

April 2023



Anabelle Willkomm began volunteering at the Clark W. Redeker Newark Senior Center in September of 2022. Unfortunately, she has moved out of the area and will no longer be able to volunteer. In her time here, she jumped right in by leading a crafting class once a month. She brought many wonderfully creative ideas and took joy in helping fellow seniors create beautiful art pieces. She also devoted her time to help serve snacks every Thursday for BINGO. Anabelle helped us out immensely and brought a delightful energy to the Center. Her friends and staff miss her optimistic attitude and bright smile, but wish her luck in this new chapter of life!

**In this issue:**

NEW! Senior Center Luncheons  
Chair Fitness & Matter of Balance Classes  
Newark Community Cleanup Day 5/20  
At Home Activities, Puzzles, and more!

**Open Monday - Friday**

**9:00am - 3:00pm**

**7401 Enterprise Dr.**

**510-578-4840**

**[senior.center@newark.org](mailto:senior.center@newark.org)**



**hello**

**SPRING**



# Newark Senior Center Daily Activities

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

## Monday

10:00am.....  
**Guitar Jam**  
2nd & 4th Mon. of month

10:00am.....  
**Bunco**  
1st, 3rd & 5th Mon. of month

11:00am-2:00pm.....  
**VITA Tax Services**  
FREE! By Appointment Only  
Now - April 17. Schedule by  
phone at 510-250-2606 or  
online at calendly.com/ffrc1

1:00pm.....  
**Knit, Crochet &  
Cross Stitch Group**

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

## Tuesday

9:00am.....  
**Bridge**

10:00am.....  
**Beginning Hula**

11:00am.....  
**Intermediate Hula**

12:00pm.....  
**Advanced Hula**

Daily.....  
Billiards, etc. (see Monday)

 **NEWARK  
Recreation**  
and Community Services

**Newark Senior Center**  
*We ♥ Our Seniors*

Fill out a form in-person to  
receive your FREE Newark  
Senior Center Membership  
Card!

## Wednesday

9:00am.....  
**Hand & Foot Canasta**

9:30am.....  
**Nine Ball Billiard  
Tournament**  
Last Wednesday of month

10:00am.....  
**Quilt, etc. Group**

1:00pm.....  
**Ukulele Jam**

Daily.....  
Billiards, etc. (see Monday)



## Thursday

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.....  
**Chair Fitness Class**  
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**  
Pre-registration required

9:00am.....  
**Texas Hold-em Poker**

9:30-11:30am.....  
**iPhone/iPad/Kindle  
Assistance**  
1st Friday of month

12:30pm.....  
**Drop-in Mahjong**

Daily.....  
Billiards, etc. (see Monday)

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

All activities held at the Newark Senior Center, 7401 Enterprise Dr., unless noted otherwise.



**Registration Opens** → **Newark Residents: Monday 3/27**  
**Non-Residents: Wednesday 3/29**

**WEDNESDAY, APRIL 12TH**  
**12:00 PM**  
**\$5 PER SENIOR**

# Spring Salad

Enjoy a crisp spring salad and iced tea to celebrate the beginning of the season, accompanied by the sounds of the Newark Saxophone Quartet!

## CINCO DE MAYO

Enjoy an authentic Mexican dish, accompanied with flan for dessert.

**FRIDAY, MAY 5TH**  
**12:30 PM**  
**\$5 PER SENIOR**

## PJs and PANCAKES

Come in your pajamas and enjoy a pancake breakfast with toppings bar!

**WEDNESDAY, JUNE 7TH**  
**10:00 AM**  
**\$5 PER SENIOR**

## BBQ Luncheon

Enjoy a nice cold lemonade, a hot dog and sides, with popsicles for dessert.

**FRIDAY, JULY 21ST**  
**12:30 PM**  
**\$5 PER SENIOR**

## Luau Luncheon

Enjoy live music and performances by our ukulele & hula groups while sitting down to a Hawaiian lunch.

**FRIDAY, AUGUST 18TH**  
**12:30 PM**  
**\$10 PER 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)**

# SENIOR CHAIR FITNESS

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.

