

June 2023



**In this issue:**

NEW! Belly Dancing & Line Dancing  
City of Newark Surveys  
Groovin' at the Grove Concert Series  
NEW! Single & Multi-Day Trips  
At Home Activities, Puzzles, and more!

**Open Monday - Friday**

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

**7401 Enterprise Dr.**

**510-578-4840**

**senior.center@newark.org**



**PJs and PANCAKES**

Space available!  
PJs not required.

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

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

Dusty Cruz began volunteering at the Clark W. Redeker Newark Senior Center on October 11, 2005. She greeted participants and gave facility tours as a front desk attendant for many years. During BINGO she would help pass out raffle tickets and game sheets. Although Dusty was no longer volunteering she always put a smile on everyone's face and gave the best hugs. She was a great volunteer and friend. She is dearly missed by all who knew her.

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

# CITY OF NEWARK



**IMAGINE**



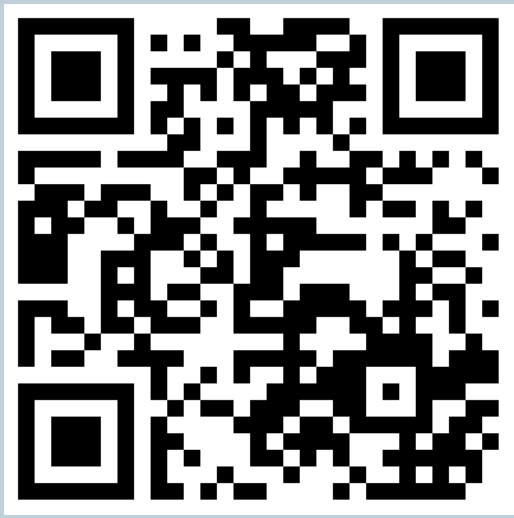
## FACILITIES MASTER PLAN



## 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>





# HELP US REIMAGINE NEWARK THROUGH PUBLIC ART!

## How can we best incorporate arts and culture into the landscape and identity of Newark, CA?

The City of Newark, CA is starting the Public Art Master Plan Update planning process. This citywide, multi-phase project will guide future expenditures and strengthen the City's overall public art program.

The City of Newark is working with consultants Gail M. Goldman Associates with Art Builds Community to capture feedback from community members who live, work, play, and visit Newark. The planning process and community engagement will include conventional research through one-on-one interviews, focus groups, a public meeting, and a survey, as well as a series of pop-up art-making events taking place throughout Newark from March to June 2023.

### **More Information:**

 [Info@ArtBuildsCommunity.com](mailto:Info@ArtBuildsCommunity.com)

### **How to Participate:**

- **Sign up for our newsletter:** Receive regular email updates about upcoming participation opportunities.



- **Public community meeting:** Attend the open meeting in-person or online.

- **Fill out our quick survey:** Scan the QR code below with your camera on your phone to access the survey.



English Survey



Spanish Survey

- **Attend a pop-up event:** Provide feedback by participating in an arts activity at one of the community pop-up events.

- March 24, 2023 - Family Fun Run
- April 1, 2023 - Family Day at the Park
- TBD - Newark Library
- June 16, 2023 - Music at the Grove
- More To Be Announced!

- **Share with your family and friends:** Help us create a plan that reflects our community and its interest in arts and culture.

[www.ArtBuildsCommunity.com/Projects/Newark](http://www.ArtBuildsCommunity.com/Projects/Newark)



# INTRODUCTION TO BELLY DANCING

MONDAYS 12:00-1:00PM  
beginning June 5

Must register to participate in the class.

**See You Soon...**

# FOR LINE DANCING!

MONDAYS 1:00-2:00PM,  
beginning July 3

Must register to participate in the class.



# 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 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

12:00pm.....

#### Introduction to Belly Dancing

1:00pm.....

#### Line Dancing \*starting 7/3

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)

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

*We ♥ Our Seniors*

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

### 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

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)

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

### 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)



# Groovin'

 **NEWARK**  
Recreation  
and Community Services

## at the **GROOVE**

### Free Summer Concerts

*Fridays, 5:00 - 7:30PM*

at Shirley Sisk Grove (Next to NewPark Mall)

*Gates open at 4:00PM* **Bring a blanket or folding chair!**

**Friday** 5:00pm - One More Time  
JUNE 16 6:00pm - **ZEBOP!**

**Friday** 5:00pm - Mike Torres Band  
JUNE 30 6:00pm - **The Servants**

**Friday** 5:00pm - Randy Lira's All-Stars  
JULY 14 6:00pm - **Evolution**

**Friday** 5:00pm - OMT Band  
JULY 28 6:00pm - **Tortilla Soup**

**NEWPARK**  
NEWPARKMALL.COM



# Aging in Place Resource Round Up

helping older adults in Alameda County age in place



## JUNE 6 Age Well Center at South Fremont

47111 Mission Falls Court  
Fremont, CA 94539

1:30 - 2:30 p.m.

