

May 31, 2021

**WE'RE REOPENING...**

**Wednesday  
June 16**



We have been hard at work sprucing things up and getting ready to welcome you back to your beloved Senior Center!

It's been a loooooong year and 3 months but sunnier days are coming!

As of now, we will require masks for all staff and participants but we all know... that may change with the State of California's Reopening Plans for June 15. We will keep you posted.

In the coming weeks we will be planning to get back to all of our normal activities! Please keep in mind, this will be a "new" normal and may not be exactly as it was in March 2020. One thing we can guarantee hasn't changed is the warm welcome the Newark Senior Center offers!

Oh how we have missed you our friends and are so looking forward to seeing you all!

Nick, Cheryl & Jessica

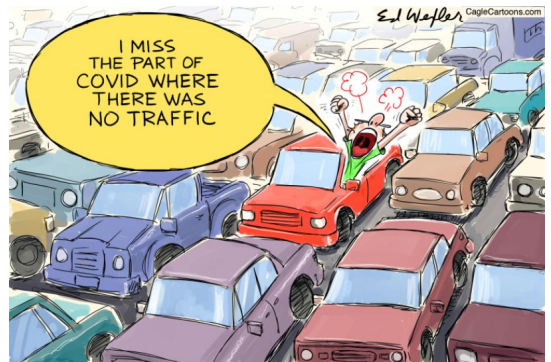
### In this issue:

Informative Articles

Senior Planet from AARP

Summer Camp Programs for Grandkids

At Home... YouTube, Comics & Puzzles



# CALIFORNIANS, When Do You Need Your Mask?

The following masking guidance will be in effect until June 15 when California aims to fully reopen the economy.\*

## Out in Public



### Everyone

**Wear a mask** indoors in public places (unless you're eating or drinking).

**Wear a mask** at all times on public transportation.

**Wear a mask** in indoor and outdoor crowded places such as concerts, parades, sporting events, fairs, etc.

If you can maintain physical distance from others, you may go unmasked outdoors.

*\*This guidance does not apply to healthcare settings.*

*†You are fully vaccinated two weeks or more after your second dose of Pfizer/Moderna or two weeks after your single dose of the J&J vaccine.*

## Indoors at Home



### If You are Fully Vaccinated†...

You may go unmasked if everyone is vaccinated.

You may go unmasked if those who are unvaccinated are members of a single household, and also at low risk for severe COVID-19 disease.

**Wear a mask** if anyone present is both unvaccinated and at high risk for severe COVID-19 disease.

### If You are Not Vaccinated...

**Wear a mask** if those who are unvaccinated are from two or more different households (e.g., children from two or more different households).

You may go unmasked if those who are unvaccinated are members of a single household.

Please see our complete [Guidance for the Use of Face Coverings](https://www.cdph.ca.gov/Programs/CID/DCDC/Pages/Imz/Pages/face-coverings.aspx) at [cdph.ca.gov](https://www.cdph.ca.gov) for more information.



# YouTube Videos

## Easiest Macrame Wall Hanging



[https://www.youtube.com/watch?v=c-0U\\_mXHU](https://www.youtube.com/watch?v=c-0U_mXHU)

## 14 Summer Grilling Recipes



<https://www.youtube.com/watch?v=JFkNcLULj9U>

## Sudoku Puzzle #25

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.

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

Solutions on page 7.

## Chain Reaction #7

DIRECTIONS: Complete the chain composed of two-word phrases. The word phrases. The words must be related on top and below.

Example:

