

May 10, 2021



WITH VACCINATED GRANDPARENTS, SKIP-GEN VACATIONS ARE GAINING POPULARITY.

Here's what to consider

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Skip-gen travel, also called gramping, is a growing travel trend of grandparents and grandkids traveling together without the children's parents (so it skips the middle generation).

With pandemic fatigue hitting hard, a skip-gen vacation might be exactly the kind of multigenerational vacation that kids, parents and grandparents all need this year.

Parents can certainly use a break from nonstop family togetherness. Kids have cabin fever from the monotony of virtual schooling and homebound routines. And for grandparents who've been isolated from family for a year, hugging the grandkids tops their vacation wish list.

Fortunately, after a year in lockdown, there's growing optimism that the worst of the pandemic is behind us. The Centers for Disease Control and Prevention recently announced those who are fully immunized may travel "at low risk to themselves," though the agency is still not recommending travel given rising COVID-19 case counts.

And according to an independent survey recently conducted by Destination Analysts, more than 70% of American travelers have dreamt of or are planning to travel in the near future.

Among the first to receive COVID-19 vaccines, older Americans are armed with precious antibodies, and hotels across the country are seeing a boost in bookings made using AARP discounts and other senior rates.

Here's what to know and how to plan for a skip-gen vacation.

For travel with grandparents, grandchildren, think safety first

The vaccine has injected skip-gen travelers with increased confidence, but public health experts continue to advise mask wearing, frequent hand-washing and social distancing.

In this issue:

Informative Articles

YouTube Craft & Mini Cheesecake Recipe

Health Insurance Information Service

At Home... Comics, Puzzles & Exercise

Though clinical trials are underway, children are not yet eligible to receive the vaccine, making it prudent to seek a hotel, resort or destination that takes COVID-19 precautions seriously.

Many hotel websites (and hotel booking sites) list specific enhanced measures to slow the spread of the coronavirus that causes COVID-19, including mask rules and keeping guest rooms vacant for 24 hours before and after each reservation.

Hotels, motels and family glamping resorts with exterior access guest room doors and individual cottages are increasingly sought-after. With no shared elevators or common hallways, these accommodations limit unwanted interactions with other guests and staff. Short-term rental homes are also good options.

<https://www.usatoday.com/story/travel/2021/04/27/covid-travel-how-plan-vacation-grandparents-grandkids-gramping/7390845002/>



**"Grandchildren fill a space
in your heart that you
never knew was empty."**

- Unknown

atidelicakebalance.com



You can age successfully. The more active, healthy, and fit you are now, the better you will feel as you age.

Exercises to explore as you age include:

Resistance Training



Resistance Training builds muscle mass and strength

Swimming



Swimming improves cardiovascular health and strength without putting stress on bones and joints

Strength Training



Strength Training builds muscle mass and strength

Walking



Walking helps improve cardiovascular health and balance!

Cycling



Cycling improves cardiovascular health, balance, and dexterity

Mind Exercises



Mind Exercises helps the mind build serotonin. The brain stays sharper and helps to ward off depression and minimize isolation or social anxiety.

Flexibility & Balance



Flexibility and balance exercises help in agility, mobility, self awareness and peace of mind

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.

Mosaic Tiles Craft



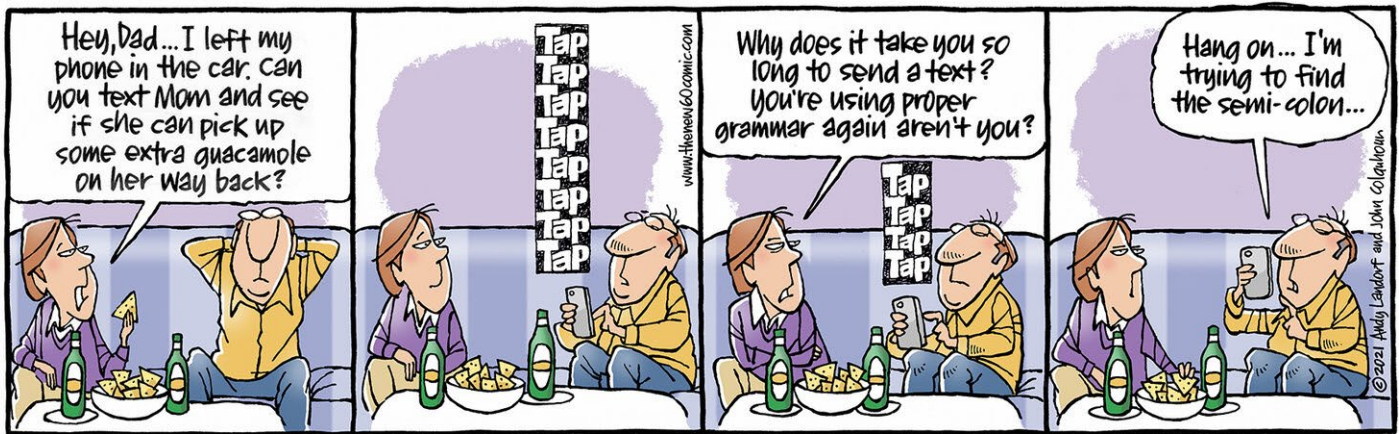
<https://www.youtube.com/watch?v=STDaVIW6xr0>

Mini Cheesecake Recipe



<https://www.youtube.com/watch?v=2elvASaClzk>

The New 60



Sudoku Puzzle #19

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.

