

# The Sentinel

July 2014

50 cent suggested donation

2201 Puerto Rico, Alamogordo, NM, 88310

575-439-4150, Fax: 575-439-4160

**With the end of another fiscal year, we're all scrambling to close out accounts, clean up records, finish jobs, etc.** By the time you get this newsletter, we should have sprinted to the finish line for last year and are starting new records, creating new to-do lists, and studying new budgets for another new fiscal year.

All this is still a new experience for me. I am just reaching my six-month mark here at the Alamo Senior Center, and I am still learning so much information every day. As the Information and Resource Coordinator, a big part of my job is to discover, learn, research, and disseminate information about resources for seniors. Let me share a couple of items that may be of interest to you:

- The Legal Resources for the Elderly Program (LREP) is a free help line for all New Mexico residents 55 and over. Sponsored by the New Mexico State Bar Association, LREP can provide advice on consumer protection, debt collection problems, guardianship/conservatorship issues, landlord/tenant disputes, powers of attorney, Medicare and Medicaid, probate, transfer on death deeds, and other civil legal issues. LREP is available Monday – Friday, 8:00 am – 5:00 pm at 1-800-876-6657.
- Although there are services for low-income seniors, it can be very frustrating to determine if one is eligible for such services. To check if you qualify for New Mexico Human Services Department benefits to assist with medical expenses, insurance, food or utilities, contact Jessica Martinez at 1-888-676-8192.

If you are looking for forms for transfer on death deeds, powers of attorney, or advanced medical directives, please stop by my office. I can also try to track down information on other resources. And, I can help with homemaker tasks—such as making out checks, writing letters, making phone calls, etc. Do feel free to call, stop by or make an appointment with me if you need assistance.

My thanks to everyone—staff and seniors—who have helped me through my first six months!

*Peter*

Reminder: The Senior Center will be CLOSED on Monday, July 4, in observation of Independence Day. Happy Fourth!

Visit us online at: <http://ci.alamogordo.nm.us/coa/communityservices/asc.htm>

Alamo Senior  
Center



Veronica  
Ortega  
ASC  
Manager





# Meal Tickets



# May 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 \$7.25 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: 21

Total number of meals served: 6,676

Meals Served:	Congregate Meals	Home Delivered Meals
May	3,290	3,386
Donation Average:	\$1.65	\$.96

**PLEASE REMEMBER TO RENEW/UPDATE YOUR SENIOR CENTER ID CARD: YOUR CARD EXPIRES ON YOUR BIRTH MONTH.**

## 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.

## Climate Heating & Air Conditioning, Inc.



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617 New York Ave.  
Alamogordo, NM 88310

(575) 437-3130  
Fax 437-0108  
N.M. Lic. #3117

The Alamo Senior Center needs volunteers for Home Delivered Meals.

Deliveries take about one hour. Your help just once a week helps our homebound seniors.



If you are interested, please let us know!

# Calendar of Events

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

<p><b>Huff &amp; Puff Support Group</b></p>	<p><b>July 1<sup>st</sup>, 2014</b> 1:00 pm - 3:00 pm Classroom 1</p>
<p><b>Field Trip to:</b> Ruidoso Gazebo Mall &amp; Billy the Kid Casino/ Race Track</p>	<p> <b>July 3<sup>rd</sup>, 2014</b> 8:30 am - 4:00 pm <i>Info &amp; Sign up at the Front Desk!</i></p>
<p><i>Independence Day Holiday</i></p>	<p> <b>July 4<sup>th</sup>, 2014</b> <b>Senior Center CLOSED</b></p>
<p><b>Pet Adoption Day</b></p> <p></p>	<p><b>July 10<sup>th</sup>, 2014</b> 9:00 am - 11:00 am Foyer</p>
<p>Low Vision Support Group</p> <p></p>	<p><b>July 10<sup>th</sup>, 2014</b> 9:00 am - 11:00 am Staff Conference Room</p>
<p><i>Dance to the music of:</i> <b>High Mesa</b></p>	<p> <b>July 11<sup>th</sup>, 2014</b> 6:00 pm - 9 :00 pm Dining room - \$4.00 per person</p>



- ◆ See next page for more information & instructions.
  - ◆ Application also included in this newsletter.
- ◆ Please remember: Application deadline is August 8, 2014.
  - ◆ If you return your application to the Senior Center,  
we'll forward it on to United Way.



