

THE SENTINEL

DECEMBER 2013

50 CENT SUGGESTED DONATION

2201 Puerto Rico Alamogordo, NM, 88310 575-439-4150, Fax: 575-439-4160

I would like to thank Mt. View Middle School for the memorable Veteran's Assembly that was held at their facility on November 8th. We had 17 seniors in attendance and it was a very beautiful, yet emotional experience. Thank you to the seniors who attended and were part of our November intergenerational project.

If you haven't gotten over to meet Ami in our Exercise Facility, please get over there. She has some great ideas and events planned for all of us to get involved in living a healthier life style. She is trying to get us ready for a 5-mile walk/run to support senior health awareness.

We would like to thank the 49 volunteers from HAFB that helped us to serve 491 seniors at our Thanksgiving Dinner held on November 15th. Thanks to the many volunteers and staff who made this another memorable Thanksgiving Dinner for everyone. We will be having our Christmas Dinner meal on December 13, 2013 from 11 a.m. – 1:00 p.m.

I would like to recognize our November Employee of the month, Mr. Jaime White. Jaime is our custodian at the Center, and he has a big responsibility to maintain our Senior Center and Exercise Facility. Jaime always has a smile on his face and is ready and willing to help anyone who asks for his assistance. We can always count on Jaime to help us deliver Meals on Wheels, be the back up bus driver, serve on the line, dance with us for a staff function, be the organizer of our staff potlucks and so much more. We appreciate the fine job that he does for us; look for his picture on the entry bulletin board. Congratulations Jaime on a job well done!

Please check out the field trip bulletin board right across from the reception desk. We have several trips coming up. One of my favorite trips is to Santa Fe to support Senior Day, and this trip will be in January. We visit the Capital and sign in on our Legislator's offices with a note thanking them for supporting senior programs. It is beautiful in Santa Fe this time of year and we also get to meet new people who sign up to go on our trips. I will not be attending because I have to give other staff an opportunity to attend, but it is a great trip. Hope you will consider going.

It is with a heavy heart that we say good-bye to our dear friend Rosanne Garcia, Food Services Administrator whose last day with us is on December 31, 2013. We will have cake and punch for her in the dining room at 11:45 a.m. on this day. She would also like to invite you all to attend her retirement "pot luck" dinner and dance on December 14th here at the Center. The meal will be from 4-6 p.m. and a dance from 6-9 p.m. We will have a sign up sheet for whatever dish you would like to bring.

Merry Christmas to all!

Always,

Ronnie

Alamo Senior
Center

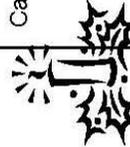
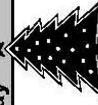


Veronica
Ortega

ASC
Manager



DECEMBER 2013

2 - Monday	3 - Tuesday	4 - Wednesday	5 - Thursday	6 - Friday
GC Hamburger Lettuce, Tomatoes, Onions Ranch Beans Onion Rings Applesauce 	BBQ Ribs Coleslaw Baked Potato Biscuit Chunky Fruit	Corned Beef Cabbage Peas and Carrots Salad Roll Lime Sherbet	Baked Pork Chops Baked Yam Brussels Sprouts Coleslaw Lemon Cake With Frosting	GC Chicken Enchilada Pinto Beans Spanish Rice Salad Ice Cream / Strawberries
9 - Monday	10 - Tuesday	11 - Wednesday	12 - Thursday	13 - Friday
Chicken Strips Mashed Potatoes Asparagus Garden Salad Biscuit Peaches / Strawberries	Roast Beef Roasted Vegetables Carrots, Onions, Cabbage Wheat Roll Gingerbread	Spinach Lasagna Tossed Salad Wheat Roll Pineapple	Baked Fish French Fries Broccoli Salad Biscuit Apricots 	Christmas Dinner Turkey Stuffing Scandinavian Vegetables WW Roll Pumpkin Pie w/ Topping
16 - Monday	17 - Tuesday	18 - Wednesday	19 - Thursday	20 - Friday
Steak Ranchero Garden Salad Baked Potato Baby Carrots Dinner Roll Banana 	Creole Pork Chop Pasta Carrots Margarine Sliced Almonds French Bread Mandarin Oranges	Chicken and Mushrooms Rice Spinach WW Roll Pudding	Pork Roast Pineapple Cole Slaw Baked Yam Squash Whole Wheat Roll Pineapple	Chicken Fried Steak Mashed Potatoes White Gravy Peas Whole Wheat Bread Brownies
23 - Monday	24 - Tuesday	25 - Wednesday	26 - Thursday	27 - Friday
Meatballs Steamed Rice Oriental Vegetables Wheat Roll Apricots	Chicken Breast Stuffing Peas Salad Roll w/Margarine Peaches / Ice Cream	★ CLOSED  CHRISTMAS Have a wonderful holiday! No Congregate meal served	Beef Enchilada Pinto Beans Spanish Rice Salad Orange	Country BBQ Ribs Coleslaw Peas and Mushrooms Dinner Roll Chunky Fruit
30 - Monday	31 - Tuesday			
Chili Bean Coleslaw Squash Cornbread Pears	Orange Chicken Rice Salad Roll Pineapple	Menu subject to change Suggested donation \$2.50 Lowfat milk served Daily		

