

MAY NEWSLETTER

City of Carlsbad - North Mesa Senior Recreation Center

1112 North Mesa Street - 575-885-6487

Inside this issue:

Event Times and Dates	Front Cover
What's Going On Around Town	2-3
Picture This	4
Spotlight	5
Able Alert Aware	6
Find Your Fitness	7-10
Brain Power	11
<u>Save the Date</u>	12
Thank You	13
Birthdays	14
New Members	15
In Memory	16

NMSRC Hours

Monday - Friday
7:00am - 9:00pm

Saturday & Sunday Closed

We will be CLOSED on Monday
May 30th, as we remember, we
honor and we give thanks for the
service and sacrifice of so many.



AARP Defensive Driving

Classes will be held at
8am—12pm
May 20th
June 3rd
June 17th
\$20 for member \$25 for non-members

Contact Barbara Brown
575-200-9411

AARP Board will meet the
first Monday of the month.
May 2nd—3:00 pm.

AARP Member meeting will
be held the third Monday of
the month .

May 16th - 3:00pm



Health checks of
Blood Pressure & Pulse
every Tuesday in the Library
10:00—11:00



Hear on Earth is at the
center on the 1st Tuesday
of each month from 9:30 to
11:00 a.m. You can find
Howard in the Puzzle room
for help with all your
hearing aid needs.

HELP CONSERVE!
EVERY DROP COUNTS!



3-Day OUTDOOR WATERING SCHEDULE

APRIL 1ST-SEPT. 30TH

**PLEASE WATER
BEFORE 10AM OR AFTER 6PM**

Even Addresses:

WATER ONLY ON TUESDAYS, THURSDAYS, & SATURDAYS

Odd Addresses:

WATER ONLY ON WEDNESDAYS, FRIDAYS, & SUNDAYS

PLEASE NO WATERING ON MONDAYS!

Ordinance No.2011-12 Carlsbad Sec 52-173 (b)



Carlsbad High School Theater

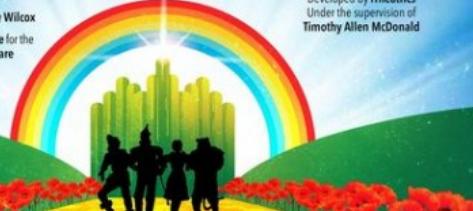
PRESENTS THE YOUNG PERFORMERS' EDITION OF

THE WIZARD OF OZ

By L. Frank Baum
With Music and Lyrics by Harold Arlen and E. Y. Harburg
Background Music by Herbert Stothart
Dance and Vocal Arrangements by Peter Howard
Orchestrations by Larry Wilcox
Adapted by John Kane for the Royal Shakespeare Company

Based upon the Classic Motion Picture owned by Turner Entertainment Co. and distributed in all media by Warner Bros.

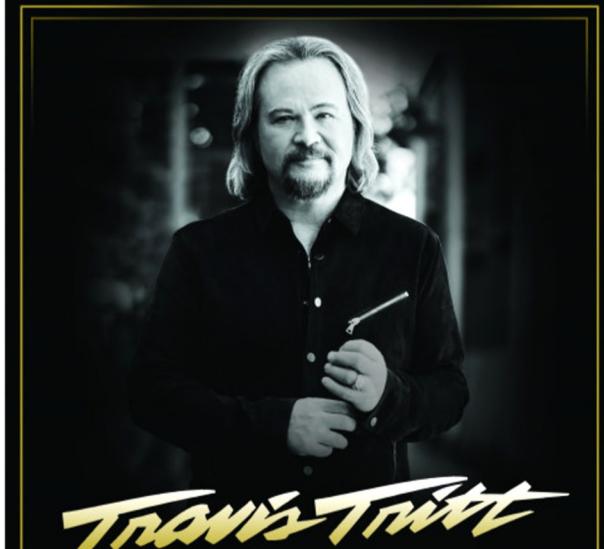
Adaptation and support materials for the Young Performers' Edition Developed by iTheatrics Under the supervision of Timothy Allen McDonald



FRIDAY MAY 6 7:00 PM **SATURDAY MAY 7 3 PM & 7 PM** **FRIDAY MAY 13 7:00 PM** **SATURDAY MAY 14 3 PM & 7 PM**

CHS Little Theater
Tickets sold at the door. \$5 for adults. \$3 for students.
Children 5 and under are free.