SEPTEMBER 5<sup>TH</sup>, 2014

Every year the United Way of Otero County offers a **Day of Caring** to seniors, disabled and low income families in our community. Volunteers perform tasks such as yard work, window washing, general house cleaning, painting and minor repairs.

If you know of someone who could use a Helping Hand a **Residential Job Request Form** needs to be completed. This form is available at:

- ❖ United Way of Otero County's website – [www.uwoteroounty.org](http://www.uwoteroounty.org)
- ❖ Or for pick-up from the United Way's office – 1601 East 10<sup>th</sup> Street, Suite B, Alamogordo
- ❖ Or by calling 575-437-8400 & requesting a form be mailed to you.

**Please return completed Residential Job Request Forms as soon as possible, but no later than August 8, 2014** to the United Way's office or mail to PO Box 14, Alamogordo, NM 88311. Please call Linda Elliott at 575-437-8400 for more information.





# United Way of Otero County Day of Caring Friday, September 5, 2014 Residential Job Request

NOTE: THE DAY OF CARING BEGAN AS A COMMUNITY PROJECT FOR THOSE WHO COULD NOT HELP THEMSELVES, EITHER PHYSICALLY OR FINANCIALLY. IF YOU HAVE THE MEANS TO HELP YOURSELF, PLEASE **DO NOT** SUBMIT A JOB REQUEST. WE WANT TO HELP THOSE IN OUR COMMUNITY WHO NEED OUR HELP MOST.

IF JOB(S) ARE APPROVED, THE ASSIGNED VOLUNTEERS WILL ARRIVE AT YOUR HOME **SOMETIME BETWEEN THE HOURS OF 8AM AND 4PM**—THERE IS NO SET TIME FOR ARRIVAL. PLEASE ENSURE THIS ENTIRE FORM IS READ—FRONT & BACK AND SIGNED.

PLEASE HELP US KEEP THE **TRUE MEANING** OF THE DAY OF CARING!

NAME OF RESIDENT/INDIVIDUAL: \_\_\_\_\_

DOES INDIVIDUAL/RESIDENT HAVE ANY SPECIAL NEEDS THAT VOLUNTEERS NEED TO BE AWARE OF? (i.e. hearing impaired, wheelchairs, etc.)?  YES  NO

IF YES, PLEASE DESCRIBE: \_\_\_\_\_

ADDRESS OF JOB SITE: \_\_\_\_\_

DIRECTIONS TO THE HOME (MANDATORY FOR ALL OUT OF THE WAY HOMES & ALL CLOUDCROFT HOME JOB REQUESTS):

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

INDIVIDUAL'S PHONE NUMBER: \_\_\_\_\_ IF NO PHONE, OTHER CONTACT: \_\_\_\_\_

REFERRED BY: \_\_\_\_\_ FROM: \_\_\_\_\_

DESCRIPTION OF JOB(S) NEEDING DONE: (PLEASE LIST BY PRIORITY)

