

December 2022



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Senior Center Daily Activities & Classes
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Viola Blythe Food Drive
At Home Activities, Puzzles, & More!



Vicky Fontes began volunteering at the Clark W. Redeker Newark Senior Center in August of 2021. Immediately after retiring, she began calling BINGO several times a month and driving for the Red Cross. Vicky enjoys attending the Senior Center monthly luncheons and playing BINGO (on her days off). She is always available in a pinch which staff greatly appreciates. Vicky is a kind soul and has made many friends at the center.

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

Newark Senior Center
will be closed for
Holiday Furlough

Friday, December 23 -
Monday, January 2



Monday

10:00am.....

Guitar Jam

2nd & 4th Mon. of month

10:00am.....

Bunco

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

12:30pm.....

Crafting w/ Anabelle

2nd Mon. of month

1:00pm.....

Knit, Crochet & Cross Stitch Group

Daily.....

Billiards
Computers
Fitness Equipment
Lending Library
Pinochle [afternoons]
Rummy [afternoons]

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)

Please check with staff for current masking requirements.



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)

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..... Self Defense Class

1st & 3rd Thurs of month
\$5/class

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)

Newark Senior Center Daily Activities

7401 Enterprise Dr., Newark

Open Monday - Friday

9:00am-3:00pm

510-578-4840

senior.center@newark.org

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+

Revised 9/30/2022

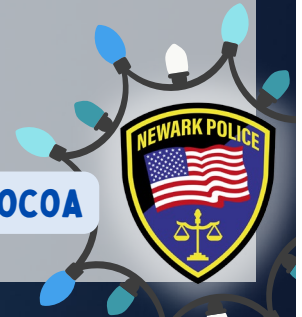


FREE ANNUAL NEWARK TREE LIGHTING

*Monday, December 5th
5:30-7:30 pm*

NEWARK CIVIC CENTER
37101 NEWARK BLVD

CRAFTS - PHOTOBOOTH - COOKIES & HOT COCOA



Viola Blythe
Community Services

HOLIDAY FOOD COLLECTION

The Viola Blythe Center provides food and clothing to Tri-City families in need all year long. We are only able to do this because of the generous support of families, schools, churches and local business. Our Holiday Food Collection program allows us to prepare and distribute food baskets to over 400 families during Thanksgiving and Christmas. Your donation of food helps us reduce the costs for this program.

DROP-OFF LOCATION:

Newark Senior Center

7401 Enterprise Dr.

Newark, CA 94560

Monday thru Friday, 9am - 3pm

November thru December

FOODS ESPECIALLY NEEDED:

- Canned Vegetables
- Canned Meats
- Cranberry Sauce
- Soups
- Rice
- Beans
- Peanut Butter
- Pumpkin
- Yams



WHAT'S **NEW** AT THE SENIOR CENTER?



Senior Self Defense

Learn helpful tips on how to stay **aware, cautious** and **prepared** if ever needed. Students will review basics and learn new techniques each class.

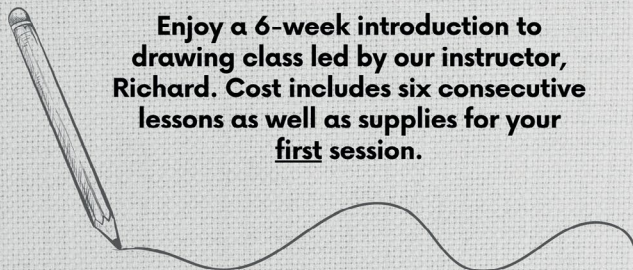


Instructor: Mark Gothard

Location: Clark W. Redeker Newark Senior Center

Age	Day	Date	Time	Fee
55+	Thu	12/15	10:30-11:30am	\$5
55+	Thu	1/5	10:30-11:30am	\$5
55+	Thu	1/19	10:30-11:30am	\$5
55+	Thu	2/2	10:30-11:30am	\$5
55+	Thu	2/16	10:30-11:30am	\$5
55+	Thu	3/2	10:30-11:30am	\$5
55+	Thu	3/16	10:30-11:30am	\$5
55+	Thu	4/6	10:30-11:30am	\$5
55+	Thu	4/20	10:30-11:30am	\$5

Intro to Drawing



Enjoy a 6-week introduction to drawing class led by our instructor, **Richard**. Cost includes six consecutive lessons as well as supplies for your **first** session.

