

# Jemez Springs Public Library

## March at the Library

### “10 Early Signs and Symptoms of Alzheimer's and Dementia”

Program hosted by Jemez Aging In Place  
& Jemez Springs Public Library

Joseph Fragua Jr. from the  
New Mexico Chapter Alzheimer’s Association  
will present the 10 warning signs and symptoms of  
Alzheimer’s and Dementia.  
Participant guides will be provided.

**Saturday March 2nd, 1pm**  
**Jemez Springs Community Presbyterian Church**  
**Fellowship Hall**



A Zoom link will be available for those  
who can't come in person. Contact the  
library at 575-829-9155 or  
[librarian@jsplibrary.org](mailto:librarian@jsplibrary.org) for further  
information.

## Portugal Travel Talk with Debi Peterson

*Saturday, March 30th, 2:00 - 3:00 PM*  
*Fellowship Hall, Jemez Springs Community Presbyterian Church*

Please come join Debi, as she would love to share photos and stories of the  
six weeks that she, and her travel partner Gary, spent traveling to many areas  
of Portugal.

A Friends of the Library Fundraiser - donations are welcome and appreciated!



Portugal is a land of lush, green rolling hills, full of  
vineyards, cork trees, umbrella pine trees, olive trees,  
and green clover with yellow flowers filling in any  
leftover spaces. The coastline is rugged and  
breathtaking and powerful.

The rock formations are an art show all of their own.  
The cities and towns are full of narrow cobblestone  
streets beautiful ancient buildings, museums, and  
colorful laundry hanging from every kind of building.  
The wine, port, cheese, coffee, and pastels are just a  
few of the culinary delights to experience in Portugal.







# Community as Poet

**Second Thursday of every month  
at 2:00 PM**

**Jemez Springs Public Library  
hosted by Anita Punla  
Adults & Teens Welcome**

**Meeting in the Village Office\* while  
the library is under repairs**

\*conference room in municipal office

**'Community as Poet' explores the voice of the  
community. All are welcome to participate in the  
creating of group poems, as well as the sharing of  
individual poems.**

**A group poem is a group effort. They are  
constructed when the words or lines contributed  
by individuals are assembled into one poem.**

**Join us for this intuitive, improvisational process!**

# Cabin Fever Book Chat



**Saturday, March 9th  
11 AM  
Father Fitzgerald Park**

**We will meet at one of the picnic tables in the park feel  
free to bring whatever you need to be comfortable.**

**Bring a book you have recently read to discuss with  
others.**

**A great place to find a new read for yourself.**



# Storytime

## Friday Fun!

NEW  
LOCATION

**Hands-on projects for kids and  
their parents at the Library!**

Fridays at 10:30 AM - 12:00 PM,

**NOW MEETING AT THE JEMEZ COMMUNITY  
PRESBYTERIAN CHURCH, Lower Sanctuary.**

Ages 5+

**Check our calendar to see weekly topics!**

Join us every Friday morning for creative,  
hands-on activities. With art, science,  
sports activities, and more!

## Help us GROW our seed library!

The Jemez Springs Public Library is collecting donations of garden and ornamental flower seeds to start a seed library to serve the community.

Bring any gardening seeds you want to donate to our temporary location inside the Jemez Springs Community Presbyterian Church to share with others.

Donation forms and envelopes will be available at the library.

Tips for donating seeds:

- No mixed vegetable or fruit seeds.
- Mixed wildflower seeds are ok
- Provide as much information about the seeds as possible (type of plant, growing suggestions, etc.)
- Dry seeds only
- No bulbs or tubers at this time
- No large commercial crops or GMO seeds at this time

Questions about the seed library? Contact us at [jsseedlibrary.org](http://jsseedlibrary.org)





# Yoga at the Library

now meeting on Fridays!

Friday evenings at 6PM At the Jemez Springs Community Presbyterian Church, in the Fellowship Room

Join us for yoga led by a

## BODY CONDITIONING & STRENGTH TRAINING

with Nancy Swanson

**where:** MOVED! to Cañon Community Center  
**when:** 10:30 AM, Thursdays  
**ages:** 15 and up  
**bring your own light weights & a resistance band**

Nancy Swanson is an ISSA Elite Trainer, certified in Exercise Therapy as an Exercise Therapy Coach, certified in a myriad of Silver Sneakers classes, and is certified in other modalities. She brings with her over two decades of teaching and health oriented experiences. This class is appropriate for ages 15 and above.

