

December 2023

Last Month's Luncheon!

FRIENDSGIVING



In this issue...

NEW Luncheons & Special Events
Single & Multi-Day Trips
Ride-On Tri-City
Tips on Dealing with Holiday Stress
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:**

WEDNESDAY, DECEMBER 6TH
DUE TO MANDATORY STAFF TRAINING

FRIDAY, DECEMBER 22ND

through

MONDAY, JANUARY 1ST
DUE TO CITY FURLOUGH

**THE CENTER WILL RE-OPEN ON
TUESDAY, JANUARY 2ND, 2024**



Registration for Newark Residents opens Mon. 12/4
Registration for Non-Residents opens Fri. 12/8



2024
RING IN THE NEW YEAR
with a free
GAME NIGHT
Wednesday, January 3rd
3:00-4:30pm



PASTA LUNCHEON
Tuesday, January 23rd
12:00pm
\$5/senior



VALENTINE'S DAY TEA
WEDNESDAY, FEBRUARY 14TH
12:00PM
FREE



ST. PATRICK'S DAY LUNCHEON
FRIDAY, MARCH 15TH
12:30PM
\$5/SENIOR



PICNIC LUNCHEON
FRIDAY, APRIL 19TH
12:30PM
\$5/SENIOR

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

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!





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**



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





49th Annual Afro-American Cultural & Historical
Society's



BLACK



HISTORY



**MONTH
EVENT**

Saturday, February 10, 2024

12:00 pm - 5:00 pm

Silliman Activity & Family Aquatic Center
6800 Mowry Ave. Newark, CA 94560



DEALING WITH HOLIDAY STRESS?

You are not alone

Holidays can be a very stressful time and it can often be hard to recognize and cope with everything going on.

Follow these tips to avoid the holiday blues:

- Get enough sleep
- Exercise regularly
- Set a budget and stick to it
- Set realistic expectations

If you need help or someone to talk to Bay Area Community Health is here for you.

Call to schedule an appointment with one of our Behavioral Health Providers:

(510) 770 - 8040 | (408) 729 - 9700

Bay Area Community Health is dedicated to providing accessible, compassionate healthcare to our diverse community, promoting wellness, and ensuring that everyone has the opportunity to thrive in good health.

To learn more about BACH, visit:





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?

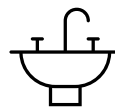
To participate, call Community Outreach Services (COS) or Bottom Line Utility Solutions (BLUS). They are the authorized program contractors and will help you sign up.

PROGRAM SERVICES

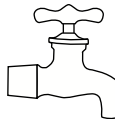
Services include indoor and outdoor leak assessments and if needed, installation of new fixtures, such as:



