



2023

AUGUST 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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All the great freedoms we have in our country is due to our Senior Citizens, and President Ronald Reagan knew this fact.

That is why in 1988 he signed Proclamation 5847 which declared August 21st as National Senior Citizen Day. A day in which we can adequately appreciate and recognize the many accomplishments



citizens our thanks and a heartfelt salute. We can best demonstrate our gratitude and esteem by making sure that our communities are

good places in which to mature and grow older — places in which older people can participate to the fullest and can find the encouragement, acceptance, assistance, and services they need to continue to lead lives of

and contributions seniors have made. President Reagan was quoted best by saying "Throughout our history, older people have achieved much for our families, our communities, and our country. That remains true today, and gives us ample reason this year to reserve a special day in honor of the senior citizens who mean so much to our land, For all they have achieved throughout life and for all they continue to accomplish, we owe older

independence and dignity." This is how each member of the staff wholeheartedly feels about our humble center. A place in which you feel walking through the door as a safe space that you can continue to expand your knowledge, your passions, and your friendships with your peers. Our hope is to continue this tradition of respect President Reagan laid down so many decades ago to treasure you, our greatest generation!



CAVEMAN FOOTBALL SCHEDULE

- 8/18/23- Artesia
- 8/25/23- Goddard
- 9/2/23- Volcano Vista
- 9/8/23- Clovis
- 9/15/23- Roswell High**
- 9/28/23- Alamogordo
- 10/6/23- Organ Mountain**
- 10/13/23- Centennial**
- 10/19/23- Las Cruces High
- 10/27/23- Hobbs

HOME GAMES IN BOLD
Games start at 7:00PM



Special Monthly Events

NMSRC ADVISORY BOARD MEETING

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

Next Meeting:

Wednesday August, 9th at 2:30pm



AARP MEMBER MEETING

Meeting will be held the third Monday
of the month.

Next Meeting August 21st
3:00PM-4:00PM

Guest Speaker: Gary Williams
State of New Mexico AARP Director
of Community Outreach

AARP Defensive Driving

\$20 for member

\$25 for non-members

August 18th 8:00AM-12:00PM

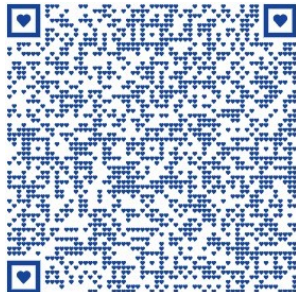
Contact Sulema Navarrete
for details 575-302-3508



Blood Pressure, Pulse, Oxygen
Tuesday in the Library
10:00—11:00



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



QR code for the
NMSRC Activity Calendar.

Manger's Memo



Members,

It has been a long hot summer, but gratefully the temperatures have begun to come down ever so slightly. That brings me to the air conditioning in the auditorium. We are several weeks away from installing a new unit based on local companies' estimates. They are swamped and are doing everything they can to help get a unit in as soon as possible. Please be patient as we work through the bidding and procurement process.

We are excited that the center management software will finally arrive soon. This software will make your signing-in process much faster and much easier. You will be given a key tag that you can scan at the kiosk, which will be located in the front lobby, and select by touchscreen the activities you plan on participating in that day, and that's it! In addition to the touchscreen sign in, the software will allow online class registration, send mass calls or text messages to remind you of an upcoming event or activity, and gather the data we will use to apply for grants.

We are searching for a much-needed electronic piano used weekly by our very own City Voices Choir. The choir, led by Linda Servold, is always looking for new members, so if you like to sing, come on over and join our choir!

Finally, on the maintenance side three new 17-inch toilets have been installed in the west women's restroom. We will begin the repair of the front doors and painting the auditorium and pool rooms over the next few months. We will try our best to keep everything flowing smoothly while the work is being done.

In Appreciation,

Dina

What's Going On Around the center...



CASINO TRIP TO INN OF THE
MOUNTAIN GODS IN RUIDOSO

September 8th

Check in at the Front Desk to Sign-up
\$20 to book your spot. Space is limited.



Friday, August 25th
at noon

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

Learn to paint
SUNFLOWERS

with

SHERRY PRINCEN!

August 16th

Morning Class: 10-12

Or

Evening Class: 6-8:30

You will want to sign
up soon to have a spot
to paint this beautiful
picture!



DANCE



Friday, September 1st.

6:00 PM- 8:45 PM

Bring your favorite finger food to share with

SAVE THE DATE

We will have a dance October 6th, but then it's...

