

CITY OF ARTESIA
SENIOR ACTIVITY PACKET
AUGUST 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



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 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.

Summer Word Search

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

SUMMER

SUNNY

SUNSCREEN

POOL

LEMONADE

BEACH

SWIMSUIT

BUGS

VACATION

BASEBALL

JUNE

JULY

HOT

AUGUST

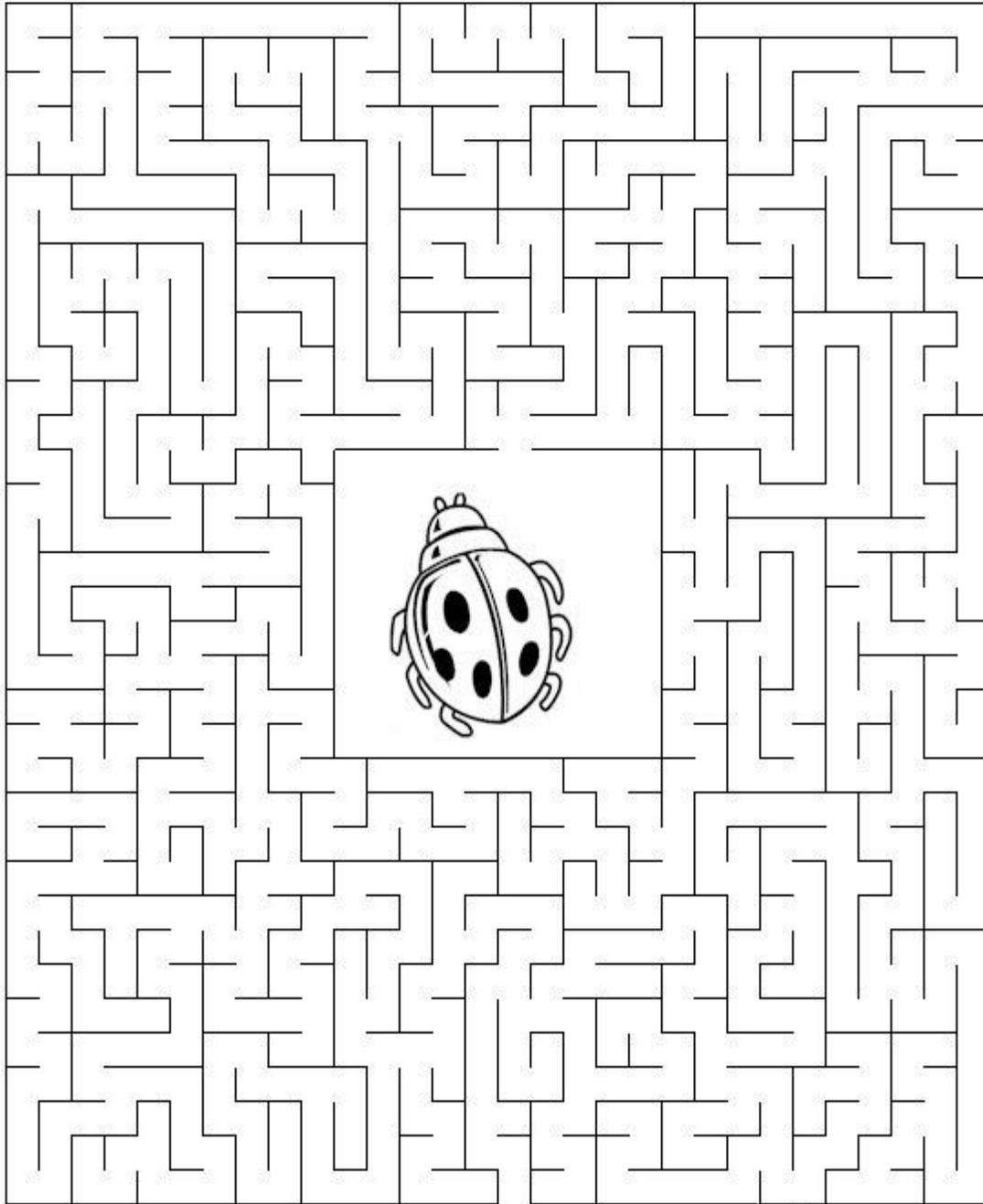
SUNGLASSES



lady bug maze



Help the lady bug find her way out!

