

May 2023



Carol Hewitt began volunteering at the Clark W. Redeker Newark Senior Center in August of 2006. Over her many years of volunteering she has served at the front desk and distributed recreation information at special events. Carol's main duties now consist of sending greeting cards to Senior Center participants, preparing BINGO birthday giveaways, selling game packs, and distributing payouts. Around many holidays she donates small gifts to distribute to all BINGO participants. Carol was nominated for the Viola Blythe Senior Volunteer of the Year in 2022. Staff are so grateful to have such a dedicated volunteer. Carol is a staple here at the Newark Senior Center.

**In this issue:**

NEW! Game Night & Plant Exchange  
Facilities Master Plan Survey  
Upcoming Newark Community Events  
At Home Activities, Puzzles, and more!

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

**The Newark Senior Center will be closed on the below dates:**  
**Fri, May 26- Staff Development Day**  
**Mon, May 29- Memorial Day**

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

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

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

# MEET THE STAFF!



## CHERYL GALVEZ, RECREATION SUPERVISOR

Cheryl directly supervises all Senior Center staff, as well as 8 additional full-time staff members and 8-10 part-time seasonal staff members. Her job duties vary greatly as she oversees 4 separate program areas, including: Senior Services, the Newark Community Center and Licensed Child Care, the Newark Promotores Program, and the Newark Ash Park Summer Camp. In the future, Cheryl will also be supervising the Newark Family Resource Center.

Cheryl works with the Mayor and the Senior Advisory Committee to coordinate meetings for the group. Additionally, she has been assisting with the evaluation of all grant applications on the Newark Community Grants Committee. She also recently finished her term as Secretary of the CPRS Aging Section.

In addition to her day-to-day responsibilities, Cheryl also works on our Special Events Committee to help coordinate the City's annual events such as: Family Day at the Park, the Ash Street Park Community BBQ, the Music at the Grove Concert Series, the Holiday Tree Lighting, Howl-O-Ween, and more as needed!



## BECCA HICKS, RECREATION COORDINATOR

Becca oversees the Senior Center's programs and activities, plans and facilitates monthly meals and special events, supervises the Recreation Preschool Program staff and the Newark Community Center Rental Building Attendant staff. She also supervises all City Volunteers based at the Senior Center and the Mercy Brown Bag program. She is currently working with a vendor to bring day trips back to the Senior Center, so look for that in upcoming newsletters and announcements!

Becca is responsible for creating the Recreation Department's seasonal guide 3 times per year, where she spends several weeks creating, proofreading and editing until publishing the final product to the City's website. She also works with another Recreation Coordinator to run the Recreation Department's social media pages. Additionally, she is in charge of the CPRS Aging Section social media pages and marketing.

Becca also works on our Special Events Committee to help coordinate the City's annual events such as: Family Day at the Park, the Ash Street Park Community BBQ, the Music at the Grove Concert Series, the Holiday Tree Lighting, Howl-O-Ween, and more as needed!



## JESSICA GURULE, ADMIN SUPPORT SPECIALIST II

Jessica handles all of the administrative duties for the Senior Center, Newark Community Center and Licensed Child Care as well as helps with administrative duties at the Silliman Center when needed. Behind the scenes, Jessica is responsible for processing registrations, payroll, purchase orders and invoices. She is responsible for the monthly newsletter and spends time curating content to keep our members informed and engaged. She also makes a consistent effort to send email reminders for each of our special events.

Part of her responsibilities also include overseeing the rentals of the Newark Community Center, however these are currently on hold as the building has suffered severe damage due to the recent storms.

In addition to her daily duties, Jessica also serves on the citywide IT Committee, helping implement a new online shared work space for all city staff.

Jessica also works on our Special Events Committee to help coordinate the City's annual events such as: Family Day at the Park, the Ash Street Park Community BBQ, the Music at the Grove Concert Series, the Holiday Tree Lighting, Howl-O-Ween, and more as needed!



## IVY NGUYEN, ACTIVITY COORDINATOR

Ivy started working at the Silliman Center as a Senior Lifeguard and Instructor in 2017. Ivy started working at the Senior Center to fulfill her college internship requirements. She helped Cheryl with projects focusing on health and human services, including helping create a community survey for the Newark Promotores Program. After finishing her internship hours, Ivy has continued working as an Activity Coordinator for the Senior Center, assisting staff with

department special events and other projects.

