

September 2022



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The dynamic duo, Tom & Val Caminada, are valuable volunteers for the Clark W. Redeker Newark Senior Center BINGO program. Val became a caller on February 22, 2016 and Tom became a pull tab seller on June 22, 2017. Val has the voice of an angel and Tom is constantly cracking jokes. Staff can always count on them when backup is needed. We appreciate the many years they have volunteered and look forward to many more!

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



# 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

# Oakland Zoo Trip Opportunity

Register at the Newark Senior Center  
if interested in bus transportation!

**\$5**  
(Bus fare)



SAVE THE DATE  
19TH ANNUAL

LAST DAY TO REGISTER  
FOR TRANSPORTATION IS  
SEPTEMBER 1

## Healthy Living Festival

In Person event at the Oakland Zoo

"Promoting Health and Wellness for 55+ Adults"

Thursday, September 29th, 2022

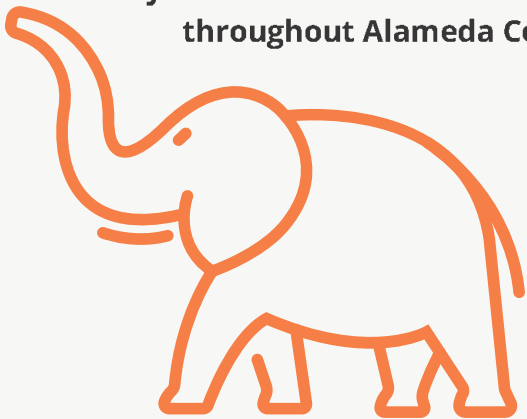
9:00 AM to 2:00 PM

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

Free  
Lunch!

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

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



ORGANIZED BY

**USOAC**  
United Seniors of Oakland and Alameda County  
Empowering Seniors • Enriching Youth • Enhancing Community

If registering with the Senior  
Center...bus will pick-up/  
drop-off at Newark  
Community Center

35501 Cedar Blvd. Newark, CA  
More details to follow.

No pre-registration required  
if you drive yourself. You will  
be required to pay the \$10  
parking fee.

