

The Sentinel

October 2018

50 cent suggested donation

From the Manager

Happy Fall to All!

I just love this time of the year. The temperature has cooled down. The leaves begin to change into beautiful colors of orange, red & yellow before they eventually shed. For me, it is a breath of fresh air.

By the time this article is published, our Public Forum and Annual Health Fair have both come and gone. The Public Forum went well and many provided input which was compiled and the audience ranked the importance of each comment, concern or suggestion. We will look into internal suggestions and do our best to accommodate while taking everything into consideration. The Annual Health Fair was another successful event. We had 42 vendors providing information and educating the public about their products and services available.

Staff will be making monthly phone calls to schedule a meeting with you to conduct an assessment for the service that you receive at the Senior Center. The services that require an assessment are Transportation, Congregate Meals and the Fitness Program. The assessment only take 10 to 20 minutes tops. We are required by our State Level to conduct these assessments on a regular basis. This process is documentation that we send to the State for the services that are provided to each and every one of you. The Senior Center is then reimbursed for those Units of Service that we provide. You can also look on the back of your membership card which indicates the month and year that your next reassessment is due. If you are due for an assessment, please stop by the front desk. The Meals on Wheels Program is another service that requires an assessment which are scheduled by our Meals on Wheels Staff.

The SVP Spaghetti Dinner is scheduled for Friday, October 12th, from 5:00 – 7:30 p.m. This **year, the dinner will be held in the Senior Center's Dining Room as opposed to the Willie Estrada Civic Center.** Tickets are \$7.00 for spaghetti, meatballs, salad and bread. There will also be a silent auction and desserts will be available for purchase.

Finally, thank you to everyone for continuing to support the Senior Center's programs by your participation as well as your donations for the services you receive. And, thank you to all of our dedicated volunteers who continue to assist staff in areas that are so vital to the Senior Center's success!

Magdalena Morales

Alamo Senior Center

2201 Puerto Rico
Alamogordo, NM, 88310

Phone: 575-439-4150
Fax: 575-439-4160

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

October 2018

1 - Monday Sour Cream Enchiladas Lettuce & Tomato Pinto Beans Spanish Rice Strawberries	2 - Tuesday BBQ Chicken Thighs Broccoli Cauliflower & Carrot Salad Whole Wheat Bread w/ Margarine Spiced Peaches Sugar Cookie Chocolate Milk	3 - Wednesday Chicken Fried Steak Mashed Potatoes w/ Gravy Mixed Vegetables Whole Wheat Bread w/ Margarine Tangerine	4 - Thursday Pork Chop Mashed Potatoes w/ Gravy Peas Biscuit w/ Margarine Cherry Cobbler Chocolate Milk	5 - Friday Meat Loaf Steamed Rice Beets Mixed Vegetables Biscuit w/ Margarine Cantaloupe
8 - Monday Roast Beef Tossed Salad w/ Dressing Mashed Potatoes w/ Gravy California Vegetables Whole Wheat Bread w/ Margarine Cantaloupe	9 - Tuesday Baked Chicken Carrot Raisin Salad Wild Rice Biscuit w/ Margarine Mandarin Oranges Chocolate Milk	10 - Wednesday Beef Stew Cucumber & Onion Salad Cornbread w/ Margarine Strawberry Short Cake	11 - Thursday Vegetarian Lasagna Garden Salad w/ Dressing Mixed Vegetables French Bread w/ Margarine Plum Cobbler Chocolate Milk	12 - Friday Red Beef Enchiladas Jalapeno, Onion, Tomato Salsa Pinto Beans Tangerine
15 - Monday Beef Tips & Noodles Tossed Green Salad Peas & Carrots Oatmeal Cookie Pears	16 - Tuesday Green Chile Chicken Enchiladas Lettuce & Tomato Pinto Beans Jell-O Apricots Chocolate Milk	17 - Wednesday Baked Chicken Breast Sliced Tomatoes Broccoli w/ Cheese Whole Wheat Bread w/ Margarine Strawberries & Bananas	18 - Thursday Country Fried Steak Mashed Potatoes w/ Gravy Spinach Whole Wheat Bread w/ Margarine Chocolate Cookie Tangerine Chocolate Milk	19 - Friday Roast Pork Tossed Salad w/ Dressing Peas & Carrots Whole Wheat Bread w/ Margarine Lemon Pudding Mandarin Oranges
22 - Monday Salisbury Steak Red Peppers & Onions Whole Wheat Tortilla Pumpkin Bread	23 - Tuesday Roast Beef Mashed Potatoes w/ Gravy Mixed Vegetables Whole Wheat Bread w/ Margarine Applesauce Cake Pears & Mandarin Oranges Chocolate Milk	24 - Wednesday Oven Fried Chicken Baked Sweet Potato Green Beans Whole Wheat Bread w/ Margarine Apple Peach Crisp	25 - Thursday Green Chile Cheese Burger Lettuce Tomato & Onion Carrots & Peppers Butter Beans Chocolate Pudding Chocolate Milk	26 - Friday Dill Baked Fish Corn & Peppers Bread Stick Yogurt Pears
29 - Monday Green Chile Beef Enchiladas Jalapeno Onion & Tomato Salsa Pinto Beans Pineapple	30 - Tuesday BBQ Chicken Baked Beans Potato Salad Biscuit w/ Margarine Melon Mix w/ Grapes Chocolate Milk	31 - Wednesday Road Kill (Hot Beef Sandwich) Sour Potato (Mashed Pot. w/Gravy) Rotten Roots (Carrots & Peppers)  Crusty Bread Wormy Pears HAPPY HALLOWEEN!	1% Low Fat Milk Served Daily Suggested Donation: \$2.50 Menu Subject to Change	

