

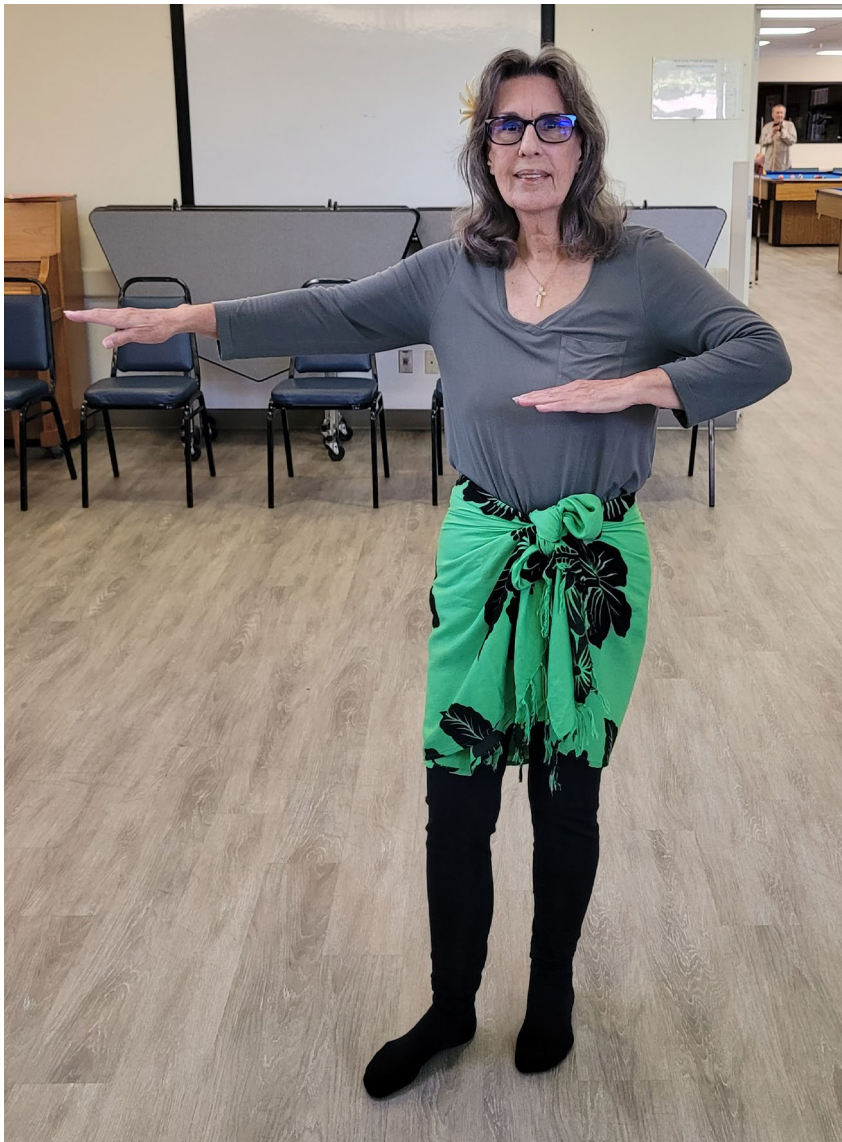
October 2022



In this issue:

- Senior Center Daily Activities
- Upcoming Card/Craft Classes
- HomeLIFE by LIFE ElderCare
- Upcoming City Events
- At Home Activities, Puzzles, & More!

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



Janice Gonzalves began volunteer teaching hula at the Clark W. Redeker Newark Senior Center in August of 2019. During the pandemic, Janice was able to continue her class virtually. Hula became so popular after the facility re-opened that she now has beginner, intermediate, and advanced classes. Janice and her students perform as a group called "The Aloha Dancers" for free at local events. She recently began assisting with the TCV Mobile Food Pantry which distributes groceries to those in need. Janice enjoys participating in the card making and ukulele classes and is a member of several local clubs/foundations. We appreciate Janice's dedication to her students and the local community!

