

January 2022



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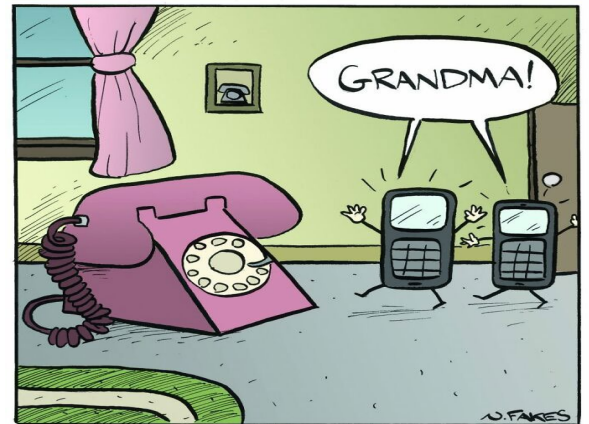
**Open Monday - Friday**

**9:00am - 3:00pm**

**7401 Enterprise Dr.**

**510-578-4840**

**senior.center@newark.org**



**Newark Senior Center CLOSED:**

1/3 - 1/7..... see block below

1/10..... Tentative return to 7401 Enterprise Dr.  
& resume all scheduled activities

**Mon - Fri, 12/13 - 12/17 and Mon - Fri 1/3 - 1/7, 9:00am - 3:00pm**

**Senior Activities will be held at the Silliman Teen Center**

Please use the side entrance closest to the new Turf Fields. The Senior Center will be closed for renovations. Due to space, daily activities will be limited to the following:

**Monday**  
Knit, Crochet &  
Cross Stitch  
Billiards

**Tuesday**  
Bridge  
Beginning Hula  
Intermediate Hula  
Billiards

**Wednesday**  
Canasta  
Quilting, etc.  
Ukulele Jam  
Billiards

**Thursday**  
Movies & Special  
Refreshments  
Billiards

**Friday**  
Senior Fitness  
Poker  
Drop-in Mahjong  
Billiards

## At the Clark W. Redeker Newark Senior Center



### **Returning for appointment-only on-site tax preparation.**

There will be some changes in their procedures in a continuing effort to keep everyone safe from COVID-19, including having you drop off your tax documents for tax preparation earlier in the day and returning later the same day for tax return pickup.

### **Appointments can be made starting Tuesday, Jan. 18.**

All appointments must be made in-person (no phone reservations) at the Newark Senior Center, 7401 Enterprise Dr., Newark (open Mon-Fri, 9:00am-3:00pm). After making the appointment, you will be given a packet of forms to complete and bring back for your appointment.

If you are not able to come to the Newark Senior Center on a Wednesday, other nearby sites include:

Fremont: Age Well Center at Lake Elizabeth on Thursdays

South Fremont: Age Well Center at South Fremont on Tuesdays

Union City: Ruggieri Senior Center on Mondays.

# AARP Virtual Community Center



FREE interactive online events and classes designed for learning, self-improvement, and fun.

## All Events

POWERED BY AMERICAN TOWNS MEDIA

### Moving with Milly Strength & Balance Workout

This event is full

Monday, Dec 20, 2021 at 11:00 a.m. ET / 8:00 a.m. PT

Enjoy a brisk 45-minute workout that focuses on balance and strength.

[Read More >>](#)

### Mindful Movement: Center Your Week

This event is full

Monday, Dec 20, 2021 at 12:00 p.m. ET / 9:00 a.m. PT

Start your week off with focus and intent.

[Read More >>](#)

### A Nutcracker Story Adventure

Monday, Dec 20, 2021 at 7:00 p.m. ET / 4:00 p.m. PT

Enjoy a special storybook presentation of The Nutcracker performed by the Joffrey Ballet.

[Read More >>](#)

### Virtual Tai Chi

Tuesday, Dec 21, 2021 at 9:30 a.m. ET / 6:30 a.m. PT

Tai chi is an exercise based on martial arts and involves choreographed moves that can lower blood pressure and build strength.

[Read More >>](#)

### Exercise Class: Mindful Movement – Yoga

Tuesday, Dec 21, 2021 at 11:00 a.m. ET / 8:00 a.m. PT

Start your morning with an engaging and all abilities Yoga Session.

[Read More >>](#)

### Exercise: Interactive Musical Memory Care Session

Tuesday, Dec 21, 2021 at 12:30 p.m. ET / 9:30 a.m. PT

Certified Dementia Practitioner, Shannon Wallace, will lead you and your loved one in a combination of Music, Movement, Memory and Mindful Inspiration!