Location: Newark Senior Center, Carpeted Classroom  
 Instructor: Mark Gothard

Age	Day	Date	Time	Fee
55+	Thur	4/20	10:30-11:30am	\$5
55+	Thur	5/25	10:30-11:30am	\$5
55+	Thur	6/1	10:30-11:30am	\$5
55+	Thur	6/15	10:30-11:30am	\$5
55+	Thur	7/6	10:30-11:30am	\$5
55+	Thur	7/20	10:30-11:30am	\$5
55+	Thur	8/3	10:30-11:30am	\$5
55+	Thur	8/24	10:30-11:30am	\$5

# NEWARK COMMUNITY CLEAN UP



E-WASTE



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

WHEN: SATURDAY MAY 20TH 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.



## A MATTER OF BALANCE

**When:**

Every Tuesday and  
Thursday

May 2 through May 25,  
2023

**Where:**

Clark W. Redeker  
Newark Senior Center  
7401 Enterprise Dr.,  
Newark

**Time:**

1:00pm - 3:00pm

**Reservation Required:**

by April 28, 2023

**To Reserve your spot:**

Contact Spectrum at  
510-881-0300 x270 or  
check in with the front  
desk.



A MATTER OF  
**BALANCE**

MANAGING CONCERNS ABOUT FALLS

**Spectrum Community Services Inc.**

**Fall Prevention Program**

**presents**

**“A Matter of Balance”**

A Matter of Balance is an 8 session, evidence-based, interactive education program designed to reduce the fear of falling and increase activity and health among older adults.

Learn how to manage concerns about falls and begin exercises that improve flexibility, balance, and strength.

*Note:* In-person classes require face coverings to help stop the spread of viruses.





# VITA FREE TAX SERVICES

**HAVE YOUR RETURN COMPLETED BY IRS-CERTIFIED TAX PREPARERS**

For eligible customers with annual income of up to \$75,000,  
or eligible seniors 65+ with annual income up to \$90,000.



Book your  
appointment at:  
[calendly.com/ffrc1](https://calendly.com/ffrc1)  
or call (510) 250-2606



Scan the QR code  
for further details  
on our website

## IN PERSON DROP OFF SERVICE

### Fremont Family Resource Center

39155 Liberty Street  
Fremont, CA 94538  
Building EFGH

Fridays 11:00am-2:00pm  
BY APPOINTMENT

## VIRTUAL SERVICE

Submit your ID's  
and documents  
online at:  
[getyourrefund.org  
/fremont](https://getyourrefund.org/fremont)

## IN PERSON TAX PREPARATION SERVICE

### Fremont Family Resource Center

39155 Liberty Street  
Fremont, CA 94538  
Building EFGH

Wed & Thurs 1:00pm-6:00pm  
BY APPOINTMENT

### Union City Family Center

725 Whipple Road  
Union City, CA 94587

Sat 10:00am-2:00pm  
BY APPOINTMENT

### Newark Senior Center

7401 Enterprise Drive  
Newark CA 94560

Mon 12:00pm-2:00pm  
BY APPOINTMENT

<http://city.fremont.gov/taxhelp> | TELEPHONE: (510) 250-2606

Providing high-quality free tax preparation since 2002. See back for additional details.

## PLEASE PROVIDE COPIES OF THE FOLLOWING:

- **Social Security card(s) or Individual Taxpayer Identification Number (ITIN) card(s) or letter(s)** for everyone you will list on your return.
  - Please note: An ITIN is expired if it hasn't been used on a tax return for the last three tax years.
- **Photo identification:** A CLEAR selfie of you holding your VALID AND LEGIBLE photo ID. This requirement applies to both the main tax filer and spouse.
- **Savings and checking account and routing numbers,** or a voided check for direct deposit.
- **Income statements, documents, or forms**
  - Wages from each job (W-2)
  - Interest (1099-INT)
  - Dividends (1099-DIV)
  - Retirement Plans (1099-R)
  - Gambling Winnings (W-2G)
  - Unemployment (1099-G)
  - Social Security Benefits (SSA-1099)
  - Miscellaneous Income (1099-MISC, 1099-NEC, 1099-K)
  - Sale of Stock (1099-B)
  - Tuition (1098-T) and online detailed student account statement of expenses paid to university/college
  - Health Insurance Information (1095-A, B, or C)
  - If you purchased health coverage through Covered CA, you must also provide Form FTB 3895
  - Economic Stimulus Letter (Notice 1444-C)
  - Child Tax Credit Payment Letter from IRS (Letter 6419)
- **Provide, if applicable:**
  - 2022 Identity Theft PIN Letter from IRS
  - Records of charitable contributions
  - Homeowner mortgage interest (1098)
  - Property tax bill
  - DMV registration form
  - Interest you paid on student loans (1098-E)
  - Childcare or dependent care expenses. Bring total amount paid, provider's business name, address, phone number and SSN or tax ID #
  - If self-employed, provide business income and expenses, to include mileage log. For Rideshare Drivers: 1099-NEC, 1099-K and on-line tax summary page
  - If you plan to itemize, provide a summary sheet (description and total amount of your expenses)