- 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

For Office Use Only

Account Number _____ Document Accepted _____

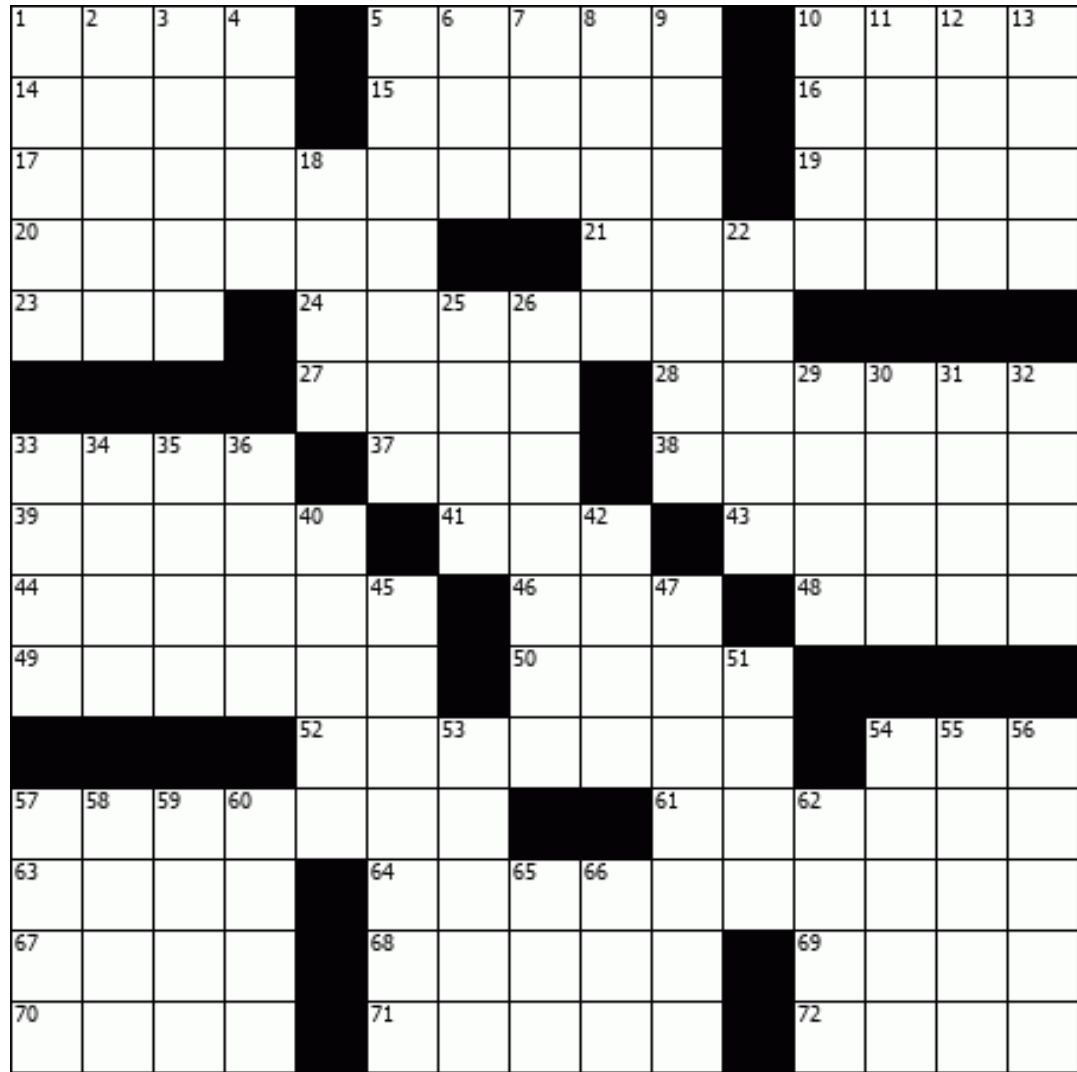
Service Change Date _____ CSR: _____

Crossword Puzzle

Answers on page 13.

Across

1. Excuse me!
5. Self-assurance
10. Eve's guy
14. Office reminder
15. Showed again
16. Speed contest
17. Unintelligible
19. Eye part
20. Picturesque
21. Trips to the post office, e.g.
23. Visit
24. Person on a pension
27. Genesis garden
28. Accumulate over time
33. Norwegian port
37. Nosh
38. Skill
39. San Antonio shrine
41. "___ Robinson"
43. Sudden fright
44. Least wild
46. ___ and downs
48. Butterfly's kin
49. Golf posture
50. Designer Christian ___
52. Ant's feeler
54. Cry noisily
57. Submerge
61. Author ___ Christie
63. Part of speech
64. Irrelevant
67. Chilly
68. Puccini work
69. Proves human
70. Fruit beverages
71. Musical tones
72. Between continents



Down

1. Off kilter
2. From this place
3. Roast host
4. Earth's satellite
5. Come before
6. Poet's above
7. Wrath
8. More sensible
9. Beseech
10. Opera song
11. Shucks!
12. Boric ___
13. Army chow
18. Give a job to
22. Summarize
25. Squad
26. Enter uninvited
29. ___ chowder
30. Nevada resort
31. Single thing
32. Engrave with acid
33. Cereal grains
34. Mattress support
35. Tibetan monk
36. Sign
40. Academy Award
42. Washer cycle
45. Nervous strain
47. Musical compositions
51. Frenzy
53. Musical speed
54. Mixes
55. Midwest airport
56. Lightweight wood
57. Machu Picchu dweller
58. Emotional state
59. Army mascot
60. Remnants
62. Location
65. Ran across
66. Exist

Exercise

Standing Abs Workout

<https://www.youtube.com/watch?v=tRMaCKWsOB8>

10 Minute Stretch & Recover

https://www.youtube.com/watch?v=QQbs_zMBEw8

10 Minute After Eating Walking Workout

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



<https://www.youtube.com/watch?v=FwTH8oc9ZtU>

The New 60



Sudoku Puzzle #89

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

Sudoku Puzzle #90

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

Solutions on page 13.

Christmas Word Search

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

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

ANGEL
BELLS
BETHLEHEM
CANDLES
CANDY CANE
CAROLS
DECORATIONS
EGGNOG
FAMILY
FRANKINCENSE

FRIENDS
FRUITCAKE
GABRIEL
GIFTS
GOLD
GREETING CARDS
HOLLY
ICICLES
JESUS
JOSEPH

LIGHTS
MANGER
MARY
MISTLETOE
MYRRH
ORNAMENTS
POINSETTIA
SANTA
SHEPHERDS
SKATES

SLEIGH
SNOWFLAKES
SNOWMAN
STABLE
STAR
STOCKING
THREE WISE MEN
TOBOGGAN
TOYS
TREE
WREATH

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

Sudoku Solution #89

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

Sudoku Solution #90

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

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

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>