[Read More >>](#)

### The Creative Feast: Gnocchi Two Ways-Classic and Baked

Tuesday, Dec 21, 2021 at 1:00 p.m. ET / 10:00 a.m. PT

Learn how to make potato gnocchi and a Parisian baked gnocchi in this step-by-step cooking tutorial.

[Read More >>](#)

### The Girlfriend Book Club Discussion: APPLES NEVER FALL with author Liane Moriarty

Tuesday, Dec 21, 2021 at 7:30 p.m. ET / 4:30 p.m. PT

Bestselling author Liane Moriarty discusses her latest novel APPLES NEVER FALL.

[Read More >>](#)

### Virtual Holiday Concert with Semper Sound

Tuesday, Dec 21, 2021 at 8:00 p.m. ET / 5:00 p.m. PT

Celebrate the holidays with the Semper Sound Band as they bring their talents to the virtual stage featuring both original music and covers of holiday classics.

[Read More >>](#)

#### Event Categories

Caregiving

Cultural Connections

Exercise & Wellness

Food & Drink

Gardening & Nature

Home Improvement

Movies, Music & More

Scam Prevention

Tech Help

Travel & History

Work & Money

All Events

Select a date to display events for that day.

December 2021						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
28	29	30	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	1

## Search Virtual Community Center Events

Find events by entering the name or search terms below.

## AARP Events Near You



Smart DriverTEK Virtual Workshop: Discover the Safety Benefits of New Car Technology

# We are here for you.



Bay Area Community Health provides affordable, full-service healthcare in southern Alameda County and throughout Santa Clara County. Schedule an appointment today.



## Behavioral Health:

- Evidence-based treatment
- Anxiety, stress, and depression management
- Counseling for children, teens, and adults
- Sleep disorders
- Postpartum depression for new parents



## Vision:

- Adult and children care
- Exams, diagnosis & treatment of chronic issues
- Eye Health Assessment
- Glasses fittings



## Medical:

- Primary care
- Pediatrics and adolescents
- COVID-19 testing/vaccine
- Immunizations
- Family planning
- Specialty referrals
- Diabetes Management



## Dental:

- Cleaning
- Filling and extraction
- Crown and denture
- Screening and treatment for oral health issues
- Oral health education

## Call to schedule an appointment today:

Alameda County  
**510.770.8040**

Santa Clara County  
**408.729.9700**

## BACH also provides specialty services for all patient needs.

- Acupuncture
- Chiropractic
- Dermatology
- HIV programs
- Pediatrics
- Podiatry
- Teen clinic
- TransVision
- Women's health
- OB-GYN

[bach.health](https://bach.health)



Follow us:   

# Clinics Location



## Bay Area Community Health Alameda County Locations

### Liberty Clinic

39500 Liberty Street  
Fremont, CA 94538

### Mowry I Clinic

2299 Mowry Avenue, Suite 3B  
Fremont, CA 94538

### Mowry II Clinic

1999 Mowry Avenue Suite F/N/D/A  
Fremont, CA 94538

### Mowry III

1860 Mowry Ave., Suite 400  
Fremont, CA 94538

### Main Street Village Clinic

3607 Main Street, Suite B  
Fremont, CA 94538

### Irvington Dave Clinic

40910 Fremont Boulevard  
Fremont, CA 94538

### Irvington Dave Vision Clinic

40924 Fremont Boulevard  
Fremont, CA 94538

### Irvington Dave Clinic: Acupuncture & Chiropractic

40930 Fremont Boulevard  
Fremont, CA 94538

### Martha Ave. Dental

38056 Martha Ave.  
Fremont, CA 94536

### Mobile Clinics

Healthcare Express  
Senior Services Van  
School-based Mobile Clinic

For more information:  
visit [bach.health](https://bach.health)

To schedule an appointment at  
any of the above clinics:  
please call **510-770-8040**.



