

# The Sentinel

November 2018

50 cent suggested donation

## From the Director

*Happy Holiday Season!*

*The holidays will soon be approaching & in full force. It is supposed to be the best time of the year but for some it does have its way of turning into the most stressful and lonely time of year. Some will be surrounded by an abundance of family while others will spend the holidays alone. If you are going to be alone, exchange phone numbers with a friend to keep contact & conversation flowing especially during the Senior Center's Holiday closure. Stock up on good, funny movies to pass time & to keep in good spirits. Listen to your favorite collection of holiday music... OR even sing along. Reflect on what we should be thankful for. Be kind to each other & be safe. Do whatever makes you happy to get through the Holidays with Cheer!*

*Dates to remember:*

*Friday, November 16<sup>th</sup> - Senior Center's Annual Thanksgiving Meal*

*Friday, December 21<sup>st</sup> - Senior Center's Annual Christmas Meal*

*Thanksgiving & Christmas Meals will be served from 11:00 - 1:00 p.m. on these special days. Meals and drinks will be served to each & every one of you at your table. We want to make your experience here extra special when we serve these traditional meals for the holiday season. Everyone will enter through the Puzzle Lounge area to be seated. Once the dining room is full, each individual/group will be seated as room becomes available. Please remember that we cannot reserve seats. So, if you would like to sit with a group, wait to go in together. We serve approximately 500 people on this day and we have a system that really works. We refer to this system as organized chaos but the experience is memorable. Hope to see you all here!*

*Another date to keep in mind:*

*Friday, December 28th - Senior Center's Annual New Year's Eve Dinner & Dance*

*This event is open to the public. We will serve dinner from 5:00 - 6:00 p.m. Dance will be from 6:00 - 8:00 p.m. Entertainment by Selmo. Fireworks at 7:30 p.m. Come & enjoy an evening of great food, live music to dance to & fellowship.*

*\*Steak w/Dinner Roll \*Baked Potato*

*\*Vegetables*

*\*Raspberry Cheesecake \*Salad w/Dressing*

*\*Coffee/Tea/Water*

*\*\* More information forthcoming in December Newsletter \*\**

**Magdalena**

## 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>

November 2018

		<p><b>1% Low Fat Milk Served Daily</b></p> <p><b>Suggested Donation: \$2.50</b></p> <p><b>Menu Subject to Change</b></p>	<p><b>1 - Thursday</b>  <b>Chile Relleno</b>  Tossed Salad w/ Dressing  Pinto Beans  Crackers  Pineapple  Chocolate Milk</p>	<p><b>2 - Friday</b>  <b>Sweet &amp; Sour Pork</b>  Oriental Vegetables  Carrots  Fruit Cocktail  Peanut Butter Cookie</p>
<p><b>5 - Monday</b>  <b>Glazed Ham</b>  Sweet Potato  Asparagus  Whole Wheat Bread w/ Margarine  Pineapple Upside-Down Cake</p>	<p><b>6 - Tuesday</b>  <b>Stuffed Cabbage Casserole</b>  Spinach  Carrot Raisin Salad  Whole Wheat Bread w/ Margarine  Strawberry Shortcake  Chocolate Milk</p>	<p><b>7 - Wednesday</b>  <b>Liver &amp; Onions</b>  Mashed Potatoes  Green Beans  Cucumbers  Whole Wheat Bread w/ Margarine  Peaches &amp; Strawberries</p>	<p><b>8 - Thursday</b>  <b>Green Chile Chicken Enchiladas</b>  Lettuce &amp; Tomato  Pinto Beans  Spanish Rice  Ice Cream  Chocolate Milk</p>	<p><b>9 - Friday</b>  <b>Stuffed Chicken Breast</b>  Coleslaw  California Vegetables  Biscuit w/ Margarine  Peach Crisp</p>
<p><b>12 - Monday</b>  <b>ASC CLOSED</b></p> 	<p><b>13 - Tuesday</b>  <b>Beef Stew</b>  Cabbage  Cornbread w/ Margarine  Tropical Fruit Salad  Chocolate Milk</p>	<p><b>14 - Wednesday</b>  <b>Green Chile Beef Enchiladas</b>  Lettuce &amp; Tomato  Pinto Beans  Jalapeno, Onion, &amp; Tomato Salsa  Crackers  Tapioca Pudding</p>	<p><b>15 - Thursday</b>  <b>Chicken Al La King</b>  Potatoes &amp; Onions  Spinach  Biscuit w/ Margarine  Tropical Fruit  Chocolate Milk</p>	<p><b>16 - Friday</b>  <b>Thanksgiving Luncheon</b>  Turkey w/ Dressing  Sweet Potatoes  Scandinavian Vegetables  Cranberry Relish  Whole Wheat Roll w/ Margarine  Pumpkin Pie w/ Topping</p>
<p><b>19 - Monday</b>  <b>Salisbury Steak &amp; Gravy</b>  Baked Potato  Spinach  Whole Wheat Bread w/ Margarine  Tropical Fruit Salad</p>	<p><b>20 - Tuesday</b>  <b>Baked Pork Chops</b>  Mashed Potatoes w/ Gravy  Green Peas  Biscuit w/ Margarine  Cherry Cobbler  Chocolate Milk</p>	<p><b>21 - Wednesday</b>  <b>Spaghetti &amp; Meatballs</b>  Tossed Salad w/ Dressing  Italian Vegetables  Whole Wheat Bread w/ Margarine  Plums</p>	<p><b>22 - Thursday</b>  <b>ASC CLOSED</b></p> 	<p><b>23 - Friday</b>  <b>ASC CLOSED</b></p>
<p><b>26 - Monday</b>  <b>Country Fried Steak</b>  Mashed Potatoes w/ Gravy  Corn  Whole Wheat Bread w/ Margarine  Pears  Oatmeal Cookie</p>	<p><b>27 - Tuesday</b>  <b>Chicken Pot Pie</b>  Green Beans &amp; Onions  Beets  Apple Crisp  Chocolate Milk</p>	<p><b>28 - Wednesday</b>  <b>BBQ Bonanza</b>  Whole Wheat Bread w/ Margarine  German Slaw  Baked Beans  Peaches</p>	<p><b>29 - Thursday</b>  <b>Pork Posole</b>  Calabacitas  Flour Tortilla  Oatmeal Cookie  Chocolate Milk</p>	<p><b>30 - Friday</b>  <b>Hot Turkey Sandwich</b>  Mashed Potatoes  Peas &amp; Pearl Onions  Pineapple Upside-Down Cake</p>

