

2024

JANUARY NEWSLETTER

North Mesa Senior Recreation Center

1112 N. Mesa St. • 575-885-6487



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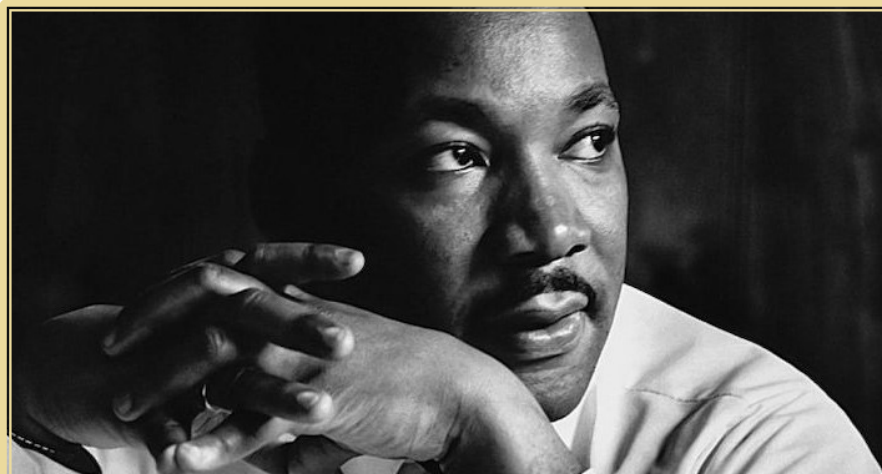
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MEMBERSHIP DUES

IT IS THAT TIME OF YEAR AGAIN TO
MAKE SURE YOU GET TO JOIN IN ON
ALL THE FUN WE HAVE ALL YEAR
LONG FOR ONLY....

\$7.50

1112 N. Mesa St.
575-885-6487
Monday - Friday
7:00am - 9:00pm
Saturday & Sunday Closed



Injustice anywhere is a threat to justice everywhere.

-Martin Luther King JR.

NMSRC will be CLOSED January 15th in observance of Martin Luther King JR.

Special Monthly Events

NMSRC ADVISORY BOARD MEETING

Second Wednesday on the month at 2:30pm in the Library.

Next Meeting:

Wednesday January 10th at 2:30pm



AARP MEMBER MEETING

Meeting will be held the third Monday of the month.

No Meeting This Month

AARP Defensive Driving

\$20 for member

\$25 for non-members

Next Meeting January 26th

8:00-12:15

Barbara Brown- 575.200.9411



Blood Pressure, Pulse, Oxygen
Blood Glucose on the 1st Tuesday
Tuesday in the Library 10:00-11:00



Blood Glucose
Thursday in the library
10:00-11:00



Friday, January 26th at noon
Fourth Friday of the month

**Bring your favorite dish and join us for some
food and laughter!**

SPECIAL GUEST SINGER LWPHELLIPS

Manger's Memo



Members,

It's that time of year. Membership fees are due. Please take a couple of minutes to stop by the front desk and renew your membership. The My Senior Center management software will soon be up and running. You will be assigned a key tag to use to check in every time you visit the center. No more signing in on a clip board.

We have added several activities to the Activity Schedule. Please check out our schedule or ask staff.

L.W. Phillips has generously agreed to provide music for our potluck this month so mark your calendar for the 26th to enjoy good food, entertainment, and fellowship.

I can't thank our volunteers enough for all the help they give throughout the year, but especially during the holidays. We truly could not bring you the events we do with such success without their help! Grateful for giving hearts. Thank you for being the best part of 2023, and we look forward to serving you in 2024!

In Appreciation,

Dina

Special THANK YOU

To

Gail Wickstrom

RECENTLY, GAIL HAS DECIDED TO MAKE THE MOVE FROM HER HOME HERE IN CARLSBAD BACK TO CALIFORNIA AFTER BUILDING A BEAUTIFUL LIFE HERE FULL OF FRIENDS AND MEMORIES.

DURING THIS PROCESS SHE HAS DONATED A MAGNITUDE OF ITEMS FROM FURNITURE TO CRAFTS, AND WE ARE SO THANKFUL OF HER GRACIOUS HEART. WE WISH ONLY THE BEST TO

GAIL AS SHE STARTS HER NEW ADVENTURES. SHE HAS ALREADY FOUND A NEW SENIOR CENTER THAT WE KNOW WILL WELCOME HER AND ALL HER TALENTED GIFTS OF CROCHETING AND QUILTING.

