

2023

SEPTEMBER NEWSLETTER



North Mesa Senior Recreation Center

1112 N. Mesa St. 575-885-6487

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Boy oh boy are we excited!!

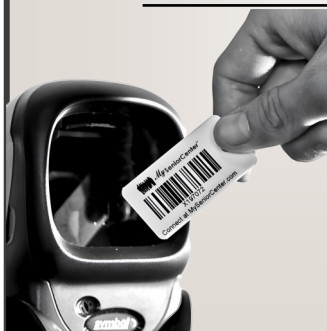
Signing in is about to get easy for YOU!!

We just purchased a new automated check-in system called 'My Senior Center', and it will make life easier for you...well here at NMSRC anyway. When you walk in the door the kiosk will be set up in the lobby. Checking in will be easy as 1,2,3:

1. All member of North Mesa Senior Rec Center will be issued a small key tag. This key tag will contain no personal information about you, but once scanned it Will recognize you as a member. No more trying to find the correct clipboard to sign in on, you just need to swipe your key tag at the scanner, or enter your name on the touch screen.
2. Press the touchscreen to select the activities you will be participating in that day.
3. Press FINISH



SEE!!! Easy as 1,2,3!!



We will be here to help you navigate through this new change and will be available to walk you through the process until you are comfortable.

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

CAVEMAN FOOTBALL SCHEDULE

- 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 September, 13th at 2:30pm



AARP MEMBER MEETING

Meeting will be held the third Monday of
the month.

**Next Meeting September 18th
3:00PM-4:00PM**

AARP Defensive Driving

\$20 for member

\$25 for non-members

September 22nd 9:00AM-1:00PM

Contact Barbara Brown
for details 575-200-9411



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



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



Friday, August 25th
at noon

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



Friday, September 1st.
6:00 PM- 8:45 PM

Bring your favorite finger food to share with others
while you enjoy the music.

Manger's Memo



Members,

I am looking forward to the coming months, both for respite from the blistering heat, and our upcoming winter events.

We are will soon begin plans for our Christmas Luncheon full of great food, entertainment and prizes so mark your calendar for December 15th at noon and don't miss this sold out event. Keep your eye out for our flyers so that you can your reservation!

We will also be having our yearly Thanksgiving potluck luncheon where we will supply the proteins and hope to share in some delicious sides and deserts. We have had a great turn-out every year and hope to see you on Tuesday, November 14th at noon.

As of now we do have any booth space available for the coming Craft Fair on November 17th and 18th which tells you we will have another great show full of a variety of items to choose from! We would like to add an outdoor area of vendors to this show, so if you are or know someone who may be interested in having an outdoor booth, please let us know. Finally I would like express again how grateful we are here at North Mesa to have so many volunteers who help make this center the awesome place it is! If would like to help out here at the center we are always in need of volunteers to help man the front desk by answering phones, taking messages or maybe giving a tour of the center to a potential new member than we would love to have you!

In appreciation,

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!

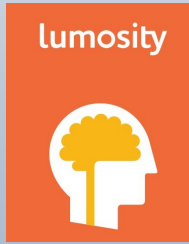
GARAGE SALE

Saturday, October 14th 7:00am-Noon



Brain Power
Keep It Strong!

Free Brain Apps for brain health!



We are happy to help download or create a shortcut to any websites!

What's Going On Around the center...



WE HAVE A TEACHER!

UKULELES HAVE BEEN ORDERED

We know you have been patiently waiting and now the time has come! Class is limited to 6 students. Sign up soon at the front desk.

CLASS TIME TBD



FALL IS NEAR...

And it is time to start decorating. What a better way to start a new season than by signing up to make this precious scarecrow!! Sign ups are in the lobby and you can choose one of two dates.

September 21st 1:00-3:00PM

September 25th 6:00-8:00PM

\$5.00 Donation



SAVE THE DATE

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

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

We will have

DJ G-MONEY

Providing the music

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!



The September Member Meeting guest speaker will be

Probate Judge J. Francis

He will speak on the functions of Probate Court and how citizens can make it work for you

The meeting will take place

September 18th 3:00PM- 4:00PM

What's Going On Around the center...