## THE FOLLOWING SITUATIONS ARE OUT OF SCOPE:

- Married Filing Separately
- If you received a Form W-2 and a Form 1099 from the same business/employer
- Foreclosure/Short Sale
- Kiddie Tax - (Large scholarship amount may be out-of-scope, call to request consultation)
- IRA to Roth Conversions
- Sale of stocks acquired by stock options
- Over 16 stock transactions
- Cryptocurrency without 1099-B form
- Loan Modification
- Out of State Income
- Rental Income
- Self-employment & sole proprietor business with expenses over \$35,000, depreciation, losses, or office in the home
- 1040NR (non-resident alien), except for Foreign Student with Visa F, J, M or Q.
- Expired ITIN holders (should call 211 for VITA sites with Certified Acceptance Agents)

**Other situations may be out-of-scope  
Please call us to request a consultation**

## FRC VITA Sweepstakes

**File with us and save at least \$50 of your refund in a savings account for a chance to win \$100! Terms and conditions may apply.**

Fremont VITA offers secure online tax filing with Code for America via the secure Get Your Refund platform. We also partner with the following organizations below:



# Spring Cleaning Checklist

by Merry Maids



**Get the most out of your spring cleaning by using our spring cleaning checklist. Tackle every room in your house – from bedrooms, bathrooms, kitchen to the living room.**

## Every Room

- Wash Baseboards, door ceilings, window sills, doors, and walls.
- Vacuum and wash vents.
- Wash window treatments (drapes, etc.).
- Dust blinds.
- Wash Windows - inside and out
- Dust and shine overhead lights - replace burnt light bulbs.
- Dust and/or vacuum light fixtures and lamp shades.

## Kitchen

- Clean out pantry.
- Wash kitchen cabinets.
- Deep clean oven.
- Move fridge - vacuum and mop behind it.
- Vacuum coils on fridge.
- Deep clean fridge inside - wash outside.

## Living Room

- Dust and wash any and all mirrors, frames, and decorative items.
- Vacuum all upholstery.
- Vacuum all lamp shades.
- Dust furniture and fixtures.
- Wash all throw pillows and blankets (use steam).
- Dust and polish furniture.
- Vacuum and shampoo carpets - mop and wax if necessary.

## Bedroom

- Wash all bedding.
- Wash all bed and throw pillows.
- Flip Mattress - if using pillow top, rotate mattress.
- Purge anything stored under bed you don't want anymore.

## Home

- Change batteries in smoke and carbon monoxide detectors.
- Check all electronics, make sure they are plugged in, cords are untangled and everything is plugged into a surge protector.
- Check expiration date on fire extinguisher.
- Sweep front porch and back deck.
- Store all winter items, clothes, and decorations.
- Disinfect all computer keyboards and mouse - Use compressed air to remove crumbs, dust and other particulates. Use a dampened microfiber cloth and wipe the keys down. Use dry microfiber to remove any leftover moisture. Disinfectant wipes are okay to use as well.

## Bathroom

- Clean and disinfect tub and shower.
- Wash bathmats.
- Dust and replace decorative items.
- Wash and/or replace shower liners and shower curtains.

## Other

- Discard old and expired makeup. Clean your makeup holders
- Update all your house first aid kits. Toss expired medication while sorting other medication.
- Dry clean any necessary winter clothing or items. Store all winter items for next year.
- Donate any unused clothes items to Goodwill, The Salvation Army, or other local community organizations.

