

June 2022



Meet the newest member of the Newark Senior Center Team...

Rebecca "Becca" Hicks
Recreation Coordinator

Becca has worked with the Newark Recreation and Community Services Department for 4 years at the Silliman Activity Center. In her spare time, Becca enjoys art, rewatching old comfort shows, and hiking.



Jessica Gurulé Cheryl Galvez Becca Hicks Janelle Mensinger

Becca will take over Cheryl's previous responsibilities coordinating: senior activities and volunteers, community events, preschool, Newark Community Center Rentals and rental staff. Becca is located in the office with Jessica.

Jessica Gurulé, Administrative Support Specialist II will continue to provide administrative support to the entire department, activity registration, childcare payment management, Community Center Rental Scheduling and Contracts, along with her support of Senior Center activities and services.

Janelle Mensinger, is no longer an "Intern" after graduating this Spring from Cal State East Bay with a degree in Recreation. She will continue her employment with the department as an Activity Coordinator leading the Summer Camp program at the Silliman Activity Center. Janelle was a HUGE help this Winter and Spring while the Recreation Department went through some staffing changes. We will miss having her here daily but are so happy she is continuing on with the department!

Nick Cuevas, was promoted to Recreation and Community Services Manager and is now located at the Silliman Activity Center where he leads the entire department.

Cheryl Galvez, was promoted to Recreation Supervisor (formerly Nick's role) where she will supervise the Senior Center staff and operations, Licensed Child Care Program and staff at the Newark Community Center, Promotores Program and staff at the Silliman Activity Center, Ash Street Park Summer Recreation Program and staff and future planned Newark Family Resource Center and staff.

In this issue:

- Summer Special Events
- CAPS Presentation
- Fun At Home Activities
- Transportation/Food Resources
- Updated Daily Activities Calendar

Open Monday - Friday
9:00am - 3:00pm
7401 Enterprise Dr.
510-578-4840
senior.center@newark.org



BACK EVERY THURSDAY

At the Newark Senior Center
Purchase packs at 12:00pm
Games 12:30pm - 3:00pm

Come enjoy the fun and a chance to win cash prizes and door prize drawings.
Birthday BINGO: \$10/pack (first Thurs. ea. month)
Regular BINGO: \$7/pack
\$1/extra blackout chance
\$1/pull tab 50/50 game

Summer Salad Lunch



\$5/senior

Monday, July 18

12:00pm

At the Newark Senior Center

**SPACE IS LIMITED! PRE-REGISTRATION
REQUIRED AT THE NEWARK SENIOR
CENTER OR ONLINE AT
WWW.NEWARKCA.ACTIVITYREG.COM**

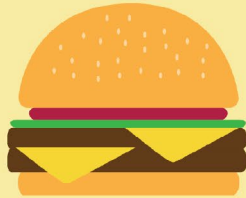
BBQ BURGER LUNCH

\$5/senior

Monday, June 27

12:00pm

At the Newark Senior Center



**SPACE IS LIMITED! PRE-REGISTRATION
REQUIRED AT THE NEWARK SENIOR CENTER
OR ONLINE AT
WWW.NEWARKCA.ACTIVITYREG.COM**



**The Community
Ambassadors for Seniors
(CAPS) is hosting
Informational Fairs.**

Come learn about resources
& services for 55+



- Transportation
- Housing alternatives
- Socialization opportunities
- Food resources
- and so much more!

Raffle Prizes
Entertainment
Food

Monday, June 13, 2022
10am - 1pm
Newark Senior Center
7401 Enterprise Dr.



GROOVIN' at the GROVE

FREE SUMMER CONCERTS

Shirley Sisk Grove
NewPark Mall
FRIDAYS, 6:00 - 7:30PM

JUNE 24 | JULY 8 | JULY 22 | AUGUST 5

GATES OPEN AT 4:00PM
BRING A BLANKET OR LOW-BACK CHAIR.

BANDS TBA, **FOOD, FUN & ENTERTAINMENT**

Clipper Card Information Workshop



Clipper is an all-in-one transit card that keeps track of multiple transit passes, ride books or tickets, and any cash value that you load onto it, while applying all applicable fares, discounts and transfer rules. Senior Clipper Cards automatically calculate the discounted senior cash fare, monthly pass fare or transfer fare each time you use Clipper on transit.

Monthly Clipper Card Workshops starting up again at:

NEWARK SENIOR CENTER

7401 Enterprise Dr, Newark, CA 94560

Every 1st Thursday of the Month

10:30 am to 11:30 am

Come to the workshop, get your Senior Clipper Card and learn more about:

- How to use your Clipper Card on transit
- How to add cash value and/or passes to your card
- How to check the balance on your card
- What transit agencies accept Clipper
- What to do if your card is lost or stolen

After the presentation, seniors (65 years of age or older) can apply for and obtain a free Senior Clipper Card. Please bring documentation showing proof of age if you are applying for a Senior Clipper Card. Clipper cards have no value and must be loaded with value prior to using the card on transit.

***For more info about the workshop, please call the
Ride-On Tri-City Helpline (510) 574-2053.***

Crossword Puzzle

Answers on page 9.

