



CITY OF CALEXICO COMMUNITY SERVICES DEPARTMENT NEWSLETTER



LIBRARY HOURS & LOCATIONS

Volume 3, Issue 5
Sep/Oct 2009

Camarena Memorial Library

850 Encinas Ave.

(760) 768-2170

<http://calexicolibrary.org>

Monday-Thursday 10:00a.m. - 8:00p.m.

Friday 10:00a.m. - 6:00p.m.

Saturday 10:00a.m. - 5:00p.m.

Sunday - CLOSED



William Moreno Jr. High Branch Library

1202 Kloke Avenue,

Calexico, CA 92231

(760) 768-3966

Monday-Thursday 3:00p.m. - 8:00p.m.

Fri, Sat, Sun - CLOSED



Carnegie Technology Center

420 Heber Ave.

(760) 357-5525

Monday - Thursday 3:00p.m. - 8:00p.m.

Fri, Sat, Sun - CLOSED



Calexico Arts Commission

Bill Hodge, Chair
Berenice Martinez
Soledad Salazar
Jose D. Garcia

Community Service
Dir.

Sandra Tauler
(760) 768-2170

The Calexico Arts
Commission meets
the first Monday of
each month at 5:00
p.m. in the
Council Chambers at
City Hall
608 Heber Ave.
Calexico, CA



WHEN IT COMES TO WALKING, we know what you like: a simple, effective routine that fits into your life. Well, here is a plan you're going to love. Exercise scientists have discovered that shorter workouts can rev your metabolism higher and burn more fat than longer ones. The secret is intervals. In a recent study from the University of New South Wales, in Australia, women who exercised 3 days a week for 20 minutes, alternating between fast and moderate paced intervals, **lost 5 times as much weight** up to 20 pounds in 15 weeks without changing their diet as women who exercised 3 days a week for 40 minutes at a steady, brisk speed. Even better, the intervals exercisers shed most of the fat from their legs and belly.

Article from Prevention Magazine
April 2008

Join the Recreation Department's New Walking Group!

Ages 16 years & over
Mon—Thurs
7:00-7:45 p.m.

Group meets at the South East corner of Camarena Memorial Library/ Crummett Park. Join us for some simple warm-ups & some fun walks.
No Fee!



Recreation Commission

Pat Ureña, Chair
Ricardo Ortega, Vice-Chair
Liz Vizcarra, Commissioner
Linda Dorantes, Commissioner
Estela Castañeda, Commissioner

Community Services Director:
Sandra Tauler



The Calexico Recreation Department Invites you to join the "Chain Gang" Crocheting Club

When: Every other Thursday
Starting Sept. 3rd

Where: Senior Center-707 Dool Ave.

Time: 5:00 p.m.-7:30 p.m.

Cost: \$5.00

Upcoming Events:

NBA FIT/WNBA Challenge

Sponsored by SINGULAIR

Saturday, Sept. 26, 2009

12:00 p.m.

De Anza Jr. High School Gym

Participation is FREE



14 years & under: Youngsters have the opportunity to challenge their level of fitness in a fun and Competitive format. The champion in each age and gender group has the opportunity to advance to the regional competition.

* Grandparents Day Luncheon
Sept. 15, 2009
11 a.m.-2 p.m.



* Mole Contest
Sept. 24, 2009
6:00 p.m.

* Pancake Breakfast Fundraiser
Oct. 10, 2009
8 a.m.-12 p.m.



* Seniors Health Fair
Oct. 20, 2009
9 a.m.-12 p.m.

* Community Wellness Fair
Oct. 24, 2009
9 a.m.-1 p.m.

* Haunted House
Oct. 28-30, 2009
6 p.m.-9 p.m.