## Bay Area Community Health Santa Clara County Locations

### Family Clinic

1066 S. White Rd  
San Jose, CA 95127

### Monterey Clinic

5504 Monterey Hwy  
San Jose, CA 95138

### Momentum Clinic

2001 The Alameda  
San Jose, CA 95126

### Story Clinic

2880 Story Rd.,  
San Jose, CA 95127

### Gilroy Medical Clinic

9460 No Name Uno,  
Suite 110  
Gilroy, CA 95020

### Dental Clinics

#### La Pala Dental Clinic

242 La Pala Dr.,  
San Jose, CA 95127

#### Aborn Dental Clinic

2060 Aborn Road,  
San Jose, CA 95121

#### Montpelier Dental Clinic

2380 Montpelier Dr.,  
San Jose, CA 95116

#### Gilroy Dental Clinic

9460 No Name Uno,  
Suite 215  
Gilroy, CA 95020

### School-Based Clinics

#### Andrew Hill High School Clinic

3200 Senter Rd.,  
San Jose, CA 95111

#### Glenview Elementary School Clinic

480 W. 8th St.,  
Gilroy, CA 95020

#### Independence High School Clinic

617 N. Jackson Ave.,  
San Jose, CA 95133

#### Mt. Pleasant High School Clinic

1650 S. White Rd.,  
San Jose, CA 95127

#### Silver Creek High School Clinic

3434 Silver Creek Rd.,  
San Jose, CA 95121

#### Yerba Buena High School Clinic

1855 Lucretia Ave.,  
San Jose, CA 95112

For more information:  
visit [bach.health](https://bach.health)

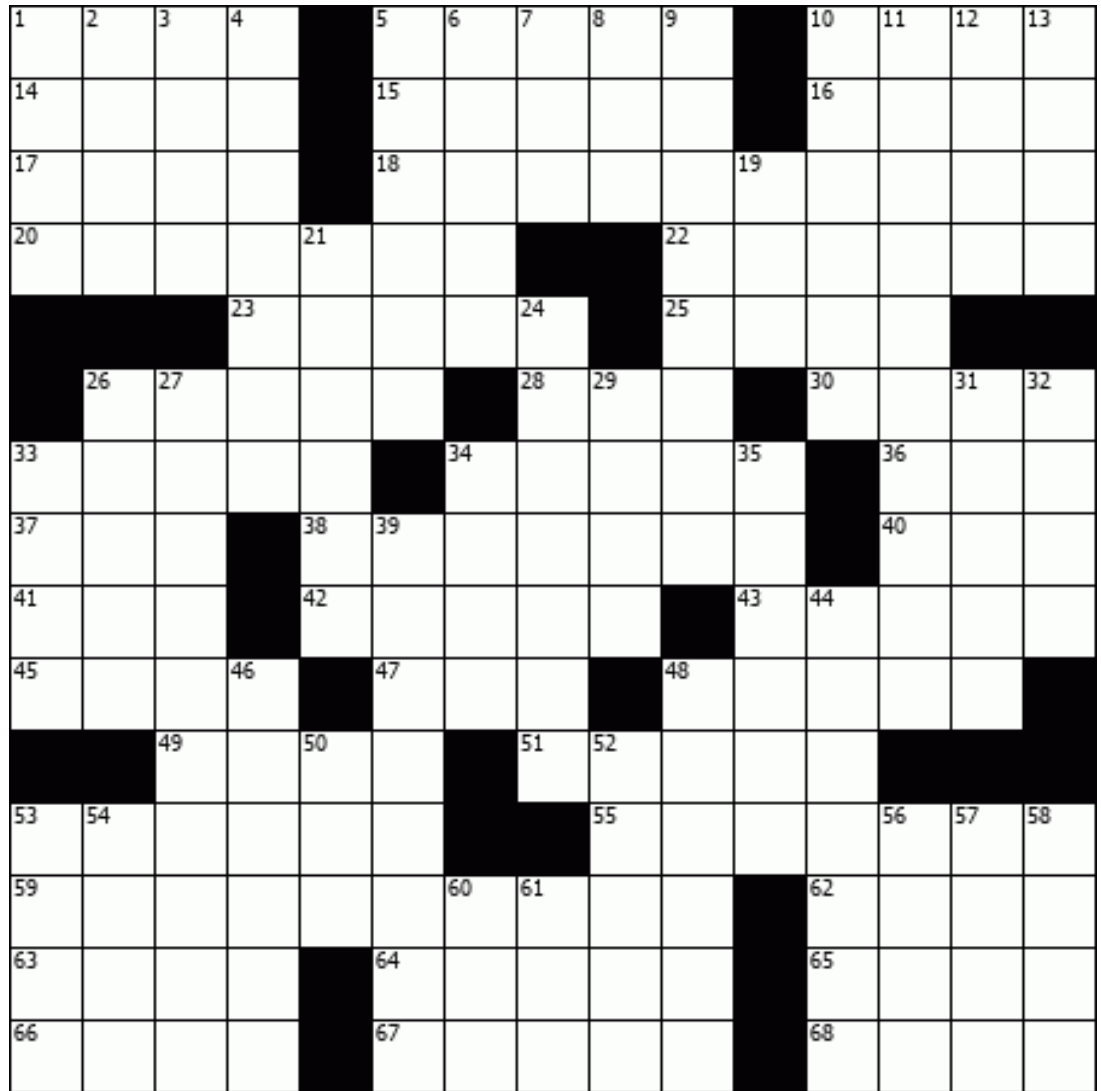
To schedule an appointment at  
any of the above clinics: please  
call **408-729-9700**.