Students will need to bring a set of light weights and a resistance band. Each class will start with a movement oriented warm-up, then resistance training with weights and bands, a cool down, and stretch. Class will be 45 minutes. Come ready to have fun, laugh, and have a great time.

# MOVE! AEROBICS

## WITH ANITA

Join Anita's class, designed for those who prefer low-impact aerobics. Participants work at their own level with the option of an easier or harder workout. Class includes cardio workout, muscle toning, and deep stretching.

**Monday, 9:00 AM:**  
**-at Cañon Community Center until warm weather (some Monday holiday cancelations)**

**Friday, 9:00 AM:**  
-at Cañon Community Center

Suggested Donation \$5 per session, a Friends of the Library Event





Your Ticket to 15 Exceptional Museums and Historic Sites

NEW MEXICO

FamilyPass

Check out the New Mexico FamilyPass and get free admission to museums and historic sites across the state!

The New Mexico FamilyPass opens the doors to the 15 exceptional museums and historic sites listed below. From Native American treasures to space exploration, world-class folk art to super dinosaurs, ancient sites to the state-of-the-art New Mexico History Museum—our museums and historic sites celebrate the essence of New Mexico!

NEW MEXICO STATE LIBRARY

NEW MEXICO DEPARTMENT OF CULTURAL AFFAIRS

Museums

ALAMOGORDO

1 New Mexico Museum of Space History

ALBUQUERQUE

2 National Hispanic Cultural Center

3 New Mexico Museum of Natural History and Science

LAS CRUCES

4 New Mexico Farm & Ranch Heritage Museum

SANTA FE

5 Museum of Indian Arts and Culture

6 Museum of International Folk Art

7 New Mexico History Museum / Palace of the Governors

8 New Mexico Museum of Art

Historic Sites

9 Coronado Historic Site

10 El Camino Real Historic Trail Site

11 Fort Selden Historic Site

12 Fort Stanton Historic Site

13 Fort Sumner Historic Site / Bosque Redondo Memorial

14 Jemez Historic Site

15 Lincoln Historic Site

THE LIBRARY HAS MOVED!

We are temporarily located in the downstairs of the **Jemez Springs Community Presbyterian Church** (south entrance).

We are open T-Th 10-6, F-S 10-5, (1-1:30 lunch) with occasional closures for other happenings in the church building.

Check our online calendar for event times & locations; we still have our library of things, DVDs, recent fiction and nonfiction releases, children's and young adult books for checkout!

Thanks to Alicia and Fred we now have a new phone number: **505-672-8875**

**THANK YOU TO ALL WHO HELPED!**

Help & Hope in New Mexico

988

Reasons to Call 988

- Worried about your safety or someone you know?
- Having a hard time managing strong emotions?
- Feeling hopeless, confused or angry?
- Worried about alcohol or drug use?
- Need help finding local community services?

24/7 Lifeline  
for Emotional, Mental or Substance Use Distress

How it works

CALL

People who call 988 are given three options:

Press 1

to connect with the Veterans Crisis Line

Press 2

to connect with the Spanish Subnetwork

Remain on the line

to connect to a local crisis center;  
if local crisis center is unable to answer, the  
caller is routed to a national backup center

TEXT OR CHAT

People who Text "TALK" to 988

How is 988 different from 911?

A behavioral health crisis needs a  
behavioral health response.

988 improves access for all New Mexicans  
who may be in emotional, mental health or  
substance use distress. 988 provides easier  
access to local network resources, which are  
different from 911.

988 is

Someone to Talk to

Free & Confidential

More Than A Suicide Hotline

About Breaking Down Stigma

[Click to edit Email Preferences](#) or [Unsubscribe](#) from this list.

Jemez Springs Public Library  
PO Box 479  
30 Jemez Springs Plaza  
Jemez Springs, New Mexico 87025 - USA  
Telephone: Temporarily 505-672-8875

**verticalresponse**  
Marketing. Just Like That.