

**CITY OF ARTESIA**  
**SENIOR ACTIVITY PACKET**  
**OCTOBER 2020**



**18750 Clarkdale Avenue**  
**Artesia, CA. 90701**  
**(562) 860-3361**



Greetings from Artesia Park staff!

During these unpredictable times, we want to assure you that the Parks and Recreation Department is here for you, **STILL CONNECTING & SERVING**. At this time, the Albert O. Little Community Center will remain closed until the state approaches later phases in the reopening plans. Our phone lines remain open Monday - Friday from 8am - 5pm. and if no one answers please leave a voice message and we will get back to you.



# **UPDATE: Senior Services**

## **During COVID-19**

The Artesia Community Center is having a Stay-At-Home Lunch Program. Changes have been made to our senior meal program to serve seniors in a safe and convenient way during this time. Artesia seniors can now have their meals delivered through Dial-A-Ride by requesting meal delivery when placing a meal reservation. Meals can also be picked up at the Cerritos Senior Center, 12340 South Street on Tuesdays and Wednesdays. Call to reserve your meals by 11:00 AM the day before pick-up at (562) 806-5400, ext. 218. Seniors who are not already part of the program can call to learn more.



# SENIOR SERVICES

## Senior Grocery Delivery Program

The City is determined to offer ways to assist seniors during this difficult time. We are excited to offer a grocery home delivery service to Artesia seniors (aged 60+) during the COVID-19 Safer at Work and in the Community Order. For more information, call Parks and Recreation and leave a message at (562) 860-3361 and staff will call you back.



## Senior Wellness Check Phone Calls

Parks and Recreation staff have been making wellness check phone calls for seniors to provide an opportunity to check-in with staff, connect with people, and get help if needed during these challenging times. If you are interested in adding Yourself or a senior you know to the phone list, please call the Artesia Park Office at (562) 860-3361 and leave a message. Staff checks messages several times a day and will get back to you.



# HALLOWEEN WORD SEARCH



Find the words below.

W T N E M E T I C X E M K Q E W M R T T  
M W L T S E V R A H B M O N S T E R D Q  
C Y Z N O C T O B E R E E R I E L T V V  
Z O T V M D H W E X H L T F G O B L I N  
K B S K K B B A V I O X Z R U T H L N O  
Q P T T R I C K O R T R E A T Q X A O T  
R U Z K U F S E L P P A X N D Z M S R E  
U M P K E M O N M U T U A K N A R P A L  
M P A Z F Z E T U Z H P C E Q Y U B N E  
A K R J A N D S Z C D H B N Y P M Z G K  
S I T D S R X J T N E M E S U M A M E S  
K N Y L A C E I U O U B P T N H S F U E  
T S H C S U W I S T P S M E E A T O K M  
D C U T H W K C R E S P Y I T Y S A C A  
U L A F A V Y R U T C I R N H R O Q A G  
A B P T D K B B O J P D T D G I H A L B  
N E E W O L L A H Z P E M K I D G P B D  
J E U O W X R D W W I R U G R E N R M U  
O J P I S F O O B E R A C S F G H B Y W  
X S R C K Y D N A C T H G I N O P I H H