Instructor: Richard O. Clarke

Location: Clark W. Redeker Newark Senior Center

Age	Day	Date	Time	Fee
55+	Tue	11/8-12/6	9:30-11:30am	\$35
55+	Tue	1/3-2/7	9:30-11:30am	\$35
55+	Tue	2/28-4/4	9:30-11:30am	\$35

Crafting with Anabelle

2nd Monday of the month
at 12:30pm
at the Clark W. Redeker Newark Senior Center

Come to the Senior Center once a month to create fun and easy crafts with our volunteer, Anabelle!



Anabelle instructs the group in making a new project each month.

Here is the water color our seniors did in October!

Space is subject to supply availability. First come, first serve.



HAWAIIAN HOLIDAY

at the Newark Community Center
35501 Cedar Blvd.

Tuesday,
December 13th
10:00am-12:00pm



\$5

Register Today!

Enjoy a show featuring the Newark Senior Center's very own Ukulele and Hula performers!

Light refreshments will be served during intermission.

Space is limited! Pre-registration is required. Register at the Newark Senior Center or online at www.newarkca.activityreg.com



Registration begins 12/5 for Newark Res. & 12/9 for Non-Res.

FREE HOLIDAY MOVIE
at the Newark Senior Center



Monday, December 19th
starting at 12:00 pm

Drop in to the Newark Senior Center to join us for a holiday movie and some light refreshments.

Pre-registration is NOT required.



Retirement Luncheon for Mayor Alan Nagy



Wednesday, January 18th at 12:00pm
at the Newark Senior Center
Free for Seniors 55+

Space is limited! Pre-registration is required. Register at the Newark Senior Center or online at www.newarkca.activityreg.com

VALENTINE'S DAY TEA

Monday, February 13th
12:00pm
at the Newark Senior Center
\$5/senior

Space is limited! Pre-registration is required. Register at the Newark Senior Center or online at www.newarkca.activityreg.com

St. Patrick's Day Luncheon

Friday, March 17th
12:00pm
at the Newark Senior Center
\$5/senior

Space is limited! Pre-registration is required. Register 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.



AARP Driver Safety at the Newark Senior Center 7401 Enterprise Drive, Newark

Pre-registration to reserve a spot in the class required.

Instructor: Annette Paredes
Payment must be made via CHECK day of the class written to "AARP Smart Driver".

8-hour Course is 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 or if you need to take the 8-hour course.

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.

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

Location: Clark W. Redeker Newark Senior Center

Course	Day	Date	Time
*Refresher	Fri	1/13	9:30am-2:00pm
First Time 8-hour	Th/Fri	1/26, 1/27	9:30am-2:00pm
*Refresher	Fri	2/10	9:30am-2:00pm
First Time 8-hour	Th/Fri	2/23, 1/24	9:30am-2:00pm
*Refresher	Fri	3/10	9:30am-2:00pm
First Time 8-hour	Th/Fri	3/23, 3/24	9:30am-2:00pm
*Refresher	Fri	4/14	9:30am-2:00pm
First Time 8-hour	Th/Fri	4/27, 4/28	9:30am-2:00pm

Information & Referrals

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

General

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

Alameda County Social Services Agency

www.alamedacountysocialservices.org

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

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

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

Community Health Center Network

<https://chcnetwork.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

Habitat for Humanity: Home Repair

<https://www.habitatebsv.org/services/home-repair>

Project Sentinel: Rent Assistance

(510) 574-2270

<http://www.housing.org/>

Community Resources for Independent Living (CRIL)

(510) 881-5743

<https://www.crilhayward.org/>

Social Engagement

Life Eldercare Friendly Visitors

(510) 894-0370

www.lifeeldercare.org

CityServe Compassion Network

(510) 796-7378

www.compassionnetwork.org





VOLUNTEERS NEEDED!!!

For 20 years, the City of Fremont's Volunteer Income Tax Assistance (VITA) Program has provided free tax assistance to eligible tax filers. We've prepared over 34,000 returns, returning \$54 million in refunds to our community.

We operate VITA sites in Fremont, Newark, and Union City.

**Volunteers are the backbone of our VITA free tax program,
and we need your help!**

WHY VOLUNTEER FOR THE 2023 TAX SEASON?