Time to get our **SPOOKY** on!!

We are having a Halloween Dance on
October 27th & **COSTUME CONTEST.**

That means we will have **TWO DANCES IN
OCTOBER** and **NO DANCE IN NOVEMBER!**



After a nice summer break, AARP will start back up on August 21st from 3:00PM to 4:00PM and their guest speaker will be the Director of Community Outreach for the State of New Mexico Gary Williams. He will speak about what AARP can offer and the benefits of being a member. You won't want to miss this informative meeting!

What's Going On Around the center...

Guess WHAT?!?!

Line Dancing

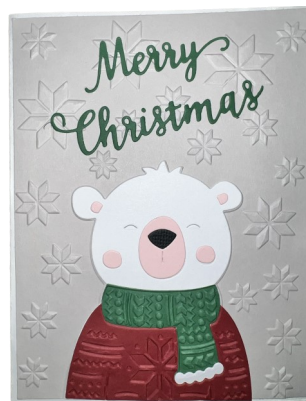

Is inviting anyone interested in signing up for the beginners' class!!

If you have been wanting to join in on the fun, well now is the time.

The beginners' class will be every Tuesday from 9:00AM-10:00AM in the Yucca Room



Dolores Hutcheson will have a class to teach you how to make adorable greeting cards for Christmas on September 6th and 20th starting at 9:00AM. Here is a sample of one of the styles you can choose from.

Are you looking for a place to jam out? Every Thursday night from 6:30 to 8:30 in the Mesa Room we have a jam session. Not a musician but still love music? You are more than welcome to come sit in and listen to them jam out!

In case you did not know, there are two groups of talented ladies that make works of art in the form of quilts. If you would like to join or learn to quilt, make sure you stop by during the times below.



HAPPY QUILTERS
MONDAY
11:00AM-5:00PM

ZIA QUILTING GUILD
THURSDAY
9:00AM-4:30PM

NMSRC Yoga Classes

Morning Yoga Classes



Join Carrie Perkins
Mondays and Fridays
9:00AM- 10:00AM

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

Evening Yoga Classes

Join Erin Armendariz
Tuesdays for **Chair Yoga**
5:30PM- 6:30PM
Thursdays for
Hatha Yoga
5:30PM- 6:30PM

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



What's Going On Around town...

Seed and Sprout Swap

August 12th 9:00 am – 10:00 am

Seeds, sprouts, plants, cuttings, and more are welcome in this swap. Come see what fellow growers have to offer, and find new plants to take home and try.



Farmers' Market

Every Thursday
5:30-7:30PM

Eddy County Courthouse Lawn

Make sure to join in the fun every Third Thursday when there is live music and food vendors



\$10 Cruisin' on the Pecos \$10

Discover the splendor of the Pecos River and Lake Carlsbad Recreation Area with a 45 minute riverboat cruise!

Tour Dates

July 22-August 27

Friday
6PM, 7PM

Saturday
5PM, 6PM,
7PM

Sunday
5PM, 6PM,
7PM

Tickets

www.carlsbadchamber.com

Check In

Port Jefferson
814 E. Riverside Dr.

GUIDELINES:

Ages 2& under ride FREE

Ages 12 & under required to wear life vest (life vests provided)

Boats are NOT wheelchair accessible

NO smoking or vaping allowed on boats

4th Annual 5K

Runicorn Color Run Fundraiser
SATURDAY, AUGUST 12, 2023 AT 1 PM

Lake Carlsbad Beach Bandshell

This is a fundraiser event to help a local Carlsbad resident with medical & travel expenses.

This event is a community event open to the public, there will be vendors, DJ KOOL ARROW, and a fun color run to raise awareness on cancer and raise funds to help someone in need.



September 1st 7PM

Carlsbad Relay For Life

Lake Carlsbad Beach Park. 904 Riverside



2nd Annual Pie Festival **At Balzano Family Vineyard** **August 26th 10am-6pm**

Tons of fun, from wine tasting to bounces to shopping great local vendors. Join the pie making contest or the pie eating contest! There's fun for the whole family so don't miss this festival of pies!!! Admission is \$10 per person.



