RUB HANDS FOR HAND HYGIENE! WASH HANDS WHEN VISIBLY SOILED

Duration of the entire procedure: 20-30 seconds

1a
Apply a palmful of the product in a cupped hand, covering all surfaces;

1b
Rub hands palm to palm;

2

3
Right palm over left dorsum with interlaced fingers and vice versa;

4
Palm to palm with fingers interlaced;

5
Backs of fingers to opposing palms with fingers interlocked;

6
Rotational rubbing of left thumb clasped in right palm and vice versa;

7
Rotational rubbing, backwards and forwards with clasped fingers of right hand in left palm and vice versa;

8
Once dry, your hands are safe.

We had a great time seeing familiar faces at the drive-thru BBQ!

KAISER PERMANENTE®
ClassPass
Fitness industry leader ClassPass makes it easier for you to work out from anywhere. ClassPass partners with 30,000 gyms and studios around the world, offering a range of classes including yoga, dance, cardio, boxing, Pilates, boot camp, and more.

With this ClassPass offer, Kaiser Permanente members can get:

• Unlimited on-demand video workouts at no cost
• Reduced rates on livestream and in-person fitness classes

Click the link below to access this ClassPass offer:
https://healthy.kaiserpermanente.org/sign-on.html#/signon

Helpful Information
Informative Articles
At Home... Activities, Crafts, Exercise and a few laughs!
Are you considering in-person visits with family and friends? Here are some things to consider to help make your visit as safe as possible:

When to delay or cancel a visit

• Delay or cancel a visit if you or your visitors have symptoms of COVID-19 or have been exposed to someone with COVID-19 in the last 14 days.
• Anyone who has had close contact with a person with COVID-19 should stay home and monitor for symptoms.

In general, the more people you interact with, the more closely you interact with them, and the longer that interaction, the higher the risk of COVID-19 spread. So, think about:

• How many people will you interact with?
• Can you keep 6 feet of space between you and others?
• Will you be outdoors or indoors?
• What’s the length of time that you will be interacting with people?

Encourage social distancing during your visit

• Visit with your friends and family outdoors, when possible. If this is not feasible, make sure the room or space is well-ventilated (for example, open windows or doors) and large enough to accommodate social distancing.
• Arrange tables and chairs to allow for social distancing. People from the same household can be in groups together and don’t need to be 6 feet apart from each other.
• Consider activities where social distancing can be maintained, like sidewalk chalk art or yard games.
• Try to avoid close contact with your visitors. For example, don’t shake hands, elbow bump, or hug. Instead wave and verbally greet them.
• If possible, avoid others who are not wearing cloth face coverings or ask others around you to wear cloth face coverings.
• Consider keeping a list of people you visited or who visited you and when the visit occurred. This will help with contract tracing if someone becomes sick.

Wear cloth face coverings

• Cloth face coverings should be worn over the nose and mouth. Cloth face coverings are especially important when it is difficult to stay at least 6 feet apart from others or when people are indoors to help protect each other.
• Cloth face coverings may slow the spread of the virus and help people who may have the virus and do not know it from transmitting it to others.
• Wearing a cloth face covering helps protect others in case you’re infected, while others wear one to protect you should they be infected.
• Who should NOT use cloth face coverings: Children under age 2 or anyone who has trouble breathing, is unconscious, or is incapacitated or otherwise unable to remove the mask without assistance.

Wash hands often

• Everyone should wash their hands for at least 20 seconds at the beginning and end of the visit and whenever you think your hands may have become contaminated.
• If soap and water are not readily available, such as with outdoor visits or activities, use a hand sanitizer that contains at least 60% alcohol. Cover all surfaces of your hands and rub them together until they feel dry.
• Remind guests to wash or sanitize their hands before serving or eating food.
• Use single-use hand towels or paper towels for drying hands so visitors do not share towels. Have a no-touch trash can available for guests to use.

Limit contact with commonly touched surfaces or shared items

• Encourage your visitors to bring their own food and drinks.
• Clean and disinfect commonly touched surfaces and any shared items between use.
• If you choose to use any shared items that are reusable (e.g., seating covers, tablecloths, linen napkins), wash, clean, and sanitize them after the event.

STAY HOME. SAVE LIVES. CHECK IN.
RESOURCE CARD

FOR MORE RESOURCES, VISIT ENGAGECA.ORG AND AARP.ORG/CORONAVIRUS OR AARP.ORG/EICORONAVIRUS.
FOR INFORMATION FOR ALL OLDER ADULT SERVICES, CALL CALIFORNIA AGING & ADULT INFORMATION LINE 1-800-510-2020 OR GO TO WWW.AGING.CA.GOV.

DO YOU OR SOMEONE YOU KNOW NEED:

- GROCERIES OR MEALS, CALL 2-1-1 OR VISIT WWW.211CA.ORG TO CONNECT TO LOCAL FOOD ASSISTANCE AND MORE.
- MEDICINE OR MEDICAL ATTENTION, CALL YOUR HEALTH PLAN OR DOCTOR'S OFFICE FOR HELP.
  IN AN EMERGENCY CALL 911.
- COMMUNITY CONNECTIONS, REACH OUT TO 5 PEOPLE FOR REGULAR CHECK-IN CALLS, OR CALL FRIENDSHIP LINE CA AT 1-888-670-1360 FOR SOMEONE TO LISTEN 24/7.
- PROTECTION FROM ABUSE AND NEGLECT:
  • CALL 1-800-231-4024, IF YOU ARE LIVING IN A CARE FACILITY FOR THE LONG-TERM CARE OMBUDSMAN CRISIS LINE
  • CALL 1-833-601-0832, IF YOU ARE LIVING AT HOME TO TALK TO ADULT PROTECTIVE SERVICES.
- PROTECTION FROM FRAUD, CALL 1-877-908-3360, FOR AARP'S FRAUD WATCH NETWORK HELPLINE.
- SUPPORT WITH ALZHEIMER'S OR OTHER DEMENTIAS, CALL 1-800-272-3900 FOR THE ALZHEIMER'S ASSOCIATION'S 24/7 HELPLINE.
- GENERAL COVID-19 INFORMATION, CALL THE COVID INFORMATION LINE AT 1-833-544-2374 OR VISIT WWW.COVID19.CA.GOV.

