

**November 2023**



**Last Month's Luncheon!**



*In this issue...*

- Annual Holiday Tree Lighting
- Cookies & Cocoa... **There's still room!**
- FREE** ASL Lessons Online
- Single & Multi-Day Trips
- Ride-On Tri-City
- ACWD Savings Assistance Program
- Republic Service Senior Discount Program
- 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**:

Friday

**10**

Veterans' Day

Thursday

**23**

Thanksgiving Day

Friday

**24**

Day After Thanksgiving

We will also be **CLOSED**:

Wednesday, December 6 for Staff Training  
 December 22 thru January 1 for Furlough

THE CITY OF NEWARK'S  
annual

# Tree Lighting

FRIDAY, DECEMBER 1ST, 2023  
5:30-7:30 PM

Newark Civic Center  
37101 Newark Blvd

**PERFORMANCES ★ HOT COCO & COOKIES**  
**CRAFTS ★ GAMES ★ PHOTO BOOTH ★ TOY DRIVE & RAFFLE**

Activities & crafts run 5:30-6:45 pm.  
Tree lighting starts at 7:00 pm.

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



# 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  
Pinochle (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 exclusions  
\$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 CHAIR FITNESS

with **Mark Gothard**  
ages 55+



1st & 3rd Thursday of every month  
(some exclusions apply)

10:30-11:30am

Clark W. Redeker Newark Senior Center  
7401 Enterprise Drive

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

*We ♥ Our Seniors*

Register online or in person  
at the Newark Senior Center!



Presentation on Upcoming Trips to be held at the Newark Senior Center - Thursday, Nov. 2nd at 12:15 pm (before BINGO)

# collette

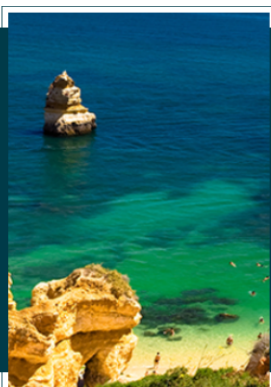
## UPCOMING TRIPS



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>

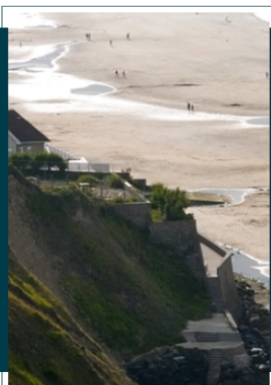
#### HIGHLIGHTS

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-Baines, Longues-sur-Mer, Apple Cider Farm Visit, Normandy American Cemetery, Omaha Beach, Airborne Museum, Utah Beach, Seine River Dinner Cruise



COOKIES  
+  
COCOA

TUESDAY,  
DECEMBER 5  
1:30PM

COOKIE EXCHANGE  
& HOT COCOA BAR

FREE

The poster features a light blue background with white milk drips at the top. On the left, there are three gingerbread cookies: two shaped like Christmas trees and one shaped like a person. On the right, there is a red mug of hot cocoa with white steam rising from it. The text is in a dark blue, hand-drawn font. A dark blue diagonal banner in the bottom right corner contains the word 'FREE' in white, outlined letters.

American Sign Language  
Lessons

<https://courses.osd.k12.ok.us/courses/FALLASLI2023>



**OKLAHOMA**  
SCHOOL FOR THE DEAF



FREE

The background is a solid green color. On the right side, there is a large white banner with the word 'FREE' in bold, black, outlined letters. The Oklahoma School for the Deaf logo, featuring a bison head inside a green 'O', is on the left. Below the logo is the school's name in green, bold, sans-serif font. A QR code is located in the bottom right corner of the green area. The URL is centered below the logo.



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:** Santa Barbara Cod, Fish & Chips, Ribeye Steak, or Chicken Alfredo Fettucine.

Soup or Salad, non-alcoholic drinks, and dessert is included.

**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 is open to Residents and Non-Residents.**

**Register online or in-person.**

**NO REFUNDS AFTER JANUARY 25, 2024**

# Learn how to use BUSES & BART!

**FREE Workshops for older adults & persons with disabilities!**



**Get \$10 cash value on  
your Clipper Card!**

Learn about public transit features that make riding easier for older adults 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.