Learn how to make this adorable Christmas card September 6th, starting at 9:00AM



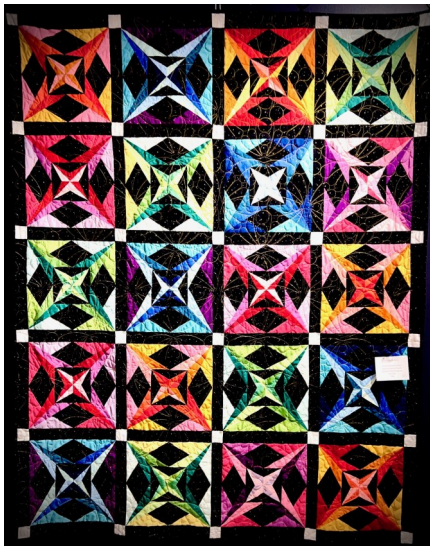
Learn how to make this cute Fall card September 20th, starting at 9:00AM

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!



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

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



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 listed.

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...

SEPTEMBER FIESTAS

HISPANIC HERITAGE



PARADE
September 16th
Carlsbad Prep
Academy to Beach
Bandshell



MEXICO

September 16th
at The Beach Bandshell
MEXICAN INDEPENDENCE DAY!
Come one come all! There will be
dancing, entertainment, and of course
FOOD! Our event will be from
11AM-9 PM!

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





YOU ARE INVITED TO

Community Feedback Meeting

Come review our progress on our final phase of our Cultural
Economic Development Plan, review the proposed projects and
share your feedback!

TIME:

 5:30PM-7:00PM

 3 August, 2023

 The Other Side @
Milton's Brewing

For more info:
www.pearlofthepecos.org



DRAFT

PEARL OF THE PECOS ARTS AND CULTURAL DISTRICT
**CULTURAL ECONOMIC
DEVELOPMENT PLAN**

FREE
Legal Helpline
for Seniors

Statewide 1-800-876-6657

Legal Resources
for the
Elderly Program

*A statewide, free legal helpline for
New Mexico residents 55 and older.*

2023 Upcoming Live Virtual
Webinars:

SEPTEMBER 5
OCTOBER 10
NOVEMBER 14
DECEMBER 12

All webinars begin at 11AM For
more information, please call LREP
at 505-797-6005 or 1-800-876-

What's Going On Around town...



Sept 21-24

Get ready to rock out to the Kid Rock Tribute "Kid Cocky," as well as the ACDC Tribute "The Jack," the ZZ Top Tribute "ZZKC," and the Def Leopard Tribute "Def Legend."

This year's event promises to be bigger and better than ever before

Cavern City



Renaissance Festival

Friday September 29, 4PM-8PM
 Saturday September 30, 10AM-8PM

Travel back in time for the time of your life at the 2nd Annual Cavern City Renaissance Festival, coming to the Carlsbad Municipal Beach Park

On Friday September 29th, entrance will be FREE for all age

Mayor's Energy Summit

October 19th

8:00AM-3:00PM

The Mayor's Energy Summit in Carlsbad New Mexico is designed to bring together members of the community and all sectors of the energy industry to learn about and discuss issues that are important to us all.



BLOOD DRIVE



Because of you,
 life doesn't stop
 #vitaltolife

Carlsbad Rotary Club

THURSDAY, SEPTEMBER 14TH
 11:00 AM - 2:30 PM
 BLOODMOBILE
 ALBERTSONS PARKING LOT

Call or text Mary at 575-302-7665 to schedule an appointment!

Scan QR code to sign up online!



GIVE BLOOD | vitalant.org



MILTON'S BREWING 7th Anniversary September Fest

September 23 • 213 W. Mermod Carlsbad

Noon - 10pm | www.MiltonsBrewing.com

Weiner Dog Races • Beard & Mustache Contest
 Keglympics • Live Music • Vendors & more!

AD PAID FOR BY CITY OF CARLSBAD LODGER'S TAX



Spotlight

Jean Loafman

Line Dance



Jean Loafman has many titles she carries. Many of them are very important that can change a person's life and make it richer like mother, wife, grandmother, and so on. Lance Conrad is quoted in "The Price of Creation" by saying "I can imagine no heroism greater than motherhood." While these are significant titles, there are others that she has

that are life changing as well and have made a huge impact on so many lives. One roll that is outstanding here at North Mesa is that she is Chair of the North

Mesa Senior Recreation Center Advisory Board. As you know, there is a very structured list of activities that are accomplished every month as well as many events that happen throughout the year and Jean as Chair helps with accomplishing those tasks



and goals.

