

Alamo Senior Center's

The Sentinel

July 2012

50 Cent Suggested Donation

Alamo Senior
Center



2201 Puerto Rico
Alamogordo, NM
88310

Ph: 439-4150
Fx: 439-4160



ASC Manager
Veronica Ortega

Editor:
Samantha Garcia



FIELD TRIPS!!

**El Paso's International
Museum of Art
&
Sunland Park Casino**

Suggested Transportation Donation:
\$12.00

Admission Free to Museum
Lunch at your own cost

Date: July 20, 2012
8:00 a.m.— 4:30 p.m.

Sponsored by United Way

**17th Annual
Weed Blue Grass Festival**

Date: July 21, 2012
Admission: \$8.00

Suggested Transportation Donation: \$5.00
Time: 8:00 a.m.—3:00 p.m.

Lunch will be paid for by the Treasurer
of Weed, NM

Sponsored by United Way

Please stop by the front desk or call 439-4150 for more information. Space is limited on both trips so sign up well in advance. Field Trips are subject to cancellation when there is not enough interest by senior participants.



JULY

2 - MONDAY	3 - TUESDAY	4 - WEDNESDAY	5 - THURSDAY	6 - FRIDAY
Hamburger Macaroni Green Beans Corn Apricots/Peanut Butter Cookie 	GC Chicken Enchiladas Spinach Salad/Dressing Pinto Beans Calabacitas Jell-O with Fruit Crackers	 CLOSED 	BBQ Chicken Thighs Broccoli-Cauliflower-Carrot Fried Okra Spiced Peaches/Sugar Cookie	Green Chile Hamburger Lettuce-Tomato-Cheese Onion-Pickle French Fries Cottage Cheese/Pears 
9 - MONDAY	10 - TUESDAY	11 - WEDNESDAY	12 - THURSDAY	13 - FRIDAY
Spaghetti & Sauce Green Salad/Dressing Green Beans Gelatin/Topping Garlic Bread	Pork Rib Corn Broccoli Pear Cobbler Wheat Bread/Margarine	Chicken Fajita Pinto Beans Tomato with Green Chile Pumpkin Spice Cookie Tortilla	Chicken Fried Steak Mashed Potato/Gravy California Vegetables Strawberries & Banana Biscuit/Margarine	Baked Chicken with Mushroom/Alfredo Sauce Sliced Tomatoes Sweet Potato Wedges Pears Biscuit
16 - MONDAY	17 - TUESDAY	18 - WEDNESDAY	19 - THURSDAY	20 - FRIDAY
BBQ Bonanza Creamy Coleslaw Pinto Beans Peanut Butter Cookie Wheat Bread	Pork Roast Mashed Potatoes with Gravy Asparagus Bread & Margarine Applesauce	Beef Enchilada Salad/Dressing Pinto Beans Salsa/Jalapeno Orange Spanish Rice	Oven Fried Chicken Carrot Raisin Salad Braised Onions Green Beans/Potato Mandarin Oranges WW Bread/PB Cookie	Lasagna Garden Salad Mixed Vegetable Plum Cobbler French Bread
23 - MONDAY	24 - TUESDAY	25 - WEDNESDAY	26 - THURSDAY	27 - FRIDAY
Meat Loaf Carrot Raisin Salad Scalloped Potatoes Tapioca Pudding/Strawberries Wheat Dinner Roll/Margarine	Hot Turkey Sandwich Tomato/Cucumber Slices Cranberry Sauce Green Beans Cottage Cheese/Fruit Cocktail Sugar Cookie	Stuffed Chicken Breast Baked Potato Mixed Vegetable Applesauce Cake	Tamale Vegetable Salad Pinto Beans Mandarin Oranges Whole Wheat Tortilla	Baked Fish Creamy Coleslaw Parsled Potatoes Chocolate Pudding/Topping Wheat Bread 
30 - MONDAY	31 - TUESDAY	WEDNESDAY		
Stuffed Peppers Carrots Baked Beans Fruit Cocktail Biscuit	Roast Beef Tossed Salad/Dressing Scalloped Potatoes Seasoned Greens Chocolate Chip Cookie Biscuit/Margarine	THURSDAY		

