

CITY OF ARTESIA
SENIOR ACTIVITY PACKET
NOVEMBER 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.



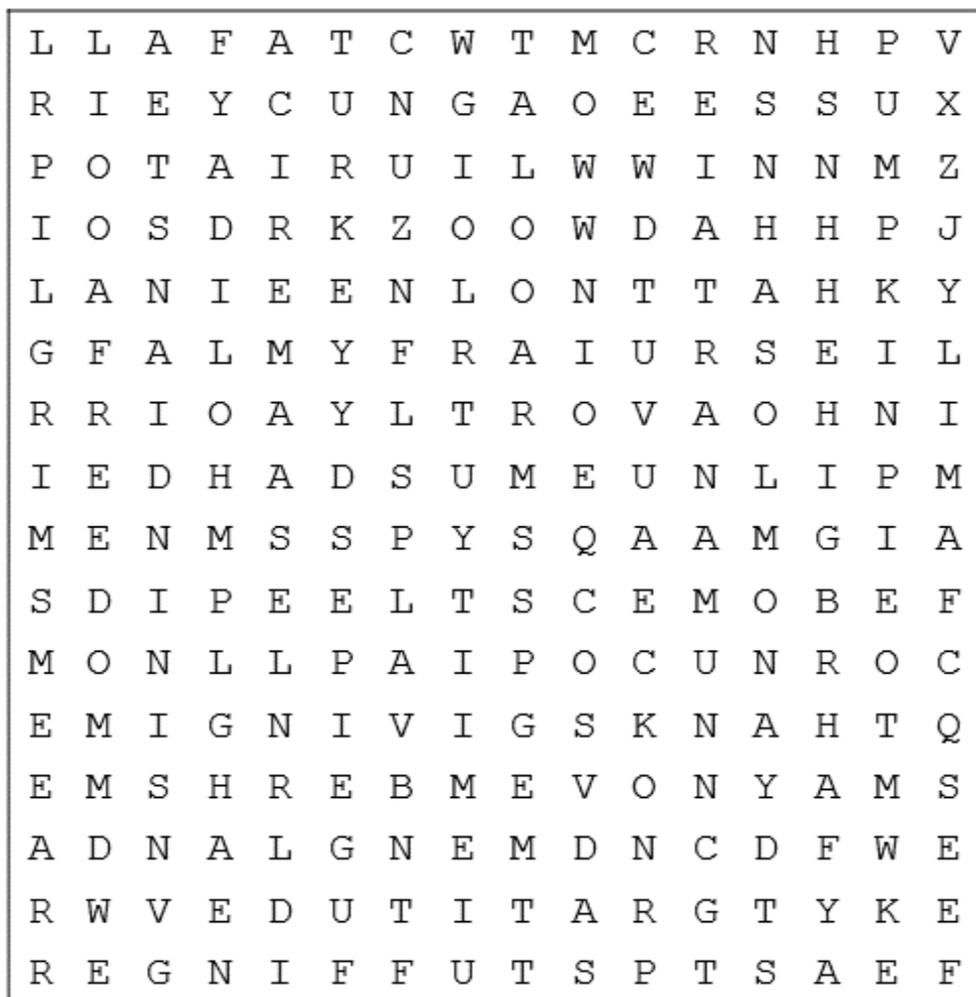
Senior Wellness Check Phone Calls

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.