Another title and very meaningful role she has is "teacher". We all can think of that one teacher that has helped us understand a problem, calculation, or even life. Teachers inspire us to be greater than our current selves. Scott Hayden said "Teachers have three loves: love of learning, love of learners, and the love of

bringing the first two loves together." After many years of passionately teaching in our schools molding young lives, Jean



retired and brought her two passions together, because if you know Jean, you know how much she loves line dancing and what a greater way to spend her retirement years, then by teaching line dancing.



Wanda Sykes said "If you feel like there's something out there that you're supposed to be doing, if you have a passion for it, then stop wishing and just do it." In 2005, a historic change happened to line dancing in our great state of New Mexico, when Jean reached out to all the line dancing

instructors in the state and created the New Mexico Line Dance Association.

Soon after, the New Mexico Line Dance Jamboree was born. The

Jamboree is held yearly and is a place where all the line dancers go and show the dances that they have worked on all year. Each group in the state will learn the same 40 dances. They gather at a different town each year and will dance together to all 40 dances. It is a two day event.



Thank you Jean with honoring us here at North Mesa with years of dedication, hard work, and love. Line dancing hands down is the most attended activity here at North Mesa Senior Rec and it is all due to Jean living her passion.

The following are messages from her colleagues and friends for whom she has inspired:



I have the privilege of being Jean Loafman's daughter. For as long as I can remember, she has always been a leader, an organizer, and a person who brings positive change. Those skills, along with her excellent teaching ability, have transformed many lives by keeping senior citizens moving and active through line dance both in Carlsbad and throughout the state of New Mexico. To say she is an inspiration is an understatement. At the age of 60, I still look at her and hope I can be like her when I grow up! My mom is truly exceptional and I love and appreciate her so much for what she has done for me and the countless others she has impacted.

-Laura Zamora
Dance Instructor
Albuquerque, NM

When we started all this, we were using cassette tapes! When I first moved here, I joined her (Jean) first advertised class. She has made my retirement beautiful and line dancing has become my passion!

-Candy Westrich
Country Gold

I met Jean in 2010 when I began to learn to line dance. She impressed me with her enthusiasm and energy. She has great organizational skills. She is very skilled at teaching dances. I always hated to miss the first day of a teach. She showed me how to read step sheets and find dance videos on the web. When she invited me to become an angel and join the Challenge group I was honored. I have learned so much from her and look forward to many more great times!

-Paula Autry
Country Gold

Jean taught dance class with precision without being bossy. I appreciate everything Jean has done for North Mesa Senior Rec. Center to make it fun. After turning 90, it was time to make an extremely hard decision, but the time came to quit dancing and I miss it!

-Pat Matthews

I have known Jean since she started the New Mexico Line Dance Group back in 2005, Jean had a dream to organize and unite the line dancers of New Mexico... and she did it!! We are now over 300 strong and still growing. Jean is amazing, both as a woman and a leader.

-Georgette Smith
Dance Instructor
Albuquerque, NM

I met Jean when I signed up for an ultra-beginning line dance class in 2010, but I didn't have her as my teacher until later in the year when I moved up to the next level of beginning dance. I was a little afraid of her until I got to really know her and realized that she has a great sense of humor! I love Jean's style of teaching because she pushes us to learn dances so well that we can dance them when the music comes on with out any prompts.

-Sonia Herell
Country Gold

Jean has been a total inspiration to me to get up everyday and dance! Retirement has been much better and my doctors love the fact I dance with Jean so much.

-Jayne Murrill
Country Gold

Jean has always encouraged me to keep dancing even after I had some health problems and broken bones. Dancing keeps us young and Jean keeps us dancing!

-Pat Boulden
Country Gold

Jean runs a successful line dance program because she uses the same educational principals that served her well as a teacher. Class begins and ends on time and you know what to expect. The first day she introduces a new dance, the following class period is for practice, and the third day is a review. If needed, remediation is offered in a workshop. All in all, instruction is thorough, but more importantly, classes are fun, camaraderie is contagious and friendships are forged.

-Beth Frederick
Country Gold

"Picture This"



Juanita Jojola taught a crafting class on how to make these super cute 'HOME' signs



The Wednesday Mexican Train group all squeezed in to enjoy a few games.





