

2024

MARCH 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

Mother Teresa said “ *It’s not how much we give, but how much love we put into giving*”. Here at North Mesa, there are so many of you that this quote applies to. You inspire us to be more like you! One group really shines through. From crocheting these adorable beanies for preemie babies in the NICU, to crocheting lap blankets and shawls for dialysis patients. They sent 70 hats to the NICU in Albuquerque. The heartfelt efforts can easily be recognized when you see the beautiful items that come from their

hard work. Thank you ladies for all you do for those in our community!

If you would like to join in the legacy they are building, come to the Ocotillo room on Mondays at 9:00AM.

From left to right:
Dina Howell, Kay Youngman, Juanita Jojola, Linda Melton, and Mary Ann Marrs
Not pictured:
Jean Randall Elvira Johnson, Janet St. John



FITNESS
ROOM
CLOSED
MARCH 15TH
FOR MAINTENANCE
Thank you for your cooperation!



Special Monthly Events

NMSRC ADVISORY BOARD MEETING

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

Next Meeting:

Wednesday March 13th at 2:30pm



AARP MEMBER MEETING

Meeting will be held the third Monday of
the month.

Monday, March 18th at 3:00pm

Guest Speaker:

Maria Quintana

Community Education Coordinator

AARP Defensive Driving

\$20 for member

\$25 for non-members

Next class March 15, 2024

Suelma Navarette 575.302.3508



Blood Pressure, Pulse, Oxygen

Blood Glucose 1st Tuesday

Tuesday in the Library 10:00-11:00



Blood Pressure, Pulse, Oxygen

Blood Glucose

Thursday in the library

10:00-11:00

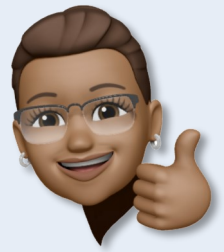


Friday, March 22nd at noon

Fourth Friday of the month

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

Manger's Memo



Members,

As you read on the front page we have such an outstanding group of ladies that freely give of their time and talents to make such beautiful crocheted items. I want to personally say 'Thank you' for all you do to make the world a little bit brighter. You are one of the many reasons that makes North Mesa such a wonderful place to be a member of. So thank you Dina Howell, Kay Youngman, Juanita Jojola, Linda Melton, Mary Ann Marrs Jean Randall Elvira Johnson, and Janet St. John.

Our Garage sale in February was such a great success and so much fun. Thank you to those of you that helped us out with your generous donations. With that being said, our next garage sale will be in June, so if you are in the process of Spring Cleaning, please keep us in mind.

We are only 3 months into 2024 and already exciting things are happening here at North Mesa Senior Center. Many of you have been asking and we are getting closer as each day passes to our new system of signing in to the center. 'My Senior Center will be such an easy process to not only help the staff, but you as well so thank you so much for your patience.

We are also in the planning stages for upcoming events like our Spring Craft Fair, Mega Bingo, and our 4th of July Celebration so please make sure to put these events in your calendar.

Easter will be on March 31st and we will be closed March 29th in observance of Good Friday. I hope you have a wonderful Easter!

In Appreciation,

Dina



IT'S BACK!!³

Don't miss your chance to join in the fun. We are selling Master Packs at the front desk and during Bingo beginning Monday, March 11th

MAY 20th @ 6PM



VOLUNTEERS NEEDED

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.



Artesia General Hospital

Patient Transportation

Artesia General Hospital now offers transportation for people with non-emergency needs. Every van is wheelchair accessible.

Schedule your ride today.

Vans are available

7AM-5PM

Monday-Friday

Call: 575.736.8211

Email: transportation@artesiageneral.com

Online: artesiageneral.com/transport



If this service does not meet your needs for transportation, check with the office for more information on other transportation options in our area.

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. Let the office staff know so we can sign you up!



Booths still available for this years

SPRING Arts & Craft FAIR

FRIDAY, MAY 10th 4pm-9pm
SATURDAY, MAY 11th 9am-4pm



Sweet Art

This month Brenda will make these Ice Cream Cone Leprechauns!

