

MAY NEWSLETTER

City of Carlsbad - North Mesa Senior Recreation Center

1112 North Mesa Street - 575-885-6487

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NMSRC Hours

Monday - Friday

7:00am - 9:00pm

Saturday & Sunday Closed

We will be CLOSED on Monday **May 30th**, as we remember, we honor and we give thanks for the service and sacrifice of so many.



AARP Defensive Driving

Classes will be held at
8am—12pm
May 20th
June 3rd
June 17th

\$20 for member \$25 for non-members

Contact Barbara Brown
575-200-9411

AARP Board will meet the first Monday of the month.
May 2nd—3:00 pm.

AARP Member meeting will be held the third Monday of the month .

May 16th - 3:00pm



Health checks of
Blood Pressure & Pulse
every Tuesday in the Library
10:00—11:00



Hear on Earth is at the center on the 1st Tuesday of each month from 9:30 to 11:00 a.m. You can find Howard in the Puzzle room for help with all your hearing aid needs.

**HELP CONSERVE!
EVERY DROP COUNTS!**



**3-Day
OUTDOOR
WATERING
SCHEDULE**

APRIL 1ST-SEPT. 30TH
**PLEASE WATER
BEFORE 10AM OR AFTER 6PM**

Even Addresses:
WATER ONLY ON TUESDAYS, THURSDAYS, & SATURDAYS

Odd Addresses:
WATER ONLY ON WEDNESDAYS, FRIDAYS, & SUNDAYS

PLEASE NO WATERING ON MONDAYS!
Ordinance No.2011-12 Carlsbad Sec 52-173 (b)



Carlsbad High School Theater

PRESENTS THE YOUNG PERFORMERS' EDITION OF

THE WIZARD of Oz

By L. Frank Baum
With Music and Lyrics by Harold Arlen and E. Y. Harburg
Background Music by Herbert Stothart
Dance and Vocal Arrangements by Peter Howard
Orchestration by Larry Wilcox
Adapted by John Kane for the Royal Shakespeare Company

Based upon the Classic Motion Picture owned by Turner Entertainment Co. and distributed in all media by Warner Bros.
Adaptation and support materials for the Young Performers' Edition Developed by iTheatrics Under the supervision of Timothy Allen McDonald

FRIDAY MAY 6 7:00 PM	SATURDAY MAY 7 3 PM & 7 PM	FRIDAY MAY 13 7:00 PM	SATURDAY MAY 14 3 PM & 7 PM
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CHS Little Theater
Tickets sold at the door. \$5 for adults. \$3 for students.
Children 5 and under are free.

Presented by arrangement with Tams-Witmark, A Concord Theatricals Company [concordtheatricals.com]

Travis Tritt

MAY 18

WALTER GERRELLS
PERFORMING ARTS & EXHIBITION CENTER
CARLSBAD, N M

TICKETS ON SALE NOW

PURCHASE TICKETS AT R-ENTERTAINMENT.COM

R ENTERTAINMENT

TRAVISTRITT.COM

MAY Kids Painting

COME PAINT THIS CUTE TUCAN WITH US (THIS ONE IS PRE STENCILED)

\$20 PER CANVAS (+ TAX)

SUNDAY 5/15 2PM

Only a few spots available so register soon!

All sales are final no refunds credits or substitutions

PIC-COLLAG

CARLSBAD MAINSTREET

CAVERN FEST

CITY OF CARLSBAD

Curtis Grimes // Jordan Nix // Holly Tucker //
Melissa Jones Auld // JD and the Badlands // Cody Zane Wells // Last Child //

Randy Rogers Band //

and more...

JUNE 10-11
DOWNTOWN CARLSBAD
LIVE MUSIC // FOOD TRUCKS // VENDORS

AR FOREMAN
CONSTRUCTION LLC

XTO ENERGY
An ExxonMobil Subsidiary

Carlsbad
SHERIDAN
NO HASSLES. NO COMMISSIONS. PERIOD.

Paid for by City of Carlsbad Lodgers Tax

Treasured Moments presents
 NATIONAL SCRAPBOOK DAY CROP
 STICK TO IT!
 Scrapbook inspiration from the Cactus
 MAY 6-7 OR MAY 13-14, 2022
 9 AM EACH DAY UNTIL ?? EACH NIGHT



Welcome Gifts - Friday Night Project (optional) - Challenges (optional) - Challenge Prizes - Saturday Lunch Provided - Lots of Fun!
 Cost is \$75. Seating is limited each week - sign up as soon as possible!
 Contact us at: Treasured Moments - 105 S Canyon St, Carlsbad, NM - 575-885-9000 - treasuredmmnts@yahoo.com - or drop by.