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 \$7.00 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 1p.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!

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.



August 2018 Nutrition Report

Number of days served this month: 23

Total number of meals served: 6,307

	Congregate Meals	Home Delivered Meals
Meals Served:	3,263	3,044
Donation Average:	\$1.39	\$0.84

**PLEASE REMEMBER
TO RENEW/UPDATE
YOUR SENIOR CENTER ID CARD:
EXCEPT FOR THOSE RECEIVING
MEALS ON WHEELS,
LOOK FOR THE EXPIRATION DATE
ON THE BACK OF YOUR CARD.**

From the Nutrition Desk:
Salad dressings are
available on the serving line
upon request.

- Italian
- Thousand Island
- Ranch



To Our Meals on Wheels Recipients

- We appreciate your calling us to cancel your meal when you are not going to be home.
- Please note that our delivery times are from **10:45 AM - 1:00 PM**. Some of our drivers may have a double route which can delay delivery to you. We apologize for any inconvenience.



Alamo Senior Center Calendar of Events

October 2, 2018

Tuesday

10:00 AM - 11:00 AM



National Diabetes Prevention Program(NDPP) -- Classroom

October 3, 2018

Wednesday

10:00 AM - 12:00 PM

Medicare 101 -- Lobby



October 4, 2018

Thursday

1:00 PM - 2:00 PM



Senior Olympics Meeting -- Classroom

October 5, 2018

Friday

10:00 AM - 12:00 PM

United Health Care -- Lobby

5:00 PM - 7:30 PM



Annual SVP Spaghetti Dinner -- ASC Dining Room

Tickets can be purchased in the SVP office, through an Advisory Council Member, or at the door for \$7.00.

October 9, 2018

Tuesday

10:00 AM - 11:00 AM



National Diabetes Prevention Program(NDPP) -- Classroom

October 10, 2018

Wednesday

10:00 AM - 12:00 PM

Medicare 101 -- Lobby



1:00 PM - 3:00 PM



Huff N Puff -- Classroom

Alamo Senior Center Calendar of Events



October 12, 2018
Friday

10:00 AM - 12:00 PM

United Health Care -- Lobby



6:00 PM - 9:00 PM



Friday Night Dance - Selmo
\$4.00 per person. Open to the Public.

