

2023

April NEWSLETTER

North Mesa Senior Recreation Center 1112 N. Mesa St. 575-885-6487
NMSR Hours Monday - Friday 7:00am - 9:00pm Saturday & Sunday Closed



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SPRING Arts & Craft FAIR

FRIDAY, APRIL 21st 4pm - 9pm
SATURDAY, APRIL 22nd 9am - 4pm

Calling our talented Crafting Angels for assistance with a special project for our Cinco de Mayo decorations. Please see any staff members for details. We appreciate all your help!



AARP Member

Meeting will be held the third Monday of the month.

Next Meeting—April 17th
3-4pm

AARP Defensive Driving

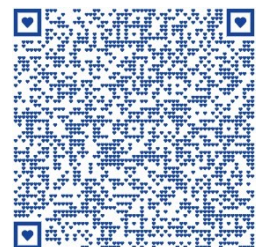
\$20 for member
\$25 for non-members

Cancelled for April
Will resume in
May 12th
8:00-12:30



After many years of service to our center, Howard Allman will no longer be coming weekly to the center. If you are in need of his services, ask the front desk.

QR code for the NMSRC Activity calendar.



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



Health Checks including Blood
Glucose every Thursday from
10:00-11:00 for health checks



After many years serving NMSRC, Howard Allman will no longer be coming to the center. We want to say thank you to Howard for providing such a great service to our members. He will provide service to your home by scheduled appointments.

What's Going On Around the center...



**CINCO DE MAYO
LUNCHEON**

May 5th at 12:00PM

**Come join us for a taco bar,
salsa bar, agua fresca bar, and
MARIACHIS!**

Make sure to RSVP.

Cost is \$10.00

POTLUCK Social



**POTLUCKS HAVE MOVED TO
EVERY 4TH FRIDAY OF THE MONTH.**

COME JOIN US!

Core, Strength & Balance Class

**At 8:00 AM on Tuesdays and
Thursdays**

Safety is our first priority at the center. Because of this reason, this class must have no more than 30 people in a session. Make sure to come early enough to ensure you are among the 30 that can benefit from this great class!

Join us **CINCO DE MAYO**
for a special **DANCE**

We will have a
SALSA BAR
NON-ALCOHOLIC
MARGARITA
BAR

And....
Great Music!
Can't wait to see you
there!!



PICKLEBALL

Pickleball just keeps getting bigger and we are so excited about this! Since this is happening we are doing our best to research a way to accommodate ALL levels of players to ensure everyone is challenged based on their own unique level of play and foremost to make sure you have a great time! Thank you for your patience as we go through this transition!

Tuesday 7PM- 8:45
Wednesday 3PM- 6PM
Thursday 7PM- 8:45

Learn to paint
with
**SHERRY
PRINCEN!**

Join now since
space is limited.

April 13th
10:30AM-
1:30PM

Register at front
lobby!



What's Going On Around town...

BREWS on the PECOS
Micro Beer Festival
 New Mexico breweries, live band and dance on LED dance floor, mechanical bull, axe throwing, golf swing station, VIP hour with booze cruise, food and other vendors
 TICKETS available APRIL 1st ONLINE
 SATURDAY, APRIL 29
 3 PM – 9 PM
 711 Muscatel Ave

Food Vendors Craft Vendors

COLOR RUN

Saturday April 29th
 Carlsbad Beach Bandshell
 2PM-6PM
 \$15 Registration Fee
 Register at event
 Call 575.885.1752 for details

April 16th 2:00PM

MARIACHI MUSIC

LIVING DESERT ZOO & GARDENS STATE PARK



MURDER'S IN THE HEIR
 OPENING APRIL 28th



Fri. 4.28 7:30-9:00
 Sat. 4.29 7:30-9:00
 Sun. 4.30 2:00-4:00
 Fri. 5.5 7:30-9:00
 Sat. 5.6 7:30-9:00
 Sun. 5.7 2:00-4:00

POP UP ART EVENT

April 14th 6:00-8:00

Other side of Milton's

Free Admission

Pop Up Art Displays

Meet the Artist

TALENT SHOW

The 9TH ANNUAL CECHS TALENT SHOW

April 14TH

7PM

\$3.00 Tickets at the door

CHS Little Theater

What's Going On Around town...