# Newark Days Celebration 2022

## Daily Schedule



Day	Start	End	Event	Location
<b>Thursday, September 15, 2022</b>				
Thu	5:00 PM	10:00 PM	Carnival Preview Special prices - \$1.00 a ride	Area #1 (Carnival Area)
Thu	5:00 PM	9:00 PM	Food Festival	Area #2 (Carnival Area)
<b>Friday, September 16, 2022</b>				
Fri	5:00 PM	11:00 PM	Carnival Ask about the \$40 Unlimited Ride Wristband!	Area #1 (Carnival Area)
Fri	5:00 PM	9:00 PM	Food Festival	Area #2 (Carnival Area)
Fri	6:00 PM	8:00 PM	Kids Under the Sea Treasure hunt with prizes (free)	Area #15 (Community Center Parking lot)
Fri	6:15 PM	7:00 PM	Stage Show: Tru Dance Studio	Area #10 (Main Stage)
Fri	7:00 PM	8:30 PM	Stage Show: Octavio Espinosa – Mariachi Band	Area #10 (Main Stage)
<b>Saturday, September 17, 2022</b>				
Sat	7:00 AM	8:30 AM	Registration and Check-in for the Newark Mile 4K Trophies-Medals-T-shirts-Chip timing \$15 pre-registration (newarkmile.org) \$20 Race day registration	Area #14 (Community Center Front Lawn)
Sat	8:15 AM	8:30 AM	The Newark Mile 4Kids! Free tiny tots race for kids	Area #14 (Community Center Front Lawn)
Sat	9:00 AM	10:00 AM	The 37th Annual Newark Mile 4K Fun Run and Walk	Parade Route (Start and finish at Area #14)
Sat	10:00 AM	10:30 AM	The Newark Mile 4K Awards Ceremony	Area #14
Sat	10:00 AM	1:00 PM	"Under the Sea" Parade Honorary Grand Marshall: Shirley Sisk – Newark Days President Children's Grand Marshall: Captain Nemo & the Trident of Atlantis	Newark Blvd and Cedar Blvd
Sat	10:00 AM	5:00 PM	Arts, Crafts, and Trade Faire Get birthday bash drawing tickets here (free)	Area #15 (Community Center Parking lot)
Sat	10:00 AM	4:00 PM	Car and Truck Show Door Prizes - DJ	Area #11 (Community Center Park)
Sat	10:30 AM	2:30 PM	Jewelz of the Dawn: Professional Stilt Walker	Roaming Areas 2, 15, and 19
Sat	11:00 AM	9:00 PM	Food Festival	Area #2 (Carnival Area)
Sat	12:00 PM	11:00 PM	Carnival	Area #1 (Carnival Area)
Sat	12:15 PM	1:00 PM	Stage Show: Wadaiko Newark - Taiko Drums	Area #10 (Main Stage)
Sat	12:30 PM	1:00 PM	Coloring Contest Awards Ceremony	Area #4 (Lawn Stage)
Sat	1:00 PM	4:00 PM	Interactive Family Show: Lori & RJ Music	Area #16 (Community Center Parking lot)
Sat	1:00 PM	2:00 PM	Stage Show: The FOG	Area #10 (Main Stage)
Sat	1:00 PM	2:00 PM	Interactive Show: Captain Nemo and the Trident of Atlantis	Area #4 (Lawn Stage)
Sat	1:30 PM	5:00 PM	Kids' Crafts Booth (free crafts for kids)	Area #3 (Carnival Area)
Sat	2:00 PM	3:00 PM	Parade Awards Ceremony	Area #10 (Main Stage)
Sat	2:15 PM	2:45 PM	The Chan Family Magic Show	Area #4 (Lawn Stage)
Sat	3:00 PM	4:00 PM	Interactive Show: Captain Nemo and the Trident of Atlantis	Area #4 (Lawn Stage)
Sat	3:00 PM	4:00 PM	Stage Show: Blues Bottle Band	Area #10 (Main Stage)
Sat	4:00 PM	5:00 PM	Stage Show: Groovy Judy	Area #10 (Main Stage)
Sat	4:15 PM	4:45 PM	The Chan Family Magic Show	Area #4 (Lawn Stage)
Sat	5:00 PM	6:00 PM	Interactive Show: Captain Nemo and the Trident of Atlantis	Area #4 (Lawn Stage)
Sat	5:30 PM	6:00 PM	Stage Show: Newark Symphonic Winds	Area #10 (Main Stage)
Sat	6:30 PM	7:15 PM	State Show: Nancy Wenstrom and the Insiders	Area #10 (Main Stage)
Sat	7:30 PM	9:00 PM	Headliner Stage Show featuring: Aisea Taimani + Minor Islands	Area #10 (Main Stage)
Sat	9:15 PM	10:00 PM	Stage Show: DUB:RAE	Area #10 (Main Stage)

# Newark Days Celebration 2022

## Daily Schedule



Day	Start	End	Event	Location
<b>Sunday, September 18, 2022</b>				
Sun	12:00 PM	5:00 PM	Arts, Crafts, and Trade Faire Get birthday bash drawing tickets here (free)	Area #15 (Community Center Parking lot)
Sun	12:00 PM	4:00 PM	39th Annual Community Information Faire	Area #15 (Community Center Parking lot)
Sun	12:00 PM	8:00 PM	Food Festival	Area #2 (Carnival Area)
Sun	12:00 PM	10:00 PM	Carnival	Area #1 (Carnival Area)
Sun	1:00 PM	1:30 PM	Stage Show: Rebecca & Gary Parks	Area #10 (Main Stage)
Sun	1:00 PM	2:00 PM	Interactive Show: Captain Nemo and the Trident of Atlantis	Area #4 (Lawn Stage)
Sun	1:00 PM	4:00 PM	Interactive Family Show: Lori & RJ Music	Area #16 (Community Center Parking lot)
Sun	1:30 PM	5:00 PM	Kids' Crafts Booth (free crafts for kids)	Area #3 (Carnival Area)
Sun	2:00 PM	3:30 PM	Headliner Stage Show featuring: Tommy B and the not so Traditional Jazz Band	Area #10 (Main Stage)
Sun	2:15 PM	2:45 PM	The Chan Family Magic Show	Area #4 (Lawn Stage)
Sun	3:00 PM	4:00 PM	Interactive Show: Captain Nemo and the Trident of Atlantis	Area #4 (Lawn Stage)
Sun	4:00 PM	5:00 PM	Birthday Cake Celebration (free cake) and Birthday Bash Drawing (must be present to win - get drawing tickets at the Arts, Crafts, and Trade Faire)	Area #10 (Main Stage)
Sun	4:15 PM	4:45 PM	The Chan Family Magic Show	Area #4 (Lawn Stage)
Sun	5:00 PM	6:00 PM	Interactive Show: Captain Nemo and the Trident of Atlantis	Area #4 (Lawn Stage)

