

MARCH NEWSLETTER

North Mesa Senior Recreation Center

1112 North Mesa

575-885-6487



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NMSRC Hours

Monday	7:00 am–5:00 pm
Tuesday	7:00 am–9:00 pm
Wednesday	7:00 am–10:00 pm
Thursday	7:00 am–9:00 pm
Friday	7:00 am–10:00 pm
Saturday & Sunday	Closed

Senior Social



Please bring a dish to share so that everyone can enjoy the potluck!

NMSRC Community Garage Sale Saturday, March 25th 7:00 am—Noon

It's getting to be that time of year when we want to de-clutter our homes and get rid of items we no longer use. Reserve a table and sell those items for some \$\$\$\$. Proceeds from table rentals will go to the Friends of North Mesa Senior Recreation Center! This sale is open to the public and has been very successful in the past! See the front desk for more details and table prices.



March is American National Nutrition Month!

Happy St. Patrick's Day!



Everyone's Irish On March 17th.



AARP Defensive Driving Class

will be held on Friday, March 10th from 8:00 am—Noon. Please contact Barbara Brown at 575-200-9411 if you are interested in taking this class.

The fee is \$15 for AARP members and \$20 for non-members.

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AARP Board will meet on Monday, March 8<sup>th</sup> at 2:00 pm.

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AARP monthly meeting will be held on March 20th at 8:00 pm.

Pool Tournament

8-ball Pool Tournament
Tuesday, March 21st

Entry fee is \$5.

Deadline to sign up will be Friday, March 17th!

Sign up at the front desk!

What's Going On Around Town

Carlsbad Community Theatre Production:

Leading Ladies

Friday, March 3

7:30 pm

Saturday, March 4th

7:30 pm

Sunday, March 5th

2:00 pm

Carlsbad Community Theatre

A fabulously funny farce by Ken Ludwig

Rated PG

Located at 4801 National Parks Highway

Tickets: Adults \$15

Students \$7

For more information call 575-887-3157

Relay for Life Burrito and Bake Sale

Wednesday, March 8

**7:30 am until sold
out**

Come show your support for Relay for Life and get good food at the same time! Show your support for these wonderful people who work so hard to help others. Proceeds go to Relay for Life. If you'd like to help with the bake sale, contact Prissy Salcido at 575-885-2531.

2017 Riverblitz Saturday, March 11th

7:00 am—Noon

Riverwalk Recreation Center

This is an annual event to clean up the Pecos River both in the city and county areas. It's a great way to volunteer and acquire service hours! Lunch will be provided at Noon for all participants. For more information contact Mary Garwood, Beautification Coordinator at 575-234-7925.

United Way Victory Luncheon March 15th

11:30 am—1:00 pm

The public is invited to attend the annual Victory Luncheon. There is no cost, but you must RSVP by March 8th. E-mail 211@unitedwayofcarlsbad.org call

575-887-3504

Star Party March 17

7:30—9:00 pm

Living Desert State Park

Large telescopes will be set up to look at the planet Mars, star clusters and nebulae. A laser light tour of the spring constellations begins

at 8:30 pm. Admission is free!

For additional information contact Kathryn Law at 575-887-5516

NMSRC Community Garage Sale

Saturday, March 25

7:00 am—Noon

Tables are still available, so purchase yours now while you can! This is a great opportunity to shop as there will be lots of items for sale in one place and it's air-conditioned! Proceeds from table sales will go to the Friends of North Mesa Senior Recreation Center.

Carlsbad Community Chorale

Every Thursday

7:00 pm

**Room 101 at
NMSU Carlsbad**

The Carlsbad Community Chorale invites everyone to come and sing with them.

For additional information call 575-993-8140

~ TAX HELP ~

NM State Tax Rebate Filing February 8th

1:30 pm

San Jose Senior Center

San Jose Senior Center will be assisting people in filing their state taxes. For more information, call 575-885-1402.

Free Tax Preparation and e-filing

**Mondays &
Thursdays**

6:00—9:00 pm

Saturdays

9:00 am—3:00 pm

St. Peter Evangelical Lutheran Church

1302 W. Pierce

Tax Help New Mexico will be offering free tax return preparation and e-filing through April 17th. The site will be closed April 13 & 15 in observance of Holy Week. Please bring a Picture ID, Social Security cards for all individuals on the return, all income and expense documents as well as any health insurance documents. First come, first served basis.

