

CITY OF ARTESIA
SENIOR ACTIVITY PACKET
DECEMBER 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.

Christmas Word Search

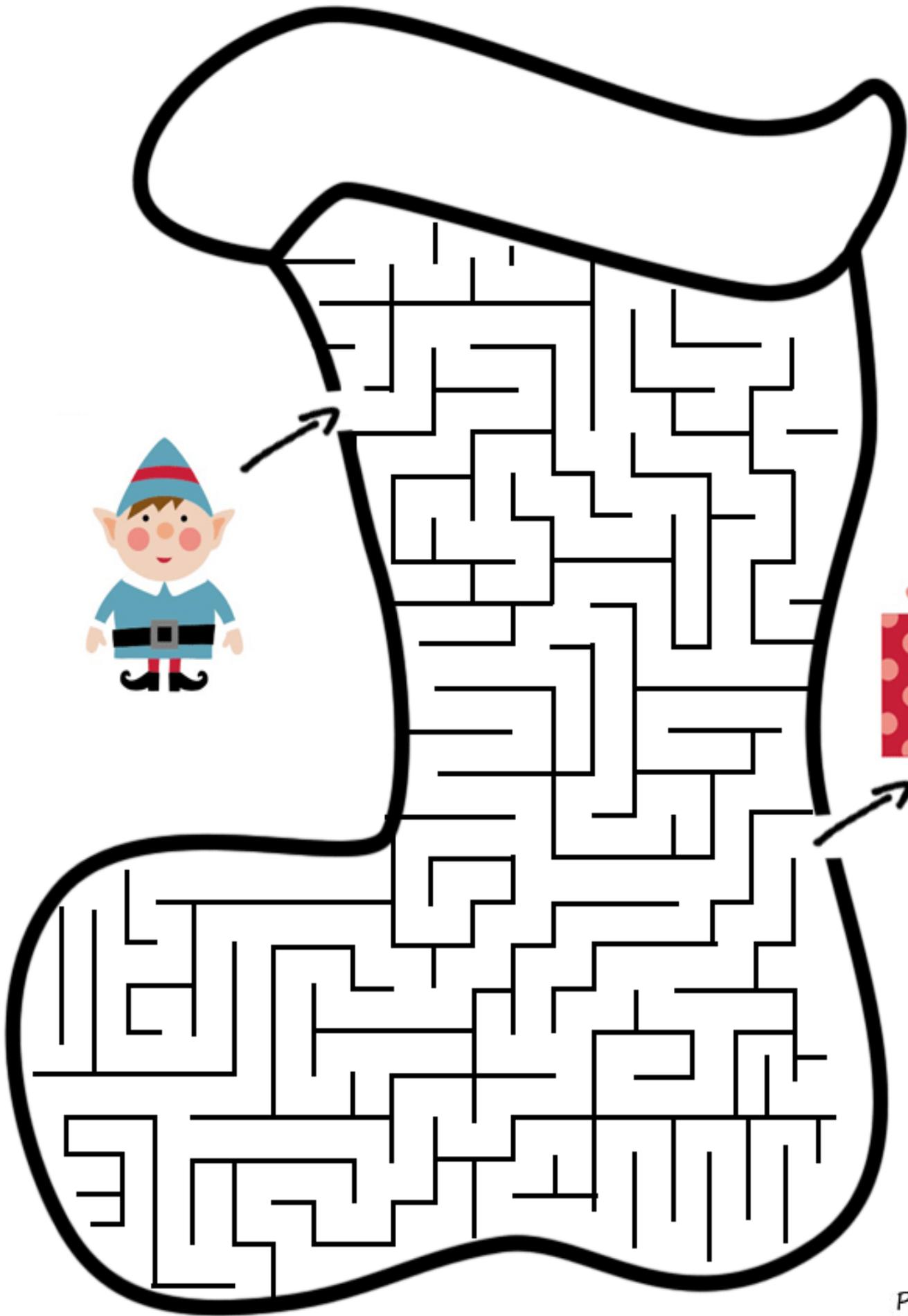


CANDY CANE
CAROLS
CHRISTMAS
DECEMBER
ELVES
GINGERBREAD
JINGLE

HOLLY
LIGHTS
MERRY
NORTH POLE
ORNAMENTS
PRESENTS
REINDEER

SANTA
SLEIGH
STOCKING
TREE
WINTER
WREATH





SUDOKU PUZZLES **2** PRINT

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

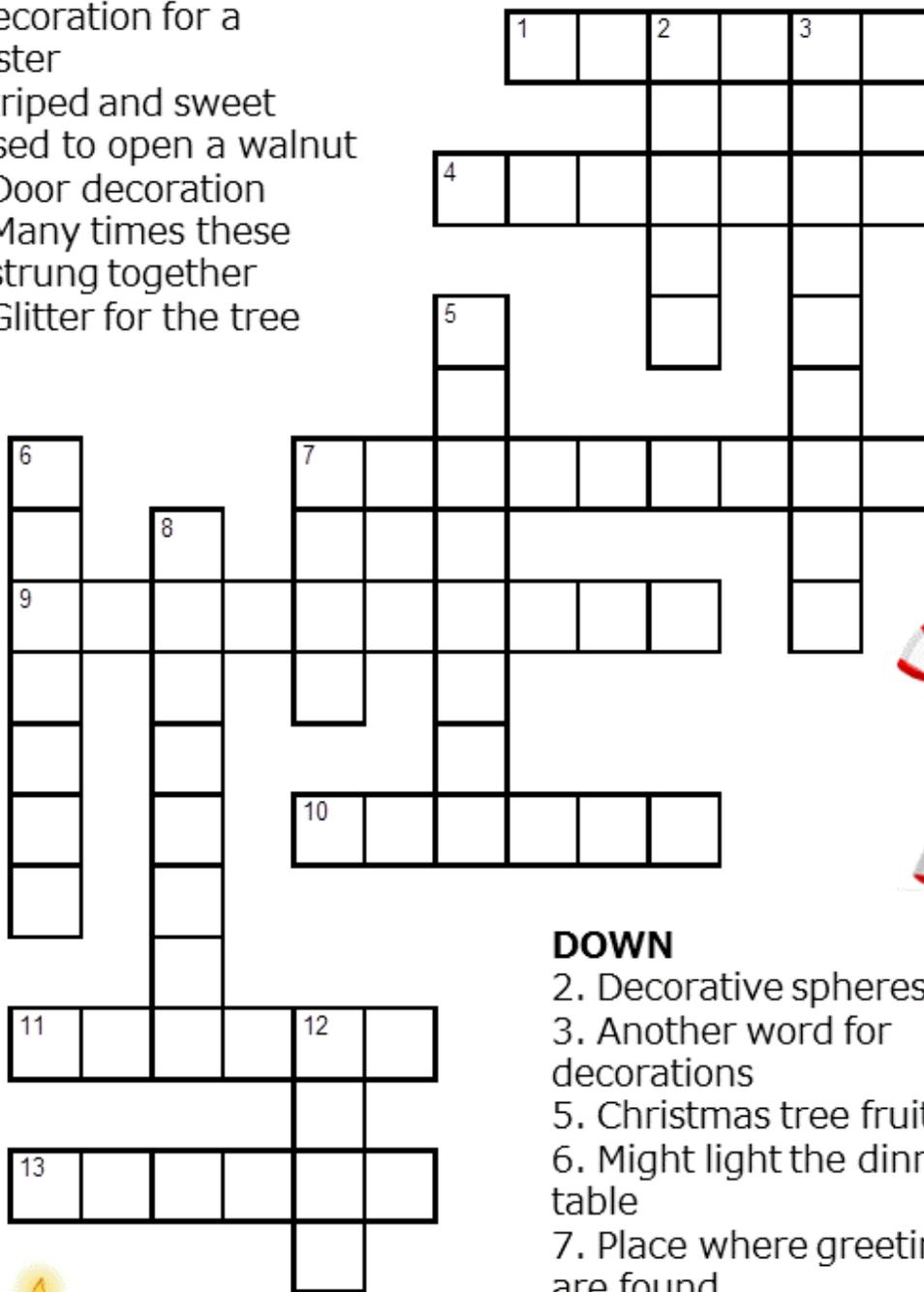
Difficulty level: Easy



Christmas Decorating

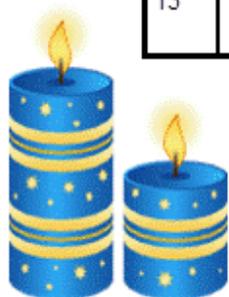
ACROSS

- Used to wrap a present
- Decorative spheres
- Another word for decorations
- Decoration for a banister
- Christmas tree fruit
- Might light the dinner table
- Striped and sweet
- Place where greetings are found
- Hung by the chimney
- Used to open a walnut
- Door decoration
- Many times these are strung together
- Might be cedar, fir or pine
- Glitter for the tree

