

November 2022



**In this issue:**

Senior Center Daily Activities & Classes  
Upcoming Community Events  
Tax Aide Volunteers Needed!  
Viola Blythe Holiday Food Collection  
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  
will be closed on:**

**Friday, November 11**



**Thursday, November 24**

**Friday, November 25**



Preston Low began volunteering with the Clark W. Redeker Newark Senior Center on January 9, 2013, assisting with the Mercy Brown Bag food distribution program. After completing 2 full years he switched roles and focused his volunteer time on teaching Mahjong. Preston first introduced the Senior Center to Mahjong in May of 2015. He instructed many students over the years and just completed his last class this August. We currently have up to 32 players each week who enjoy playing "Preston Low" style Mahjong. Recently, Preston and his wife, Gloria, began attending our other popular activity, BINGO! He was a great instructor and a kind man. He has left a legacy behind that will last for years to come.

## 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.)

### Mercy Brown Bag Food Distribution

2nd & 4th Thurs of month  
at Newark Community Center

9:30am.....

### Card Making Class

1st Thurs of month

### 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

### 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.



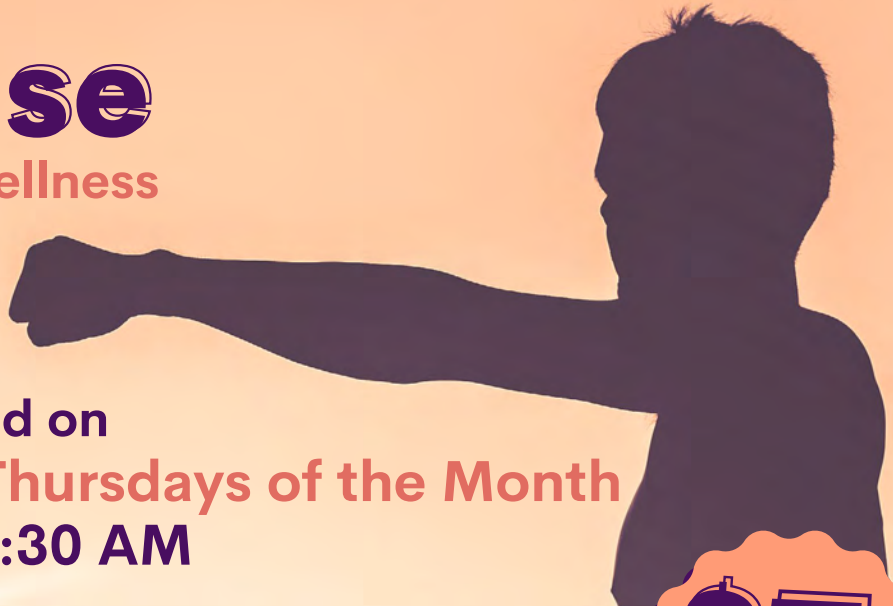
All listed activities (except BINGO) are free for Seniors 55+

Revised 9/30/2022

# Senior Self Defense

Recreation & Wellness

 **NEWARK**  
Recreation  
and Community Services



Class will be held on  
**the 1st & 3rd Thursdays of the Month**  
**10:30 AM - 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 at the Clark W Redeker Newark Senior Center - 7401 Enterprise Dr. Newark, CA  
Students will review basics and learn new techniques each class.

**Pre-registration is required. Register in-person or online at [www.newarkca.activityreg.com](http://www.newarkca.activityreg.com)**

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

# Crafting with Anabelle

Second Monday  
of the Month  
12:30pm

11/14 Craft:  
Give Thanks  
Water Color

Please sign up for the interest  
list online or at the front desk.



# FREE Annual HOLIDAY Tree Lighting

Monday, December 5th

NEWARK CIVIC CENTER

37101 Newark Blvd

5:30 pm-7:30 pm

**NEWARK**  
Recreation  
and Community Services



## Toy Drive:

Bring a new, unwrapped toy for  
our toy drive sponsored by  
Newark PD! Each toy gets  
you a raffle ticket for a chance  
to win some fun prizes!

Crafts | Photo booth  
Cookies & Hot Cocoa





# 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](mailto:crobertson@fremont.gov) (510) 574-2003

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





# FRIENDSGIVING UPDATE



Friday, November 18

12:00pm @ the Newark Senior Center

Lunch Includes: Turkey Sandwich & Dessert

Please email your recipe to [becca.hicks@newark.org](mailto:becca.hicks@newark.org) by  
November 15 to be included in the swap!