March Birthdays

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|-----|---------------------------------------------------------------------------------------------------------|-----|----------------------------------------------------------------------------------------------------|-----|----------------------------------------------------------------------------------------------------------|
| 1) | Dominic Schiavoni
Tommy Crow | 13) | Carroll Morgan
Jean Appell
Mary Rivera
Melissa Metcalf | | Sherry Tidwell
Allen Shugart
Bob Moss
Clinton McMath
J.J. Foster
Lou Pirkle |
| 2) | Lonnie Granger
Susana Squires
Joan Peeper
Karen Fisher
Debbie Hill
Marguerite Carmichael | 14) | Barbara Root
Bill Hamilton
Dan Mares
Debbie Workman
Stephanie Roberts
Carol MacLean | 24) | Socorro Gandara
Kathy Guerra
Herman Hernandez
Sandy Patterson |
| 3) | Anna Lou Chandler
David Van Dyke
Roger Whiteaker
Ruth Vaughan
Sue Sagui
Christy Gill | 15) | Lupe Garcia | 25) | Claudine Nabors
Salvador Padilla |
| 4) | Dorothy Swafford
Donna Carter
Rosa Gonzalez | 16) | Rose Marona | 26) | April Mayfield |
| 5) | Barbara Hodgson
Vance Taylor
Delfin Mata "Sherriff"
Robyne Angelovic
Vicky Molina | 17) | Judy Pressett
(Radar)
Patrick Florez | 27) | Isabel Mora
Juanita Jojola |
| 6) | Rhonda Hatch | 18) | Robin Williams
Jean Young
Janet Hodgson
Jeff Smith
Kristina Blair
Mayrene Roberson | 28) | Lona Lent
Carmen Fannin
Robert Stade
T.L. London
Gary Tucker |
| 7) | | 19) | Clarita Miller
Becky Sells
Frankie McCauley
Jon Hoff | 29) | |
| 8) | Evelyn Cordova
Thomas Kirchner
Charlie Marrs
Mary Rodriguez
Tom Kirchner
Susan Nieto | 20) | Ramona Melvin
Raymundo Gandara
Lorene Vannest
Fred Stevens | 30) | |
| 9) | Frank Aranda
Ann Taylor
Melinna Giannini | 21) | Margarita Hinojos
Marie Johnson
Sally Garner
McDaniel, Linda | 31) | Donna Sullivan
Kate Sagebiel
Ann Halford
Louise Damon
Tommy Methola
Lillie (Peggy) Greene |
| 10) | Elizabeth Schroll
Joel Galindo
Margarita F. Villa | 22) | Marguerite Graef
Cuca Castillo
Nida Zila
Trinidad Barreda | | |
| 11) | Naomi Cathey | 23) | Raul Navarrete
Renetta Fierro
Mariamma Dara | | |
| 12) | Terry MacArthur
Jewell Dodrill
Suresh Desai | | | | |



Eating Right on a Budget

Getting the most nutrition for your food budget starts with a little extra planning before you shop. There are many ways to save money on the foods that you eat. Here are some budget-friendly tips for eating right.

Plan what you're going to eat

Before you head for the grocery store, plan your meals and snacks for the week. Review recipes for what ingredients are needed. Check to see what foods you already have and make a list of what you need to buy. When you shop with a list, you will be less likely to buy extra items that are not on it.

Decide how much to make

Making a large batch by doubling a recipe will save time in the kitchen later on. Extra portions can be used for lunches or meals later in the week, or freeze leftovers in individual containers for future use. Plus, foods purchased in bulk are almost always cheaper.

Determine where to shop

Check the local newspaper, online and at the store for sales and coupons, especially when it comes to more expensive ingredients, such as meat and seafood. While at the store, compare prices of different brands and different sizes of the same brand to see which has a lower unit price. The unit price is usually located on the shelf directly below the product.

Shop for foods that are in season

Fresh fruits and vegetables that are in season are usually easier to get and may be a lot less

expensive. Your local farmer's market is also a great source of seasonal produce. Just remember that some fresh fruits and vegetables don't last long. Buy small amounts at a time to avoid having to throw away spoiled produce. Eat Right Food, Nutrition and Health Tips from the Academy of Nutrition and Dietetics

Try canned or frozen produce

At certain times of the year, frozen and canned fruits and vegetables may be less expensive than fresh. For canned items, choose fruit canned in 100% fruit juice and vegetables with "low sodium" or "no salt added" on the label. Focus on nutritious, low-cost foods. Certain foods tend to be less expensive, so you can make the most of your food dollars by finding recipes that use the following ingredients: beans, peas, and lentils; sweet or white potatoes; eggs; peanut butter; canned salmon, tuna or crabmeat; grains such as oats, brown rice, barley or quinoa; and frozen or canned fruits and vegetables.

