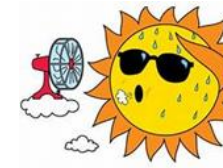




City of Artesia – Commission on Aging
Artesia Senior Center
 202 Chisum – PO Box 1598
 Artesia, NM 88211-1598

Hours of Operation
Monday ~ Thursday 8-5
Friday 8-4
 Supervisor- Caryle Goss



August 2022

575-748-1207

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:15 Exercise Video 9:00 Creative Crafter's 1:00 Train Dominos 1:00 "42" 1:30 Sewing 4:00 Exercise Video	8:15 Exercise Video 9:30 Woodworking 9:30 Line Dancing 10:00 Hand & Foot 1:00 Ceramics/Sew 2:00 Poker 4:00 Exercise Video 6:30 Stained Glass	8:15 Exercise Video 9:00 TOPS 9:30 Jewelry Class 1:00 Woodburning 1:00 Bridge & Train Dominos 1:30 Sewing 4:00 Exercise	8:15 Exercise Video 9:00 Painting 9:30 Line Dancing Beg 1:00 Bridge 1:00 Open Art Studio 1:30 Swedish Weaving 2:00 Texas Hold "Em" 4:00 Exercise Video	9:00 Creative Crafter's 10:00 Hand & Foot 1:00 Bridge 1:00 Bingo 1:30 Sewing	
1) 1:30 Green Thumbs In/outdoor plants	2)	3) 9:00 Advisory Council	4) 1:00 Watermelon Honor Senior Citizens 7-Dance/No Potluck Music by Kay	5) 6:30 Dance Class	6) 11- Moose lodge Enchiladas 7- Dance/No Potluck Ace's & 8's
8) 10:00 Macrame'	9) 9-11 Free Watch Battery-limit 2	10)	11) 10-Blood Pressure J&J Homecare 7- Dance/No Potluck Cibolo Spring	12)	13) 7-9:30 Dance Cibolo Springs No Potluck
15) 1:30 Green Thumb In/outdoor plants	16)	17)	18) 7-Dance/No Potluck Music by Kay	19) 9:00 – 11:00 Service Hearing	20) 7-9:30 -Dance Cibolo Springs No Potluck
22) 10:00 Macrame'	23) 5:00 Out to Eat Popeye's	24)	25) 10-Blood Pressure J&J Homecare 7-Dance/No Potluck Cibolo Springs	26) 6:30 Dance Class	27) 7-9:30/Dance County Line No Potluck
29)	30)	31)	Back to school Watch for Students		Keep our KIDS SAFE

Transportation Schedule ~ 575-748-1207

Appointments, please call in the day before to be put on the schedule. You will be picked up 30 min before your appt.

Shopping
Monday thru Thursday
8:30 & 1:30

Tips

1. Removing strawberries tops with a straw, just slide a straw through the berry starting from the bottom and the tops will come right off.
2. Research has shown substantial health benefits from indoor plants. Plants can remove pollutants from the air and filter out toxins like formaldehyde (found in laundry detergent and carpet cleaner), benzene (found in cigarette smoke and plastics), and carbon monoxide. Plants can also reduce stress and improve mental focus.
3. If you add 2tbsp. baking soda to your bathwater, you'll avoid creating the dreaded "ring around the tub" effect as well as save yourself cleaning time.

Baking

soda also has a surprising skin-softening effect!

When entering the building Please sign in

Free Coffee, Tea,
Wi-Fi, Exercise
Equipment, and
Pool Tables
Available to
enjoy

Meal Site Transportation: Monday ~ Friday

We will pick up between 10:30 and 11:00am to take you to the Meal Site, we will provide Transportation home. Pick up times are not guaranteed.

Appointments have priority.

There may be delays at times. We try our best to accommodate all seniors needs.

We appreciate your **Patience.**

Thanks!

Recipe of the Month

Lemon Dijon Chicken

4 Grilled & Ready, chicken breast
Fillets

1 tablespoon olive oil

½ cup chicken broth

2 tablespoons lemon juice

1 teaspoon minced garlic

1 teaspoon dried basil leaves

1 tablespoon Dijon mustard

1. Whisk together all ingredients except chicken breast. Place chicken breast in a microwave safe dish and spoon prepared sauce over fillets.

2. Prepare according to microwave directions on Grilled and Ready Product packaging.



Eco-fact

One tree releases enough oxygen into the air to support two human beings.



Friday @ 1:00

Dances – 7-9:30 -No Potluck

4th, 18th Music by Kay
6th Ace's & 8's
11th & 13th-Cibolo Springs
20th & 25th Cibolo Springs
27th - County Line

Please update your emergency information, and if you moved, your new address & phone number for the newsletter. Thank you.

