

Clark W. Redeker Newark Senior Center Update & Activities

September 2023

Last Month - Luau Luncheon Friday, August 18th



In this issue...

Meals/Special Events **There's still room!**
Republic Services Discount Program
Water Savings Assistance Program
Healthy Living Festival
NEW! Single & Multi-Day Trips
Lawyers in the Library
County Wide Survey on Senior Services
At Home Activities, Puzzles, **and more!**

Open Monday - Friday

9:00am - 3:00pm

7401 Enterprise Dr.

510-578-4840

senior.center@newark.org



The Clark W. Redeker
Newark Senior Center
will be **CLOSED**
Monday, September 4th
in observance of
Labor Day.



SOUP & SALAD
LUNCHEON

\$5

Wednesday,
September 6
12:00pm

FULL - Waitlist Only



Wednesday, October 4th

Oktober Fest

FULL - Waitlist Only



HALLOWEEN

Game Night

Tuesday,
October 31
3:30-5:00pm

Come in costume!

FREE



**FRIENDS
GIVING**

FRIDAY,
NOVEMBER 17
12:30PM

FULL - Waitlist Only



**COOKIES
+
COCOA**

TUESDAY,
DECEMBER 5
1:30PM

COOKIE EXCHANGE
& HOT COCOA BAR

FREE



Hawaiian Holiday

Tuesday,
December 12
10:00am - 12:00pm
Newark Community Center
35501 Cedar Blvd.
\$5/guest

Registration is free for performers,
however they must still register.

Space is limited! Pre-registration is required.
Register at the Newark Senior Center or online at
www.newarkca.activityreg.com

SENIOR CHAIR FITNESS **55+** with Mark Gothard

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.

Held on the first and third Thursday of every month
(some exclusions may apply, register online or at the Newark Senior Center)

10:30-11:30am

\$3 per class starting 9/21

Newark Senior Center Daily Activities

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

Monday

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

12:00pm.....
Introduction to Belly Dancing

1:00pm.....
Line Dancing

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

Daily.....
Billiards
Computers
Fitness Equipment
Lending Library
Pinocle (mornings)
Rummy (late mornings)

Complimentary coffee, tea and snacks are provided daily.

Tuesday

9:00am.....
Bridge

10:00am.....
Beginning Hula

11:00am.....
Intermediate Hula

12:00pm.....
Advanced Hula

1:00pm.....
Guitar Jam
2nd & 4th Tue. of month

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 Thu. of month at Newark Community Center

9:30am.....
Card Making Class
1st Thu. of month

10:30am.....
Chair Fitness Class
1st & 3rd Thu. of month See full sched. for exlusions \$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)





Senior Discount Program Application for Newark Residents

Republic Services and the City of Newark have established discounted collection rates for senior citizens who are serviced as single-family residents in the City of Newark. Please complete the application and return to Republic Services with the acceptable documentation if the criteria below are met. The discounted rates and criteria are as follows:

Trash Cart Size	Quarterly Regular Rates*	Quarterly Senior Discount Rates* (15%)
20gal cart	\$ 103.10	\$ 87.64
35gal cart	\$ 114.58	\$ 97.44
64gal cart	\$ 202.92	\$ 172.47
96gal cart	\$ 291.25	\$ 247.51

*Rates include trash, recycling and yard waste service *Rates based on year 2023

Criteria

1. Receiving single-family residential service in the City of Newark.
2. Provide proof of household and have a Republic Services account in his/her name at the application/service address.
3. Provide proof of age. (65 years or older)

Acceptable Documentation for Proof of Household and Age (only option 1 or 2 needed)

☐ Valid (current) California Driver's License or California ID or birth certificate

AND

Current utility bill or current tax bill for the residence listing the applicant's name (**Cannot be Republic bill**)

OR

☐ Approved for exemption from Newark's Utility Users Tax (UUT). No other documentation required.

Name _____ Date of Birth _____

Address _____ Phone _____

Newark, CA 94560

Email Address: _____

Return completed application and documentation to:

Republic Services
42600 Boyce Road
Fremont, CA 94538
510.657.3500

.....

For Office Use Only

Account Number _____ Document Accepted _____

Service Change Date _____ CSR: _____



WATER SAVINGS ASSISTANCE PARTNERSHIP PROGRAM

FREE Water & Energy Upgrades
for Qualified Customers

ABOUT THE PROGRAM

ACWD partners with Pacific Gas & Electric (PG&E) to offer a FREE program where local contractors will provide water and energy conservation assessments and install energy and water saving devices for income-qualified customers, AT NO COST!

