



In this issue:

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

The Newark Senior Center will be closed on Monday, July 4th for Independence Day.



Eleanor began volunteering at the Clark W. Redeker Newark Senior Center on June 24, 2009 as a kitchen aide. Before she started her volunteer journey at the Senior Center she delivered Meals on Wheels every Tuesday to homebound seniors. She continued volunteering with them until the pandemic began in March of 2020. Once the Senior Center lunch program closed, Eleanor began volunteering at the front desk on Wednesdays and Thursdays. She is warm and welcoming to all that make their way into the Senior Center, provides them tours and encourages them to join activities. Eleanor is always willing to lend a helping hand with anything other than "cleaning the toilets" (her exact words). Most recently, she began assisting with BINGO sales and callbacks. She has done a wonderful job of keeping all of our plants alive since staff do not have green thumbs. In June of 2020, Eleanor was awarded the Tri-City Elder Coalition Difference Maker Award. We are truly grateful for all that she does.



GROOVIN' at the GROVE

FREE SUMMER CONCERTS

Shirley Sisk Grove
New Park Mall

6:00 - 7:30 PM

GATES OPEN
at 4:00 pm

BRING A
BLANKET OR
LOW-BACK
CHAIR

food
fun
music

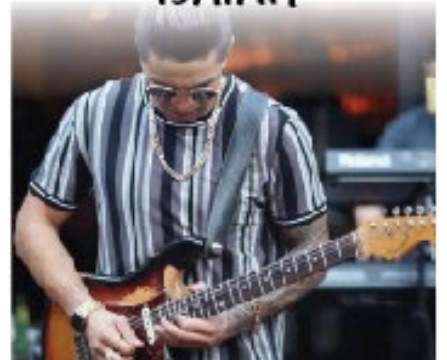
 **NEWARK**
Recreation
and Community Services



June 24
BIG BANG BEAT



July 8
ISIAAH



July 22
CISCO KID



August 5
SERVANTS



NEWPARK
NEWPARKMALL.COM



 **NEWARK**
Recreation
and Community Services

NEWARK
NEWARKMALL.COM

Mariachi Festival

Sunday, July 24, 2022

1:00-4:00pm

At Shirley Sisk Grove (Next to NewPark Mall)

Free Admission



No-Cost Covid-19 Vaccine Event

For Ages 5 and up.

Under 18 must be accompanied by parent(s) or legal guardian.

**Mariachi bands, local ballet folkloric performances,
food, community resources and more!**

Monday

10:00am.....

Guitar Jam

2nd & 4th Mon. of month

10:00am.....

BUNGO

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

1:00pm.....

Knit, Crochet & Cross Stitch Group

Daily.....

Billiards
Computers
Fitness Equipment
Lending Library
Pinochle (afternoons)
Rummy (afternoons)

Tuesday

8:00am.....

Walk the Talk

At Newark Community Park
35501 Cedar Blvd.

9:00am.....

Bridge

10:00am.....

Beginning Hula

11:00am.....

Intermediate Hula

12:00pm.....

Advanced Hula

Daily.....

Billiards, etc. (see Monday)

Newark Senior Center Daily Activities

7401 Enterprise Dr., Newark

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9:00am-3:00pm

510-578-4840

senior.center@newark.org

Wednesday

9:00am.....

Hand & Foot Canasta

9:15am.....

Nine Ball Billiard Tournament

Last Wednesday of month

10:00am.....

Quilt, etc. Group

1:00pm.....

Ukulele Jam

Daily.....

Billiards, etc. (see Monday)

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

Daily.....

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

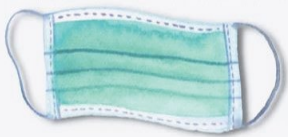
Daily.....

Billiards, etc. (see Monday)

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

Get your free Newark Senior Center Membership Card.

MASKS OPTIONAL



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



Revised 7/1/2022



**SAVE THE DATE
19TH ANNUAL**

Healthy Living Festival

In Person event at the Oakland Zoo

"Promoting Health and Wellness for 55+ Adults"

Thursday, September 29th, 2022

9:00 AM to 2:00 PM

Fun, Friends, Resources, Physical Activity, Great Music and More!