The Ukulele Class has started

TUESDAYS AT

3:30PM



THERE IS STILL ROOM IF YOU
WANT TO LEARN HOW TO PLAY

**TO ALL WHO VOLUNTEERED DURING
THANKSGIVING AND CHRISTMAS!**

Words are not enough to say thank you to all the volunteers who spent many hours helping us to decorate and prepare for the Christmas Luncheon this year.

We couldn't have done it without you!

What's Going On Around the center...

The Sewing class has started, and boy oh boy have they been making some cute things like a pin cushion, and are currently working on making a quilted place mat. Right now they meet on Wednesday nights at 6:00pm, but soon there will be an early afternoon class as well. If you have ever wanted to learn to sew, this is a perfect opportunity! Let staff know you are interested.



Sweet Art

WILL RESUME ON

February 9th @ 6PM

Looking for people interested in teaching this class

BINGO

Are you looking for something fun to do on Monday night? Then make your way over to come see us, and maybe you will get to shout, BINGO!!

Early bird starts at 6:00 PM every Monday night!



Stay tuned for our next date to join in for Mega Bingo!

NMSRC Yoga Classes

Morning Yoga Classes

Join Carrie Perkins
Tuesday & Fridays

9:00AM– 10:00AM

Start your day with peace and tranquility while improving your balance, strength and stability.



Evening Yoga Classes

Video Classes

WE HAVE A NEW INSTRUCTOR

Tuesdays for **Chair Yoga**

5:30PM–6:30PM

Thursdays for

Yin Yoga

5:30PM-6:30PM

End your day releasing any stress while learning to use your core.



What's Going On Around the center...

Valentine Card

Wednesday January 17th

9:00-11:00



Join Delores in making your sweetheart or loved one this beautiful card! Sign up in the lobby!

Valentine's Day

WALL DECORATION



THURSDAY
JAN.18
1:00PM

&

MONDAY
JAN. 22
6:00PM

*\$5 Donation
Appreciated*



Don't forget
Friday, January 26th at noon

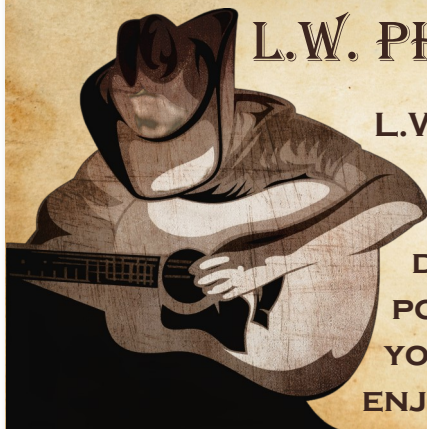
POTLUCK
Social



WITH SPECIAL GUEST:

L.W. PHILLIPS

L.W WILL PLAY
A VARIETY OF
MUSIC
DURING THE
POTLUCK FOR
YOUR
ENJOYMENT.



Did you hear the news?

We have a new pickleball machine!
That means, if you want to practice you can. We are more than happy to set up the machine for you. As long as there is no events happening in the Auditorium or it is during the time pickleball is scheduled you can use it and we will get it going for you.



**Tuesday & Thursday
7:00PM—9:00PM
Wednesday
3:00PM—6:00PM**

What's Going On Around town...

THE MARTIN LUTHER KING JR. SCHOLARSHIP COMMITTEE

Presents

Membership Drive:
Membership Dues \$10 yr.

Carlsbad MLK Community Choir
Donnell Hill, Choir Director
Amarillo, Texas

We need all the voices we can get! If you like to sing, come and be a part of our choir.

First rehearsal is Thursday, Jan 11 @ 6:00PM at Mt. Olive Baptist Church, corner of Lea & Alameda
Final rehearsal Saturday, Jan 13 @ 10:00AM at First Presbyterian Church, 309 W. Shaw

MLK Banquet

Pecos River Village Carousel
711 Muscatel- Carlsbad, NM

FRIDAY, JANUARY 12th, 2024 AT 6:00PM

Dr. Steven Coleman (LANL)- Keynote Speaker

For more information, please visit

Www.carlsbadfoundation.org

Or call one of the numbers below

Dinner Served:

\$35 per person- \$280 for table of eight

Church Observance Sunday

Host Church:

Carlsbad First Presbyterian-309 W. Shaw

Sunday, January 14, 2024 at 2:30PM

Community Choir, other guest churches, and friends from the community will be a part of the program.