March 15 @ 6PM

Looking for people interested in teaching this class
SIGN UP AT IN THE LOBBY!

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.



AARP

Monday, March 18th at 3:00PM
This months guest speaker will be:

Maria Quintana

Community Education Coordinator

What's Going On Around the center...

Join Delores as she makes this sweet "Hello" card

WEDNESDAY
MARCH 6
9:00-11:00AM

DELORES HITCHESON
Paper Crafting Class

\$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



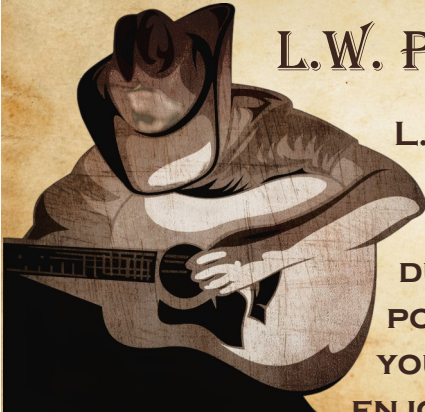
Don't forget
Friday, March 22nd at noon

POTLUCK
Social



WITH SPECIAL GUEST:
L.W. PHILLIPS

**L.W WILL PLAY
A VARIETY
OF MUSIC
DURING THE
POTLUCK FOR
YOUR
ENJOYMENT.**



Spring is coming soon and Sherry Princen is here to help you get your home ready. She will show you how to paint this darling Sunflower Center Piece.

WEDNESDAY

MARCH 13

10:00AM

12:00PM



What's Going On Around town...



Carlsbad
Gun
Show

March 22-24
Walter Gerrell's
Exhibition Center



Yucca Blossom
Shamrock
Showcase

Saturday **Sunday**
March 16 **March 17**
9-6 **& 11-4**

Top Nock Archery
2101 S. Canal St. Ste. C

You are sure to find a lucky deal this Saint Patrick's weekend when you stop by and shop a wide variety of vendors! There will be a little something for everyone!



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



POP up
ART EVENT

CELEBRATING WOMEN IN THE ARTS

Milton's Brewing
March 8th
6PM-8PM



Free to attend

Meet talented local female artists in our community, view their artwork, and have that opportunity to add a new piece to your collection.

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 PRESENTS
THEATRE
EST. 1960

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 |



Spotlight

Brenda Fox

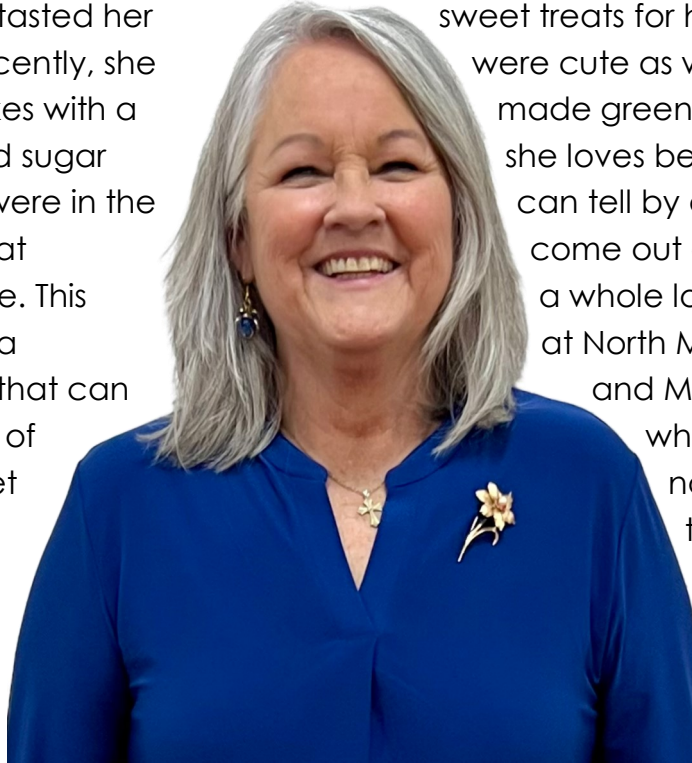
SWEET ART TEACHER

When Brenda Fox enters a room, her infectious smile radiates the entire area. You may not have met her, but there is a likelihood you may have tasted her delectable treats. Just recently, she made strawberry cupcakes with a homemade heart shaped sugar cookie on top and they were in the lobby for any member that wondered by to have one. This sums up Brenda, she has a genuine and giving spirit that can be seen walking the halls of North Mesa with her sweet treats in hand.