- 1) \_\_\_\_\_
- 2) \_\_\_\_\_
- 3) \_\_\_\_\_
- 4) \_\_\_\_\_

DOES THE JOB REQUIRE SPECIAL EQUIPMENT?  NO  YES \_\_\_\_\_

DO YOU HAVE THE MEANS TO COMPLETE THE JOB YOURSELF (i.e. FAMILY MEMBERS IN AREA OR FINANCIALLY)?  YES  NO

IF YES, WHY IS HELP BEING REQUESTED? \_\_\_\_\_

IF NOT THE HOUSEHOLD RESIDENT, DOES THE INDIVIDUAL KNOW YOU HAVE PUT IN A JOB REQUEST FOR ASSISTANCE?  
 YES  NO

WILL YOU BE HOME ON SEPTEMBER 5, 2014?  YES  NO / IF NOT, WHO WILL BE? \_\_\_\_\_

**PLEASE RETURN THIS FORM AS SOON AS POSSIBLE, BUT NO LATER THAN  
FRIDAY, AUGUST 8, 2014  
(ALL JOB REQUESTS MUST BE DELIVERED OR POSTMARKED BY THE ABOVE DATE, NO EXCEPTIONS)  
\*\*\*PLEASE SEE REVERSE\*\*\***

**PLEASE READ THE FOLLOWING VERY CAREFULLY AND SIGN AT THE END.**

ALL RESIDENT/INDIVIDUALS REQUESTING WORK TASKS SHOULD SUPPLY ALL TOOLS AND MATERIALS THAT WILL BE NEEDED BY VOLUNTEERS TO ACCOMPLISH THE JOBS. ONLY IF THIS WILL BE A FINANCIAL BURDEN TO THE INDIVIDUAL, IDENTIFY NEEDS BELOW, WILL THE UNITED WAY OF OTERO COUNTY TRY OUR BEST TO GET THE NEEDED ITEMS DONATED.

Materials Needed, i.e. paint, paint brushes, cleaning supplies, etc., \_\_\_\_\_

The United Way of Otero County and any volunteer(s) that participate in the DAY OF CARING have the right to refuse to do any work that may cause personal injury, damage to property or for any other reason(s) the volunteer(s) deem necessary.

Residents/Individuals that are requesting to have jobs done by the volunteers on the DAY OF CARING must be fully aware that any work that is accomplished will be done in the most professional manner and to the best of the volunteer's ability. VOLUNTEERS AND THE UNITED WAY OF OTERO COUNTY ARE NOT LIABLE FOR WORK THAT MAY NOT MEET THE EXPECTATIONS OF THE RESIDENT(S)/INDIVIDUAL(S).

ADDITIONALLY, PLEASE NOTE THAT ALL WORK IS DONE BY VOLUNTEERS & WHILE EVERY ATTEMPT WILL BE MADE TO ENSURE THEY ARRIVE, THE UNITED WAY OF OTERO COUNTY CANNOT BE HELD RESPONSIBLE FOR NO-SHOWS.

The following jobs are acceptable projects for the volunteers:

- Cleaning
- Painting
- Lawn Care
- \* Wood cutting
- \* Packing/Unpacking Boxes
- \* Tree Trimming, ONLY if tree is not taller than the roof
- \* This list is not exclusive and jobs will be approved on a case-by-case basis

The following jobs are not acceptable jobs for the volunteers on the Day of Caring (no expectations):

- \* Tree trimming if the tree is taller than the roof, Wheel-Chair Ramps or ramps of any sort
- \* Roof work
- \* Any major projects requiring more than one day worth of work
- \* Any job that would put our volunteers in harm's way
- \* This list is not exclusive and jobs will be approved/evaluated on a case-by-case basis.

Each job request will require an inspection by the Day of Caring Committee to determine if the job is something our volunteers are able to accomplish or not. Residents will know on the day of the inspection if they are approved or disapproved.

If you have any further questions, please contact Linda L. Elliott, Executive Director of the United Way of Otero County at (575) 437-8400/lindae@uwotero.org/P.O. Box 14, Alamogordo, NM 88311