Suggested Lunch Donation: \$2.50
Milk, Soup and Salad Option Served Daily



May Nutrition Report

Number of days served in the month: 22
 Total number of meals served: 6,082

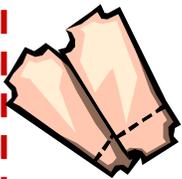
Meals Served:	Congregate	Homebound
May:	3,083	2,999
Donation Average:	\$1.61	\$.94
Last Year's Average:	\$1.92	\$1.23

Meals on Wheels Recipients:

Our MOW drivers are volunteers, and are often new to their route. This may cause delays in the time that you receive your meals. Please be patient, we ask that you wait until 12:30 p.m. to call the Center if your meal has not been delivered.



Meal Tickets



The Nutrition Advisory Council has set a suggested donation of \$2.50 per meal for anyone 60 years of age or older. A family member or guest (under the age of 60) must pay \$8.60 for their meal. For your convenience, you can get a meal ticket for a whole month or for the number of meals you desire. Meal tickets will be available every day (Monday thru Friday) at the Nutrition Counter from 11 a.m. to 12 p.m.

If you enjoy a salad instead of the meal, **PLEASE** stay in line as if you are getting a meal. The salad and all the goodies will be added to the tray as it goes down the line. You will pick it up at the end of the serving line the same way you would pick up your regular meal. Your cooperation with this procedure will assure everyone gets the best service!



**WE NEED
 MEALS ON WHEELS
 DRIVERS!**

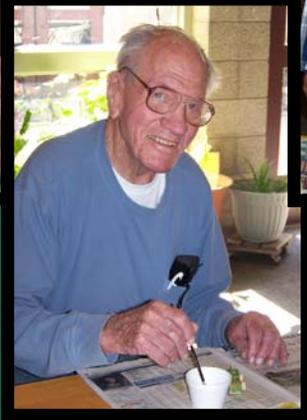
If you are looking for volunteer work, or something that you and you out of school child can do together, please call Magdalena at 439-4150.

Did You Miss Our Soap Box Derby?

MEET OUR DADS:



Paul



Tom



Lothar



Tony



Doug



THE RACE:



Our Winners!

Congratulations
Tom for
winning first place!



Second Place:

Doug

Third Place:

Tony

Calendar

AARP Driving Course

July 18th, 2012



Class starts at 9:00AM
and ends at 3:00PM



\$12 for AARP Members
\$14 for Non-Members



First Travel Center

Invites you to join our senior travel club!

The Alamogordo Roadrunners Travel Club

Join us for great vacations, fun meetings, time with friends and free travel related services. For more information contact Terri at First Travel Center 575-437-1700 or email to terrifirsttravel@yahoo.com. Also visit our website for most current information at 1sttravelcenter.com.

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Lucas Zertuche

with

NM Aging & Long-Term Services

will be here

July 6th, 2012

Please sign up at the Senior Center front desk or call:

1-800-432-2080



ASC DANCES:

July 13th, 2012-

SELMO

July 20th, 2012-

GOOD TIME BAND

July 27th, 2012-

SELMO

Time: 6:00 p.m. - 9:00 p.m.

Cost: \$4.00 per person

Light refreshments will be served



COPD Support Group

Huff-N-Puff

July 3rd, 2012

1:00 p.m. to 3:00 p.m.

in Classroom 1

Topic: An Overview of
COPD Medication

of Events

Pet Adoption Day

Alamo Animal Control
will be meeting here on

July 12th, 2012

9:00 a.m. — 11:30 a.m.



Are you interested in
Belly Dancing?



We offer this new class!

Mondays @ 3:30 p.m.

To learn more about our rehab therapy,
call (575) 434-0033.



