

# Clark W. Redeker Newark Senior Center

Monday - Friday  
9:00am - 3:00pm

7401 Enterprise Dr.  
Newark, CA 94560

No membership  
or entry fee.

Most activities  
are free of charge!

Closed Holidays:  
12/21- 1/1, 1/15 & 2/19

Activities held at the  
Clark W. Redeker  
Newark Senior Center  
unless noted otherwise.

Activities are subject to change  
due to volunteer/instructor  
availability. You are welcome to  
call the front desk to confirm  
daily activities at 578-4840.

## Mondays

8:00-8:45am.....

### Body Balance

See page 24 for registration  
information. Held at Silliman  
Center.

9:00-10:45am.....

### Walk This Way

See page 24 for registration  
information. Held at Silliman  
Center.

10:00am.....

### Guitar Jam

Drop in and bring a guitar.

10:00am.....

### BUNCO

Drop in the 1st, 3rd & 5th  
Monday of each month.  
No experience required.

10:00-11:00am.....

### Blood Pressure Checks

Provided by Ohlone Nursing  
Students. Drop in the 1st and  
3rd Monday of each month.

11:00-11:45am.....

### Continuing Meditation

See page 24 for registration  
information.

12:00-1:00pm.....

### Beginning Meditation

See page 24 for registration  
information.

1:00pm.....

### Knitting, Crochet & Cross Stitch Group

Drop in and bring a project.

## Tuesdays

8:00-9:00am.....

### Walk The Talk

See page 24 for registration  
information. Held at the  
Newark Community Park

9:30am.....

### Bridge 1

Drop in and learn the basics.  
No experience required.

10:00am.....

### New! Cribbage

Drop in and play.  
No experience required.

10:00am.....

### Paper Crafting

Drop in the 2nd Tuesday of  
each month and bring your  
supplies.

10:00am-12:00pm.....

### Notary Signing

By appointment only the 2nd  
Tuesday of each month. See  
page 27 for details.

10:45am.....

### Bridge 2

Drop in and play.

1:00pm.....

### Group Sing-Along

Drop in and enjoy singing in a  
comfortable "group" setting.

## Wednesdays

**Panera Bread  
Donations Available**  
(while supplies last)

8:00-8:45am.....

### Body Balance

See page 24 for registration information. Held at Silliman Center.

9:15am.....

### Canasta

Drop in and play.  
No experience required.

9:15am.....

### Eight Ball Billiard Tournament

Drop in and play.  
No experience required.

9:15am-12:00pm.....

### Health Insurance Counseling

By appointment only the 1st Wednesday of each month.  
See page 27 for details.

9:15am-12:15pm.....

### Tax Assistance

Provided by AARP Tax-Aide program. By appointment only. See page 27 for details.

10:00am-12:00pm.....

### IPhone, Ipad & Kindle Help

Call 578-4840 Weds.  
morning to confirm.

1:00pm.....

### Ukulele Class

Drop in and bring a ukulele.  
No experience required.

## Thursdays

8:00-9:00am.....

### Walk The Talk

See page 24 for registration information.  
Held at the Newark Community Park

9:00am.....

### Mercy Brown Bag Food Distribution

2nd and 4th Thursday of each month. See page 27 for information. Held at Newark Gardens Senior Satellite Homes.

9:15am.....

### Senior Advisory Committee Mtg.

All seniors are welcome to drop in and attend the 1st Thursday of each month.

10:00-11:00am.....

### Clipper Card Workshop

Drop in the 1st Thursday of each month. See page 26 for details.

### Transportation Info.

By appointment only the 1st Thursday of each month. See page 26 for details.

12:30pm (new time).....

### BINGO

(Packs sold at 12:00pm)

## Fridays

8:00-8:45am.....

### Body Balance

See page 24 for registration information. Held at Silliman Center.

9:15am-1:45pm.....

### AARP Smart Driver Safety Renewal Class

1st Friday of each month.  
See page 24 for registration information.

9:15am.....

### Beginning Mahjong

No experience required.

10:00am.....

### Texas Holdem Poker

No experience required.

## Monday-Friday

Billiards  
Puzzles  
Computers  
Exercise Bikes  
Refreshments  
Book Lending  
Magazines  
Board Games  
Pinochle

### BINGO

\$7/ten-game pack. \*Payouts: \$25 for first 9 regular games, \$50 for final blackout.  
\*Payouts split if multiple winners. Includes refreshments and door prize drawing.  
First Thursday of each month...  
Birthday Bingo: \$10/ten-game pack with higher payouts.

**PRE-REGISTRATION REQUIRED FOR ALL ACTIVITIES LISTED ON THIS PAGE.**



## DREAM ACHIEVERS

### Holiday Lunch & Entertainment

Back AGAIN, The Dream Achievers Band music ensemble has come to delight us with their HOLIDAY music!