Brenda is a Carlsbad native that only departed from her hometown once. She moved to Denver for four years where she met the love of her life, Jerry Fox and they have been married 45 years. They moved back to Carlsbad and raised two boys, Michael and Patrick. Both boys followed suit of their parents and are married. They blessed Brenda with not only the title of mother, but grandmother as well, giving her 4 earthly grandchildren, and 3 Heavenly grandchildren.

Brenda worked for Happiness Christian Day care for 23 years before she became a nurse's aide at the hospital. She then became a unit secretary and retired from there last April. Since then she stays very active. She attends Oasis church and New Song's Women Bible study on

Wednesdays. You can find her at North Mesa playing Bridge on Wednesdays and Thursdays. Often times she made not only scrumptious sweet treats for her Bridge group, but they were cute as well. Like the time she made green chocolate frogs. She said she loves being in her kitchen and you can tell by all the good things that come out of there. As you well know, a whole lot of activities happen here at North Mesa, and when Griselda and Maria came to the point where they knew they could not give the Sweet Art class the attention it deserves, there was only one person that came to mind... Brenda Fox, and boy did she fill the role perfectly. She has already taught



one class and did an outstanding job. If you want to see her in action, you don't have to look to far. The information for her next class is on page 4 of this newsletter. Do yourself a favor and sign up early for it. You will be in for a real treat... quite literally.



"Picture This"



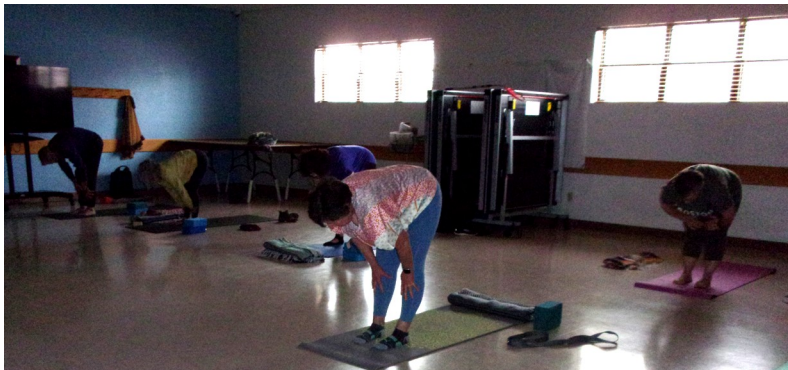
Chair yoga

This is such a great class for our members who want to participate in yoga that are not able to get up and down off the floor without help. This class is 5:30-6:30 Tuesdays.



Yin Yoga

This class is a slow paced style of yoga. In this class you do need to get up and down off the floor without assistance. This class is 5:30-6:30 Thursdays.



Morning Yoga

If you want to start your day off with some yoga, this class is for you. It is Tuesdays and Fridays at 9:00

"Picture This"

Sweet Art

Brenda Fox taught this class for the first time, and boy did she do a fantastic job.



Garage sale The first Garage Sale of the new year was a great success and a lot of fun. Many members of our community enjoyed rummaging through the items for sale.