Intermediate Line Dancing Tuesdays 9:30
Beginner Line Dancing Thursdays 9:30

Intermediate Line Dancing Tuesdays 9:30
Beginner Line Dancing Thursdays 9:30

Blood Pressure 2nd & 4th Thursdays @ 10 J&J Homecare



Painting Thursdays 9:00
Open Art Studio 1:00

Green Thumbs 1st & 3rd Monday
Knowledge about In/outdoor Plants
1:30pm

TOPS: is not about diets or selling a food plan. You choose the changes that work for you on your timetable. Proven effective in university studies.
9:00 Wednesday

Stained-Glass Class Tuesdays 6:30-8:30

Creative Crafter's (Crafts of your choice) Mondays & Fridays @ 9am

Free Watch Batteries 2nd Tuesday 9-11



Moose Lodge Luncheon August 6th @ 11am Enchiladas



Hear on Earth 5th & 19th Fridays 9-11 am



Dominos "Train" Mondays & Wednesdays 1pm
"42" Dominos Mondays 1pm
Poker Dealer Choice Tuesday 2pm
Texas "Hold Em" Thursdays 2pm

Sewing and all Needle work
Sewing Monday, Tuesday, Wednesday, & Friday 1:00
Ceramics Tuesday 1:00
Swedish Weaving Thursday



Free Dance Classes Aug. 5 & 26th 6:30

2 Step Country Swing,
Country Waltz

Macrame` 2nd & 4th Mondays 10:00
Woodworking Tuesdays 9:30
Wood burning Wednesdays 1:00
Jewelry Class Wednesdays 9:30

Hand & Foot Card Game Tuesdays & Fridays @ 10am

Come join us August 3rd @ 1:00
Watermelon Party
Honor of Senior Citizen Day

AUGUST

BIRTHDAYS

1) Pedro Franco
Jo Cosper



Eustacio Aguirre
Karla Molyneaux
2) Allan Murdock

A.A. Klein
Linda Braswell
Donna Cottrell
Angie Martinez
Angelita Perez
3) Barry E. Hager



Patricia Wood
Sharon Barker
Fred Dominguez
4) Daphna Brown

Cindy Cogburn
Manuel Berdoza

Bobby Wilder
Linda Bach
David Blount



5) Jimmy Scott
Murdock Juntilla

Edwin Clark
Kathy Lewis
Penny Taylor
6) Leon Gormley
Lynn Dampeer

7) Jan Shields
Leah Joseph
Gary Thompson
Manuel Reza
8) Faye Varner
Robena Duncan
Mike Goss



9) Margaret Hensley
Rebekah Ramos

Shirley Peden
Kris Graham
Jayne Cockrell



10) Mary Morgan
Socorro Navarette
Janie White
Dolph Jones
Bonnie Glenn
Beatrice Madrid

11) Guadalupe Ramo
Ed Gomez
Becky May
Pat Scrimshire



12) Rog Logsdon
Rosa Coss

13) Alexandra Lachowski
Rosa Fuentes
Delia Sanchez
Sue Gould
Marjatta H. Graham
James Thomas

14) Kim Blackburn
Donna Blevins
Betty Huth
Pat Jolly
Atancio Baeza



15) Carlos Rodriguez
Cynthia Walters
Lynette Wood
Sybil Scarbrough
Carlos Rodriguez

16) Carol Focken
Ronnie Null

Gerene Fanning
Gloria Heredia
Jose Delgado



17) Marta Ortega
18) Mario Sifuentez
Mary Lou Stevenson
Maria Palma
19) Raymond Jones
Cecilia Leyva

20) Kim Kafton
Jimmy Lee Taylor
Richard Schulz
Mary Alvarez

Victor Carrillo
William Ross



21) Connie McIntire
Sandra Hill
Oscar Ramirez
Linda Tucker
Jimmy Naylor
LaDonna Hennington

22) Anne Hollinger
Rosa Nunez
Deanne Schulz
Sharon Northrip
Francisca Varela



23) Maria Corona
Filberto Sosa
Vallaree Cherry
Marjorie Davis
Margaret Acosta
Judy Combs
Jackie Jones

24) Corinne Guzman
Robert Trueblood

Eunice Kinney
Schaun Marks
Margarita Lopez

25) Rosa Villa
Lynn Allensworth
Jana Borland
Susan Rodriguez
Jose Balencia
Manuel Herrera

26) Jenny Forlines
Seferina Levario
Mary Garcia
Irene Fuentez

27) Maria Dominguez
Mildred Williams

Kay Roark
Gary Ryback
Margie Aragon
Dan Smolik
Armando Perez
28) Augustin Torres

Maria Campos
Francene Hoffman
Leticia Rodriquez
Gary Scrmshire
Virginia Ruiz

29) Terri Franco
Sheila Simer
30) Sue Witt
Caroline Asher
31) Gladys Huntsman
Chilo Cabezuela

welcome

NEW MEMBERS

David Neal

Mary H. Esquibel

Reba Mitchell

Robby Gaines

Edellweiss Gaines

Barbara Robertson

Patricia Carlton

Dwayne James

Keith McCracken

*The spirit never
ages. It stays
forever young.*

Lailah Gifty Akita