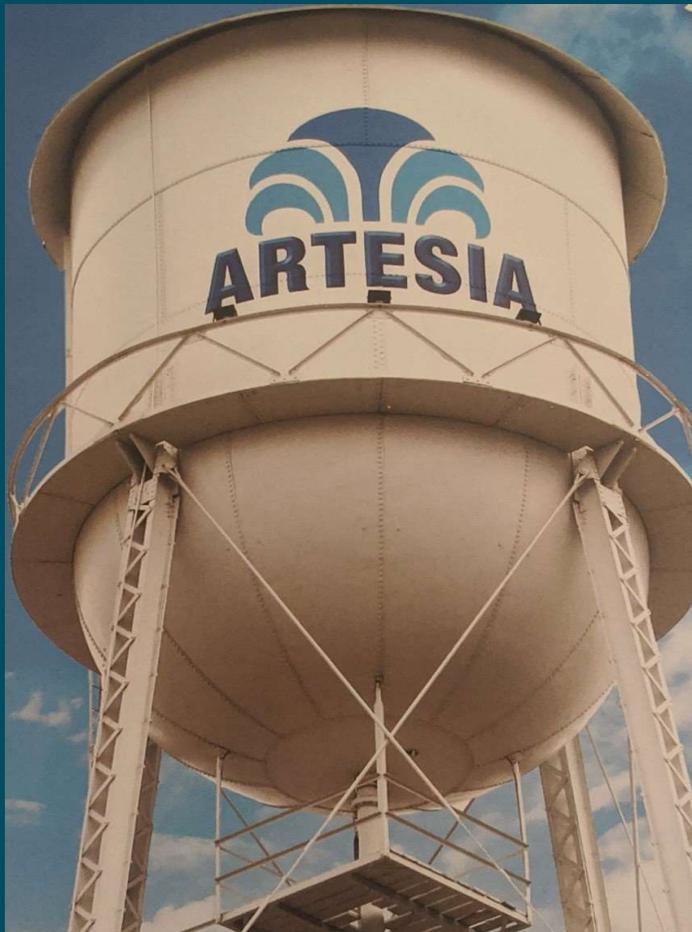


CITY OF ARTESIA SENIOR ACTIVITY PACKET



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



UPDATE: Senior Services During COVID-19

SENIOR SERVICES

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 noon 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..



Dog Breed Word Search

- AIREDALE
- AKITA
- BASSET HOUND
- BEAGLE
- BOXER
- BULLDOG
- CHIHUAHUA
- CHOW CHOW
- COLLIE
- DACHSHUND
- DALMATIAN
- GERMAN SHEPHERD
- GREAT DANE
- LHASA APSO
- MALAMUTE
- MALTESE
- MASTIFF
- PEKINGESE
- POMERANIAN
- POODLE
- PUG

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

- ROTTWEILER
- SAINT BERNARD
- SAMOYED
- SCHIPPERKE
- SHAR-PEI
- SHIH-TZU
- WEIMARANER



CAN YOU GUESS THESE KIDS MOVIES BY THEIR EMOJI TITLES?

