

CITY OF ARTESIA

SENIOR ACTIVITY PACKET

FEBRUARY 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.

Presidential Word Search

Find each word in the puzzle. Look horizontally, vertically, and diagonally for the words and circle them in the puzzle.



DEMOCRACY
WASHINGTON DC
FLAG
BILL OF RIGHTS
PRESIDENT
NATION
WASHINGTON
LINCOLN
LEADER



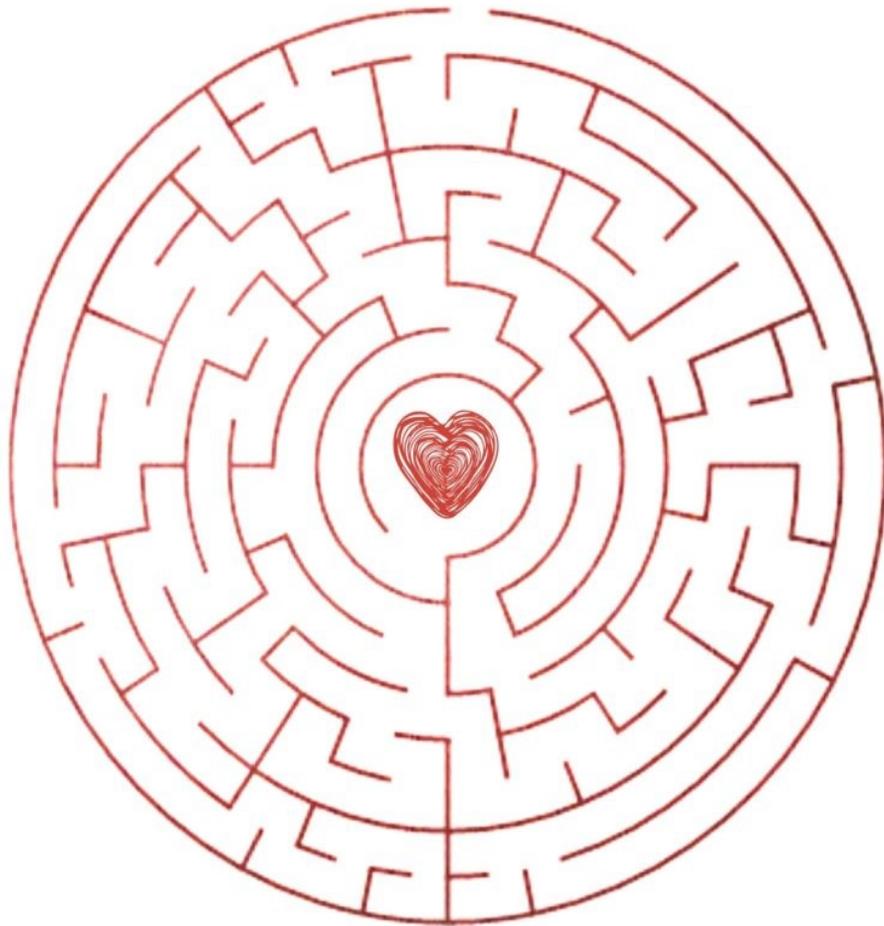
COMMANDER IN CHIEF
CHERRY TREE
AMERICA
BIRTHDAY
WHITE HOUSE
ELECT
COUNTRY
CONSTITUTION
CELEBRATE
HISTORY

SCHOLASTIC

Find more printables for children at [scholastic.com/parents/activities-and-printables](https://www.scholastic.com/parents/activities-and-printables)

You ARE A-Maze-ing!

Find your way to the heart in the center.



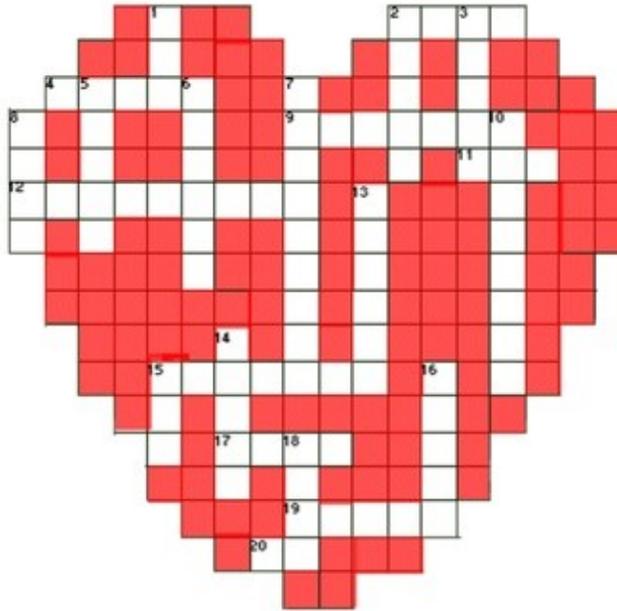
Happy Valentine's Day

SUDOKU PUZZLES **2** PRINT

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

Difficulty level: Easy

Heart Shaped Valentine's Day Crossword Puzzle



Across

2. Many people give or send one to friends on Valentine's Day.
4. Another term for sweets that are given on Valentine's Day.
9. Sometimes on Valentine's Day, a secret _____ will give you an anonymous present.
11. If you don't get any Valentines, you might do this into your pillow.
12. "Hersheys" is one kind of this type of candy.
15. Roses, carnations, and daisies are these.
17. When you really, really like someone, you ____ them. Also, you _____ your parents.
19. If you give someone a treat on Valentine's Day, it usually is this. This word is also used in the expression "_____ Heart", a nickname husbands and wives call each other.
20. This expression is often said on Valentine's Day: "___ Mine"