Thanksgiving Day

Fourth Thursday of November



AMERICA
CANOE
COLONY
CORNUCOPIA
ENGLAND
FALL
FAMILY
FEAST
FREEDOM

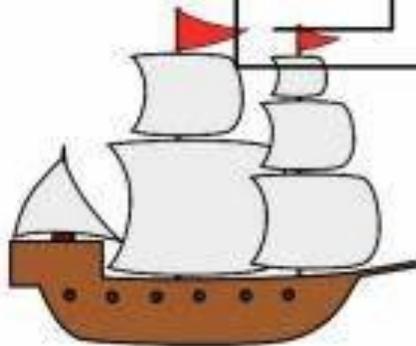
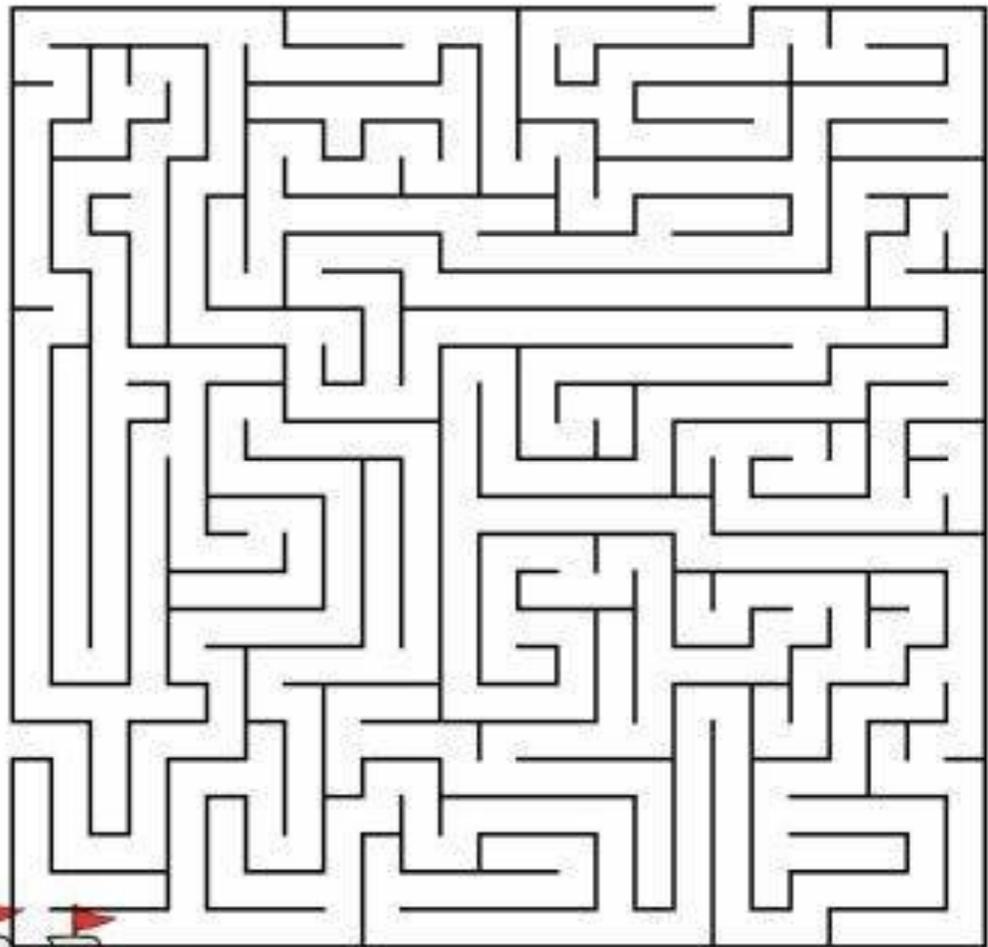
GRATITUDE
HARVEST
HOLIDAY
INDIANS
MAIZE
MAYFLOWER
MILES STANDISH
NEWWORLD
NOVEMBER

PILGRIMS
PLYMOUTH
PUMPKIN PIE
PURITANS
SQUASH
STUFFING
THANKSGIVING
TURKEY
YAMS



Thanksgiving Maze

Can you help the Pilgrim find his way through the maze to the Mayflower?