Calendar of Events

For more information on any of these events, please call 439-4150.

Huff and Puff

C.O.P.D. Support Group

Topic: Hospice Services

Speaker:

Erva Jo Yarborough, RN, BSN, CHPN

December 3rd, 2013

1:00 pm — 3:00 pm

Classrooms 1 & 2

BLOOD PRESSURE



CLINIC

Sponsored by

Encompass Home Health

December 4th, 11th,
& 18th, 2013

Wednesdays, 10:00 am — 12:00 pm
in the ASC Foyer

Dessert with the Doc

Topic: *Caring for skin as we age*

Speaker: Christine Leister-Ladd PA

December 5th, 2013

12:15pm—1:00pm

Classroom 1 & 2

Dance to the music of :

Johnny Mack



December 6th & 20th, 2013

6:00 pm — 9:00 pm

Dining Room — \$4.00 per person
Light refreshments will be served

MEDICAL ARTS

Diabetic—Navigating Holiday Desserts

Heart Healthy—Holiday Cooking

December 10th &
17th, 2013

10:00 am — 11:00 am in the Foyer

Pet Adoption Day



December 12th, 2013

9:30 am — 11:00 am in the ASC Foyer
Second Thursday of every month

Calendar of Events

For more information on any of these events, please call 439-4150.

Dance to the music of:

SELMO



December 13th, 2013

6:00 p.m. — 9:00 p.m.

Dining room — \$4.00 per person

Light refreshments will be served

**CHRISTMAS
DINNER**

December 13th, 2013

11:00 am — 1:00 pm

Dining Room

Bereavement Class



By Pastor Bob

December 18th, 2013

10:00 am — 12:00 pm

Staff conference Room

Senior Birthday Party



December 18th, 2013

9:45 am — 10:30 am

ASC Dining Room

AARP Safe Driving Class

Sign up at the front desk.

December 19th, 2013

Thursday, 9:00 am—3:00 pm

Classroom 1 & 2

**New Years Eve Dinner
and Dance**

Music By: "Selmo"



December 27th, 2013

6:00pm—8:30pm

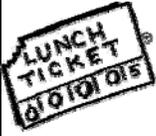
Dining Room—\$25.00 per couple

\$15.00 Single

Meal Tickets



October Nutrition Report



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 \$8.50 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!

Number of days served this month:

Total number of meals served:

Meals Served:	Congregate Meals	Home Delivered Meals
October	3,600	3,423
Donation Average:	\$1.74	\$1.13

Thrift Shop Donations Needed

The Alamo Senior Center needs donations for our Thrift Shop. Your donations are greatly appreciated. All proceeds benefit the Senior Center.

The Alamo Senior Center needs Volunteers for Home Delivered Meals. If interested, let us know!



Come Join us for Open Mic on Tuesday mornings at the

Alamo Senior Center

9:00—11:15 a.m.

The Aristocrat Assisted Living Center

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Member Facility with New Mexico Health Care Association

Alamo Senior Center

Fitness Activities

Event: Exercise Classes	Day	Time	Place
Aerobics	Mon & Wed & Fri	8:45-9:45 AM	Old Wellness Cntr
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	2:00 - 3:00 PM	Fitness Room I w/ Mitzi
Chair Exercise	Mon & Wed & Fri	9:35 - 9:55AM	Fitness Room I w/ Genny
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
Cue Line Dancing	Wed	6:30 - 7:30 PM	Fitness Room II w/ Iris
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	2:30-3:30PM	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	4:00-5:15 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 - Video/instructor	Fri	11:15-12:45 AM	Fitness Room II w/Jenny

