

2024

FEBRUARY NEWSLETTER

North Mesa Senior Recreation Center

1112 N. Mesa St. • 575-885-6487

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

Indoor Multi-Family SALE

Do you want to get rid of your junk?

Tables are available NOW!



GARAGE SALE

Saturday, February 10th

7:00am-Noon

You can donate your items to the center to raise funds for our activities.

DONATIONS NEEDED

Sponsored by Friends of North Mesa

Tickets
\$25

3rd Annual Janell Whitlock

Valentines Day

Dinner Dance Party

50's & 60's Music

Saturday, February 10th

6:00PM-10:00 PM

Pecos River Village

Conference Center

711 Muscatel Ave.



Vote for your
Queen & King



Special Monthly Events

NMSRC ADVISORY BOARD MEETING

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

Next Meeting:

Wednesday February 14th at 2:30pm



AARP MEMBER MEETING

Meeting will be held the third Monday of
the month.

Monday, February 19th at 3:00pm

Guest Speaker:

UNITED WAY

Kyle Marksteiner
Rhonda Jones

AARP Defensive Driving

\$20 for member

\$25 for non-members

Next Meeting March 1, 2024

Suelma Navarette 575.302.3508



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



Blood Pressure, Pulse,
Oxygen Blood Glucose
Thursday in the library
10:00-11:00



Friday, February 23rd at noon
Fourth Friday of the month

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

Manger's Memo



Members,

I want to take a moment to welcome former Carlsbad Fire Chief Rick Lopez to the office of Mayor of Carlsbad! Mayor Lopez is featured in this issue's spotlight, so don't miss reading all about him and his hopes for the city.

We were gifted with the talent of L.W. Phillips at our monthly potluck. All enjoyed his guitar playing and beautiful voice. L.W. has agreed to come back and entertain at this month's potluck on the 22nd, so don't miss your chance to enjoy this talented gentleman and delicious food.

I want to remind everyone about our monthly Advisory Board meeting every 2nd Wednesday at 2:30 pm in the library. It is open to the public, and the Agenda is posted on the bulletin board across the hallway from my office. We welcome your participation.

There is still a little time left to do some early "spring" cleaning and buy a table at the upcoming garage sale. If selling isn't your gig, don't worry; you can donate your items to the center's fundraiser. Either way, you're sure to have a good time!

Several Arts and Crafts classes are coming up, and you can get more info at the front desk or sign up right away at one of the carts in the lobby. We are grateful to have volunteer teachers who take the time to plan and then teach these classes!

Finally, as we anxiously wait for the warmer weather and longer days, we also look forward to upcoming summer events. We will host our terrific, dedicated, hard-working volunteers at the bi-annual Volunteer Appreciation Dinner in April and then celebrate America's Independence with our first-ever 4th of July Celebration luncheon on July 3rd. We hope to see you there!

In Appreciation,

Dina

Free In– Person Tax Preparation Service

AARP Foundation Tax– Aide offers free tax preparation to anyone of any age– especially if you are 50 or older or can't afford paid tax preparation.

AARP Foundation®

In Your Area

St. Peter Lutheran Church located at 1302 W. Pierce St. will be open on Tuesdays and Thursdays 6PM– 9PM and Saturdays 9AM-3PM to prepare your tax returns. You must have an appointment, all forms in the tax packet completed, picture ID(s), social security card (s) or 1099-SA(s) and all tax documents needed in order for your tax return to be completed. The site will open Saturday, February 3rd; Monday April 15th is the last day we are open.

You may pick up your tax packet Saturday, January 20th and Saturday, January 27th at the church 10AM to 2P or during tax preparation hours.

Discussion Group

Do you enjoy the art of conversation? Would you like to meet up with people that enjoy conversation as well? Then come sign up at the desk to let us know you are interested in a Discussion Group.



Grief Support Group

Are you going through a tough time? Do you wish you just had someone to talk to that may have the same feelings going on? Then come sign up at the desk to let us know you are interested in a Grief Support Group.

Have you notice the recent changes in the Fitness room lately? If you haven't then...

GO CHECK IT OUT!

We have two new exercise bikes, a new treadmill, and a brand new weights station.



