

November 2021



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Holiday Safety

Upcoming Events

At Home... YouTube, Comics & Puzzles

Open Monday - Friday

9:00am - 3:00pm

7401 Enterprise Dr.

510-578-4840

senior.center@newark.org

The CDC Released Its COVID-19 Guidelines for the 2021 Holidays
Here's What You Need to Know

Like last year, you should consider wearing masks if you'll be spending the holidays with people from outside of your home.

by Jake Smith, Oct 18, 2021

The Centers for Disease Control and Prevention (CDC) just released its guidance for navigating the 2021 holiday season—the second affected by the COVID-19 pandemic.

Although Thanksgiving, Hanukkah, Christmas, and other celebrations are sure to look different once again, the CDC's 2021 holiday guidelines ensure that with a few precautions, you'll still be able to gather with family. Here's how to keep yourself and your loved ones safe this holiday season, per the CDC:

First and foremost, get vaccinated

“Because many generations tend to gather to celebrate holidays, the best way to minimize COVID-19 risk and keep your family and friends safer is to get vaccinated if you're eligible,” begins the CDC's 2021 holiday guidance. “Protect those not yet eligible for vaccination, such as young children, by getting yourself and other eligible people around them vaccinated.”

So far, over three-quarters of eligible Americans have received at least one dose of the three available COVID-19 vaccines, per the CDC, which have been proven to be remarkably safe and effective. The vaccines didn't roll out in time for last year's holiday season, and they're shaping up to be the most important factor in safe celebrations this year.

Other health authorities are backing up the importance of the vaccines: “If you're vaccinated, and your family members are vaccinated, those who are eligible,” Anthony Fauci, M.D., the nation's leading infectious disease expert, recently said on ABC's This Week, “you can enjoy the holidays.”

continued on page 2.

CLOSED Thursday, November 11



CLOSED Thursday, November 25
and Friday, November 26



Celebrate outdoors if you can, and wear face masks when indoors

Celebrating outdoors is safer than indoors, and you should avoid crowded, poorly ventilated spaces, the CDC warns. If you're planning to spend time indoors with people from outside of your household, masks are very much encouraged.

And properly wearing your face mask is still important—the CDC urges people to wear face masks over their mouths and noses in public. “Even those who are fully vaccinated should wear a mask in public indoor settings in communities with substantial to high transmission,” the agency writes.

Masking has been shown to reduce the risk of COVID-19 exposure for both the wearer and the people around them. “You might choose to wear a mask regardless of the level of transmission if a member of your household has a weakened immune system, is at increased risk for severe disease, or is unvaccinated,” the CDC guidelines state. Children under two years old, however, should not wear face masks.

If traveling, do so safely

If you're planning to travel during the holiday season, it's imperative you do so as safely as possible, the CDC explains. “Everyone, even people who are fully vaccinated, is required to wear a mask on public transportation,” the agency explains.

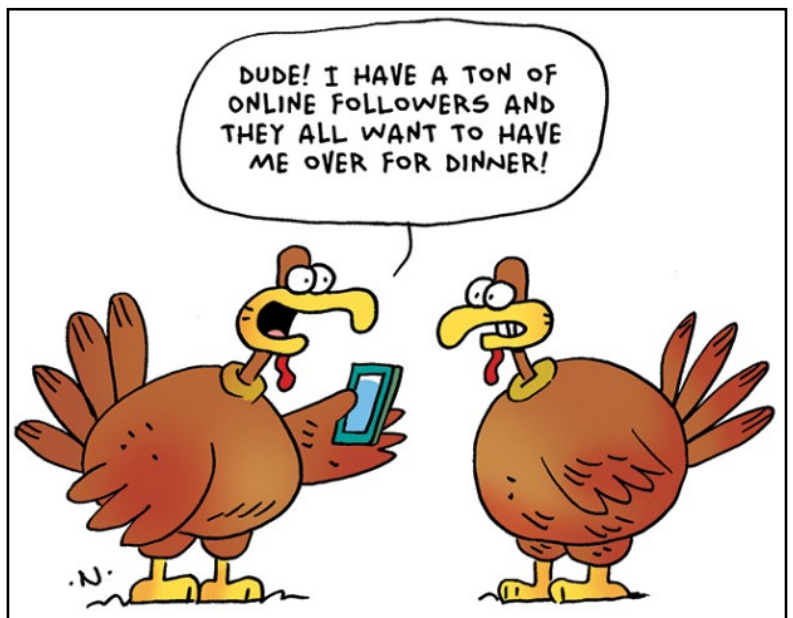
If you're unvaccinated, travel poses even more of a risk. (That's why the CDC urges all who are eligible to receive their COVID-19 vaccines as soon as possible.) Per the CDC's travel guidelines for people who are not fully vaccinated, you should get tested before your trip, wear a mask, distance as much as possible from people outside of your household, and wash your hands or use hand sanitizer when hand washing isn't possible. After arriving, you should also get a COVID-19 test as soon as possible and self-quarantine for at least a full week, even if your test is negative.

