

CITY OF ARTESIA
SENIOR ACTIVITY PACKET
SEPTEMBER 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.

Fall Word Search

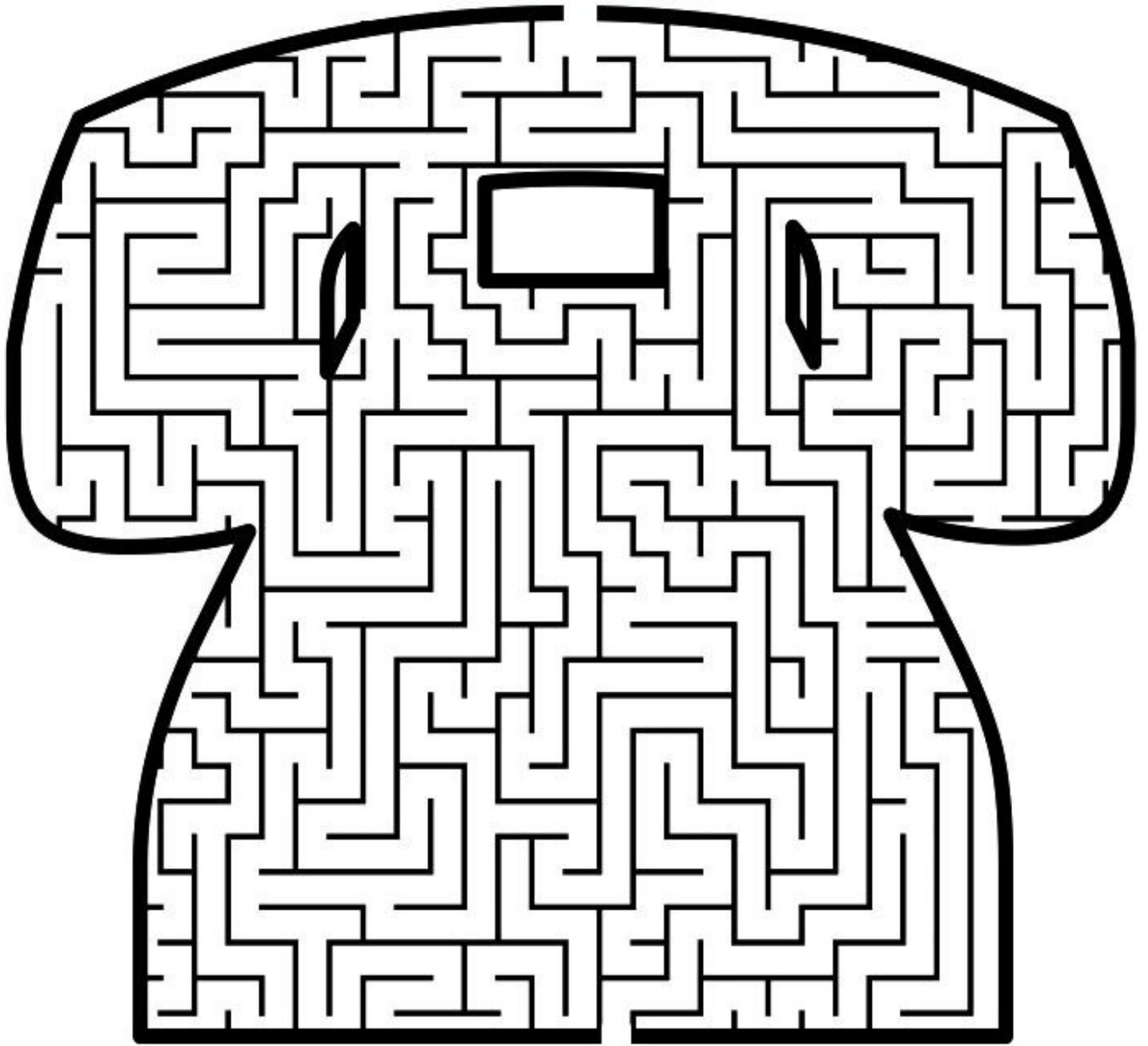
Find all the words below.