Updated 10/28/2013

**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.**

Alamo Senior Center Activities

Event: Support Groups	Day	Time	Place
Alzheimer's Support	2nd Tues	6:30 PM	Casa Arena
Daily Cancer Support	Mon. - Fri.	11AM - 5PM	907 New York Ave.
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 II
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 (Multimedia)	Wednesday	8:30-11:30 AM & 1-3:30 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/Rose / ASC
Bridge Lessons	Wednesday	6:30 - 8:30 PM	Activity Room/Adam / ASC
Bridge (Duplicate)	Mon & Tues & Fri	12:30-4 PM	Activity Room/Adam/DCBC
Bridge (Duplicate)	Jan - June, 1st Sun of the month	@ 1:30 -4:00 PM	Activity Room/Adam/DCBC
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	Classroom I & II
Silversmith	Wed & Fri	1-3 PM	Lapidary Room
Woodworking Class	Saturdays	10:00 AM	Senior Center

*DCBC = Desert Castaways Bridge Club

Free Travel Planning to Disney Destinations & Beyond

For information:

Talk or Text: 575-430-1119

Email:

nancy.julian@mousetalestravel.com

Facebook:

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November Birthdays



As pictured left to right: Larry Chapman, Margaret Abeyta, Lydia Scott, Jesse
Hudman, Luis Chavez, Lucia Mitchell, Phyllis Dygert, Tom Rich & Betty Bauer.

Special Thanks To: Casa Arena
for their Cake Donation!!!

POOL NEWS

November 2013

I encourage anyone interested in playing pool to come to the Senior Center and enjoy the facilities. The pool tables at the Center 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 other Senior Centers. Please come out and join us. Pool is everyone's game. For ladies interested in playing pool, there are several ladies who play at the Alamo Senior Center on Mondays and Wednesdays at 9 am. You are encouraged to join us and have FUN.

Ruidoso Downs: 10-25-2013 (18 players)

1st place-Ed Chavez-Alamogordo

2nd place-Bob Pardue-Alto

3rd place Jerry Burchett-Hondo

4th place-Glen Campbell-Alamogordo

Capitan: 11-1-2013 (20 players)

1st place-Ed Chavez-Alamogordo

2nd place-Ken Bloss-Alamogordo

3rd place-Mario Hernandez-Capitan

4th place-Charlie Gardner-Las Cruces

Alamogordo: 11-12-2013 (25 players)

1st place-Carlos Hernandez-Las Cruces

2nd place-Henry Tellez-Las Cruces

3rd place-Ed Chavez-Alamogordo

4th place-Charlie Gardner-Las Cruces

Hondo Valley: 11-8-2013 (19 players)

1st place-Ed Chavez-Alamogordo

2nd place-Glen Campbell-Alamogordo

3rd place-Lew Dodson-Hondo

4th place-Gilbert Munoz-Alamogordo

Tularosa: 11-19-2013 14 (players)

1st place-John Martinez-Alamogordo

2nd place-Frank Smith-Alamogordo

3rd place-Glen Campbell-Alamogordo

4th place-Gilbert Munoz-Alamogordo

AMY'S FITNESS ADVICE

The Importance of Deep Breathing and Exercise

Have you ever been to a gym and seen the huge body builders walk to their weights, prepare to lift, and take this tiny breath of air and then try to lift 350 pounds? It doesn't work out very well for them does it? They are not training their respiratory systems when they do that and won't accomplish a lot from their workout.

Deep Breathing is important for the muscular system and working out because it allows oxygen to travel in the blood and get to the muscular system which allows us to be our strongest. Short, fragmented breathing only allows for a quick burst. You can accomplish deep breathing by following these tips:

1. Find a breathing rhythm. You may want to count through your exercises by breathing in for 3 counts and then breathing out for 3 counts. This is one Mississippi-two Mississippi-three Mississippi.

2. Breathing by movement. What this means breathing triggered by particular movement. For example, on arm curls you may want to breathe in while taking your weight up and breathe out as it returns to the beginning position.

3. Take a yoga class. Yoga teaches the entire body to move with a breath. Taking a yoga class will teach you how to breathe while exerting your body. You learn how to breathe with your body.

Learning to breathe properly will help you learn how to





Christmas Tree Light Tour!

December 12th, 2013

5:00 till???

Dinner at McDonald's at your own cost

Suggested Donation for Transportation \$2.00

FIELD TRIPS

“Senior Day”

At the Capital in Santa Fe

Depart: 9:00 am January 27th, 2014

Return: 4:00 pm January 29th, 2014

Hotel Cost: \$103.68 for single and

\$51.84 for double occupancy

Suggested Transportation Cost: \$15.00

Meals: At your own cost

You pay for your hotel room upon arrival.