AMUSEMENT

BATS

CANDY

DRACULA

FRANKENSTEIN

GHOSTS

HARVEST

MONSTER

OCTOBER

PRANK

SCARE

SPIDER

WITCH

APPLES

BLACK

CAT

EERIE

FRIGHTEN

GOBLIN

HAYRIDE

MUMMY

ORANGE

PUMPKINS

SHADOWS

SPOOKY

AUTUMN

BOO

COSTUMES

EXCITEMENT

GAMES

HALLOWEEN

MASK

NIGHT

PARTY

SAFE

SKELETON

TRICKORTREAT

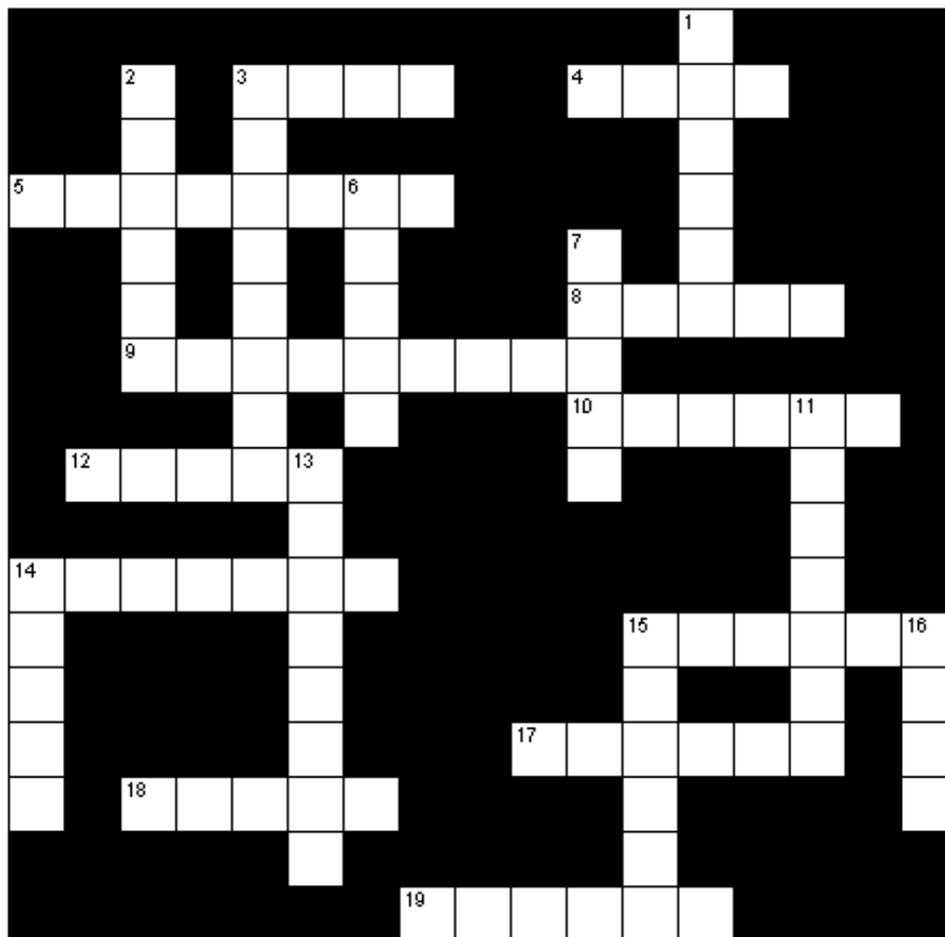


SUDOKU PUZZLES **2** PRINT

3		4				7	6	5
	6					8		2
	9			8			3	
2	5	6				4	8	1
		8		6			2	
			4	2				6
		7	9	5				
					4	5		
9			2		7		1	

Difficulty level: Intermediate

# Crossword Puzzle #2M



## Clues - Clothing

### Across:

- |                      |                   |
|----------------------|-------------------|
| 3 outerwear          | 12 dungarees      |
| 4 hold it up         | 14 can be fuzzy   |
| 5 housecoat          | 15 this or briefs |
| 8 clothing protector | 17 legless        |
| 9 sleep dress        | 18 top            |
| 10 penguin likeness  | 19 baby hat       |

### Down:

- |                        |                        |
|------------------------|------------------------|
| 1 casual jacket        | 11 chest of            |
| 2 glove                | 13 casual runners      |
| 3 sweater jacket       | 14 avoid the issue     |
| 6 these do the walking | 15 fancy top           |
| 7 tired dog sounds     | 16 can be filed in law |



# Autumn

## Word Search

B U G U N T L C Z M A D A O F  
M Q A E A T Y I Q U R P E A L  
E T A U H S P S T K P E M G F  
A C N A N A N U E L O I W N E  
Y J N Z Y R M I E R L I G F T  
S K G V O N D C P Y O G Z U A  
S M X C M Y I D S U X M B V T  
H Y A K S D S C D A M O S E X  
J E R Q E H A G B L E P U C U  
C K G R L R W S I L M A K S W  
K R U X E J I K K E B V E I J  
J U M C V V D D C A O Q S P N  
S T R K A C D P D V T J O S X  
O O B O N F I R E E L U T A I  
W E D I R Y A H R S S O M D U