1	Carnival Area	15	Arts & Crafts / Vendor / Boutique Booths/Birthday Bash Drawing Tickets
2	Food Booths	16	Under the Sea Stage, Children's music, games, prizes and more
3	Kid's Crafts	17	First Responder Information Booth. Newark Police and Alameda Co. Fire
4	Captain Nemo Stage / Interactive fun+ Magic	18	Car Show Participant Route (Saturday)
5	Event Headquarters/Lost & Found/ Information/Vendor-Volunteer Check-in	19	Parade Judging Stand (Saturday)
6	Rest Rooms	20	Pony Rides
7	Beer & Wine Pavilion	A	Restricted to AA passes on Saturday and Sunday, Open to Public after 3 PM
10	Beneath the Sea Melodies Stage; Entertainment /Birthday Bash&Cake (Sun)	B	Public ADA / B-1 Pass & B-2 Pass
11	Car & Truck Show (Saturday)	C	Open Public Parking after 7 PM Fri/Sat/Sun
12	Community Fair (Sunday)	D	Public ADA / L Pass Entrance
14	Newark Mile Registration (Saturday)	E	C-Pass/Y-Pass / No Public Parking
			Lot A Entrance / Lot A Stage Parking Pass Entrance / No Public Parking



# Intro to Drawing **\$35**

Sep. 20 - Oct. 25 Tuesdays 9:30AM - 11:30AM  
at the Newark Senior Center

Join this 6 week course and learn the basics of drawing, taught by Richard O. Clarke.

Drawing can and should be a convenient way of producing images, requiring very little - just a pencil and a pad of paper.

Price includes SIX (6) classes and the art supplies needed for the class.

Register online ([Newarkca.activityreg.com](http://Newarkca.activityreg.com))  
or at the Newark Senior Center  
7401 Enterprise Dr. Newark, CA



 **NEWARK**  
Recreation  
and Community Services



# 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](mailto:mainreq@newark.org) with your full name and preferred time for an appointment.

# 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

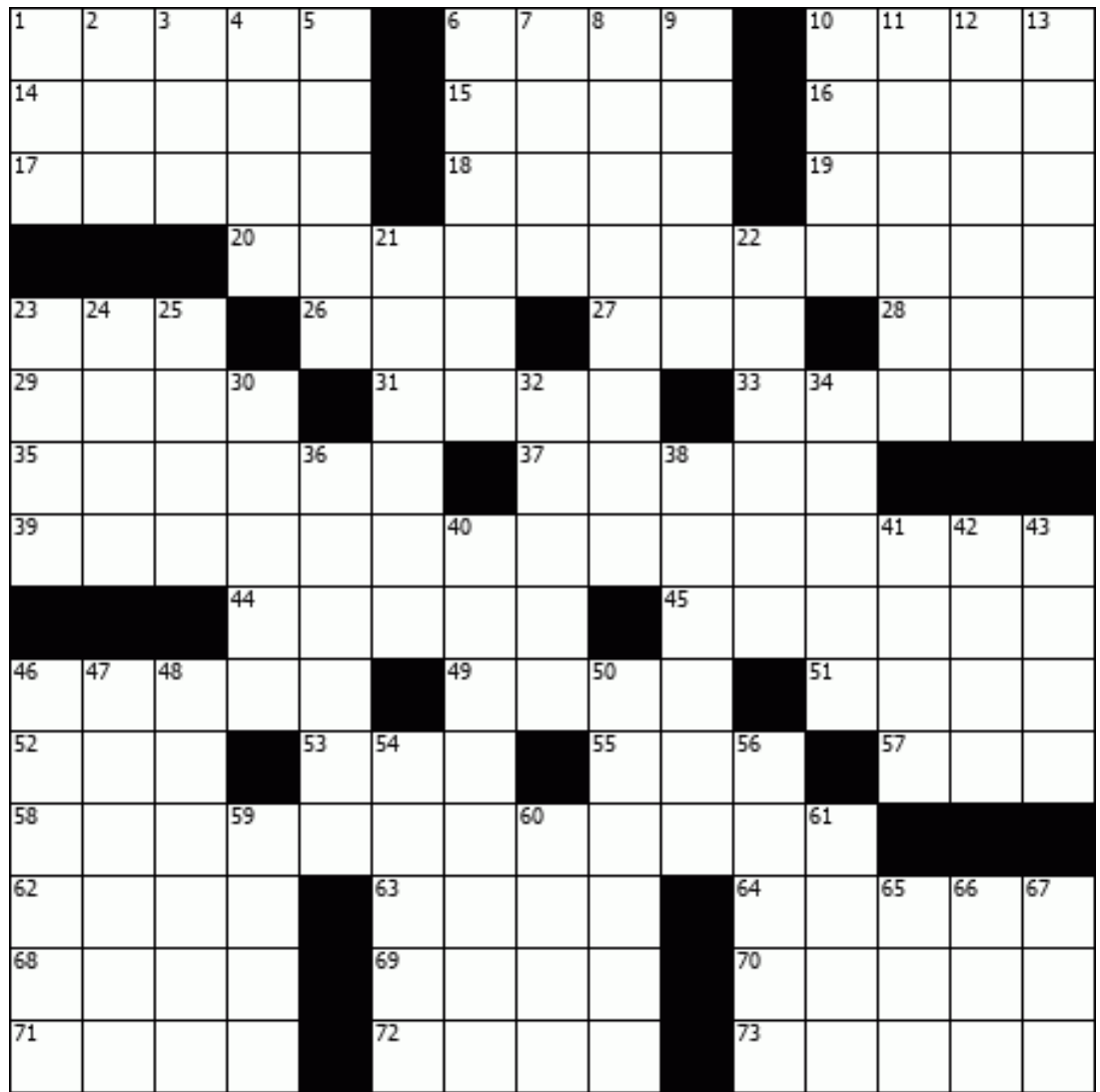
Answers on page 11.

