

August 2022



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- Fall Recreation Activities Guide
- Fun At Home Activities
- Ride-On Tri-City

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

**View City of Newark's
Fall Activities for
Youth - Seniors by clicking
the photo below!**



Marion began volunteering at the Clark W. Redeker Newark Senior Center on August 24, 2021 as a BINGO caller. Due to the pandemic, some volunteers were not ready to return when the facility reopened in June 2021. Marion saw a need and was ready and willing to help in any vacant volunteer position. She worked for the Newark Unified School District for 26 years and after retirement has been volunteering for the past 10 years. She is very much appreciated by Senior Center staff and BINGO participants!

Newark Senior Center Daily Activities

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

Monday

Tuesday

Wednesday

Thursday

Friday

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

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

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)

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)

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)

9:00am.....
Mahjong

9:00am.....
Texas Hold-em Poker

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

10:00am.....
Jazz Club
Prior experience recommended

12:30pm.....
Drop-in Mahjong

Daily.....
Billiards, etc. (see Monday)

Please check with staff for current masking requirements.



Fill out a form in-person to receive your FREE Newark Senior Center Membership Card!



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

All activities held at the Newark Senior Center, 7401 Enterprise Dr., unless noted otherwise.

BINGO VOLUNTEERS NEEDED!

Callers Pull Tab Sales
Pack Sales Verifications

Please contact Becca Hicks if interested!
becca.hicks@newark.org
510-578-4845

REGISTRATION OPENS ON...

8/1 FOR NEWARK RESIDENTS & 8/5 FOR NON-RESIDENTS

FIESTA FRIDAY

\$5/senior

Friday, August 19

12:00pm

At the Newark Senior Center
Beans, Rice, Entrée & Dessert

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

PANCAKE BREAKFAST

FREE for Seniors 55+

Monday, September 19

9:30am

At the Newark Senior Center
Pancakes & Accompaniments

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

HALLOWEEN LUNCHEON

\$5/senior

Monday, October 31

12:00pm

At the Newark Senior Center
Lunch & Costume Contest

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

FRIENDSGIVING

FREE for Seniors 55+

Friday, November 18

12:00pm

At the Newark Senior Center
Lunch & Recipe Swap

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



AARP Driver Safety teaches safe driving techniques that make a difference in your life and community.



Our enhanced course is based on the latest driver safety research and insights. Take the course in a local classroom, where you will learn evidence-based safe driving strategies, and refresh your knowledge of the latest rules and hazards of the road. After course completion, you may even be eligible for a multi-year car insurance discount. Call your local insurance agent for details and eligibility.

at the Newark Senior Center 7401 Enterprise Drive, Newark

Pre-registration to reserve a spot in the class required.
Instructor: Annette Paredes
Payment made via CHECK day of the class written to "AARP Smart Driver".
8-hour course required for first time participants.
*4-hour Refresher Course should be taken every 3 years to qualify for continued insurance discount.
Call your local agent to see if you qualify to take the 4-hour refresher

\$20 for AARP members
\$25 for non-members

Location: Clark W. Redeker Newark Senior Center

Course	Day	Date	Time
*Refresher	Fri	8/12	9:30am-2:00pm
First Time 8-hour	Th/Fri	8/25, 8/26	9:30am-2:00pm
*Refresher	Fri	9/9	9:30am-2:00pm
First Time 8-hour	Th/Fri	9/22, 9/23	9:30am-2:00pm
*Refresher	Fri	10/14	9:30am-2:00pm
First Time 8-hour	Th/Fri	10/27, 10/28	9:30am-2:00pm
*Refresher	Fri	11/4	9:30am-2:00pm
First Time 8-hour	Th/Fri	11/17, 11/18	9:30am-2:00pm
*Refresher	Fri	12/9	9:30am-2:00pm

Information & Referrals

Dial 211 for free information and referral to Human Services for daily needs and in times of crisis.

