

January 2023



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Senior Center Daily Activities & Classes
NEW! Senior Chair Fitness
NEW! Senior Self Defense & Awareness
ALCO Healthy Homes Grant Program
At Home Activities, Puzzles, & More!

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



Newark Senior Center
is now closed for City
Furlough and Holidays.
We will reopen
Tuesday, January 3.

Linda began volunteering at the Clark W. Redeker Newark Senior Center in August of 2016. She coordinates and facilitates our weekly Hand & Foot Canasta games. In her weekly emails to participants and staff, Linda always makes sure to include a comic, art installation, or interesting fact that are always fun and exciting. Before she began dedicating her time to the Senior Center, Linda was a math teacher for 43 years. During this time she taught at all 3 Newark high schools and had close to 10,000 students! We are grateful to Linda for all that she does and helping staff keep things running smoothly.



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)

Newark Senior Center Daily Activities

7401 Enterprise Dr., Newark

Open Monday - Friday

9:00am-3:00pm

510-578-4840

senior.center@newark.org

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.



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

Revised 9/30/2022



15 Fun New Year's Resolutions for Seniors in 2023

I may say this every year around this time, but I'm going to say it again: where does the time go?

As 2022 comes to an end and we embark on New Year 2023, it occurred to me that many of the elders we care for rarely make new year's resolutions. Perhaps, it's because they've seen so many new years in their lifetime that making a resolution doesn't seem to matter.

However, I found some fun New Year's resolutions for seniors that are intended to make life in 2023 more fun, healthy, and interesting.

Try a New Healthy Food Weekly

Grocery stores are continually adding new types of produce and products to their shelves that provide endless possibilities to nail this resolution!

Learn Something New Everyday

Learning can help reduce cognitive decline associated with aging, according to Psychology Today. It can also help older adults deal with depression and poor self-image. Consider learning more about a subject or hobby that interests you or try something totally new!

Pick a Hobby

Finding and participating in a hobby you enjoy can reduce the risk of developing dementia and other mental health conditions, according to the National Institutes on Aging. The most popular hobbies for people ages 65 and older are walking, jogging, outdoor maintenance, and playing sports.

Find a New Favorite Dessert

Humans tend to be creatures of habit, and all of us tend to have our go-to desserts. So why not try something different for a sweet change? Pre-made options exist in most grocery stores, or find a new recipe for a treat you've never tried before and make it to share with family and friends.

Become a Writer

Journaling has become quite a popular trend over the years, and with all of the life experiences seniors have endured, it would be valuable to write them down for family and future generations. Writing is not limited to journaling, though. Seniors can write books, poems, plays, or jokes. Writing can be fun, and it can help seniors avoid depression.

Play More

As George Bernard Shaw has said, "We don't stop playing because we grow old; we grow old because we stop playing."

Playing boosts energy, vitality, and your body's immune response. Seniors should consider joining an active group that regularly plays Bunco or Bridge; or invite friends to form their own group for a weekly or bi-weekly game night to play board or card games you all enjoy.

Join a Dance or Exercise Class

The Centers for Disease Control and Prevention (CDC) suggests that older adults need 150 minutes of moderate-

intensity exercise or 75 minutes of vigorous exercise each week. Muscle strengthening is also recommended two or more days per week. Taking a regular dance or exercise class will help achieve these goals in a safe, fun environment.

Read More Books

Reading enhances memory, sharpens decision-making skills, reduces stress, and helps seniors sleep better. Discover popular releases on the New York Times Bestseller List, Oprah's Book Club, or The History Book Club, or find a local book club to join.

Set Aside One Hour Each Day to Achieve a Dream

This may sound like a steep order but think about it. If there is a project or plan you have contemplated, find one hour each day to work on it. By the end of 2023, there will be an accumulated 365 hours of time devoted to achieving that dream.