Carlsbad Public Library

CAMERA CLUB

Saturday,
April 29th

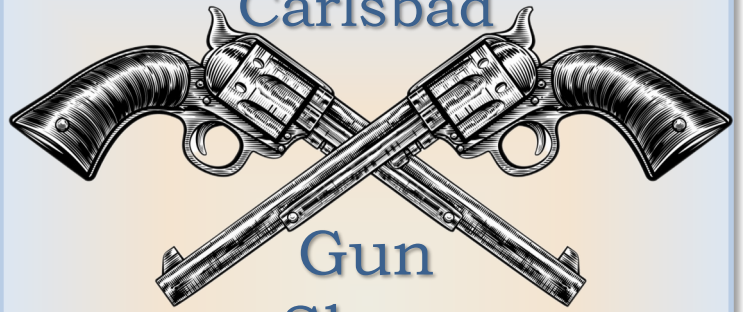
5PM

SE New Mexico now has it's own Photography Club.



Last Saturday of every month in the Program Room!

Carlsbad



Gun Show

April 15-16
Walter Gerrell's
Exhibition Center

Mayor's Miniature Golf

TOURNAMENT

3 AGE GROUPS:

6-9 years

10-13 years

14-17 years

(max 54 players per age group)

April 15th

REGISTER NOW

\$5.00 PER PERSON

(INCLUDES LUNCH AND T-SHIRT)

9:30 AM
CHECK-IN
10:00 AM

Sign up at
Carlsbad Municipal Golf
Course or
The Carlsbad Chamber

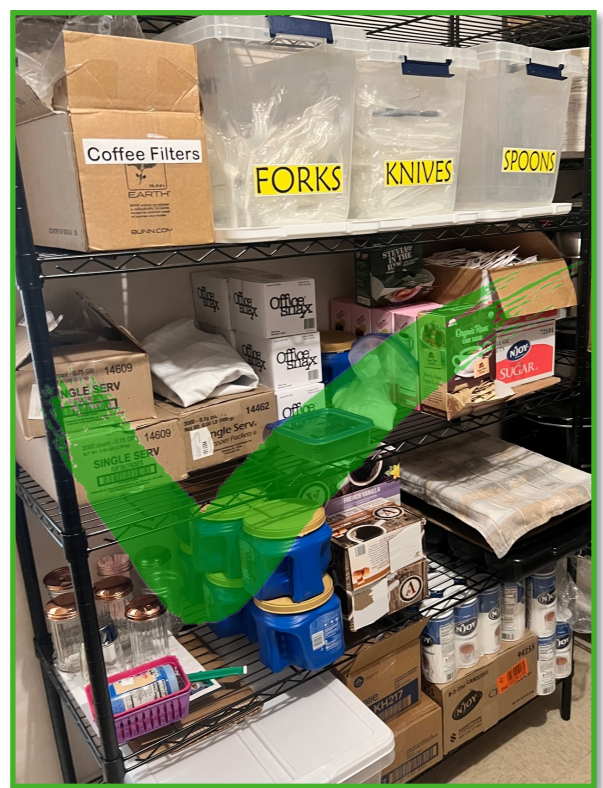
1ST 2ND 3RD
PLACE WINNERS
PER AGE GROUP

For more information call JW 575-887-6518

NOTICE

Members:

*We are grateful to be able to provide paper goods for all of our gatherings. There are however areas that you will see below that are not available to members. These items either belong to the Friends of North Mesa fundraising efforts or the staff's personal items. So the areas marked with an **X** are not accessible to members. Thank you for your cooperation!*





