



# CITY OF CALEXICO

## COMMUNITY SERVICES

### DEPARTMENT NEWSLETTER



# Community Events

Volume 5, Issue 1  
Jan/Feb 2011



**CULTURAL ARTS CENTER  
GRAND RE-OPENING!**

**Thursday, January 20th, 2011**

6:00-10:00 p.m.

Art \* Music \* Dance  
in BLACK & WHITE

Join us for the celebration!



## Dance Classes

### Flamenco

Tuesdays & Thursdays  
5 years old and over

Beginners 5:00-5:50 p.m.  
Advanced 6:00-6:50 p.m.



\$25 per month @ Community Center

### Ballet

Mondays & Wednesdays

4-6 years old 4:00 & 6:00 p.m.  
7-11 years old 5:00 p.m.



\$25 per month @ Community Center

**Calexico Arts Commission**  
Hildy Carrillo, Chair  
Soledad Salazar  
Judith Mazon  
Sergio Gaytan  
Fernando Martinez  
Comm. Svcs. Director:  
Sandra Tauler

The Calexico Arts Commission meets the first Monday of each month at 6:00 p.m. in the Council Chambers at City Hall 608 Heber Ave. Calexico, CA

## Guitar Lessons

Mondays and Wednesdays  
7 years old and over

Beginners 5:30-6:20 p.m.  
Intermediate 6:30-7:20 p.m.



\$25 per month @ Community Center



**Seniors**  
**Rosca de Reyes**  
Thursday, January 6 from  
11:00–1:00 p.m.  
@ Community Center



## Daddy-Daughter Dance

**Saturday, February 26**  
**6:00-9:00 p.m.**  
**@ Community Center**



For more info on any of the  
activities or site visits  
please call 768-2176

### Recreation Commission

Pat Ureña, Chair  
Ricardo Ortega, Vice-Chair  
Estelita Castañeda  
Yolanda Bernal  
Javier Magallanes  
Community Services  
Director: Sandra Tauler

The Recreation  
Commission meets the  
third Wednesday of each  
month at 5:30 p.m. in the  
Council Chambers at City  
Hall 608 Heber Ave.  
Calexico, CA

## Walking

Walking is a low-impact exercise with numerous health benefits. Here's how to get started.

By Mayo Clinic staff

Walking is a gentle, low-impact exercise that can ease you into a higher level of fitness and health. Walking is a form of exercise accessible to just about everybody. It's safe, simple and doesn't require practice. And the health benefits are many. Here's more about why walking is good for you, and how to get started with a walking program.

### Benefits of walking

Walking, like other exercise, can help you achieve a number of important health benefits. Walking can help you:

- Lower low-density lipoprotein (LDL) cholesterol (the "bad" cholesterol)
- Raise high-density lipoprotein (HDL) cholesterol (the "good" cholesterol)
- Lower your blood pressure
- Reduce your risk of or manage type 2 diabetes
- Manage your weight
- Improve your mood
- Stay strong and fit

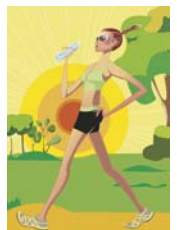
All it takes to reap these benefits is a routine of brisk walking.

It doesn't get much simpler than that. And you can forget the "no pain, no gain" talk. Research shows that regular, brisk walking

can reduce the risk of heart attack by the same amount as more vigorous exercise, such as jogging.

Read more about "Getting Started and How to avoid injuries" at:

<http://www.mayoclinic.com/health/walking/HQ01612>





# LIBRARY



## The Benefits of Early Reading

Begin reading to your child early. Even the youngest babies will gradually come to associate books with the warmth of being held by you and the soothing sound of your voice. By establishing reading time as an enjoyable time, you're helping to jump-start a lifetime of reading and learning.

Numerous studies have identified the many benefits of early literacy development, benefits that last throughout childhood and beyond:

- Expanded vocabulary and writing skills
- Healthy social and emotional development
- Longer attention spans, promoting better retention of information in school
- Enhanced imaginative and critical thinking skills
- A sense of closeness and intimacy between parent and child
- Enhanced memory and higher levels of concentration

<http://www.earlymoments.com/Our-Story/The-Benefits-of-Early-Reading/>

Call the library for early literacy programs available for you and your child.



## Pajama Party



Bring your PJs



Play Games



Get a FREE book



Do Arts & Crafts



Have FUN!



**Wednesday,**  
**January 26, 2011**  
 @ 6:00 p.m.  
 (Registration from 5:30-6:30 only)



## Computer Classes

Do you or someone you know want to learn how to search the Internet and/or create an e-mail account?

Sign-up at the  
**Carnegie Technology Center**  
**420 Heber Ave.**  
**(760) 357-5525**

Classes are offered every  
 Monday @ 5:00 p.m.  
 (classes alternate each week)

### Library Board of Trustees

Margarita De Necochea, President  
 Norberto Nuñez, Vice-President  
 Gaspar Cuevas  
 Armida Romero  
 Elaine Perez  
 Community Services Director:  
 Sandra Tauler

The Library Board of Trustees meets the fourth Wednesday of each month at 6:30 p.m. at the Carnegie Technology Center 420 Heber Ave. Calexico, CA

# January 2011

# HAPPY NEW YEAR

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		 Every Wednesday @ 10:30 am				1
2	3 Arts Commission Mtg. @ 6:00 pm	4	5 "Open Minds" Poetry club @ 6:00 pm	6 Rosca for Seniors 11:00 am @ CC Library Closes @ 5:00 pm Angel Tea Reception 5:00 p.m. @ Library	7	8 <b>CLOSED</b>
9	10 Families for Literacy @ 6:00 pm	11	12	13	14	15 <b>CLOSED</b>
16 	17 <b>Martin Luther King Jr. Day — HOLIDAY</b> City Offices closed	18	19 Recreation Comm. @ 5:30 pm	20 Cultural Arts Center Grand Re-Opening 6:00-10:00 pm	21	22 <b>CLOSED</b>
23	24 Let's R.E.A.D. Book Club @ 6:15 pm	25	26 Teen Self-Esteem Workshop @ 3:30 pm Pajama Party @ 6:00 pm Library Closes @ 5:00 pm Library Board Mtg 6:30 pm	27	28	29 <b>CLOSED</b>
30	31					

# February 2011



Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1	2 "Open Minds" Poetry Club @ 6:00 pm	3	4	5 <b>CLOSED</b>
6	7 Families for Literacy @ 6:00 pm Arts Comm. Mtg @ 6:00 pm	8	9 Teens Valentine's Day program @ 3:30 pm	10 Valentine's Day Dance @ 6:00 pm	11	12 <b>CLOSED</b>
13	14 <b>Happy Valentine's Day</b>	15	16 Recreation Comm. @ 5:30 pm	17	18	19 <b>CLOSED</b>
20 	21 <b>President's Day — HOLIDAY</b> City Offices closed	22	23 Teen Dating Violence WS 3:30 pm Library Board Mtg. @ 6:30 pm	24	25 Chamber: Mardi Gras "A Beer Tasting Xperience" OLG @ 7:00 pm	26 <b>Daddy-Daughter Dance @ 6:00 pm</b>
27	28 Let's R.E.A.D. Book Club @ 6:15 pm					<b>CLOSED</b>