Sherry Princen taught her 'How to Paint' class on sunflowers and these ladies did a great job painting theirs



First Friday Night Dance in August had a great turn out with plenty of snacks for dancers to enjoy!





**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.*

Floyd Autrey

Books for the Library

Theresa Caston

Garage Sale Items

Paula Autrey

Books for the Library

Marilyn Tackett

Books for the Library

Nancy Caviness

Books for the Library

Robin Hargis

Puzzles

ACBL Carlsbad Unit 376

Duplicator Bridge Winner-Month of August

August 3rd– Howell 3 tables

Paul Johnson– Mary Jackson
Regina Ballard– Nancy Calvani
Jean Randall– Palmer Randall

August 9th– Howell 5 tables

Kelly Wilson– Bob Hickson
Nancy Calvani– Judy Pate
Regina Ballard– H Ann Brannon

August 10th– Howell 5 tables

H Ann Brannon– Mary Jackson
Palmer Randall– Jean Randall
Sally Miller– Bob Hickson

August 16th– Howell 4 tables

Kelly Wilson– Bob Hickson
Regina Ballard– H Ann Brannon
Nancy Calvani– Judy Pate

August 17th– Howell 4 tables

Regina Ballard– Nancy Calvani
H Ann Brannon– Mary Jackson
William Skillern– Bob Hickson

August 23rd– Howell 4 tables

Regina Ballard– H Ann Brannon
Nancy Calvani– Judy Pate
Paul Johnson– Shelby Brandon

August 24th– Howell 4 tables

Judy Pate– Bob Hickson
William Skillern– Richard Pagano
Regina Ballard– Nancy Calvani

August 30th– Howell 5 tables

Nancy Calvani– Judy Pate
Regina Ballard– H Ann Brannon
Kelly Wilson– Bob Hickson

August 31st– Howell 5 tables

Richard Pagano– William Skillern
H Ann Brannon– Mary Jackson
Bob Hickson– Judy Pate

WELCOME New Members

Allan Hawkinson
 Beverly Whygles
 Brenda Rector
 Cordy Salcido
 Debbie Walker
 Elvira Romero
 Francis Smith
 Gary Maley

Hugo Guerrero
 Jesus Rocha
 John Nelson
 Jose Juarez
 Kae Lucchini
 Kim Click
 Larry Methola
 LuWayne Nelson

Maria Isela Juarez
 Patty White
 Piper McGilvray
 Rodolfo Muniz
 Ruben Rodriguez
 Sandra Gipson
 Susan Seay
 Terrie McKean

BOOK NOOK

This month's feature novelist is Vince Flynn! He created one of contemporary fiction's most popular heroes: CIA counterterrorist agent Mitch Rapp, and here are 3 new books in that series.