CALIFORNIA ALL

Friendship Line
California
1 (888) 670-1360

*NEW PICKUP LOCATION ACROSS FROM SENIOR CENTER*

FREE COMMUNITY PROGRAM
DRIVE-THRU GRAB & GO GROCERY BAG
NEWARK SERVICE YARD (ACROSS FROM SENIOR CENTER)
37440 FILBERT STREET | NEWARK
PARK ALONG FILBERT STREET, DON'T BLOCK DRIVEWAYS, STAFF WILL GUIDE YOU

THURSDAY, JULY 16, 2020

PICKUP TIME: 10:30 AM OR UNTIL SUPPLIES RUN OUT

FOR OUR COMMUNITY MEMBERS IN NEED
RECEIVE (1) BAG PER FAMILY PER CAR
DRIVE THROUGH ONLY
PLEASE REMAIN IN YOUR VEHICLE & WEAR A FACE MASK

PROGRAM INFO:
1ST & 3RD THURSDAY OF EACH MONTH
FIRST COME, FIRST SERVE, OPEN TO EVERYONE

QUESTIONS:
NICK CUEVAS, RECREATION SUPERVISOR
OFFICE: 510-579-4432
NICHOLAS.CUEVAS@NEWARK.ORG
Summer

Find and circle all of the summer words that are hidden in the grid.
The remaining letters spell an additional summer item.

ANTS
AUGUST
BARBECUE
BASEBALL
BEACH
BEES
BICYCLE
BLUE SKY
BOATING
BREEZE
CAMPING
FISHING
FLOWERS
GARDENING
GOLF
GREEN GRASS
HAT
HIKING
HOLIDAYS
HOT
ICE CREAM
JULY
JUNE
MOSQUITOES
NO SCHOOL
PICNIC
ROLLER BLADES
SANDALS
SKATEBOARD
SOCCER
SOLSTICE
SPRINKLERS
SUNBURN
SUNGASSES
SUNSCREEN
SUNSHINE
SUNTAN
SWEAT
SWIMMING
U V RAYS
WASPS
WATER FIGHTS
WATERMELON

GNINE DRA GSUNSHI NEN
INSTRUCTIONS: Find as many words as you can by linking letters up, down, side-to-side and diagonally, writing words on a blank sheet of paper. You may only use each letter box once within a single word. Play with a friend and compare word finds, crossing out common words.

**BOGGLE**

<table>
<thead>
<tr>
<th>POINT SCALE</th>
<th>YOUR BOGGLE** RATING</th>
</tr>
</thead>
<tbody>
<tr>
<td>3 letters = 1 point</td>
<td>151+ = Champ</td>
</tr>
<tr>
<td>4 letters = 2 points</td>
<td>101-150 = Expert</td>
</tr>
<tr>
<td>5 letters = 3 points</td>
<td>61 -100 = Pro</td>
</tr>
<tr>
<td>6 letters = 4 points</td>
<td>31 - 60 = Gamer</td>
</tr>
<tr>
<td>7 letters = 6 points</td>
<td>21 - 30 = Rookie</td>
</tr>
<tr>
<td>8 letters = 10 points</td>
<td>11 - 20 = Amateur</td>
</tr>
<tr>
<td>9+ letters = 15 points</td>
<td>0 - 10 = Try again</td>
</tr>
</tbody>
</table>

**Boggle** BrainBusters Bonus

We put special brain-busting words into the puzzle grid. Can you find them?

Find SEVEN EUROPEAN CAPITALS in the grid of letters. Write your answers below.

_________________________
_________________________
_________________________

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**Exercise**

**YouTube**

30 MIN STANDING & SEATED EXERCISE

[https://www.youtube.com/watch?v=1zyWa3vkO6k](https://www.youtube.com/watch?v=1zyWa3vkO6k)

FULL BODY FLEXIBILITY FOR SENIORS

[https://www.youtube.com/watch?v=BQ7svzep14g](https://www.youtube.com/watch?v=BQ7svzep14g)

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**YouTube** Craft pg. 6

NO SEW PRODUCE T-SHIRT BAG

[https://www.youtube.com/watch?v=i8nKJkZ144Y](https://www.youtube.com/watch?v=i8nKJkZ144Y)
NO SEW PRODUCE T-SHIRT BAG
Supplies: old t-shirt, scissors & fabric glue (or needle and thread).

1) Cut “S” line from the top of the t-shirt.

2) Cut the bottom of the t-shirt with a rounded edge.

3) Open the t-shirt, turn inside out & glue (or sew) the bottom pieces together... then let dry!

4) Once dry, turn right side out & cut a handle slit.

5) Cut slits down the center approx. 1.5” apart.

6) Unfold & refold the t-shirt & cut slits so they line up in between the slits above.

7) Repeat step 6 for the 3rd row of slits.

8) Repeat step 6 for the 4th row of slits. Repeat steps 6-8 for the other side of the bag.

SEND US A PHOTO OF YOUR COMPLETED PROJECTS AT SENIOR.CENTER@NEWARK.ORG