Spotlight

Angie Mendoza

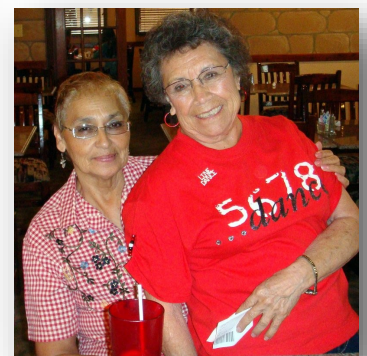
"I took the Liberty"

My heart skipped a beat when I learned that Angie had passed. I had spoken to her a couple of weeks before, and we chatted about her getting strong enough, with physical therapy, to get back to choir practice and potlucks here at North Mesa. I suspect that she knew she would soon be leaving us to join all her loved ones in paradise, but she was saying what she knew I wanted to hear. I'm grateful; she sounded good, and I believed her.



I knew Angie before I came to work here at North Mesa, but we weren't close. Boy, did that change. Our relationship quickly became very important, at least for me, while I worked to navigate the center and all the responsibility that came with it. She would probably say I was struggling, and now looking back, I was. Thankfully though, with her experience and wisdom, she managed to keep nudging me in the right direction ever so gently. She was an invaluable mentor for learning about the center and, most importantly, the people. I will forever appreciate the time she invested in me to ensure my success here at North Mesa.

You are probably wondering why I titled this write-up "I took the liberty"? During my "training" period with Angie, she would start many conversations with that little statement and then go on to tell me what management decisions she had already made. She was a huge part of my early success here, and there will continue to be many happenings here to keep her memory alive. I will miss you my friend. *Dina*



Tables are available for the upcoming Center Garage Sale!

Donations Welcome!

Any items donated will benefit events and activities at North Mesa.



See staff to reserve your table(s) before they're all gone!

GARAGE SALE

Saturday, October 14th
7:00am-Noon



It may not seem like it yet, but very soon we will start feeling a swift moment of nippy air. As quick as we feel this, it will pass. From there, the moments of crispness will start to get longer and more frequent. With this passage of time another season starts, it is time for children to go back to school. This means we can count on school zones, watching for children crossing the street, and school supplies being sold everywhere you turn. We hope this article will help you navigate what a new school year means to you.

The 2023-2024 school calendar is out and there are some changes from past years. Early release, in the past was on Wednesdays. This has changed, early release going forward is Mondays and they will be released at 2:30. The time students need to be in class vary from school to school, so make sure you are privy to this information.

Please note that schools will be busy during this time and make sure to plan accordingly if you are out and about during these times.

We also know how important it is to give back to the community that gives us so much! For this reason, we believe you can help us to make sure that no child is in need of school supplies in our great town. We are doing a school supply drive to collect supplies for children. We thank you so much for helping us achieve this goal, and make sure to watch out for all those cute kiddos!

List of supplies needed

Midsize
scissors
Rulers

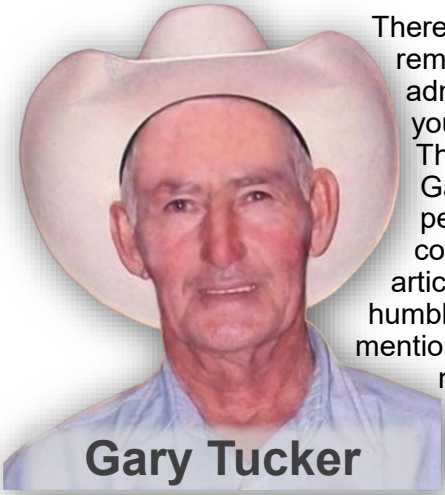
Pencils
Graph Paper
Glue Sticks

Disinfecting
Wipes
Dawn Soap

Vinegar
Kleenex
Spray Bottles

Sanitizer
Composition
Notebook

Carlsbad Hall of Fame Inductee and North Mesa Member



Gary Tucker

There is something remarkable to have admiration for a person you have never met! This is the case for Mr. Gary Tucker. Every person that was contributed to this article had a sense of humbleness at the mere mention of Mr. Tucker's

name, and that is true respect. The quote, "Life is short, but the legacy of a cowboy lives on forever"

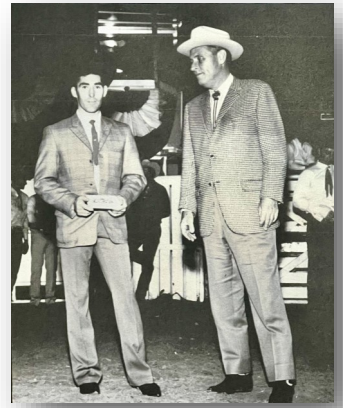
author unknown, seems to speak volumes about this cowboy. George Meeks, a cowboy that ran the same rodeo circuit as Mr. Tucker remembers him as being such a friendly guy that would help anyone...until it came time for him to get ready to ride. Then his game face was on and he was ready to go to work. George said "he was laser focused and was chasing that title", a title he achieved. As you may



know, Gary Tucker was a local rodeo legend for Bareback Riding and was a global sensation for achieving the highest honor a cowboy can receive, in 1969 he became the World Champion in Bareback riding. In fact, he has one of the oldest records at Fort Worth for a 90 point ride he had in 1973. It stayed that way for 31 years. Mr. Tucker competed at the National Finals Rodeo from 1966 to 1972.