Presented by arrangement with Tams-Witmark, A Concord Theatricals Company (concordtheatricals.com)



Travis Tritt

MAY 18

WALTER GERRELLS
PERFORMING ARTS & EXHIBITION CENTER
CARLSBAD, NM

TICKETS ON SALE NOW
PURCHASE TICKETS AT R-ENTERTAINMENT.COM



TRAVISTRITT.COM 

MAY
Kids Painting



COME PAINT THIS CUTE TUCAN WITH US (THIS ONE IS PRE STENCILED)

\$20 PER CANVAS (+ TAX)

SUNDAY 5/15 2PM

Only a few spots available so register soon!

All sales are final no refunds credits or substitutions

PIC•COLLAGE



CARLSBAD MAINSTREET
CAVERN FEST
CITY OF CARLSBAD

Curtis Grimes // Jordan Nix // Holly Tucker //
Melissa Jones Auld // JD and the Badlands // Cody Zane Wells // Last Child //

Randy Rogers Band //
and more...

JUNE 10-11
DOWNTOWN CARLSBAD
LIVE MUSIC // FOOD TRUCKS // VENDORS

AR FOREMAN CONSTRUCTION LLC

XTO ENERGY
An ExxonMobil Subsidiary

Carlsbad CHEVROLET
NO HASSLES. NO COMMISSIONS. PERIOD.

Paid for by City of Carlsbad Lodgers Tax

Treasured Moments presents
NATIONAL SCRAPBOOK DAY CROP

STICK TO IT!

Scrapbook inspiration from the Cactus
MAY 6-7 OR MAY 13-14, 2022

9 AM EACH DAY UNTIL ?? EACH NIGHT



Welcome Gifts - Friday Night Project (optional) -
Challenges (optional) - Challenge Prizes -
Saturday Lunch Provided - Lots of Fun!

Cost is \$75. Seating is limited each week - sign up as soon as possible!

Contact us at: Treasured Moments - 105 S Canyon St, Carlsbad, NM - 575-885-9000 - treasuredmmnts@yahoo.com - or drop by.

When:
Saturday, June 4th 2022

Time & Place:
7:00am @ Carlsbad Beach

Why:
Mental Health and Substance Abuse Awareness

Contact:
575-725-5552 Ext. 714

Advertising Paid for in part by The City of Carlsbad Lodgers Tax

¡Música Buena!

**IN
Celebration**
OF NEW MEXICO CULTURE

Performances by:
Flamenco en Nuevo México
by Pasión Flamenca &
Así se Baila
Ballet Folklórico

June 1, 2022 | 3 - 6pm
FOOD TRUCKS • VENDORS • + MORE!

Sponsored by:
CARLSBAD PUBLIC LIBRARY
MUSEUM OF INTERNATIONAL FOLK ART
WOW! WONDERS ON WHEELS!
PEARL & PELOS

**DOUBLES
CORNHOLE TOURNAMENT**

SATURDAY JUNE 4, 2022

CARLSBAD BEACH AREA
JUST EAST OF THE BANDSHELL

COME SUPPORT MENTAL HEALTH AND SUBSTANCE ABUSE AWARENESS

REGISTER AT 9:30AM
BAGS FLY AT 10AM

\$100 A TEAM

1ST- \$1,750
2ND- \$750
3RD- \$500

PREREISTER ON SCOREHOLIO

LIFEHOUSE
WHOLE LIFE RECOVERY

CANE KINGS CORNHOLE

JUST SAY YES

LETS HELP FIGHT AGAINST ADDICTION

Picture This



Dogwood Paint Class



Decorating Crosses



Line Dancers in Dallas



Spotlight on Coach Tom Forni



Coach Forni's role in the Legacy that is Cavemen Baseball has been cemented with the dedication of the HS baseball field to Tom Forni Cavemen Corral.

Coach spent 30 plus years with the baseball program with 20 of those years between 1987 to 2007 as head coach. During his tenure the Cavemen won 18 district titles, 6 state championships and a national title in 1990. From 1988 thru 1990 the Cavemen posted a win/loss record of 59-1.

