



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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AARP Member

Meeting will be held the third Monday of the month.

Next Meeting
 May 15th
 3-4pm

Guest Speaker:
 State Representative
 Cathrynn Brown

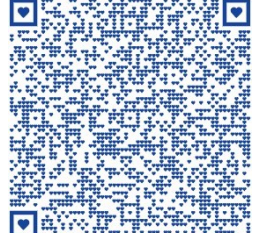
AARP Defensive Driving

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

MEMORIAL DAY

★ ★ ★ ★ ★ ★ ★ ★ ★ ★

NEVER FORGET ★ FOREVER HONOR



North Mesa will be closed Monday, May 29th in observance of Memorial Day. Regular Business hours will resume May 30th.

What's Going On Around the center...

Let's **DANCE**

Have you been feeling the need to swing your sweetheart around the floor? Does a song come on the radio and you just start tapping your foot? If you answered "Yes" then you need to join us!!



First Friday of every month.

6:30 PM- 9:00 PM

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!



Get ready for Memorial Day with this Patriotic Wreath!

Thursday May 18

1:00-3:00PM

Monday May 22

Learn to paint with

SHERRY PRINCEN!

Join now since space is limited.

June 14th

5:30-8:00

June 28th

5:30-8:00



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

What's Going On Around town...

**Passport to
Adventure**
Reading and Science Fun
for Kids K-5

CARLSBAD MLK FOUNDATION

1:PM TO 3PM Saturday, May 6

Riverwalk Recreation Center



FIESTA & CAR SHOW

**RAY ANAYA SAN JOSE PLAZA
SATURDAY, MAY 6TH**

**FAMILY FUN, TALENT SHOW, ARTS &
CRAFTS FOOD VENDORS**

CARC/ WASHINGTON Ranch
FREE FAMILY FUN DAY
18 Rattlesnake Springs Rd.

FOOD TRUCKS, LIVE ENTERTAINMENT, KIDS
FISHING DERBY, CORNHOLE TOURNAMENT,
AXE-THROWING, KIDS PLAY SPACE,
VENDORS, PICKLEBALL AND MORE



MEMORIAL DAY
THANK YOU TO OUR FALLEN HEROES!

PARADE & CEREMONY

Church and Mesa (PR LEYVA)
to Carlsbad Cemetery.
Parade starts at 9:00AM May 29th

Carlsbad Public Library

CAMERA CLUB

Saturday,
May 27th

5PM

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

Last Saturday of every month in the
Program Room!

MEMORIAL
DAY
CONCERT

At the PARK BANDSHELL
Sunday

May 28
11AM-5PM



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,

First I'd like to wish all the mothers of our center a very happy Mother's Day! I hope this special day is filled with lots of love and laughter! My sweet mama turned 84 this year and though I pray for better health for her she is and will always be my queen! I know I am so lucky to be able to spend all the time I do with her. She had such a pivotal influence on my life. The memories of watching her play softball at Joe Johns park until I was seven years old are still so very vivid in my mind. She quit so she could start coaching my first team. She introduced me to the sport that led me on an incredible journey. I am so thankful for all the memories I share with my sweet mama as I know so many of you are. Now let's talk about another upcoming holiday. I want to remind you that we will be closed on Memorial Day, Monday, May 29th. I hope you will spend some time at one or more of the many City events happening on Memorial Day to reflect and honor the lives of the heroes we have lost defending our great country.

The warm weather is upon us so please keep in mind that the thermostats around the center control more that one room or area. That means we have to use fans, if it gets warm or heaters if it feels uncomfortably cool during your activity. We have plenty of both to keep everyone comfortable. Also as many of you have noticed we now have designated staff parking in the back parking lot. Please leave the spaces open for staff, as many times we must load or unload our vehicles with supplies. We greatly appreciate your cooperation.

And lastly we have started implementing a new closing procedure. We will now ask all members to please exit the building by 8:55 PM. This allows our staff to adequately and safely close down the center so they can be out of the building by 9:00 PM.