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

Open Monday - Friday

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

12:00pm.....

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.

Please check with staff for current masking requirements.



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



Revised 9/30/2022



Healthy Living Festival

September 29, 2022



organized by

USOAC

United Seniors of Oakland & Alameda County

NEWARK
Recreation
and Community Services
Newark Senior Center
We ♥ Our Seniors



Senior Self Defense

Recreation & Wellness

 **NEWARK**
Recreation
and Community Services



First class to be held on
Thursday, October 6
10:30 - 11:30 AM

Join our self defense instructor, Mark, in our Senior Self Defense class! Learn helpful tips on how to stay **aware, cautious** and **prepared** if ever needed. Recreation & Wellness is critical at all ages, but especially as we age.



This class will be held once a month at the Clark W Redeker Newark Senior Center - 7401 Enterprise Dr. Newark, CA



Partial cost is covered by the City of Newark to help keep your cost low!



Card Making

First Thursday of the Month
9:30 AM

Newark Senior Center
Classroom



Crafting with Anabelle

Come for
monthly crafts!
Date TBD.



16 spots open for our HomeLIFE program this fall

Join our wrap-around Fall Prevention program to receive these free in-home services as needed:



- Gentle integrated exercises
- Home safety assessment
- Professionally installed minor home modifications
- Medication review

Our trained team members will work with you 1:1 to reduce your risk of injury due to a fall



Call 510-894-0370, email info@LifeElderCare.org, or visit www.LifeElderCare.org...because falling hurts



info@LifeElderCare.org

ph# 510-894-0370

Health Forward with HomeLIFE

- Available free for all Alameda County residents age 60+ with focus on homebound older adults.
- Multiple interventions (recommended) or a single intervention can be selected.
- Home Mods can only be done if identified through a HomeLIFE Assessment.

Intervention Type	What	Format
Bingocize - next session TBA	group class	Zoom
Fall risk assessment with recommendations	1:1	Phone, Zoom, any online platform, or in-home when vaccinated
Medication review with recommendations	1:1	Phone, Zoom, any online platform, or in-home when vaccinated
Home safety assessment with recommendations	1:1	Phone, Zoom, any online platform, or in-home when vaccinated
Minor Home Modifications as needed via home assessment (kits of double sided tape, sensor nightlights, etc. Pro installations i.e. grab bars free as needed for low-income)	1:1	Mod kits mailed or dropped off, Professional installations done (w/Hazmat when unvaccinated)
Education on behaviors to reduce fall risk (footwear, vision screens, hydration, nutrition, social support, postural hypotension, etc.)	1:1	Phone, Zoom, any online platform, or in-home when vaccinated
Simple evidence-based exercises (Barnett's)	1:1	Phone, Zoom, any online platform, or in-home when vaccinated
Lifestyle Integrated Functional Exercise (LiFE)- balance and strength movements incorporated into daily activities	1:1	Phone, Zoom, any online platform, or in-home when vaccinated
Care Coordination/Referrals to support networks, home delivered meals etc.	1:1	Phone, Zoom, any online platform, or in-home when vaccinated

NEWARK COMMUNITY CLEAN UP

THE CITY OF NEWARK AND REPUBLIC SERVICES ARE HOSTING A
COMMUNITY CLEAN UP EVENT!

WHEN: SATURDAY OCTOBER 8TH 2022 7:00a-11:00a

WHERE: 37440 FILBERT ST

WHO: OPEN TO ALL NEWARK RESIDENTS. RESIDENTS WILL BE ASKED TO BRING A
UTILITY BILL (WITH NEWARK ADDRESS) AND A MATCHING CALIFORNIA DL OR ID
(WITH NEWARK ADDRESS)

Accepted:

- Appliances
- Bulky trash
- E-waste
- Furniture
- Mattress
- Metals and untreated wood
- Reusable household goods
- Tires

Not Accepted:

- Hazardous waste - batteries, paint, motor oil, chemicals, light bulbs, etc.
- Construction debris (rock, concrete, painted wood)
- Household trash
- Propane tanks, gas cylinders/lawn mowers

Appointments only. Please email mainreq@newark.org with your full name and preferred time for an appointment.