WHO IS ELIGIBLE?

If you qualify for PG&E's Energy Savings Assistance program, you are eligible for this partnership program.

Documentation of participation in a qualifying public assistance program, such as Medi-Cal, or proof of income is required.

HOW DO I SIGN UP?

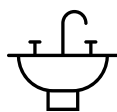
To participate, call Community Outreach Services (COS) or Bottom Line Utility Solutions (BLUS). They are the authorized program contractors and will help you sign up.

PROGRAM SERVICES

Services include indoor and outdoor leak assessments and if needed, installation of new fixtures, such as:



- HIGH-EFFICIENCY TOILETS



- BATHROOM FAUCETS



- KITCHEN FAUCETS



- OUTDOOR HOSE BIBS

- SPRINKLER HEADS



COS: 1-800-592-7197

BLUS: 800-597-2835

Oakland Zoo Trip Opportunity



20th ANNUAL Healthy Living Festival

"Promoting Health and Wellness for 55+ Adults"

In-Person Event: Oakland Zoo
9777 Golf Links Rd.

Thursday, September 28th
9:00 AM - 2:00 PM



**Don't wait, there is limited space
available for the bus!**

****Ticket will be included with \$7 bus fare. Bus will meet at the Newark Community Center, time TBD.***

If you do not want to take the bus...

Get your FREE
e-ticket here:



or

Visit Ivy at the
office and she
will help you get
your ticket

Presentation on Upcoming Trips to be held at the Newark
Senior Center - Tuesday, October 10th at 9:30am

collette

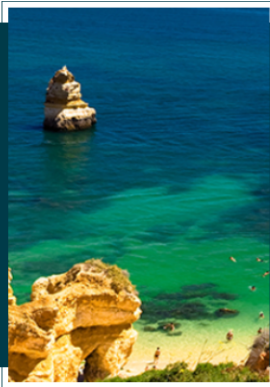
UPCOMING TRIPS



3/23/24

4/1/24

10 DAYS



SUNNY PORTUGAL

<https://gateway.gocollette.com/link/1179653>

HIGHLIGHTS

Portuguese Riviera, Lisbon, Belém, Obidos, Sintra, Cork Factory, Evora, Winery Visit, Alentejo, Monsaraz, Lagos, Algarve, Faro, Tavira, 4 UNESCO World Heritage Sites

4/21/24

4/28/24

8 DAYS



AMERICAN MUSIC CITIES

<https://gateway.gocollette.com/link/1179006>

HIGHLIGHTS

French Quarter, Choice on Tour, Swamp Tour, Mardi Gras World, Jazz Revue, Graceland, West Delta Heritage Center, Ryman Auditorium, Grand Ole Opry Show, Country Music Hall of Fame, Historic RCA Studio B, Hands-on Chocolate-making Lesson

9/13/24

9/22/24

10 DAYS



MEMORIALS OF WWII

<https://gateway.gocollette.com/link/1179661>

HIGHLIGHTS

London & Paris WWII City Tours, Portsmouth, The D-Day Story Museum, English Channel Crossing, Juno Beach, Caen Peace Memorial Museum, Arromanche-les-Bains, Longues-sur-Mer, Apple Cider Farm Visit, Normandy American Cemetery, Omaha Beach, Airborne Museum, Utah Beach, Seine River Dinner Cruise

LAST CHANCE TO REGISTER! Register online or at the
Newark Senior Center by **Tuesday, September 12th**

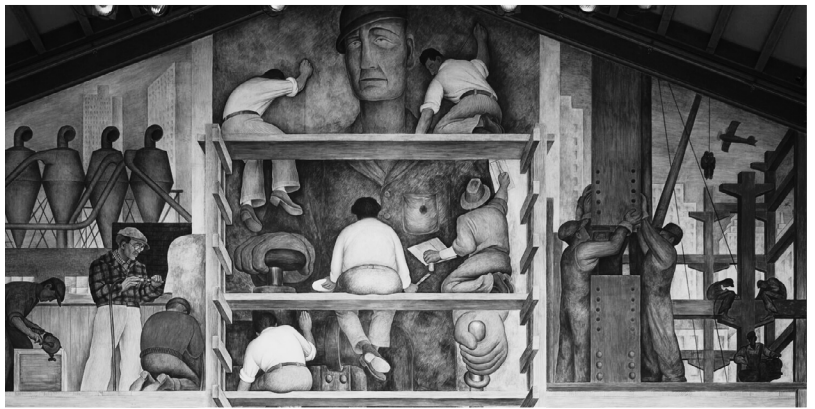


Treasure Island Tour with Craig Smith



\$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.