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

APPLECIDER
COOL
FOOTBALL
LEAF
SCARECROW

AUTUMN
CORN
HALLOWEEN
PUMPKIN
THANKSGIVING

COLORFUL
FALL
HARVEST
RAKE
TURKEY

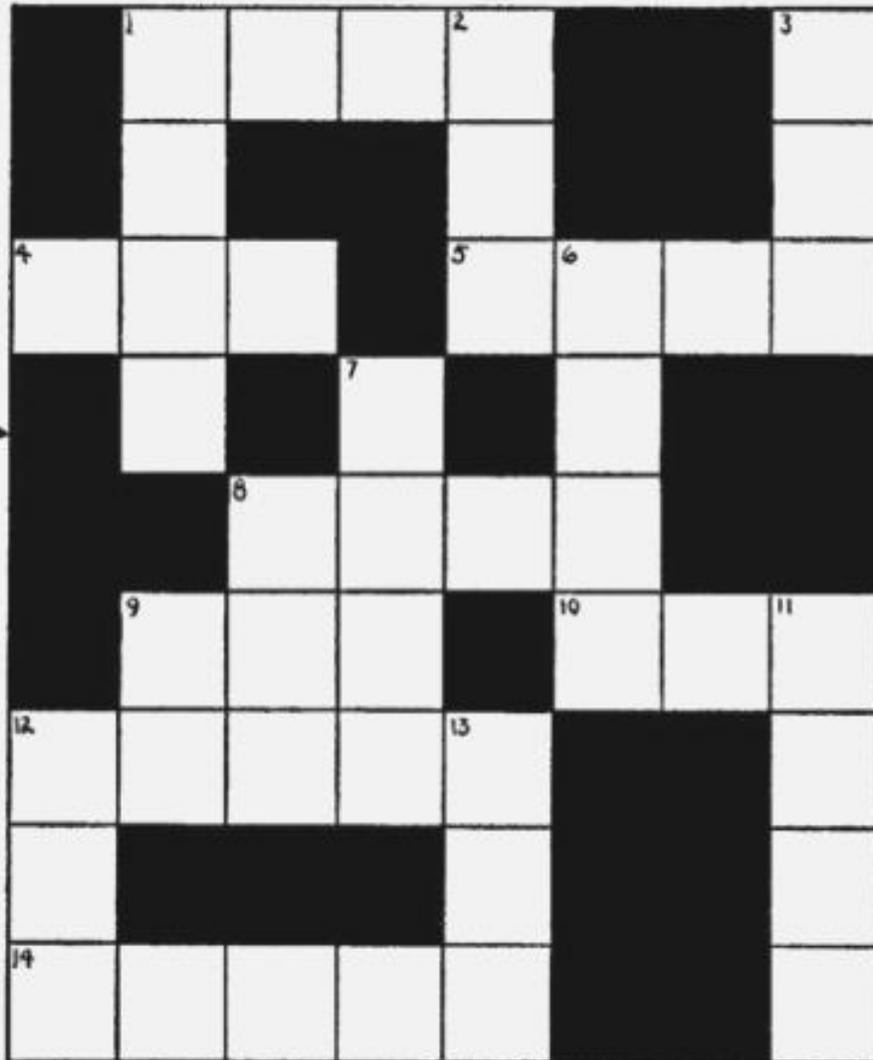


SUDOKU PUZZLES **2** PRINT

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

Difficulty level: Difficult

A FARM CROSSWORD PUZZLE



Across:

1. Yield of a planted field
4. A kind of tree, like oak
5. This machine digs up fields
8. A place where animals and crops are raised
9. Opposite of stand
10. Sack to carry feed in
12. An animal to ride on
14. A long-necked bird which honks

Down:

1. A baby horse
2. A baby dog
3. An animal that gives milk
6. A baby sheep
7. Animals that chase mice
8. A kind of evergreen tree
9. Word that rhymes with go
11. Animal with horns
12. Another word for pig
13. What we see with