Watch portion sizes

Eating too much of even lower cost foods and beverages can add up to extra dollars and calories. Use smaller plates, bowls and glasses to help keep portions under control. Fill half your plate with fruits and vegetables and the other half with whole grains and lean meat, poultry, seafood or beans. This is an easy way to eat a balanced meal while controlling portions and cost. To complete

the meal, add a glass of fat-free or low-fat milk or a serving of fat-free yogurt for dessert.

Make your own healthy snacks

Convenience costs money, so many snacks, even healthy ones, usually cost more when sold individually. Make your own snacks by purchasing large tubs of low-fat yogurt or cottage cheese and dividing them into one-cup containers. For trail mix, combine nuts, dried fruit and whole grain pretzels or cereal; store small portions in airtight containers. Air-popped popcorn and whole fresh fruits in season also tend to cost less compared to prepackaged items.

Cook more, eat out less

Many foods prepared at home are cheaper and more nutritious. Also, convenience foods like frozen dinners, pre-cut vegetables and instant rice or oatmeal will cost you more than if you make them from scratch. Go back to basics and find a few simple and healthy recipes that your family enjoys. ©2014 Academy of Nutrition and Dietetics.

For a referral to a registered dietitian nutritionist and for additional information visit www.eatright.org.



Carlsbad Public Library

Have you been to the library recently? It's much more than just a place to check out books!

Our library features the following:

Downloadable:

- e-books
- Audiobooks
- e-magazines
- music

Adult Learning Center:

- Build your math skills
- Become a better reader
- Improve writing skills and grammar
- Become a US citizen

Career Center:

- Learn more about a career
- Prepare for an entrance or occupation exam
- Join the military or become an officer

Computer Skills Center:

- Get started with your computer
- Get started with the internet
- Popular software tools
- Learn computer graphics and illustrations
- Understanding your operating system

High School Equivalency Center

- Build your basic skills
- Prepare for the GED test

College Center:

- Review math, reading, grammar, writing, and science skills
- Prepare for college placement exams
- Prepare for graduate student admissions exams

All you need is a library card to access these online resources!

Library Hours:

Monday-Thursday	9:00 am—8:00 pm
Friday-Saturday	9:00 am—6:00 pm
Sunday	Closed



City Transit

887-2121

Municipal Transit Hours:

Demand Response (public dial-a-ride door to door service)*:

\$2 per person, per trip, with one day advanced reservation

6:00 am—6:00 pm

Monday—Friday

* Same Day Service (if available)

\$5 per person, per trip

Fixed Route:

50¢ per person, per trip

7:00 am—5:00 pm

Monday—Friday

Complementary ADA Paratransit Service*:

\$1 per person, per trip

6:00 am—6:00 pm

Monday—Friday

* Requires documentation to determine eligibility & one day prior advance reservation

Office Hours:

Monday-Friday

8:00 am-5:00 pm

Closed Saturday & Sunday

Getting To Know You...

Senior Social Committee

The Senior Social Committee hosts our Senior Socials which are held twice a month, on the second and fourth Friday at Noon. If you've ever participated in a Senior Social, then you have likely met Cheryl Todd, Sandy Bogan, Ginny McLemore, Rose Ann Gibson, Nell Dillard or Cheryl Jordan, who graciously plan, prepare dishes and host a luncheon for the enjoyment of many of our members.

Q: *How long have you been on the Social Committee?*

A: Since January, 2012, that's 5 years!

Q: *What is your favorite part about being on this committee?*

A: Interacting with the people who attend the potlucks.

Q: *What is your least favorite part?*

A: Deciding on what main course to provide.

Q: *What would you like our members to know about this committee?*

A: We always appreciate the offers of help, even if we aren't sure what needs to be done at that particular moment!

Q: *How can members help with Senior Socials?*

A: By bringing their contributions of food a few minutes prior to noon so we have time to set it out without having to rush.