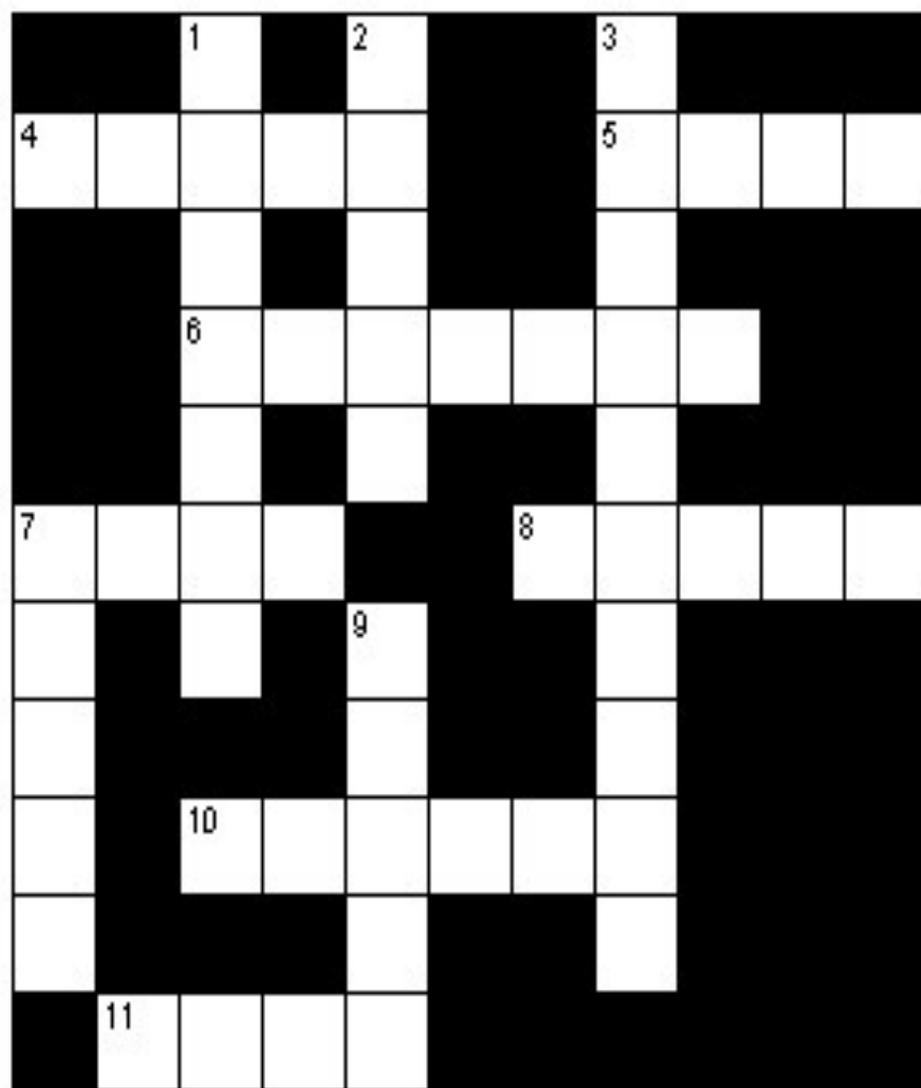


SUDOKU PUZZLES **2** PRINT

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

Difficulty level: Intermediate

Crossword Puzzle #3E



Clues - Food

Across:

- 4 used for baking
- 5 protein in a shell
- 6 poultry
- 7 the other white meat
- 8 great with sauce
- 10 american or swiss
- 11 liquid dairy

Down:

- 1 movie snack
- 2 best when ripe
- 3 green is good
- 7 type of pie
- 9 t-bone

WARM-UP WITH DYNAMIC STRETCHES

Warming up for sports with dynamic stretches | **SPECIAL SECTION**

Dynamic stretches

This routine will help you limber up for any sport and can serve as a warm-up. To see the complete sequence, go to www.health.harvard.edu/dynamic-stretches.



1. Shoulder rolls

Stand up straight with your feet hip-width apart and arms at your sides. Roll your shoulders up, back, and down. Your thumbs point forward as you start the move. Palms point forward, elbows slightly bent, as you finish each shoulder roll.



2. Overhead reach

Stand up straight with your feet hip-width apart. Reach toward the ceiling with your right arm, while shifting your weight from your right foot to your left foot and tapping the toes of the right foot. Repeat on the left.



3. Torso rotation with a reach

Stand up straight with your feet hip-width apart. Reach toward the left wall with your right arm and then the right wall with your left arm, while shifting your weight with each change of direction. Tap your toes with each shift.



4. Hamstring curls

Stand up straight with your feet hip-width apart. Alternately bring your right foot, then your left foot, toward your buttocks. Press your arms backward as you do so.