**I HAVE READ THE FORM (FRONT & BACK) AND UNDERSTAND THE AGREEMENT FROM THE UNITED WAY OF OTERO COUNTY.**

\_\_\_\_\_  
Resident's Signature

\_\_\_\_\_  
Date

United Way of Otero County Use Only

Site Surveyed Date: \_\_\_\_\_

Site Approved / Disapproved \_\_\_\_\_

Special Needs Identified: \_\_\_\_\_

UWOC Representative Initials: \_\_\_\_\_

Work Zone Assigned: \_\_\_\_\_

Estimated Number of Volunteers Needed to Complete Job(s): \_\_\_\_\_

# Alamo Senior Center

## Activities

ASC Activities	Day	Time	Place
AARP Driver Safety Program	3rd Thurs.	9:00 AM - 3:00 PM	Classroom I
Art (Arts & Crafts)	Mon	9:00 AM - 11:30 AM	Activity Room
Art (Open - Any Media)	Wed	9:00 AM - 3:00 PM	Activity Room
Bereavement Class	3rd Wed	10:00 AM - 12:00 PM	Staff Conference Room
Bingo	Tues & Fri	1:15 - 3:00 PM	Dining Room
Birthday Party	Last Wed of the month	9:45 - 10:30 AM	Dining Room
Blood Pressure	Every Fri	10:00 AM - 12:00PM	Lobby
Bridge (Duplicate) - *DCBC	Mon & Tues & Fri	12:30 - 4:30 PM	Activity Room
Bridge (Duplicate) - *DCBC	1st & 3rd Sun	1:30 - 4:00 PM	Activity Room
Bridge (Party)	2nd Tues	12:00 - 4:00 PM	Classroom I & II
Chorus	Thurs	10:00 AM	Dining Room
COPD Huff n Puff	1st Tues	1:00 PM	Classroom I and II
DAV	1st Mon	6:00 - 7:30 PM	Classroom II
Harmonica	Thurs	9:00 - 11:00 AM	Class Room I
Lapidary	Wed & Fri	10:00 AM -12:00 PM	Lapidary Room
Low Vision/Blind Support	2nd Thurs	9:00 - 11:00 AM	Conference Room
Marine Corp. League	1st Sat	1:00 - 3:00 PM	Classroom I
Music	Daily	9:00 - 11:00 AM	Dining Room
NARFE Board	2nd Mon	1:00 PM	Classroom I
Nutrition Council Meeting	2nd Thurs	1:15 - 2:15 PM	Classroom I
OWL Writing Group	Fri	1.30 - 4:00 PM	Classroom I + II
Pet Adoption	2nd Thurs	9:00 - 11:00 AM	Lobby
Pinochle	Wed	1:00 - 5:00 PM	Lobby
Pool (Women's League)	Mon & Wed	9:00 AM	Pool Room
Pool Tournament	2nd Tues	9:30 AM	Pool Room
Quilting	Thurs	9:00 - 11:30 AM	Activity Room
Senior Olympics Meeting	1st Thurs Jan-Sept	1:00 - 2:00 PM	Classroom I & II
Silversmith	Wed & Fri	1:00 - 3:00 PM	Lapidary Room
Woodworking Class	Saturdays	10:00 AM	Senior Center
Community Activities	Day	Time	Place
Alzheimer's Support	2nd Tues	6:30 PM	Casa Arena Blanca
Daily Cancer Support	Mon-Fri	11:00 AM - 5:00 PM	CAPPED (434-HOPE)
Diabetes Support Group	3rd Tues	3:00 PM	GCRMC
Senior Golf	Wed	8:00 AM - 12:00 PM	Desert Lakes

\*DCBC = Desert Castaways Bridge Club

Updated 6-26-2014

Oops! Did we miss something? Please report any omissions or changes to the Front Desk!

### Cancellations & Last Minute Changes

- Bingo is CANCELED for Friday, July 18<sup>th</sup>, to allow for preparation for the Summer Luau..
- The Aristocrat Assisted Living Center will be giving a presentation on Tuesday, July 22<sup>nd</sup>, 12:00 pm - 1:00 pm in Classroom I.