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

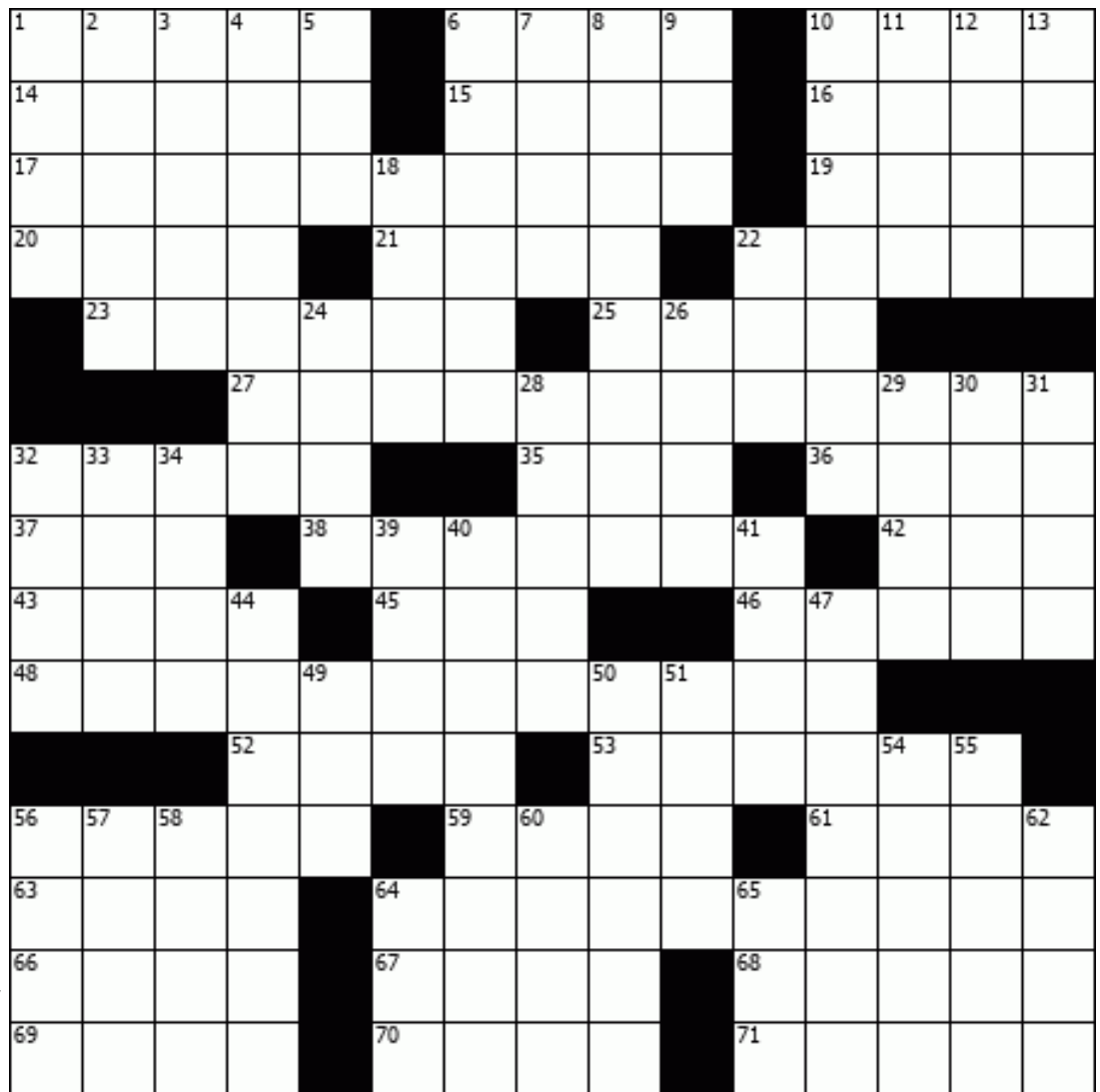
Sudoku Puzzle #20

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

Solutions on page 7.

Crossword Puzzle

Answers on page 7.