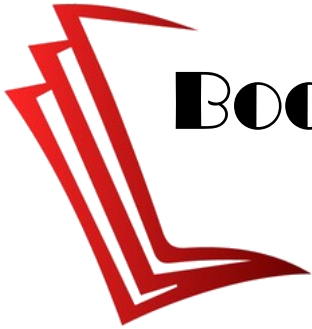




WELCOME New Members



| | | | |
|--------------------|--------------------|----------------------|------------------|
| Albina Pulice | Erinn Kniffen | Kristy Amyx | Pete Garza |
| Angela Johnson | Felina Rascon | Kristy Harris | Rick Gilillard |
| Anthony Salcido | Frances McCoy | Latricia Ash | Rodney Williams |
| Belinda Baker | Grace Martinez | Linda Bibby | Sally Cook |
| Benny Gonzalez | Guadalupe Montalvo | Linda Martinez | Sarah Thompson |
| Bobby Campos | Helen Lopez | Lucas Hiner | Shanna Price |
| Caroline Carrillo | Jane McClaskey | Maria Romero | Shauna Prater |
| Chris Kinard | Janie Coats | Marisela Moreno | Shaye Lynn Coats |
| Christopher Prater | Jennifer Dodson | Melanie Rountree | Sonia Doporto |
| Cindy Jo Salcido | Jenny Espinola | Michael Kurimski | Thelma Lujan |
| Cindy Taylor | Jerry Harris | Moises Romero | Tomas Moreno |
| Craig Penolrys | Jerry Rookstool | Nansi Ikard | Tristen Hamilton |
| Criselda Sosa | Jowanna Chandler | Norma Williams | Victoria Deporto |
| Demi Ryan | Judy Stewart | Patty Baratti Campos | Virginia Kessler |
| | Kimberly Hiner | Patty Pierce | Wanda Hensley |



Book Nook

This month's feature is Gilly MacMillan. Gilly grew up in Wiltshire , and was pleasantly surprised when her family moved to California as a teenager. Her favorite job was working in a café Keplers bookshop in Menlo Park, CA. Ms. Macmillan writes thrillers.



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!



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 Support Group.

CHOIR



All are welcome!
PRACTICE every
Tuesday & Friday 2pm



Volunteer Appreciation

April 12
NMSRC

Craft Fair

May 10-11
NMSRC

Cavern Fest

June 7-8
Carlsbad MainStreet

Garage Sale

June 15
NMSRC

4th of July Celebration

July 3
NMSRC

Annual 4th of July Celebration & Fireworks

July 4
City of Carlsbad

Green Chile Cheeseburger Cook Off

September 14
Carlsbad NM Chamber of Commerce

Renaissance Festival

September 27-28
Sponsored by local residents

ACBL Carlsbad Unit 376

Duplicate Bridge Results
Month of February

February 1 Howell Movement 4 tables

1. Judy Pate– Bob Hickson
2. Regina Ballard– Nancy Calvani
3. H Ann Brannon– Shelby Brandon

February 14 Howell Movement 5 tables

1. Regina Ballard– H Ann Brannon
2. Kelly Wilson– Bob Hickson
3. Nancy Calvani– Judy Pate

February 15 Howell Movement 3 tables

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

February 21 Howell Movement 4 tables

1. Regina Ballard– H Ann Brannon
2. Sally Miller– Linda Duncan
3. Palmer Randall– Jean Randall

February 28 Howell Movement 5 tables

1. Regina Ballard– H Ann Brannon
2. Paul Johnson– Mark Long
3. Nancy Calvani– Judy Pate

February 29 Howell Movement 5 tables

- 1-2. Bob Hickson– Judy Pate
- 1-2. Paul Johnson– H Ann Brannon
3. Linda Dunagan– Melinna Giannini