# Meal Tickets



## September 2018 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 \$7.00 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!

**Number of days served this month: 19**

**Total number of meals served: 5,710**

	<b>Congregate Meals</b>	<b>Home Delivered Meals</b>
<b>Meals Served:</b>	<b>3,017</b>	<b>2,693</b>
<b>Donation Average:</b>	<b>\$1.44</b>	<b>\$0.97</b>

**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.**

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.

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

**November 2, 2018**

Friday

**6:00 PM - 9:00 PM**

**Friday Night Dance - Selmo**

\$4.00 per person. Open to the Public.



**November 5, 2018**

Monday

**9:00 AM - 4:00 PM**



**Field Trip: Inn of the Mountain Gods**

\$5.00 Suggested Donation (NO Refunds)

Sign up at the Front Desk



**November 6, 2018**

Tuesday

**10:00 AM - 3:00 PM**



**SHIP-Medicare Open Enrollment -- Lobby**

Get information & sign up for Medicare Advantage and Prescription plans for 2018.

**10:00 AM - 11:00 AM**

**National Diabetes Prevention Program (NDPP) -- Classroom**

**November 8, 2018**

Thursday

**1:15 PM - 2:15 PM**



**Nutrition Council Meeting -- Classroom**



**November 9, 2018**

Friday

**9:00 AM - 5:00 PM**



**Field Trip: Ruidoso Christmas Jubilee**

\$10.00 Suggested Donation (Includes cost of entrance to Jubilee)

Sign up at the Front Desk (NO refunds)