Berkeley, CA
Oakland, CA

\$ 160/Resident
\$168/Non-Residents

Friday, February 2nd | 8:45am - 5:00pm

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

8:45am - Depart Newark Community Center for Berkeley

10:00am - Arrive at TCHO Chocolate

12:00pm - Lunch at Quinn's Lighthouse

Choice of Entree: Currently waiting for confirmation on menu selection.

3:00pm - Depart for Oakland to visit the Camron-Stanford House, which was the first museum in Oakland.

4:00pm - Depart for Newark Community Center

5:00pm - Approximate arrival time

**Registration will begin Friday, September 8th at 9:00am
for both Newark Residents & Non-Residents**



Alameda County Library

"Lawyers in the Library"



LAWYERS IN THE LIBRARY

Have a question you'd like to discuss with a lawyer? The Lawyers in the Library program is a free information and referral program staffed by volunteer lawyers. In a one-on-one phone appointment, lawyers can answer questions on most legal topics. If legal help is required, people are referred to other agencies.

15 minute appointments over the phone. Due to limited availability, we can only make one appointment per month per person or family.

Schedule a phone appointment with a lawyer on the following website:

aclibrary.bibliocommons.com/events/64bc2be5976dda2f00a8702d



LAWYERS IN THE LIBRARY

Property Transfer Clinic

The Property Transfer Clinic is a free one-on-one phone consultation with an attorney regarding real property in Alameda County. **Clinics are held on the third Friday of each month.**

Registration opens one month in advance of each clinic.

If you do not see any available appointments, check back after the third Friday of the month.

View information online:

aclibrary.bibliocommons.com/events/64bc2be5976dda2f00a8702d

COUNTY WIDE AREA PLAN SURVEY

Every four years the County of Alameda Area Agency on Aging collects data from older county residents, which we use to determine current and future needs of seniors. If you are 55+, your participation is needed! Scan the QR code below, or log onto <https://t.ly/ROkq>