His mentorship helped produce great student-athletes who went on to play and coach at all levels of baseball as well as helped produce local Major League Baseball (MLB) star Shane Andrews. He left big shoes to fill but those that have followed continue to produce superb student athletes and MLB stand-outs in the likes of Cody Ross and Trevor Rodgers

Congratulations coach on a well deserved honor!





HOT WEATHER SAFETY

- Elderly people (people aged 65 years and older) are more prone to heat stress than younger people for several reasons:
- Elderly people don't adjust as well as young people to sudden changes in temperature.
- They're more likely to have a chronic medical condition, such as diabetes or asthma that may interfere with normal body responses to heat.
- They are more likely to take prescription medicines that impair the body's ability to regulate its temperature or that inhibit perspiration.

HEAT STROKE

Heat stroke is a medical emergency. It happens when the body is not able to control its temperature. Body temperature rises rapidly, the body loses its ability to sweat and it is unable to cool down. With heat stroke, body temperatures can rise to 106°F or higher within 10 to 15 minutes. Without emergency treatment, heat stroke can cause death or permanent disability.

Warning signs of heat stroke may include:

- Extremely high body temperature (above 103°F)
- Red, hot, and dry skin (no sweating)
- Rapid, strong pulse
- Throbbing headache
- Dizziness
- Nausea

HEAT EXHAUSTION

Heat exhaustion is a milder form of heat-related illness that can develop after several days of exposure to high temperatures and inadequate or unbalanced replacement of fluids.

Warning signs of heat exhaustion may include the following:

- Heavy sweating
- Paleness
- Muscle Cramps
- Tiredness
- Weakness
- Dizziness
- Headache
- Nausea or vomiting
- Fainting
- Skin: may be cool and moist
- Pulse rate: fast and weak
- Breathing: fast and shallow

HELPING YOUR ELDERLY RELATIVES AND NEIGHBORS

If you have elderly relatives or neighbors, you can help them protect themselves from heat-related illnesses:

Visit older adults at least twice a day and watch them for signs of heat exhaustion or heat stroke.

Take them to air-conditioned locations if they have transportation problems.

Make sure older adults have access to an electric fan whenever possible – although use of electric fans alone will not prevent heat illness once it has begun.

WHAT TO DO IN AN EMERGENCY

If you see any signs of severe heat stress, you may be dealing with a life-threatening emergency. Have someone call 911 or get immediate medical assistance while you begin cooling the affected person as follows:

Get the person to a shady area.

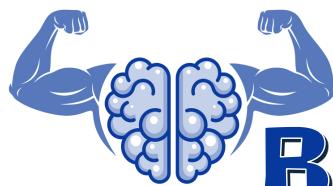
Cool the person rapidly, using whatever methods you can. For example, immerse the person in a tub of cool water; place the person in a cool shower; spray the person with cool water from a garden hose; sponge the person with cool water; or if the humidity is low, wrap the person in a cool, wet sheet and fan him or her vigorously.

Monitor body temperature and continue cooling efforts until the body temperature drops to 101°–102°F

If emergency medical help is delayed, call the hospital emergency room for further instructions.

Do not give the person alcohol to drink.

Get medical assistance as soon as possible.



Brain Power

When it comes to brain health, keeping our minds active is a really great idea. The brain is "plastic" and can continue to grow, develop, and make connections from before we are born until well into old age. When you challenge your brain with new and effortful activity, you help to build your "cognitive reserve". Invest in your brain by keeping physically active!