## JUNE 12 Virtually

To sign up, call  
510-289-2080 or scan the  
code to join on Zoom!

6 p.m.



*In-person  
attendees  
can enter  
to win 2  
Amazon  
gift cards!*

Learn about FREE resources in Alameda County that help older adults continue to live independently in their homes like meal services, home improvements, and a shared housing program that provides services that match homeowners with extra rooms to reputable renters.

## PRESENTATIONS BY:





# Treasure Island Tour with Craig Smith



**\$136 Newark Residents**  
**\$142 Non-Residents**

**Tuesday, September 26th 8:15am - 5:30pm**



**Pick-up & Drop-off Location:**  
**Newark Community Center, 35501 Cedar Blvd. Newark**

**NO REFUNDS ALLOWED AFTER 9/12/23**

**8:15 a.m.** Depart Newark Community Center for Treasure Island

**10:00 a.m.** Meet Craig at Pan Am Clipper Building on Treasure Island  
Tour PAN AM TERMINAL & NAVAL HISTORY MURAL

**12:00 p.m.** Lunch at Max's Opera Plaza Café

**Choice of Entree:** Anchor Beer-Battered Fish & Chips, Grilled Salmon  
Salad, Roast Beet Salad, Grandma's Honey Roasted Chicken

**Dessert:** New York Cheesecake or Big Scoop of Ice Cream, Vanilla,  
Chocolate, Coffee or Raspberry Sorbet

**Menu selection must be made at time of sign up**

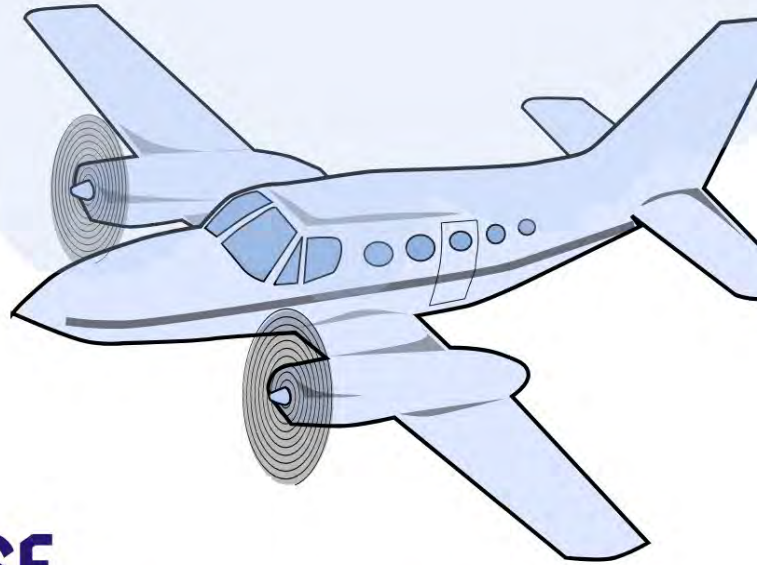
**1:30 p.m.** Depart for SFMOMA

**2:00 p.m.** Diego Rivera Mural Movable Fresco Mural

**3:00 p.m.** Depart for home/ Restrooms in Museum/ Visit Gift shop.

**5:30 p.m.** Approximate arrival home.





## FLEET WEEK CRUISE

**SATURDAY, OCTOBER 7TH**

**11:30 AM - 6:30 PM**

**\$227 / Newark Resident**

**\$238 / Non-Resident**

**11:30am** Depart Newark Community Center (35501 Cedar Blvd.) for San Leandro

**12:00pm** Depart San Leandro for San Francisco

**1:30pm** Arrive at Pier 3 where you will board the San Francisco Belle. Here you will enjoy a buffet lunch with free wine, orange juice, coffee and soda, followed by a two hour cruise with one of the best views on the bay for your fleet week viewing. You will also enjoy the Air Show & Blue Angels. The Blue Angels are without a doubt the main event of San Francisco Fleet Week, featuring awesome aerial stunts guaranteed to take a spectator's breath away. Aerobatic maneuvers include the Blue Angels' signature diamond formation and the six-jet Delta formation, along with dizzying solo performances by individual pilots high above San Francisco Bay.