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

## Upcoming Travel Training Workshops

**Newark Senior Center**

**7401 Enterprise Dr, Newark, CA 94560**

**Monday & Tuesday**

**November 13 & 14, 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)**



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





# 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

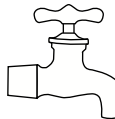
Services include indoor and outdoor leak assessments and if needed, installation of new fixtures, such as:



- HIGH-EFFICIENCY TOILETS



- BATHROOM FAUCETS



- KITCHEN FAUCETS



- OUTDOOR HOSE BIBS

- SPRINKLER HEADS



**COS: 1-800-592-7197**

**BLUS: 800-597-2835**





## 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**

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### For Office Use Only

Account Number \_\_\_\_\_ Document Accepted \_\_\_\_\_

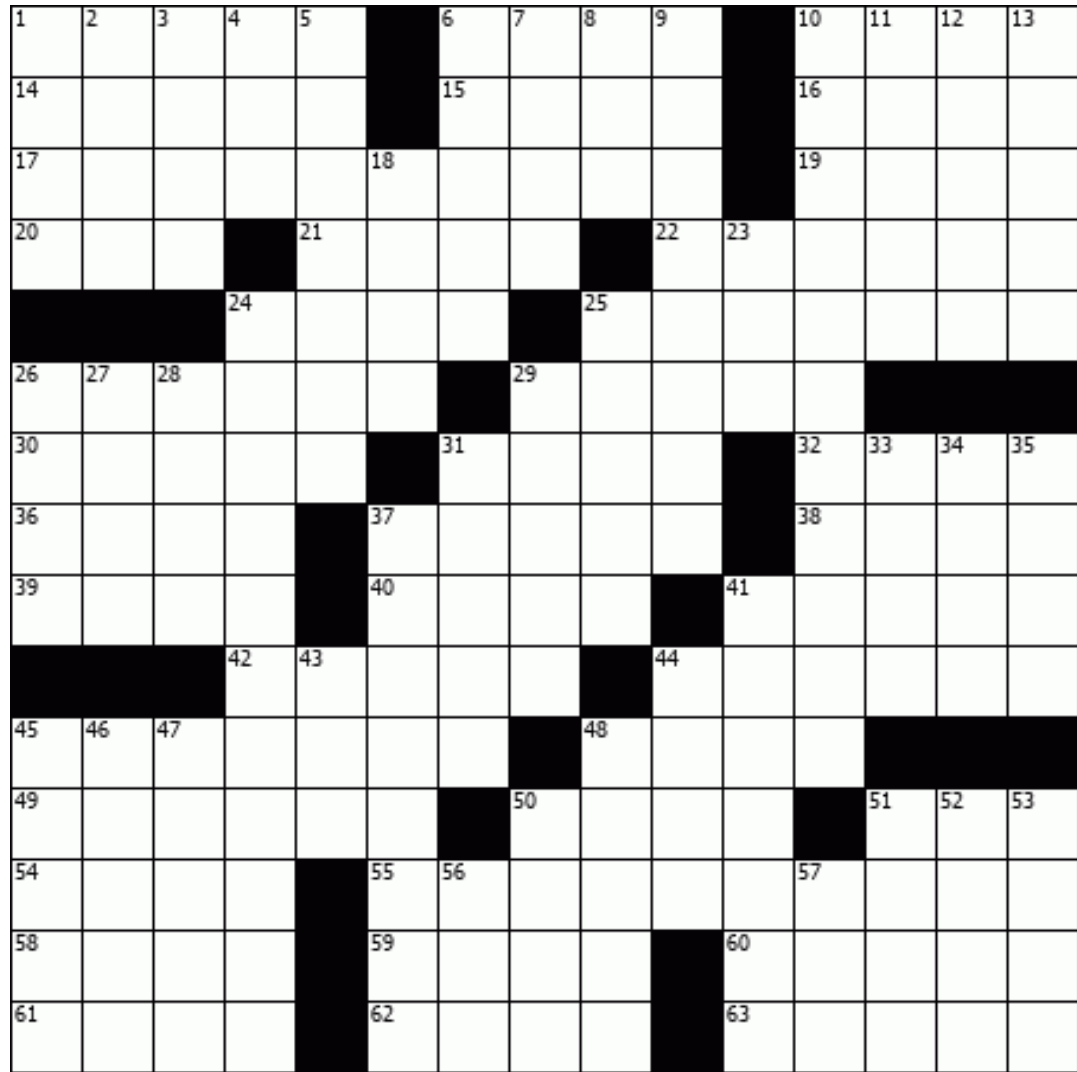
Service Change Date \_\_\_\_\_ CSR: \_\_\_\_\_

# Crossword Puzzle

Answers on page 13.