ACROSS

1 "High Voltage" band
 5 Sprang
 10 Neaten (up)
 14 Cry out loud
 15 Lauder of makeup
 16 Inkling
 17 *"In my uninformed opinion ..."
 19 Russian dynast
 20 Not prohibited
 21 Biennial games gp.
 22 Word with fall or fill
 23 *Challenge to someone suspected of lying
 27 Western defense gp.
 28 "__ queen!": "Work it!"
 29 Nowhere to be found
 33 Member of the fam
 35 Absorb with bread, as gravy
 39 Marvin Gaye classic, and a hint to the last words of the answers to the starred clues
 43 Long-stemmed mushroom

44 Director Lee
 45 Like gloomy skies
 46 Monarch's reign, e.g.
 48 Cellist's need
 50 *Become a better person, say
 58 __ jockey
 59 Satisfied sigh
 60 "You win"
 61 On the ocean
 62 *Thoroughly refute

65 Entry point

66 More loyal

67 Black-eyed __

68 Celebrity chef

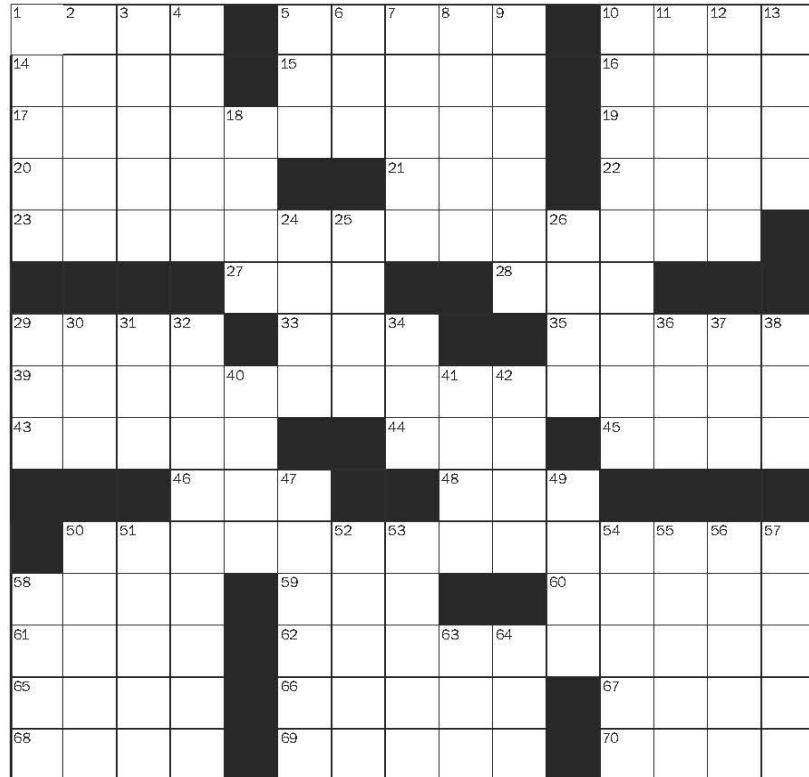
Burrell

69 Twilled fabric

70 Eyelid bump

DOWN

1 "Where there's __ ..."
 2 Typical Stan Lee role
 3 Wild dog of Australia
 4 Dagger's partner
 5 Supervillain Luthor
 6 Second sight, for short
 7 Dined at home
 8 1990s presidential candidate



9 Easy to set off
 10 "Grease," for one
 11 "My take is ..."
 12 "Reading in the Dark" Booker Prize nominee Seamus
 13 Three feet
 18 Baby-voiced red Muppet
 24 Lack of difficulty
 25 "__ just me ... ?"
 26 Sunup direction
 29 Elastic bandage brand
 30 Looking sickly

31 Artist Yoko
 32 "Whatever!"
 34 Barnyard bleat
 36 Part of wpm
 37 Can. neighbor
 38 Future analyst's maj.
 40 Lass
 41 Elena Delle
 42 Aviation pioneer Sikorsky
 47 Moves with the times
 49 Forsaken child
 50 American buffalo

51 Apply to
 52 Spy-fi great John le —
 53 Go time, in miliary slang
 54 Applauds
 55 Apartment window sign
 56 Op-ed piece, e.g.
 57 Witherspoon of "Wild"
 58 Tot's first word, maybe
 63 Act like a couch potato, with "out"
 64 Poetic "before"



With Respect, Honor and Gratitude we will be honoring our veteran members for so bravely answering the call of duty.

We will have a luncheon on November 10th at 12:00pm. For more info and to RSVP please see front desk staff.

Pool Tournament

June 25th

\$10 Entry Fee

Minimum 10 player pool

1st—\$75

2nd—\$25

Lunch will be provided

Sign-up at front desk

Deadline to register 20th



GARAGE SALE

June 11th

Don't wait! Reserve your table today!