# Alamo Senior Center Fitness Activities

Event: Exercise Classes	Day	Time	Place
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
Begin/Intermediate Line Dancing	Mon & Thurs	2:00-3:00 PM	Fitness Room II w/ Jean
Chair Exercise	Mon & Wed & Fri	9:40- 10:00AM	Fitness Room I w/ Genny
Circuit Training	Tue & Thurs	2:00 - 2:45 PM	Fitness Center w/ Cindy
Cue Line Dancing	Wed	6:30 - 7:30 PM	Fitness Room II w/ Janet
Jamboree Line Dance Adv.	Tues & Wed & Fri	1:30-2:45 PM	Fitness Room II w/ Bea
Jamboree Line Dance Beg.	Tues & Wed & Fri	12:30-1:30 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
Plus-Square-Dance	Wed	2:00-3:00 PM	(Starts End of September )
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	Wellness Center w/ Judy
Strength Training	Mon & Wed & Fri	9:00-10:00 AM	Fitness Room I w/ Dick
Strength Training-Advanced	Mon & Wed & Fri	8:00-9:00 AM	Fitness Room I w/ Chuck
Stretching	Mon & Wed & Fri	10:00-11:00 AM	Fitness Room I w/ Lucille
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 & Fri	8:30 - 9:30 AM	Fitness Room II w/ Lee
Walk Aerobics	Mon & Wed & Fri	2:00-3:00 PM	Fitness Room I w/ Velda
Wgt Training & DVD Dance	Mon & Wed & Fri	11:00-12:00 PM	Fitness Room I w/ Elena
Yoga	Tues & Thurs	8:00 - 9:30 AM	Fitness Room II w/ Mary
Zumba	Fri	11:00-11:45 AM	Fitness Room II w/ Jennifer
Zumba	Wed	11:15-11:45 AM	Fitness Room II
Zumba - DVD	Mon	11:00-11:45 AM	Fitness Room II

Updated 6/26/2014

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.

## Makeover Day, June 20, 2014



Before



After

Special Thanks to:

Curtis Hobby

**Clif's Barber Shop**

1605 E. Tenth St  
Alamogordo  
434-2200

**Please call for an appointment!**

Hours: 8:00 am - 5:00 pm, Mon-Fri  
8:00 am - 1:00 pm Sat

# Calendar of Events

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

<p><b>Bereavement Class</b></p>  <p>By Pastor Bob</p>	<p><b>July 16<sup>th</sup>, 2014</b></p> <p>10:00 am - 12:00 pm Staff Conference Room</p>
<p>AARP Safe Driving Class</p> <p><i>Sign up at the front desk</i></p> 	<p><b>July 17<sup>th</sup>, 2014</b></p> <p>9:00 am - 3:00 pm Classroom 1 &amp; 2</p>
<p><b>Summer Luau</b></p> <p>&amp; Dance to the Music of Selmo</p> 	<p><b>July 18<sup>th</sup>, 2014</b></p> <p>5:00 pm - 6:00 pm Dance 6:00 - 9:00 pm ASC Dining Room</p> 
<p><i>Dance to the music of:</i></p> <p><b>Selmo</b></p> 	<p><b>July 25<sup>th</sup>, 2014</b></p> <p>6:00 pm - 9 :00 pm Dining room - \$4.00 per person</p>
<p>10 Warning Signs of Alzheimers</p>	<p><b>July 25<sup>th</sup>, 2014</b></p> <p>11:00 am - 12:00 pm Staff Conference Room</p>
<p>Senior Birthday Party</p>  	<p><b>July 30<sup>th</sup>, 2014</b></p> <p>9:45 am - 10:30 am ASC Dining Room</p>



Parley D. Fillmore, M.D., PhD  
Ophthalmology  
Medicine and Surgery of the Eye

Alamogordo 1124 Tenth Street (575) 434-1200	Las Cruces 4111 Camino Coyote (575) 522-3353	Ruidoso 700 Mechem (575) 257-9300	Deming 850 Florida (575) 544-2020
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*Come Home to Casa*

# Pool News

## June 2014

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 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 are several ladies who play at the Alamo Senior Center on Mondays and Wednesdays at 9:00 am. You are encouraged to join them and us and have FUN.