(510) 268-CWAP



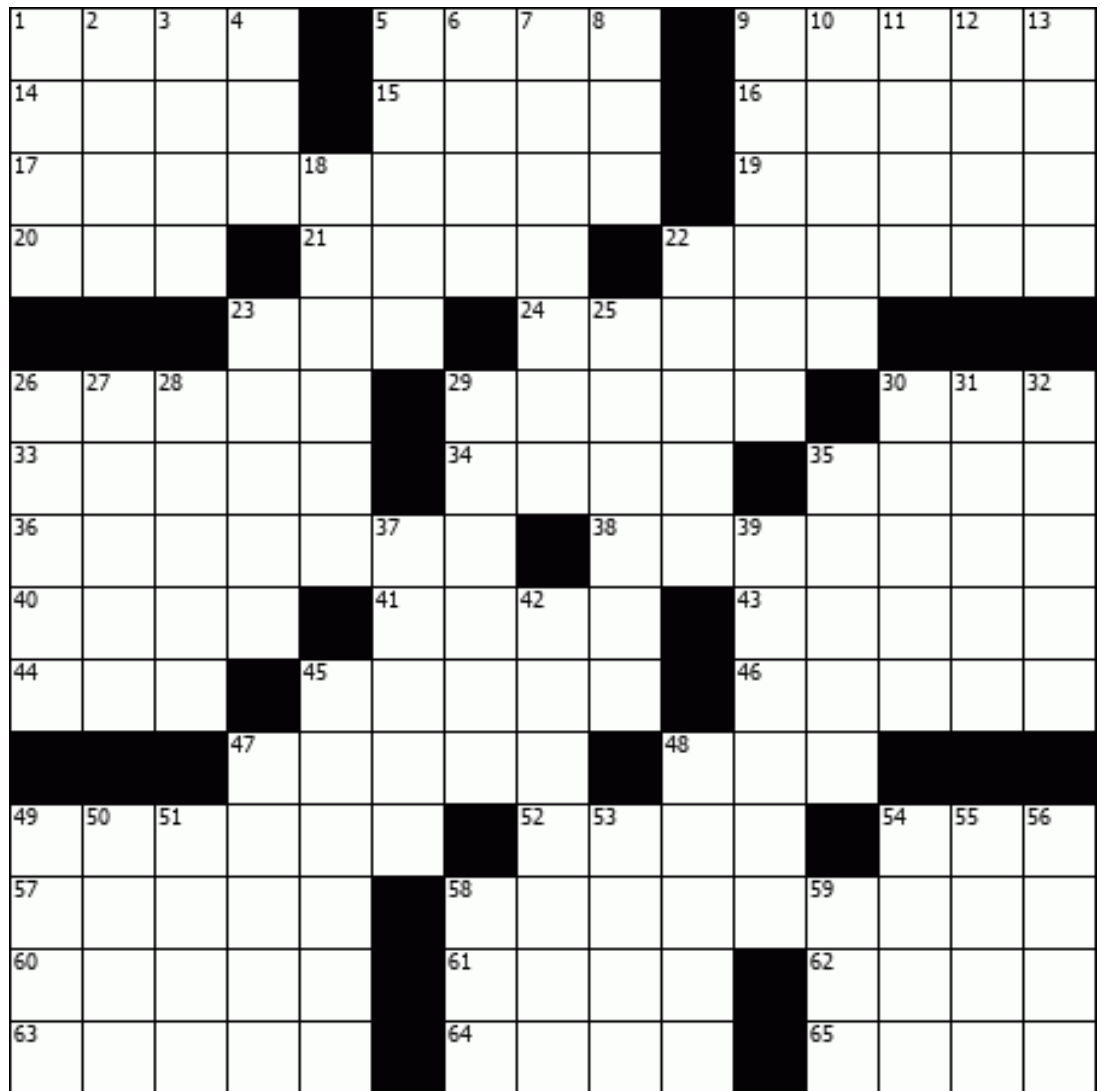
CWAP@acgov.org

Crossword Puzzle

Answers on page 15.

Across

1. Barbie, e.g.
5. Spanish house
9. Highway exits
14. Band instrument
15. Plenty (2 wds.)
16. Make jubilant
17. Submarine's viewer
19. Car style
20. Peeper
21. "Moonstruck" actress
22. Friendliest
23. Have being
24. Etching fluids
26. Start of a Dickens title (2 wds.)
29. Foolish
30. Law officer
33. Pie slice
34. Apple part
35. Information
36. Moderately slow, in music
38. Accompanies
40. Words of understanding (2 wds.)
41. Knocks
43. Eyes
44. Senator ____ Kennedy
45. Legendary stories
46. Love (Ital.)
47. Stopwatch
48. Age
49. Actress Meryl ____
52. Knights
54. ____ loss for words (2 wds.)
57. Roaring beasts
58. Removed clothing
60. Narrow channel
61. Distance measure
62. Give a job to
63. Greek letter
64. Mocked
65. Smoked meats



Down

1. Idiot
2. Mind
3. Folk wisdom
4. Luau necklace
5. Hidden supply
6. Healing plant
7. High voice
8. Supped
9. Inhabit
10. Guinness and Baldwin
11. Fabricated
12. School gps.
13. Dispatched
18. ____ door
22. Dressed to the ____
23. Pond growth
25. Pet
26. Be ready for
27. Edgy
28. Summed up
29. Cold era (2 wds.)
30. Monte ____
31. Water mammal
32. Outdated
35. Doctrine
37. Bum
39. Not fine
42. Root vegetable
45. Afternoon snooze
47. Belief
48. Was mistaken
49. Coasted
50. Fork prong
51. Bun
53. Out of work
54. Tibet's continent
55. Duration
56. Summer coolers
58. ____ Thurman of "Paycheck"
59. Quiet!



Meet the Man Making the Smallest Sculptures in the World

Exercise

10 Minute Morning Walking Workout

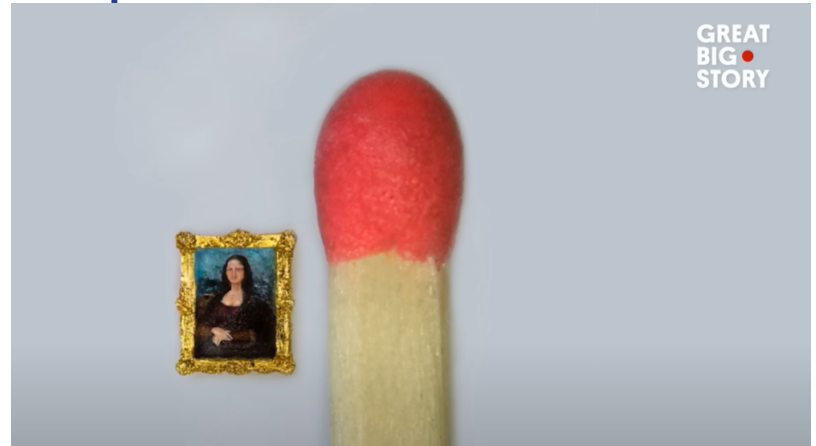
youtu.be/5085MxwXzYw?si=ktXwlrufi12A0caY