<https://www.merrymaids.com/cleaning-tips/seasonal-cleaning/spring-cleaning-checklist/>



# INFORMATION & REFERRALS

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

## General

### Senior Info Line

(510) 574-2041

### Community Ambassador Program for Seniors

(510) 574-2063

### Area Agency on Aging Information & Referral

(510) 577-3530

### Alameda County Social Services Agency

[www.alamedacountysocialservices.org](http://www.alamedacountysocialservices.org)

## Dementia-Specific Support

### Alzheimer's Services of the East Bay

(510) 656-1329 [www.aseb.org](http://www.aseb.org)

### Alzheimer's Association

(800) 272-3900

### Bay Area Community Services (510) 613-0330

[www.bayareacs.org/adult-day-programs](http://www.bayareacs.org/adult-day-programs)

### Stanford/VA Alzheimer's Center

(650) 858-3915 [www.med.stanford.edu/svalz](http://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

(510) 578-4840

### 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](http://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.habitatetsv.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](http://www.lifeeldercare.org)

### CityServe Compassion Network

(510) 796-7378 [www.compassionnetwork.org](http://www.compassionnetwork.org)

# RIDE-ON TRI-CITY!

RIDE-ON TRI-CITY! is funded by the Alameda County Transportation Commission through Measure BB sales tax revenues. For more information on Measure 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.



## Get Your Transportation Questions Answered

A Transportation Resources Specialist from RIDE-ON TRI-CITY! can work with you in-person or over the phone to answer any questions you have about transportation and how to get around the community. Transportation Resources Specialists work with you to assess your individual transportation needs and get you linked with the most appropriate services. They can help you complete applications for transportation services and help make arrangements for rides to medical appointments and other needs. They can help with any of the following needs:

- 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 Senior Center on the first Thursday of each month by appointment only to assist with your specific transportation needs. For more information or to schedule an appointment, call RIDE-ON TRI-CITY! at (510) 574-2053.



## Learn How To Ride Buses and BART!

Join this two-day FREE travel training workshop and get a FREE Clipper card with \$15 in cash value. Through classroom instruction and an outing on bus and BART, participants learn how to plan trips, pay fares using Clipper Cards, transfer between bus and BART, and other useful tips for using transit safely.

Visit the website below for upcoming training opportunities in the Tri-City area.



For more information on Ride-On Tri-City! visit <https://city.fremont.gov/rideontricity>