Down

1. The color of hearts on Valentine's Day.
2. The fictional character that shoots arrows at people.
3. These flowers come in many colors, but usually red ones are given on Valentine's Day.
5. What cupid shoots at some poor unsuspecting person, that makes them fall in love.
6. If you want to give a friend roses, you would give them this color.
7. The name of this holiday!
8. Doilies are usually made out of this material.
10. Moms and Dads may want to get away for a _____ dinner or weekend.(mushy, mushy, mushy)
13. One of the shapes used often on Valentine's Day is _____ (plural).
14. These are made out of paper or material that is lacy.
15. The abbreviation for the month that Valentine's is in.
16. The man that this holiday is named after is, _____ Valentine.
18. If you get flowers for Valentine's Day, you will want to have one of these to keep them in.

Valentine's Day

WORD SEARCH

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

LOVE
CUPID
SWEETHEART
RED

VALENTINE
PINK
CARDS
FEBRUARY

FLOWERS
CRUSH
HEARTS
HUGS

CANDY
FRIENDS
KISSES
CHOCOLATE

HAPPY
Valentine's
Day



PRESIDENT'S

★ ★ **DAY** ★ ★



Happy Valentine's Day



1

Write the correct letters below the pictures. Match the words and pictures.



2

Write the correct letters below the pictures. After that read the poem.



Valentine's Day
Word Scramble



Unscramble the Words!

OvLe _____

Evatline _____

Pciud _____

Eb Imen _____

I oevl uoy _____

oersse _____

Lcohateco _____

Ycdna _____

Wfolrse _____

Mraonec _____

Isskse _____

Uhsg _____

Arpyt _____

Ebfyraur _____

Odve _____

Ovel Onest _____

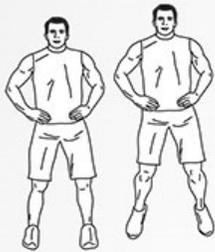
Erd _____

Ertha _____

4-minute Warmup

BY DAREBEE @ darebee.com

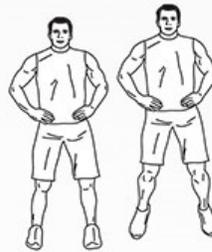
Repeat each exercise for 20 seconds.



hops on the spot



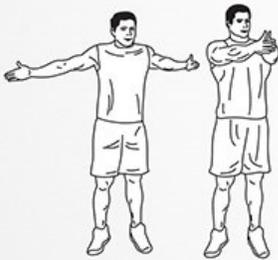
side-to-side hops



hops on the spot



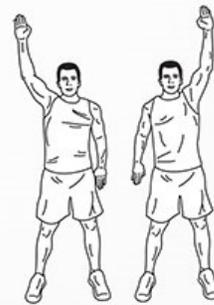
single leg hops



chest expansions



arm circles



alt chest expansions



arm circles



torso rotations



hip rotations



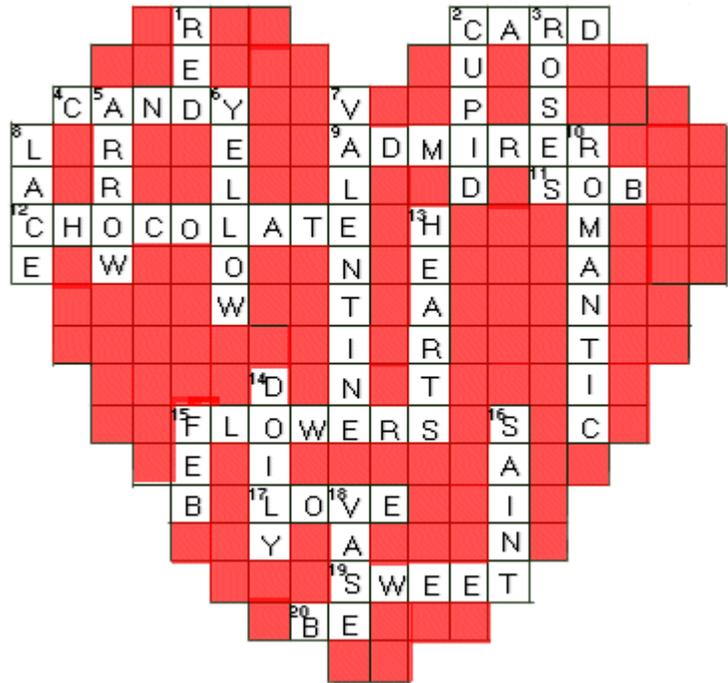
torso rotations



shoulder rotations

Answer Key for Sudoku, Crossword Puzzle and Valentine's Day Unscramble

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



Answer Key: Love, Valentine, Cupid, Be Mine, I love You, Roses, Chocolate, Candy, Flowers, Romance, Kisses, Hugs, Party, February, Dove, Love Notes, Red, Heart