He decided to hang up his riggin' and settle down with his sweetheart Linda Ann Hobbs and raise their two children Tony and Roxann. He spent his past time making rodeo equipment and worked as an oilfield pumper then a foreman for the oilfield.

Though many may have not met this outstanding cowboy, his spirit in the memories of his friends will shine, and you will feel what an honor it is to learn more about this legendary cowboy. He became a frequent face around the pool room and formed friendships and memories that carry great significance to this day as you will read in the memories from Mr. Tucker's friends in the Pool Room.



Jay Redman-

In 2017, many of us descended into the pool room for one reason or another. We would grab a table when we could. We noticed a man in a light colored cowboy hat and his presence was an almost certainty. While inquiring the name of the guy in the cowboy hat that consistently ran the table we were told his name was Gary Tucker. There ensued curiosity among us all as we were certain we heard that name before, until we realized that it was none other than "THEE" Gary Tucker, World Bareback Riding Champion, who's accomplishments were well known by all Carlsbad Citizenry, and while many knew he was a rodeo champion, Mr. Tucker was just as discerning as a billiards champion as well. One by one, we summoned our courage to play this world champion a game of eight-ball. Inevitably, we all would come undone by the short end of "the stick" by Mr. Tucker defeating us, endeavored to help us reach a higher level of play by affording us the opportunity to learn the game. Thus began the foundation of a new and lasting bond of friendship in which we simply could not wait to be done with work and descend upon North Mesa Senior Rec Center to put forth our best efforts against Gary. Five days a week were not enough to make memories hanging out with

Carlsbad's World Champion. There are no words that can adequately describe the joys that we collectively shared with Gary Tucker. To this day, one or another of us can be found asking out loud "what would Gary do here". These memories will last a life time.



Tucker Family

Harvey Taylor-

I along with many others were introduced to Gary Tucker on a pool table, and what an introduction it would be! Gary was wonderfully individual. He was outwardly as smooth and calm as a chilled glass, only the glint of his eyes belying the fierce competitiveness within. This demeanor served him well. He would take a moment to survey the lay of the balls and then as likely as not to quickly and methodically run the rack.

Gary was adept at all things pool. He could not only make the balls, he could make the cue sticks to make the balls go in the pockets with! He gave many of these cue sticks to his friends. The excellent craftsmanship of these cues is still a reminder to those in the pool room not only of Gary's skill with a lathe but of the generosity of the man. Those of us who crossed paths with Gary can count it a privilege and blessing from God and we always caught a little bit more joy for it, Gary Tucker was more than a World Champion Rodeoer, more than an accomplished pool player, Gary Tucker was a Champion at Life!



Rushy Moore-

Gary left his "Footprints" in the NMSRC Pool Room over the course of a few short years to the extent that every single guy that knew him, then, was impacted by his presence- even unto this very day. He came in as a stranger, but left us as a "brother". I mean, you had to respect the man, HE WAS GOOD; everybody's dream was to have a game against him, which unless you got lucky, was rare. We rated ourselves amongst one another by how many balls he left us with, but as good as he was, he was not cocky, and if it wasn't me, I would regularly overhear him offering well-needed pointers to others.

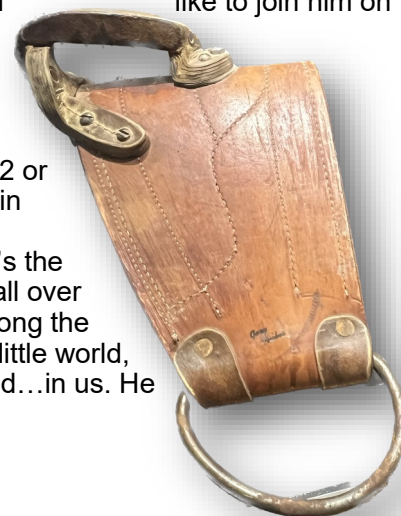
My pet name for him was 9 seconds, because as you may know he only had to stay on a bronco for 8 seconds. One day Gary popped a question on Jay Redman about how he could build up his endurance, and Jay went into describing how he does hundreds of push-ups at a time to build up his endurance over a lifetime (Jay even dropped down and "popped" a hundred off without stopping). Eventually, Jay led him into the exercise room treadmill, telling Gary that this would be the best low impact approach to help build endurance. So Gary climbs up on the machine and straddles the belt as the machine warms up gradually.

