

CITY OF ARTESIA
SENIOR ACTIVITY PACKET
JANUARY 2021



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.

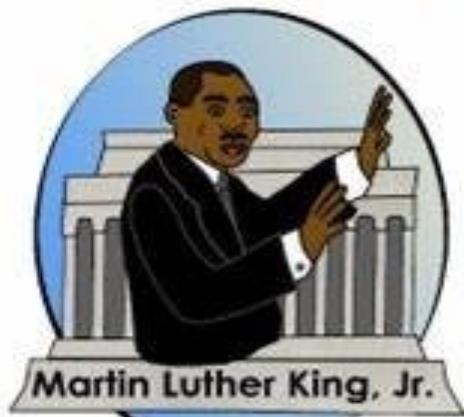
Martin Luther King, Jr.

Word Search

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

AMERICAN
CIVIL RIGHTS
COLOR
EQUALITY
FREEDOM
HERO
HOPE
I HAVE A DREAM
JUSTICE

LEADER
LIBERTY
NOBEL PRIZE
PEACE
PREACHER
RACISM
SEGREGATION
SPEECH
STRUGGLE

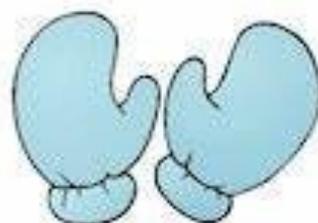
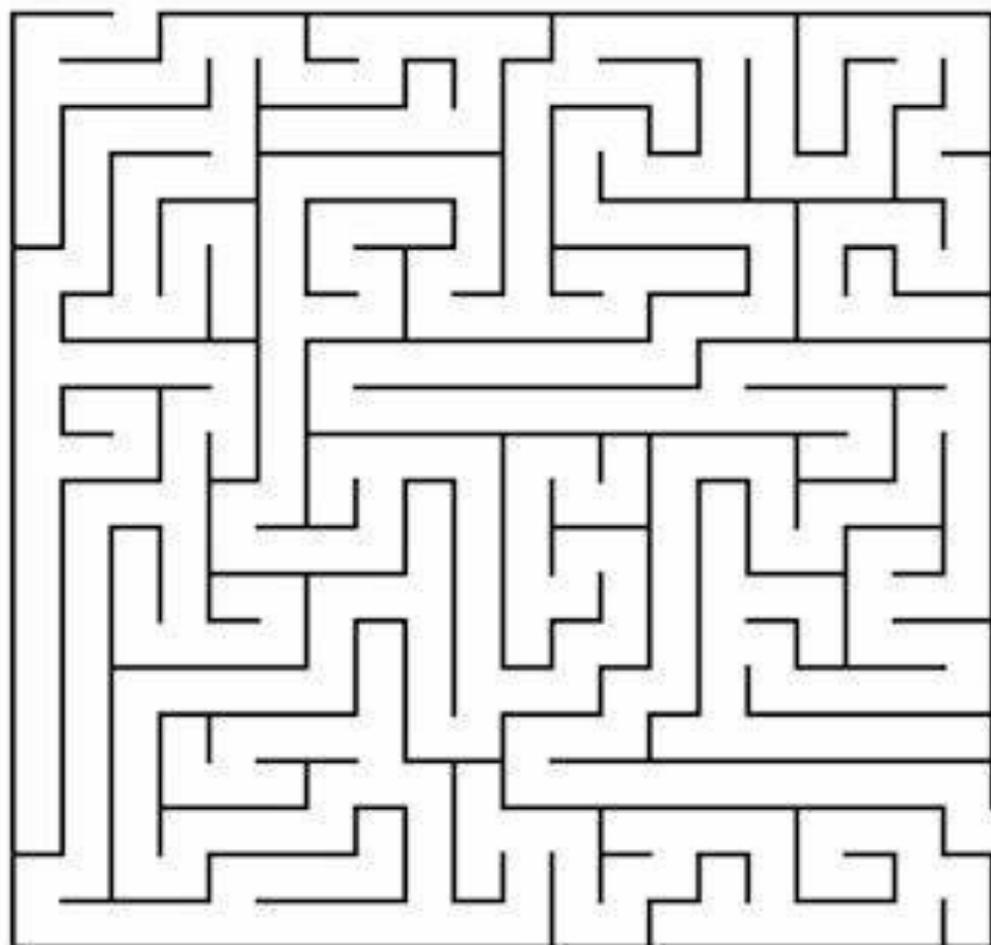


JinxyKids.com



Winter Maze

The boy has lost his mittens. Can you help him find his way through the maze to find them?