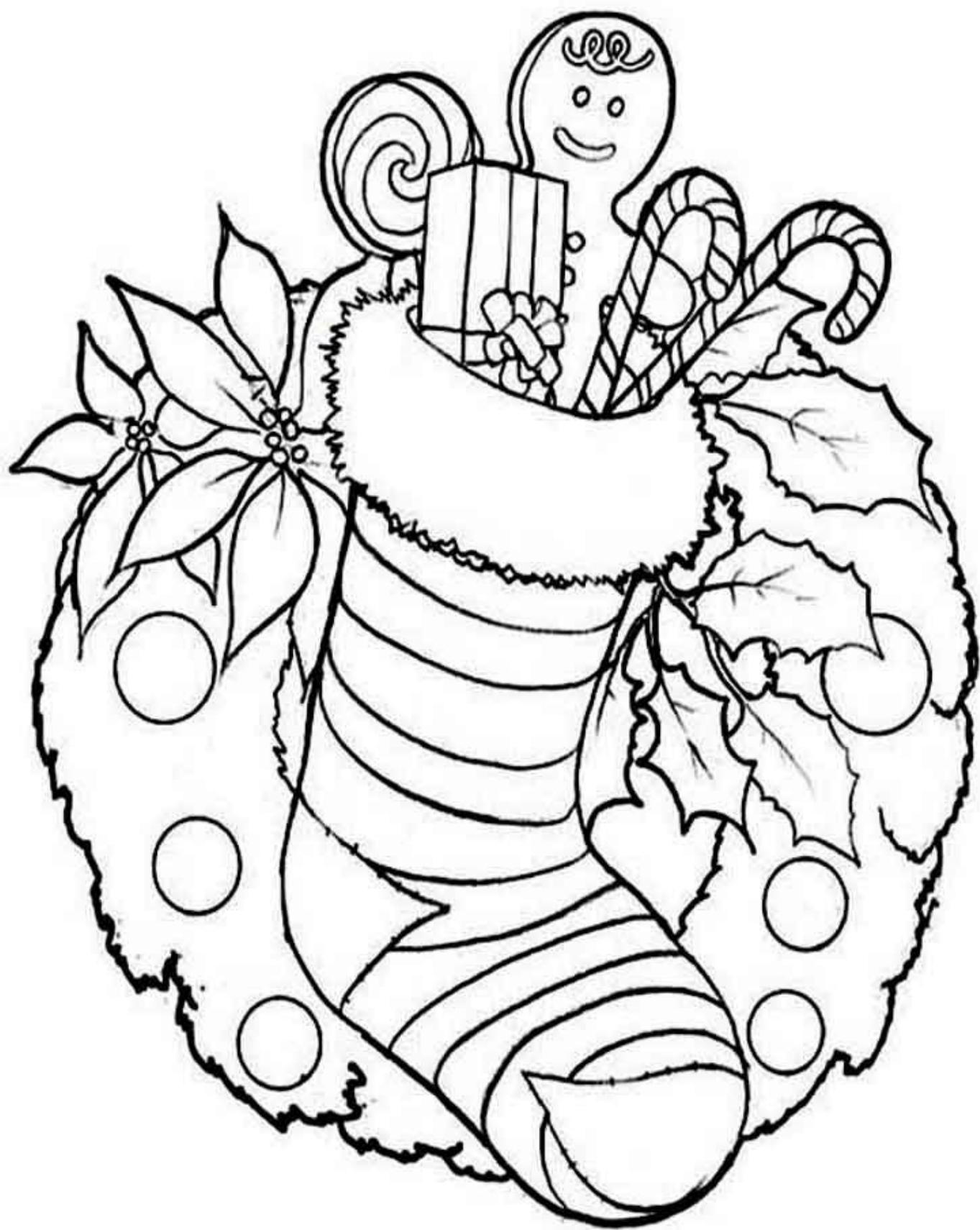


DOWN

- Decorative spheres
- Another word for decorations
- Christmas tree fruit
- Might light the dinner table
- Place where greetings are found
- Hung by the chimney
- Might be cedar, fir or pine







HAPPY HOLIDAYS WORD SEARCH



Created by
Jan 2 million
Word Finds Magazine
2011

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

See how many of these words you can find in the puzzle. The words can be forward, backward or diagonal.