Table reservations can be made at the front desk.

6" table - \$6

8" table - \$8

Clothes rack—\$5

Fundraising donations for the center are now being accepted. No clothing please. See staff for more details.

Don't miss a chance to come &
express your artistic side!

Painted T-shirt Art



Date: Thursday, May 12th

Time: 1—3pm

\$5 Donation

Sign-up sheet in the lobby

State and Zia String Art



Date: Thursday, May 19th

Time: 1—3pm

\$5 Donation

Sign-up sheet in the lobby

*We have been blessed
and we want to say*

*Thank
You*

Gail Wickstrom

Sharon Weston

James Condin

Pat Matthews

Nancy Caviness

Chip Wentworth

Lea Chism



1)	Jenny Wright Sherri Kurimslc Wilfried Jung Sammy Mendez Pat Brous Kathy Nymeyer	7)	Beverly Carrasco Cathrynn Brown Marilyn Noland Sonia Herrell Christine McCraw	15)	Denis Cherry Karen Reed Calvin Crow Jerry Flores Lora Runner Valorie Sams	24)	Hy Laird Renee Vigil Richard Callicoat
2)	Esteban Armendariz Jorge Montana Scotty Fitch Pat Jones Renae Winters Don Fierro June Wynn Mary Parras Lenn Anderson Mary Sandford Wayne Ballard Merrily Cage Michelle Rodriguez	8)	Vanessa Hernandez Richard Mattson David Lory Farrell Ellison Gary Winfrey Jolene Coffee Susan Houston	16)	Debra Vasquez Anthony Lopes	25)	Elizabeth Gordy Carla Hollen Beverly Weston Joseph Ortiz Cindy House Palmer Randall Tina Kincaid Arnulfo De La Cerdia Bertha Hernandez Severa Sanchez Lisa Navarrete June Peyton David Perkins Cres Ortiz
3)	Jeanne Valdez Myrtle Fritschy Art Burt Tara Wright Robert Cathey	9)	Manny Chavez Vickie Watts Angie Ramirez Eileen Tidwell Michael Bromka Patricia Paslay Connie Oliver	18)	Ellen Calentine Heidi Corman Martha Arellanes Kathy Cole	27)	Mary Etta Smith Winnie Jackson Chris Laxson Rosaura Portillo Evelyn McIntire Rita Hanway
4)	Kathy Starr Dean Whetham David Tackett Frances Parras John Skinner Pamela Saltzgiver John Lane John Seidel Rhonda Allen	10)	Kathy Navarrette Bob Pressett Nanci Tipton Yolanda Anaya Yanira Gonzales	19)	Kathleen June Porter Yolanda Ellison Rex Chism Lisa Bradshaw	28)	Nora Brown Bill Hobaugh Wilma Duran Jimmy Orozco Melody Smith Elvira Johnson
5)	Marie Vincent Marilyn Tackett Pam Roberts Shirley Bowen Cecilia Edwards David Radosevich Barbara Early Bil Schmidt	11)	David Phillips	20)	Luis Rivas Trinidad Coronado James Renfrow Anna Gonzalez Anna Alvarez	29)	George Martinez Forrester O'Brien Bonnie Moore Fred Padilla
6)	Erin Armendarez Dana Dorr Daniel Middleton Victor Lara Allen Kilgore	13)	Cathy Richmond Bonnie Guerra Vickie Sherrell Vanessa Green Kay Frazier	21)	Diane Patterson Nancy Cobb Devan Lopez	30)	Tenille Aragon Jean Tupper Steven Boulden Hazel Lara
		14)	Mary Rayroux James Lyman Rebecca McIntire Melanie Higgins Kassie Ruiz Mary Cherryhomes Anna Gardner Peggy Townsend	22)	Linda Hernandez Priscilla Methola Jaime Sanchez Anna Corona Karen O'Neal	31)	Dorella Peters Darla Tafoya Molly Navarrette Clemente Urquidez Dolores Reynolds Marilyn Hagen Victor Onsurez Linda Aaron David Wright