## Across

1. Rigatoni, e.g.
6. Emeril, for one
10. Peer at a page
14. Misbehave
15. Kind of lamp
16. Place for the tense
17. Lovers of all things 10?
19. Urgent
20. Tailor's task
21. Act the demagogue
22. Promoted boastfully
24. Spare, e.g.
25. Sportscaster's avoidances
26. Word that always brings a smile?
29. Oil source
30. Opera star Marilyn
31. "Rush Hour" star
32. Judge
36. Term paper abbr.
37. What questions do
38. Ring studded with diamonds
39. Place for a pig
40. Retail grouping
41. Rock of comedy
42. Low-lying areas
44. Handymen
45. Office fasteners
48. Going around in circles
49. Like the Mississippi
50. Max
51. One-time Howard Hughes airline
54. "\_\_\_ in Calico"
55. Selected sigh of relief?
58. San \_\_\_ (Riviera resort)
59. Em, to Dorothy
60. Delete
61. "Jurassic Park" menace, briefly
62. Their sole purpose is to have a ball
63. Flat fees?



## Down

1. Trodden track
2. Pang
3. It's on the watch
4. Monkey suit, briefly
5. Impart knowledge to
6. "Crazy" singer
7. Guard's shout
8. Garden party?
9. The far left on the highway
10. Less good looking?
11. TV's Mrs. Bunker
12. See eye to eye
13. Important closing documents
18. Fabled napper
23. Venezuelan export
24. Did a shepherd's garden chore?
25. Action film sequence
26. China problem
27. Skelton persona
28. Ponch portrayer
29. They may get splints
31. Blubbers
33. British nobleman
34. Nefarious
35. Army repast
37. Back street prowler
41. "Waterworld" star
43. Cockpit abbr.
44. Clinton opponent
45. Like a whip?
46. Woods with woods
47. "It's only \_\_\_!"
48. Contents of Santa's mail
50. Sharpen, as a razor
51. Compared to
52. Needle point?
53. Amazes
56. Light property
57. Cautionary beginning?

### Exercise

Standing Chair Yoga

<https://www.youtube.com/watch?v=c5ZMJrwais>

5 Exercises to Reduce Stress

<https://www.youtube.com/watch?v=87oUYhc24YU>

Cardio Interval Workout

<https://www.youtube.com/watch?v=nDjf62S0pjQ>



Problem Solved

<https://www.youtube.com/watch?v=H87ratIB-8>

### The New 60



### Sudoku Puzzle #87

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

### Sudoku Puzzle #88

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

Solutions on page 13.

## 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.

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

BLUEBERRY HILL  
 BO DIDDLEY  
 BYE BYE LOVE  
 CRAZY ARMS  
 DJANGO  
 DONNA  
 EVERYDAY  
 FEVER  
 HEARTBREAK HOTEL  
 HONKY TONK

HOUND DOG  
 JAILHOUSE ROCK  
 KANSAS CITY  
 LA BAMBA  
 LONELY TEARDROPS  
 LONG TALL SALLY  
 MACK THE KNIFE  
 MANNISH BOY  
 MAYBELLENE  
 MISTY

MONA LISA  
 MOVE IT  
 MYSTERY TRAIN  
 NIGHT TRAIN  
 ONLY YOU  
 PEGGY SUE  
 RAVE ON  
 RED HOT  
 RIP IT UP  
 RUMBLE

SEARCHIN'  
 SHOUT  
 SIXTEEN TONS  
 SPEEDO  
 SUZIE Q  
 TAKE FIVE  
 TEQUILA  
 TUTTI FRUTTI  
 YAKETY YAK  
 YOU SEND ME

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

Sudoku Solution #87

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

Sudoku Solution #88

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

# 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 w/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.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](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>



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>