Count Your Blessings with an Attitude of Gratitude

Gratitude improves physical and psychological health, enhances empathy, reduces aggression, boosts self-esteem, bolsters mental strength, and improves sleep. Write down one thing that you are grateful for every day and you'll be surprised at how many blessings surround you. Done consistently, this should improve your attitude and outlook on life.

Spend More Time in Nature

Getting back to nature helps you get fresh air and exercise needed to be healthy, and it connects you to the world around you.

Enjoy the Little Things in Life

Sometimes the smallest things can bring about the greatest pleasures. Embrace the smell of coffee in the morning, a hug from a loved one, or the sounds of music you enjoy.

Be Charismatic, Not Shy

Be yourself and be confident. Confident people will admit that they acted confidently before they felt confident. Pay attention to your posture, stand up straight, lift your chin, look people in the eyes, and walk with confidence, even if you don't feel confident. Remember, the only thing worse than failure is regret!

Boost Your Brain

One of the healthiest decisions you can make for your brain is to continually learn new things to forge new pathways in your brain. Play brain games, listen to the news, take a class, and talk to people who interest you. Brain-boosting foods like blueberries, broccoli, pumpkin seed, nuts, and dark chocolate are also beneficial.

Become a Volunteer

Volunteer to read to children during story time at your local school or library, or give your time to your church, a hospital, or a museum. Older adults who volunteer in their communities report lower mortality rates, lower rates of depression, fewer physical limitations, and a greater sense of well-being.

These are all great New Year resolutions for seniors or anyone looking for a fresh perspective in 2023.

<https://www.homehelpershomecare.com/clearwater/community-blog/2022/december/15-fun-new-year-s-resolutions-for-seniors-in-2023>

Senior Chair Fitness

 **NEWARK**
Recreation
and Community Services



\$5 per class

3rd Thursday of the month
10:30-11:30 AM

Engage your whole body in this zero impact chair fitness class. Your health is important, but maintaining minimal stress on your joints while exercising is vital. The class will focus on full body movement, stretching, and the option of introducing light strength training.

**Pre-registration is required.
Register in-person or online at
www.newarkca.activityreg.com**



SELF DEFENSE BEGINS WITH AWARENESS

1ST THURSDAY OF THE MONTH
10:30-11:30 AM

Self defense techniques are important but should only be used as a last resort. In this class you will learn how to take preventative measures for your safety.

The best way to defend yourself is to avoid these conflicts in the first place.

\$5 per class

Pre-registration is required. Register in-person or online at www.newarkca.activityreg.com



GRANTS TO REPAIR YOUR HOME

ALAMEDA COUNTY HEALTHY HOMES DEPARTMENT HAS INFORMATION AND RESOURCES AVAILABLE TO HELP KEEP YOUR FAMILY SAFE



MAKING HOMES HEALTHY SINCE 1991

Alameda County Healthy Homes Department is a national leader in childhood lead poisoning prevention and healthy homes programs, combining health, environmental and residential hazard reduction services under one umbrella. Our mission is to advance an integrated approach for safe and healthy housing, through collaborative community initiatives, applied research and policy development in order to improve the lives of vulnerable populations.



APPLY TODAY

Scan the QR code or call (510) 567-8280 for more information

We believe everyone deserves to live in a home that's free of health & safety hazards. Our Minor Home Repair Program has grants for Newark residents to make home repairs (including Mobile Homes) to help maintain your property. The grants can be used for minor plumbing, carpentry, electrical repairs, railings, grab bars, toilets, doors, locks, water heaters and more.

MORE INFORMATION IS AVAILABLE ONLINE AT WWW.ACHHD.ORG

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

this year

Break a Bad Habit

Learn a New Skill

Do a Good Deed

Visit a New Place

Read a Difficult Book

Write and Send a Letter

Try a New Food

Take a Risk



**"You are never too
old to set another
goal or to dream
a new dream."**

C . S . L E W I S

Crossword Puzzle

Answers on page 11.