Across

1. Radical
6. Commuted
10. Roofer's supply item
14. Scattered seeds
15. One less from never?
16. Olfactory offense
17. A shelf in a kitchen cabinet?
19. Blueprint
20. What's left over
21. A way through the building
22. Crossword topic
23. Sets of fence steps
25. Nimbus
27. Air conditioning company worker?
32. Low cards
35. Classic car
36. Former ruler of Iran
37. Gun the engine
38. Painter Pablo
42. Take advantage of
43. Fateful day
45. Made a lap
46. Linguini, e.g.
48. Where to deposit your mail?
52. Fence the loot
53. Joined, permanently
56. They have seats
59. ___ Bator, Mongolia
61. Potpourri
63. Medicinal plant
64. Coffee shop's finest offering?
66. Bodybuilder's exercise
67. Remain unsettled
68. Gave stars to
69. Award for TV programming
70. Lost
71. Certain hearings

Down

1. Former world power
2. Runs easily
3. Checker's dance
4. Make right
5. Summer cooler
6. Meal
7. Many a toy train track
8. Adjudges
9. Before, before
10. Astaire props
11. Wait for the green
12. Sandy soil
13. Sea eagle
18. Author Silverstein
22. State starter?
24. Speech impediment
26. Abduction vehicles, supposedly
28. Muse of poetry
29. Ergo
30. Bridge position
31. Flightless South American bird
32. Stumble
33. Bring on the decorator
34. Holiday forerunners
39. Wight or Skye
40. Nabs
41. Gemstone from Down Under
44. Majestic
47. "Mission to Glory" star
49. Stomach muscles
50. Congo neighbor
51. Take care of
54. Best of the best
55. Blue plate special spot
56. Display anxiety, in a way
57. Grad
58. Standard
60. Byway
62. Vegas quote
64. Student's concern, briefly
65. Miracle-___ (garden brand)

Movie Actors 1 Word Search

Find and circle all of the Movie Actors that are hidden in the grid.
The remaining letters spell the name of a movie for which Jeremy Irons won an Oscar.

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

BACON, Kevin
 BARDEM, Javier
 BLACK, Jack
 BRIDGES, Jeff
 CAINE, Michael
 CARREY, Jim
 CHAN, Jackie
 CLOONEY, George
 COSTNER, Kevin
 CUSACK, John
 DAMON, Matt

DANIELS, Jeff
 DEPP, Johnny
 DICAPRIO, Leonardo
 DOUGLAS, Michael
 DUNCAN, Michael Clarke
 FORD, Harrison
 FOXX, Jamie
 GIBSON, Mel
 GOLDBLUM, Jeff
 GRANT, Hugh
 GYLLENHAAL, Jake

HACKMAN, Gene
 HARTNETT, Josh
 IRONS, Jeremy
 JACKMAN, Hugh
 JONES, James Earl
 LAW, Jude
 MCCONAUGHEY, Matthew
 MCKELLEN, Ian
 NEESON, Liam
 PESCI, Joe
 PHOENIX, Joaquin

REEVES, Keanu
 RUSH, Geoffrey
 RUSSELL, Kurt
 SPACEY, Kevin
 STATHAM, Jason
 TRAVOLTA, John
 VOIGHT, Jon
 WAHLBERG, Mark
 WEAIVING, Hugo
 WOOD, Elijah



Health Insurance Information Service

Get Answers to All Your Health Insurance Questions



Call the Washington Hospital Health Insurance Information Service, a free, unbiased, and confidential service. We can help with:

- Medicare and Medi-Cal enrollment information
- Finding referrals for health care providers
- Questions about changes in benefit coverage
- Health care options after a job loss or change
- Understanding COBRA
- Advance Health Care Directive assistance

We assist with questions on individual plans, group plans and government-sponsored programs such as Medicare, Medi-Cal and Covered California. We can help you make informed decisions about your insurance options, answer health insurance questions, or direct you to physician referral information.

For more information or to schedule an individual appointment or group presentation, call

Kristi Caracappa
Health Insurance Information Coordinator
(800) 770-9447
(510) 818-7005



Stay connected to Washington Hospital through Facebook, Twitter, Instagram and YouTube. Watch InHealth Channel videos, learn about upcoming events and seminars and see what's happening at your community hospital.



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

Exercise



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



LINE DANCE WORKOUT
[https://www.youtube.com/
watch?v=9UtQkf4-Gx4](https://www.youtube.com/watch?v=9UtQkf4-Gx4)

WALKING & STRENGTH
WORKOUT
[https://www.youtube.com/
watch?v=nrPhQ04dS5w](https://www.youtube.com/watch?v=nrPhQ04dS5w)

FULL CHAIR WORKOUT
FOR SENIORS
[https://www.youtube.com/
watch?v=zwMq2VMUgM0](https://www.youtube.com/watch?v=zwMq2VMUgM0)

Sudoku Solution #19

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

Sudoku Solution #20

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

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