Martin Luther King, Jr.

March & Park Activities

Monday, January 15, 2024

Program | Entertainment | Prizes

Breakfast burritos and coffee will be served at the courthouse. Staging and line-up for march at Eddy County Court House 10:00AM

Donations support the MLK Jr. Scholarship Effort

Valentine's Dinner and Dance

Saturday, Feb. 10th 6-10PM

Pecos River Village

More information and tickets

at the front desk.



CASINO TRIP
February 23
Casino Apache in Ruidoso
\$25
This trip is not sponsored.
The money collected will go towards traveling costs.



First and third Tuesdays

At the Library

4-6PM



CARLSBAD PUBLIC LIBRARY



Spotlight

Regina Gordan

NEW YOGA INSTRUCTOR

Working behind the scenes at North Mesa Rec. Center can be a humbling experience at times. Especially when a call goes out for help. We are astonished at the magnitude of not only the response we receive, but how quickly we receive the help requested. Recently, (in fact just in the last newsletter) we requested help looking for a new yoga teacher, and not only did we find one, she has already started teaching!

This month's spotlight is in honor of our newest volunteer that responded to that call.

Meet Regina Gordan! She has been a yogi (a person that practices yoga) for 20 plus years. She became interested in yoga when she became sick and nothing was helping her. A friend suggested she try yoga, and it worked.

Regina will continue the Chair Yoga on Tuesday nights from 5:30-6:30 PM, but will start introducing Yin Yoga on Thursday nights at 5:30- 6:30 PM. Yin Yoga is a bit more relaxing with a bit of Hatha Yoga. This will be a class that is for members that are freely able to get on the floor and off the floor on their own. If you have restrictions doing this, you may want to come on Tuesday nights to Chair Yoga.

Regina is a Carlsbad native but moved back to Carlsbad about a year ago from Albuquerque to be close to her mom. She is married to her husband John and they have been married for 37 years. Other than being our newest Yoga Teacher, Regina loves to sew and sews a lot of her own clothes. She also loves to hike and travel. She has been to Africa, Italy, Ireland,

and the Galapagos.

We are so extremely excited that Regina picked up the call to help, and excited for you, our members as well because she is extremely talented and knowledgeable. She is such a great addition to our team of outstanding volunteers and it is because of them we are able to offer such great well-rounded activities. So, please help us welcome her and check out some of her classes!



"Picture This"



Mega Bingo was a mega success! With the highest payouts in NMSRC history, some left with heavier pockets and everyone left having a good time.



The Country Gold Line Dancer spread some holiday cheer this season by showing off their skills to the folks at Landsun.



The Sweet Art class made the items above which consisted of a strawberry brownie gnome and a chocolate covered strawberry pinecone.



"Picture This"



Oh what fun we had during this year's Christmas Party! The food was good, the entertainment was wonderful and the company was outstanding.





WELCOME New Members



Alicampo (Ali) Erosimo

Ana Roqotmore

Carol Moton

Eileen Pressler

Ellen Krumm

George Methola

Gerald Ybarra

Ginger Price

James (Butch) Pressler

James Gomez

Janet St. John

Janine Lawson

John Angelis

Juliann Kirk

Keith Wisdom

Larry Sanchez

Lisa Sanchez

Lonnie Granger

Mary Gonzalez

Ophelia Gonzales- Carrasco

Patricia Carrasco

Rick Methola

Rob Paskey

Sally Methola

BOOK NOOK

This month's feature is Catherine Coulter is our featured novelist for the month of January. Catherine is known to write one historical romance and one suspense novel every year.



WANTED

DISCUSSION GROUP



Remember what it was like before everyone had their face in a screen? Remember what it was like to talk face to face? Let's go back to that. You never know what fantastic new friends you will meet. We need people with ears and mouths to revive the ancient art of conversation. Join North Mesa Senior Rec. Center's new Talk and Discussion Group. What will we talk about? Anything but politics and religion. We need you and we think you may need us too!

VOLUNTEERS

We are in need of volunteers to help man our front desk. You would help answer phones, take messages, give center tours and answer basic questions about current activities and events.