What's Going On Around the center...

Do you want to learn to sew? Are you available in the early afternoon?

PERFECT!! We are looking for those interested to let the office staff know so we can sign you up!



AARP IS BACK FOR THE NEW YEAR!

J.W. Sutphin is the new president and the first meeting of the new year will be...

Monday, February 19th at 3:00PM

This months guest speaker will be UNITED WAY

Kyle Marksteiner
Rhonda Jones



Sweet Art

February 9th @ 6PM

Looking for people interested in teaching this class

SIGN UP AT THE DESK!

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

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.



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!

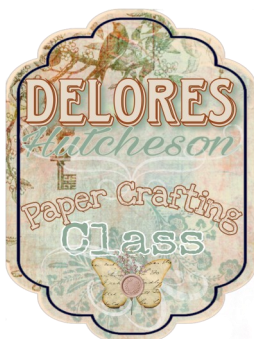
What's Going On Around the center...



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

FEBRUARY 7th
9:00-11:00

\$5 Donation Appreciated



Get ready for Easter by joining Juanita in making this absolutely adorable Easter Tin.

March 21st
1:00-3:00

\$5 Donation Appreciated



Don't forget
Friday, February 23rd 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

Check with staff for more available times!

What's Going On Around town...

Tickets for the
2024 Eddy County CASA Gala
 are available at:
Onecau.se/eddycountycasa
February 24, 2024
 Pecos River Village Conference
 Center

Join Us in supporting the children
 of Eddy County in foster care.



\$25




CASINO TRIP
February 23 @ 7:15
Casino Apache in Ruidoso
 Sign up at the front desk
\$25
 This trip is not sponsored.
 The money collected will go towards traveling costs.



Join us for our 25th anniversary!!

Riverblitz 2024

Sat., March 2nd
7AM to 11AM

For more info, or to pre-register
call Mary Garwood 575.302.7665

Carlsbad Community Concert Association
 Presents

Bennie & The Jets
 AN ELTON JOHN TRIBUTE

MARCH 2ND
 7:00PM
 PR LEYVA
 AUDITORIUM



Tickets **\$25** at the door

CARLSBAD
 COMMUNITY
 CONCERT
 ASSOCIATION

CARLSBAD COMMUNITY THEATRE
 PRESENTS

Always
A Bridesmaid
 a jones hope wooten comedy

Friday, March 1 -7:30	Friday, March 8 -7:30
Saturday, March 2 -7:30	Saturday, March 9 -7:30
Sunday, March 3 -2:00	Sunday, March 10 -2:00



Mayor

RICK LOPEZ



When a new year starts to unfold, the air is thick with unlimited possibilities. Just as it is for the rest of the world, this was also the case for our great city. In conjunction with the added

excitement of embarking on new visions for Carlsbad, our new mayor, Rick Lopez placed his hand on the Bible and made the oath that he will faithfully and impartially discharge the duties of mayor to the best of his ability.

Our new mayor was born and raised in Carlsbad. With his wife Gloria, he built his life, and planted his roots here. They raised two sons, and now have 5 grandchildren that are being raised in our community. He had an impressive 20 year career protecting our city in the fire department with 10 of those years serving as the Chief of the Carlsbad Fire Department.

He noticed that our community was on the edge of greatness and wanted to take that leap to help bring the City of Carlsbad to its fullest potential. With his "Fix it" attitude he decided to run for mayor. It was the support of the people he met during his candidacy and the loyalty from those he has known that helped him cross the finish line in becoming our mayor.

Mayor Lopez knows what a task he has before him,

but he knows the importance of working with others. He is quoted by saying. "I believe in an open dialogue, empowering our community to actively contribute to Carlsbad's future. My leadership style is rooted in transformation, motivating city employees and decision-makers through collaboration. Together, we are navigating the challenges and opportunities that lie ahead."

He sat down with not only our manager Dina here at North Mesa, but Amparo from Alejandro Ruiz Senior Center to talk about the future of both Senior Centers. He is enthusiastic to assist both managers, knowing that the centers provides an important service to the seniors of Carlsbad. He is appreciative of the growth and contributions both centers have brought to the city and is eager to help them with any future projects.