FREE T-SHIRT for participants

JUST SAY YES

5K Fun Run

Corn Hole Tournament

STAY FOR CAR-A-FAIR 2022
 DJ MUSIC/VENDORS
 FOOD COURT/FAMILY FUN

When: Saturday, June 4th 2022

Time & Place: 7:00am @ Carlsbad Beach

Why: *Mental Health and Substance Abuse Awareness*

FOR MORE INFO OR TO REGISTER:
tinyurl.com/5kjustsayyes
 OR
 Register in person @
LIFEHOUSE
 1900 Westridge Rd.

Contact: 575-725-5552 Ext. 714

Advertising Paid for in part by The City of Carlsbad Lodgers Tax

IN CELEBRATION
 OF NEW MEXICO CULTURE

Performances by:
 Flamenco en Nuevo México by Pasión Flamenca & Asi se Baila Ballet Folklórico

¡Música Buena!

June 1, 2022 | 3 - 6pm
 FOOD TRUCKS • VENDORS • + MORE!

Sponsored by:
 CARLSBAD PUBLIC LIBRARY, MUSEUM OF INTERNATIONAL FOLK ART, WOW! WONDERS ON WHEELS!, PEARL OF PECOS

DOUBLES CORNHOLE TOURNAMENT
 SATURDAY JUNE 4, 2022
 CARLSBAD BEACH AREA
 JUST EAST OF THE BANDSHELL

COME SUPPORT MENTAL HEALTH AND SUBSTANCE ABUSE AWARENESS

REGISTER AT 9:30AM
 BAGS FLY AT 10AM

\$100 A TEAM

1ST- \$1,750
 2ND- \$750
 3RD- \$500

DJ MUSIC FOOD VENDORS CAR SHOW 5K RUN

PREREGISTER ON SCOREHOLIO

JUST SAY YES

LIFEHOUSE
 WHOLE LIFE RECOVERY

CAR KINGS
 @car.kings

LETS HELP FIGHT AGAINST ADDICTION

"Picture This"

Dogwood Paint Class



Decorating Crosses



Line Dancers in Dallas



Spotlight on Coach Tom Forni



Coach Forni's role in the Legacy that is Cavemen Baseball has been cemented with the dedication of the HS baseball field to Tom Forni Cavemen Corral.

Coach spent 30 plus years with the baseball program with 20 of the those years between 1987 to 2007 as head coach. During his tenure the Cavemen won 18 district titles, 6 state championships and a national title in 1990. From 1988 thru 1990 the Cavemen posted a win/loss record of 59-1.

His mentorship helped produce great student- athletes who went on to play and coach at all levels of baseball as well as helped produce local Major League Baseball (MLB) star Shane Andrews. He left big shoes to fill but those that have followed continue to produce superb student athletes and MLB stand-outs in the likes of Cody Ross and Trevor Rodgers

Congratulations coach on a well deserved honor!





HOT WEATHER SAFETY

- Elderly people (people aged 65 years and older) are more prone to heat stress than younger people for several reasons:
- Elderly people don't adjust as well as young people to sudden changes in temperature.
- They're more likely to have a chronic medical condition, such as diabetes or asthma that may interfere with normal body responses to heat.
- They are more likely to take prescription medicines that impair the body's ability to regulate its temperature or that inhibit perspiration.

HEAT STROKE

Heat stroke is a medical emergency. It happens when the body is not able to control its temperature. Body temperature rises rapidly, the body loses its ability to sweat and it is unable to cool down. With heat stroke, body temperatures can rise to 106°F or higher within 10 to 15 minutes. Without emergency treatment, heat stroke can cause death or permanent disability.

Warning signs of heat stroke may include:

- Extremely high body temperature (above 103°F)
- Red, hot, and dry skin (no sweating)
- Rapid, strong pulse
- Throbbing headache
- Dizziness
- Nausea

HEAT EXHAUSTION

Heat exhaustion is a milder form of heat-related illness that can develop after several days of exposure to high temperatures and inadequate or unbalanced replacement of fluids.

Warning signs of heat exhaustion may include the following:

- Heavy sweating
- Paleness
- Muscle Cramps
- Tiredness
- Weakness
- Dizziness
- Headache
- Nausea or vomiting
- Fainting
- Skin: may be cool and moist
- Pulse rate: fast and weak
- Breathing: fast and shallow

HELPING YOUR ELDERLY RELATIVES AND NEIGHBORS

If you have elderly relatives or neighbors, you can help them protect themselves from heat-related illnesses:

Visit older adults at least twice a day and watch them for signs of heat exhaustion or heat stroke.