“By working together,” the CDC writes, “we can enjoy safer holidays, travel, and protect our own health as well as the health of our family and friends.”

When in doubt, get tested

If you are sick or have COVID-like symptoms, do not host or attend a gathering, the CDC warns. The best way to ensure you don't have COVID, is to check. “Get tested if you have symptoms of COVID-19 or have close contact with someone who has COVID-19,” the CDC writes. Though breakthrough cases are still fairly rare, they can happen. So this recommendation applies to all—no matter your vaccination status.

<https://www.prevention.com/health/health-conditions/a37990233/cdc-holiday-guidelines-2021-covid/>



REGISTRATION FOR THIS EVENT BEGINS MONDAY, NOVEMBER 15.

Celebrate
the Holidays

Hawaiian Style

Tues., December 7

10:00 - 11:00am

At the Newark Senior Center
Entertainment provided by
our Ukulele & Hula Group

Free for ages 55+. Space is limited.

Pre-registration required

at the Senior Center Office or
online at newarkca.activityreg.com

Light refreshments & Hawaiian Hot Cocoa



REGISTRATION FOR THIS EVENT BEGINS MONDAY, NOVEMBER 15.

ONLY ONE DISTRIBUTION IN NOVEMBER AND DECEMBER DUE TO HOLIDAYS!
WEDNESDAY, NOVEMBER 10 and THURSDAY, DECEMBER 9



Clark W. Redeker Newark Senior Center and Mercy Retirement & Care Center

Mercy Brown Bag

Qualifying Seniors receive a free bag of nutritious food twice per month.



Senior Nutrition Program

Distributed the 2nd and 4th Thursday each month

At the Newark Community Center
35501 Cedar Blvd.
Newark

New Time
9:30-10:30am

Register on-site during a distribution.

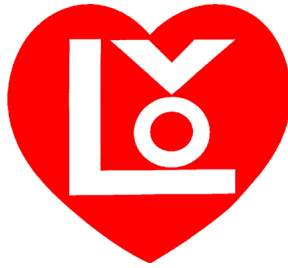
2021 Distribution Dates:

July: 8 & 22
August: 12 & 26
September: 9 & 23
October: 14 & 28
November: 10 **Weds**
December: 9

To qualify, self-identify that you are at least 60 years of age, live in Alameda County and your income falls within the guidelines:

<u>Household Size</u>	<u>Max. Income</u>
One.....	\$2522/month
Two.....	\$3411/month
Three.....	\$4300/month

For more information, call the Clark W. Redeker Newark Senior Center at (510) 578-4845.



**YOU ARE INVITED!
TO THE 33rd ANNUAL COMMUNITY
THANKSGIVING DAY DINNER**

**FREE MEALS WILL BE GIVEN OUT FROM 12:30 - 4 PM
AT THE NEWARK PAVILION PARKING LOT
6430 THORNTON AVE. IN NEWARK (CROSS STREET - CHERRY)
Car entries are on Cherry St. and don't come earlier than 12 noon**

OPEN TO ALL THOSE WHO WOULD SPEND THE DAY ALONE, OR WHO DO NOT HAVE THE RESOURCES. BECAUSE OF COVID-19 YOU MUST COME TO PICK UP IN A CAR AND WAIT TO BE WAITED ON IN THE CAR. IF YOU DO NOT HAVE A CAR, THERE WILL BE AN AREA WHERE YOU CAN WAIT WITH YOUR BICYCLE FOR THE FOOD. YOU CANNOT EAT IN THE PARKING LOT.