EUCHRE

Who is interested in starting a Euchre group. This game is similar to pinochle and bridge. Contact member Lisa Roback if you want to learn and start a group. 575.302.9263

If you have a talent and would like to share it with our members here at North Mesa, please let us know. Volunteers are the heartbeat of our center and we would love to include you!

PICKLEBALL

You can learn to play the fastest growing sport for seniors in the country right here at North Mesa! Show up any Wednesday from 3-5 to learn how to play!

TABLE TENNIS



No experience necessary! Come learn and enjoy friendly, low impact play every:
Wednesday
6PM—8:45PM
Friday 10AM—12PM

CHOIR



All are welcome!
PRACTICE every
Tuesday & Friday 2pm



Valentine's Dinner & Dance

February 10

Garage Sale

February 17

Volunteer Appreciation

April 12

Craft Fair

May 10-11

Garage Sale

June 15

4th of July Celebration

July 4

ACBL Carlsbad Unit 376

Duplicate Bridge Results
Month of December

December 6 Howell Movement 4 tables

1. Jean Randall– Palmer Randall
2. Lee Johnson– Richard Pagano
3. Dorothy Ridgeway– Keith Fine

December 7 Howell Movement 3 tables

1. Palmer Randall– Jean Randall
2. Regina Ballard– Nancy Calvani
3. Judy Pate– Bob Hickson

December 13 Howell Movement 5 tables

1. Regina Ballard– H Ann Brannon
2. Jean Randall– Palmer Randall
3. Nancy Calvani– Judy Pate

December 20 Howell Movement 3 tables

1. Nancy Calvani– Judy Pate
2. Regina Ballard– H Ann Brannon
3. Dorothy Ridgeway– Keith Fine

December 27 Howell Movement 3 tables

1. Regina Ballard– H Ann Brannon
2. Bob Hickson– Kelly Wilson
3. Sally Miller– Linda Dunagan

December 30 17 Player Individual Game

1. Lee Johnson
2. Nancy Calvani– Sally Miller (Tie)
3. Judy Pate

*We have been blessed
and want to say*

*Thank
You*

*You all are greatly appreciated for
your donations to our center.*

David Martinez
Puzzle

Jean Loafman
Books

Else Franco
Books

Renee Cox
Yarn

Gail Wickstrom
Craft Items

HAPPY BIRTHDAY

January Birthdays

- | | | | |
|--|--|---|--|
| 1) Carolyn Nance
Judy Brewer
Jorge Alva
Bret Earl
Levelta Jenkins
Patricia Carrasco | 9) Debra Coor
Alvino Zubia
Flora Esquibel | 21) Mary Lou Gutierrez
Don Rutherford
James Riba
Martha Pedroza | 27) Cathy Teets
Judy Walterscheid
Louis Fellwock
Gail Ellet
Rodger Cox
Beverly Crawford
Kay Montana
Aimme Quintela
Ellen Krumm |
| 2) Rhonda Jones
Gary Navarrette
Robin Hargis | 10) Jaime Berdoza | Jeff Cole
Gregory Morgan
Olivia Florez
John Vedder
Canace A. Schreiber | 28) Leticia Gonzalez
Glenda V. Sauer
Sonya Schutt
Tirso Ruiz
Doris Holland
John Gordon |
| 3) Desiree Morgan
Eloytta Hernandez
Nancee Franta
Margaret A. Smith
Carolyn West
Cyndi Darnell
Janice Miller | 11) Jeanie Godfrey | 22) Jennifer Schaff
Kathy McMahan
Vicki Neighbors
Alan Coor | 29) Gina Jones
Patricia Bartlett
Eugene Elizondo
Jan Ballard |
| 4) James Caughron
Paula Autry
Kimberly Gonzalez
Valorie Gracey
Brenda Martinez | 12) Kirk McDaniel
Leslie Hair | 23) Eugene Montez
Kim Kinaman
Jim Miller
Susan Duell
Aaron Rodriquez | 30) Eloise Taylor
Elizabeth Smith
Anna Marie Fiala
Sam Benefield
Tammy Cordova
Turner, Steve |
| 5) Judith Lanier
Floyd Autry
Dominic Smith
Elva Lujan
Abby Olivas
Shauna Riley
Leonard Runner | 13) Joy Hutchings | 24) Patricia Blakeney
Wendy Wentworth
Waylon Cox
Becky Johnson
Lee Cardwell
Sheila Bailey | 31) Ysidro Molinar
David Ramirez
Virginia Jones
Allene Warren |
| 6) Misty Light
Brenda Fox
Radene Bradley
Mark Howard
Brenda Fox | 14) Lucky Heath
Alberto Villegas
Richard Armendariz
Janice May
Christine Yielding | 25) Patricia Smith
Elizabeth A. Lopez
Stephanie Wright
Karima Mourhat
Randale Richardson
Sonia Martinez
James Gomez | |
| 7) Julio Martinez
Esther Aguilar
Garfield Collis
Fernando Santana
Steven Rushing | 15) Pam Ledgewood
Bessie Quintela
Kim Click | 26) Michael Salmon
Cathy Benton
Beverly Spencer
Irma Leaton
Luz Ruiz
Tina Romero
Eileen Pressler | |
| 8) Chris Haston
Jim Hughes
Jennifer Martinez
Jan Kacena
Maria Delgado
Jose L. Juarez | 16) Rachel Hand
Connie Smith
Jill Johnson
Cristina Fields | | |
| | 17) Pat Matthews
Minnie Hernandez
Stacey Miles
Sarah Miller
Brandon Jones
Katherine Ward
Marialsela Juarez | | |
| | 18) Gail Wickstrom
Lori Herrell
Christina Sing
Mickey Miller
Yolanda C. Munoz | | |
| | 19) Robbie Slusher
Dee Mathe
Oscar Fierro
Julie Klein
Perry Hardin | | |
| | 20) Kelly Wilson
Rosie Gonzalez | | |