E-WASTE



FREE

2nd Annual NewBark Dog Park Event

HOWL-O-WEEN

Saturday, October 22nd
10:00 am - 12:00 pm

35501 Cedar Blvd.

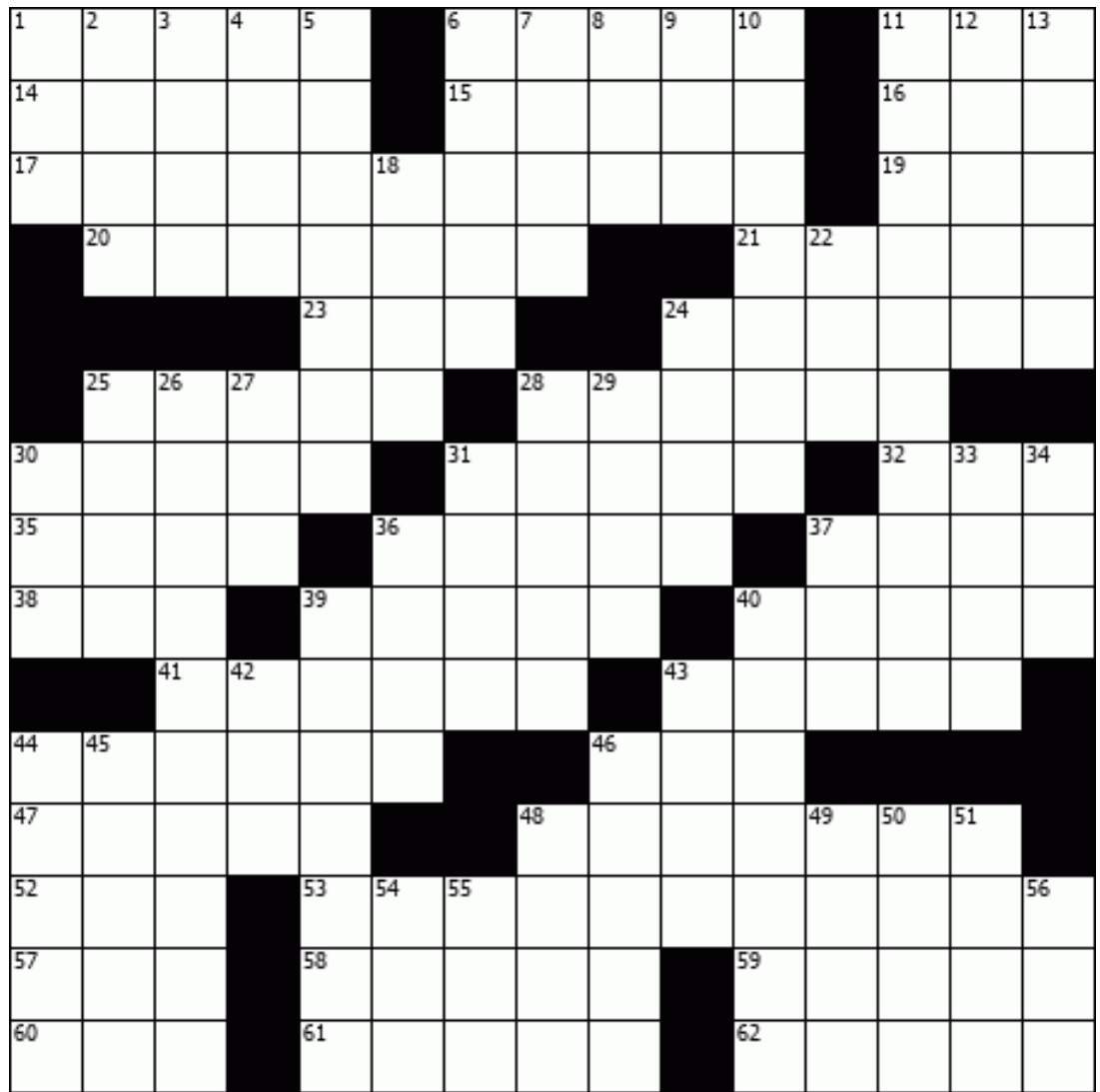
Costume Contest
Resource Fair | Photo Booth
Giveaways & More!