1. 🏰 + ❄️

2. ⭐ VS ⭐

3. 🇺🇸 🟢👁️ 🏹 🚀
🔪 🕷️

4. 🧑 + ⚡ + 🕶️ = ✨

5. 😄 😄 😄 🌕 😄 😄 😄

6. 🎩 🍫 🏢

7. 🖥️ + 👖 + 🎬

8. 🚂 + 🐉

9. 📞 🏠

10. ☁️ 🍝

11. 😄 👣

12. ⬆️

13. 🚗 🚗 🚗 🚗 🚗 🚗

SUDOKU PUZZLES 2 PRINT

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

Difficulty level: Very Easy

Across

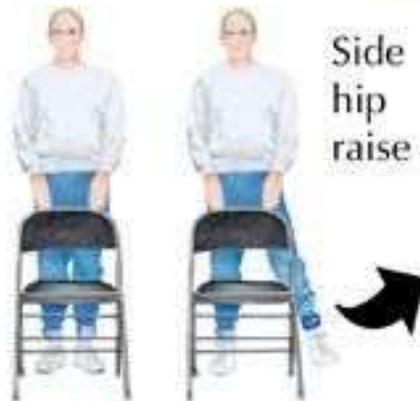
- 1. Bygone
- 5. Revered person
- 9. Scram!
- 14. Palo _____
- 15. Three squared
- 16. Pie slice
- 17. Walk heavily
- 18. Warmth
- 19. Decorate
- 20. Musical compositions
- 22. Ball-shaped objects
- 24. Woolly mama
- 25. A Baldwin brother
- 27. Jar top
- 28. Of one's bones
- 30. Association (abbr.)
- 33. Count _____ of jazz
- 36. Part of NBA
- 38. Keen
- 39. Slogan
- 41. Land unit
- 42. More solitary
- 44. Primp
- 45. London's country (abbr.)

1	2	3	4		5	6	7	8		9	10	11	12	13	
14					15					16					
17					18					19					
20				21				22	23						
24				25			26		27						
			28					29				30	31	32	
33	34	35					36				37				
38					39	40					41				
42				43						44					
45				46				47	48						
			49					50					51	52	53
54	55	56					57		58			59			
60							61	62					63		
64							65					66			
67							68					69			

- 46. Hearing organ pains
- 49. Deli meat
- 50. Not fatty
- 51. Dry, as wine
- 54. Cold Russian region
- 58. Arms depot
- 60. Atlantic or Pacific
- 61. "Mona _____"
- 63. Tick's kin
- 64. Take off
- 65. Summer drinks
- 66. Brainstorm
- 67. Miscalculated
- 68. Lays turf
- 69. Camp shelter

- 1. Outdated
- 2. Permit
- 3. Boulder
- 4. Dress for Caesar
- 5. Take a breath
- 6. Certain engine
- 7. "_____ Clear Day..." (2 wds.)
- 8. Permits
- 9. African language
- 10. Surrendered
- 11. Stench
- 12. Bogeyman
- 13. Perfect scores
- 21. Swipe
- 23. Greek philosopher
- 26. New York's _____ Park
- 28. Aspect
- 29. Create lace
- 30. Fairy tale starter
- 31. Scarce
- 32. Secluded valley
- 33. Hay unit
- 34. Bard of _____
- 35. Croon
- 37. Rowing needs
- 39. Florida City
- 40. Above, in poems
- 43. Memorized
- 44. Animal enclosures
- 47. Stopped
- 48. Annoy
- 49. Throw
- 51. Insulting
- 52. Dined
- 53. Shoe spike
- 54. Flounder's kin
- 55. Cake decorator
- 56. Put up with
- 57. Woe is me!
- 59. Radiate
- 62. Altar response (2 wds.)

Stay Strong Stay Healthy



Cool down



John Hancock Center for Physical Activity & Nutrition
 Friedman School of Nutrition, Science & Policy
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 Adapted from the Strong Women Program
 A National Fitness Program for Women