Or call the Ride-On Tri-City! Helpline at 510-574-2053

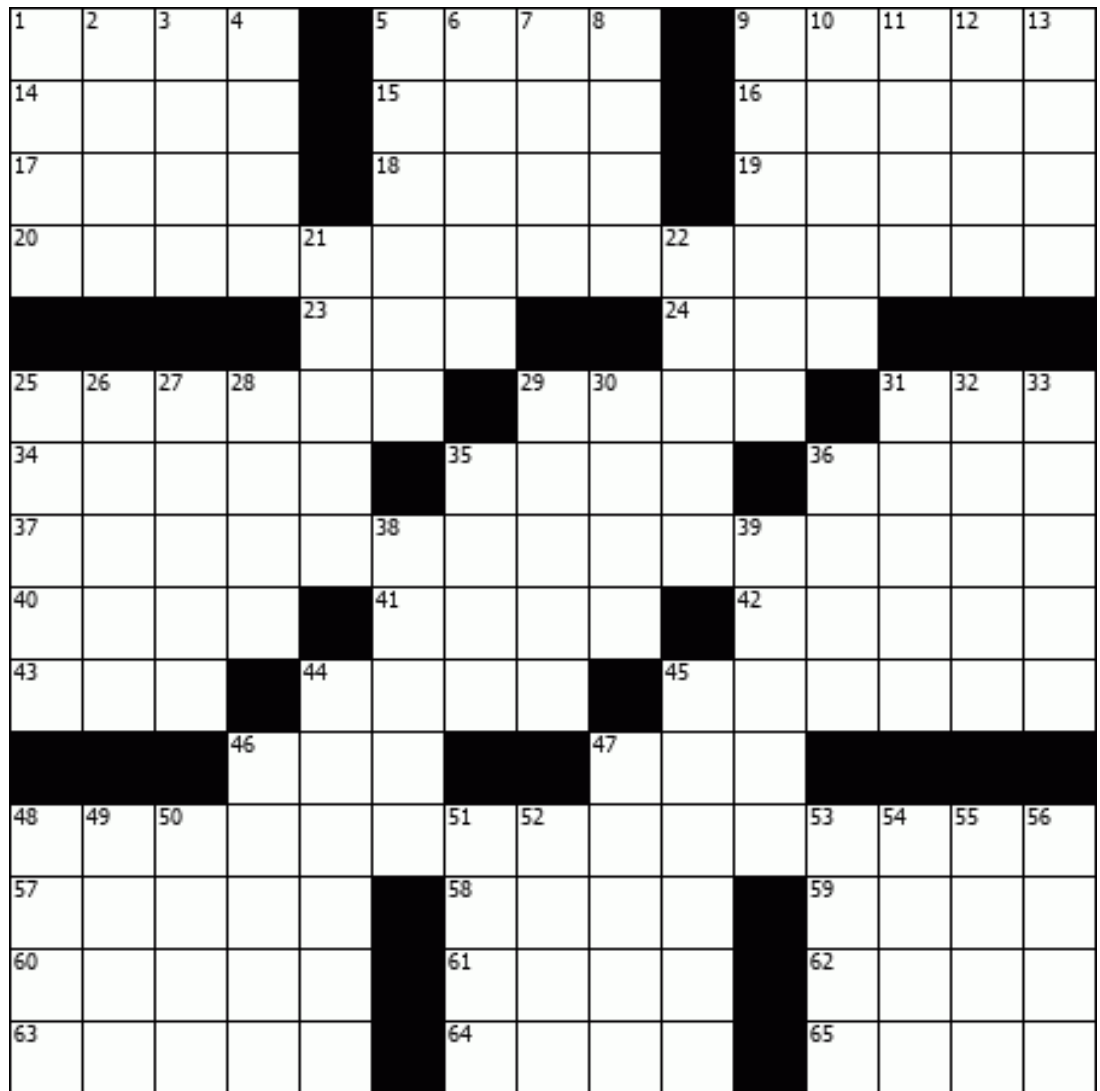
Or email us at [rideontricity@fremont.gov](mailto:rideontricity@fremont.gov)

# Crossword Puzzle

Answers on page 14.

## Across

1. Spill the beans
5. Related
9. Extremely unkind
14. Humdinger
15. Trident feature
16. Exclusively
17. Army group
18. Dorothy's dog
19. Saharanpur strings
20. Irritates, like a zookeeper?
23. Printer's supply
24. Tankard contents
25. Got down on one's knees, maybe
29. Bog
31. Radio settings
34. Strip of gear, as a ship
35. Something to divvy up
36. Toward the sheltered side
37. Irritates, like a stunt racer?
40. No longer there
41. Neck of the woods
42. Shakespearean sprite
43. Trains over the city
44. Boats like Noah's
45. Does salon work
46. Period of note
47. Word before hold or nail
48. Irritates, like a masseuse?
57. Clear the board
58. Cop's route
59. Volcanic threat
60. Lawn tool
61. "Goldberg Variations" composer
62. Done with
63. Hard to satisfy
64. Terrier variety
65. Antarctic explorer



## Down

1. Fuzzy memory
2. Pale-green moth
3. Stepped off
4. Jokester's patsy
5. Be in the audience
6. Newsstand booth
7. Enthralled with
8. Sign-enhancing gas
9. Give a hard time
10. Carroll heroine
11. Roman Catholic tribunal
12. Hang-up
13. Present
21. Loyal subject
22. Planting milieu
25. Shift slightly
26. Sign up
27. Smiles
28. Cave in
29. Acts gloomily
30. Tiniest bit
31. Swing wildly
32. Fracas
33. Vends
35. Skulk
36. Out of kilter
38. Fergie, formally
39. Corroded, with "away"
44. Blood carrier
45. Give solace
46. Slalom patterns
47. Frequent leading man for Hepburn
48. Atoll barrier
49. Pakistani language
50. Carry-ons
51. Lets up
52. Feeble
53. Handful of mud, say
54. Not straight, as hair
55. Declare positively
56. Scotland \_\_

### Exercise

5 EASY SHOULDER EXERCISES  
<https://youtu.be/L2aDU183SQE>

LOW IMPACT CARDIO  
<https://youtu.be/TgPByCmUP04>

10 MIN. SEATED STRETCH  
<https://youtu.be/Wpj8BG73SNw>



<https://youtu.be/djXUdKPoBZU>

### The New 60



### Sudoku Puzzle #73

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

### Sudoku Puzzle #74

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

Solutions on page 14.