AT THE CARNIVAL WORD SEARCH PUZZLE



ADMISSION
BALLOONS
CAROUSEL
CHILDREN
CLOWN

COTTON CANDY
FAIRGROUND
FERRIS WHEEL
FORTUNE TELLER
FUN HOUSE

FUNNEL CAKE
HOT DOGS
JUGGLER
MIDWAY
ORGAN GRINDER

POPCORN
PRIZES
RING TOSS
ROLLER COASTER
TICKET BOOTH





Fall Cryptogram

(From "A Fall Song" by Ellen Robena Field)

7 17 17 1 9 3 16 13 5 5 18

10 6 17 13 5 2 16 18 11 2 17 8 7 11

9 2 15 7 11 18 16 8 14 14 5 2

11 17 8 2 16 3 17 8 11 4 19 5

10 15 6 6 5 1 17 8 2

11 5 4 2 18 16 13 15 18 11

12 11 5 5 2 13 5 16 11 4 6 6

14 15 16 16 3 17 8 16 17 4 20 1

3 5 18 3 17 8 14 8 16 18 7 17

10 17 2 18 11 15 16 15 16 18 11 5

10 4 6 6 17 10 18 11 5 3 5 4 2



A	B	C	D	E	F	G	H	I	L	M	N	O	R	S	T	U	V	W	Y
4	9	12	1	5	10	7	11	15	6	14	20	17	2	16	18	8	19	13	3

Chair yoga routine, Karen Guzak



sit tall - hands to heart



hands overhead palms up



neck side stretch



side stretch - look up



side stretch - look down



seated twist - both sides



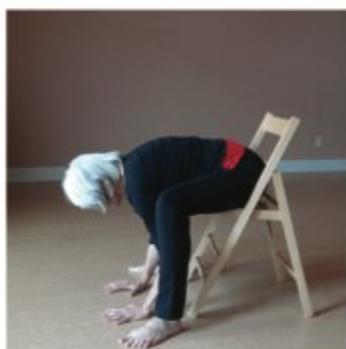
eagle arms shoulder stretch



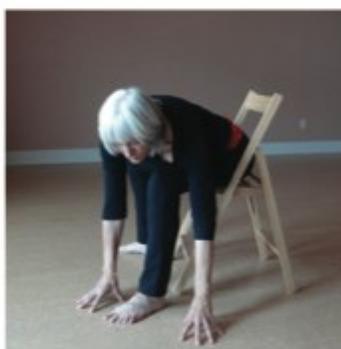
open heart - arms to back



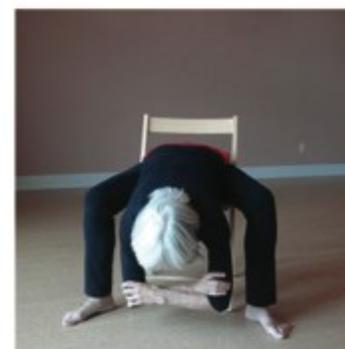
fold forward shoulder stretch



wide leg forward fold



wide leg fold to side



wide leg hang and sway

STRETCH IT OUT:

Strength Training with Stretch Tubes

SHOULDERS:	Overhead Press	Upright Row	Front Lateral Raise	HAND & FOOT HOLDS:
ARMS:	Bicep Curl	Tricep Kickback	Wrist Curl	Choke
				Single
LEGS:	Leg Press	Calf Raises	Side Hip Raise	Double
				Wide
CHEST:	Chest Press	Chest Fly		
BACK:	Seated Row	Dead Lift		

Answer Key for Sudoku and Crossword Puzzle

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

Across: 1. crop, 4. elm, 5. plow, 8. farm, 9. sit, 10. bag, 12. horse, 14. goose
Down: 1. colt, 2. pup, 3. cow, 6. lamb, 7. cats, 8. fir, 9. so, 11. goat,
12. hog, 13. eye