Lamp  
Shade  
Flower  
Girl

1. DISTANCE

2. R\_\_\_\_\_

3. W\_\_\_\_\_

4. P\_\_\_\_\_

5. B\_\_\_\_\_

6. B\_\_\_\_\_

7. LOOP

Answers: Distance, Running, Wild, Pitch, Black, Belt, Loop

## Sudoku Puzzle #26

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

# Crossword Puzzle

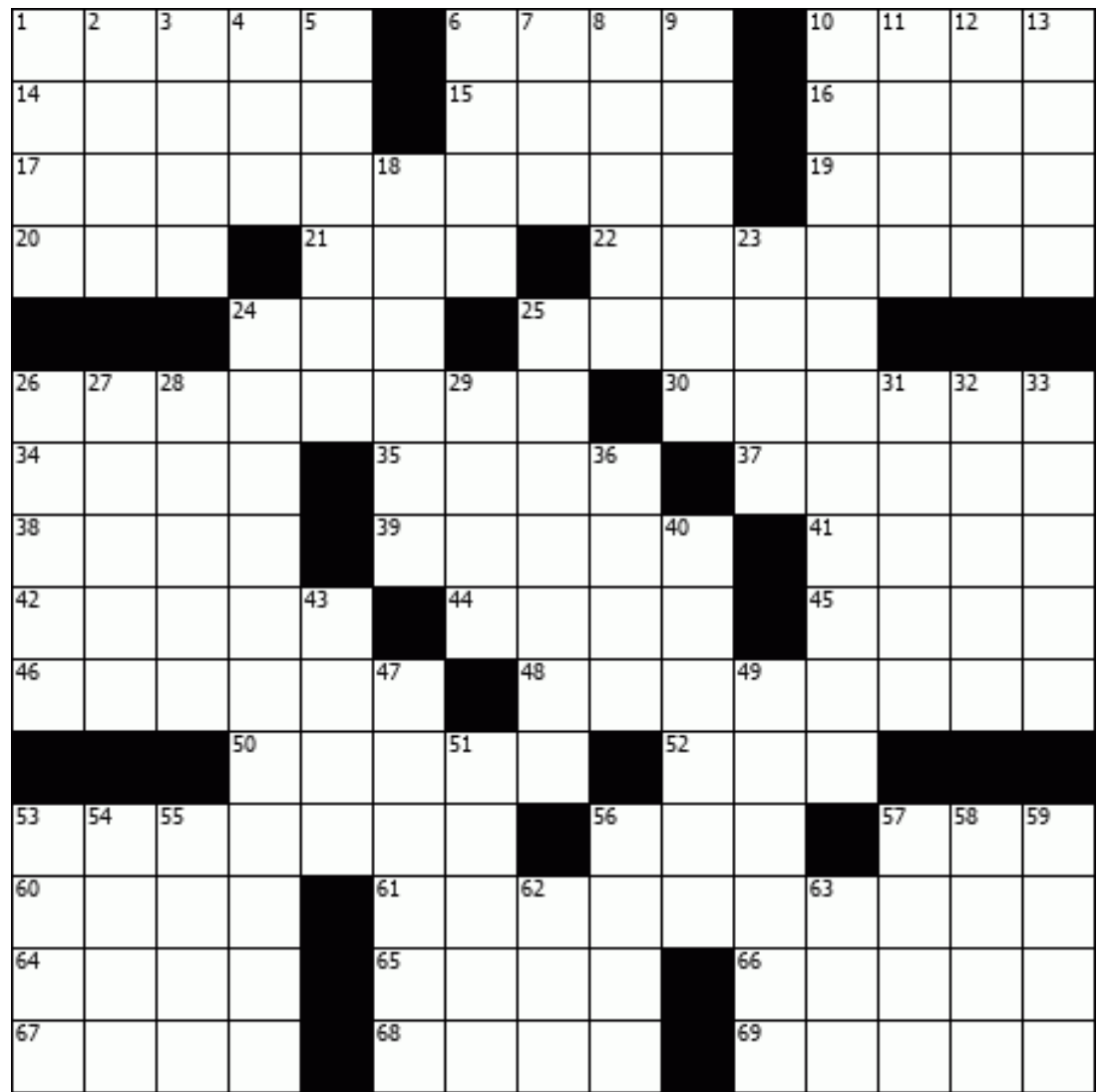
Answers on page 7.