Monthly Potluck

Last Friday

Cinco De Mayo Luncheon and Dance

May 5th - RSVP

Brews on the Pecos microbeer festival

April 29th

Cavernfest

June 9th & 10th

Farmers & Makers Market

Starts June 15th

Green Chile Cheese burger Cook off

June 17th

*Thank
you*

Virginia Jones
Marilyn Tackett
Pat Matthews
Rudy Garcia

Manger's Memo



Hello Members,

This article will be a new added feature of the monthly newsletter. It will give you news, updates, and information on all things with our center straight from me. First, I want to say what a joy it is to come to work because of all the wonderful people that participate in our numerous activities. So, thank you for being the best part of NMSRC. Second, I am sure you have seen the staff lay down tape or pull up tape for the Pickle ball court. This will be something of the past very soon because the court will be painted on the floor this month! Also, since I am on the subject of upgrades in the center, you may have noticed you can see better in the rooms. That is because workers with the city have been here installing lights. This will be something that will be happening throughout the month of April and we will be contacting certain groups to inform them about installation if it requires rescheduling an activity. Another change that will be happening is I will be posting the agenda for the NMSRC Advisory Board Meeting that is held every second Wednesday of the month.

Now for the fun stuff. If you haven't seen them yet, there are flyers for two really great events coming up that you will not want to miss. The Craft Fair is just around the corner and coming fast! It will be April 21st from 4PM-9PM and April 22nd from 9AM-4PM. We will be setting up for this on Friday April 21, so there will be some activities that will be cancelled or will be moved to another room. The Craft Fair filled up fast and there will be some really great booths. The next great event is a two-for! Cinco de Mayo will have two great events in one day. At noon we will be having a catered lunch and the City Voices Choir will be performing with Mariachis. There will be a Taco bar, Agua Fresca bar (agua frescas are fruit drinks), and a Salsa bar. That evening will be the First Friday Dance. There will be a Salsa bar and non-alcoholic margaritas. The music will include country, Tejano & 70's dance tunes. Don't miss the fun!

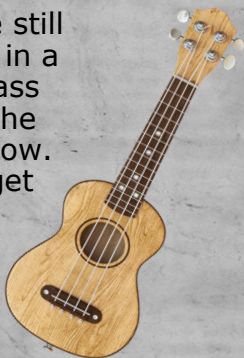
In Appreciation,

Dina

W A N T E D

UKULELE

If you are still interested in a Ukulele class please let the front desk know. We need to get an accurate count of those still interested. Thanks!



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!

Come see us at the front desk or call 575.885.6487

TABLE TENNIS



No experience necessary! Come learn and enjoy friendly, low impact play every:

Wednesday
6PM—8:45PM
Friday 10AM—12PM

Calligraphy

Are you interested in learning Calligraphy? Great! Let us know so we can get a group together!

ZUMBA

If you are interested in attending a Zumba Class please stop by the front desk for information!



City Voices Choir

All are welcome!
PRACTICE every
Tuesday & Friday 2pm
See Staff or call
575-885-6487
for details