*We have been blessed
and want to say*

*Thank
You*

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

Deana Weston
Puzzles

Jean Loafman
Garage Sale

Richard Mattson
Books

Sue Veazy
Puzzle

Ceíl Boatman
Garage Sale

Juanita Jojola
Dish Soap





MARCH BIRTHDAYS

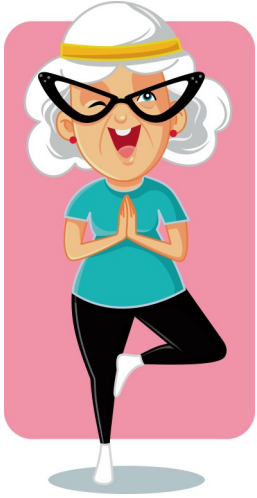
- | | | | |
|---|--|--|---|
| 1) Tommy Crow Cynthia O'Leary Guadalupe Serna | 8) Charlie Marrs Becky Waldrop Patricia Boulware | 18) Lorena Hernandez Kristina Blair | 25) Claudine Nabors Kathryn Kane Jackie Shan Jonathan Char |
| 2) Karen Fisher Machele Fowler Barbara Wallen Lonnie Granger | 9) Frank Aranda Mark McLelland Melinna Spillman Robert Smith | 19) Clarita Miller Becky Sells Chris Crawford Patty B. Campos | 26) Steve Davis April Mayfield Folsom Tommy |
| 3) Anna Lou Chandler David Van Dyke Deena Antiporda Kent Raney Dennis Rogers Deffrey Martinez Linda Melton | 10) Joel Galindo Sarai Peterson | 20) Joseph Carrasco J Sanford Bobby Munoz | 27) Juanita Jojola |
| 4) Rosa Gonzalez David Lozano Eva Whiteaker Sally Cook | 11) Naomi Cathey Dan Standiford Corina Fuentes Vicki Jenkins Lidia Hernandez | 21) Marie Johnson Sally Garner Linda McDaniel Linda McDaniel Marilyn Looney Bernie Morales Linda Morehouse Guadalupe Torres | 28) Robert Stade Marie Roybal Elaine Franco Barbara Salmons |
| 5) Beverly Dewater Delfin "Sheriff" Mata Leanna Meade Nancy Hartman Tawny Tackett Doris Downing | 12) Terry MacArthur Treva Porter Trung Pham Bill Garwood Verl Leflore Gregoria Leyva | 22) Kristie Merkel James Barnes Sonoia Mitchell Bienvenida Zila Cheryl Riley | 29) Annie Smith Harvey Stockman |
| 6) Rhonda Hatch Adolfo Hinojos Michelle Aguilar | 13) Carroll Morgan Tommy Redick Rachel Galindo | 23) Raul Navarrete Mariamma Dara Clinton McMath Ramon Loya Arlon Franks Raynae Roghair Tara Peterson Tristen Hamilton | 30) Linda Riley |
| 7) Virginia Easterling Thomas Kubiak Sylvia Venegas Fran McCarthy Michelle Singleton Farok Sharif | 14) Bill Hamilton Dan Mares Debbie Workman Israel Diaz | 24) Socorro Gandara Freddie Levens Kay Atwood Brenda Cooper Helen Parraz Gina Mayfield | 31) Ann Halford Louise Damon Tommy Methola Minnie Peters Socorro Hernandez |
| | 15) Lupe Garcia Johnny Hicks Caroline Carrillo | | |
| | 17) Benny Anaya Sherry Marshall Gary Lanier Marsha Roselle Abelina Estrada Janet St. John | | |

Grow Your Fitness

A little at a time

Why Yoga is a Great Exercise for Seniors

Incorporating physical activity into our daily routines to help maintain a healthy lifestyle is vital for everyone, including seniors. A regular exercise routine helps seniors feel more energetic and helps them manage the everyday aches and pains that are part of aging. Fitness professionals have recommended yoga for seniors for some time, believing it to be one of the best forms of exercise for older adults. Over time, and done with the proper form, yoga can improve a senior's health, physically and mentally. The benefits of yoga for seniors include:



Promotes relaxation

Yoga is a relaxing way for seniors to let go of any tension they're holding in their bodies, especially in their shoulders and upper back. Because it incorporates the practice of mindfulness, yoga also eases anxiety for seniors by having them focus solely on the pose and their breathing.

Facilitates deeper breathing

While practicing yoga, instructors encourage seniors to breathe a particular way through each pose and send oxygen throughout the body. This helps the participant enjoy an increased sense of vitality, which boosts older adults' health.

Boosts blood circulation

Yoga provides just enough physical exertion to increase blood circulation without overexerting seniors. Yoga also allows the participant to do a few poses at a time and rest when they need to.