Zumba Gold Fitness

youtu.be/N2J0qIRzxFI?si=61GQ5QnB0zQXo5Zo

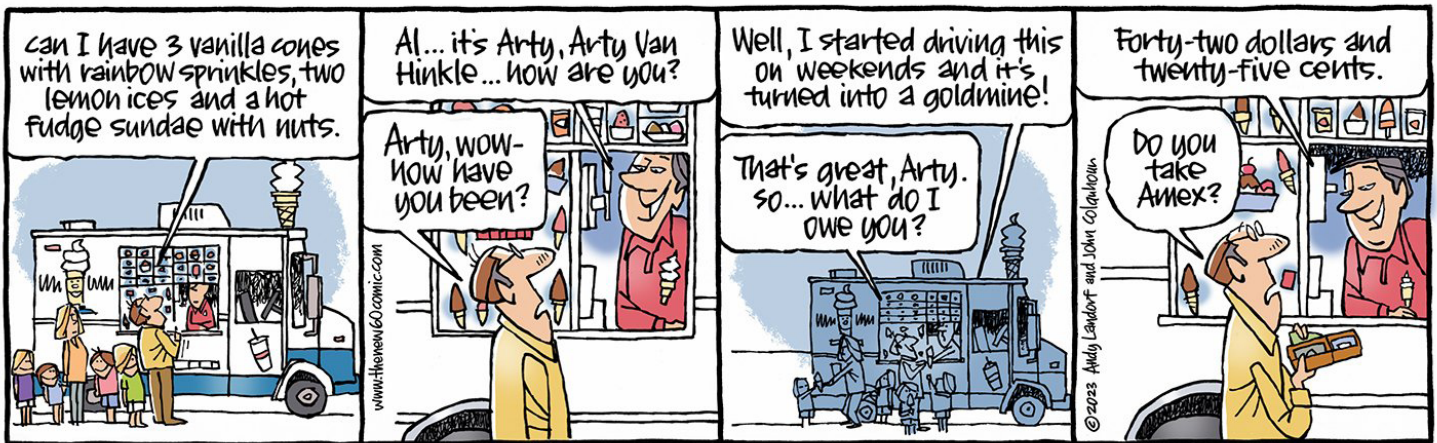
30min. Bollywood Walk/Dance Workout

youtube.com/watch?v=GKX-aDPTQ-U



<https://youtu.be/MK8m0jl2leY?si=4KzrqDY4ZV63raQN>

The New 60



Sudoku Puzzle #83

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

Sudoku Puzzle #84

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

Solutions on page 15.

Flowers Word Search

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

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

ALSTROEMERIA
AMARYLLIS
ANTHURIUM
ASTER
BABY'S BREATH
BELL FLOWER
BIRD OF PARADISE
BOUVARDIA
CALLA
CARNATION

CHRYSANTHEMUM
CLEMATIS
CORNFLOWER
DAFFODIL
DAISY
DELPHINIUM
FORGET-ME-NOT
FOXGLOVE
FREESIA
FUCHSIA

GERANIUM
GERBERA
GINGER
GLADIOLUS
GOLDEN ROD
HEATHER
HOLLYHOCKS
HYACINTH
HYDRANGEA
IRS

LAVENDER
LILAC
LILY
LISIANTHUS
MARIGOLD
ORCHID
PANSY
PEONY
PETUNIA
ROSE

SNAPDRAGON
STATICE
STOCK
SUNFLOWER
TULIP
VIOLET
YARROW

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

Sudoku Solution #83

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

Sudoku Solution #84

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

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

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

(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 w/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.habitatbsv.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

Transportation

Ride-On Tri-City!

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



KAISER
PERMANENTE®



Kaiser Permanente members are eligible to receive special rates for ClassPass!

Sign up NOW!

<https://healthy.kaiserpermanente.org/northern-california/health-wellness/fitness-deals>