## Across

1. American buffalo
6. Rock-concert equipment
10. Singer Kristofferson
14. Lead-in
15. Out of the ordinary
16. Schnozz
17. Totally immersed with
19. Westwood campus
20. Uncommon sense
21. Historical period
22. Decal
24. Pitcher part
25. Without self-control
26. Shoals
30. Least ruddy
34. Rosemary or basil
35. Mr. Perot
37. Not even once
38. Take down, as braids
39. People
41. Wife of Zeus
42. Naval staffs
44. Worry
45. Green-eyed monster
46. Checkers player's call
48. Imparts knowledge
50. Oxidizes
52. Cow chew
53. Country star Lynn
56. Where Windows run
57. Weasel word?
60. Pavarotti performance
61. Eminem and Jay-Z
64. Army dining room
65. Oklahoma city
66. Traces
67. Finger jab
68. AAA expertise
69. Resided

## Down

1. Tour de France vehicle
2. B&Bs
3. Part of a process
4. Mine rock
5. "I can't agree to that!"
6. Precinct
7. Almanac page
8. Light-bending device
9. Satirized
10. Fool
11. Music genre
12. Bit of land
13. Burn the surface of
18. Box-score stat
23. Optimist's mantra
24. Effort, so to speak
25. Puts at ease
26. Open, as clams
27. Artist Matisse
28. Shakespearean forest
29. Canine call
31. Happening
32. Dish out
33. Platters
36. Luge, e.g.
40. Masonry finish
43. Plant fungus
47. Film swimmer Williams
49. Type of tooth
51. Besmirch
53. Light source
54. Layered cookie
55. Danger
56. Advanced degs.
57. Folk singer Seeger
58. Kind of exam
59. "Hey, you!"
62. Dessert selection
63. Sound of a punch





## Dogs Word Search

Find and circle all of the words that are hidden in the grid.  
The remaining 44 letters spell an Ogden Nash quotation.

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

BASSET HOUND  
BEAGLE  
BLOODHOUND  
BOXER  
BULLDOG  
CHIHUAHUA  
CHOW CHOW  
COCKER SPANIEL  
COLLIE  
CORGI

DACHSHUND  
DALMATIAN  
DEERHOUND  
DINGO  
GERMAN SHEPHERD  
GREAT DANE  
GREYHOUND  
HUSKY  
LHASA APSO  
MALAMUTE

MASTIFF  
PEKINGESE  
PINSCHER  
POINTER  
POMERANIAN  
POODLE  
PUG  
RETRIEVER  
ROTTWEILER  
SAINT BERNARD

SAMOYED  
SCHNAUZER  
SETTER  
SHAR PEI  
SHEEPDOG  
SPITZ  
TERRIER  
WHIPPET

# REGISTER NOW! WELCOME TO MEDICARE VIRTUAL FAIR



JUNE 23, 2021 | OPEN FROM 12:00 PM TO 4:00 PM

Learn about signing up for Medicare! Go to [www.shiphelp.org](http://www.shiphelp.org) for more details, to see the agenda, and to register.

This fair is for **people turning 65** or joining Medicare because of a disability. Learn about Medicare – and all its parts - to assist you in your initial enrollment decisions. **There is no cost to attend.** Join us online for any length of time!

Get **trusted, unbiased Medicare education** to help you make Medicare choices that best meet your needs.

There will be **national expert presenters** on Medicare eligibility, enrollment, and coverage options. Chat with exhibitors from your state health insurance assistance programs (SHIP) for **answers to your individual questions.**



**State Health Insurance Assistance Programs (SHIPs) are in all 50 states, Washington DC, Puerto Rico, and the U.S. Virgin Islands.** Your SHIP may use another name, locally. Use the SHIP Locator at [www.shiphelp.org](http://www.shiphelp.org) to learn more.

SPONSORED BY:



➔ [www.shiphelp.org](http://www.shiphelp.org) -OR-  
[www.shiptacenter.org](http://www.shiptacenter.org)

✉ [info@shiphelp.org](mailto:info@shiphelp.org)

☎ 877-839-2675

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

## Exercise



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



ANNIVERSARY CHALLENGE  
DAY 2 - GLUTES, HIPS, LEGS  
[https://www.youtube.com/  
watch?v=wtkowrltu14](https://www.youtube.com/watch?v=wtkowrltu14)

SEATED/STANDING INT.  
WORKOUT W/ WEIGHTS  
[https://www.youtube.com/  
watch?v=Ae6wOWI50Ck](https://www.youtube.com/watch?v=Ae6wOWI50Ck)