Take them to air-conditioned locations if they have transportation problems.

Make sure older adults have access to an electric fan whenever possible – although use of electric fans alone will not prevent heat illness once it has begun.

WHAT TO DO IN AN EMERGENCY

If you see any signs of severe heat stress, you may be dealing with a life-threatening emergency. Have someone call 911 or get immediate medical assistance while you begin cooling the affected person as follows:

Get the person to a shady area.

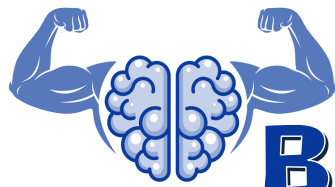
Cool the person rapidly, using whatever methods you can. For example, immerse the person in a tub of cool water; place the person in a cool shower; spray the person with cool water from a garden hose; sponge the person with cool water; or if the humidity is low, wrap the person in a cool, wet sheet and fan him or her vigorously.

Monitor body temperature and continue cooling efforts until the body temperature drops to 101°–102°F

If emergency medical help is delayed, call the hospital emergency room for further instructions.

Do not give the person alcohol to drink.

Get medical assistance as soon as possible.



Brain Power

When it comes to brain health, keeping our minds active is a really great idea. The brain is "plastic" and can continue to grow, develop, and make connections from before we are born until well into old age. When you challenge your brain with new and effortful activity, you help to build your "cognitive reserve". Invest in your brain by keeping physically active!

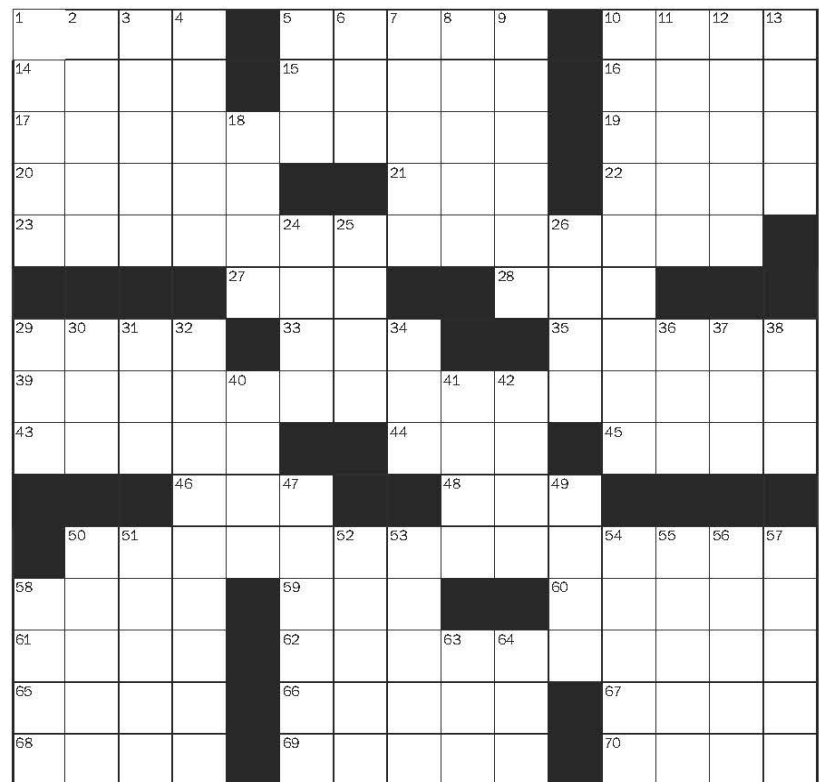
ACROSS

- 1 "High Voltage" band
 5 Sprang
 10 Neaten (up)
 14 Cry out loud
 15 Lauder of makeup
 16 Inkling
 17 *"In my uninformed opinion ... "
 19 Russian dynast
 20 Not prohibited
 21 Biennial games gp.
 22 Word with fall or fill
 23 *Challenge to someone suspected of lying
 27 Western defense gp.
 28 "__ queen!": "Work it!"
 29 Nowhere to be found
 33 Member of the fam
 35 Absorb with bread, as gravy
 39 Marvin Gaye classic, and a hint to the last words of the answers to the starred clues
 43 Long-stemmed mushroom

- 44 Director Lee
 45 Like gloomy skies
 46 Monarch's reign, e.g.
 48 Cellist's need
 50 *Become a better person, say
 58 __ jockey
 59 Satisfied sigh
 60 "You win"
 61 On the ocean
 62 *Thoroughly refute
 65 Entry point
 66 More loyal
 67 Black-eyed __
 68 Celebrity chef
 Burrell
 69 Twilled fabric
 70 Eyelid bump