She created a resource binder for seniors who needed quick assistance and referrals to local services. She recently created the Health and Human Services webpage on the city's website. Additionally, twice a month Ivy helps with the Tri-City Volunteer Mobile Food Pantry at the Silliman Center distributing fresh groceries to families. Ivy graduates with her bachelors degree in Public Health this month and hopes to continue working here and eventually for the future Newark Family Resource Center!

# CITY OF NEWARK



**IMAGINE**



## FACILITIES MASTER PLAN



**SHARE YOUR IDEAS AND HELP CREATE THE VISION**

To submit the community survey online, scan the QR code or click the link below.

Hard copies are available at:  
Newark Senior Center  
7401 Enterprise Dr., Newark  
Monday - Friday, 9:00am-3:00pm



<https://www.surveyhero.com/c/NewarkCommunitySurvey>

**ALAMEDA COUNTY FAIR**  
**JUNE 16 - JULY 9**  
 PLEASANTON

**FREE Tickets**

**NOW OPEN for Newark Residents**  
**Open for Non-Residents on Tuesday, May 9th**

Reserve your FREE ticket to the Alameda County Fair online or at the Newark Senior Center. Once reserved, you may pick up your ticket at the Newark Senior Center Mon-Fri, 9am-3pm

No transportation included, valid for one free admission ONLY. Limited tickets available, first come first serve.

**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
- 1:00pm.....  
**Knit, Crochet & Cross Stitch Group**
- Daily.....  
**Billiards**  
Computers  
Fitness Equipment  
Lending Library  
Pinochle (mornings)  
Rummy (late mornings)

**Tuesday**

- 9:00am.....  
**Bridge**
- 10:00am.....  
**Beginning Hula**
- 11:00am.....  
**Intermediate Hula**
- 12:00pm.....  
**Advanced Hula**
- Daily.....  
**Billiards, etc. (see Monday)**

**Wednesday**

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

**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)**

**NEWARK Recreation**  
 and Community Services  
 Newark Senior Center

*We ♥ Our Seniors*



- 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)**

**All activities are free for Seniors 55+ and are held at the Newark Senior Center, 7401 Enterprise Dr., unless noted otherwise.**

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

# Learn how to use **BUSES & BART!**

**FREE Workshops for seniors & persons with disabilities!**



**Get \$15 cash value on  
your Clipper Card!**

Learn about public transit features that make riding easier for seniors and people with disabilities! Through classroom instruction and a field outing on bus and BART, you will learn how to plan trips, read transit schedules, pay fares, transfer between buses and BART, and travel on transit safely.

## **Upcoming Travel Training Workshop**

### **NEWARK SENIOR CENTER**

7401 Enterprise Dr  
Newark, CA, 94560

**Monday & Tuesday**  
**May 15<sup>th</sup> & 16<sup>th</sup> 2023**  
**From 9 am to 12 pm**

Please Note: The first day is classroom instruction and the second day is a field outing on the bus and BART.

**\*\*REGISTRATION REQUIRED\*\***

**To register or for more info, call: (510) 574-2053 or  
email: [rideontricity@fremont.gov](mailto:rideontricity@fremont.gov)**

**Learn how to use  
a Clipper Card!**



**Go where you want,  
when you want!**



**CELEBRATE  
OLDER AMERICANS MONTH**  
with us at a

**Free**



# **GAME NIGHT**



**at the Newark Senior Center**

**MONDAY,  
MAY 15TH  
3:00-5:00PM**



**GAMES**

**SNACKS**

**RAFFLES**



**Pre-registration is REQUIRED**

 **NEWARK**  
**Recreation**  
and Community Services  
**Newark Senior Center**  
*We ♥ Our Seniors*

 **Urban  
Forest  
Friends**  
 **Public Works  
Department**



# PLANT & SEED EXCHANGE

**THURSDAY**

**MAY 18TH**

**10:00-11:00AM**

**in the Newark Senior Center  
Parking Lot**

**Before  
BINGO!**

**Bring your spare plants or seeds to  
exchange! Or simply come to pick up a  
variety of plants and seeds!  
No exchange necessary.**