WELCOME New Members

Glen Ballard

Lee Cardwill

Susan Taylor

Erma Melendrez

Trudy Gililand

Daniel Middleton

Paula Kaighn

Vivian Devlin

Narciza Munoz

Valentina Lewis

Julie Klein

Darla Tafoya

Jessie Aakre

Peggy Schneberger

Stephen Schneberger

Michael Carrasco

Pearl Carrasco

Alvino Zubia

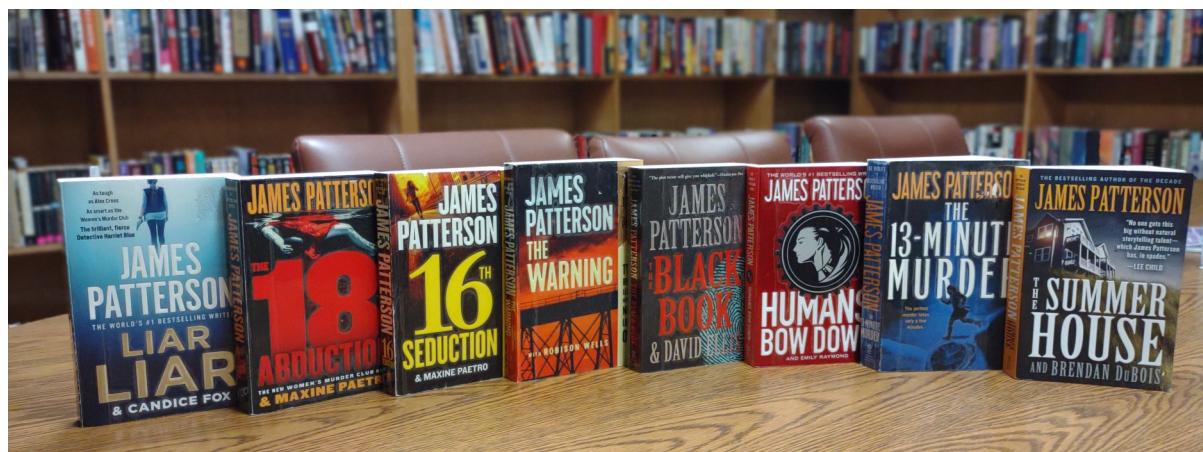
Erin Zubia

Lillian Rueda



BOOK NOOK

More James Patterson Books have been
generously donated to the Center!



HAPPY
Memorial
DAY

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**



DID YOU KNOW?

The hottest spot on the planet

Specifically, the hottest spot ever recorded on earth is El Azizia, in Libya, where a temperature of **136 degrees** Fahrenheit was recorded on Sept, 3, 1922. While hotter spots have likely occurred in other parts of the planet at other times, this is the most scorching temperature ever formally recorded by a weather station.



On the lighter side...

An elderly couple is worried that they are starting to forget simple things, so they go to a doctor for a checkup. The doctor looks them over top to bottom but doesn't find anything.



"It seems you two are perfectly fine so all that I can suggest is anytime you want to remember something, simply write it down".

The couple believe that's a great idea and so they go home with

renewed confidence.

Later that evening, the couple are watching television and he decides to grab a drink. "Need anything my dear" he asks? "Could you grab me some ice cream. Here write it down" she tells him. "No need my dear, ice cream coming up"! "Oh, and some chocolate sauce please. Want to write it down"? "Ice cream with chocolate sauce, got it". "And a cherry dear" she asks "sure you don't want to write it down"? "Ice cream with chocolate sauce and a cherry. I've got it, Hun".

The elderly man is gone for 10 minutes and the woman begins to worry. He comes back with scrambled eggs, bacon and orange juice. The woman looks at the food and says "Oh dear, you forgot the toast"!

Remembering those we've lost

Mark Foreman
4-22-2022



Lucky Heath
4-15-2022

NMSRC ADVISORY

Chairperson, Jean Loafman

Jay Redman

Ysidro Molinar (Moe)

Juanita Jojola

Vice-Chairperson, Beth Fredrick

Regina Ballard

Margaret McClure

Manager—Dina Navarrette

Morning Attendant—Avelina Childress

Evening Attendant—Griselda Diaz

Facility Maintenance—Anna Alvarez