## Across

1. Bandleader Shaw
6. Presidential campaign subject
10. Video snippet
14. Outdoor cookery (Var.)
15. Partner of aid
16. Word with strike or school
17. SeaWorld attraction
18. Force-ful teacher?
19. Film canine
20. TRAIN film
23. Hinny's kin
26. "The Gold Bug" writer
27. Palindromic exclamation
28. White House nickname
29. Plenty of bread
31. Word with T or dry
33. Made a choice
35. Archimedes' cry
37. Gratify
39. PLANE film (with "The")
44. Native Alaskan
45. Muppets creator
46. Pin the blame on
49. Daly of "Judging Amy"
51. Korean border river
52. "\_\_\_ Not Unusual" (Tom Jones hit)
53. Denouement
55. "Double Fantasy" artist
57. "When We Was \_\_\_" (Harrison tune)
58. AUTOMOBILE film
62. Ran like heck
63. Democritus' unit
64. Chocolate-yielding tree
68. Send forth
69. More than mega-
70. Loan shark's offense
71. Pirates rivals
72. Valkyries' master
73. Union foe

## Down

1. They look better after crunching
2. Stadium sound
3. Singing syllable
4. Many are cloned
5. Outfit
6. Lower level team
7. One of the reeds
8. Cowpunchers' gear
9. Squirrel away
10. Industrial mogul
11. Go ballistic
12. Consumption
13. Somewhat ill
21. Track down
22. Flute sound
23. Pub potables
24. Beginning course, often
25. Indira's dress
30. Wild
32. Koufax, notably
34. Indiana's state flower
36. Out of \_\_\_ (awry)
38. Goddess of wisdom
40. Not in vogue
41. Letters on a jet
42. Thelma Harper's neighbor
43. Cold-shoulder
46. More qualified
47. Where charity begins?
48. Log-on name
50. Bates of "Psycho"
54. "Swell!"
56. Take place
59. Understands
60. Moldings at the bases of columns
61. Lighten, as a burden
65. Novice reporter
66. What may follow you
67. Olive with a little salt?