All faiths or beliefs are welcome. 11-G2625

Vision Support Group



will be meeting:

July 12th, 2012

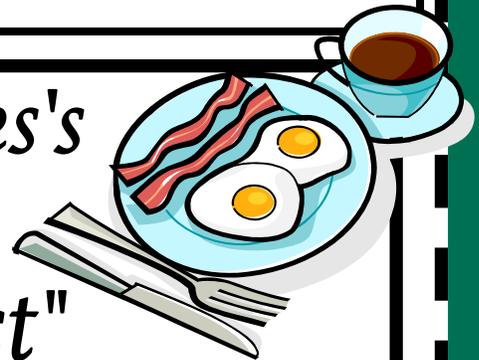
at

9:00 AM

in the Staff Conference Room

Fraternal Order of Eagles's 24th Annual

"Senior Citizens Breakfast"



The Fraternal Order of Eagles would like to show their
appreciation to all seniors in our community.

August 7th, 2012

7: 00 a.m.— 11:00 a. m.

RSVP Required

Entrée: Scrambled Eggs, Hash Browns, Bacon, Sausage, Biscuits
w/ Gravy, Orange Juice, Coffee & Mixed Nuts, Etc.

Call Val Gutierrez at 437-9178 for more information



Alamo Senior Center

Activities

Event: Support Groups	Day	Time	Place
Alzheimer's Support	2nd Tues	6:30 PM	Casa Arena
Cancer Support Group	1st & 3rd Wed	7-8:30 PM-907 New York Ave-434-HOPE	
Cancer Support Group	2nd & 4th Wed	2-3:30 PM-907 New York Ave-434-HOPE	
Spanish Cancer Support Grp	3rd Mon	2-3:30 PM-907 New York Ave-434-HOPE	
COPD Huff n Puff	1st Tues	1:00:PM	Class Room I and II
DAV	1st Mon	6-7:30 PM	Classroom II
Diabetes Support Group	3rd Tues	3:00 PM	GCRMC
Low Vision/Blind Support	2nd Thurs	9-11:00 AM	Conference Room
Event: Activities	Day	Time	Place
Marine Corp. League	1st Sat	1-3 PM	Classroom I
Military Ret. Grass Roots	3rd Sat	1-2 PM	Classroom I
NARFE Board	2nd Mon	1:00 PM	Classroom I
Nutrition Council Meeting	2nd Thurs	1:00 PM	Classroom I
Retired Public Employees	2nd Tues	1-3 PM	Classroom II
Event: Activities	Day	Time	Place
AARP Driver Safety Program	3rd Thurs.	9:00-3:00 PM	Class Room I
Art (Open)	Friday	8:30 AM-11:00 AM	Activity Room
Art (Multimedia)	Wednesday	8-11 AM & 1-4 PM	Activity Room
Bingo	Tues & Fri	1:15-3 PM	Dining Room
Birthday Party	Last Wed. of the month	@ 9:45-10:30AM	Dining Room
Blood Pressure	3rd Thurs	9-11 AM	Lobby
Bridge Party	Thursday	12:30 PM	Activity Room
Bridge (Beginner)	Wed (back door only)	6-9 PM	Activity Room
Bridge (Duplicate)	Mon & Tues & Fri	12:30-4 PM	Activity Room
Bridge (Duplicate)	1st & 3rd Sun	1:30-4 PM	Activity Room
Chorus	Thursday	10:00 AM	Dining Room
Harmonica	Thursday	9:00 AM	Class Room I
Lapidary	Wed & Fri	10:00 AM -12:00 PM	Lapidary Room
Music	Daily	9:00-11:00 AM	Dining Room
Writing Group	Friday	1.30 PM. - 3:30 PM	Classroom I + II
Pinochle	Wed	1-3 PM	Lobby
Pool (Women's League)	Mon & Wed	9:00 AM	Pool Room
Pool Tournament	2nd Tuesday	9:30 AM	Pool Room
Quilting	Thursday	9-11 AM	Activity Room
Senior Golf	Wednesday	8 AM-12 PM	Desert Lakes
Senior Olympics Meeting	Thurs. Jan-Sept	1:00PM	Class Room I & II
Silversmith	Wed & Fri	1-3 PM	Lapidary Room
Woodworking Class	Saturdays	10:00 AM	Senior Center