**Warning:** Those with sensitive hearing are advised to wear ear plugs.

**4:30pm** Arrive back at Pier 3 to board your motorcoach for the return trip.

**5:45pm** Approximate arrival time in San Leandro

**6:30pm** Approximate arrival time at Newark Community Center.



# Emergency Preparedness Training

Thursday, June 29  
11:15 - 11:45am

**BEFORE BINGO!**

at the Newark Senior Center

30 minute preparedness training led by  
**Lars Eric with 2-1-1**



# collette



Tuesday, June 20th at 1:00pm

## Travel Tours

Presentation on upcoming trips:

Sunny Portugal: March 23 - April 1, 2024

America's Music Cities: April 21 - 28, 2024

Memorials of World War II: September 13 - 22, 2024



City of Newark Senior Center presents...

## America's Music Cities

April 21 – 28, 2024

If interested in the full packet,  
ask the front desk for a copy!



Book Now  
& Save  
**\$50**  
Per Person

through  
October 21, 2023

### ITINERARY AT A GLANCE:

Days 1-3 Sheraton New Orleans, New Orleans, LA

Days 4-5 The Guest House at Graceland, Memphis, TN

Days 6-7 Gaylord Opryland Resort, Nashville, TN

For more information contact  
Collette  
1-800-581-8942  
please refer to booking #1179006  
or visit  
[gateway.gocollette.com/link/1179006](https://gateway.gocollette.com/link/1179006)