SQUARE DANCING

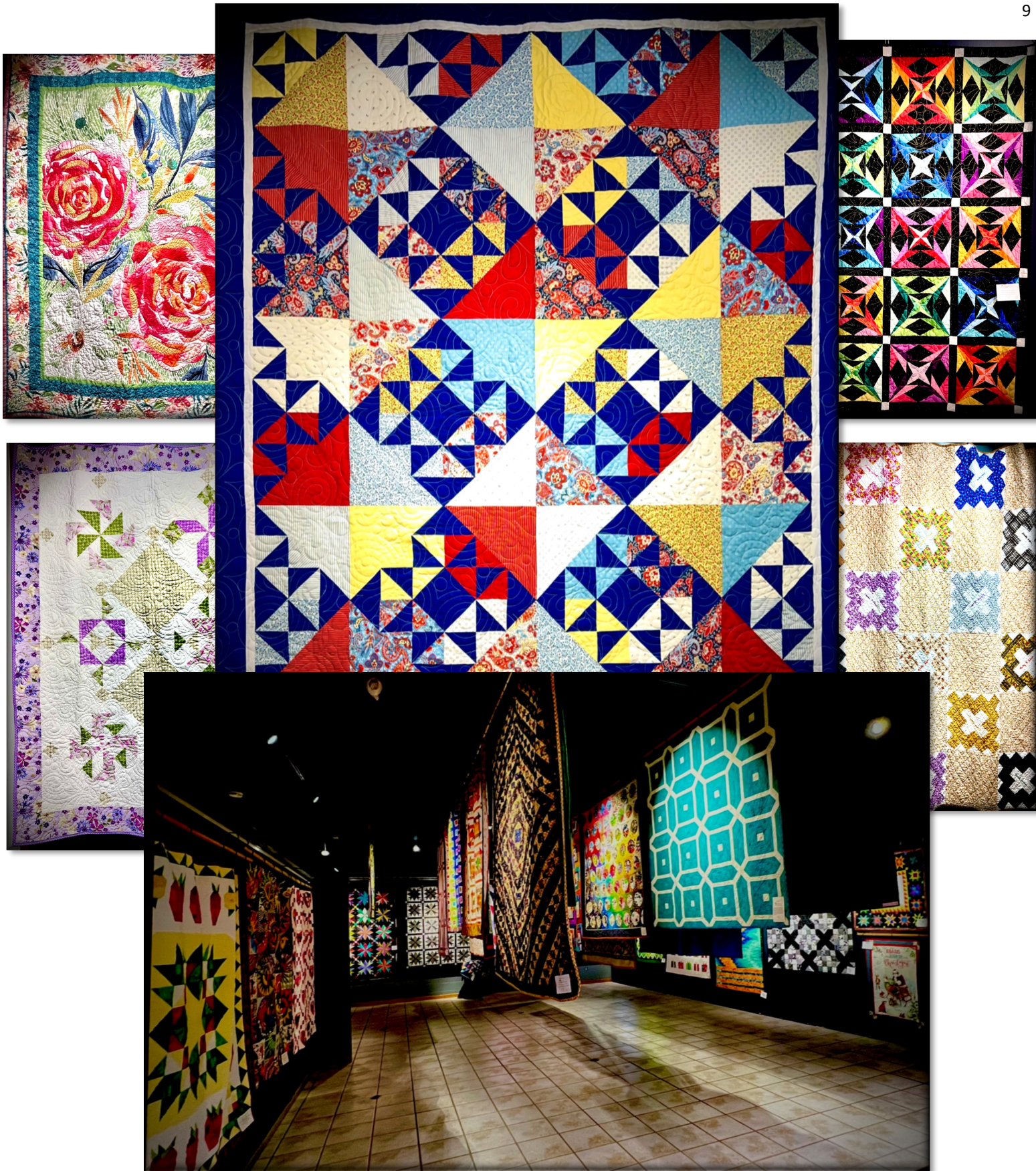
Who is interested in being a "caller" for Square Dancing?

Contact Lemoyne Hayes for more information!
740.601.6061

"Picture This"

Juanita's class on making this super cute hanging bunny was not only a lot of fun but a success!





There is so much talent that walks the halls of North Mesa Senior Rec. One of our groups was just featured at the Carlsbad Museum for their special skills. The exhibit ran from February 18th to March 18th and had our very own Zia Quilting grace their halls. Above is just a few pieces from the museum's exhibit.



5 Worthwhile Benefits of Socialization

Socializing – and the meaningful connections it creates – has many more benefits than getting you out of the house or keeping your brain stimulated, though this benefit can't be overstated. Experts have proven that socialization among older adults not only keeps the brain sharp, but it can even decrease the risk of developing dementia and Alzheimer's disease.