**No pre-registration required!**



# 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:

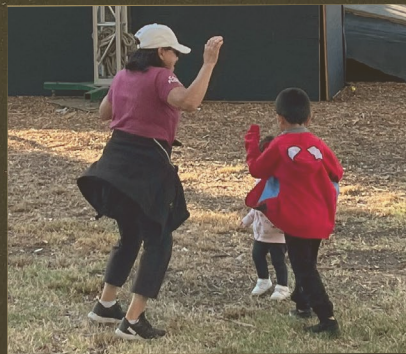
- Hazardous waste - batteries, paint, motor oil, chemicals, light bulbs, etc.
- Construction debris (rock, concrete, painted wood)
- Household trash
- Propane tanks, gas cylinders/lawn mowers



Appointments only. Please email [mainreq@newark.org](mailto:mainreq@newark.org) with your full name and preferred time for an appointment.

# Groovin' at the **GROVE**

*FREE Summer Concert Series*  
at Shirley Sisk Grove (Next to NewPark Mall)  
*Fridays, 6:00 - 7:30PM*



**June 16 | June 30 | July 14 | July 28**

*Bands to be announced!*

*Gates open at 4:00PM*

**Bring a blanket or folding chair!**



## 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**

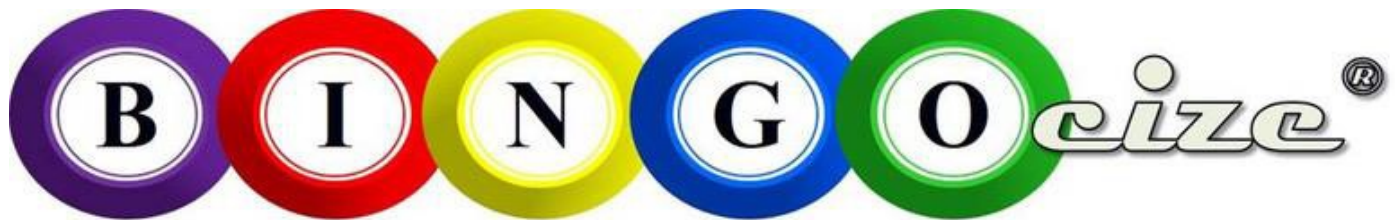
**“A Matter of Balance”**

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.





## What is Bingocize?

Bingocize is an evidence-based fall prevention program designed to increase physical activity and help prevent falls. The program combines exercise and health education with the fun of bingo by strategically intermixing game play with fall prevention education and exercises addressing range of motion, balance, muscle strength, and endurance.

## When?

May 9<sup>th</sup> —July 18<sup>th</sup> (10 week series)  
Tuesdays & Thursdays 1pm—2pm  
No class July 4<sup>th</sup>

**Where?** Zoom (link will be sent upon registration)

**Cost:** Free

## To Register:

Pamela Stoker, Trauma Injury Prevention Specialist,  
Eden Medical Center

**Pamela.Stoker@sutterhealth.org 510-727-8485**





Established in 1963, Older Americans Month (OAM) is celebrated every May. Led by the Administration for Community Living (ACL), OAM is a time for us to acknowledge the contributions and achievements of older Americans, highlight important trends, and strengthen our commitment to honoring our older citizens.

This year's theme, *Aging Unbound*, offers an opportunity to explore a wide range of aging experiences and to promote the importance of enjoying independence and fulfillment by paving our own paths as we age.

This May, join us as we recognize the 60<sup>th</sup> anniversary of OAM and challenge the narrative on aging. Here are some ways we can all participate in *Aging Unbound*:

- Embrace the opportunity to change. Find a new passion, go on an adventure, and push boundaries by not letting age define your limits. Invite creativity and purpose into your life by trying new activities in your community to bring in more growth, joy, and energy.
- Explore the rewards of growing older. With age comes knowledge, which provides insight and confidence to understand and experience the world more deeply. Continue to grow that knowledge through reading, listening, classes, and creative activities.
- Stay engaged in your community. Everyone benefits when everyone is connected and involved. Stay active by volunteering, working, mentoring, participating in social clubs, and taking part in activities at your local senior center or elsewhere in the community.
- Form relationships. As an essential ingredient of well-being, relationships can enhance your quality of life by introducing new ideas and unique perspectives. Invest time with people to discover deeper connections with family, friends, and community members.