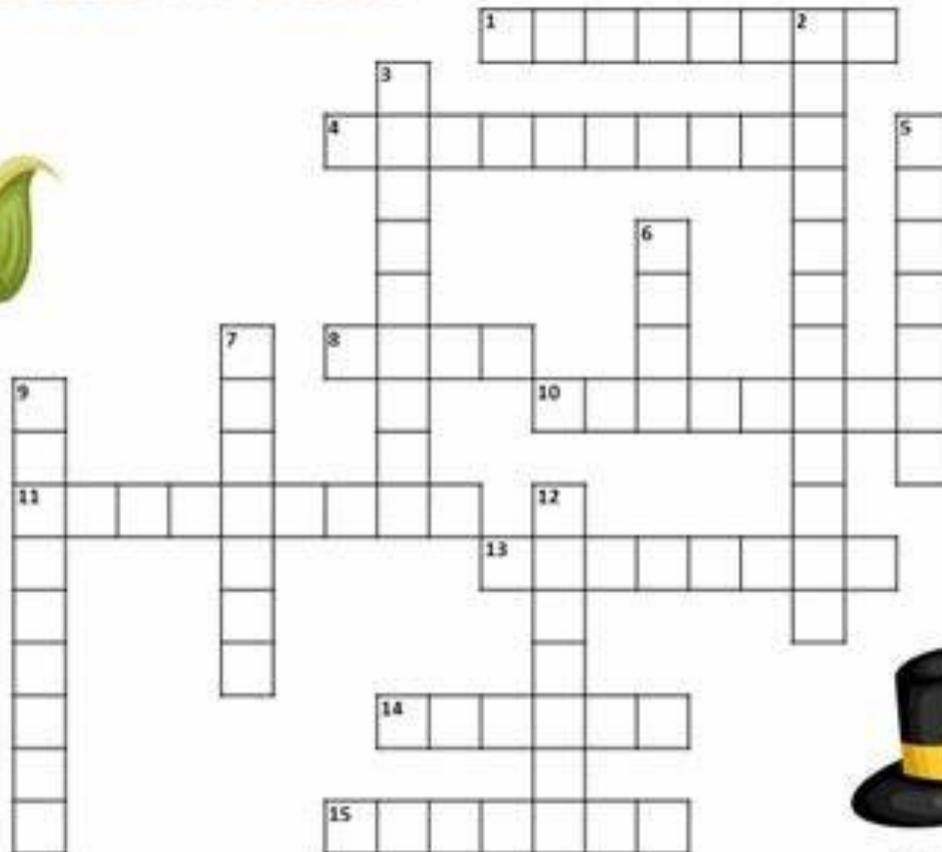


SUDOKU PUZZLES **2** PRINT

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

Difficulty level: Very Hard

Thanksgiving Crossword



© puzzles-to-photos.com

Across

1. First village established by the Pilgrims
4. Symbol of abundance and nourishment
8. An essential grain in the New World diet
10. Literally, travelers going to a holy place
11. The Pilgrims' boat
13. 16th and 17th century English Protestants
14. The traditional holiday bird
15. Indian who taught the Pilgrims many things

Down

2. 4th Thursday of November
3. A traditional Indian dwelling
5. Gathering of crops
6. Season for harvesting
7. Country the Pilgrims left behind
9. Indian tribe that was present at the first Thanksgiving
12. Bright orange squash used to make pie