In addition to the cognitive health benefits, socialization provides important, life-enriching psychological benefits as well, such as:

1. **Improved Mental Health**-Many aging adults are at risk of being isolated, which is one of the leading causes of depression among seniors. Isolation and loneliness can elicit feelings of despair or worthlessness. Socialization combats these depressive situations and allows people to feel loved and valued. The people we interact with and the activities we do in society affirm our sense of worth. When you spend time with others, you not only avoid isolation, but you also have plenty of opportunities to keep a healthy mental state and positive outlook.
2. **Sense of Belonging**-Feeling like we belong somewhere is just as important during our senior years as it was during adolescence. It's important to know that we have people to whom we can turn to share life's ups and downs. Especially for those who may have lost a close friend or a spouse, the need to belong could feel more intense. Socializing with other people can help cultivate new friendships and lasting bonds as you participate in meaningful life events together.
3. **Increased Self-Esteem**-It's common for self-esteem to dwindle as we experience the difficulties of aging. We can feel embarrassed or frustrated with ourselves when we have trouble doing as much as we used to. However, the more we socialize and join in activities with other people, the more we benefit from feeling as though we still contribute to our communities. Positive interactions of any kind help us feel more confident in ourselves as we learn to recognize the important traits and talents that don't disappear with age.
4. **Accountability**-We all need others to hold us accountable at some point in our lives. For aging adults, their social circles can act as accountability partners to ensure they continue to take care of themselves. If we keep to ourselves, it's easy to slip into bad habits of declining self-care. Socializing, on the other hand, gives us reasons to keep up with self-care and prioritize our personal health.

Purposeful Living

When we have somewhere to go, something important to do and people to see, it helps us feel like our lives have purpose. A robust social life can help us get up in the morning with excitement and anticipation for what lies ahead. The strong connections we have with others create meaning in our lives, giving us a greater sense of fulfillment just by being close to each other. Spending quality time with those we care about reminds us that life is worthwhile.

Find Your Fitness

Are sunnier days and warmer temperatures reinvigorating your zest for outdoor fitness? Spring is the perfect time to get outside and exercise! Don't miss this quick guide to spring-inspired exercise ideas for seniors as well as quick health and fitness tips to remember:



Try Something New! Spring is the season of rebirth and rejuvenation so let it inspire you to step outside the box and try something new. When it comes to outdoor exercise for seniors, the ideas are plentiful:

- Go swimming at a natural spring or watering hole
- Take a bike ride with friends
- Go hiking or camping
- Get your jig on by dancing - Zumba, square dancing, you name it!
- Throw a frisbee or fly kites in the park with your grandkids
- Garden at home or pitch in at a community garden
- Participate in a charity walk-a-thon
- Volunteer at a river or park clean-up
- Take an outdoor yoga class
- Try a new water sport like paddle boarding or kayaking



however, it is critical to stay hydrated and replace fluids you lose through sweating.

Seniors should try and carry a reusable water bottle around with them when possible, or set reminders on your smartphone or clock, even when you're at home so you are alerted to stay on top of your hydration. Eating water-rich fruits and veggies like cucumbers, spinach, and watermelon can also help you get enough fluids throughout the day.

Protect Your Skin! More sun exposure can be great as your body converts sun rays into vitamin D, however, UV radiation can also increase your risk for developing skin cancer. Did you know that the average age at which someone is diagnosed with skin cancer is actually 63?

With so many seniors at risk of developing melanoma, it's critical to follow sun protection guidelines. Apply sunscreen with an SPF 30+ to your body when spending time outdoors; and wear protective clothing and accessories like long-sleeve shirts, hats, and sunglasses. Remember to stick with light, breathable materials like cotton that won't overheat you.




