In this issue:
Helpful Information
Food Resources
At Home... Activities, Crafts, Exercise and a few more laughs!

Drive-Thru BBQ
Free for Seniors 55+
Thursday, July 9
At the Silliman Activity Center, 6800 Mowry Ave.

Pre-registration required.
Registration begins June 22 at newarkca.activityreg.com or call 510-578-4845
Choose your pickup time when registering!
For safety precautions, please do not get in line earlier than your assigned time.

Drive-thru for pickup only.
Please wear a mask & do not exit your vehicle.

Where are we?
A) Clark W. Redeker Newark Senior Center
B) Newark City Hall
C) Silliman Activity & Family Aquatic Center
California’s reopening: See what’s open and what’s still shut down by county

By CHRONICLE DIGITAL TEAM
June 15, 2020


For Alameda County...

When do shelter-in-place orders expire?
Effective until further notice

Are face coverings required in public?
Yes

What is open:
- Essential businesses like health care, grocery stores, pharmacies, banks
- Restaurants for pickup or delivery
- Curbside retail
- Low-contact service businesses like appliance repair and pet grooming
- Essential travel
- Small outdoor gatherings of 12 or fewer individuals from different households but similar social bubbles
- Outdoor activities like walking and biking with proper social distancing
- Construction, real estate transactions and other outdoor businesses with physical distancing requirements
- Child care for all children
- Educational institutions to resume career internship and pathways programs
- Some manufacturing
- Some outdoor facilities such as skate parks, athletic fields and golf courses
- Most state parks are open to hiking
- Curbside library services.

What is not open:
- Schools, nonessential in-store retail
- Bars, wineries and dine-in eating
- Use of state parks except for hiking
- Motorized access to state parks, camps and open spaces
- Public or private gatherings of any number of people occurring outside a single household
- Outdoor recreational areas and playgrounds with high-touch equipment
- Sports that require shared equipment or physical contact
- Personal services such as nail salons, tattoo parlors, gyms and fitness studios
- Entertainment and concert venues
- Movie and performing arts theaters
- Indoor museums
- Community centers
- Nightclubs
- Live sports and festivals.

Scheduled to open June 19:
(With modifications and physical distancing)
- Outdoor dining, fitness classes and museums
- Indoor retail
- Religious services with limited participants
COVID-19 - Coronavirus
Find and circle all of the COVID-19 words that are hidden in the grid.
The remaining letters spell a secret message.

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

ACHES
ACUTE CARE
ASYMPTOMATIC
BATS
CAREGIVERS
CASES
COMMUNITY
CONTACT
CONTAGIOUS
CORONAVIRUS
COUGH
DOCTORS
ESSENTIALS
FEAR
FEVER
FRONTLINE
GLOVES
HEADACHE
HOSPITAL
ICU
ISOLATE
JOB LOSSES
LOCKDOWN
LONG TERM
CARE
LUNGS
MASKS
NURSES
NURSING ATTENDANTS
NURSING HOMES
OUTBREAK
PAINS
PANDEMIC
PARAMEDICS
PATIENTS
PNEUMONIA
POSITIVE
PPE
PRECAUTIONS
QUARANTINE
RECOVERY
RESTRICTIONS
RUNNY NOSE
SANITIZE
SHORTAGES
SIXFEET
SORE THROAT
SPREAD
STAY SAFE
SYMPTOMS
TESTING
TIREDNESS
TREND
UPDATES
VACCINE
VENTILATORS
WASH HANDS
7 Standing Exercises for Core Strength
By the Editors of SilverSneakers - June 16, 2020

Core strength is important for improving posture, avoiding injuries, and maintaining balance. These exercises will help you build strength—without getting on the floor.

Follow SilverSneakers Trainer Andi as she demonstrates a series of standing exercises designed to strengthen core muscles.

Video demonstration available at https://www.silversneakers.com/blog/7-standing-exercises-for-core-strength/

Exercise 1: Twist
Stand with your feet hip distance apart and knees slightly bent. Keep your feet planted as you twist your torso to the right side and then the left.

Exercise 2: Crunch
No getting on the floor for this crunch! Stand tall with feet planted firmly to the ground. Let your arms rest at the sides of your body, make gentle fists, then bend your elbows to align your fists with your shoulders, if comfortable. Then, engage your core muscles as you gently curl your torso forward then return to standing. This is a standing crunch.