Running for the mayoral office and winning without any political experience was a tremendous feat and his biggest accomplishment to date. Mayor Lopez is enthusiastic about his newest goal and looking forward to what he hopes will be his next accomplishment; achieving the goals and promises that he made during his campaign. Knowing that everyone has a role, and leading with integrity and honesty, under Mayor Lopez's direction the future of the City of Carlsbad looks bright and hopeful.



"Picture This"



4th Friday Potlucks

Special 'Thank you' to L.W. Phillips for making the first pot luck of the year extra special! His music was enjoyed by all and the food was delicious!



AARP Defensive Driving

Barbara Brown is teaching this class. It is a great way to lower your car insurance. See the column on page 2 for more information on the next class.

"Picture This"



2 Table Party Bridge

These ladies are enjoying a fun day together, with great conversation and wonderful company.



Ukulele Class is in full swing! Here the class is learning to tune their ukes. There is still room available if you want to join in the fun. Stop by the front desk for more information.



Crafts with Juanita helped get members ready for Valentine's Day with these sweet Heart Wall decorations.



Dolores's Paper Crafting Class

These ladies learned how to make their sweetheart a Valentine's Day card





WELCOME New Members



Abel Montoya	Cynthia Granger	Janelle Carow	Margie Ruiz	Sarah Thompson
Anthony Salcido	David McCluskey	Jennie Parker	Michelle Williams	Shauna Prater
Carol Albright	Eva Barta	Jenny Espinola	Ned Elkins	Sherry Juarez
Christopher Prater	Frances McCoy	Jeremiah Raney	Patricia Boulware	Stephanie Hatfield
Cindy Houghton	Gene Johnson	John Minner	Pete Garza	Waylon Stevens
Cindy Jo Salcido	Gerald Ybarra	Keith LaDallia	Rogelio Murillo	Wayne Hatfield
	Guadalupe Serna	Lilly Martinez	Sally Cook	



BOOK NOOK

Fern Michaels is our featured novelist for the month of February. She is an American writer of romance and thriller novels. She's a passionate animal lover and lives in South Carolina, surrounded by her children, grandchildren, dogs, cats, and a resident ghost named Mary Margaret.



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!

GRIEF SUPPORT GROUP

Are you going through a tough time? Do you wish you just had someone to talk to that may have the time feelings going on? Then come sign up at the desk to let us know you are interested in a Grief Support Group.