Senior Help Line

(510) 574-2041

Community Ambassador Program for Seniors

(510) 574-2055 www.capseniors.org

Area Agency on Aging Information & Referral

(510) 577-3530

Dementia-Specific Support

Alzheimer's Services of the East Bay

(510) 656-1329 www.aseb.org

Alzheimer's Association

(800) 272-3900

Bay Area Community Services (510) 613-0330

www.bayareacs.org/adult-day-programs

Stanford/VA Alzheimer's Center

(650) 858-3915 www.med.stanford.edu/svalz

Employment & Learning

SparkPoint Fremont (510) 574-2020

Fremont Library Programs (510) 745-1400

Newark Library Programs (510) 795-2627

Senior Employment Program (510) 238-3535

Health & Wellness

Medicare and Insurance Counseling (HICAP)

(510) 839-0393

Health Insurance Counseling

with Krista Caracappa, Washington Hospital

(510) 494-7005

LIFE ElderCare Meals & Fall Prevention

(510) 574-2090 www.lifeeldercare.org

Housing

City of Fremont Office of Housing Assistance

(510) 494-4500

HIP Shared Housing Program (510) 574-2173

City of Fremont Landlord/Tenant Support

(510) 574-2270

Social Engagement

Life Eldercare Friendly Visitors

(510) 894-0370

www.lifeeldercare.org

CityServe Compassion Network

(510) 796-7378

www.compassionnetwork.org

Nutrition

Life ElderCare Meals on Wheels (510) 574-2092

Mercy Brown Bag: Grocery Program

(see page 25)

Tri-City Volunteers Inc. Food Bank

(510) 793-4583

Should You Get a COVID Booster Now — or Wait Until Fall?



By Rachel Nania, at AARP
July 28, 2022

Nearly a year and a half after they first became available, the two most widely used COVID-19 vaccines are getting a refresh in an effort to offer a broader swath of protection against newer strains of the coronavirus that are behind a current surge of infections.

These so-called bivalent vaccines will include components of the original strain of the virus that causes COVID-19, but also omicron and some of its subvariants. And the updated shots could be ready this fall.

Their anticipated arrival, however, does not mean you should hold off on getting boosted this summer. If you're eligible for a booster now, be it your first or your second, "I would not wait," White House COVID-19 Response Coordinator Ashish Jha, M.D., said in a July 25 news conference.

A big reason: "There's a lot of virus right now," says Meagan Deming, M.D., an infectious disease specialist and assistant professor at the University of Maryland School of Medicine. And the version of the virus that's behind the majority of infections this summer, the omicron subvariant known as BA.5, has some structural differences from past strains that enable it to evade some of the immune defenses put in place by the vaccines or a previous infection. This is why, compared to earlier in the pandemic, we're seeing more breakthrough infections and reinfections.

The vaccines still protect against severe disease for many, experts say, but immunity does wane over time, and some people — namely individuals more at risk for complications from COVID-19, including older adults — need that protection reinforced after a while.

That's the point of the second booster, Deming says. It "bumps up the immunity" and "reminds the immune system to respond to this virus, and it dramatically reduces the severe disease." In fact, Jha recently noted that "most deaths are happening in people who are not up to date with their vaccines." (Being up to date means that you have all of the COVID-19 vaccines that have been recommended for you.)

Data from the Centers for Disease Control and Prevention (CDC) shows that people 50 and older who are fully vaccinated and have one booster under their belt are 4 times less likely to die from COVID-19 than unvaccinated people. With a second booster, they're 29 times less likely to die than their unvaccinated peers.

Still, tallies from the CDC show the vast majority of the 50-plus population is lagging behind on boosters. As of July 20, less than 30 percent of adults 50 and older who were eligible for a second boost had received one.

That could be due to an overall feeling that things are less dangerous now than they were in 2020, says Svea Closser, a medical anthropologist and associate professor at the Johns Hopkins Bloomberg School of Public Health. As the pandemic persists, the risks of COVID-19 have "sort of faded from our consciousness a little bit," she adds. But the evidence is clear, Closser says: The second booster is "actually really important" when it comes to reducing the risk of hospitalization among older adults.

In May, unvaccinated individuals ages 50 to 64 were 3.4 times more likely to be hospitalized with COVID-19 compared to their peers who are up to date on their shots, CDC data show. That hospitalization rate is slightly higher (3.8) among adults 65 and older.

Click [HERE](#) to read the full article.

50 OR OLDER? WHEN TO GET A BOOSTER

Adults 50 and older vaccinated with either Pfizer or Moderna:

- Get your first booster at least five months after completing the primary series.
- Get your second booster at least four months after the first.