LOW IMPACT CARDIO  
WORKOUT  
[https://www.youtube.com/  
watch?v=S-FaBJykRSk](https://www.youtube.com/watch?v=S-FaBJykRSk)

## Sudoku Solution #25

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

## Sudoku Solution #26

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

# SENIOR PLANET

FROM **AARP**

Senior Planet and its parent organization, Older Adults Technology Services (OATS), have been working with AARP on projects for a decade or more, including a [How to Use Zoom](#) class early in the coronavirus pandemic that drew more than 10,000 participants, says Tom Kamber, executive director of OATS/Senior Planet. Now OATS has joined forces with AARP as an affiliated charity, like [AARP Foundation](#), [Legal Counsel for the Elderly](#) and [Wish of a Lifetime](#).

## All Upcoming Events

These events are hosted by Senior Planet locations nationwide, and are open to anyone 60 and older.

<https://seniorplanet.org/virtual-fitness-wellness-events/>



**TUE JUNE 1 | 7:00AM-7:30AM PDT**  
**Morning Stretch**

Online

Start your day with a short morning stretch. Hosted by Senior Planet NYC



**TUE JUNE 1 | 9:30AM-10:30AM PDT**  
**Chair Yoga**

Online

Follow various cues to develop body alignment and breath awareness. Hosted by Senior Planet NYC



**TUE JUNE 1 | 11:00AM-12:00PM PDT**  
**Holistic Wellness Discussion Group**

Online

Share your experience with holistic wellness. Hosted by Senior Planet NYC



**TUE JUNE 1 | 1:00PM-1:30PM PDT**  
**Afternoon Stretch**

Online

Join us to decrease muscle stiffness, improve your circulation and calm your mind. Hosted by Senior Planet NYC



**WED JUNE 2 | 7:00AM-7:30AM PDT**  
**Morning Stretch**

Online

Start your day with a short morning stretch. Hosted by Senior Planet NYC



**WED JUNE 2 | 9:30AM-10:30AM PDT**  
**Fit Fusion Workout**

Online

Get your heart pumping during this fun, high-energy workout! Hosted by Senior Planet NYC



**THU JUNE 3 | 6:00AM-7:00AM PDT**  
**Balance/Strength**

Online

Activate the joints and muscles to become limber and increase balance during this exercise class. Hosted by Senior Planet North Country



**THU JUNE 3 | 7:00AM-7:30AM PDT**  
**Morning Stretch**

Online

Start your day with a short morning stretch. Hosted by Senior Planet NYC



**THU JUNE 3 | 9:30AM-10:30AM PDT**  
**Chair Yoga**

Online

Follow various cues to develop body alignment and breath awareness. Hosted by Senior Planet NYC



**THU JUNE 3 | 11:00AM-12:00PM PDT**  
**Mindful Meditation & Breathing**

Online

Learn the many benefits of meditation. Hosted by Senior Planet NYC



**THU JUNE 3 | 1:00PM-1:30PM PDT**  
**Afternoon Stretch**

Online

Join us to decrease muscle stiffness, improve your circulation and calm your mind. Hosted by Senior Planet NYC



**FRI JUNE 4 | 7:00AM-7:30AM PDT**  
**Morning Stretch**

Online

Start your day with a short morning stretch. Hosted by Senior Planet NYC



**TUE JUNE 1 | 6:00AM-7:00AM PDT**  
**Stronger Bones**

Online

Activate the joints and muscles and increase mental focus during this exercise class. Hosted by Senior Planet North Country





Kindergarten Graduate - 11 years of age



Dates: June 7—August 6

Time: 8:00am—5:00pm

Fee: \$235 per week

*Children will be separated by grade level.*

**Camp Newark Location:**

Silliman Activity & Family  
Aquatic Center  
6800 Mowry Ave.  
Newark, CA 94560

**Registration:** This form must be completed and submitted with Visa or MC payment to [childcare@newark.org](mailto:childcare@newark.org). A receipt will be sent to your email below.