Group is made up of talented young musicians with Autism who have participated in Friends of Children with Special Needs music program. Lunch Menu: Holiday Salad: fresh spinach, pecans, cranberries, feta cheese and raspberry vinaigrette, Baked Potato Soup & dinner roll.

Age	Day	Date	Time	Fee
55+	Fri	12/15	11:45am	\$5

## BODY BALANCE

**Only \$4 per class!**

Cardiovascular efficiency, muscular strength and endurance, flexibility and stretching are needed to maintain full function. Class combines all of these components to provide overall fitness.

Location: Silliman Activity Center,  
Betty Gentry Dance Studio

Instructor: Luchie Grissom

No class: 1/15

Age	Days	Date	Time	Fee/R/NR
adult	M/W/F	1/8-2/16	8:00-8:45am	\$68/\$75
adult	M/W/F	2/21-3/30	8:00-8:45am	\$68/\$75

## Free! WALK THE TALK

Community walking program. Get fit with friends.  
Location: Newark Community Park  
(off Newark Blvd. by tennis courts)

Instructor: June Day

Age	Day	Date	Time
18+	T/Th	3/6-12/4	8:00-9:00am

## Free! WALK THIS WAY

Combines: fitness tools, group fitness, walking outside, games and making friends.  
Volunteer Instructors: Elaine Darby, Sadie & Robert Nelson

No class: 1/15 & 2/19

Location: Silliman Activity Center Gymnasium

Age	Day	Date	Time
55+	Mon	1/8-12/17	9:00-10:45am

## SMART DRIVER SAFETY PROGRAM: 4 Hour RENEWAL Class

Participants must have completed a SMART DRIVER SAFETY COURSE in last 3 years. Course material covers rules of the road, defensive driving tips and much more.

A check payable to "AARP" due the day of the class.

\*AARP members show your AARP card to receive the discount.

Instructor: Annette Paredes

Age	Day	Date	Time	Fee	*AARP Member Fee
50+	Fri	12/8	9:15am-1:45pm	\$20	\$15
50+	Fri	1/5	9:15am-1:45pm	\$20	\$15
50+	Fri	2/2	9:15am-1:45pm	\$20	\$15
50+	Fri	3/2	9:15am-1:45pm	\$20	\$15
50+	Fri	4/6	9:15am-1:45pm	\$20	\$15

## Free! TRAVEL TRAINING WORKSHOPS

Learn how to ride local buses and BART. Join this FREE workshop and get a FREE Clipper card with \$15 in cash value. Through classroom instruction and a field outing on bus and BART, participants learn how to plan trips, pay fares using Clipper Cards, transfer between bus and BART, and other useful tips for using transit safely.

Age	Days	Date	Time
55+	Tues & Wed	12/5-12/6	9:15am-1:00pm
55+	Mon & Tues	3/19-3/20	9:15am-1:00pm

## Free! Introduction to HEARTFULNESS MEDITATION

Heartfulness means living the lightness and joy of your true nature. Experience a practical way to uncover the heart's unlimited resources. Listening and following your inner self takes practice, and this practice is best known as meditation. Whenever we feel deeply moved or stirred by life, it is our heart helping remind us of our profound connection to existence. Heartfulness meditation connects you with this inner knowing.

Volunteer Instructors: Beena Shah, Chandana Pathapatti & Bijju Krishnamurthy

No Class: 1/15 & 2/19

Age	Day	Date	Time
55+	Mon	1/8-2/26	12:00-1:00pm
55+	Mon	3/5-4/9	12:00-1:00pm

## Free! Continuing HEARTFULNESS MEDITATION

For participants who have completed the introduction class.

No class: 1/15 & 2/19

Age	Day	Date	Time
55+	Mon	1/8-2/26	11:00-11:45am
55+	Mon	3/5-4/9	11:00-11:45am

# Senior Trips

All trips depart from the  
Newark Community Center  
35501 Cedar Blvd.

There are several ways to  
register for your favorite trips:

- In person at the Clark W. Redeker Newark Senior Center (Mon-Fri, 9:00am-3:00pm) or at the Silliman Activity and Family Aquatic Center (Mon-Fri 8:00am-5:00pm)
- On-line at [www.newark.org](http://www.newark.org)
- Fax registration form with Visa or MasterCard to (510) 578-4851
- Mail registration form and payment to the Clark W. Redeker Newark Senior Center 7401 Enterprise Drive, Newark, CA 94560
- Phone in registrations are not available.





In order for a trip to go, a minimum of 30 passengers are required approximately one month prior to the trip date, therefore, register early to avoid cancellation due to insufficient registrations.

In case you are unable to attend a trip you've registered for, contact the Clark W. Redeker Newark Senior Center prior to the trip for limited withdrawal options. You may not sell or give your seat away.