Exercise 3: Core Rotation
Maintain the same form as used for your crunch for this core rotation move. With your feet hip distance apart and elbows still bent, lean forward from your core, then move your torso to one side and continue rotating until you reach the other side of your body, then straighten your spine to stand tall. Continue this rotation, alternating sides, for as many times as you like.

Exercise 4: Side Bend
Stand tall with your feet apart at a comfortable distance. Let your right arm rest at your side and bend your left elbow to create a gentle fist in front of your left shoulder. Next, bend laterally toward the side of your extended arm, then return to standing tall. Repeat this side bend move on both sides of your body.

Exercise 5: Wood Chop
Stand tall and clasp your hands together in front of you. Then, bring your clasped hands up and to the right, near or above your shoulder. Next, swing your hands down and across your body to toward your left hip. You should feel like you’re chopping wood. Keep your core engaged and try to keep your hips from moving too much as you swing. Repeat on both sides of your body as many times as you feel comfortable.

Exercise 6: Knee Rotation
Clasp your hands together in front of your body with elbows bent. Bring your hands to the right side, twisting your torso along with them. Then, twist to the left side. As you rotate, raise your left knee. This move is great for your core and helps to build lower body strength. Alternate this move on both sides of the body.

Exercise 7: Figure-8 Row
Extend your arms out in front of you, then bend both elbows and rest one hand atop the other in front of your chest. Keep your hands together as you move your right elbow toward your right hip, next bring your elbow up toward your right shoulder, and then across your body toward your left hip, then up and across again. Your elbows will draw an imaginary figure-8 that moves across your body.

You don’t have to get on the floor to strengthen your midsection. Add these standing moves to your weekly exercise plan, and try this seated core workout to build strength in a chair. If you want to keep living life the way you want and doing the things you love, don’t ignore your core.

VITA
Volunteer Income Tax Assistance

Why pay for TAX PREP?
Let our EXPERTS do it for you—for FREE!

If your annual household income is $56,000 or less, let our IRS-certified tax preparers file your tax return using our new VIRTUAL VITA service!!

In response to the safety and well-being of our employees, volunteers and customers, we have developed an alternative tax preparation process amidst the COVID-19 pandemic. Our solution is low-risk to the public, while still providing the same level of service for those who need to file their tax returns.

Forms, tax documents, IDs, and completed tax returns are transferred via secure email.

If you don’t have access to technology, no problem! Forms will be provided to you by pick up at FRC or via mail, you can schedule an appointment for staff to scan and upload your documents to a secure file, and you’ll pick up your tax return when it’s ready.

TO START THE PROCESS, CALL
(510) 666-6434

More information available at https://static1.squarespace.com/static/569ac0b6fd5d0584e149d7259/t/5ec432c47a5e5f3d7581cd48/1589916358057/Virtual+VITA+Flier+-+English.pdf
Guess the word or phrase!

Exercise

CHAIR ZUMBA FOR SENIORS
https://www.youtube.com/watch?v=mnP3uMXHMEI&t=266s

SILVER SNEAKERS SEATED DANCE
https://www.youtube.com/watch?v=fv43jb0sHeE

Answers

1. Seven Seas
2. Level Crossing
3. Forgive & Forget
4. Missing U
5. Downtown
6. Lucky Break
7. He's Beside Himself
8. See Through Blouse
9. First Aid
10. West Indies
11. 6 Feet Underground
12. Backward Glance
13. Tricycle
14. Reading Between
15. Crossroads
16. 3 Degrees Below Zero
17. Neon Lights
18. Just Between You & Me
19. One In a Million
20. Broken Promise
21. You Are Out of Touch
22. Jack in the Box
23. Just Around the Corner
24. Growing Economy
25. Up Before 8
26. Just After 40
27. Tricycle
28. Making Up Lost Time
29. Jack in the Box
30. I Understand, you Undertake to Undermine My Undertaking

Pg. 5
GLASS BOTTLE LIGHT

Supplies for plain bottle: glass bottle & string of lights
Supplies for decorated bottle: clear glass bottle, glue, tissue paper, scissors & string of lights

Plain Bottle:
1) Feed lights into bottle & plug in.

Decorated Bottle:
1) Cut out desired shapes of tissue paper.
2) Glue tissue paper onto bottle in desired pattern.
3) Feed lights into bottle & plug in.