In Appreciation,

Dina

HOW THE SUN AFFECTS MENTAL HEALTH



Sunlight and serotonin

We're used to hearing about how too much of the sun's warm rays can be harmful to your skin. But did you know the right balance can have lots of mood-lifting benefits?

Sunlight and darkness trigger the release of hormones in your brain. Exposure to sunlight is thought to increase the brain's release of a hormone called serotonin. Serotonin is associated with boosting mood and helping a person feel calm and focused. At night, darker lighting triggers the brain to make another hormone called melatonin. This hormone is responsible for helping you sleep.



Without enough sun exposure, your serotonin levels can dip. Low levels of serotonin are associated with a higher risk of major depression with seasonal pattern (formerly known as seasonal affective disorder or SAD). This is a form of depression triggered by the changing seasons.

A mood boost isn't the only reason to get increased amounts of sunlight. There are several health benefits associated with catching moderate amounts of rays.

Sunlight and mental health

Decreased sun exposure has been associated with a drop in your serotonin levels, which can lead to major depression with seasonal pattern. The light-induced effects of serotonin are triggered by sunlight that goes in through the eye. Sunlight cues special areas in the retina, which triggers the release of serotonin. So, you're more likely to experience this type of depression in the wintertime when the days are shorter.



Due to this connection, one of the main treatments for depression with seasonal pattern is light therapy, also known as phototherapy. You can get a light therapy box to have at home. The light from the box mimics natural sunlight that stimulates the brain to make serotonin and reduces excess melatonin.

"Picture This"



Want to know what fun is... the trip to Albuquerque with the Country Gold Line Dancers! The trip was two days of nonstop fun and two trips to Dairy Queen!





The Spring Craft Fair was a great success and our vendors had such a great variety to choose from! There was something for everyone!



Top 7 Mental Exercises



The brain is one of the most important muscles in the body. And just like other muscles, the brain needs exercise to stay healthy.

In this article, we'll discuss seven enjoyable brain exercises and activities older adults can use to help keep their minds sharp and their hearts happy.

1. Word Games

Puzzles and brainteasers—for example, Sudoku, crosswords, word jumbles and word searches—are simple ways to improve word association and recall memory.

Since local newspapers usually have at least one, if not all, of these activities in their daily editions, the cost is low.

2. Music

Older adults usually find themselves with more time on their hands, so retirement can be a great chance to trying something new—like learning to play a musical instrument.

Playing an instrument offers endless opportunities to keep your mind engaged since there is no shortage of new songs to learn. This activity is available here at the center! Sign up for the next session of keyboarding class or for the City voices Choir.

3. Gardening

Older adults tend to spend a lot of time indoors, which can lead to vitamin D deficiency. Recent studies have demonstrated low levels of vitamin D can hurt the neurological and cardiovascular systems.

Gardening gives you a reason to spend time in the sun—a great source of vitamin D—and it also helps stimulate the brain by requiring you to plan how you will create and tend the garden.

4. Cooking Classes

Taking a cooking or baking class is a good way to use all five senses, each of which involves different parts of the brain. Furthermore, following a recipe requires planning, measuring and using one's judgment.

5. Athletic Activities

Staying active increases the flow of blood and oxygen throughout the body, and a healthy body leads to a healthy brain.

Start with a low-impact activity such as golf or yoga. Yoga focuses on strengthening the mind-body connection, and golf has the added bonus of encouraging the use of physics and thinking ahead—both great for mental acuity.

6. Board Games and Jigsaw Puzzles

Board games such as dominoes, checkers and chess—along with puzzles and card games such as hearts, spades and bridge—promote problem-solving skills and assists with dexterity.

These games also provide opportunities for social interaction and making new friends.

7. Hobbies and Crafts

Being creative requires more brainpower than simple learning exercises, so more art-focused activities can have a big impact on mental sharpness.

