

SEPTEMBER 2009



Sun	Mon	Tue	Wed	Thu	Fri	Sat
September is Library Card Sign-Up Month!		1	2	3	4	5 Library Closed
6	7 Labor Day City Office Closed	8	9 California Admission's Day	10 FFL Program @6:00 p.m.	11 Photo Exhibit by the Mexican Consul	12
13	14 City Offices Closed in observance of California Admin. Day	15 Grandparents Day Luncheon Mexican Ind. Day Celebration @Rockwood	16 Mexican Independence Day Recreation Comm. Mtg. @City hall	17	18	19 Library Closed
20	21 English Book Club Mtg.	22	23 Library Board Mtg. @Carnegie Lib 5:00 p.m.	24 Recreation Mole Contest Poetry Club Mtg. @6	25 Movie for Senior Citizens	26
27	28	29 Spanish Book Club Mtg.	30			

OCTOBER 2009



Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 FFL Program @6:00 p.m.	2	3 Library Closed
4	5 Arts Commission Mtg. @City Hall	6	7	8 Read for the Record! @6 p.m.	25 Movie for Senior Citizens	10 Pancake Breakfast Fundraiser
11	12 Columbus Day	13	14	15	16	17 Library Closed
18 Teen Read Week	19	20 Seniors Health Fair	21 Rec. Comm. Mtg. @City Hall	22 Poetry Club	25 Movie for Senior Citizens	24
25	26	27 Halloween RIF @the Library!	28 Library Board Mtg. Recreation Haunted House	29	30	31 Happy Halloween! Library Closed



CITY OF CALEXICO COMMUNITY SERVICES DEPARTMENT NEWSLETTER



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LIBRARY HOURS & LOCATIONS

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





RECREATION



LIBRARY



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.



Movies @the Library



Free Movie & Popcorn
Seniors 55+



When: Every other Friday
Starting September 25, 2009

Time: 10:00 a.m. - 12:00 p.m.

Where: Camarena Memorial Library
850 Encinas Ave., Calexico

Free Internet Classes @ the
Carnegie Technology Center

Mondays
Introduction to the Internet
5:00 p.m.-6:30p.m.

Tuesdays
Introduction to E-mail
5:00 p.m.-6:30 p.m.

Introduction to the Internet

- ◆ Learn how to use a search engine
- ◆ Learn how to copy & paste
- ◆ Learn how to print and more

Introduction to E-mail

- ◆ Learn how to send & receive mail
- ◆ Learn how to add friends to your contacts and how to set appointments and reminders

Toddler Story Hour

Ages 0-5 yrs.
Tuesdays @10:30 a.m.



Join us for:

Stories, songs, finger plays, crafts, computer games, and exercises tailored especially for your little one!

English Book Club
Monday
September 21, 2009
@6:15 p.m.

Club de Lectura
Martes
29 de Septiembre, 2009
@6:15 p.m.



Trac comida para
compartir!

It's a Potluck!

Library Board of Trustees

The Library Board of Trustees meets the fourth Wednesday of each month at 5 p.m. at the Library
850 Encinas Ave.
Calexico, CA

Margarita De Necochea, President
Norberto Nuñez, Vice-President
Gaspar Cuevas
Armida Romero
Jeanette Chew

Community Services Director:
Sandra Tauler