Increases flexibility

There are many poses to choose from, you can choose those that target parts of your body where their muscles are especially tight, such as their hamstrings or back.

Strengthens their core

A strong core regulates a person's balance and can help you regain yours if you stumble or trip, preventing a dangerous fall.

Provides a social opportunity

Yoga classes are a great way to get a senior out to mingle. It can also be practiced at home with the help of a caregiver who can provide gentle support as they stretch and bend. In addition, the social aspect of exercise helps older adults stay motivated and continue working out.

Reduces blood pressure

Exercise, including yoga, helps seniors keep their blood pressure in a healthy range. And, with yoga, you can control how long you work out, keeping you from overexerting yourself and having your blood pressure spike.



Improves sleeping

The increased relaxation that accompanies yoga has been reported by many seniors to be a natural sleep aid that helps them sleep longer and more soundly, which is often an issue for older adults.

Alleviates aches and pains

Even if they have some physical limitations, yoga helps seniors by easing the aches and pains associated with growing older. It's especially beneficial to teach those suffering from osteoarthritis to relax through any chronic pain.



SEE PAGE 4 FOR CLASS INFORMATION AND TIMES



5 SMARTWATCHES THAT ARE KNOWN FOR BEING SENIOR FRIENDLY:

Lately, we have been hearing about some of our members falling and they did not have their phone with them to call for help. There are so many different devices that help in these situations, but in this issue, we will focus on Smartwatches and the many helpful features they have to keep you safe and healthy. Here are 5 options for you to consider.

1. SPADE & CO HEALTH SMARTWATCH 3
2. APPLE WATCH SERIES 9
3. FITBIT SENSE 2
4. SAMSUNG GALAXY WATCH 5 PRO
5. GARMIN VENU 2 PLUS



What to Consider When Buying a Smartwatch for a Senior

When purchasing a smartwatch, it's important to look at your individual needs. How would you use the device? Are there any specific health metrics you're interested in monitoring, such as heart rate or blood oxygen levels? And if you plan to wear it mostly for safety, it's important to prioritize features like fall detection, GPS tracking and the ability to send medical alerts. Determining these factors can help you find the best option.

A User-Friendly Focus

When purchasing a new smartwatch, seek out options that are easy to set up and use—or devices that use the same operating system you are already familiar with from your phone or tablet. For example, if someone is already familiar with Apple products or has used a Fitbit previously, that experience might enhance their ability to adapt to a device that operates with similar technology.

Communication Preferences

If keeping in touch with friends and family members is a priority, look for a device that can send and receive text messages and calls. Extra data storage, as well as phone syncing and texting capabilities are available with higher-priced smartwatch options.

Health and Wellness Concerns

Most smartwatches, regardless of price, offer basic health monitoring features like step counters and sleep trackers. Meanwhile, higher-end products can monitor heart rhythms and keep tabs on blood oxygen levels, among other more advanced metrics.

Safety Features

If safety is a concern, look for a device that offers fall detection, reliable connectivity (including well-supported apps that aren't prone to crashing) and emergency medical alerts.

Safety-minded shoppers may also want to ensure their smartwatch offers precise GPS tracking and seamless device syncing.

Remembering those we've lost



Leona Seidel

January 7, 2024

Dorinda Duzan

January 11, 2024

David Hernandez

January 13, 2024

Ruben Chavez

January 30, 2024

Don London

January 31, 2024

Adolfo Hinojos

February 16, 2024

Myrtle Fritschy

February 20, 2024

Dorothy Ridgeway

February 22, 2024

On the lighter side...



NMSRC ADVISORY BOARD

Chairperson, Jean Loafman
Juanita Jojola

Vice-Chairperson, Beth Fredrick
Margaret McClure Jay Redman

Bob Rostro

NMSRC STAFF

Morning Attendant—Avelina Childress

Manager—Dina Navarrette
Assistant Manager—Maria Brito

Evening Attendant—Griselda Diaz

Facility Maintenance—Anna Alvarez