Exercise

30 MIN. WALKING WORKOUT  
<https://youtu.be/XtUXII6TSCY>

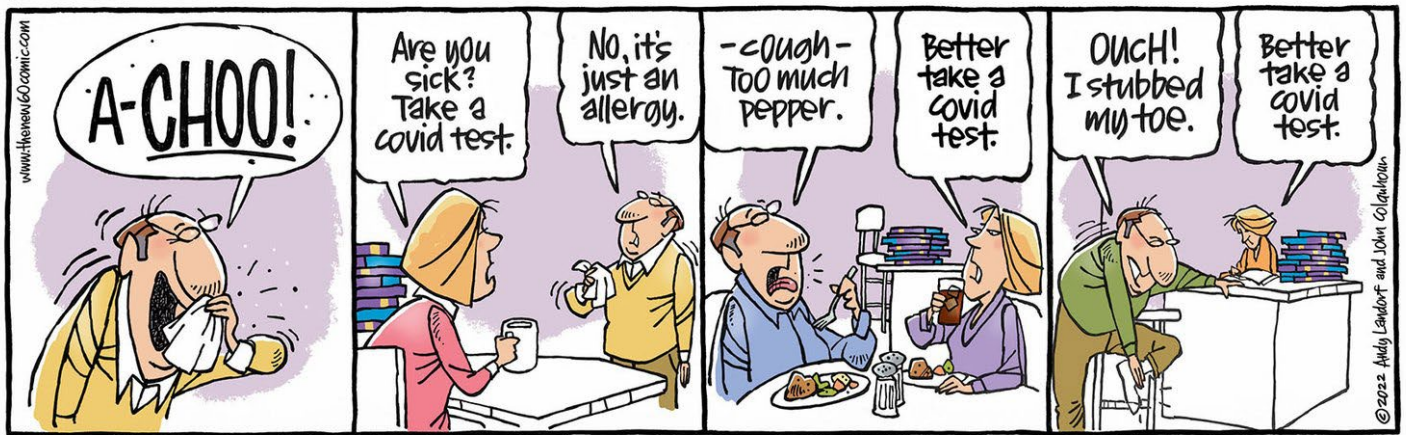
SEATED HIIT WORKOUT  
<https://youtu.be/VIsCPggC6i4>

10 EXERCISES TO PREVENT FALLS  
<https://youtu.be/UDtDkeMpYIE>



[https://youtu.be/-SPv4e92G\\_k](https://youtu.be/-SPv4e92G_k)

**The New 60**



**Sudoku Puzzle #59**

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

**Sudoku Puzzle #60**

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

Solutions on page 11.

## Movie Actresses 1 Word Search

Find and circle all of the Movie Actresses that are hidden in the grid.  
The remaining letters spell the name of a movie for which Jodie Foster won an Oscar.

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

ADAMS, Amy  
ALBA, Jessica  
ALLEN, Joan  
BARRYMORE, Drew  
BENING, Annette  
BERRY, Halle  
BIEL, Jessica  
BLANCHETT, Cate  
BLETHYN, Brenda

BLUNT, Emily  
CLOSE, Glenn  
CONNELLY, Jennifer  
CUSACK, Joan  
CUTHBERT, Elisha  
DAVIS, Hope  
DENCH, Judi  
DIAZ, Cameron  
FANNING, Dakota

FOSTER, Jodie  
GUGINO, Carla  
HATHAWAY, Anne  
HUNTER, Holly  
HUSTON, Anjelica  
JOLIE, Angelina  
KEENER, Catherine  
LANE, Diane  
LANGE, Jessica

MCDORMAND, Frances  
MIRREN, Helen  
MOORE, Demi  
PALTROW, Gwyneth  
PAQUIN, Anna  
RICCI, Christina  
SWANK, Hilary  
THERON, Charlize  
THOMPSON, Emma  
WATSON, Emily

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

### Sudoku Solution #59

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

### Sudoku Solution #60

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

## HEALTH FORWARD / FALL PREVENTION

### About the Program

Health Forward provides free in-home health & wellness interventions. This is one of the few programs nationwide that provides fall prevention services in your home – which is where most falls happen.

We can help reduce your risk of falls and injury, improve strength and balance, and ensure that your home is safe as you age.

Services include:

- fall risk assessment
- medication review
- home safety assessment
- minor home modifications
- gentle exercise
- care coordination / referrals
- education, resources & more

### Basic Eligibility

- Live in Alameda County
- Age 60 or older

### Contact

For questions about the program or to enroll, please call (510) 894-0370, email [info@LifeElderCare.org](mailto:info@LifeElderCare.org), or [sign up online](#).

[Información en español](#)  
[中文信息 \(Zhōngwén xīnxi\)](#)

[Six easy steps you can take to help your older loved one reduce their risk of a fall.](#)

This program is funded by [County Measure A](#) via the [Alameda Area Agency on Aging](#) and the [Alameda County Board of Supervisors](#) and generous individuals, organizations, and businesses in the community.