## A WORD ABOUT TRIP INFORMATION

Because trip information is prepared months in advance to being published, sometimes the published information is revised. If you are registered, and a change occurs, you will be notified. If you are unsure of your registered trip information; please contact us prior to the trip to confirm the details.

## WALKING SCALE

-  Minimum Walking... on/off bus
-  Some Walking... 3-4 blocks
-  Moderate Walking... up to 1/4 mile
-  1/4 mile +



## SANTA CLARA COUNTY CRIME LAB

Visit the Santa Clara County Crime Lab for a virtual tour and Q & A session with a Criminologist. Learn how forensic evidence is collected, examined, and interpreted from controlled substances, firearms, forensic Biology (DNA), forensic toxicology, latent print processing, questioned documents, and computer crimes. Afterwards enjoy lunch and brewery tour at Gordon Biersch Brewery in downtown San Jose. No refund after 12/20.

Age	Day	Date	Time	Fee R/NR
55+	Thur	1/25	8:30am-3:00pm	\$84/\$92



## ROLLING WITH THE BAKER SAN FRANCISCO

Visit Fisherman's Wharf and Boudin Bakery Museum. Learn the history of Boudin, while visiting the exhibits and timeliness that demonstrate the growth, development, and history of San Francisco over the past two centuries. The museum offers views of the legendary bakers applying their craft in the fully operational bakery. As a special treat, participate in the Roll with the Bakers program which allows for a hands-on opportunity to roll bread with one of the professional bakers. You'll create a sea turtle loaf to take home. Afterwards enjoy lunch at Bistro Boudin. No refund after 1/12.

Age	Day	Date	Time	Fee R/NR
55+	Tue	2/13	8:30am-3:15pm	\$126/\$132



## PACIFIC GROVE

You'll experience the Victorian past of this quaint "last home town" as we stroll along its splendid waterfront. Enjoy beautiful gardens, cottages, and Victorian homes as you learn why this former Methodist retreat is known as the butterfly capital of the world. Gael Gallagher, your knowledgeable and enthusiastic guide will offer an extraordinary experience both on the coach and with short walks. Enjoy a hosted lunch at Fandango's restaurant. No refund after 2/20.

Age	Day	Date	Time	Fee R/NR
55+	Tue	3/20	8:30am-4:30pm	\$116/\$122



## FILOLI GARDENS

Recognized as one of the finest remaining country estates of the early 20th century, Filoli welcomes the public to this remarkable 654-acre property, including the 36,000 square feet Georgian Country House and spectacular 16-acre English Renaissance Garden. The visit will include a docent-led tour of the house and gardens. Enjoy a hosted lunch at Trellis Café. No refund after 3/14.

Age	Day	Date	Time	Fee R/NR
55+	Wed	4/11	7:30am-4:45pm	\$110/\$116



These transportation programs are funded by the Alameda County Transportation Commission through Measure B/BB sales tax revenues. For more information on Measure B/BB, visit: [www.alamedactc.org](http://www.alamedactc.org)

## CITY PARATRANSIT SERVICES

The Fremont Paratransit Program provides low-cost, door-to-door, shared ride transportation services for eligible Newark residents through a partnership between the City of Newark and the City of Fremont's Human Services Department.

Who is Eligible? Newark residents unable to use public transportation (AC Transit buses or BART trains) independently due to a disability or disabling health condition OR Newark residents 70 years of age or older.

Service Area & Hours: Rides are available to and from destinations in Fremont, Newark and Union City, Monday-Friday, 8:00am-6:00pm. Limited rides are available Saturday & Sunday, 9:00am-3:00pm.

Fares: A pre-paid voucher (\$2.50) is used per one-way trip. Vouchers are sold for \$20 per book. Voucher can be purchased by mail or in person through the City of Fremont Human Services Department.

How to apply? For more information or to apply for services, call the Tri-City Transportation and Mobility Management Program at 574-2053.

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## EAST BAY PARATRANSIT SERVICE

East Bay Paratransit (EBP) provides door-to-door, shared ride transportation for people who are unable to use public transit (AC Transit buses or BART trains) due to a disability or disabling health condition. An in-person eligibility appointment is required for all new applicants and can be made on Fridays when EBP has a satellite office at Fremont City Hall. Free transportation is provided to and from the appointment. For more information or to request an application, call EBP at 1-800-555-8085.

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## TRI-CITY TAXI VOUCHER PROGRAM

The Tri-City Taxi Voucher Program provides subsidized taxi rides to help seniors and people with disabilities with same-day transportation needs in the local area. In order to use the Taxi Voucher Program a person must be:

1. A Newark resident who is 70 years of age or older OR
2. Unable to use public transit (local buses and BART) independently due to a disability.