Now, as Gary is conversing with Jay, he inadvertently steps on the treadmill while it is going in high gear and IMMEDIATELY goes down. That treadmill spat him out onto that tile floor more than his body length away. I LOST IT! Funniest thing I had ever seen; I looked at Jay, and he's giving me the same "look"... here was the 1969 World Champion Bareback Rider, TAMED... by a treadmill.

A year rolled by, then another, gradually, (like the changing of the seasons), the atmosphere in the pool room began to change; instead of "I got lucky", were hearing occasional concession remarks from Gary..."Good game, Rushy". Man! Talk about feeling good- any victory against "The Master", no matter that he misses cues and scratches on the eight ball, is a good day!

One evening Gary just out of the blue started talking about a pool tournament in Clovis that he frequents often. He said he was going the next day and meet up with those guys. He then asked if any of us would like to join him on the trip and we all started murmuring about how we couldn't afford to lose that kind of money... Gary reached into his pocket, and struggled to extract a large wad of \$100 bills. Then proclaimed to say, "Oh, I got the money!"

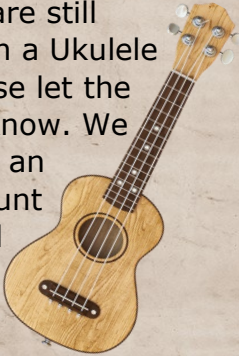
I'm telling this story to show the impact that this man had on our core group of "shooters" over a 2 or 3 year span that now he felt enough confidence in ANY ONE OF US to take this show on the road, correction, to take HIS SHOW on the road. That's the heart of a champion; this man's gift carried him all over America, no doubt he touched countless lives along the way. Then he comes back home, steps into our little world, and we're all the better for it because he Believed...in us. He lives in our hearts!



WANTED

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!



DISCUSSION GROUP

If you would like to participate in a discussion group please let the front desk know. The group members will gather to discuss a topic or problem and share their ideas and perspectives with one another. We will provide drinks and refreshments.



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!



Who is interested in joining a few people to sing Karaoke on the 2nd Friday of the month? Let one of the staff members know you are interested and we will get the details to you in the upcoming months.

TABLE TENNIS



No experience necessary!

Come learn and enjoy friendly, low impact play every:

Wednesday

6PM—8:45PM

Friday 10AM—12PM



City Voices Choir

All are welcome!

PRACTICE every

Tuesday & Friday 2pm



**Cavern City
Renaissance Festival**

September 29-30

Garage Sale

October 14

Bat Festival

October 21

**Centennial Celebration of
Carlsbad Caverns
National Park**

October 25

**Fall Festival & Downtown
Trick or Treat**

October 31

Thanksgiving Dinner

November 14

Fall Craft Fair

November 17-18

*We have been blessed and
want to say*

*Thank
you*

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

Pat Matthews

Books for the Library

Susan Blakenship

Books for the Library

Margaret McClure

Puzzles

Peggy Schneberger

Flowers for Art Class

Patty Seidel

Hand Quilting Rack

Sharon Briscoe

Yarn for crocheting

KEEP UP TO DATE ON SCAMS, and take the time to read the latest.



Staying up to date on the latest efforts to scam you is the best way to make sure you are not a victim. Scammers are here to stay and the sophistication used to scam is ever-changing. Please keep reading for the latest scheme using robocalls to access your voice and take your money.

“Can you hear me now?” is the once-popular tagline of Verizon commercials, but it’s also the headline of a new scam. Scammer making robocalls will ask some innocuous questions. Once the targeted person says “yes,” a recording is made of the response, and it is used to sign up the target for unwanted, expensive services. It’s a scheme targeted at businesses before, but it has now shifted to targeting individual consumers across the country.