CHOIR



All are welcome!
PRACTICE every
Tuesday & Friday 2pm



Valentine's Dinner & Dance
February 10

Garage Sale
February 10

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

January 10 Howell Movement 5 tables

1. Bob Hickson– Kelly Wilson
2. Regina Ballard– H Ann Brannon
3. Dorothy Ridgeway– Keith Fine

January 11 Howell Movement 4 tables

1. Regina Ballard– Nancy Calvani
2. Judy Pate– Bob Hickson
3. Dorothy Ridgeway– Lee Johnson

January 17 Howell Movement 5 tables

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

January 18 Howell Movement 4 tables

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

*We have been blessed
and want to say*

*Thank
You*

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

Margaret McClure
Puzzle

Lawanda Scholl
Audio Books

Sharon Williams
Yarn

Carolyn Nance
Picture Frames

Floyd Autrey
Book

Leonna & Patty Seidel
Fabric

HAPPY BIRTHDAY

February Birthdays

- | | | | |
|---|--|---|---|
| 1) Pat Bason
Carol Wolffarth
Sandy Geris
Berniece
Richards
Kenney Rayroux
Jennifer Bennett | 7) Art Telles
Joseph Jacquez
Belinda
Rodriguez
Mary Jayne
O'Rear
Steve Sauer | 15) Emily Garcia
Vicki Jordan
Mary Helen
Smith
Ralph Kilgore
Barbara Granger
Anjeanette Alford
Judy Rempe
James Hill
Elvira Romero | 22) Sandra Collins
Shelly
Thompson
George Garcia |
| 2) Anna Sue Stone
Candelario
Gomez
Lisa Armendariz
Andre Bollinger
Jeff Davis
Clint White
Dale Mayfield | 8) Dan Dolt
Kirby Spillman
Regina Ballard
Charles Lee | 16) Tina Walker | 23) Martha Aguilar
Earl Turner
John Minner |
| 3) Marcie Fuller
Dee Coviello
Angela Char
Angelee Grimes
Cyndy Mathews
Irby Abernathy
Tiffany Williams
Rose Ann
Fernandez | 9) Richard Pagano
Lynda Bickerstaff
Annella Westfall
Robert Hooten
Janice Winton | 17) Mike Fulkerson
Regina
Rodriquez
Cecelia Martinez
Bobby Franco
Lee Johnson
Regina
Rodriquez
William Herrera
Terri Judah | 24) Linda Spinello |
| 4) Ginger Wainner
Edward Moore
Patricia Green
Jerry Remler
Marisol Cordova
Julie Cramer | 10) Mary Sue
McDonald
Rhonda Sanford
Becky T. Phillips | 18) Lydia Williams
Martha Soto
Ricky Smith
Alicia Castañeda
Michael Smith | 25) Tom Kurimiski
Jesus Aranda
Greg Garner |
| 5) Marjorie Purcell
Stephanie
Harmon | 11) Daniel Standiford
Joe Lopez
Mary Ann Walker
Sylvia Green
Floyd Florez | 19) Alvaro Molinar
Shorty Green
Lucille Chavez | 26) Melinda Estrada
Hortensia
Hernandez |
| 6) Richard Soules
Ellen Bonney
Margaret
McClure
Yolanda
Pennington
George Frederick
Dorothy
Longchase
Judy Lim | 12) Margie Tavarez | 20) Elizabeth Ward
Andrew Hendren
Peggy Moore
Barbara
Vanlandingham
Gaytha Stark
Kenneth Nelson | 27) Aloma Crow
Laura Hudnell
Butler Cole
Linda Eaton
Jon Strahan
Mona Mauzey |
| | 13) David Ramirez
Debra Rodgers
Robert Brown
Edward Munn | 21) Mary Phillips
Richard Princen
Enid White | 28) Angela Sherman
Tom White
Fred H. Garcia |
| | 14) Roy Amos
David Hall
Lewis Valentina
Joan Scott
Rita Avitia
Hugo Guerrero | | 29) Laura Cahenzli
Gaylon Williams |

Grow Your Fitness

A little at a time

PLANKS FOR SENIORS!

Falls are a major health concern for our aging population. Each year, more than 800,000 people in the U.S. require hospitalization from a fall. A significant number of falls are attributable to declining strength, balance, and mobility due to inactivity — a process called deconditioning.

Floor Planks are Not Safe for Everyone

Floor planks can be too advanced for seniors, exercise beginners, obese and people with limited mobility. Not only is there a fall risk getting up and down off the floor but also weak core muscles cause improper form. Clearly doing floor planks could be dangerous for the above group of people. The solution is to start with an appropriate safe level.



PROPER ELBOW PLANK FORM:

- FORM is KEY to success!
- Set up: About 3 – 4 feet away from a wall, counter or couch.
- Feet/Legs: Hip width apart, press back through the heels.
- Hips/Back: Spine straight, hips/glutes down in a straight line with shoulders.
- Engage glutes and front of quadriceps (front of the thighs).
- Shoulder Blades: Gently squeeze shoulder blades back, down and together.
- Abdominals: ENGAGED, draw navel up towards the spine to prevent the back from arching (sticking butt up in the air) or hips sinking down too low.
- Elbows/Hands: Line up with shoulders.
- Long plank: Fingers spread apart, slight bend to elbows. If you have wrist pain, work on the elbow plank instead.
- Chest: Line up in between arms/hands, keep body elongated tall.
- Head: In line with spine, chin tucked, avoid dropping head.
- Hold the plank, breathing deeply, working through your diaphragm. Inhale through the nose, and exhale all the air out through the mouth (like blowing up a balloon).

Importantly, if you have pain in your lower back or if you do NOT feel any work in your core this means your form is incorrect. Try to realign your hips under your shoulders and pull your abdominals in tight. Above all, if pain continues STOP!

Above all, these beginner elbow planks will get you stronger and more confident!