# USA Presidents Word Search

Find and circle all of the United States Presidents that are hidden in the grid.

The remaining letters spell an Abraham Lincoln quote.

Note: Although Cleveland appears twice in the list, he is only in the puzzle once.

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

1. WASHINGTON
2. J ADAMS
3. JEFFERSON
4. MADISON
5. MONROE
6. J Q ADAMS
7. JACKSON
8. VAN BUREN
9. W HARRISON
10. TYLER
11. POLK
12. TAYLOR

13. FILLMORE
14. PIERCE
16. BUCHANAN
16. LINCOLN
17. A JOHNSON
18. GRANT
19. HAYES
20. GARFIELD
21. ARTHUR
22. CLEVELAND
23. B HARRISON
24. Cleveland

25. MCKINLEY
26. T ROOSEVELT
27. TAFT
28. WILSON
29. HARDING
30. COOLIDGE
31. HOOVER
32. F D ROOSEVELT
33. TRUMAN
34. EISENHOWER
35. KENNEDY

36. L B JOHNSON
37. NIXON
38. FORD
39. CARTER
40. REAGAN
41. G H W BUSH
42. CLINTON
43. G W BUSH
44. OBAMA
45. TRUMP
46. BIDEN

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

### Sudoku Solution #73

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

### Sudoku Solution #74

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

Name (please print): \_\_\_\_\_ Date of Birth: \_\_\_\_/\_\_\_\_/\_\_\_\_

Home Phone: \_\_\_\_\_ Cell Phone: \_\_\_\_\_

Email Address: \_\_\_\_\_

Address: \_\_\_\_\_ City: \_\_\_\_\_ Zip: \_\_\_\_\_

**Emergency Contact**

Name: \_\_\_\_\_ Phone: \_\_\_\_\_ Relation: \_\_\_\_\_

What daily activities do you participate in? Check all that apply:

- |  |  |  |
|--|--|--|
| <input type="checkbox"/> Billiards Daily   | <input type="checkbox"/> Crafting 2 <sup>nd</sup> Mon of month           | <input type="checkbox"/> Mahjong Fri morning           |
| <input type="checkbox"/> BINGO Thu   | <input type="checkbox"/> Guitar Jam 2 <sup>nd</sup> /4 <sup>th</sup> Mon | <input type="checkbox"/> Drop-In Mahjong Fri afternoon |
| <input type="checkbox"/> Bridge Tue  | <input type="checkbox"/> HULA Beginning Tue                              | <input type="checkbox"/> Poker - Texas Hold-em Fri     |
| <input type="checkbox"/> BUNCO 1 <sup>st</sup> /3 <sup>rd</sup> /5 <sup>th</sup> Mon | <input type="checkbox"/> HULA Intermediate Tue                           | <input type="checkbox"/> Quilt, etc. Group Wed         |
| <input type="checkbox"/> Canasta wed   | <input type="checkbox"/> Hula Advanced Tue                               | <input type="checkbox"/> Rummy Most afternoons         |
| <input type="checkbox"/> Card Making 1 <sup>st</sup> Thu of month                    | <input type="checkbox"/> Knit/Crochet/Cross Stitch Mon                   | <input type="checkbox"/> Ukulele Jam wed               |

Release of Liability: I understand that my (or my minor child's/ward's) participation in any City activity is voluntary. Further, I understand that participation can be a hazardous activity. I agree that neither I, my successors, assigns, nor anyone acting on my behalf will hold the City of Newark, its officers, agents, employees, or volunteers liable for any injury, accident, or illness arising out of my (my minor child's/ward's) voluntary participation.

The novel coronavirus ("COVID-19") has been declared a worldwide pandemic by the World Health Organization. The City of Newark has declared a local emergency and the State of California has declared a state of emergency due to the COVID-19 pandemic.

COVID-19 is extremely contagious and is believed to spread mainly from person-to-person contact and in airborne particles. I fully understand that my [participation/attendance] [in the event/at the City of Newark facility] exposes me to the risk of being exposed to or infected by COVID-19. I hereby acknowledge the contagious nature of COVID-19, that exposure or infection to COVID-19 may result in personal injury, illness, permanent disability, or death, and that I am voluntarily [participating in this activity/attending this facility] and agree to assume such risks.