October 16, 2018
Tuesday

10:00 AM - 11:00 AM



National Diabetes Prevention Program(NDPP) -- Classroom

October 17, 2018
Wednesday

10:00 AM - 12:00 PM

Humana Medicare Sales Presentation -- Classroom

10:00 AM - 12:00 PM

Medicare 101 -- Lobby



October 18, 2018
Thursday

9:00 AM - 3:00 PM

AARP Driver Safety Program -- Classroom



10:00 AM - 3:00 PM



SHIP-Medicare Open Enrollment -- Lobby
Get information & sign up for Medicare Advantage and Prescription plans for 2018.

1:15 PM - 2:15 PM

Mayor's Committee On Aging -- Classroom



October 19, 2018
Friday

10:00 AM - 12:00 PM

United Health Care -- Lobby

6:00 PM - 9:00 PM

Friday Night Dance - The House Band
\$4.00 per person. Open to the Public.





Alamo Senior Center Calendar of Events

October 22, 2018

Monday

10:00 AM - 11:00 AM

Financial Fitness -- Classroom

Feeling free by eliminating debt quickly.



October 23, 2018

Tuesday

10:00 AM - 11:00 AM



National Diabetes Prevention Program(NDPP) -- Classroom

October 24, 2018

Wednesday

8:00 AM - 5:00 PM

Celestial Hearing-Paula -- Classroom

FREE Hearing Evaluations.

(575)232-9022 or 1-877-372-7730

Must call and schedule an appointment to be evaluated.



9:45 AM - 10:30 AM



Birthday Party -- Dining Room

*Happy
Birthday!*

10:00 AM - 12:00 PM

Medicare 101 -- Lobby

October 26, 2018

Friday

10:00 AM - 12:00 PM



United Health Care -- Lobby

6:00 PM - 9:00 PM

Friday Night Dance - Selmo

\$4.00 per person. Open to the Public.



October 30, 2018

Tuesday

10:00 AM - 11:00 AM



National Diabetes Prevention Program(NDPP) -- Classroom

October 31, 2018

Wednesday

10:00 AM - 12:00 PM

Medicare 101 -- Lobby



**Please patronize
our advertisers!
Let them know
you appreciate their support
of the Alamo Senior Center!**

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Be a Hero. Volunteer.

Contact the
Retired Senior Volunteer Program
at 439-4154 for more information.



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Senior Volunteer Programs

Annual Spaghetti Dinner

Friday, October 12, 2018

NEW LOCATION!!

Alamo Senior Center

NEW LOCATION!!

5 pm to 7:30 pm

SPAGHETTI & MEATBALLS, SALAD AND BREAD

Tickets are \$7.00 in the SVP office,
(2201 Puerto Rico Ave Alamogordo, NM 88310)
through our Advisory Council members or
at the door

For more information call 439-4154

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
Belly Dancing	Tues	11:15-12:00 PM	Fitness Room II
Body Toning	Wed	11:15-12:00 PM	Fitness Room I w/ Kay
Chair Exercise/Balance	Mon & Wed & Fri	9:30-10:00 AM	Fitness Room II w/ Genny & Luis
Cardio/Strength	Mon & Fri	11:00-12:00 PM	Fitness Room II w/ Sue
Gentle Stretching	Thurs	11:15-12:00 PM	Fitness Room II w/ Kay
Jamboree Line Dance (Advanced) *	Tues & Wed & Fri	1:30-2:45 PM	Fitness Room II w/ Bea *
Jamboree Line Dancing (Beginner) *	Tues & Wed & Fri	12:30-1:30 PM	Fitness Room II w/ Bea *
Jamboree Line Dancing (High Beginner)	Tues	3:00-4:00 PM	Fitness Room II w/ Norma
Line Dancing (Advanced)	Tues & Thurs	4:00-5:00 PM	Fitness Room II w/ Norma
Line Dancing (Advanced)	Tues & Thurs	5:00-6:00 PM	Fitness Room II w/ Merry
Line Dancing (Basic Beginner)	Mon & Thurs	1:15-2:00 PM	Fitness Room II
Line Dancing (Low Intermediate)	Mon & Thurs	2:00-3:00 PM	Fitness Room II
Line Dancing (Ultra Beginner)	Thurs	3:00-4:00 PM	Dining Room w/ Norma
Resistance Strength & Weight 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
The old Wellness Center is located at 10th & Washington Ave.			
Strength Training	Mon & Wed & Fri	9:00-10:00 AM	Fitness Room I
Strength Training & Stretching-Advanced	Mon & Wed & Fri	8:00-9:00 AM	Fitness Room I w/ Chuck
Tai Chi	Tues & Thurs	10:00-11:00 AM	Fitness Room II w/ Merry
Tai Chi for Arthritis*	Wed	3:30 - 4:30 PM	Fitness Room II w/ John
Walk Aerobics	Mon & Wed & Fri	8:45-9:30 AM	Fitness Room II w/ Lee
Walk Aerobics	Mon & Wed & Fri	1:50 - 2:45 PM	Fitness Room I w/ Becky
Yoga	Tues	8:30 - 9:30 AM	Fitness Room II w/ Judy
Yoga (Qigong) *	Thurs	8:30 - 9:30 AM	Fitness Room II w/ John *
Zumba - DVD	Wed & Fri	11:00-11:45 AM	Fitness Room II w/ Rueben