Help your
Community

Flexible
Hours

No Prior
Experience
Needed

Free Training
and Materials

WE NEED:

Administrative volunteers

Greeters

Schedulers

Translators

(Spanish, Chinese, Punjabi, Farsi and American Sign Language)

Digital Assistants

Intake Specialists

Tax Preparers

INTERESTED IN VOLUNTEERING WITH VITA?

CONTACT CAROLYN ROBERTSON: crobertson@fremont.gov (510) 574-2003

This is a program of the City of Fremont, Human Services Department, Fremont Family Resource Center Division

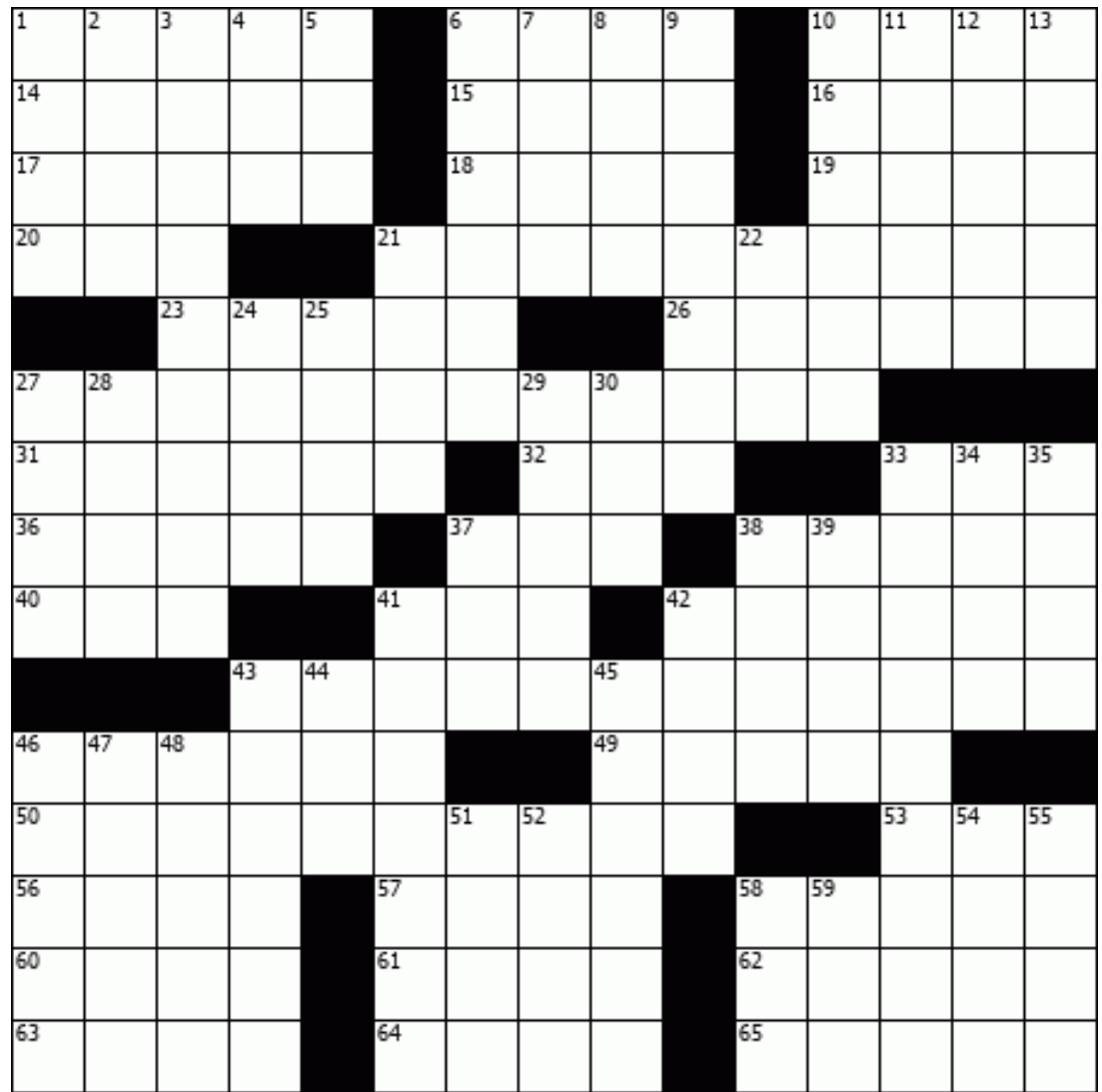


Crossword Puzzle

Answers on page 12.