**REGISTRATION IS CLOSED FOR THIS ACTIVITY**



## HALLOWEEN LUNCHEON



# HAWAIIAN HOLIDAY

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

\$5

Registration begins 11/28

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](http://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 20th  
starting at 12:00 pm

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

**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](http://www.newarkca.activityreg.com)

**VALENTINE'S DAY TEA**

Monday, February 10th  
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](http://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](http://www.newarkca.activityreg.com)



# Intro to Drawing Session 2

\$35

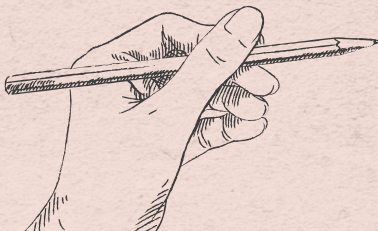
Nov. 8 - Dec. 13    Tuesdays 9:30AM - 11:30AM  
at the Newark Senior Center

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 at the  
Newark Senior Center  
or online at  
[newarkca.activityreg.com](http://newarkca.activityreg.com)



 **NEWARK**  
**Recreation**  
and Community Services







**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 from 9am - 3pm

November thru December

## FOODS ESPECIALLY NEEDED:

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

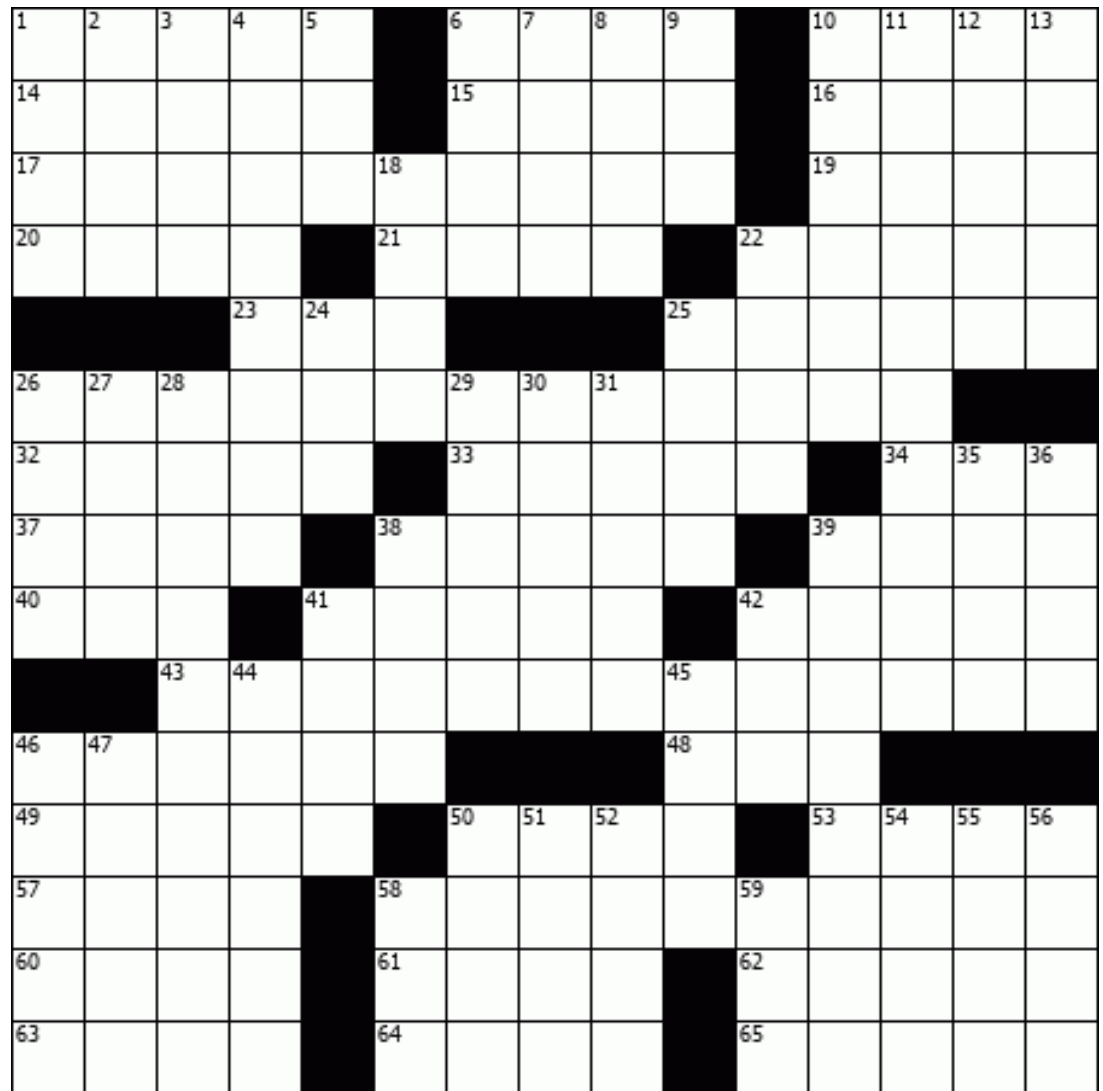


# Crossword Puzzle

Answers on page 13.