BENEFITS OF THE PLANK EXERCISE

- 1 Strengthens core
- 2 Improves balance
- 3 Improves posture
- 4 Improves flexibility
- 5 Improves metabolism
- 6 Improves mood and relieves stress
- 7 Reduces belly fat



How to Avoid and Report Scams

Below are some tips to help you protect yourself from unscrupulous con artists and avoid becoming the victim of a scam.

1. Question Companies' Claims and Motives

If it sounds too good to be true, it probably is. Companies that claim their products can cure illnesses, provide miraculous results, take years off of your appearance, or land you in the middle of a luxury development in paradise, are probably not legitimate.

2. Never share your personal or financial information over the phone.

If someone who claims to be from your bank or credit card company contacts you, don't provide any information over the phone. Instead, ask for a phone number to call them back. Scammers usually hang up at this point. Remember that any companies, agencies, or creditors you do business with will already know your personal information.

3. Don't buy anything from solicitors over the phone.

If someone tries to sell you something or collect money for a charity over the phone, you should tell the caller that you don't purchase items or donate money over the phone, and you will need information in writing.

4. Get on the "Do Not Call" list.

This is a free national registry designed to prevent telemarketers from contacting you. You can register your home or mobile phone to eliminate these calls. You could still receive calls from charities, debt collectors, or political groups since the registry doesn't apply to them.

5. Remember you may be at risk from those close to you.

According to the National Council on Aging (NCOA), more than 90% of all elder abuse, including financial abuse, happens at the hands of seniors' family members. Strangers aren't the only ones who can defraud you, and many family members, including adult children and grandchildren, have drained joint bank accounts and stolen assets from their senior relatives.

6. Monitor your credit card and bank accounts.

Check your bank and credit card statements every month for any unauthorized charges. If you notice any suspicious credit card activity, call your credit card company right away. For suspicious activity with your bank account, contact your bank.

7. Make sure your computer doesn't have any viruses lurking.

Viruses can disguise themselves as legitimate programs and become very annoying once installed. You may see pop-ups and ads for services you never subscribed to or have no interest in.

If you have been the target of a scam, you should report it to the Federal Trade Commission. Filing a complaint can provide investigators with the information they need to identify scammers and prevent them from harming other older people.

You can contact the FTC by phone or online:

FTC: (877) FTC-HELP (877-382-4357) or TTY 866-653-4261

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...

A group of professional people posed this question to a group of 4 to 8 year-olds: "What does love mean?"

"When my grandmother got arthritis, she couldn't bend over and paint her toenails anymore. So my grandfather does it for her all the time, even when his hands got arthritis too. That's love."
Rebecca - age 8

"When someone loves you, the way they say your name is different. You just know that your name is safe in their mouth."
Billy - age 4

"Love is what makes you smile when you're tired."
Terri - age 4

"Love is when my mommy makes coffee for my daddy and she takes a sip before giving it to him, to make sure the taste is OK."
Danny - age 7

"Love is when you kiss all the time. Then when you get tired of kissing, you still want to be together and you talk more. My Mommy and Daddy are like that. They look gross when they kiss."
Emily - age 8

"Love is what's in the room with you at Christmas if you stop opening presents and listen."
Bobby - age 7 (Wow!)

"If you want to learn to love better, you should start with a friend who you hate."
Nikka - age 6 (we need a few million more Nikka's on this planet)

"Love is when you tell a guy you like his shirt, then he wears it everyday."
Noelle - age 7

"Love is like a little old woman and a little old man who are still friends even after they know each other so well."
Tommy - age 6

"Love is when Mommy sees Daddy smelly and sweaty and still says he is handsomer than Robert Redford."
Chris - age 7



Remembering those we've lost



John Russell
January 19, 2024

NMSRC ADVISORY BOARD

Chairperson, Jean Loafman
Juanita Jojola

Vice-Chairperson, Beth Fredrick
Margaret McClure Jay Redman

John Caraway

Bob Rostro

NMSRC STAFF

Morning Attendant—Avelina Childress

Manager—Dina Navarrette
Assistant Manager—Maria Brito

Evening Attendant—Griselda Diaz

Facility Maintenance—Anna Alvarez