- | | | | |
|--------------|----------------|-----------------|------------|
| 1. Happy | 5. Family | 9. Shopping | 13. Santa |
| 2. Holidays | 6. Friends | 10. Candy canes | 14. Songs |
| 3. Christmas | 7. Presents | 11. Cookies | 15. Movies |
| 4. Vacation | 8. Decorations | 12. Milk | 16. Fun |

classic warmup

BY DAREBEE © darebee.com 10 reps each



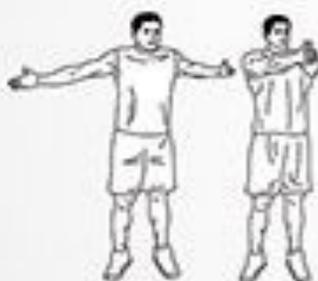
neck tilts



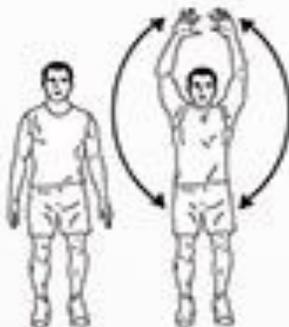
neck rotations



torso rotations



chest expansions



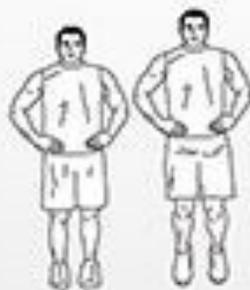
side arm raises



arm rotations



hip rotations



hops on the spot



side-to-side hops

Christmas Word Scramble

lelbs
isentpiota
cleand
gigabrndeer
tewhar
scralo
edinerer
gostinck
esokoci
gngego
gliseh
leves
tenessrp
dranlag
sottlemie
fitg
yalohid
legan
leno
stranemon
credembe
womanns
dancy enca
sliten
eylu

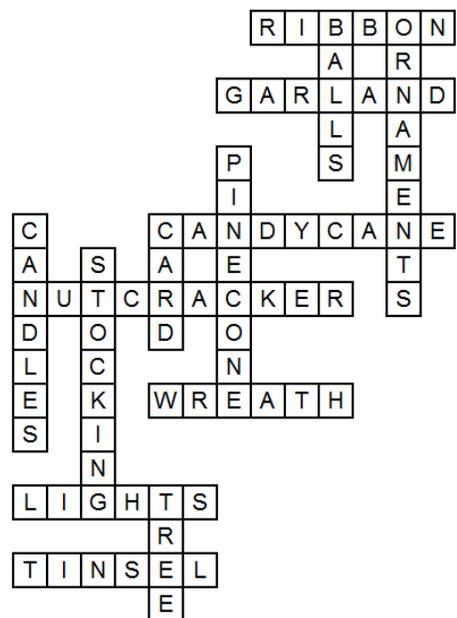
- 1- _____
- 2- _____
- 3- _____
- 4- _____
- 5- _____
- 6- _____
- 7- _____
- 8- _____
- 9- _____
- 10- _____
- 11- _____
- 12- _____
- 13- _____
- 14- _____
- 15- _____
- 16- _____
- 17- _____
- 18- _____
- 19- _____
- 20- _____
- 21- _____
- 22- _____
- 23- _____
- 24- _____
- 25- _____

Answer Key for Sudoku, Crossword Puzzle and Christmas Unscramble

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

CROSSWORD PUZZLE

Christmas Decorating



Christmas Word Scramble Answers

- 1 - bells - lelbs
- 2 - poinsettia - isentpiota
- 3 - candle - cleand
- 4 - gingerbread - gigabrndeer
- 5 - wreath - tewhar
- 6 - carols - scralo
- 7 - reindeer - edinerer
- 8 - stocking - gostinck
- 9 - cookies - esokoci
- 10 - eggnog - gngego
- 11 - sleigh - gliseh
- 12 - elves - leves
- 13 - presents - tenesrp
- 14 - garland - dranlag
- 15 - mistletoe - sottlemie
- 16 - gift - fitg
- 17 - holiday - yalohid
- 18 - angel - legan
- 19 - noel - leno
- 20 - ornaments - stranemon
- 21 - december - credembe
- 22 - snowman - womanns
- 23 - candy cane - dancy enca
- 24 - tinsel - sliten
- 25 - yule - eylu