***36 Years of Senior Organizing, Advocacy,
and Engagement For Today & Tomorrow!***

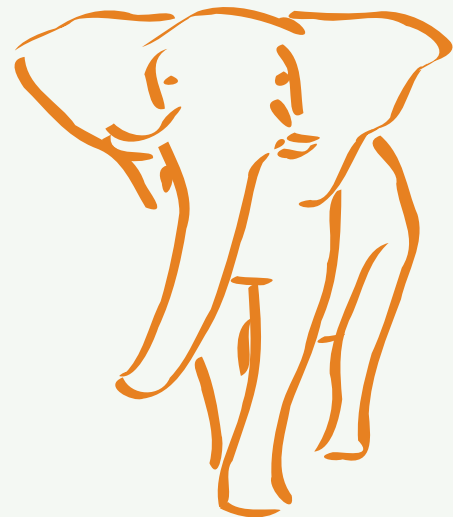
**Public Transit and Travel Training
opportunities are available!**

Please call Chonita Chew at
(510) 729-0851

**Join us as we take collective action to improve the quality of life for seniors
throughout Alameda County. Together, we can make positive changes!**

**Contact United Seniors
for more information:**

(510) 729-0852 | Mary.usoac@gmail.com
or visit www.usoac.org



Crossword Puzzle

Answers on page 8.

Across

1. Wagner of Cooperstown
6. Gets hitched
10. California peninsula
14. Embarrass
15. Mayberry tyke
16. River of Russia
17. Dishwasher cycle
18. Infield bag
19. Coventry chap
20. "The Good Earth" novelist
22. Liver product
23. Satisfy
24. Serving tray
26. "Bonanza" brother
30. New driver, usually
32. Ownership documents
33. Citizen Kane's mansion
35. Lose on purpose
37. Thermodynamics concept
39. Room in Clue
43. Nickel beast
45. Stir-fry vegetable
46. Pocket-size
49. Much-sharpened pencils
51. Wedding seats
52. Bluto's nemesis
54. Brilliant stroke
56. Norse explorer
57. Marlin or Mariner
63. Neck of the woods
64. Ran in the wash
65. Quartz variety
66. Radio-station format
67. Footnote abbr.
68. Fictional swordsman
69. ___' Pea (52 Across' ward)
70. Flat-bottomed boat
71. Moorehead of "Bewitched"

Down

1. Angelic strings
2. Theater award
3. Grandmother
4. Onetime UN power
5. Place for knickknacks
6. Move unsteadily
7. Uniform decoration
8. Brake component
9. Goes looking for
10. Packing that's popped
11. Show up
12. Put in the pen
13. Makes changes to
21. Gym-class activity
25. Pueblo block
26. Firetruck tool
27. Actor Aykroyd
28. Crumb carrier
29. Mottled dessert
31. Sharks' org.
34. Frilly mat
36. Tears to pieces
38. Hither's partner
40. Big lummoX
41. Spreadsheet line
42. QB's gains
44. Of fission or fusion
46. Asparagus units
47. Next day, in the old days
48. Per
50. With temerity
53. Fell away
55. Town square
58. Palo __, CA
59. Full of anticipation
60. Fish story
61. Raison d'__
62. Antique autos

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				

Exercise

POSTURE BALANCE & STRETCH

https://youtu.be/K_Wtb8S95Yc

15 MIN. CHAIR YOGA

https://youtu.be/U_jdXFfegKE

SEATED HIIT WORKOUT FOR SENIORS

<https://youtu.be/s5FNInEuux4>



<https://youtu.be/naNQdvWRNLc>

The New 60



Sudoku Puzzle #55

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

Sudoku Puzzle #56

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

Washing a Car Word Search

Find and circle all of the words that are hidden in the grid.
The remaining 13 letters spell something that you wash off of a car.

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

BRUSH
BUCKETS
CHAMOIS
CHROME
CLEAN
DEAD BUGS
DIRT
DOOR HANDLES
DOORS
DRIVEWAY
DRY OFF

FENDERS
FRONT
GARDEN HOSE
GLASS
GRIME
HEADLIGHTS
HOOD
HUBCAPS
LICENSE PLATE
MIRRORS
MUD

PREPARATION
REAR
RINSE
ROOF
SCRUB
SIDES
SOAP
SPONGE
SQUEEGEE
SUDS
TAIL LIGHTS

TIRES
TOP
TOWELS
VEHICLE
WASH
WATER
WAX
WHEELS
WINDOWS
WINDSHIELD

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

Sudoku Solution #55

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

Sudoku Solution #56

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

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.