* Class is taught by a certified instructor.

Updated 8/28/2018



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.



A few policy reminders for use of the Alamo Senior Center Fitness Center:

- All persons under the age of 60 are subject to a fee of \$20/month or \$5/class, to be paid at the Front Desk. Those under 60 cannot displace a senior 60 or over at any time.
- Tennis shoes are a requirement for all exercise to include fitness classes and working out on the fitness equipment.
- **You cannot exercise alone:** there must be someone else in the Fitness Center with you. *Period.*

Alamo Senior Center Activities

ASC Activities	Day	Time	Place
AARP Driver Safety Program	3rd Thurs.	9:00 AM - 3:00 PM	Classroom
Arts & Crafts (Painting & Woodworking)	Wed	9:00 AM - 1:00 PM	Activity Room
Beginning Crochet	Fri	9:00 AM - 11:00 AM	Activity Room
Bingo	Tues & Fri	1:15 PM - 3:00 PM	Dining Room
Birthday Party	See Calendar of Events	9:45 AM - 10:30 AM	Dining Room
Bridge (Party)	Thurs	12:30 PM - 4:30 PM	Activity Room
	and 2nd Tues	12:00 PM - 4:00 PM	Classroom
Beginners "Giggle" Bridge	Mon	1:00 PM - 3:00 PM	Activity Room
Chorus	Thurs	10:00 AM - 11:00 AM	Dining Room
Dominoes	Thurs	12:30 PM - 3:00 PM	Lobby
Harmonica	4th & 5th Thurs	9:00 AM - 11:00 AM	Lobby
Lapidary	Mon Wed & Fri	10:00 AM - 12:00 PM	Lapidary Room
Marine Corp. League	2nd Sat EOM	11:00 AM - 1:00 PM	Classroom
Music in the Morning	Daily	9:00 AM - 11:00 AM	Dining Room
NARFE Board	2nd Mon	1:00 PM	Conference Room
Needlework	Tues	9:00 AM - 11:00 AM	Activity Room
Nutrition Council Meeting	2nd Thurs	1:15 PM - 2:15 PM	Classroom
Pinochle	Wed	1:00 PM - 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 AM - 11:30 AM	Activity Room
Senior Advisory Council	3rd Wed	1:15 - 3:00 PM	Classroom
Senior Olympics Meeting	1st Thurs Jan-Nov	1:00 - 2:00 PM	Classroom
Sign Language for Beginners	Mon	1:00 - 3:00 PM	Classroom
Silversmith	Wed & Fri	1:00 - 3:00 PM	Lapidary Room
Table Tennis	Stop by the Front Desk	for room availability	Classroom

EOM = Every Other Month

Updated 04/17/2018

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

Trick-or-Treat



*The local preschoolers will be at the
Alamo Senior Center on:*

October 31, 2018

*If you would like to donate a bag of
candy for this event, please drop it off
at the Front Desk.*

*Thank You,
ASC Staff*



HAPPY HALLOWEEN



Happy Halloween

Come and join us on:

Wednesday, October 31st at 11:45am to Noon

in the dining room for a costume contest. Prizes will be given to 1st, 2nd, & 3rd place winners. We hope to see you there.