ACORN  
APPLE CIDER  
AUTUMN  
BONFIRE

FAMILY  
HAYRIDE  
LEAVES  
PUMPKIN

SCARECROW  
SMORES  
TURKEY  
THANKS





# Mystery Cryptogram

Name \_\_\_\_\_

## Kindness



23 6      14 15 9 18 25 6

4 8 6 6 9 11      5 2 15      12 15 21

8 11 9      15 11      5 2 8 6      12 15 21

2 8 17 9      15 11      14 15      23 22

12 15 21      19 23 17 9      12 15 21 11

17 9 11 12      3 9 18 6      6 2 9      3 9 18 6

11 9 6 21 11 25 18      6 15      12 15 21

A	B	C	D	E	F	G	H	I	J	K	L	M	N	O	P	Q	R	S	T	U	V	W	X	Y	Z
8	3	10	14	9	22	19	2	23	13	24	20	4	25	15	1	26	11	18	6	21	17	5	16	12	7



# halloween



## UNSCRAMBLE

bokromscti

cnroadul

nmpkupi

ewrscoarc

lsokteen

soscmute

vermapi

dpiser

tariotrckte

mumym

llaehneow

tenahud

uadclar

syacr

enbso

recpey

golinb

iolhwgn

bewcbos

lcckae

labck cta

igrhft

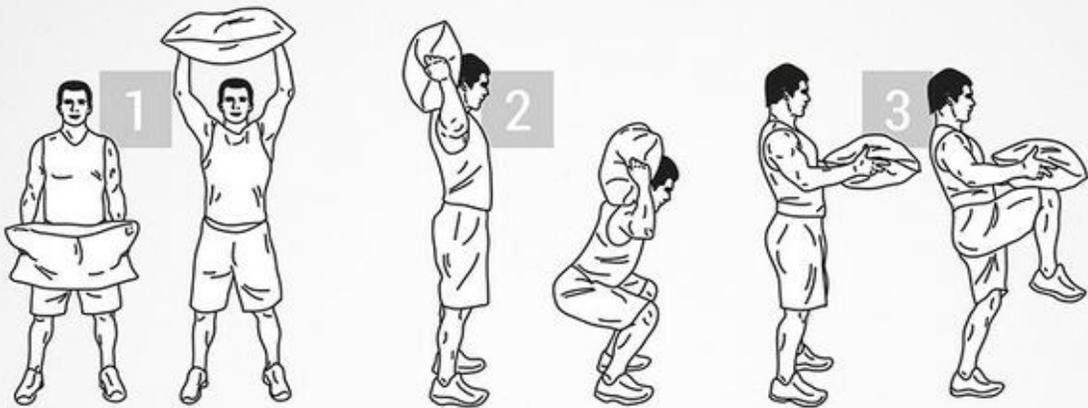
mcgia

diwkce

# pillow workout

repeat 5 times | up to 2 minute rest between sets

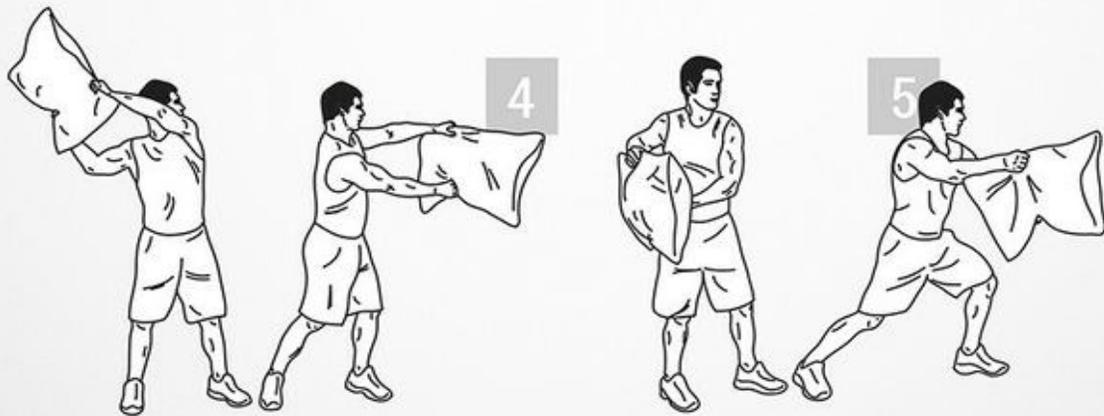
© neilarey.com



**20** pillow presses

**10** pillow squats

**10** pillow high knees



**20** pillow strikes

**20** pillow lunges

# Answer Key for Sudoku, Crossword Puzzle and Halloween Unscramble

3	8	4	1	9	2	7	6	5
5	6	1	7	4	3	8	9	2
7	9	2	6	8	5	1	3	4
2	5	6	3	7	9	4	8	1
4	3	8	5	6	1	9	2	7
1	7	9	4	2	8	3	5	6
8	1	7	9	5	6	2	4	3
6	2	3	8	1	4	5	7	9
9	4	5	2	3	7	6	1	8

Crossword Puzzle #2M - Solution



broomstick
cauldron
pumpkin
scarecrow
skeleton
costumes
vampire
spider
trickorteat
mummy
halloween
haunted

dracula
scary
bones
creepy
goblin
howling
cobwebs
cackle
black cat
fright
magic
wicked