**Reservation Fee:** A \$35 reservation fee, per week, is due at the time of registration. There are no refunds, credits, or transfers of reservation fees.

**Weekly Payment:** The weekly balance of \$200 is due by 12:00pm on Monday to avoid a late fee of \$10/day. Check and initial below to authorize automatic payment.

**Withdrawal Policy:** If you need to withdraw your child, please email [childcare@newark.org](mailto:childcare@newark.org) or call 510-578-4852 no later than Wednesday 12:00pm of the prior week or you will be required to pay the weekly payment.

**Camp Newark** is exempt from the Recreation & Community Services Department Refund Policy and the Recreation Scholarship Program.

**Activities Include:** Arts & crafts, games, team building, special events, and daily snacks. Daily lunch provided by NUSD Child Nutrition Services.

## Camp Newark 2021 Registration Form

(Email completed form to [childcare@newark.org](mailto:childcare@newark.org))

Child's Name: \_\_\_\_\_ Date of Birth: \_\_\_\_\_ Gender: M ☐ F ☐

Current Grade: \_\_\_\_\_ Address: \_\_\_\_\_ City/Zip: \_\_\_\_\_

Telephone (day): \_\_\_\_\_ (cell): \_\_\_\_\_ (home): \_\_\_\_\_

**Weeks Needed:** \*closed 7/5

June 7-11 <input type="checkbox"/>	June 14-18 <input type="checkbox"/>	June 21-25 <input type="checkbox"/>	June 28 - July 2 <input type="checkbox"/>	July* 6-9 <input type="checkbox"/>
July 12-16 <input type="checkbox"/>	July 19-23 <input type="checkbox"/>	July 26-30 <input type="checkbox"/>	Aug 2-6 <input type="checkbox"/>	

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 there from, 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.

☐ I authorize the City of Newark to charge the debit/credit card for the weekly balance, and is valid for all summer camp weeks my child is registered for. I certify that I am an authorized user of this card and I will not dispute charges with my debit/credit card company so long as the transactions correspond to the terms indicated above. Initials: \_\_\_\_\_

Visa/MC: \_\_\_\_\_ - \_\_\_\_\_ - \_\_\_\_\_ - \_\_\_\_\_ Name on Card: \_\_\_\_\_ Exp date: \_\_\_\_\_

Parent's Name (print): \_\_\_\_\_ Parent's Signature: \_\_\_\_\_

Email: \_\_\_\_\_

<https://www.newark.org/departments/recreation-and-community-services/view-activities-register-online>

# Ash Street Summer Recreation Program

**FOR NEWARK RESIDENTS ONLY.**

**June 21 - July 30, 2021, Monday - Friday, 11:00am - 3:00pm**

**Kindergarten Graduate - 11yrs. One-Time Registration Fee: \$10/child**

**Outdoor program includes: sports, arts & crafts. Lunch provided by NUSD Child Nutrition.**

**Register at the Newark Senior Center, 7401 Enterprise Dr., Mon.-Fri, 9:00am-3:00pm.**  
Email registration forms will be processed if space allows. Email your registration form  
with proof of residency to [childcare@newark.org](mailto:childcare@newark.org).



## Ash Street 2021 Registration Form

Child's Name: \_\_\_\_\_ Date of Birth: \_\_\_\_\_ ☐ Male ☐ Female

Child's current Grade: \_\_\_\_\_ Address: \_\_\_\_\_ Newark, CA 94560

Phone (cell): \_\_\_\_\_ (day): \_\_\_\_\_ Email: \_\_\_\_\_

**Additional person who may be called in an emergency and are authorized to take child from the facility:**

Name: \_\_\_\_\_ Phone (cell): \_\_\_\_\_ (day): \_\_\_\_\_

Please list any medical or behavioral problems we need to be aware of:

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, not 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 there from, 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.

Parent's Name: \_\_\_\_\_ Parent's Signature \_\_\_\_\_

(please print)

**One-Time \$10 Payment:**

Check to "City of Newark", Cash or Visa/MC #: \_\_\_\_\_ Exp: \_\_\_\_\_

<https://www.newark.org/departments/recreation-and-community-services/view-activities-register-online>