HAPPY HALLOWEEN



ALL ARE INVITED:
**ADA / SERVICE ANIMAL
 PRESENTATION**

SPONSORED BY: COA LEGAL DEPT.

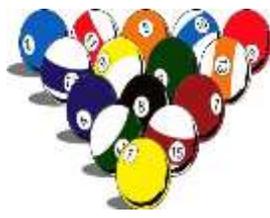
**DATE: MONDAY, OCTOBER 8TH
 12:00 P.M.**

ALAMO SENIOR CENTER DINING ROOM
 2201 PUERTO RICO AVE., ALAMOGORDO, NM

Please welcome City of Alamogordo Attorney, Petria Schreiber, who will provide an informative and beneficial training on the Americans with Disabilities Act (ADA) and how it relates to the very important issue of service animals.

FOR MORE INFORMATION CONTACT: ALAMO SENIOR CENTER: (575) 439-4150

Pool News September 2018



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. You are encouraged to join them and us and have FUN.

Ruidoso Downs: 8-31-2018 (28 players)
1st place – Dave Hansen—Alamogordo
2nd place – Ron Foster—Alto
3rd place – Walt Dickinson—Alamogordo
4th place – John Martinez—La Luz

Capitan: 9-7-2018 (21 players)
1st place – Glen Campbell—Alamogordo
2nd place – Henry Goodman—Tularosa
3rd place – Joe Hayhurst—Ruidoso Downs
4th place – Ron Foster—Alto

Alamogordo: 9-11-2018 (29 players)
1st place – Luther Craig—Alamogordo
2nd place – Joe Small—Alamogordo
3rd place – Lasarito Guevara Jr.—Las Cruces
4th place – Dave Hansen—Alamogordo

Hondo Valley: 9-14-2018 (19 players)
1st place – Dave Hansen—Alamogordo
2nd place – Barbara Stewart—Capitan
3rd place – Gilbert Munoz—Alamogordo
4th place – Jerry Burchett—Hondo

Tularosa: 9-18-2018 (22 players)
1st place – Henry Goodman—Tularosa
2nd place – Glen Campbell—Alamogordo
3rd place – Jim Wagner—La Luz
4th place – Joe Small—Alamogordo

Compiled by David Hansen of Alamogordo

MUSIC NEEDED!!!



**Get Started Right
Away!**

Let the wonderful city
of Alamogordo hear
your voice and talent!



We need your help!

Do you or anyone you know play music and would like to play at the Alamo Senior Center? We have openings on Monday and Tuesdays for singers, bands, etc. to play music in the mornings from 9am until 11:15am, and Friday evenings from 6pm until 9pm. If you are interested, we would love to have you, please contact Brittany Clark (575) 439-4150

Huff n' Puff: a C.O.P.D. support group

Coming Event: Wed., Oct. 10, 2018

Time: 1:00—3:00 p.m.

Location: Alamo Senior Center

Families, caregivers and guests are welcome!

For more information, contact GCRMC Cardiopulmonary at 443-7680, Daniel at 437-6155 or Melissa at 434-3779.



Thank you for supporting
the Alamo Senior Center



September Birthdays



Pictured, Front, Left to Right: Leo Cuevas, Susan Kauffman, Art Jimenez, and Allen Schwartz

Thank you BeeHive Homes for sponsoring our September Birthday Party!!!

The Fitness Center would like to Congratulate those that participated in our raffle at the recent Health Fair. Enjoy your Security Wallets and your medium size subs from the Brown Bag Deli.

*Tracy Duncan
Fitness Coordinator*

Congratulations!

Transportation Commodities Schedule

The Alamo Senior Center provides transportation for commodities as a service for our regular bus riders. The Salvation Army-Roswell delivers CSFP commodities to Alamogordo the 1st Wednesday of the month; Salvation Army-Alamogordo commodities are available the 3rd Wednesday of the month.

All bus riders must take the early (8:00 am) bus to arrive at the Center in time for the commodities bus run.

Salvation Army-Roswell
Wednesday, October 3rd

Salvation Army-Alamogordo
Wednesday, October 17th