Across

1. Arctic explorer William
7. Poky
14. New Mexico, in Mexico
15. Most stylish
16. Little trickler
17. Number, in a way
18. Indian drums
19. Human beings
20. Onetime Pawnee neighbors
22. "Platoon" setting
23. "Rear Window" star, 1998
26. USN officers
28. Script
32. Tyrants
33. Drivel
34. Long-time Cleveland Orchestra conductor
35. Rolling drop
36. Merged sports gp.
37. Anarchist Goldman
38. Part of YMCA: Abbr.
40. ___ Tomé
41. "Merry Company" artist
42. Office skill
43. Small meas.
44. Pie ___
45. Golfer nicknamed "The Big Easy"
47. Orchard Field, since 1949
49. Builds up
53. Least adorned
57. Grenoble gift giver
58. It can knock you out
59. Kitchen gadgets
60. Subject of sightings, familiarly
61. Puts down
62. Glacial remnants

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					

Down

1. "Mary Poppins" chimney sweep
2. China setting
3. Unit of work: Abbr.
4. Be excessively eager
5. Conceptualizes
6. "I beg to differ"
7. South African native village
8. "South Pacific" director Joshua
9. Safari sights
10. Take precautions
11. Essence
12. Town southwest of Padua
13. 1 and others: Abbr.
17. "When the stars make you drool/ Just like ___": "That's Amore" lyric
21. Sun Bowl site
23. Rosters
24. Discharge
25. Do away with
27. Walking-in-the-rain sound
29. Where Hercules slew a lion
30. Canadian child-safety elephant mascot
31. Bias
39. Mustard, for one
41. Tough spots
46. It might wake you up
48. "___ to the dog is not charity": London
49. PC software
50. Off! ingredient
51. Half of sechs
52. Tracy's Trueheart
54. Smooth
55. Flap
56. Tiger's needs

Exercise

FULL BODY WORKOUT

<https://youtu.be/C17E5GoFv6k>

SEATED ABS & CORE

https://youtu.be/fLf07p5Q_jY

ZUMBA GOLD SEATED WORKOUT

<https://youtu.be/d9zSlhGYpwv>



<https://youtu.be/qMglBwfhsN4>

The New 60



Sudoku Puzzle #53

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

Sudoku Puzzle #54

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

More 70's Songs Word Search

Find and circle all of these songs from the 1970's that are hidden in the grid.
The remaining letters will spell the names of ten music groups from the 70's.

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

AFTERNOON DELIGHT
 AMERICAN PIE
 AMERICAN WOMAN
 ANNIE'S SONG
 BAD GIRLS
 BARRACUDA
 BOHEMIAN RHAPSODY
 BROTHER LOUIE
 CRAZY ON YOU
 DELTA DAWN
 DON'T STOP

DREAM ON
 DREAM WEAVER
 DRIFT AWAY
 EBONY EYES
 FIRE AND RAIN
 HELP ME
 IMAGINE
 LAST DANCE
 LET IT BE
 LOVE HURTS
 LOW RIDER

MAGIC MAN
 MAIN STREET
 MARGARITAVILLE
 MY LOVE
 MY SHARONA
 NIGHT FEVER
 PHOTOGRAPH
 PIANO MAN
 REUNITED
 ROSE GARDEN
 SHADOW DANCING

SHE'S GONE
 SIGNS
 SOUTHERN NIGHTS
 SUMMER NIGHTS
 SUNDOWN
 SUPERSTAR
 THE GAMBLER
 WITHOUT YOU
 WOODSTOCK
 Y.M.C.A.
 YOU'RE SIXTEEN

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

Sudoku Solution #53

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

Sudoku Solution #54

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

Mercy Brown Bag

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



Time:
9:30-10:30am

Senior Nutrition Program

Distributed the
2nd and 4th Thursday
each month
At the Newark
Community Center
35501 Cedar Blvd.
Newark

2022 Distribution Dates:

January:	13 & 27
February:	10 & 24
March:	10 & 24
April:	14 & 28
May:	12 & 26
June:	9 & 23
July:	14 & 28
August:	11 & 25
September:	8 & 22
October:	13 & 27
November:	10
December:	8

Register on-site during a distribution.

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.

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 10:30-11:30am 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.

Monday

10:00am.....

Guitar Jam

2nd & 4th Mon. of month

10:00am.....

BUNCO

1st, 3rd & 5th Mon. of month

1:00pm.....

Knit, Crochet & Cross Stitch Group

All day.....

Billiards
Computers
Fitness Equipment
Lending Library

Tuesday

8:00am.....

Walk the Talk

At Newark Community Park
35501 Cedar Blvd.

9:00am.....

Bridge

11:00am.....

Beginning Hula

12:00pm.....

Intermediate Hula

1:15pm.....

Jazz Club

for experienced musicians

All day.....

Billiards, etc. (see Monday)

Newark Senior Center Daily Activities

7401 Enterprise Dr., Newark

Open Monday - Friday

9:00am-3:00pm

510-578-4840

senior.center@newark.org

Wednesday

9:00am.....

Hand & Foot Ganasta

9:15am.....

Nine Ball Billiard Tournament

Last Wednesday of month

10:00am.....

Quilt, etc. Group

1:00pm.....

Ukulele Jam

All day.....

Billiards
Computers
Fitness Equipment
Lending Library

Thursday

8:00am.....

Walk the Talk (see Tues.)

9:00am.....

Mercy Brown Bag Food Distribution

2nd & 4th Thurs of month
at Newark Community Center

9:30am.....

Card Making Class

1st Thurs of month

10:30am.....

Clipper Card Workshop

1st Thurs of month

12:30pm.....

BINGO

Arrive at 12:00pm to purchase your pack:
1st Thurs. of Month Special
Birthday BINGO...\$10/pack
All other BINGO...\$7/pack

All day.....

Billiards, etc. (see Monday)

Friday

9:00am.....

Mahjong

9:00am.....

Texas Hold-em Poker

9:30am.....
iPhone/iPad/Kindle
Assistance

12:30pm.....

Drop-in Mahjong

All day.....

Billiards
Computers
Fitness Equipment
Lending Library

All activities held at the Newark Senior Center unless noted otherwise.

Get your free Newark Senior Center Membership Card.



All listed activities (except BINGO) are free for Seniors 55+

MASKS OPTIONAL



Revised 6/1/2022