Robocallers have gotten increasingly sophisticated over the years. They’re doing everything in their power to mimic real sales calls. A pleasant-sounding voice might ask an innocuous question, like “Can you hear me?” or “Are you a homeowner?” The objective is to get you to say “yes.” That’s all the scammer needs. The scammer may then send you an invoice for a service. They may also bill your phone number directly or attempt to make a charge using your credit card. When you call to contest the charges, the scammer will use your recorded “yes” to intimidate you into paying.

Even if the scammer doesn’t successfully bill you, your “yes” can still be hurtful. Answering the phone and talking demonstrates that your number is an available target for telemarketing. The scammer may bundle your information with other victims and sell it to other potential scammers.

The easiest way to avoid being a target in this scam is not to answer your phone if an unknown number calls. You can also ask a trusted family member to screen your call if you don’t recognize a phone caller.

Until you can figure out if you’re talking to a real person, it’s best to avoid giving straightforward answers. If someone asks you, “Can you hear me?” say, “I can hear you just fine.” If they ask a personal question, ask them why they want to know. Both of these responses will throw a robocall or a call center employee off script, giving you an opportunity to see if it’s a real person calling with a real opportunity or a scammer wasting your time.

It’s also worth repeating that you should **never give out personal information over the phone**. Often, phone scammers will claim to be a representative of some government agency to scare you into turning over your information. Don’t believe them. Government officials don’t do business over the phone unless you initiate the call.

If scammers gain a recording of your voice, they may try to intimidate you into paying by claiming that the voice recording is authorization of charges. **KNOW YOUR RIGHTS:** Unless you’ve given someone your payment information and explicitly authorized them to charge you, you are not responsible for paying those bills. **Don’t give up payment information because of threatening language.** These scammers can’t actually do anything to you.

Keep a careful eye on our account statements and phone bills, just in case. Most phone providers have what’s called “bill-through” service, where third-party charges will be placed on your phone bill. It’s how some apps work, but it’s also how an alarming number of scams work.

Through practice call “cramming,” third parties can pile unauthorized charges on your phone bill. By keeping the charges small and the names innocuous, third parties can rack in millions across the country for services consumers don’t want and didn’t agree to purchase. Make sure you understand exactly the purpose of each item on your phone bill. If there’s anything you don’t recognize, call your phone provider immediately. Disputing charges early is the best way to get them off your bill and keep that money in your pocket.

If you need help to scan your mail, email, text messages, or voice mails for fraud we’re here to help.

Grow Your Fitness

A little a time

So many of us would like to improve our overall fitness, and what better time to do it than now!? So, what's stopping us from going ahead and actually making changes?

We should set our goal to try to be active every day and aim to do at least 150 minutes of physical activity over a week, through a variety of activities but starting is often the most difficult part, so don't be disheartened if your fitness journey doesn't begin exactly the way you'd hoped. Once you're in the routine of exercising regularly, not only will it gradually get much easier, but your improvements over time will also push you to want to continue.

Make the commitment to yourself

The first step of embarking on your fitness journey is to make the commitment to yourself to start because it is NEVER TOO LATE!. After all, if you don't believe that you will be able to do it, chances are you won't. Mindset is a powerful thing, so ensuring that you are determined to actually make that commitment is extremely important and will significantly aid with your future success. Write down what you want to achieve - write it somewhere you'll see it everyday or somewhere only you will see. Writing your goal down makes it real. When you are not fully committed to improving your fitness, you are destined for failure before you have even started. Make sure you tell yourself that you are 100% ready to make changes, stick to your goals and succeed.

Start small

Even if your fitness goals are to be able to walk long distances or lift weights, it's important that you build up to this gradually. Use your calendar, set your self reminders and block out your time so you make time for you. Instead of planning to exercise 5 times a week for 30 minutes when you're just starting out, it's worth considering starting with a couple of times a week for 10-15 minutes for example. From this you can gradually build up as your fitness improves, increasing the length of time you exercise and the intensity of your workouts.

Remember something is better than nothing

Some days can turn out to be much busier than originally planned, which can mean that you no longer have the time that you had set aside for exercise. It is important to note that even a small amount of exercise is much better than nothing at all. If you can find even just 10 minutes to fit in exercise, it helps with sticking to your routine, still feeling accomplished, and improving fitness

Make sure you are fueling your body correctly

When going from not exercising very much or at all to exercising frequently, your body is going to be using up more of your energy. This means that you need to ensure that you are eating foods that provide the energy levels you need. How can you expect to progress if you are not providing your body with the nutrition it needs? Minimally processed foods are the best option. Lean protein will help your body to build muscle, whilst also keeping you full.