 **NEWARK**
Recreation
and Community Services

Crossword Puzzle

Answers on page 12.



Across

1. Doled (out)
6. Bacon piece
11. Break, as a balloon
14. Dining-room furniture
15. Demi of film
16. Prefix with system
17. Lawn mower
19. Some IBM products
20. Whip up, as a meal
21. Data to be entered
23. Not at work
24. Copy-machine supplies
25. Shipping container
28. Miss Muffet's visitor
30. Deceitful ones
31. Bicycle pair
32. Floor-washing implement
35. Baseball great Ruth
36. Dinner course
37. Office assistant
38. Applicant's desire
39. Young mare
40. Petroleum-carrying ship
41. Likenesses
43. Heifers' mates
44. Acquire
46. Settled on the sofa
47. Call attention (to)
48. Bed coverings
52. From ___ Z
53. Construction-site cart
57. Also
58. Main artery
59. Jeweled crown
60. Conclusion
61. Bread baker's need
62. Made a cut in, as wood

Down

1. Office conference: Abbr.
2. Marshal Wyatt
3. Skier's lift
4. "Would you like anything ___?"
5. Dictators
6. Blue-colored cartoon character
7. Large bag
8. Spoil, as food
9. Make angry
10. Sentence-ending marks
11. Kitchen grinder
12. Take place
13. Fence features
18. Bistro
22. Pt. opposite SSW
24. Laced up
25. Italian "So long!"
26. Raw vegetables, informally
27. "Roses ___ red . . ."
28. Window ledges
29. Say the rosary
30. JFK's successor
31. Folk story
33. Poems of praise
34. Part of mph
36. "Stop" or "Yield"
37. Feel poorly
39. Part of a golf course
40. Consumes more than
42. West of old films
43. Fishhook projection
44. Deliver a speech
45. Back, as a racehorse
46. Pie-in-the-face sound
48. Tennis-match units
49. Diva's solo
50. Make a sketch
51. Feeling achy
54. Garden tool
55. Historic time
56. Large roll of money

Exercise

20 MIN. INDOOR WALKING WORKOUT

<https://youtu.be/bo6la3uMBy0>

THE BEST STRETCHING EXERCISES

<https://youtu.be/mHzytQku9DY>

DYNAMIC STRETCH WARM-UP

https://youtu.be/jyqdw4_Du_M



<https://youtu.be/TX4W6QpDeCk>

The New 60



Sudoku Puzzle #61

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

Sudoku Puzzle #62

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

Solutions on page 12.

Shakespeare: Hamlet Word Search

Find and circle all of the words relating to Hamlet that are hidden in the grid.
The remaining letters spell a secret message - a Hamlet quotation.

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

AMBASSADORS
BARNARDO
CASTLE
CHALICE
CLAUDIUS
CORNELIUS
DEATH
DENMARK
DUEL
ELSINORE
FORTINBRAS

FRANCISCO
GERTRUDE
GHOST
GRAVEDIGGERS
GUILDENSTERN
HAMLET
HAUTBOYS
HORATIO
KING
LAERTES
MADNESS

MARCELLUS
MELANCHOLY
MESSENGER
MURDER
OPHELIA
OSRIC
POISON
POLONIUS
PRIEST
PRINCE
QUEEN

REGICIDE
REVENGE
REYNALDO
ROSENCRANTZ
SKULL
SWORD
THE PLAYERS
TRAGEDY
VOLTEMAND
WINE
YORICK

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

Sudoku Solution #61

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

Sudoku Solution #62

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