Veteran's Day

word search



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

AIRFORCE

AMERICAN

ARMY

FLAG

HONOR

MARINES

NAVY

NOVEMBER

PRIDE

RESPECT

SALUTE

SERVICEMEN

SERVICEWOMEN

THANKS

TROOPS

VETERANS





Name: _____

Veterans Day Color by Number

1 → Blue

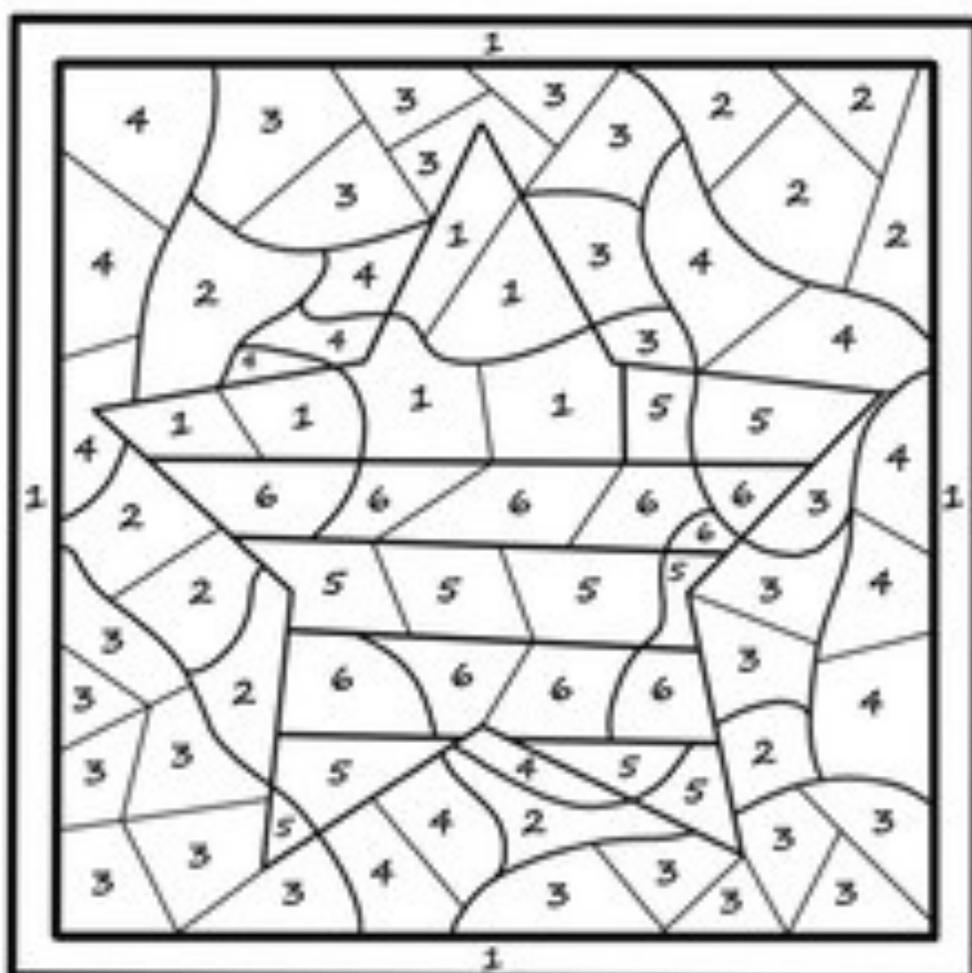
4 → Brown

2 → Green

5 → Red

3 → Tan

6 → White



Thanksgiving Unscramble

Unscramble the letters to form a meaningful word.

ilbsnesg

citelobrne

piorcuanoc

nracyrbre

wymaferlo

rgpiilm

npumkpi

yrutke

agvnihsnktgi

ssingedr

etsfa

ialnnd



rainmaker

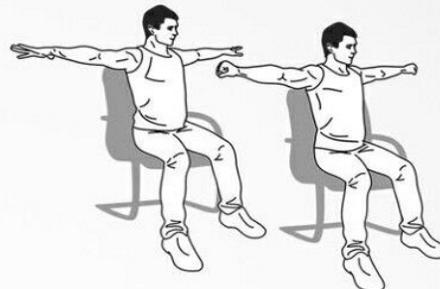
DAREBEE OFFICE WORKOUT @ darebee.com



20 side circles



10-count hold



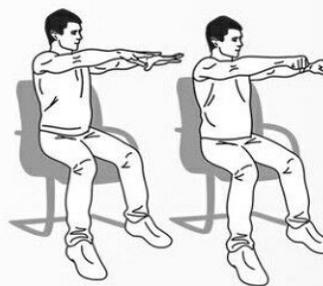
20 side clenches



20 forward circles



10-count hold



20 forward clenches



20 overhead circles



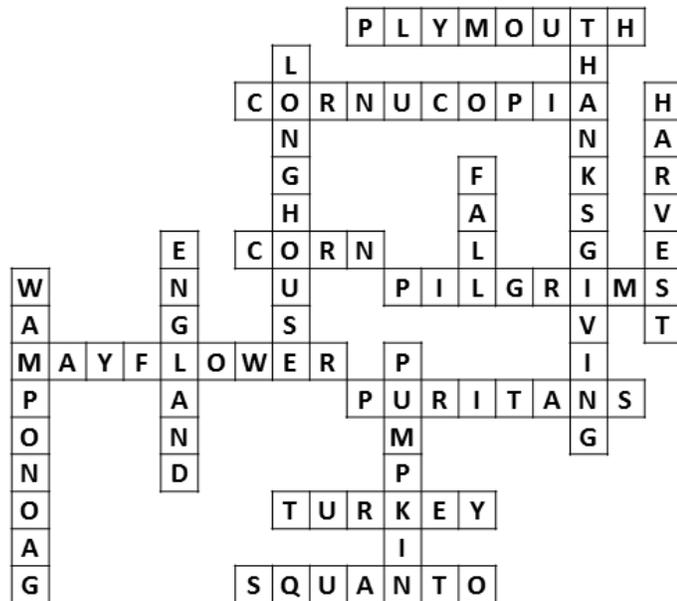
10-count hold



20 overhead clenches

Answer Key for Sudoku, Crossword Puzzle and Thanksgiving Unscramble

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



bl~~essing~~

celebration

cornucopia

cranberry

mayflower

pilgrim

pumpkin

turkey

thanksgiving

dressing

feast

Indian