Ruidoso Downs: 5-30-2014 (11 players)

- 1<sup>st</sup> place – Henry Davis – Deer Crossing RV Park/  
Hondo
- 2<sup>nd</sup> place – Joe Small – Alamogordo
- 3<sup>rd</sup> place – John Martinez – Alamogordo
- 4<sup>th</sup> place – Juan Montoya – Hondo

Capitan: 6-6-2014 (19 players)

- 1<sup>st</sup> place – Pete Sarmiento – Ruidoso
- 2<sup>nd</sup> place – Joe Small – Alamogordo
- 3<sup>rd</sup> place – Bill Shepperd – Alamogordo
- 4<sup>th</sup> place – Henry Davis - Deer Crossing RV Park/  
Hondo

Alamogordo: 6-10-2014 (24 players)

- 1<sup>st</sup> place – Luther Craig – Alamogordo
- 2<sup>nd</sup> place – Ed Chavez – Alamogordo
- 3<sup>rd</sup> place – Andy Nejerer – Alamogordo
- 4<sup>th</sup> place – John Martinez – Alamogordo

Hondo Valley: 6-13-2014 (17 players)

- 1<sup>st</sup> place – Gilbert Munoz – Alamogordo
- 2<sup>nd</sup> place – Joe Small – Alamogordo
- 3<sup>rd</sup> place – Lewis Dodson – Hondo
- 4<sup>th</sup> place – Dave Hansen – Alamogordo

Tularosa: 6-17-2014 (20 players)

- 1<sup>st</sup> place – Luther Craig – Alamogordo
- 2<sup>nd</sup> place – Dave Hansen – Alamogordo
- 3<sup>rd</sup> place – Tony Wedig – Tularosa
- 4<sup>th</sup> place – Ed Chavez – Alamogordo

Compiled by David Hansen of Alamogordo



**Come Play TABLE TENNIS**  
**Monday, Wednesday, & Friday**  
**8:00 am - 11:00 am**

# The Mind-Body Connection

Medical research suggests that when it comes to health, the mind and the body are connected, and what is good for the *head* also can be good for the *heart*. Scientists think that is why people who learn to manage stress require fewer pain relievers, recover from surgery faster, and slow down the progress of their arthritis and other related conditions. A “live-longer-and-better” strategy should include not only a balanced diet and regular physical activity but also your mental, social, and emotional health. There is nothing fake about feeling good. Taking positive action in all areas of your life can leave you feeling positively healthier.

Here are a few tips:

- Make a new friend
- Volunteer in your community
- Read a good book
- Take an art class (or any area of your interests)
- Call a family member with good news
- Enjoy the beauty all around you

## Notice

**Effective July 1, 2014, the cost of a lunch meal for non-members (guests and family members) under 60 years of age is \$7.25.**

**A suggested donation of \$2.50 per meal for anyone 60 or older remains the same.**

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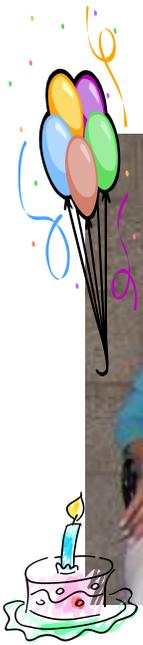
*Cathy Bredy  
Nail Technician*

Phone: 575-491-4548



801 1st Street, Suite A  
Alamogordo, NM 88310

# June Birthdays



Pictured above, left to right: Ann McDonald, Peggy Owen, June Keyworth, Monroe Ratchford; pictured right: Dave Carter



Many Thanks to HUMANA for Sponsoring This Month's Party!

## Summer Luau

Friday, July 18<sup>th</sup>

5:00 pm - 6:00 pm

Dining Room

**\$3.00 Suggested Donation**

(\$7.25 Price for Guests Under 60)

### Menu

BBQ Bonanza  
Chicken, Sausage, & BBQ Beef  
coleslaw, beans  
pumpkin spice cookie  
pineapple upside-down cake  
watermelon

**Please bring your Senior Center ID Card.**

Stay after the luau to dance to the music of Selmo

6:00 pm - 9 :00 pm

**FREE**

