

CITY OF ARTESIA
SENIOR ACTIVITY PACKET
MARCH 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.

Name: _____

March Word Search



MARCH

AUTUMN

ST PATRICKS DAY

EASTER

PASSOVER

PISCES

ARIES

GOD OF WAR

DAFFODIL

BLOODSTONE

IDES OF MARCH

SPRING

KITE

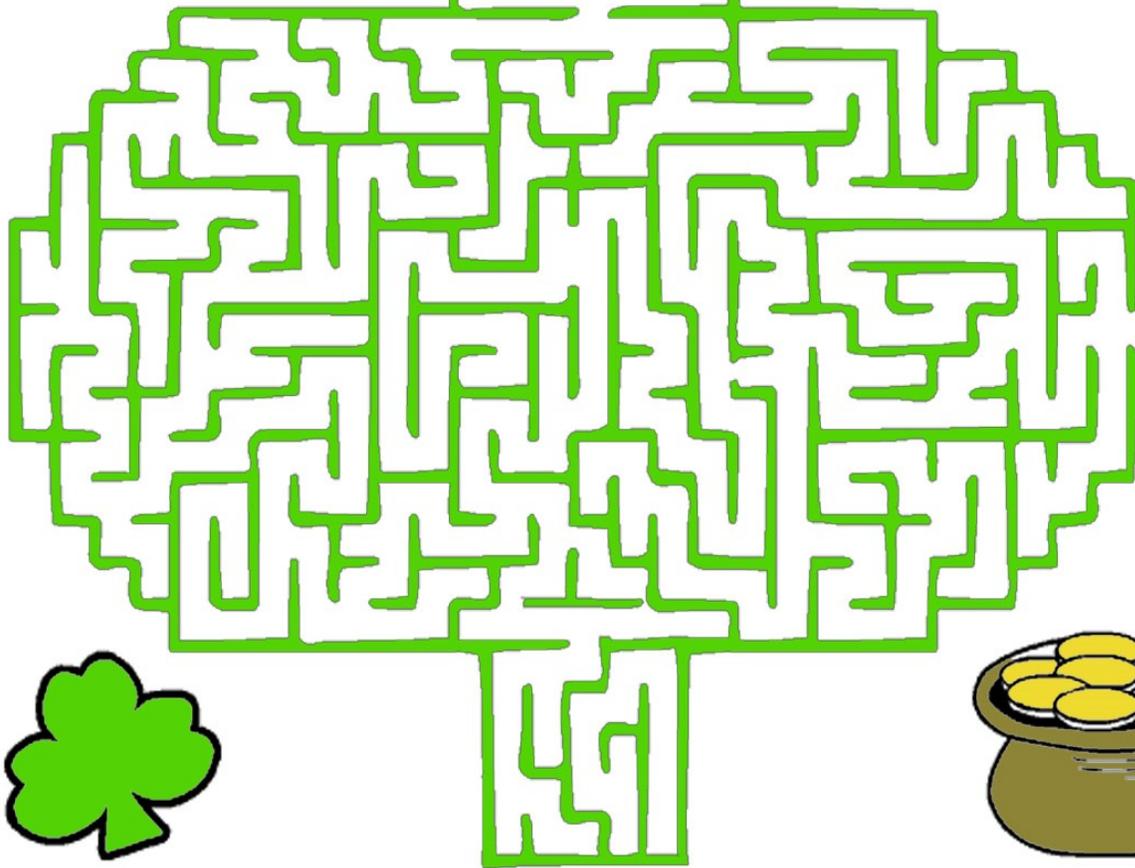
WINDY

LAMB



St. Patrick's Day! Maze

START



FINISH



SUNOKU PUZZLES **2** PRINT

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

Difficulty level: Intermediate

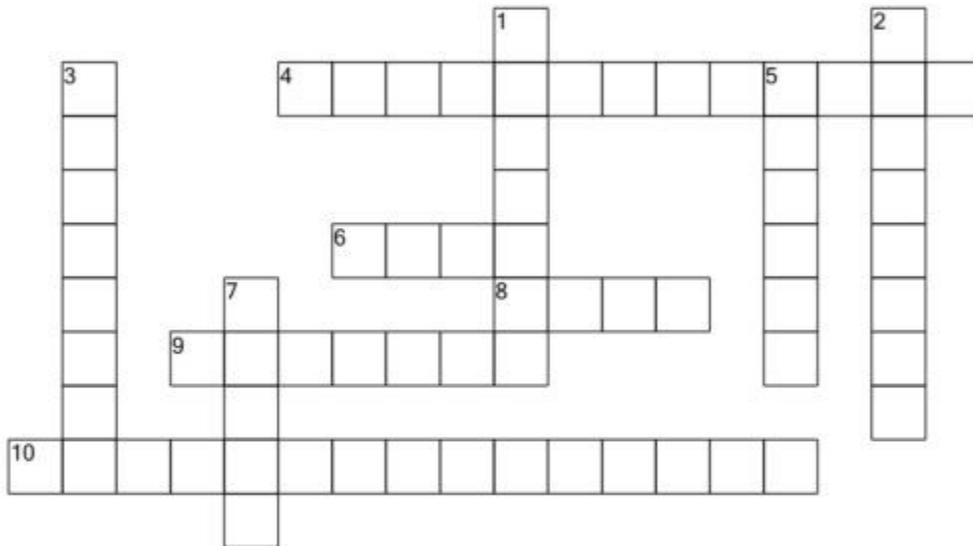
Name: _____

Date: _____

Spring Crossword

What is useful when it is broken? An Egg!