The center offers older adults the opportunity to try painting, quilting, paper crafting and rock and gem cutting and polishing which means they can enjoy the company of other retirees while they flex their mental muscles and showcase their creativity.

There are hundreds of ways seniors can spend their retirement. These brain exercises and activities are just a few of the fun things you can do to improve your health, boost your self-esteem and make the most of your retirement.

Find Your Fitness

STRENGTH TRAINING FOR SENIORS

Some seniors can be frail and have low energy reserves but most of us will respond well to moderate sessions of weight training. Numerous studies have shown that strength training for seniors and other exercises for seniors done regularly not only builds up bone and muscle but counteracts the weakness and frailty that usually comes with aging. Exercising your muscles will increase not only your muscular strength but also your muscular endurance which is the ability to repeat a movement over and over again. Start a strength training program today! The center offers aerobics, chair yoga, regular yoga, and our core and strength class!. Check with your doctor and ask if there are any precautions you should take.

Elderly strength training for seniors and exercises for seniors can help with:

- Osteoporosis which is a condition in which skeletal material begins to weaken and deteriorate. This can cause deformity and fractures in your spine and hips.
- Arthritis which is in the form of osteoarthritis or rheumatoid arthritis. This condition will attack your joint cartilage and synovial membrane respectively.
- Balance which declines as we age often as a result of muscular strength and tone.
- Pulmonary disease which are mostly categorized as COPD, chronic obstructive pulmonary disease. Some relief of symptoms may be possible with strengthening programs of the abdomen and chest muscles.
- Obesity problems can benefit with a low intensity program to reduce the risk of orthopedic injury.
- Diabetes Type II, exercise can help control blood sugar enhancing your quality of life.
- Back problems can be improved with stretches and strengthening focused on the lumbar and sacral area.

Make sure you warm up at least 10 minutes before exercise and cool down for at least 10 minutes after exercise.

Some important tips to remember:

Some soreness in the muscle belly can be expected but stop the exercise if you feel pain in your joints.

Maintain a good upright posture during all exercises.

Don't hold your breath while exercising. Make sure you breathe on the exertion part of the exercise

All movements should be done in a slow to moderate and deliberate manner.

WELCOME New Members

Alfred Tornabene	Janice Miller	Lois George	Sergio Armenta
David Diaz	Jeff Wall	Lolly Meeks	Shirley Bryant
Debbi Skipwith	Jeffrey Kent	Lynna Owsley	Susan Forni
Gregoria Leyva	McCraw	Pamela Stockman	Tommy Castillo
Howard Danforth	Jennette Duplissey	Raylene Wall	Vada Mata
James Hill	Katherine Ward	Rene Lopez	Veronica Castillo
	Kecia Bowden		



BOOK NOOK

Check out this months series by #1 New York Times Best Selling Author Christine Feehan of paranormal romance.