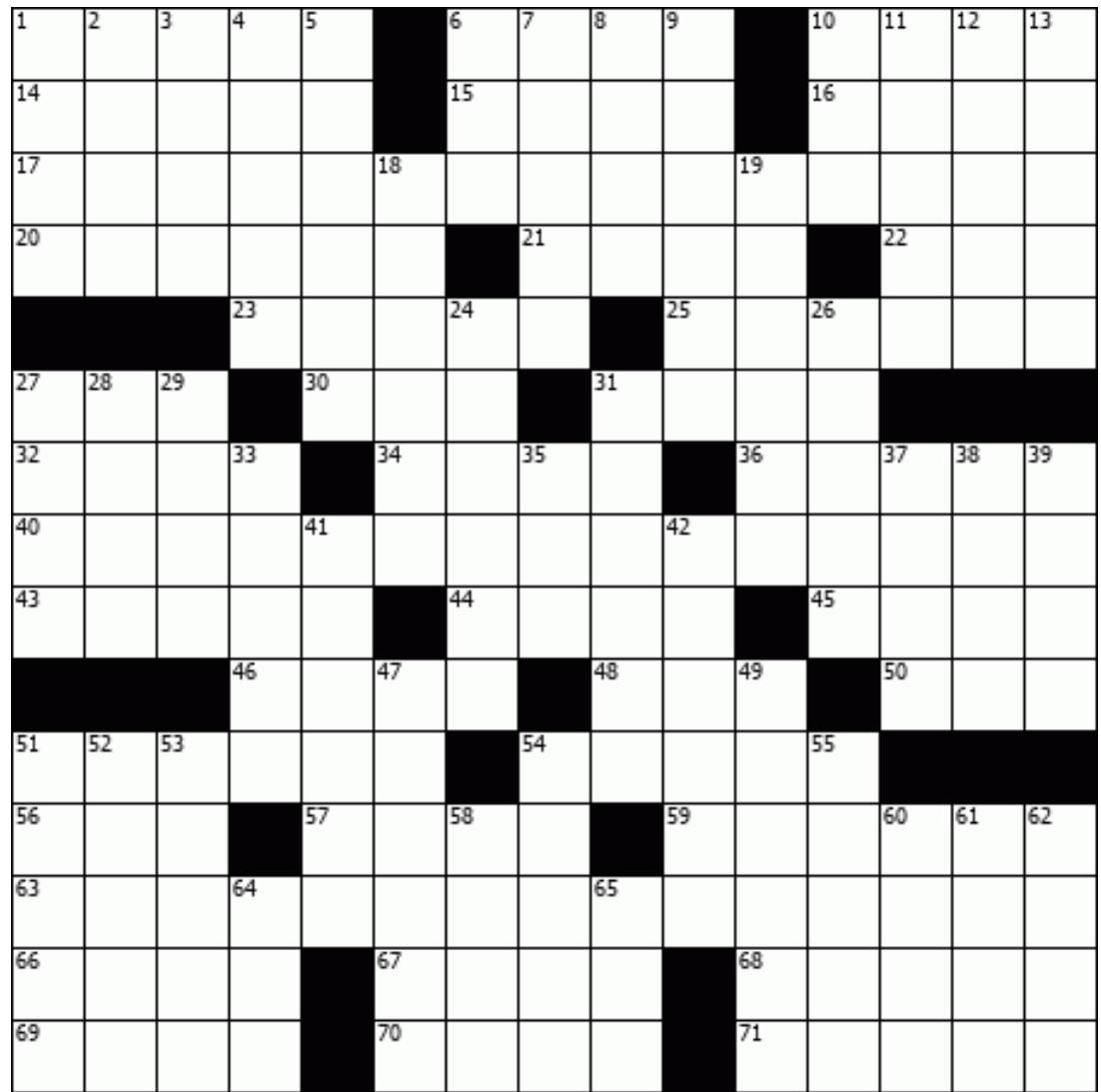


# Crossword Puzzle

Answers on page 15.

## Across

1. Ripsnorters
6. Popular game fish
10. Native peace-maker
14. "Carmen" or "Aida"
15. One Adam Twelve, e.g.
16. Delicate deer
17. Some class reunion attendees
20. Type of condor
21. \_\_\_ the Man
22. Hotness under the collar
23. Lippy
25. Perfume bottle
27. Unleaded alt.
30. Tom, Dick and Harry
31. Use a sense
32. PAC member
34. Pacific islands' staple
36. Fireside implements
40. Bo-Peep problem
43. Quinine water
44. Robin Cook book
45. The very best
46. Create a permanent impression
48. Width units
50. Novel
51. Worldly
54. Pass a bill
56. Pindar product
57. Travel document
59. Possible
63. Went bonkers
66. Dame Kiri's forte
67. Saskatchewan indian tribe
68. Congeals
69. Posted, as a letter
70. Put a stop to
71. Hole for an anchor rope



## Down

1. Lady of song who gets whatever she wants
2. Well-briefed about
3. Ignore Polonius' advice
4. Prods
5. Arabic word meaning peace
6. Tend tables
7. Uptight
8. Look for evidence
9. Fighter plane action
10. Start to date?
11. Architectural order
12. San \_\_\_ Sula, Honduras
13. Home of Krupp
18. Beginnings
19. Hot fishing spots, usually
24. Seize before it passes
26. Maui greeting
27. Iron oxide
28. Radar return
29. "Glengarry \_\_\_ Ross"
31. Armed adversaries
33. Unfamiliar
35. Greek P
37. Some make light of it
38. Unit of inheritance
39. Etna's action
41. 6 x 9-inch book size
42. Open shelter
47. Boxing maneuver
49. Pressing problem?
51. Coke and Pepsi
52. Be smitten with
53. Plastics ingredient
54. Flip-chart support
55. Drums of India
58. Doris Day song word
60. Bungle
61. "Why don't we?"
62. To be, to Brutus
64. Knot and loop
65. Famous opera house



## Exercise

20 MIN. GENTLE CARDIO  
<https://youtu.be/EegCoMRREwQ>

BALANCE EXERCISES  
<https://youtu.be/f2JCvTtYPo4>

BEGINNERS LINE DANCE  
<https://youtu.be/kclHPJluyw>



<https://youtu.be/2yRqZoJZ5Wl>

## The New 60



### Sudoku Puzzle #77

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

### Sudoku Puzzle #78

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

Solutions on page 15.

# Alice in Wonderland Word Search

Find and circle all of the Alice's Adventures in Wonderland words that are hidden in the grid. The remaining letters spell a quote by the Mock Turtle, from the book.

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

ALICE  
 BABY  
 BILL  
 BOTTLE  
 CATERPILLAR  
 CAUCUS RACE  
 CHESHIRE CAT  
 COOK  
 CROQUET  
 DINAH

DODO  
 DORMOUSE  
 DRINK ME  
 DUCHESS  
 EAGLET  
 EAT ME  
 FAN  
 FISH FOOTMAN  
 FLAMINGOS  
 FROGFOOTMAN

GLASS BOX  
 GOLDEN KEY  
 GRIN  
 GRYPHON  
 GUINEA PIGS  
 HEDGEHOGS  
 KING OF HEARTS  
 KNAVE  
 LEWIS CARROLL  
 LITTLE DOOR

LIZARD  
 LORY  
 MAD HATTER  
 MARCH HARE  
 MOCK TURTLE  
 MUSHROOM  
 PEPPER  
 PIG  
 PIGEON  
 POOL

PUPPY  
 QUEEN OF HEARTS  
 RABBIT HOLE  
 SMALL CAKE  
 TARTS  
 TEA PARTY  
 TEARS  
 THIMBLE  
 WATCH  
 WHITE RABBIT  
 WONDERLAND



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

### Sudoku Solution #77

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

### Sudoku Solution #78

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

# 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>