Build support

One reason that people may abandon their fitness goals is due to lack of support. Whether it's a friend, family, member, colleague, or even your personal trainer, it can be extremely beneficial having someone or a group of people helping you on your journey. On the most difficult days when you feel like quitting, the support you have around you can really make all the difference.

If you are unsure of how to make the first step in building your support system, why not come along to one of our group fitness classes? You are bound to start noticing some familiar faces if you attend classes regularly, and this might be just what you need to push you to exercise on the days you'd rather skip your workout.

Do what you enjoy

If the gym or running isn't for you, this doesn't mean that other types of exercise won't be. When starting out, make sure you consider what you think you will enjoy most, as it will make exercise seem like less of a chore and something you might even look forward to coming to the center. Here at North Mesa you can try all of the activities we offer to find the right fit for you Yoga, Pickleball, and Table Tennis are sometimes overlooked as ways to improve fitness, but they will undoubtedly improve your overall fitness when done regularly. Don't limit yourself to activities that you know you don't enjoy, as it will reduce the chances of staying consistent.

We hope that these tips will help you on your way to your fitness journey and achieving everything that you had hoped to in the long term.

Find out more about the activities you can take part in here at North Mesa

WELCOME New Members

Ann Atwood
Burt Pimbley
Cindy Sharif
Farok Sharif

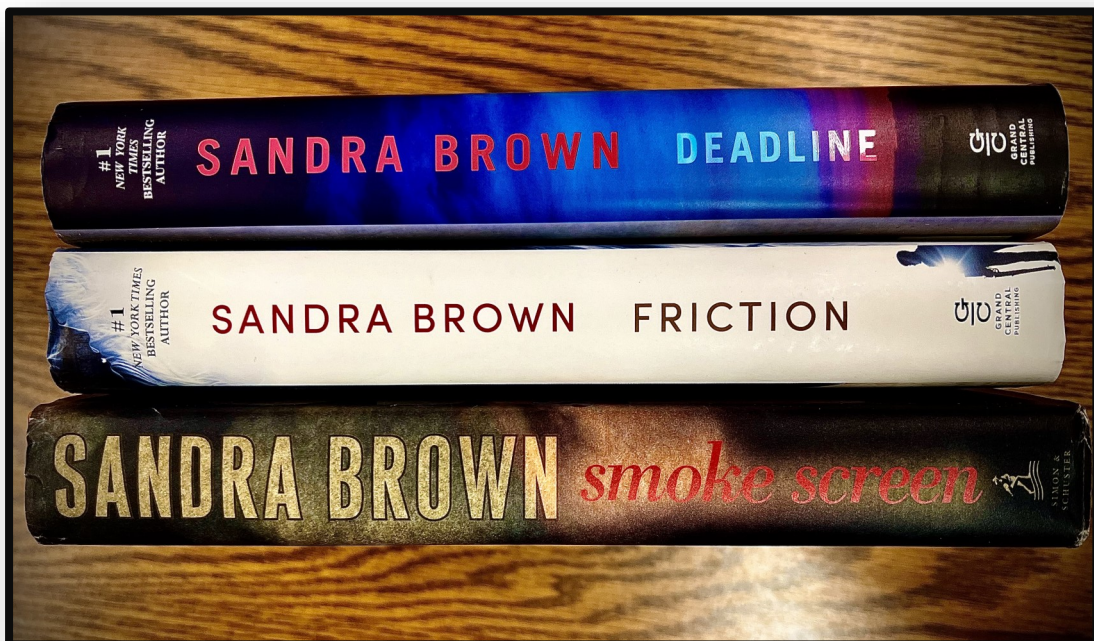
Francine Hurst
Gilbert Carey
Johnny Methola

Marti Kirkes
Robin Spay
Vi Miller
Yannping Way



BOOK NOOK

This month's feature novelist is Sandra Brown! She has over 60 New York Times bestsellers and is known for writing romantic suspense. Check out these 3 new books that are hitting our shelves this month!