HAPPY BIRTHDAY

- | | | | | |
|---|--|--|--|---|
| 1) Jenny Wright
Sherri Kurimslci
Wilfried Jung
Sammy Mendez
Pat Brous
Kathy Nymeyer
Philip Pompa
Patricia Trujillo | 6) Erin Armendarez
Dana Dorr
Daniel Middleton
Victor Lara
Allen Kilgore | 13) Cathy Richmond
Bonnie Guerra
Vanessa Green
Kay Frazier
Andree Fritschy | 21) Diane Patterson
Nancy Cobb
Devan Lopez
Wayne Bradford
Rebecca Chavez
Joel Norris | 27) Mary Etta Smith
Winnie Jackson
Chris Laxson
Rosaura Portillo
Evelyn McIntire
Rita Hanway
Sandy Taylor
Donny Gregory |
| 2) Esteban Armendariz
Jorge Montana
Scotty Fitch
Pat Jones
Don Fierro
June Wynn
Mary Parras
Lenn Anderson
Wayne Ballard
Merrily Cage
Michelle Rodriguez | 7) Beverly Carrasco
Cathrynn Brown
Marilyn Noland
Sonia Herrell
Christine McCraw
Vanessa Hernandez
Richard Mattson
David Lory | 14) Mary Rayroux
James Lyman
Rebecca Mcintire
Melanie Higgins
Kassie Ruiz
Mary Cherryhomes
Anna Gardner
Peggy Townsend
Iris Wisnoski | 22) Linda Hernandez
Priscilla Methola
Jaime Sanchez
Anna Corona
Karen O'Neal
Abel Parraz | 28) Nora Brown
Bill Hobaugh
Wilma Duran
Jimmy Orozco
Melody Smith
Elvira Johnson |
| 3) Myrtle Fritschy
Art Burt
Tara Wright
Robert Cathey
Harley Temple | 8) Farrell Ellison
Gary Winfrey
Jolene Coffee
Susan Houston
Tommy Cooper
Mario Carrasco | 15) Denis Cherry
Karen Reed
Calvin Crow
Jerry Flores
Lora Runner
Valorie Sams | 23) Ceil Boatman
Michelle Mislzai
Karen Killgore
Linda Dunagan
Kent Evans
DeeAnn Eubanks
Russell King
Mary Ellen Jaco
Diane Johnson | 29) George Martinez
Forrester O'Brien
Bonnie Moore
Fred Padilla
Pamela Thornton |
| 4) Dean Whetham
David Tackett
Frances Parras
John Skinner
Pamela Saltzgiver
John Lane
John Seidel
Rhonda Allen | 9) Manny Chavez
Vickie Watts
Angie Ramirez
Eileen Tidwell
Michael Bromka
Connie Oliver | 16) Debra Vasquez
Anthony Lopes | 24) Hy Laird
Renee Vigil
Richard Callicoat
Brad Coates | 30) Tenille Aragon
Jean Tupper
Steven Boulden
Hazel Lara
Estella Galvan |
| 5) Marie Vincent
Marilyn Tackett
Pam Roberts
Shirley Bowen
Cecilia Edwards
David Radosevich
Barbara Early
Bil Schmidt | 10) Kathy Navarrette
Nanci Tipton
Yolanda Anaya
Yanira Gonzales
Cheryl Vickers | 17) Dave Morgan
Chis Hoff
Bess Armendariz
Donald Campos | 25) Elizabeth Gordy
Carla Hollen
Beverly Weston
Joseph Ortiz
Ray Peters
Anita Chavez | 31) Dorella Peters
Darla Tafoya
Molly Navarrette
Clemente Urquidez
Dolores Reynolds
Marilyn Hagen
Victor Onsurez
Linda Aaron
David Wright
Nancy King
Denise Meadors |
| | 11) David Phillips
Dorinda Duzan | 18) Ellen Calentine
Heidi Corman
Martha Arellanes
Kathy Cole
Michele Robertson | 26) Cindy House
Palmer Randall
Tina Kincaid
Arnulfo De La Cerda
Bertha Hernandez
Severa Sanchez
Lisa Navarrete
June Peyton
David Perkins
Cres Ortiz | |
| | 12) Luz Gutierrez
Mary Fielder
Tillie Belis
Tina Roach
Randy Meade
Lilia Santana | 19) Kathleen June Porter
Yolanda Ellison
Lea Chism
Lisa Bradshaw | 20) Luis Rivas
Trinidad Coronado
James Renfrow
Anna Gonzalez
Anna Alvarez
Melissa Molinar | |

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

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**

On the lighter side...



"I asked a police recruit during an exam, "What would you do if you had to arrest your own mother?" He said, "Call for Backup"



Remembering those we've lost



*Lucio Perez
Jeanne Beeson
Grace Knox
Harvey Sims
Charles Wright
Judy Kartchner*

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

Evening Attendant—Griselda Diaz

Facility Maintenance—Anna Alvarez