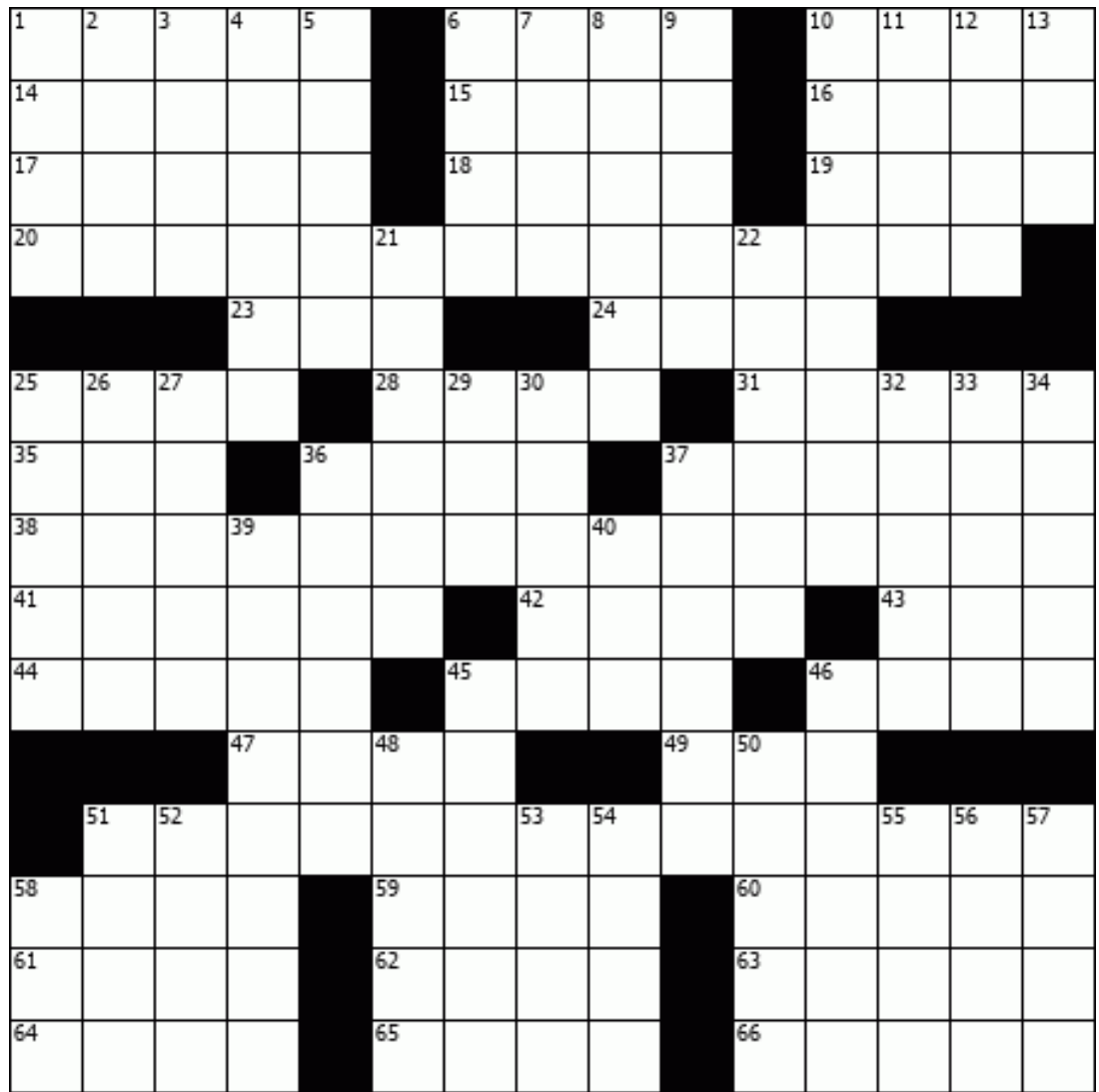
For more information, visit the [official OAM website](#), follow ACL on [Twitter](#) and [Facebook](#), and join the conversation using #OlderAmericansMonth.