Taxi vouchers cost \$4 each and subsidize up to \$16 of taxi meter fare. Only one voucher can be used per one-way trip. Program participants are responsible for paying any fare beyond the \$16 voucher subsidy and for tipping the driver. Voucher allotments are subject to change based on funding availability. Subsidized taxi service is available 24 hours a day, 7 days a week. The service is not wheelchair accessible at this time. To request a Tri-City Taxi Voucher Program Application or for more information, call the Tri-City Transportation and Mobility Management Program at 574-2053.

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## CLIPPER CARD WORKSHOPS

Learn about Clipper, the all-in-one transit card, the first Thursday of every month from 10:00-11:00am. This FREE workshop will teach you all the ins and outs of using Clipper; including how to load cash value and passes, how to check your card balance and pay fares on BART, AC Transit, MUNI and other transit systems in the Bay Area. Seniors 65 years of age and older can apply for a FREE senior Clipper Card at the end of the workshop (must bring proof of age with you). No registration required. For more information, call the Tri-City Transportation and Mobility Management Program at 574-2053.

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## GET YOUR TRANSPORTATION QUESTIONS ANSWERED

A Transportation Resources Specialist is available on the first Thursday of each month by appointment only to assist with your specific transportation needs. Staff can answer questions regarding the use of public transit buses or BART, transportation alternatives available if you no longer drive and cannot take public transit, renewing your driver's license, obtaining a DMV Disabled Parking placard or any other transportation needs. For more information or to schedule an appointment, call the Tri-City Transportation and Mobility Management Program at 574-2053.

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## VIP RIDES PROGRAM

The VIP Rides Program is operated by LIFE ElderCare and provides trained drivers/escorts for seniors and disabled individuals who need destination assistance when traveling to appointments, grocery shopping or errands. Escorts who provide destination assistance can accompany persons using wheelchairs on city paratransit services. For more information or to apply for services, call LIFE ElderCare at 574-2090.

# Senior Assistance....

## Case Management Assistance

for seniors in the Tri-City area ..... **574-2041**

## Information & Referrals to Human Services

for daily needs & in times of crisis ..... **211**

## Drivers for Survivors

(free companion assisted transportation for cancer patients) ..... **579-0535**

## Friendly Visitors

Life Eldercare Services (matches frail, isolated seniors with volunteers who provide companionship) ..... **894-0370**

## Get Up and Go Fall Prevention Program

Life Eldercare Services (provides frail, homebound seniors the skills to prevent injury from falling) ..... **894-0370**

## Health Insurance Counseling

(Kristi Caracappa, Washington Hospital) ..... **494-7005**

## HICAP

(Health Insurance Counseling and Advocacy Program), call to schedule an appt. at the Clark W. Redeker Newark Senior Center on the 1st Weds. of each month 9:15am-12:00pm ..... **839-0393**

## Home Repairs

for income-qualified Newark Homeowners (Alameda County Healthy Homes Program) ..... **567-8280**

## Meals on Wheels

Life Eldercare Services (delivers hot, nutritious meals to homebound seniors in the Tri-City area) ..... **574-2092**

## Mercy Brown Bag Program\*

Food distribution program for income qualified seniors ..... **see info.**

## Notary Services

call to schedule a free appt. with Simon Wong, Notary Public at the Clark W. Redeker Newark Senior Center on the 2nd Tuesday of each month 10:00am-12:00pm ..... **463-7186**

## Tax Assistance\*\*

Schedule a free appointment with AARP Tax-Aide Volunteers at the Clark W. Redeker Newark Senior Center ..... **see info.**

## \*MERCY BROWN BAG PROGRAM

### Food Distribution

### Program for Seniors 60+

Second and Fourth Thursday of each month, 9:00am  
At Newark Gardens Senior Satellite Homes, Multipurpose Room II  
35322 Cedar Blvd.

### NEW YEAR REGISTRATION

Thursday, Jan. 25 at 9:00am

Annual voluntary donation: \$10

Self-verify that you are: 60+, live in Alameda County, income falls within guidelines of:

- Single Person: \$1,507 monthly income or less
- Household of 2: \$2,030.50 monthly income or less
- Household of 3+: \$2,552 monthly income or less

Call 578-4845 for more information.

## \*\*Free AARP TAX ASSISTANCE

By appointment only.  
Wednesdays, 2/7-4/11  
9:15am-12:15pm

Call 578-4852 beginning

1/8 to schedule an appointment. (No drop-ins)  
AARP Tax-Aide program in cooperation with the IRS assists taxpayers with simple returns free of charge. No age, income or AARP membership is required to qualify. Bring to your appointment: copy of last year's federal and state tax returns and any tax documents you have received for 2017, such as pension, social security, interest and dividend statements. If you itemize deductions, please bring two years property tax bills. If you bought or sold stocks or bonds bring your broker's statement. If filing a joint return, both spouses must attend appointment.