Alamo Senior Center Fitness Activities

Event: Exercise Classes	Day	Time	Place
Aerobics	Mon & Wed & Fri	8:45-9:45 AM	Fitness Room II w/ Lee
Balance/Fall Prevention	Mon & Wed & Fri	10:00-11:00 AM	Fitness Room II w/ Merry
Basic Beginner Line Dancing	Mon & Thurs	1:15-1:45 PM	Fitness Room II w/ Jean
Belly Dancing	Mon	3:30-4:30 PM	Fitness Room I w/ Mitzi
Chair Exercise	Mon & Wed & Fri	9:40-10:00 AM	Fitness Room I w/ Jenny
Circuit Training	Tue & Thurs	2:00 - 2:45 PM	Fitness Center w/ Cindy
Beginner/Intermediate Line Dancing	Mon & Thurs	2:00-3:00 PM	Fitness Room II w/ Jean
Jamboree Line Dance Beg.	Tues & Wed & Fri	12:30-1:30 PM	Fitness Room II w/ Bea
Jamboree Line Dance Adv.	Tues & Wed & Fri	1:30-2:45 PM	Fitness Room II w/ Bea
Line Dancing (High Beginners)	Tues & Thurs	6:00-7:00 PM	Fitness Room II w/ Iris
Line Dancing (Intermediate)	Tues & Thurs	7:00-8:30 PM	Fitness Room II w/ Iris
Open Swimming	Mon-Fri	6:00 - 8:00 AM	Rec Center
Plus Square Dance	Wed	2:00-3:00 PM	Fitness Room I w/ Jean
Road Runner Walking Club	Mon-Fri	8:00 - 9:00 AM	White Sands Mall
Stretching 	Mon & Wed & Fri	10:00-11:00 AM	Fitness Room I w/ Lucille
Strength Training 	Mon & Wed & Fri	8:00-9:00 AM	Fitness Room I w/ Claire
Strength Training	Mon & Wed & Fri	9:00-10:00 AM	Fitness Room I w/ Dick
Resistance Strength Training	Mon & Wed & Fri	1:00-2:00 PM	Fitness Room I w/ Tom
Strength & Flexibility	Mon & Wed & Fri	8:30-9:30 AM	White Sands Mall w/ Judy
Table Tennis	Mon & Wed & Fri	8:00-11:00 AM	Classroom I & II w/ Monroe
Tai Chi	Tues & Thurs	10:00-11:00 AM	Fitness Room II w/ Merry
Walk Aerobics	Mon & Wed	3:00-3:45 PM	Fitness Room II w/ Velda
Wgt Training & DVD Dance	Mon & Wed & Fri	11:00-12:00 PM	Fitness Room I w/ Elena
Yoga	Mon & Wed	4:15 - 5:15 PM	Fitness Room II w/ Mary
Zumba 	Mon	11:15-11:45 AM	Fitness Room II
Zumba	Wed	11:15-11:45 AM	Fitness Room II
Zumba	Fri	11:15-11:45 AM	Fitness Room II

All classes, support groups and activities are instructed by VOLUNTEERS.
PLEASE keep this in mind, as things come up,
 and sometimes our classes are delayed or canceled.

Are you interested in Ballroom Dancing?

We currently have someone willing to teach Ballroom Dancing.
 Of course, we would like to see if anyone is interested before we schedule a class.

Yes!

No.

POOL NEWS



I encourage both men and women interested in playing pool to come to the Senior Center and enjoy the facilities. There are several pool tables at the Center which are available for anyone 60 years of age or older. We have a good time at the Senior Center and enjoy the friendships developed there and at the scheduled tournaments at other Senior Centers. Please come out and join us. Pool is everyone's game. For ladies interested in playing pool, there is a ladies pool league at the Alamo Senior Center which meets on Monday and Wednesday at 9:00. You are encouraged to join them and have FUN!