Grow Your Fitness

A little at a time



Top 10 Healthy New Year's Resolutions for Seniors in 2024

The new year is the perfect time to turn over new leaves. Promises are made. Goals are set. Most people make New Year's Resolutions, but research shows that only 9 percent of people keep them. Adopting a healthy lifestyle means being intentional and consistent.

1. **Prioritize Daily Exercise-** Exercise is important, even when you're not trying to lose weight. Not only does it have obvious physical benefits, like a healthier heart and improved sleep, but it can even improve your mood! Try to incorporate daily physical activity into your routine. This could include walking, light aerobic exercises, stretching, or activities that improve balance and flexibility. Best of all, you don't have to join a gym to get your sweat on. YouTube has countless channels with workouts for every fitness level.
2. **Nourish Your Body with a Balanced Diet-**The key to healthy eating is balance. This means that you can enjoy a variety of foods in moderation. Focus on incorporating a variety of fruits, vegetables, whole grains, lean proteins, and healthy fats into your meals. Stay hydrated and limit processed foods, excess sugar, and sodium. Of course, that doesn't mean that you have to give up desserts or soda! Just try to choose whole foods whenever you can and think about how you're nourishing your body.
3. **Stay Socially Connected-** Social engagement is essential for mental and emotional well-being. As a matter of fact, one study showed that loneliness may be as detrimental to one's health as smoking 15 cigarettes a day (according to the National Institute on Aging). Friendship is important! Join clubs, attend social events, or participate in group activities to maintain connections with others. Ask the front desk for a list of groups accepting new members.
4. **Keep Your Brain Active-** Cognitive health is important, too! Keep your brain active by reading, solving puzzles, playing games, or learning new skills. Consider taking classes or attending workshops to continue lifelong learning. Don't forget we also have a puzzle room you can enjoy or to check out puzzles. Take up writing or do crossword puzzles every day. Challenge yourself and your brain. Don't let it become lazy!
5. **Get Regular Health Checkups-** Preventative care is important, and going to the doctor isn't just for when you're sick. Regular checkups with healthcare providers, including screenings for common age-related conditions, are crucial for early detection and intervention. Schedule regular teeth cleanings with your dentist. Of course, make sure you're drinking enough water and eating healthy, too!
6. **Manage Stress-** Stress is often called the silent killer, and for good reason. Chronic, unmanaged stress is taxing on both your body and your mind, leading to heart disease and memory disorders. This year, make it a point to manage your stress. Incorporate stress-relief practices into your routine, such as journaling, deep breathing exercises, and self-care. Managing stress is essential for overall health and can positively impact various aspects of your life. Don't let stress ruin your 2024!
7. **Get Quality Sleep-** Getting enough sleep is important, especially for older adults. Sleep deprivation puts you at further risk for diabetes and heart disease. Establish a consistent sleep schedule. Create a comfortable sleep environment and avoid stimulants, like coffee and tea, before bedtime. Quality sleep is vital for physical and mental health. You can't be your best if you don't feel your best!
8. **Explore New Hobbies-** This year, make it a point to try out at least one new hobby, like line dancing. It doesn't have to be anything crazy, like skydiving. It can be something simple, like drawing or baking. Challenge yourself and step outside of your comfort zone. Depending on what hobby you pick up, you can even make new friends!
9. **Practice Fall Prevention-** More than one in four older adults report falls every year, according to the CDC. Falls are a serious concern, especially for older adults. This 2024, take steps to enhance safety at home. Conduct a safety assessment, remove potential hazards, and consider using assistive devices to reduce the risk of falls. Install grab bars in your shower and throughout the rest of your home. Even if you don't have mobility issues, it's better to be safe than sorry. We have different options here at the center to help with conditioning your core to reduce risk of falls.
10. **Embrace Technology-** If you haven't already, consider embracing technology to stay connected and informed. Learn how to use smartphones, tablets, or computers for communication. Of course, some technology can make aging in place easier! Install motion-activated lighting throughout your home. Or you can try out a video doorbell to ensure extra peace of mind. Virtual assistants, like Alexa, can also make life easier. Don't be afraid of technology. Instead, think of the potential benefits it can bring to your life and take advantage of it!