DOWN

- 1 "Where there's __ ... "
 2 Typical Stan Lee role
 3 Wild dog of Australia
 4 Dagger's partner
 5 Supervillain Luthor
 6 Second sight, for short
 7 Dined at home
 8 1990s presidential candidate



- 9 Easy to set off
 10 "Grease," for one
 11 "My take is ... "
 12 "Reading in the Dark" Booker Prize nominee Seamus
 13 Three feet
 18 Baby-voiced red Muppet
 24 Lack of difficulty
 25 "__ just me ... ?"
 26 Sunup direction
 29 Elastic bandage brand
 30 Looking sickly
 31 Artist Yoko
 32 "Whatever!"
 34 Barnyard bleat
 36 Part of wpm
 37 Can. neighbor
 38 Future analyst's maj.
 40 Lass
 41 Elena Delle Donne's org.
 42 Aviation pioneer Sikorsky
 47 Moves with the times
 49 Forsaken child
 50 American buffalo
 51 Apply to
 52 Spy-fi great John le ___
 53 Go time, in military slang
 54 Applauds
 55 Apartment window sign
 56 Op-ed piece, e.g.
 57 Witherspoon of "Wild"
 58 Tot's first word, maybe
 63 Act like a couch potato, with "out"
 64 Poetic "before"



With Respect, Honor and Gratitude we will be honoring our veteran members for so bravely answering the call of duty.

We will have a luncheon on November 10th at 12:00pm.
For more info and to RSVP please see front desk staff.

Pool Tournament

June 25th

\$10 Entry Fee

Minimum 10 player pool

1st—\$75

2nd—\$25

Lunch will be provided

Sign-up at front desk

Deadline to register 20th



GARAGE SALE

June 11th

Don't wait! Reserve your table today!

Table reservations can be made at the front desk.

6" table - \$6

8" table - \$8

Clothes rack—\$5

Fundraising donations for the center are now being excepted. No clothing please. See staff for more details.

Don't miss a chance to come &
express your artistic side!

