

WELCOME

Drink Plenty of Fluids

During hot weather, you need to increase your fluid intake, regardless of your activity level.

Don't wait until you're already thirsty, **just keep drinking throughout the day.**



NEW MEMBERS FOR JULY

Hilda Nevarez
Jesus Nevarez
Mary Lou Quintela
Alice Flores
Leanna Meade
Randy Meade



IF ANYONE IS IN NEED OF A BIBLE, EITHER IN ENGLISH OR IN SPANISH, PLEASE ASK A STAFF MEMBER AND WE WILL PROVIDE YOU WITH ONE.

Computer Classes

One on one computer classes are available by appointment only. Please contact Jim Grantner at 885-1402 or 575-302-0598

ARSC Advisory Board

Pat Jones, Chairperson	
Jim Grantner	Liz Gordy
Julia Williams	Linda Morgan
Tony Hernandez	

Board Meets on the 1st Wednesday of every month at 12:30 pm

ALEJANDRO RUIZ CENTER STAFF

Manager—Amparo Vasquez
Assistant Manager—Corina Yrigollen
Activities Assistant—Lionel Munoz
Custodian—Rene Gutierrez

CARLSBAD COMMUNITY VOLUNTEER NETWORK

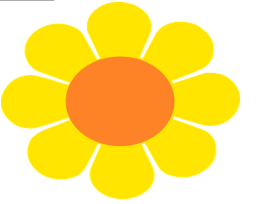
VONCILE KING
CCVN COORDINATOR
575-887-0871



2023

AUGUST NEWSLETTER

ALEJANDRO RUIZ SENIOR CENTER
120 KIRCHER STREET
575-885-1402



RUIDOSO CASINO BUS TRIP TO THE INN OF THE MOUNTAIN GODS FRIDAY, SEPT 8TH

ATTENTION!

CONSTRUCTION IS STILL ON-GOING AT OUR CENTER. PLEASE BE CAREFUL! WATCH YOUR STEP! WE APOLOGIZE FOR THE INCONVENIENCE.

SENIOR MEALS

Served daily from 11:30 to 12:30 pm. For those 60 years of age or older the suggested donation is \$3.00. If you are under the age of 60, the cost is \$9.00.

ALEJANDRO RUIZ CENTER HOURS

The Center is open Monday through Friday, 7 am to 5 pm

Closed Saturday and Sunday.

For more information on our Center log in to cityofcarlsbadnm.com

82 67 52
31 Mega Bingo was on August 1st. We had a great crowd and everyone had a good time. Thanks to all who participated. 5
BINGO GO
4 16 17 40 69 39 58
8 26 51 33 68 2 65
7 18 42 71 73
2 25 44 55 62 37
3 21 30 39 65
pageborders.org 11 9 1



Let's Go Down
Memory Lane
Back to the 50's
FRIDAY NIGHT DANCE/BAILE

August 25, 2023
6 pm — 9:30 pm
DJ G MONEY
Oldies but Goodies

What's Going On At Alejandro Ruiz Center

Walking with Lionel

Mon., Wed. and Fri. at 9:30 a.m.

.....

Mexican Bingo

Mexican Bingo
Tuesdays from
10:30 am 11:30 am



.....

Creative Coloring



Creative Coloring 9 am to 10 am

.....

THE JAMMERS

play their great
music every
Thursday from
10:30 to 12 noon.



.....

Weight/Exercise Room

Treadmills, free
weights and more.



.....

CHAIR YOGA/ CHAIR AEROBICS

TUESDAYS AND
WEDNESDAYS
AT 10 AM



Line Dancing

Line Dancing Group meets every
Monday and Thursday from 1:30
pm to 4 pm.



.....

Quilting Group

The Quilting Group meets every
Wednesday from 9:30 am



.....

Blood Pressure/ Blood Sugar Check

Thursday 10:00 am
to 11:00 am



.....

Pool Room



.....

HEALING YOGA

ANN BRANNON,
Instructor

MONDAYS AND
FRIDAYS
AT 11 AM



Alejandro Ruiz Center
Tuesday Afternoon Bingo is
held every Tuesday from 1
pm to 4 pm The Master
Pack is \$7.00 each and
consists of 8 games. Cards
for the Early Bird, Blackout,
and Winner Take All are
\$1.00 per sheet.



.....



Arts & Crafts

Arts and Crafts ladies meet every
Thursday from 9 am to 2 pm

.....

Computer Classes

One on one computer classes are
available by appointment only.
Please contact Jim Grantner at
885-1402 or 575-302-0598



What's Your Best Memory of Growing Up in the 50's?

I liked riding around with my
buddies in a 1957 Ford. We
would ride up to the Dairy
Queen to visit with other
friends. It was a fun time.
Parents didn't have to worry if
we were ok cause they told us
the rules and they trusted us to
abide by them.

Ted Burkhart

I loved the music and dancing
and playing pool.

Roger Melton

My family was a big family.
There was never a dull
moment. We would always
play games.

Wanda Galloway

Rock and Roll Music and Dancing!

Robert Holguin

Homemade Ice Cream!!!

Robert Fancher

Domingo Armendariz, Jr. - 1st

Marilla Denny - 1st

Harvey Taylor- 1st

Alejandra Perez - 2nd

Sally Y. Fierro - 3rd

Patricia Allen - 10th

Richard M. Carrasco - 11th

Paula Parker - 12th

The music and the clothes. I had a Poodle
Skirt which I loved. It was a family oriented
time in America.

Lucy Starkey



I met my husband in the 50's. My sister
double -dog -dared me to ask Robert over
for cookies and a coke. He did come over
but was very shy. We started dating and got
married in 1957 and have been married ever
since.

Sally Stade

Playing in my tree house with my
Barbie Dolls.

Kitty Stewart

Living in Carlsbad was great. Most
businesses were family owned. Everyone
took care of everyone. Carlsbad is a
great place to live.

Liz Gordy

The music, playing little league baseball,
playing in the jr high and high school
bands. Riding around with my friends
in my first car, a black 1946 Chevy
Fleetline!

Paul Aguilar

I loved going to Sock Hops and
listening to Elvis!

Ann Brannon

I grew up in Mexico on my family's
ranch. I was a cowboy, taking care of
the cows and taking care of anything
that needed fixing. On weekends we
enjoyed going to the cinema, dances
and the rodeo. Life was beautiful.

Juan Chavez

I enjoyed walking to the Cavern
Theatre with my cousin Goya to watch
the Disney Movies playing there on
Sunday afternoons.

Josie Tabor

Dora Cota - 14th

Tony Hernandez - 16th

Rogelio Ybarra - 16th

Diana Esquibel - 18th

James Akers - 18th

Linda Morgan - 21st

Abel Segura - 27th

Gregoria Lara - 31st

AUGUST BIRTHDAYS