# Crossword Puzzle

Answers on page 9.

## Across

1. Carson predecessor
5. Light brown
10. A bit more than a jog
14. Service accompanying an oil change
15. Be of use
16. Heavenly ring
17. Sch. near the Rio Grande
18. Status SUV
20. Hit the hay
22. Adman's lure
23. 1,760-yard racer
25. Eye drop
26. Square-jawed detective Dick
28. Always, to poets
30. Word before service or seeking
33. Singer Apple
34. Line not in the script
36. Actor Kilmer
37. Ostrichlike bird
38. Competitive grind
40. Wrath
41. Toy soldier material
42. Cook, as steak
43. For two, in Toulouse
45. Tacks on
47. HBO alternative
48. "Uncle Tom's Cabin" author
49. Designer Gernreich
51. Computer correspondence
53. Islands west of Portugal
55. Diplomatic accord
59. "The Brady Bunch" costar
62. \_\_\_ and terminator: criminal court
63. "Exodus" author Leon
64. Occupied
65. Annapolis inst.
66. Government money maker
67. Gave a hoot
68. Circus structure



## Down

1. Blatant promotion
2. Ford or Chevy
3. Make \_\_\_: wager
4. Emilio Estevez cult film
5. By a nose, say
6. Artfully escape
7. Writer Fleming
8. Jazz combo's assignment
9. Gas partner
10. "Doubting" fellow
11. Enthusiastic thumbs-up from Ebert
12. Butter substitute
13. Ripped
19. Fish eggs
21. Heartburn helper, briefly
24. Tomato-flavored grain dish
26. Shy
27. Tournament in which you play everyone else at least once
29. Israeli carrier
31. Lash of Westerns
32. Show off, as one's biceps
33. Greek salad cheese
34. Molecule part
35. "Get lost!"
39. Skilled at painting, say
44. Distribute in small quantities
46. Most confident
48. Smoothed in wood shop
50. "\_\_\_ Rosenkavalier"
52. Reagan Attorney General Ed
53. Kind of lily
54. Japanese sandal
56. Wall St. institution
57. Nashville's st.
58. The "E" in QED
60. Genetic material
61. The Continent: Abbr.



## Exercise

SEATED/STANDING FULL BODY  
<https://youtu.be/ayA9EyY-wOc>

GENTLE STRETCHING  
<https://youtu.be/5GS98v6Dy5E>

10 MIN. BALANCE WORKOUT  
<https://youtu.be/wnHsrXCTjnM>

### Sudoku Puzzle #43

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

### Sudoku Puzzle #44

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

Solutions on page 9.



GRANT SNIDER FOR EVERNOTE



## Astronomy 2 Word Search

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

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

ASTRONOMY  
 AXIS  
 CELESTIAL  
 CHAOS  
 COMET  
 COSMOS  
 DEBRIS  
 EMISSION  
 ENERGY  
 EXPLORATION  
 EXTRATERRESTRIAL

FIREBALL  
 FLARES  
 FUSION  
 GALACTIC  
 GALAXY  
 GRAVITATIONAL  
 HYDROGEN  
 INTERSTELLAR  
 LIGHT  
 LUMINOSITY  
 LUNAR

MAGNETIC  
 MATTER  
 METEORITE  
 NEWTON  
 NOVA  
 OZONE  
 PARALLAX  
 PHOTOSPHERE  
 PLANET  
 PLASMA  
 PROTON

RADIATION  
 REVOLVE  
 RING  
 ROCKET  
 ROTATE  
 SOLSTICE  
 SPACE  
 SUNSPOTS  
 SYZYG



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

### Sudoku Solution #43

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

### Sudoku Solution #44

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

# 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](http://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.