HAPPY BIRTHDAY

- 1) Bill Crabb
Sean Harrison
Domingo
Armendarez
- 2) Marchelle Lashley
John Reiland
Ben Molina
Dorothee Knight
John Russell
Manuel Parra
- 3) Ginger Yerby Kessler
Rick Onsurez
William Perez
Candy Westrich
John Leak
Loretta Bair
Nora Elston
Terry Fuson
- 4) Terry Pirkle
Vanessa Lujan
Quata Brantley
Ben Mendoza
Howard Danforth
- 5) Tom Huff
Cindy Elkins
- 6) Katherine Gunning
Levi Taylor
Linda Nowak
Marvin Jones
Jesse Castanón
- 7) Valleri Sepulveda
Bryan Gonzalez
Johnny Beasley
Jennifer Dolan
Joyce Smith
Shelly Hernandez
- 8) JoAnn Moore
Paula Kaighn
Maria Corona
Shauna Rodgers
Robert Havel
Dorinda Gomez
Haskell Putman
- 10) Jane Crews
Bruce Faulk
Edward Funchess
Lorenzo Muniz
Pat Allen
- 11) Lisa Roback
Stacy Talbot
Angie Mendoza
JoDee Lewis
Alicia Coate
Jim Smith
James Lara
Dan Morehouse
- 12) Robert Burton
Jose Navarrette
Rodolfo Parra
Albert Dominguez
Fernando Florez
Irma Pfeifer
Lynna Owsley
- 13) Cathy Reed
Vickie Cox
Cheryl Todd
Brad Herndon
Irene Roberts
Donald Scheuerman
Alfred Tornabene
- 14) Emilia Q. Williams
Dana Chapler
Hilda Rodriguez
Kecia Bowden
- 15) James Fugate
Sybil Scarbrough
Maggie McNabb
Sally Phillips
Delia Martinez
Kelly Wixom
Debby Terrazas
- 16) Jay Redman
Linda Lavelle
David Hernandez
Rogelio Ybarra
Deana Wells
Sharon Weston
- 17) Denise Pace
Cassandra Arnold
Melissa Duarte
- 18) Kenneth Urquidez
James Aker
Erin Lynch
Kiffanie Twitchell
Michael Brown
Suzanne Wells
Diane Esquibel
Bethie Rubio
- 19) Heather Sanford
Brenda Abernathy
Robert Schrock
Al Molinar
Heather Sanford
Elizabeth Ponce
Debbie Bailey
Doug Martin
Dwayne Porter
Shelton Demke
Vinnie White
- 20) Albert Castaneda
Patty Zink
Lynda Parnell
Greg McArthur
Sophie Quintana
- 21) Francia Pabustan
Kristi Hankins
Cara Calliccoat
Linda Morgan
- 22) Elena Corona
Mark Rodriguez
Lynna McMillan
- 23) Richard Self
Ray Reyes
Cindy Sharif
- 24) LaDell Stafford
Joanna Yeh
Deborah Kilgore
- 25) Patricia Greene
Nancy Brockman
Albert Brim
Jean Stell
- 26) Carlos Martinez
Debbie Caughron
Linda Tipton
Roy DeAnda
Mike Shores
- 27) Carolyn Cage
Alice Vasquez
John Tigert
Mary Methola
Arielle Medrano
Rosa Estrada
Davis Smith
- 28) Jeanette Wallace
Sue Plumlee
LaVerne Meyer
Robbie Pirtle
- 29) Yvette Navarrete
Lonnie G. Smith
Ken Britt
Marilyn Testa
LouAnn McCormick
Pilae Shipp
Ronita McKinley
Denise Cerna
- 30) Damon Williams
Edilberto Moreno
- 31) Tammy Clifton
Pat Courter
Leslie Marable
Linda Frank-Supka
Sheila Grammer

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...



What did grandpa say before he kicked the bucket?... “How far do you think I can kick the bucket?”

My grandmother bakes cookies the fastest... It literal takes her nana-seconds.

What do you call having your grandma on speed dial?... Instagram.

A grandfather who had serious hearing problems for a number of years went to the doctor to be fitted for a hearing aid that would return his hearing to 100%. The grandpa went back for further tests a month later and the doctor said, “Your hearing is perfect. Your family must be really pleased that you can hear again.” To which the elderly man replied, “Oh, I haven’t told my family yet. I just sit around and listen to the conversations. I’ve changed my will three times!”

A grandmother was telling her little granddaughter what her own childhood was like. “We used to skate outside on a pond. I had a swing made from a tire; it hung from a tree in our front yard. We rode our pony. We picked wild raspberries in the woods.” The little girl was wide-eyed, taking this all in. At last she said, “I sure wish I’d gotten to know you sooner!”

Remembering those we've lost



Hayden Kimbley

7/7/2023

Janice Stroble

7/8/2023

Angie Mendoza

7/23/2023

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