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 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.





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!



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.



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? Ccontact us at jsseedlibrary.org





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

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.

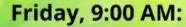
MOVE! AEROBICS

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:

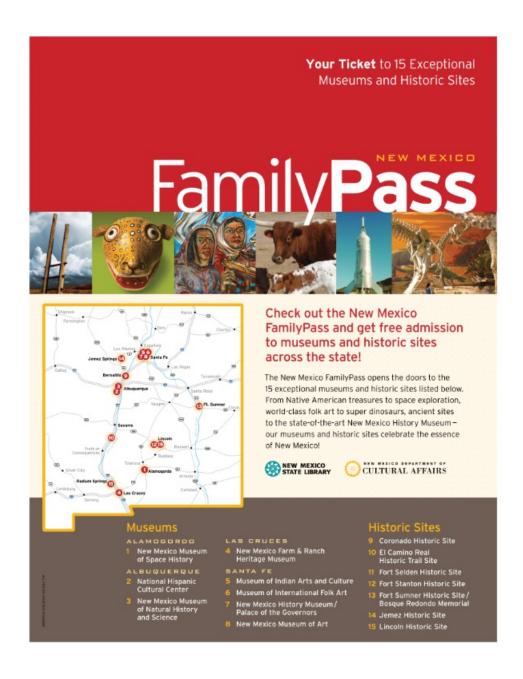
-at Cañon Community Center until warm weather (some Monday holiday cancelations)



-at Cañon Community Center

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





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!



Reasons to Call 988

- Worried about your safety or someone you know?
- Having a hard time managing strong emotions?
- Feeling handless, confused or angre
-
- 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

to connect with the Spanish Subnetwork

Press 2

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 <u>edit Email Preferences</u> or <u>Unsubscribe</u> 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