Adults 50 and older vaccinated with J&J:

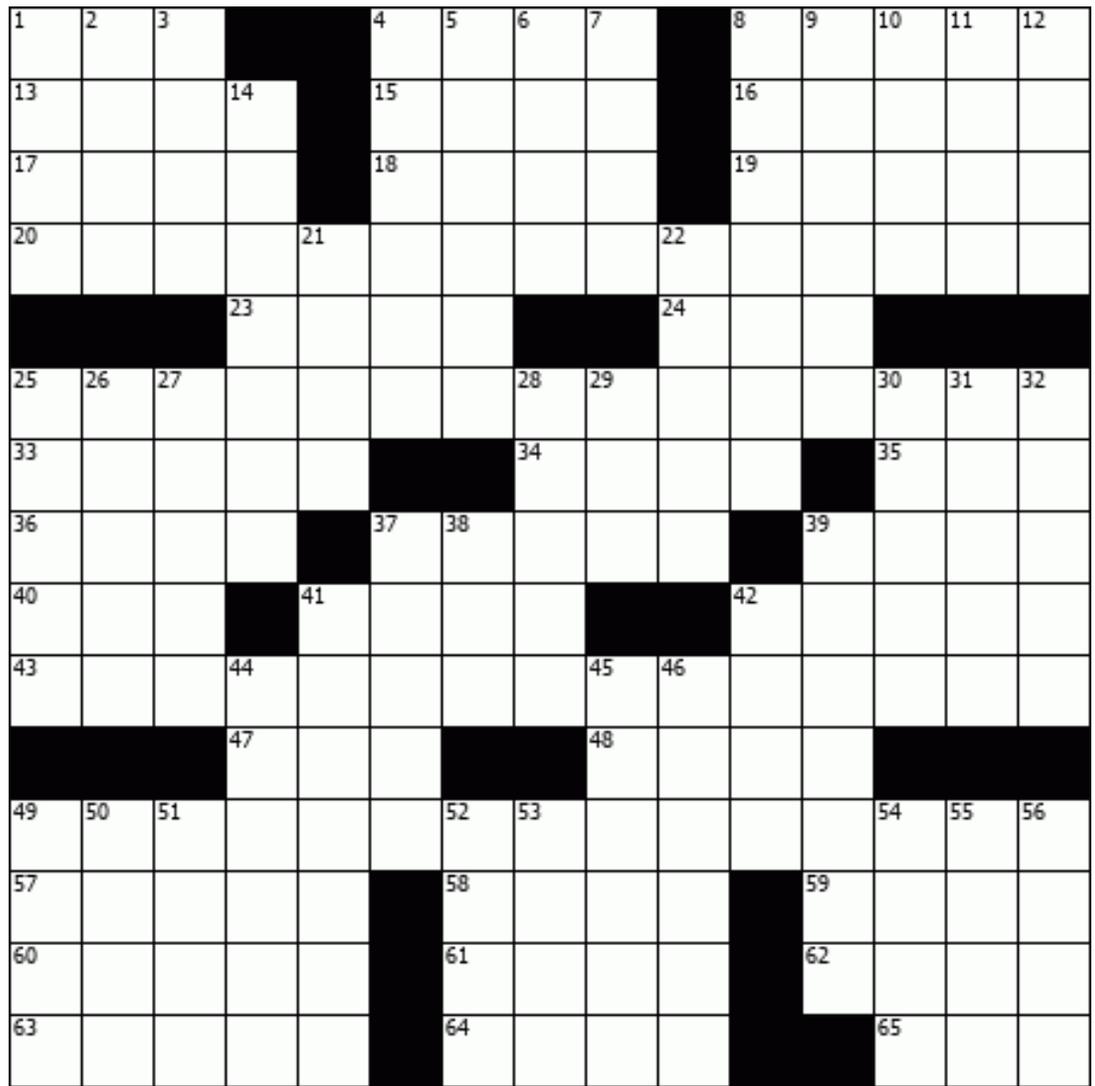
- Get your first booster (the mRNA shots from Pfizer and Moderna are preferred) at least two months after your initial vaccine.
- Get a second booster (again, the mRNA shots are preferred) at least four months after the first.

If you are immunocompromised, your doctor may recommend a different schedule.

Source: CDC

Crossword Puzzle

Answers on page 9.