Stay Hydrated! Decreased fluid intake and even a diminished sense of thirst are commonly exhibited by older adults due to physiological changes which accompany aging. When you're out and about taking part in spring activities,

RUMBUS PUZZLE



Rebus puzzles are picture-based riddles that usually have answers that have to do with common expressions or idioms. However, they aren't always what they seem. In fact, you have to make sure you pay extra attention to the size, placement, numbers and sometimes even the color of the words and pictures in each rebus puzzle in order

1. CCCCCCC	2. LE / VEL	3. Give Get Give Get Give Get Give Get	4. ABCDEFGH IJKLMNOPQ RSTWXYZ
5. T O W N	6. LU CKY	7. AID ← AID AID	8. W E S T
9.  3.14159265359	10. MILONELION	11. J U S ME T	12. JACK
13. ECONOMY	14. 0 M.D PH.D B.Sc.	15. R E A D I N G	16. R O R O A D S D S
17. MAD MAD U MAD MAD	18. ONCE 4:44pm	19. EZ iiii	20. HEA DAC HE
21. DRIBBLE DRIBBLE	22. poFISHnd	23. HISTORY HISTORY HISTORY	24. IN VADERS

WELCOME New Members

Garry Adams

Melissa Duarte

Robert Hooten

Helen Parraz

Martha Avila

Rebekah Freston

Glen Alan Jenkins

Shaun Waldon

Marty Banks

David Fritsch

Jan Kacena

Barbara Wallen

Mario Carrasco

Ellen Harbaugh

Sonia Martinez

William Weston

Marisol Cordova

Rhonda Hardesty

LaVonn Means

Clint White

Maria Delgado

Eva Hinojos

Joel Norris

Vinny White

Adolfo Hinojos

Abel Parraz



BOOK NOOK

Check out our new to us books. We featuring the novelist Kristin Hannah this month! Kristin Hannah's novels are known for their explorations of hope, the strength of the female spirit, and the vital and unique magic of female friendships.



HAPPY BIRTHDAY

1)	Yong Deatherage Nancy Workman Margaret Roberts Ted Martinez John A. Doyal Linda Smith Shawna Hicks Tim Jordan Jane Raney Marta Gallegos	8)	Maria Carter Ruben Chavez Paul Wong Annabelle Gomez Roy Wilkinson Rene Lopez	17)	Valerie McArthur Eva Hinojos Theodore Larsen Merle Berry HermeLinda Soto Cheryl Mendez Judy Lanier Gary Waiterscheid	24)	Catherine Martinez Alma Evelina Johnson Sarrah Kidd William G. Smith Karin McCoy Garry Adams
2)	Beth Walker Denise Armstrong Gina Duran Jan Ballard Judy King Lori Heroux Luz Moreno	9)	Ken Miller Jerry Calvani Mary Ann Contreras Alissa Sporkin	18)	Gordon Carpenter Jimmy Gibson Patti Hamel Tracy Luscombe	25)	Beth Ross Edward Merkel Denise Lester Linda Tanner Debra Simmons Yolanda Sing Deana Morrill Jennifer Norris
3)	Sarah Stewart Sally Stade Helen DeAnda Lonnie Yielding Connie Brown Neal Twaddle Robert Schaedel Susan Knight	10)	Olen A. Ortego Darlene Hooten Steve Walker Nancey Fields	19)	Janis Fierro Kallene Smith Virginia McLemore Robin Bostick	26)	Janice Schnorr Ruth Valdez
4)	Beth Anderson Mary Ann Marrs Priscilla Sweet Shelly Wheeler Benny Gonzalez	11)	Pat Turner Shelly Galindo Richard Pinching	20)	Mary Ann Fine Marena Leeper Skip Stambaugh	27)	Vivian Valdez Reba Mitchell Manuel Villa Amy Smith Karen Melvin Monica Garcia Patsy Navarrette Nancy Orite
5)	Rodolfo Gonzales Ronnie Kilgore LaVern Johnston	12)	Shirley Smith David Tawater Vicki Jones	21)	Trish Conklin Tracy Carr Andrew Twitchell Darlene Stafford Luci Ulibarri Tom Hines Stacia Herndon Pat Wilburn Martha Gonzales Diane Post Lisia Haggerton Christine Ortego Jenny Worley Ginny Thomas	28)	Hilda Moore Martha Pena-Parr Gina Melvin Donna Eakin Carlus Lewis David Bradley Holly Paskey Patsy Navarrette
6)	Ora Smith Jil Higgins Kenneth Smith Becky Thompson Ronnie Killgore Glenda Bushman Cathi Steele Chris Ray Sally Covington	13)	Lucio Perez Stacey Daly Richard Williams Roxanne Gunter Rushy Moore Virgil Smith Walt Allery Debbie Cannon Cynthia Adams	22)	Linde Merry Jenny Fierro Mark Long Loretta Wood Joan Lamb Ryan Bowen	29)	Jarretta Faust Tracy Bellah Evangeline Browning Wendy Young Ricky Ross
7)	Ted Burkhart Carla Dungan George Dunagan	14)	Barbara Hackenson Carlos Hadzic Irene Campos Kay Zollner Susan Daniel	23)	Betty Bass Gwenette Bradley Sharon Skinner Ruthie Brown	30)	Jane Cornwell Moises Gonzales Toby Masters Kevin Harris Richard Farrell
		15)	JW Sutphin Jacob Yanez Melba Phillips Richard LeClear				