HAPPY BIRTHDAY

SEPTEMBER BIRTHDAYS

- | | | | |
|--|---|--|---|
| 1) Pat Franz
Deanna Weston | 10) Lou Ward
Heather
Christesson
Sandra Gipson | 18) Pamela Thompson
Charlotte Devers
Karen Gentry
Kat Jordan
Susan Briggs
Myra Juarez
Daniel Fertz
Mary Paz | 26) Bonnie Williams
Patricia Nichols
Robert Aranda
Beth Frederick
Tari B. Thornton
Aurelio Murillo
Amanda
Tomlinson
Johnny Methola |
| 2) Michael Ramirez
Christine Gomez
James Bowman
Peggy King
Terry Johnston
Sergio Alva
Anne M. Bonney
Rosa Linda
Martinez
Tammy Thomas | 11) Ann Brannon
Anita Handy
Carolyn Miolli
Debbie Surface | 19) Dorothy Ridgeway
Veronica Castillo | 27) RoseAnn Gibson
Blanca Enriquez
Beatriz Holguin
Debby Babbitt
Anna Hanlin |
| 4) David G.
Rodriguez
Sissy Stiteler | 12) Linda Purpura
Ray Keighn
Janice Graber
Susan Taylor
Karen Schoolcraft
Maria Oliver | 20) Danny Villescas
Peggy Hawks
Lynda Pouyer | 28) Olivia Rascon
Christine O'Hara
Eva George
Kevin Kuenzler
Sonny Leyva |
| 5) Andrew Jones
Priscilla Villescas
Dennis Boyea
Lisa Navarrette
Cindee Toothman
Dina Howell | 13) Anita Krueger
Lynn Berg
Sally Miller
Mike Lawson
Raelene Munn
Gary James
Mike Lawson
Leona Seidel | 21) Russell Yates
Freda Foreman
Loan Wells
Jeff Bradberry
Martha McIlvain
Peggy Hall
Cheryl Caraway
Missy Richardson
Nathalie Chadwick | 29) Christy Breen
Jean Santo
Vivian Devlin
Richard (Dick)
Craig
Wayland Carter
Shannon Trujillo
Earl Boatman
William Weston
Norma Pack |
| 6) Alma Loya
Monty Harris
Frances
Balderrama
Larry Bradley
Christina Mann
Claudian
Carpenter
Diana Smith | 14) Alice Estrada
Dale Carpenter
Timothy Lopez
Larry Young
Susan Garcia
Evelyn Hill | 22) Alan Fiala
Keegan Rodgers
Bessie Richardson
Linda Horton
Steve Mandel
Tony Evanoff
Helen Rogers
Jim Lindsey
Mike Nelson | 30) Sandra Perez
Denise Griffith
Ellen Harbaugh |
| 7) Connie Turner
Blake, Tarrant
Linda Schinnerer
Elva Ruiz
Lavonn Means | 15) LaVerne Graber
Mark King
Milton Limbert
Jedi Johnsen
Cheyenne Methola | 23) Griselda Nunez
Alexandra Blair | |
| 8) Mary Lou Quintela
Mary Rodriguez
Richard Graciano
Adolfo Olivas | 16) Mary Vazquez
Christine Elizondo
Tommie Fields
Manuela Parra | 24) Jennifer Funchess
Della Mullins
Kathy Kessler | |
| 9) Olga Venegas
Roberto Navarrette
Alma Loya
Laural Good | 17) Cheryle Janway
Marian Gist
Daisy Cuthbertson
Marie Wilburn
Sharon Bentley
Dawna Downing
Joseph Lane
Dan Thomas | 25) Jonena Hearst
Stella Swafford
Michael Pfeifer
Else Smith | |

WANTED

DISCUSSION GROUP



What are you thinking?

Remember what it was like before everyone had their face in a screen? Remember what it was like before everyone had their face in a screen? Remember what it was like before everyone had their face in a screen? Remember what it was like before everyone had their face in a screen? Remember what it was like before everyone had their face in a screen?

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.

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!

KARAOKE

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.

UKULELE CLASS

The ukes are on the way! If you are interested in taking part in a new uke class please let staff know. Space will be limited to 6 students so don't miss this chance to learn an instrument!

PICKLEBALL

You can learn to play the fastest growing sport for seniors in the country right here at North Mesa! Get more info at the front desk,

TABLE TENNIS



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

Wednesday

6PM—8:45PM

Friday 10AM—12PM

CHOIR



City Voices Choir

All are welcome!

PRACTICE every
Tuesday & Friday 2pm

If any of these things interest you, stop by the front desk to sign up, or call 575.885.6487

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...

"I said to the gym teacher: 'Can you teach me to do the splits?' He said: 'How flexible are you?' I said: 'I can't make Tuesdays.'"

"Doc, I can't stop singing The Green, Green Grass of Home. He said: 'That sounds like Tom Jones syndrome.' 'Is it common?' I asked. 'It's not unusual' he replied.

I went to the doctor the other day and said: "Have you got anything for wind?" So he gave me a kite.

A woman has twins, and gives them up for adoption. One goes to a family in Egypt and is named "Amal". The other goes to a family in Spain, who name him "Juan". Years later Juan sends a picture of himself to his mother. Upon receiving the picture, she tells her husband that she wished she also had a picture of Amal. Her husband responds: "They're twins. If you've seen Juan, you've seen Amal."

A priest, a rabbi and a vicar walk into a bar. The barman says, "Is this some kind of joke?"

Where do bad rainbows go?

Prism

It's a light sentence, and gives them time to reflect

*a day without
laughter
is a day wasted.
Charlie Chaplin*

Remembering those we've lost



Carmen Anaya

August 18, 2023

Albert Dominguez

August 25, 2023

David Tackett

August 29, 2023

KC Sparks

August 29, 2023

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