Across

1. "Wherefore ___ thou ..."
4. Small matter?
8. Album entry, perhaps
13. One of six in this clue
15. Level-headed
16. Sound source
17. Toiletries case
18. Archaic pronoun
19. "The Three Billy Goats Gruff" meanie
20. Christmas quip, Part 1
23. Basic cooking instruction
24. Bear, to Spaniards
25. Quip, Part 2
33. The A of E.A.P.
34. Baron's bride
35. Cook in the microwave
36. Get ready for the wedding
37. Lowly workers
39. "The Sweetest Taboo" singer
40. Its tip may be felt
41. Large amount
42. French story?
43. Quip, Part 3
47. Bathwater additive
48. Surf sound
49. End of the quip
57. Desist's partner
58. Long, long time
59. Finger, so to speak
60. Lotus-___ ("Odyssey" figure)
61. Cocksure
62. Fully avenged
63. Boutique buy, perhaps
64. Kitchen collection
65. Small soldier

Down

1. Thrown for a loop
2. Tiller front
3. Indisputable
4. Star-shaped
5. Gauguin's isle
6. Request to a teller, perhaps
7. Far from pushy
8. Meet expectations
9. Flip a switch up
10. "My Life as ___" (1985 film)
11. Coffee grinder
12. Gondolier's propeller
14. Descriptor for chapped hands
21. 19th-century Shakespearean actor Edmund
22. Crucifixes
25. Letter after iota
26. Ms. DeGeneres
27. Antelope with twisted horns
28. Deadly sin
29. Cure hide
30. "The Compleat Angler" author, Walton
31. Be a beggar
32. Olympic weaponry
37. Sao ___, Brazil
38. They precede HI
39. Synthetic rubber ingredient
41. Aggressive poker players
42. List-curtailling abbr.
44. Creaks and squeaks
45. Use experimentally
46. Brigham, Cy and Burt
49. Tea type
50. Within walking distance
51. Find distasteful to the max
52. Narrow-waisted stinger
53. Clownfish of film
54. Vesuvius product
55. Thunderclouds, for sure
56. Well-bred chap

Exercise

15 MIN. SEATED OR STANDING
ARM WORKOUT

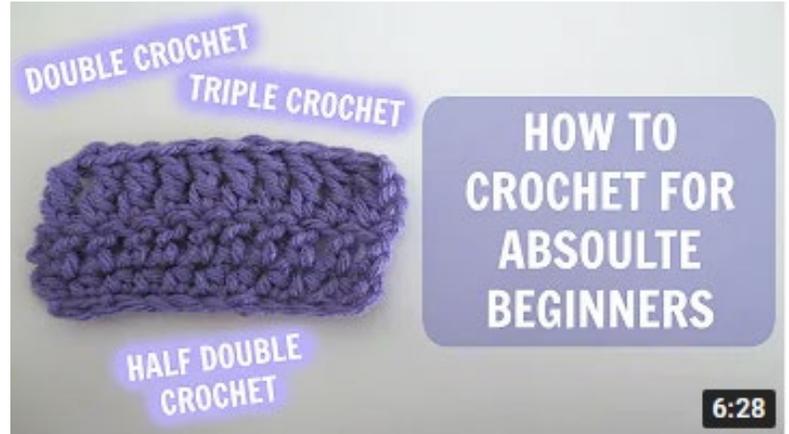
<https://youtu.be/0IQhTK8glAM>

STANDING BALANCE WORKOUT

<https://youtu.be/gAURDTbsDcw>

CHAIR YOGA FOR SENIORS

<https://youtu.be/cgaDPZ8UdZY>



<https://youtu.be/jBj6MyMu9pU>

The New 60



Sudoku Puzzle #57

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

Sudoku Puzzle #58

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

Animals 2 Word Search

Find and circle all of the animals that are hidden in the grid.
The remaining letters spell the name of an additional animal.

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

ANTELOPE
 BAT
 BEAVER
 BOBCAT
 BUFFALO
 CHEETAH
 CHICKEN
 COYOTE
 CRANE
 DEER
 DOLPHIN
 DUCK

ELEPHANT
 EMU
 FLAMINGO
 FROG
 GAZELLE
 GIRAFFE
 GOOSE
 GORILLA
 HEDGEHOG
 HORSE
 HUMMINGBIRD
 IMPALA

JAGUAR
 KANGAROO
 KOALA
 LAMPREY
 LEMMING
 LYNX
 MARLIN
 MOCKINGBIRD
 MONKEY
 MOUSE
 OCTOPUS
 ORANGUTAN

ORCA
 PANTHER
 PARAKEET
 PARTRIDGE
 PENGUIN
 PORPOISE
 PUMA
 RABBIT
 RATTLESNAKE
 RHINOCEROS
 ROBIN
 SHEEP

SHREW
 STORK
 TURTLE
 WALLABY
 WALRUS
 WEASEL
 WHALE
 YAK
 ZEBRA

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

Sudoku Solution #57

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

Sudoku Solution #58

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

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.