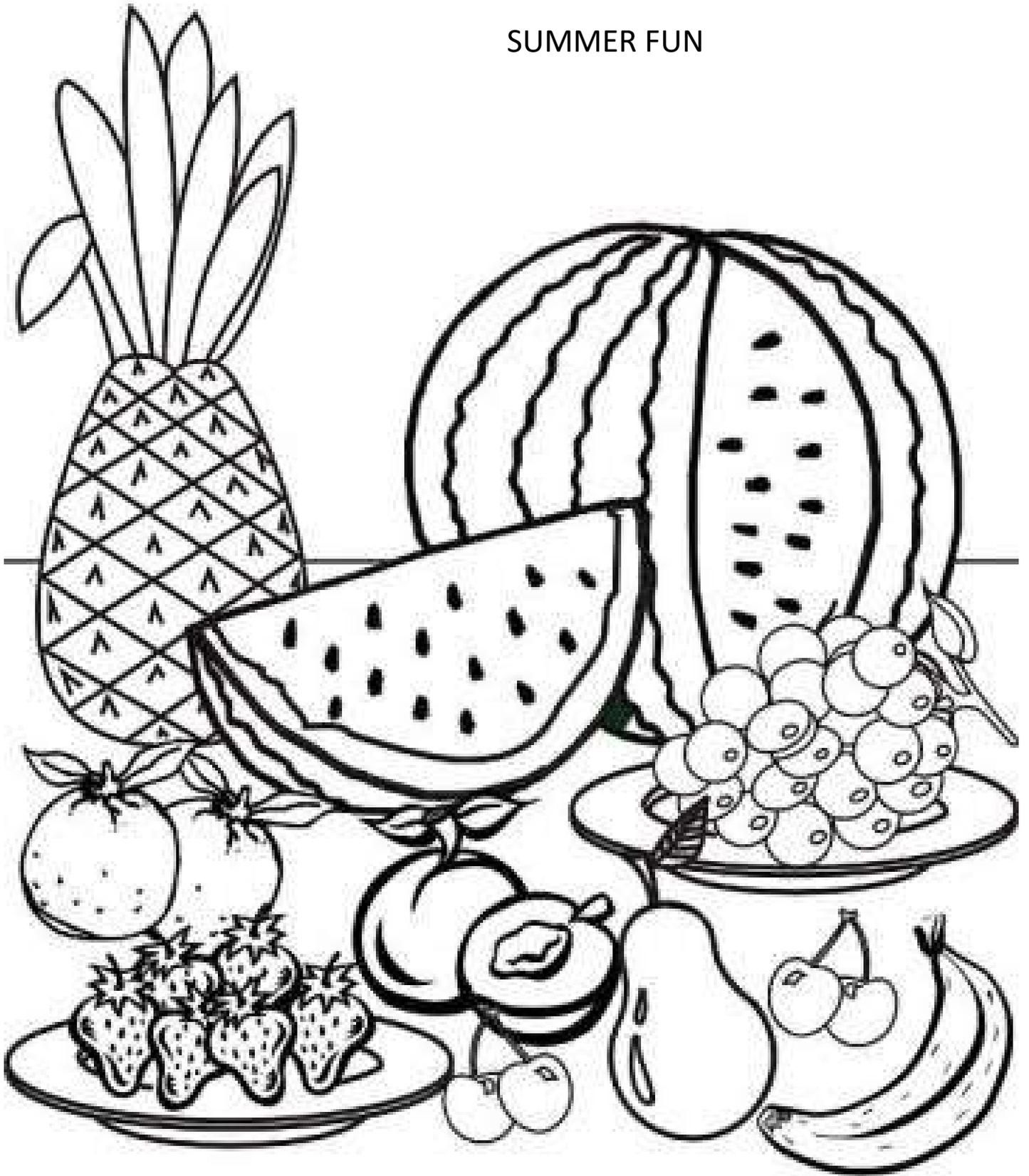
UNIVERSITY OF MISSOURI
Extension

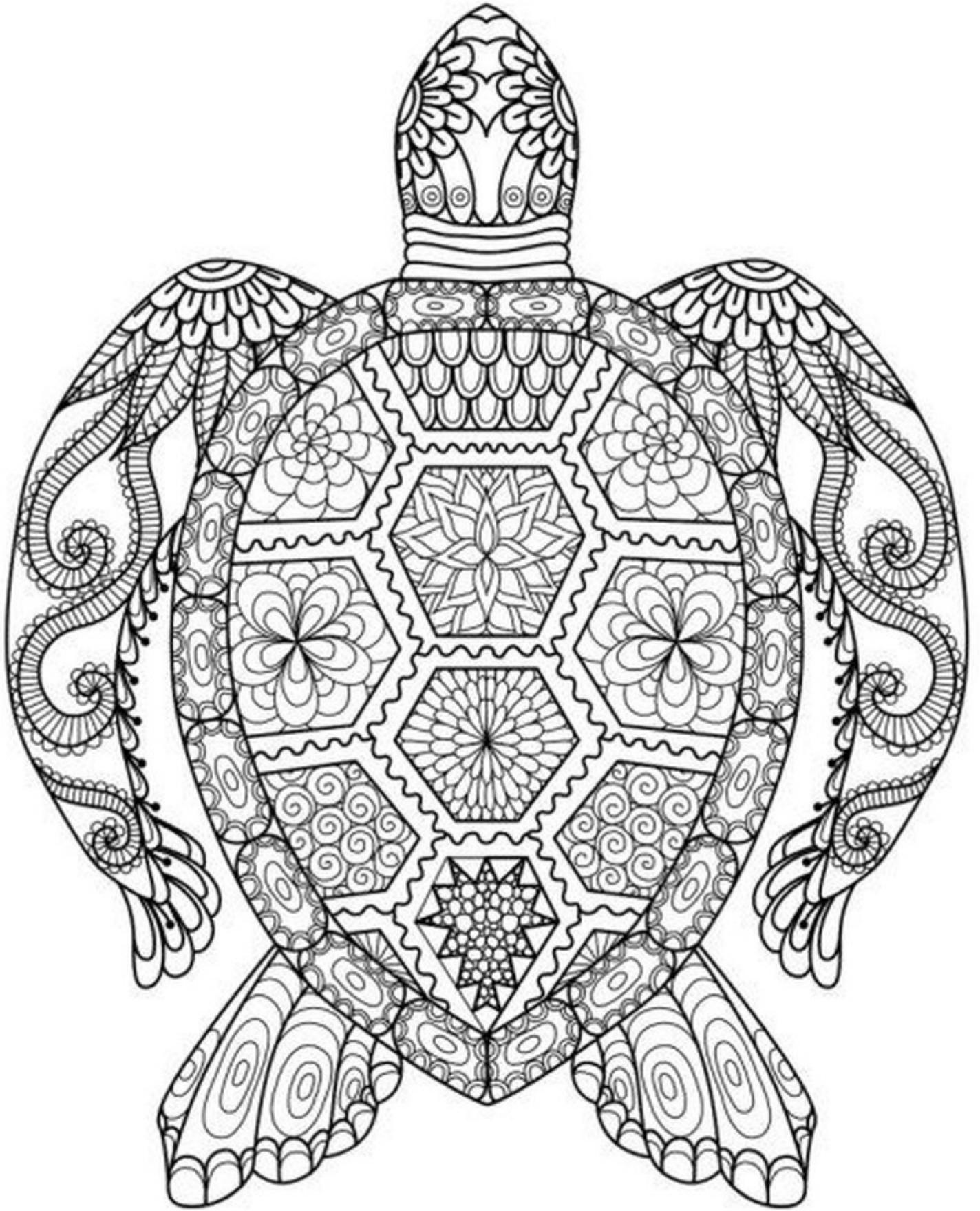
equal opportunity/ADA institution

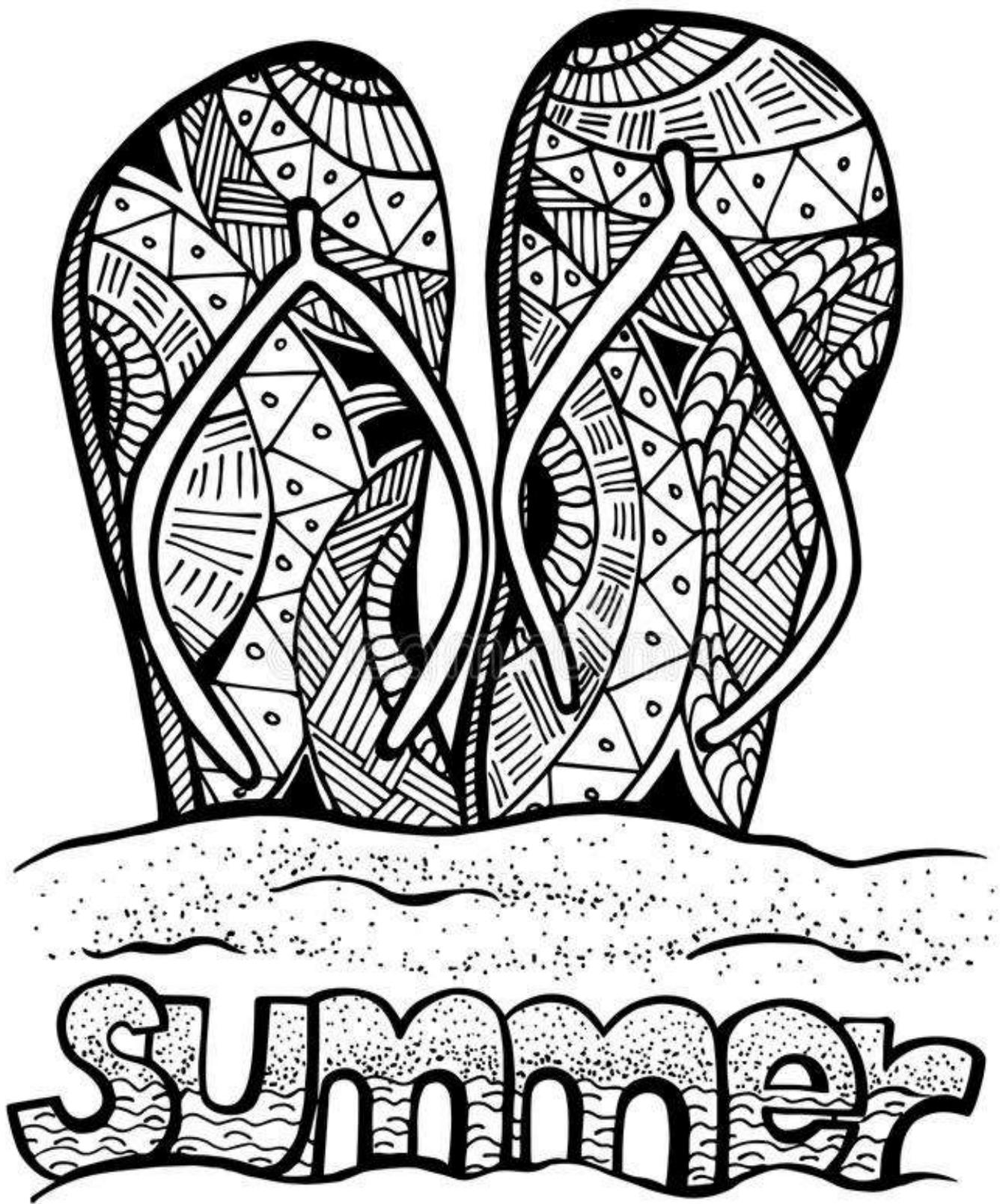
MP 090 - New 2007, Revised 5/11



SUMMER FUN







Answer Key for Emoji Movie Trivia, Sudoku, and Crossword Puzzle

ANSWERS:

1. Frozen, 2. Star Wars, 3. The Avengers, 4. Harry Potter, 5. Despicable Me,
6. Willy Wonka and the Chocolate Factory, 7. The SpongeBob Movie,
8. How to Train Your Dragon, 9. E.T., 10. Cloudy with a Chance of Meatballs,
11. Happy Feet, 12. Up, 13. Cars

nickmom
Every night at 10pm ET

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

P	A	S	T		I	D	O	L		S	C	O	O	T
A	L	T	O		N	I	N	E		W	E	D	G	E
S	L	O	G		H	E	A	T		A	D	O	R	N
S	O	N	A	T	A	S		S	P	H	E	R	E	S
E	W	E		A	L	E	C		L	I	D			
			S	K	E	L	E	T	A	L		O	R	G
B	A	S	I	E			N	A	T	I	O	N	A	L
A	V	I	D		M	O	T	T	O		A	C	R	E
L	O	N	E	L	I	E	R			P	R	E	E	N
E	N	G		E	A	R	A	C	H	E	S			
			H	A	M		L	E	A	N		S	E	C
S	I	B	E	R	I	A		A	R	S	E	N	A	L
O	C	E	A	N		L	I	S	A		M	I	T	E
L	E	A	V	E		A	D	E	S		I	D	E	A
E	R	R	E	D		S	O	D	S		T	E	N	T