# Crossword Puzzle

Answers on page 17.

## Across

1. Sooner's alternative
6. Dalai \_\_\_ (chief Tibetan monk)
10. Apprentice
14. Place to remember
15. Look \_\_\_ (visit briefly)
16. One with will power?
17. Served as gondolier
18. "\_\_\_ as a bug in a rug"
19. Pontificate
20. Entry requirement, sometimes
23. Baby word
24. Fret and fume
25. Arena take
28. Opposite of flushed
31. Costa \_\_\_, Spain
35. Pet for King Solomon
36. Man Friday
37. Relating to the eye
38. Spy
41. Car styles
42. Dutch town
43. Some of the IBM line
44. Authority to decide
45. Short reptile?
46. Oft-quoted unnamed ones
47. "So what \_\_\_ is new?"
49. "To Kill a Mockingbird" author
51. It's often buried
58. Charles' game
59. "Help \_\_\_ the way!"
60. Pricy strings, for short
61. "Yeah, right!" in teenspeak
62. Soul singer Hendryx
63. Conduct the class
64. Like Helen Keller
65. \_\_\_ per second (luminosity unit)
66. 1991-93 Australian Open winner



## Down

1. Drinks like a cat
2. Skin cream additive
3. Powder ingredient
4. Come to the fore
5. Beverly Hills Drive
6. Say "something" wrong?
7. "The King and I" schoolteacher
8. Whipped dessert
9. Feeling of foreboding
10. Small floor covering
11. Senior or junior
12. Coat you throw away without regret
13. Fun food for Fido
21. Talking points
22. Transmitter of digital photographs
25. Magnetic induction unit
26. Sleep disorder
27. Woman's one-piece undergarment
29. Bustle
30. It may pry
32. Beth follows it
33. Ball cohort
34. Like some craft shows
36. First name in action films
37. Delphic prophet
39. Retreated, in a way
40. Tokyo, formerly
45. Sitcom overseer
46. Final taker
48. Rouen's river
50. Some bridge defenders
51. NASCAR engine part
52. Pelvic bones
53. Chinese society
54. Gene components
55. River past Orsk
56. Word with human and rat
57. Anglo-Saxon letters
58. Bachelor's digs

## Exercise

10 MIN. WALKING WORKOUT  
[https://youtu.be/y8laBla\\_tQ4](https://youtu.be/y8laBla_tQ4)

15 MIN. YOGA FLOW  
<https://youtu.be/S2eUbYEATf8>

BEG. LINE DANCE- COWBOY HUSTLE  
<https://youtu.be/EAP1E-B5qk8>



[https://youtu.be/f4x\\_QkjiCpk](https://youtu.be/f4x_QkjiCpk)

## The New 60



## Sudoku Puzzle #75

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

## Sudoku Puzzle #76

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

Solutions on page 17.

## Adverbs Word Search

Find and circle all of the adverbs that are hidden in the grid.  
The remaining letters spell a secret message.

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

ACROSS  
AGAIN  
AHEAD  
ALMOST  
ALREADY  
ALSO  
ALWAYS  
ANYWHERE  
APART  
AWAY  
BACK  
BEFORE

BEHIND  
BELOW  
BRISKLY  
DOWN  
EARLY  
EASILY  
FAST  
FIRST  
FOREVER  
FORWARD  
GENTLY  
GREATLY

HENCE  
HIGH  
HOMEWARD  
HOWEVER  
LITTLE  
LONG  
LOUDLY  
MONTHLY  
NEARBY  
NEVER  
NOWHERE  
OFTEN

ONCE  
PRESENTLY  
QUICKLY  
QUIETLY  
QUITE  
RARELY  
RATHER  
REALLY  
SHORT  
SLOWLY  
SOFTLY

SOMETIMES  
SOMEWHERE  
SOON  
THEN  
THERE  
TODAY  
TOMORROW  
UPWARD  
WEEKLY  
WISELY  
YESTERDAY



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

### Sudoku Solution #75

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

### Sudoku Solution #76

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

# 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)

## Transportation

### Ride-On Tri-City!

(510) 574-2053 <https://city.fremont.gov/rideontricity>