Shrimp Tacos with Avocado Crema

Protein-packed, lean shrimp cook up super-fast, making them the ultimate taco filling for a fast weeknight dinner that's also impressive and delicious enough for a weekend dinner party.

Prep Time: 35 mins

Total Time: 35 mins

Nutrition Profile:

Diabetes-Appropriate Nut-Free Healthy Aging Healthy

Immunity Low-Sodium Soy-Free High-Fiber

Heart-Healthy High-Protein Egg-Free Gluten-Free Low-Calorie

Ingredients

1 ripe medium avocado, halved and pitted

1/2 cup roughly chopped cilantro, plus 2 tablespoons, divided

1/4 cup sour cream

2 tablespoons rice vinegar, divided

1/4 teaspoon salt, divided

1/4 teaspoon ground pepper, divided

2 cups thinly sliced red cabbage

1/2 cup shredded carrot

1 scallion, chopped

1 pound large shrimp (21-25 count), peeled, deveined and cut in half

1 teaspoon chili powder

1 teaspoon ground cumin

1 tablespoon avocado oil

8 corn tortillas, warmed

Lime wedges for serving

Directions

Scoop avocado flesh into a mini food processor. Add 1/2 cup cilantro, sour cream, 1 tablespoon vinegar and 1/8 teaspoon each salt and pepper. Process until smooth.

Stir cabbage, carrot, scallion, the remaining 1 tablespoon vinegar and the remaining 1/8 teaspoon each salt and pepper together in a medium bowl.

Toss shrimp, chili powder and cumin together in a medium bowl. Heat oil in a large nonstick skillet over medium-high heat. Add the shrimp and cook, stirring, until pink and just cooked through, 3 to 5 minutes.

Spread a generous 1 tablespoon of the avocado sauce over one half of each tortilla. Top each with about 1/4 cup of the cabbage mixture and 1/3 cup of the shrimp. Divide the remaining 2 tablespoons cilantro among the tacos and serve with lime wedges for squeezing.

Nutrition Facts

Serving Size 2 tacos

Calories 333

total carbohydrate 31g dietary fiber 8g total sugars 3g protein 22g total fat 15g saturated fat 3g cholesterol 142mg vitamin a 3191iu vitamin c 27mg folate 57mcg sodium 294mg calcium 138mg iron 2mg magnesium 88mg potassium 698mg



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

On the lighter side...



Remembering those we've lost



Harold Wayne Ballard

November 23, 2023

Dan Thomas

November 28, 2023

Mary Pat Jackson

December 7, 2023

Margaret "Peggy King

December 13, 2023

Jigger Skillern

December 15, 2023

Manuel "Cuate" Villa, Sr.

December 15, 2023

NMSRC ADVISORY BOARD

Chairperson, Jean Loafman
Juanita Jojola

John Caraway

Vice-Chairperson, Beth Fredrick
Margaret McClure Jay Redman

Bob Rostro

NMSRC STAFF

Manager—Dina Navarrette
Assistant Manager—Maria Brito

Morning Attendant—Avelina Childress

Evening Attendant—Griselda Diaz

Facility Maintenance—Anna Alvarez