## Across

1. First name in Spanish art
6. Blockage
10. Guarantee
14. Like a raucous stadium crowd
15. Red Skelton persona
16. Over-the-top anger
17. One at the wedding
19. "Winnie \_\_\_ Pu"
20. March through mud
21. Part of the lowest possible straight
22. Dealt with adversity successfully
23. Foofaraw
25. Prayer beads
26. One at the wedding
32. Whittle away
33. Sugar sources
34. Matterhorn, for one
37. Salon supplies
38. She has a ball?
39. Wedding cake layer
40. Maglie of baseball
41. Strong cotton thread
42. Naples noodle dish
43. Two at the wedding
46. Black or ruffed bird
48. Rowboat accessory
49. Chick's hangout?
50. Pizzazz
53. Extras in "2001: A Space Odyssey"
57. Sometimes the ninth has only three
58. One at the wedding
60. "A Hard Road to Glory" author
61. It has a Minor part
62. Ancient Greek region
63. Where to pick up chicks?
64. Contravene
65. Beginning



## Down

1. Great achievements for hackers
2. Nutmeg skin
3. Former Palm Springs mayor
4. Procrastinators
5. Spheroid
6. Blacken
7. Traditional knowledge
8. Follow orders
9. Rocky hill
10. Melodic composition
11. Chief Chilean port
12. One concerned with figures?
13. Like a neglected garden
18. City on the Thames
22. Joint tenants?
24. Pseudonymous surname
25. Mechanical learning method
26. Computer capacity, for short
27. Word with code or rug
28. Places for coin collectors?
29. Tipping the scales
30. Loesser musical "The Most Happy \_\_\_"
31. Face that "launched a thousand ships"
35. Mother of Apollo
36. Hyde Park stroller
38. \_\_\_ one's time
39. Bitter green herb
41. Tip at sea
42. Certain tour operator, briefly
44. Kind of potato
45. Contest winner's cry, perhaps
46. Response to a weak joke
47. Shake awake
50. "If all \_\_\_ fails ..."
51. Type of cloth
52. "\_\_\_ in a Manger"
54. Word with bobby and bowling
55. One of a watery quintet
56. Bedframe crosspiece
58. Beanie Babies or the Hula-Hoop, e.g.
59. \_\_\_ Cuarto, Argentina

### Exercise

ONE WEIGHT DUMBBELL WORKOUT

<https://youtu.be/DGPGTotcwmc>

STRETCH & STRENGTHEN  
WRISTS & HANDS

<https://youtu.be/WvwKF7OgazE>

FOOT & ANKLE MOBILITY STRETCHES

<https://youtu.be/AM0HbIHtBIQ>



[https://youtu.be/\\_zl30h9ObNc](https://youtu.be/_zl30h9ObNc)

### The New 60



### Sudoku Puzzle #63

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

### Sudoku Puzzle #64

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

Solutions on page 13..

## More 1950's Songs Word Search

Find and circle all of the 1950's song titles that are hidden in the grid.  
The remaining letters spell the title of an additional 1950's song.

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

ALL SHOOK UP  
ALMOST GROWN  
AT THE HOP  
BIRD DOG  
BLUE MONDAY  
CHANCES ARE  
CHANTILLY LACE  
CRY  
DON'T BE CRUEL  
EL PASO

FLAMINGO  
GET A JOB  
GOODNIGHT IRENE  
I'M A MAN  
I'M WALKIN'  
JIM DANDY  
JUKE  
LITTLE DARLIN'  
LONELY AVENUE  
LOUIE LOUIE

LUCILLE  
MAYBE  
MONEY HONEY  
MR SANDMAN  
PERSONALITY  
REBEL ROUSER  
ROLLIN' STONE  
SEA CRUISE  
SINCERELY  
SO WHAT

SOUL ON FIRE  
STAGGER LEE  
THE BELLS  
THE WIND  
TIPITINA  
TOM DOOLEY  
TRY ME  
WHITE LIGHTNING  
YOUNG BLOOD

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

### Sudoku Solution #63

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

### Sudoku Solution #64

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

# 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](http://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.