Complete the activity.



ACROSS

4. A day for pranks
6. Works best on a windy day
8. Precipitation
9. A small pool of water
10. Set clocks ahead one hour

DOWN

1. April showers bring these
2. A yellow flower with a trumpet-shaped center
3. Used to keep dry
5. A season of the year
7. A flower often associated with Holland

ST. PATRICK'S DAY

Find the words in the grid. When you are done, the unused letters in the grid will spell out a hidden message. Pick them out from left to right, top line to bottom line. Words can go horizontally, vertically and diagonally in all eight directions.

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

Created by Evelyn Bailey Johnson

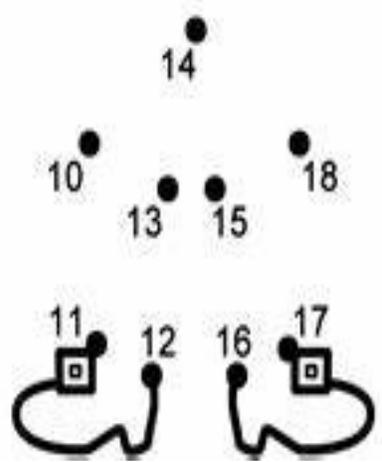
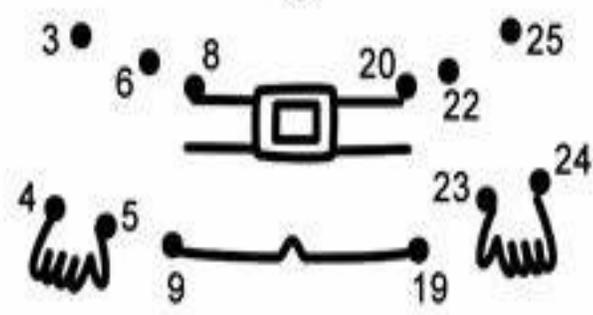


clover
fairy
gold
green
Irish
leprechaun
lucky

March
parade
pinch
rainbow
shamrock
tricky
vanish







14

10 13 15 18

11 12 16 17



St. Patrick's Day Cryptogram

Each letter has been assigned a number. Use the key to find the hidden message.

D	V	I	Z	J	B	S	X	A	F	T	Y	L
1	2	3	4	5	6	7	8	9	10	11	12	13

C	H	Q	W	N	E	O	M	U	R	K	G	P
14	15	16	17	18	19	20	21	22	23	24	25	26



17	15	19	18	3	23	3	7	15	19	12	19	7	9	23	19	7	21	3	13	3	18	25
7	22	23	19	11	3	7	13	3	24	19	11	15	19	21	20	23	18	3	18			
7	26	23	3	18	25	3	18	11	15	19	13	3	13	11	20	10	3	23	3	7	15	
13	9	22	25	15	11	19	23	12	20	22	14	9	18	15	19	9	23					
11	15	19	9	18	25	19	13	7	7	3	18	25	17	15	19	18	3	23	3	7	15	
19	12	19	7	9	23	19	15	9	26	26	12	9	13	13	11	15	19					
17	20	23	13	1	7	19	19	21	7	6	23	3	25	15	11	9	18	1				
25	9	12	9	18	1	17	15	19	18	3	23	3	7	15	19	12	19	7				
9	23	19	7	21	3	13	3	18	25	7	22	23	19	11	15	19	12					
7	11	19	9	13	12	20	22	23	15	19	9	23	11	9	17	9	12					

Spring Word Scramble

Instructions: Unscramble the letters to find the words from the list below.

essed	— — — — —
oiwrabn	— — — — — — —
blmoo	— — — — —
nipgrs	— — — — — —
otacrain	— — — — — — — —
felrsow	— — — — — — —
malebrul	— — — — — — — —
woesrsh	— — — — — — —
ahhct	— — — — —
kicch	— — — — —

Leg Day

DAREBEE WORKOUT @ darebee.com

LEVEL I 3 sets LEVEL II 4 sets LEVEL III 5 sets REST up to 2 minutes



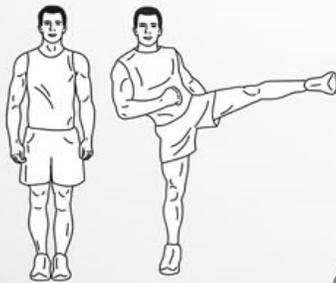
10 squats



10 calf raises



10 lunges



20 side leg raises



10 side-to-side lunges



10-count squat hold

Answer Key for Sudoku, Crossword Puzzle and Spring Word Unscramble

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

Crossword Puzzle

1. daffodil	4. rain	7. umbrella	10. Daylight savings
2. tulip	5. puddles	8. kite	
3. spring	6. flowers	9. April Fools Day	

Spring Word Unscramble



Words to Find

bloom	raincoat
chick	seeds
flowers	showers
hatch	spring
rainbow	umbrella