Q: *Do you currently need help on your committee?*

A: It would be nice for someone else to prepare the main meat for the luncheon so we don't always have to cook it. We have funds from donations so I would be happy to purchase the meat or even reimburse someone if we are given a receipt from the store. We just need to know prior to the purchase that they intend on buying meat and preparing it, to avoid having too much meat at one meal.

Q: *Anything else you'd like to share with our members?*

A: Every member of the center is welcome to attend the potlucks. We really appreciate the donations that people give to us and we use that money to purchase meat as well as supplies (paper products, cups, etc.).

If anyone would like to take over as head of the Social Committee, and/or as Treasurer, we would be happy to oblige as it's probably time we step aside and let someone else take over this position.

If you are interested, contact Cheryl Todd at 575-887-6812.

This is a great way to volunteer your time and get to know many of our members!



Thank You

What's Happening at NMSRC and other City facilities

Fitness Equipment Instruction

NMSRC Manager, Dina Navarrette will be giving one on one instructions on using our fitness equipment for any member who is interested.

Mondays—10:00 am

Wednesdays—6:00 pm

You must RSVP at the front desk if you are interested.



Tutoring Available!

Thanks to some of our members who are willing to volunteer their time, we now have tutoring here at NMSRC! Whether it's English as a second language, GED, or even Math, they've got you covered! Tutoring is every Tuesday, Wednesday and Friday from 6:00 pm in the NMSRC Library.



NMSRC Garage Sale

March 25th from 7:00 am—Noon we will be having our community garage sale.

How it works:
Rent a table at the front desk. Bring your items on Friday, March 24th and set up your table(s). Saturday morning all who rented a table will come around 6:45 am to do final preparations. The doors open at 7:00 am to the public and you get to sell your items in an air-conditioned and safe environment along with other members.

Proceeds from table rentals go to the Friends of NMSRC.



Pool Tournament

We will be hosting an 8-Ball Pool Tournament on Tuesday, March 21st at 5:00 pm for those who are interested.

Entry fee is \$5.00 per person.

Only participants will be allowed in the pool room during the tournament.

Deadline to sign up will be Friday, March 17th!



Relay For Life Burrito and Bake Sale

There will be a burrito and bake sale here at NMSRC on Wednesday, March 8th beginning at 7:30 am. Proceeds will go to Relay for Life. Come show your support and enjoy the great food these ladies make! If you would like to help, they can always use it! Please contact Prissy Salcido at 575-885-2531.



The Friends of North Mesa Senior Recreation Center

accepts donations to help with items for our center that are not in our budget. Memorials or honorarium gifts to the Friends of North Mesa Senior Recreation Center pay a lasting tribute to those who are important to us. Donations are tax deductible and are utilized to improve the center for our members! Donations can be made at the Carlsbad Foundation:

114 S. Canyon Street
Carlsbad, NM
575-887-1131

Make Checks payable to:

The Friends of North Mesa Senior Recreation Center Fund

History of the four leaf clover

The four leaf clover is one of the most common good luck symbols of the Western world. The four leaves represent hope, faith, love and luck. Some say the four leaves represent fame, wealth, love and health. All agree that the four leaf clover is one of the most auspicious good luck symbols around. Chances of discovering a four leaf clover are 1:10,000, so if you find one you are lucky indeed!



GROUP PROCEDURES:

- ◆ If you want to start a new group, you must fill out a Usage Policy stating what day and time your group would like to meet. The center Manager, Dina Navarrette, must approve it prior to any groups meeting. Any changes must have the manager's approval.
- ◆ The recommended donation for coffee is \$1 per pot and also \$1 per pitcher for tea
- ◆ If for any reason your group has to cancel or reschedule from their normal time/day you must notify the center in advance
- ◆ It is the group's responsibility to inform their members of any changes or cancellations.

Remembering those we have lost

Javier Rivera—February 6, 2017

Donald Greetan—February 15, 2017

Trisha Carlson—February 15, 2017

Don Zollner—February 18, 2017

Reta Mitcham—February 23, 2017



NMSRC Staff

NMSRC Advisory Board

Sally Garner, Chairperson

Beth Frederick

Jean Loafman, Vice-Chairperson

Ysidro Molinar (Moe)

Jigger Skillern

Sonny Adcock

Helen DeAnda

Advisory Board Meetings are held on the 2nd Wednesday of every month at 3 pm

Manager—Dina Navarrette

Assistant Manager—Tina Swindell

Attendants—Angie Mendoza & Kelly Hughes

Facility Maintenance—Ricky Echavarria