Across

1. Liqueur flavoring
6. Show encouragement, in a way
10. Genesis murder victim
14. Chan portrayer Sidney
15. Distinctive atmosphere
16. Writer Sarah ___ Jewett
17. Freud contemporary Alfred
18. Party type
19. Outdoor shower
20. Joey of the Starlifers
21. Start of a quip
23. Literary category
26. Mick Jagger's ex
27. Quip, part 2
31. Staring
32. Charles at the piano
33. Battery size
36. Yo-Yo Ma's instrument
37. "Cool!"
38. Conductors' batons
40. "The Star-Spangled Banner" lyricist
41. Took a load off
42. Situation comedies, maybe
43. Quip, part 3
46. "Children of a ___ God"
49. Dogie catcher
50. End of the quip
53. Disencumber
56. Tiny bit
57. Pub purchase
58. Tito Puente's forte
60. What the fourth little piggy had
61. Don Juan's mother
62. PC messages
63. Mimic
64. Parker's first name?
65. Hair conditioner



Down

1. Somewhat
2. Protuberance
3. In a manner contrary to the rules
4. Call on
5. Goof
6. Turned into bills, as a check
7. Minstrel's instrument
8. Swift horse
9. Flip's opposite
10. Blood carriers
11. He-man's quality
12. Early computer
13. Actress/singer Lotte
21. Calc cousin
22. "To ___ With Love"
24. It's not good
25. Taboo
27. Clock sound
28. S-shaped molding
29. Use a soapbox
30. Pop
33. Newscast honcho
34. "Zip-___-Doo-Dah"
35. Org.
37. Cheering word
38. ___ line (bulk-rate calling plan)
39. Rainbows, e.g.
41. Buckle up
42. Italian auto
43. Chemical compound
44. Maiden name preceder
45. Like a stumblebum
46. Tropical vine
47. Obstruct legally
48. Rolling musician?
51. Baseball's Martinez
52. Addition column
54. Large wading bird
55. Bob or Elizabeth
58. Debussy's "La ___"
59. Friend in France

Exercise

5 MIN. HIIT WORKOUT- NO JUMPING

<https://youtu.be/6NtCDYHp8eQ>

20 MIN. SEATED OR STANDING WORKOUT

<https://youtu.be/Ylhl-CxfrbQ>

15 MIN. DANCE WORKOUT

<https://youtu.be/simo90umn-Y>



https://youtu.be/w_JevcDVilM

The New 60



Sudoku Puzzle #65

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

Sudoku Puzzle #66

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

Solutions on page 12.

The Twelve Days of Christmas Word Search

Find and circle The Twelve Days of Christmas words that are hidden in the grid.
The remaining letters spell a quote by Mother Theresa.

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

FIRST
 DAY
 CHRISTMAS
 TRUE LOVE
 GAVE TO ME
 PARTRIDGE
 PEAR TREE
 SECOND
 TWO
 TURTLE DOVES

THIRD
 THREE
 FRENCH HENS
 FOURTH
 FOUR CALLING BIRDS
 FIFTH
 FIVE
 GOLD RINGS
 SIXTH
 SIX GEESE
 A-LAYING

SEVENTH
 SEVEN SWANS
 A-SWIMMING
 EIGHTH
 EIGHT MAIDS
 A-MILKING
 NINTH
 NINE
 LADIES
 DANCING

TENTH
 TEN LORDS
 A-LEAPING
 ELEVENTH
 ELEVEN PIPERS
 PIPING
 TWELFTH
 TWELVE
 DRUMMERS
 DRUMMING

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

Sudoku Solution #65

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

Sudoku Solution #66

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

Travel Training

The Ride-On Tri-City! Group Travel Training Program teaches seniors and persons with disabilities how to use public transit through travel training workshops, individualized training, transit outings and access to Senior Clipper cards. Classroom training and field outings on bus and BART are combined to teach participants how to plan trips, read transit schedules, use a Clipper Card to pay fares, transfer between buses and BART and travel on transit safely. Participants receive a free Clipper card with \$15 in cash value.

Register with the City of Fremont online at www.fremont.gov

Location: Clark W. Redeker Newark Senior Center

Day	Date	Time
Mon	2/27	9:30am-12:00pm
Tues	2/28	9:30am-2:00pm