5. Shallow side lunges

Stand up straight with your feet in a wide stance, toes pointing forward. Alternate shallow side lunges to the right and the left, hinging forward at the hip and bringing both hands to your upper thigh on the lunge.



6. Knee lifts

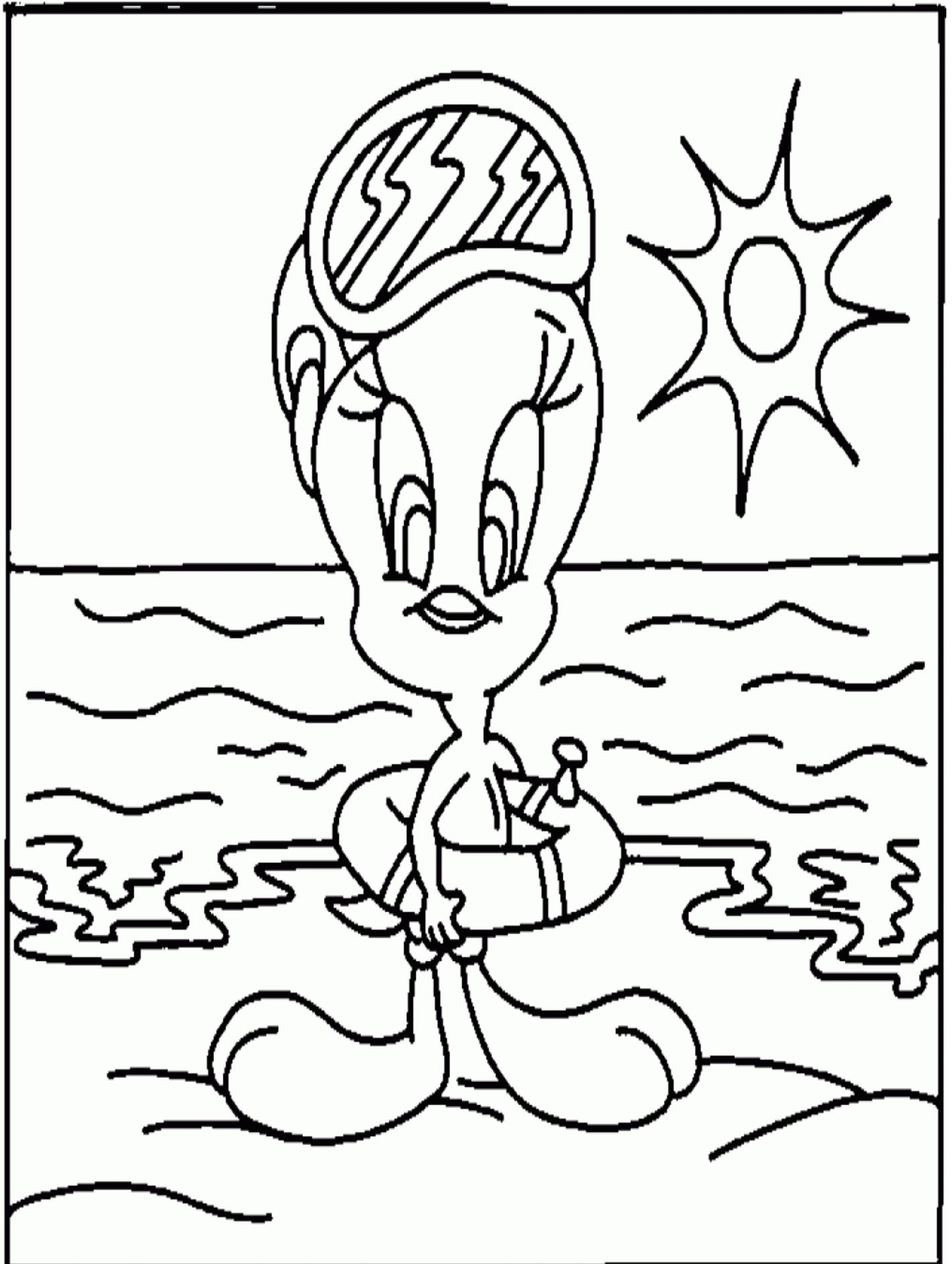
Stand up straight, bringing your feet together. Lift your right knee and then your left knee, touching both hands to the knee being lifted. For a more challenging dynamic stretch, lift your knee high enough to grasp the top of your shin with your hands and pull your leg gently in toward your body, then release it.



7. Arm sweeps

Stand up straight with your feet together. As you inhale, sweep your arms out to the sides and up toward the ceiling. As you exhale, sweep your arms down to your sides.





Answer Key for Sudoku and Crossword Puzzle

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