EVERYONE IN CAR OR OUTSIDE MUST WEAR A MASK

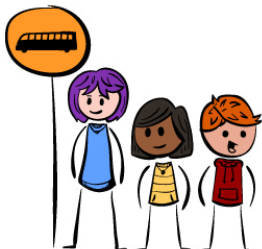
**YOU WILL BE GIVEN A TRADITIONAL THANKSGIVING MEAL
WITH ALL THE TRIMMINGS**

EVERYONE IS WELCOME - NO QUESTIONS ASKED

This is a joint project between -

LOV, Salvation Army Tri City Corps, Centerville Free Dining Room, Hayward Police Department, FESCO Family Shelter, Fremont Healthy Start, St. Edward Church, Spectrum, Kidango, Fremont Family Resource Center, Compassion Network, Tiburcio Vasquez Health Center, Newark Senior Center, Tri City Volunteers, Second Chance, Family Paths, Abode Services, Abode Services Bridgeway, Abode Services Main Street Village

**FOR MORE INFORMATION, CALL
LEAGUE OF VOLUNTEERS-LOV AT 793-5683**



Crossword Puzzle

Answers on page 9.

Across

1. Nervous twitches
5. Abates
9. Cass was one
13. Double-reed instruments
15. Pulitzer poet Teasdale
16. Old-style "Holy cow!"
17. Donnybrook
18. "... and a cast of ___"
20. Gung-ho campaign
22. Shorthand whiz
23. Intention
24. Get together
26. Inventor Otis
29. Vehicle with caterpillar tread
31. Give off
33. Abate
34. Jabber
36. Condoleezza of the cabinet
38. Infant suffix
39. Just plain folks, and a hint to the central letters in 18-, 20-, 61- and 63-Across
43. Scot's cap
44. Pair
45. Oct. 2003 retiree
46. ___ Bowl
48. Pete Rose's team
50. Patsies
54. High fliers
56. Enjoy some karaoke
58. Nada
59. Controversial topic
61. Pizza topping
63. City of David
66. Serious lawbreaker
67. With 71-Across, one way to cook eggs
68. Border crosser's document
69. "The Interpretation of Dreams" author
70. Expressed, as farewell
71. See 67-Across
72. Pool's Minnesota ___

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					71					72			

Down

1. Alley prowler
2. Spain and Portugal
3. Op-Ed piece
4. Understands
5. Regard
6. "Ridiculous!"
7. 'Hood buddies
8. Fry in a pan
9. Ogre
10. Religious doubter
11. Boiling
12. Classified listings
14. Clothes line
19. Inspector Clouseau's portrayer
21. With great feeling
25. Harangues
27. Dance that tells a story
28. Gibbon or orang
30. 16th century dramatist Thomas
32. "Mystic River" actor Robbins
35. Speech
37. Small aircraft maker
39. Rough up
40. Not 100%, as hearing
41. Corn serving
42. "... for what ___ worth"
43. Recipe meas.
47. Make certain
49. Consternation
51. Spring bloomer
52. Eat like it's going out of style, slangily
53. Uses for purchasing
55. Urbane
57. Back talk
60. Director Kazan
62. Medieval worker
63. College graduate's pursuit
64. Señora Perón
65. Winding curve



Exercise

MORNING SEATED STRETCHES

<https://youtu.be/tCjk66PIEyl>

FULL BODY STRENGTH & STRETCH

https://youtu.be/A0vukU4K_Bs

30 MIN. WALKING WORKOUT

<https://youtu.be/h9io5rJ9jss>

Something Good Channel



THE 1ST & 3RD THURSDAYS OF THE MONTH!

BINGO

\$10/pack on first Thursday for Birthday Bingo
 \$7/pack on third Thursday
 Sales begin at 12:00pm and games at 12:30pm!

Upcoming Dates: November 4 & 18

Sudoku Puzzle #39

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

Sudoku Puzzle #40

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

Solutions on page 9.