Painted T-shirt Art



Date: Thursday, May 12th
Time: 1—3pm
\$5 Donation
Sign-up sheet in the lobby

State and Zia String Art



Date: Thursday, May 19th
Time: 1—3pm
\$5 Donation
Sign-up sheet in the lobby

*We have been blessed
and we want to say*

*Thank
you*

Gail Wickstrom

Sharon Weston

James Condin

Pat Matthews

Nancy Caviness

Chip Wentworth

Lea Chism

HAPPY BIRTHDAY

- | | | | |
|---|--|---|--|
| 1) Jenny Wright
Sherri Kurimslc
Wilfried Jung
Sammy Mendez
Pat Brous
Kathy Nymeyer | 7) Beverly Carrasco
Cathrynn Brown
Marilyn Noland
Sonia Herrell
Christine McCraw
Vanessa Hernandez
Richard Mattson
David Lory | 15) Denis Cherry
Karen Reed
Calvin Crow
Jerry Flores
Lora Runner
Valorie Sams | 24) Hy Laird
Renee Vigil
Richard Callicoat |
| 2) Esteban Armendariz
Jorge Montana
Scotty Fitch
Pat Jones
Renaë Winters
Don Fierro
June Wynn
Mary Parras
Lenn Anderson
Mary Sandford
Wayne Ballard
Merrily Cage
Michelle Rodriguez | 8) Farrell Ellison
Gary Winfrey
Jolene Coffee
Susan Houston | 16) Debra Vasquez
Anthony Lopes | 25) Elizabeth Gordy
Carla Hollen
Beverly Weston
Joseph Ortiz |
| 3) Jeanne Valdez
Myrtle Fritschy
Art Burt
Tara Wright
Robert Cathey | 9) Manny Chavez
Vickie Watts
Angie Ramirez
Eileen Tidwell
Michael Bromka
Patricia Paslay
Connie Oliver | 17) Dave Morgan
Chis Hoff
Bess Armendariz
Donald Campos | 26) Cindy House
Palmer Randall
Tina Kincaid
Arnulfo De La Cerda
Bertha Hernandez
Severa Sanchez
Lisa Navarrete
June Peyton
David Perkins
Cres Ortiz |
| 4) Kathy Starr
Dean Whetham
David Tackett
Frances Parras
John Skinner
Pamela Saltzgeber
John Lane
John Seidel
Rhonda Allen | 10) Kathy Navarrette
Bob Pressett
Nanci Tipton
Yolanda Anaya
Yanira Gonzales | 18) Ellen Calentine
Heidi Corman
Martha Arellanes
Kathy Cole | 27) Mary Etta Smith
Winnie Jackson
Chris Laxson
Rosaura Portillo
Evelyn McIntire
Rita Hanway |
| 5) Marie Vincent
Marilyn Tackett
Pam Roberts
Shirley Bowen
Cecilia Edwards
David Radosevich
Barbara Early
Bil Schmidt | 11) David Phillips | 19) Kathleen June Porter
Yolanda Ellison
Rex Chism
Lisa Bradshaw | 28) Nora Brown
Bill Hobaugh
Wilma Duran
Jimmy Orozco
Melody Smith
Elvira Johnson |
| 6) Erin Armendarez
Dana Dorr
Daniel Middleton
Victor Lara
Allen Kilgore | 12) Luz Gutierrez
Mary Fielder
Tillie Belis
Tina Roach
Randy Meade | 20) Luis Rivas
Trinidad Coronado
James Renfrow
Anna Gonzalez
Anna Alvarez | 29) George Martinez
Forrester O'Brien
Bonnie Moore
Fred Padilla |
| | 13) Cathy Richmond
Bonnie Guerra
Vickie Sherrell
Vanessa Green
Kay Frazier | 21) Diane Patterson
Nancy Cobb
Devan Lopez | 30) Tenille Aragon
Jean Tupper
Steven Boulden
Hazel Lara |
| | 14) Mary Rayroux
James Lyman
Rebecca Mcintire
Melanie Higgins
Kassie Ruiz
Mary Cherryhomes
Anna Gardner
Peggy Townsend | 22) Linda Hernandez
Priscilla Methola
Jaime Sanchez
Anna Corona
Karen O'Neal | 31) Dorella Peters
Darla Tafoya
Molly Navarrette
Clemente Urquidez
Dolores Reynolds
Marilyn Hagen
Victor Onsurez
Linda Aaron
David Wright |
| | | 23) Ceil Boatman
Michelle Mislai
Karen Killgore
Linda Dunagan
Kent Evans
DeeAnn Eubanks
Russell King
Mary Ellen Jaco | |

WELCOME New Members

Glen Ballard
 Lee Cardwill
 Susan Taylor
 Erma Melendrez
 Trudy Gililland
 Daniel Middleton
 Paula Kaighn

Vivian Devlin
 Narciza Munoz
 Valentina Lewis
 Julie Klein
 Darla Tafoya
 Jessie Aakre

Peggy Schneberger
 Stephen Schneberger
 Michael Carrasco
 Pearl Carrasco
 Alvino Zubia
 Erin Zubia
 Lillian Rueda



BOOK NOOK



More James Patterson Books have been
 generously donated to the Center!



HAPPY
Memorial
 DAY

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...

An elderly couple is worried that they are starting to forget simple things, so they go to a doctor for a checkup. The doctor looks them over top to bottom but doesn't find anything.



"It seems you two are perfectly fine so all that I can suggest is anytime you want to remember something, simply write it down".

The couple believe that's a great idea and so they go home with

renewed confidence.

Later that evening, the couple are watching television and he decides to grab a drink. "Need anything my dear" he asks? "Could you grab me some ice cream. Here write it down" she tells him. "No need my dear, ice cream coming up"! "Oh, and some chocolate sauce please. Want to write it down"? "Ice cream with chocolate sauce, got it". "And a cherry dear" she asks "sure you don't want to write it down"? "Ice cream with chocolate sauce and a cherry. I've got it, Hun".

The elderly man is gone for 10 minutes and the woman begins to worry. He comes back with scrambled eggs, bacon and orange juice. The woman looks at the food and says "Oh dear, you forgot the toast"!



DID YOU KNOW?
The hottest spot on the planet

Specifically, the hottest spot ever recorded on earth is El Azizia, in Libya, where a temperature of **136 degrees** Fahrenheit was recorded on Sept, 3, 1922. While hotter spots have likely occurred in other parts of the planet at other times, this is the most scorching temperature ever formally recorded by a weather station.



Remembering those we've lost



Mark Foreman
 4-22-2022

Lucky Heath
 4-15-2022

NMSRC ADVISORY

Chairperson, Jean Loafman	Jay Redman	Ysidro Molinar (Moe)	Juanita Jojola
Vice-Chairperson, Beth Fredrick		Regina Ballard	Margaret McClure

Manager—Dina Navarrette

Morning Attendant—Avelina Childress

Evening Attendant—Griselda Diaz

Facility Maintenance—Anna Alvarez