I hereby release the City of Newark, its officers, agents, employees, or volunteers from and against any and all claims, cost liabilities, expenses, or judgments, including attorney's fees and court costs arising from my (my minor child's/ward's) participation in the program/activity or any illness/injury resulting there from, and hereby agree to any and all such claims, whether caused by negligence or otherwise.

I further understand that the City of Newark is not responsible for Workers Compensation benefits as a result of any injury or illness due to my (my minor child's/ward's) voluntary participation in this activity.

The City of Newark reserves the right to photograph and film facilities, activities, and program participants for potential use in our marketing efforts, which may include, but is not limited to, brochures, flyers, social media and the City's website. All marketing materials will remain the property of the City of Newark.

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

**Please see reverse side for the Clark W. Redeker Newark Senior Center Code of Conduct.**

# Clark W. Redeker Newark Senior Center Code of Conduct

In order to maintain a positive, peaceful and welcoming environment at the Clark W. Redeker Newark Senior Center, we require all guests and visitors to observe the following:

- **Demonstrate common courtesy to fellow guests, community members, and staff.**
- **Maintain an environment where conflict and differences can be addressed in a respectful manner.**
- **Treat facility property and equipment with respect.**
- **Abide by posted rules and follow staff direction at all times.**

## THE FOLLOWING IS PROHIBITED:

- Acts of discrimination based on any of the following protected characteristics: race, color, religion (includes religious dress and grooming practices), sex, gender (includes pregnancy, childbirth, breastfeeding, and/or related medical conditions), gender identity, gender expression, sexual orientation, marital status, medical condition (genetic characteristics, cancer, a record or history of cancer), military or veteran status, national origin (includes language use and possession of a driver's license issued to persons unable to provide their presence in the United States is authorized under federal law), ancestry, disability (mental and physical, including HIV/AIDS, cancer, and genetic characteristics), genetic information, age (over 40).
- Verbal, physical, or visual harassment based on any of the above mentioned protected characteristics.
- Any inappropriate or unsafe behavior that creates a disturbance or interferes with guests, community member's or staff's ability to do their job.
- Any conduct that endangers life, safety, health, and wellbeing of others.
- Possession of firearms, weapons, dangerous materials, and hazardous materials.
- Smoking (including the use of electronic smoking devices) inside the building.
- Sexual misconduct such as indecent exposure, touching, or harassing guests, community members, and staff; sexual acts of any type.
- Promotion of or engaging in any illegal activities.
- Disruptive outbursts such as the use of loud, abusive, profane or threatening language. Threatening or harassing behavior toward or around others. Making threatening gestures, which include staring at an individual, unwanted touching, or any behavior that could constitute assault.
- Unauthorized borrowing and/or tampering with another person's property/belongings.
- Damaging City of Newark property.
- Animals are not allowed in the Senior Center, **with the exception of service animals**, as defined by the Americans with Disabilities Act. The owner must be in physical proximity and have full control of service animals at all times.
- Persons exhibiting illness, poor personal hygiene, and/or related conditions that may compromise the health or comfort of others may be asked to leave the Senior Center until the condition is remedied.
- Loitering, laundering, or preparing food in public restrooms. Shaving, showering, or bathing in restrooms is also prohibited.
- Improper attire. Shoes, shirts, and bottoms must be worn at all times.

## CONSEQUENCES:

Consequences are subject to staff discretion.

- **Verbal warning.** Notification of violation and reference to the Rules of Conduct.
- **Immediate eviction from the Senior Center.** Removal from the building for the remaining hours of operation for the day of eviction.
- **Suspension of Senior Center privileges.** Suspension of Senior Center privileges may include, but is not limited to denial of access to the Senior Center and its services for one or more days. The effective date and length of suspension shall be determined by the facility supervisor.
- **Permanent suspension.** In extreme cases or repeated suspensions with no positive change in behavior, a suspension may result.

By signing below, I hereby acknowledge that I have read and agree to follow the Clark W. Redeker Newark Senior Center Code of Conduct:

Name: \_\_\_\_\_ Signature: \_\_\_\_\_