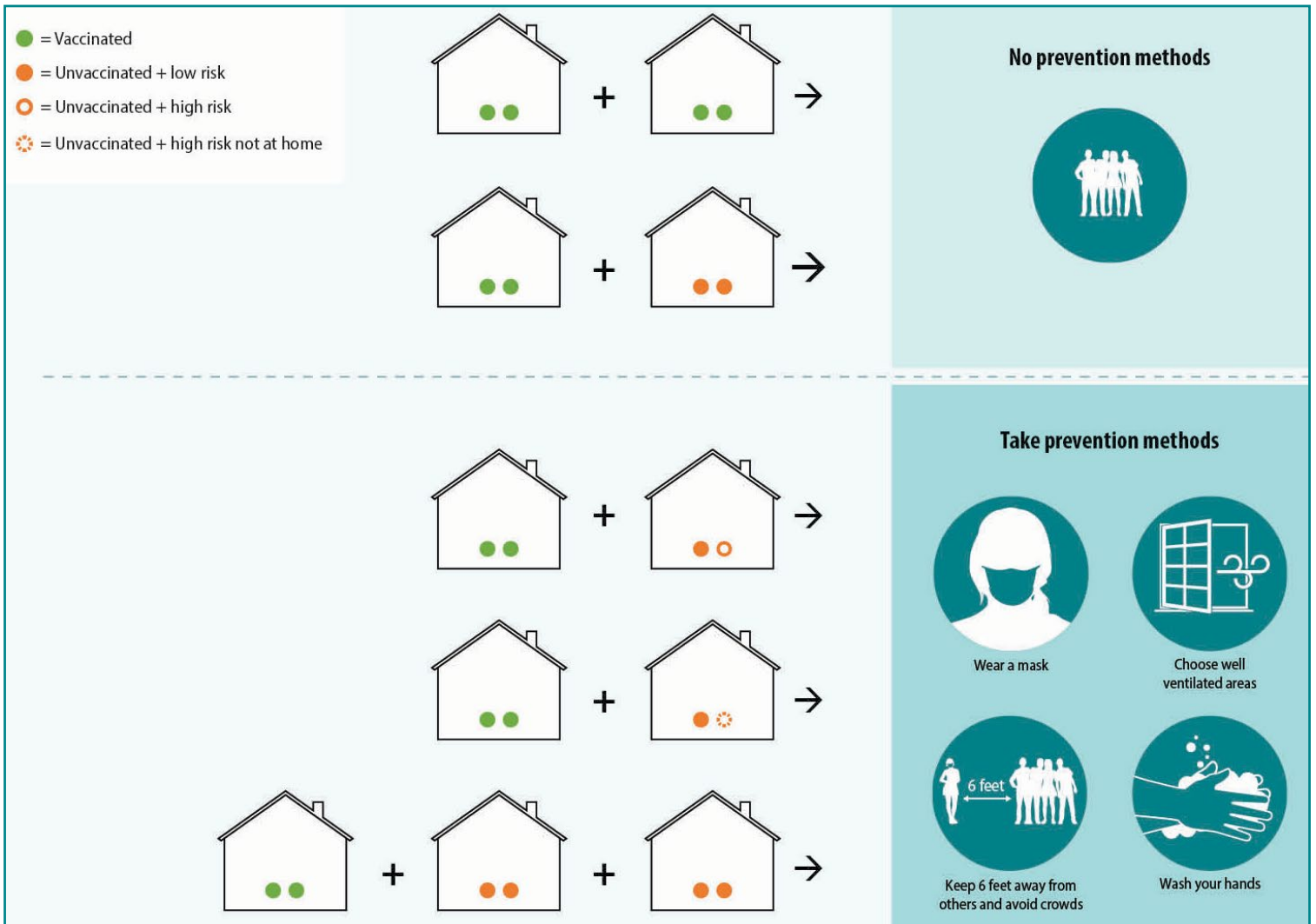
I'm really not into spring cleaning.



Come to think of it, I'm not into summer, fall or winter cleaning either.

CDC's Recommendations for Visiting with Others in Private Settings if You are Fully Vaccinated

Full article: <https://www.cdc.gov/coronavirus/2019-ncov/vaccines/fully-vaccinated-guidance.html>



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

Exercise



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



FULL CHAIR WORKOUT
<https://www.youtube.com/watch?v=hzYCL86BFH8>

TAI CHI FOR BETTER
BALANCE
https://www.youtube.com/watch?v=KTba3p_bM9c

EXERCISE COOLDOWN
FOR SENIORS
<https://www.youtube.com/watch?v=TUz3C0ihuXQ>

Sudoku Solution #7

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

Sudoku Solution #8

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

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: _____ Birthdate: _____

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 Date: _____
month/year