Alamogordo: 6-12-2012 (21 players)

- 1st place – Erni Shwadlenak - Alamogoro
- 2nd place – Ed Chavez – Alamogordo
- 3rd place – Dave Hansen - Alamogordo
- 4th place – Gilbert Munoz - Alamogordo

Capitan: 6-1-2012 (16 players)

- 1st place – Bob Pardue - Alto
- 2nd place – John Martinez - Alamogordo
- 3rd place – Glen Campbell - Alamogordo
- 4th place – Mario Hernandez - Capitan

Tularosa: 6-19-2012(13 players)

- 1st place – John Martinez - Alamogordo
- 2nd place – Ken Bloss - Alamogordo
- 3rd place – Ed Chavez - Alamogordo
- 4th place – Lloyd Miller - Tularosa

Ruidoso Downs: 5-25-2012 (17 players)

- 1st place – Max Lucero – Las Cruces
- 2nd place – Dan Rivas - Capitan
- 3rd place – Glen Campbell – Alamogordo
- 4th place – Jerry Burchett – Hondo

Hondo Valley: 6-8-2012 (13 players)

- 1st place – Dave Hansen - Alamogordo
- 2nd place – Joe Hayhurst – Ruidoso Downs
- 3rd place – Jerry Burchett - Hondo
- 4th place – Mario Hernandez - Capitan

Balance Matters

-Merry Koral

We all need balance in our lives. Besides having a well balanced life with a variety of activities, a balanced diet, we also need to have balance in our bodies. Having good balance is more complex than you might think. It involves the integration of various sensory and motor systems, including vision, inner ear sense of motion, and the ability to sense where your body is in space. To stay steady, you also need good muscle strength and reaction time.

If any of these systems are not functioning properly, you can lose your balance even while just walking or standing up. In fact about one third of people who don't live in nursing homes fall at least once a year and about 10% of those falls result in serious injury.

Older people often have poor balance due to loss of muscle strength and joint inflexibility, as well as reduced vision and slow reaction time. The risk of inner ear dysfunction, which can throw you off balance, increases with age. Lack of exercise, alcohol, obesity, nerve damage in the lower legs, and certain medications can interfere with balance.

Do you have good balance? Test yourself by seeing how long you can stand on one foot with your eyes closed. Most people over 40 can't go beyond 15 seconds. Even if you can, try to go longer. Without holding onto anything, rise up on your toes 10 times. Repeat with your eyes shut. Walk a straight line, placing the heel of one foot directly in front of the toes of the other foot.

So what can you do to improve your balance? Improving your muscle strength will go a long way toward helping you maintain your balance. All kinds of exercise, particularly those that involve the lower part of your body and agility can be helpful. Walking, dancing, golf, and tai chi are all excellent ways of improving your lower body strength and agility.

Have you ever tried to balance on a balance board? Some have a dowel on the under side and tip side to side and others have a small ball underneath and tip in all directions. It is best to start with those which will tip side to side. When you master those try those that tip in all directions.

Stability balls can also help improve your balance. We have several in the fitness facility. Select one that is about knee height. Sit on it and practice maintaining your balance as you rock side to side. As you improve, practice doing squats with your back leg resting on the ball.

Walk on uneven ground. If you are having balance problems you might want to use a cane to be sure you don't fall. As you gain strength and agility you can discard the cane.

Try a mini-trampoline if you are steady on your feet. We do not have one of these in our exercise facility here at the Center, but if you have one or know someone who does you might want to give it a try.

Fillmore Eye Clinic



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In Loving Memory of:



Robert D. Lawson

With Sympathy Of:

Margaret Lawson

Bill Morgan

With Sympathy Of:

Artie & Peggy Page

Pam Vargo

Lois McConnaughey

Geneva Wooten

Ilene Smith

Donald & Rebecca May

Mary L. Morgan

Mary P. Morgan

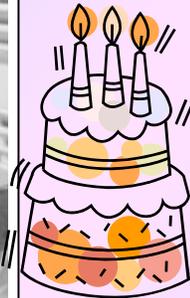


Happy Birthday June!



Back Row: Milton Chestnut, Bill Jellison, Monroe Ratchford

Front Row: Stella Campbell, Artie Page, Peggy Owen, Dorothy Slusher, Elaine Van Tassel, Marilyn Hughes



Special Thanks To:

Amerigroup

For Their Donation



Living Will and Testament



When making out your
Final Will and Testament
PLEASE

remember to include your Alamo Senior Center.
We appreciate any and all contributions no matter
how big or small.

As a member of our Center,
you know that your monetary gift will be
put to good use. Your contribution will allow for
many seniors to enjoy our Center as much as you
have.

If you have any questions, please call Ronnie at
439-4150.