Musical Instruments 1 Word Search

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

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

ACCORDION
BAGPIPE
BALALAIKA
BANJO
BASS
BODHRAN
CABASAS
CELLO
CHIMES
CITTERN
CLARINET

CONGA
CORNET
COW BELL
DIDGERIDOO
DRUM
EUPHONIUM
FLUTE
FRENCH HORN
GUITAR
HARP

HURDY-GURDY
LAOUTA
MANDOLA
MARACAS
MELODICA
MIZMAR
OBOE
OUD
PENNYWHISTLE
PICCOLO

SAZ
SITAR
TARKA
TRIANGLE
TROMBONE
UKULELE
VEENA
VIBRAPHONE
VIOLIN
XUN

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

Sudoku Solution #39

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

Sudoku Solution #40

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

RIDE-ON TRI-CITY!

RIDE-ON TRI-CITY! is 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

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:

Ride-Hailing Service:

Subsidized rides through Lyft for participants with a smartphone or participants who do not have a smartphone can get subsidized Lyft or Uber rides through GoGo Grandparent's Call Center. Participants pay for the first \$4 of their trip and up to \$16 of additional trip costs will be subsidized.

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 \$16 of taxi meter fare.

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 in-person or over the phone to answer any questions you have about transportation and how to get around the community.

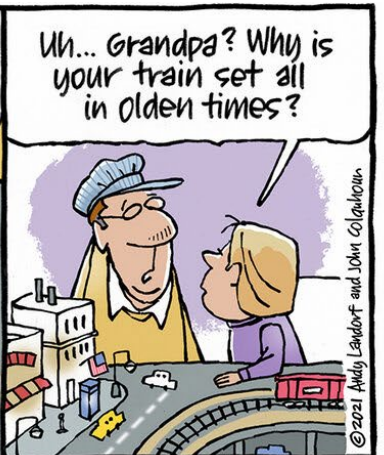
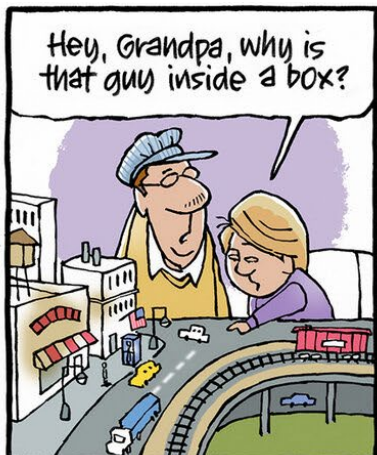
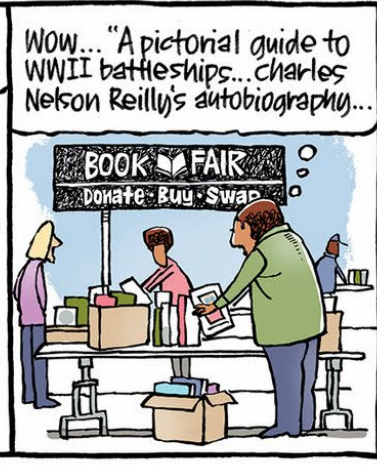
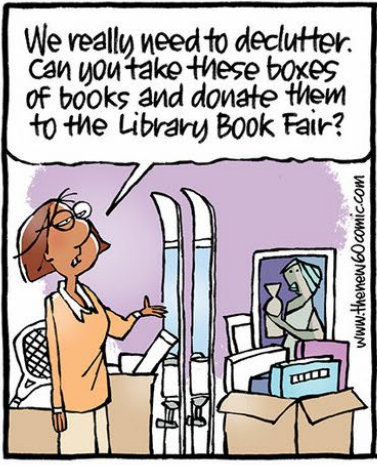
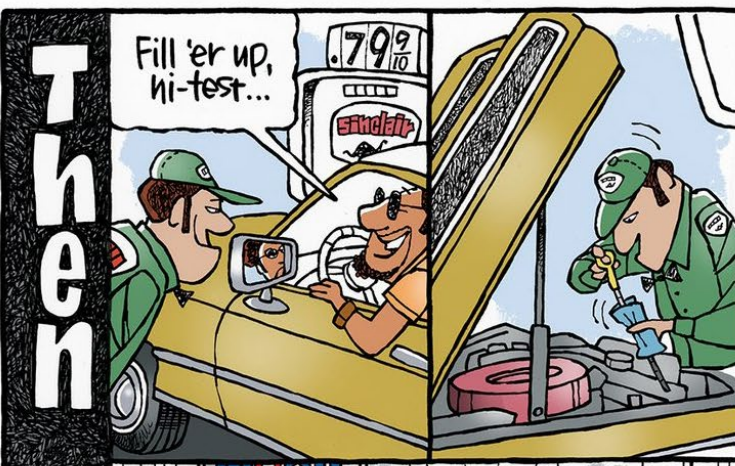
- Learning how to ride public transit buses or BART
- Obtaining and learning how to use a Clipper card
- Finding and applying for affordable transportation alternatives
 - if you no longer drive and cannot take public transit
- Learning how to use ride-hailing services, like Lyft.
- Renewing your driver's license, obtaining a DMV Disabled Parking placard or figuring out how to maintain driving safety as you age.