Thank you Rudy Garcia

Check out our new water dispenser in the kitchen from Rudy Garcia! We are asking when making coffee you please use the water from this dispenser. Thanks again, Rudy!

We have an incredible facility maintenance person named Anna that does an exceptional job making sure that our facility is always clean and shiny, but she needs our help. recently we have noticed that rooms have been left in disarray after an activity. We sometimes have only a few minutes to prepare or set-up another group after each activity and much less if we have to clean up the trash left on tables and floors. So please help show Anna appreciation by picking up the room after each use. Please encourage other members of your group to do the same so everyone can enjoy the center. And lastly please remember it is expected that all members follow the center policy to leave a room in the same condition you found it. Thank you for your cooperation!



On the lighter side...



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

A man in Phoenix calls his son in New York and says, "I hate to ruin your day, but I have to tell you that your mother and I are divorcing; forty-five of misery is enough."

"Pop, what are you talking about?" the son screams.

"We can't stand the sight of each other any longer," the man says. "We're sick of each other, and I'm sick of talking about this, so you call your sister in Chicago and tell her," and he hangs up.

Frantic, the son calls his sister, who explodes on the phone.

"They're not getting divorced if I have anything to do about it." she shouts, "I'll take care of this."

She calls Phoenix immediately, and screams at the man. "You are NOT getting divorced. Don't do a single thing, DO YOU HEAR ME?" and hangs up.

The man hangs up his phone and turns to his wife and says, "Okay, they're coming for Thanksgiving...now what do we tell them for Christmas?"

ANSWERS FROM PAGE 8:

- | | | |
|------------------|-----------------|-------------------|
| 1. Seven seas | you and me | 18. Once upon a |
| 2. Split level | 12. Jack in the | time |
| 3. Forgive and | box | 19. Easy on the |
| forget | 13. Growing | eyes |
| 4. Missing you | economy | 20. Splitting |
| 5. Down town | 14. Three | headache |
| 6. Lucky break | degrees | 21. Double |
| 7. First aid | below zero | dribble |
| 8. West Indies | 15. Reading | 22. Big fish in a |
| 9. Apple pie | between the | little pond |
| 10. One in a | lines | 23. Repeating |
| million | 16. Cross roads | history |
| 11. Just between | 17. Mad for you | 24. Space |

Remembering those we've lost



*Landa Derington
Bill Schnorr*

NMSRC ADVISORY BOARD

Chairperson, Jean Loafman Vice-Chairperson, Beth Fredrick Jay Redman Juanita Jojola Margaret McClure

NMSRC STAFF

Manager—Dina Navarrette

Assistant Manager—Maria Brito

Morning Attendant—Avelina Childress

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Facility Maintenance—Anna Alvarez