Across

1. Irregularly notched, as a leaf
6. Tax consultant, often
9. Ceramic worker
14. Jousting weapon
15. "___ American Cousin"
16. Etudiant's milieu
17. Talk extemporaneously
20. Bibliographer's abbr.
21. Kind of printing
22. X - VII
23. Ax relatives
25. Heed John the Baptist
27. "___ you serious?"
30. Extra-wide, at Thom McAn
31. Skin opening
32. Highly hackneyed
34. Heap
36. Either horn of a crescent moon
40. Impatience
43. Type of brake
44. Sicilian attraction
45. Bill defeaters
46. Burden
48. Starter for mask or pole
50. Bit of a bite
51. Portion of a military operation
54. Commando doings
56. Chicken-king connector
57. Kind of stare
59. "The Sun ___ Rises"
63. Fight dirty
66. Like paragons
67. French ocean
68. Magic wish granters
69. Floating hazards
70. Be nosy
71. Fat measures

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			

Down

1. "What ___ can go wrong?"
2. Engrossed
3. High draft rating
4. Italian opera house, La ___
5. Shriek in a comic strip
6. They're warmed up
7. Hassocks
8. Word with fine and performing
9. Move unsteadily
10. Truckers' watchdog (Abbr.)
11. Satchmo
12. Small and charmingly spritely
13. Install to new specs
18. Seep out slowly
19. Some are super
24. Submarine maker
26. Kind of pie
27. Having ___ hair day
28. Wife of a raja
29. Tolkien's tree creatures
31. Humorous remark
33. Neckerchief
35. Tavern
37. Biblical preposition
38. Show signs of life
39. Secretive attention getter
41. Like the nervous system
42. Kind of informer
47. Fictional works
49. Partner of kin
51. Address in "Gunga Din"
52. Pass over
53. Provide for a wedding
54. More wet behind the ears
55. Cavalry weapon
58. Casino freebie, for short
60. Chanteuse Horne
61. Unlikely, as chances
62. Elevator man
64. Word with punching or sleeping
65. Breakfast fare

Craft

Exercise

20 MIN. STEP & STRENGTH

<https://youtu.be/F26VVymd-po>

30 MIN. SEATED DANCE FITNESS

<https://youtu.be/x6CF6RQ406A>

SEATED & STANDING CHAIR YOGA

<https://youtu.be/p5vBeTZZeNM>



<https://youtu.be/LfHxVXGuF30>



Sudoku Puzzle #67

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

Sudoku Puzzle #68

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

Solutions on page 11.

World Currencies Word Search

Find and circle all of the world currencies that are hidden in the grid.
The remaining letters spell a secret message - a John Paul Getty quotation.

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

AFGHANI
 ARIAYRY
 BAHT
 BALBOA
 BIRR
 BOLIVAR
 BOLIVIANO
 COLON
 DALASI
 DENAR
 DINAR
 DIRHAM
 DOLLAR
 DRAM
 ESCUDO

EURO
 FORINT
 FRANC
 GOLD CORDOBA
 GOURDE
 GUARANI
 GUILDER
 HRYVNIA
 KINA
 KORUNA
 KRONA
 KRONE
 KROON
 KUNA
 KWACHA

KWANZA
 KYAT
 LEMPIRA
 LEONE
 LILANGENI
 LIRA
 LITAS
 LOTI
 MANAT
 METICAL
 NAIRA
 NAKFA
 NEW CEDI
 NEW DONG
 NEW KIP

NEW SHEKEL
 NGULTRUM
 OUGUIYA
 PATACA
 PESO
 POUND
 PULA
 QUETZAL
 RAND
 REAL
 RIAL
 RINGGIT
 RIYAL
 RUBLE
 RUFUYAA

RUPEE
 RUPIAH
 SHILLING
 SOM
 SUCRE
 SYLI
 TAKA
 TALA
 TENGE
 TOLAR
 VATU
 WON
 YEN
 YUAN RENMINBI
 ZLOTY

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

Sudoku Solution #67

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

Sudoku Solution #68

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

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