A Transportation Resources Specialist is available at the Clark W. Redeker Newark Senior Center on the first Thursday of each month. For more information or to schedule an appointment, call (510) 574-2053.

CLIPPER CARD Workshops

Learn about Clipper, the all-in-one transit card, the first Thursday of every month from 10:00-11:00am at the Clark W. Redeker Newark Senior Center. This FREE workshop will teach you all the ins and outs of using Clipper. Seniors 65 years of age and older can apply for a FREE senior Clipper Card at the end of the workshop (must bring proof of age with you). For more information, call (510) 574-2053.

Then
Now



HOW TO REGISTER:

ONLINE... Click on the activity you'd like to register for and you will be redirected to our online registration system or visit newarkca.activityreg.com

WALK IN... Silliman Activity & Family Aquatic Center, Mon.-Fri., 8:00am-8:00pm or Clark W. Redeker Newark Senior Center, Monday-Friday, 9:00am-3:00pm.

SCHOLARSHIP
Registration Hours...
Tuesday- Thursday,
8:00am-11:00am
Or by Appointment email
Recreation@newark.org

MAIL... registration form and payment to the Silliman Activity & Family Aquatic Center or Clark W. Redeker Newark Senior Center.

**PHONE IN
REGISTRATION 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	_____	\$ _____
_____	/ /	M F	_____	\$ _____

Voluntary donation to the Recreation Scholarship Program: \$ _____

Total: \$ _____

Special Needs: Persons with disabilities are welcome. If we can assist you in any way, contact us.

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. 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.

The novel coronavirus ("COVID-19") has been declared a worldwide pandemic by the World Health Organization. The City of Newark has declared a local emergency and the State of California has declared a state of emergency due to the COVID-19 pandemic.

COVID-19 is extremely contagious, and is believed to spread mainly from person-to-person contact, through touched surfaces, and in airborne particles. I fully understand that my participation/attendance at the City of Newark facility exposes me to the risk of being exposed to or infected by COVID-19. I hereby acknowledge the contagious nature of COVID-19, that exposure or infection to COVID-19 may result in personal injury, illness, permanent disability, or death, and that I am voluntarily participating in this activity/attending this facility and agree to assume such risks.

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 any and all such claims, whether caused by negligence or otherwise.

I further understand that the City of Newark is not 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 and film facilities, activities, and program participants for potential use in our marketing efforts, which may include, but is not limited to, brochures, flyers, social media and the City's website. All marketing materials will remain the property of the City of Newark.

Refund Policy: If you wish to cancel your registration, credits or refunds are possible only if you notify us at least five (5) business days before an activity begins. A charge of \$15 or 50% of the registration fee (whichever is less) applies to refunds. Account credits expire after one year.

Swim Lesson Class Refund Policy: Customers have only 24 hours from the time of registration in which to request a cancellation, refund (all refunds have a \$15.00 processing fee), or transfer (based on class availability) for swim lessons. After the 24 hour period, we will not honor any requests for class transfers, cancellations, refunds, or credits.

Late Pick-Up Fee: The fee of \$1 per minute (\$5 minimum) will be charged for participants not picked up by the scheduled ending time.

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