SUDOKU PUZZLES 2 PRINT

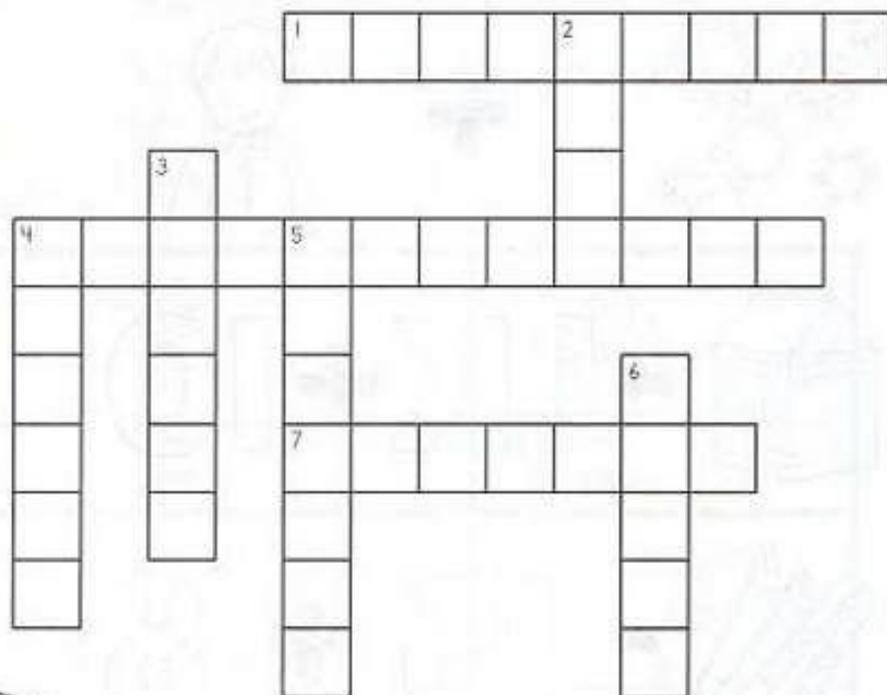
		6	9			1		
			4			2		
		5	2			9		3
			6	1			3	4
	8	3		2				
4			8				7	
	5	8						9
	7			8				
6	1	4				7	8	

Difficulty level: Difficult

Use the word list and clues to complete the puzzle.

Word List

BOBSLED
HOCKEY
SKATING
SKIING
SLED
SNOWBOARDING
SNOWMOBILE
SNOWSHOES



Across

1. You could use _____ to walk across snow.
4. _____ is like surfing on the snow.
7. Ice-_____ is done on frozen water.



Down

2. Riding a _____ is a fast and fun way to get down a snowy hill.
3. You need a stick and a puck to play ice _____.
4. Gliding down a mountain with two long boards on your feet is called _____.
5. A _____ has metal runners that help it slide down a curvy track.
6. A _____ uses a motor to travel through the snow.







Winter Wordsearch



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

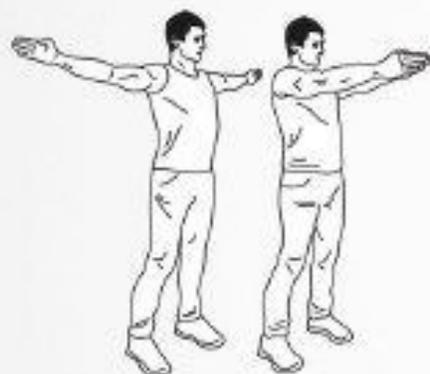
WINTER
SNOWFLAKE
SNOWMAN
ICICLE
SPRUCE
HOLLY
CARDINAL
FROZEN
BRRR
CHILLY
SLED
GLOVES
HAT
SKATE
SKI
TOBOGGAN
COCOA
SHOVEL
MITTENS

arms & chest stretch

by DAREBEE

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20 seconds each exercise.



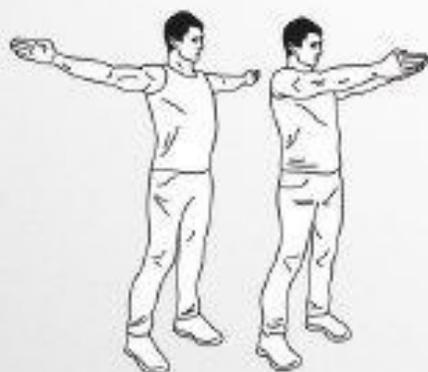
chest expansions



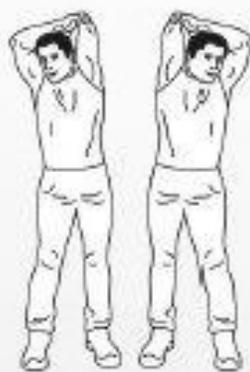
side-to-side torso twists



overhead stretch



chest expansions



side-to-side tilts



tricep stretches

Winter Word Scramble

Unscramble the winter themed words and join them to the pictures on the right. We've done the first one for you!

treniw

winter

ocat

volgse

swon

lafnoweks

timnets

tobos

smonwan

niwd

cie katsgin

kingis

tha



Answer Key for Sudoku, Crossword Puzzle and Winter Unscramble

UNSCRAMBLE

Winter

Coat

Gloves

Snow

Snowflakes

Mittens

Boots

Snowman

Wind

Ice Skating

Skiing

Hat

SUDOKU

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

CROSSWORD PUZZLE

Across

1. Snowshoes
4. Snowboarding
7. Skating

Down

2. Sled
3. Hockey
4. Skiing
5. Bobsled
6. Snowmobile