**9:00 AM - 1:00 PM**

**Medicare Information Booth -- Lobby**



**November 10, 2018**

Saturday

**8:00 AM - 12:00 PM**

**AARP Driver Safety Program -- Classroom**



# Alamo Senior Center Calendar of Events



## November 12, 2018 Monday

8:00 AM - 5:00 PM

**ASC Closed**  
Holiday: Veterans Day



## November 13, 2018 Tuesday

10:00 AM - 11:00 AM



**Field Trip Committee Meeting -- Staff Conference Room**

10:00 AM - 11:00 AM

**National Diabetes Prevention Program(NDPP) -- Classroom**



## November 14, 2018 Wednesday

9:45 AM - 10:30 AM



**Birthday Party -- Dining Room**

*Happy Birthday!*

10:00 AM - 12:00 PM

**Humana Medicare Sales Presentation -- Classroom**

1:00 PM - 3:00 PM

**Huff N Puff -- Classroom**



## November 15, 2018 Thursday

9:00 AM - 3:00 PM

**AARP Driver Safety Program -- Classroom**



1:15 PM - 2:15 PM



**Mayor's Committee On Aging -- Staff Conference Room**

## November 16, 2018 Friday

11:00 AM - 1:00 PM



**Thanksgiving Luncheon**



## November 20, 2018 Tuesday

10:00 AM - 11:00 AM



**National Diabetes Prevention Program(NDPP) -- Classroom**



## Alamo Senior Center Calendar of Events

**November 21, 2018**

Wednesday

1:15 PM - 3:00 PM

Senior Advisory Council -- Classroom



**November 22, 2018**

Thursday

8:00 AM - 5:00 PM



**ASC Closed**

Holiday: Thanksgiving



**November 23, 2018**

Friday

8:00 AM - 5:00 PM



**ASC Closed**

Holiday: ASC CLOSED



**November 27, 2018**

Tuesday

10:00 AM - 11:00 AM



National Diabetes Prevention Program (NDPP) -- Classroom

**November 28, 2018**

Wednesday

8:00 AM - 5:00 PM



**Celestial Hearing -- Activity Room**

FREE Hearing Evaluations.

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

\*Must call and schedule an appointment to be evaluated.\*

**November 30, 2018**

Friday

6:00 PM - 9:00 PM

**Friday Night Dance - The House Band**

\$4.00 per person. Open to the Public.



## Program Note

All afternoon activities are cancelled on November 15th as well as ALL activities on November 16th for our Thanksgiving luncheon.

- Our Fitness Center will be open for business as usual.

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our advertisers!  
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you appreciate their support  
of the Alamo Senior Center!**

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## **We Need YOU**

**To join the Field Trip Committee**

**Come to the next meeting on**

**Nov. 13, 2018 10am to let your voice be**

**heard and let us know where you want to**

**go on field trips next year!**

# 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	11:15-12:00 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 w/ LouAnn & Ilene
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 PM - 3:00 PM	Classroom
Senior Olympics Meeting	1st Thurs Jan-Nov	1:00 PM - 2:00 PM	Classroom
Sewing	Tues	8:00 AM - 5:00 PM	Activity Room
Sign Language for Beginners	Mon	1:00 PM - 3:00 PM	Classroom
Silversmith	Wed & Fri	1:00 PM- 3:00 PM	Lapidary Room
Table Tennis	Stop by the Front Desk	for room availability	Classroom

EOM = Every Other Month

Updated 10/25/2018

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

### Attention Seniors:

Are you a senior in need of help with yard work or a minor household repair? Below are names and contact information of individuals who are willing to help with such tasks:

Chris Rollerson: (575) 442-6351

Chris Buffoni: (575) 572-4832

Pat Zebert: (575) 434-0145

Mandy Harris: (575) 443-6535

(Ms. Harris is the contact person for 10 workmen)

Please keep in mind that requests should be limited to minor jobs, not major contracting work.

# November Field Trips

## Ruidoso Christmas Jubilee Field Trip

**When:** Friday, November 9, 2018  
**Time:** 9:00 am—5:00 pm (Meet in ASC lobby promptly at 9:00 for roll call)  
**Where:** Ruidoso Lots-of-Shops, and Ruidoso Convention Center for the Christmas Jubilee Craft Fair  
**Cost:** Suggested Donation of \$10 (includes cost of entrance to Jubilee)

Space is limited. Sign up at the front desk. No Refunds!



## Inn of the Mountain Gods Field Trip

**Lunch at your own cost**

**Field Trip Includes:**  
 Apache Travel Center  
 Inn of the Mountain Gods Casino



**Date:** Monday, November 5, 2018  
**Time:** 9:00 am to 4:00 pm

**Suggested Transportation Donation:** \$5  
 Please sign up at the front desk, seats are limited!

No Refunds

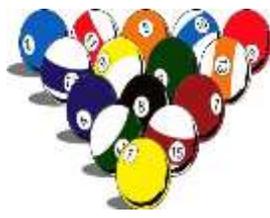
12. 28. 18  
 5pm - 8pm  
 SAVE THE DATE

# ASC's

New Year's Party  
 Dinner & Dancing  
 with Music by Selmo

More Information Coming  
 Soon!!!

# Pool News October 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: 9-28-2018 (23 players)  
1<sup>st</sup> place – Gilbert Munoz—Alamogordo  
2<sup>nd</sup> place – Luther Craig—Alamogordo  
3<sup>rd</sup> place – Henry Goodman—Tularosa  
4<sup>th</sup> place – Orlando Sisneros—Alamogordo

Capitan: 10-4-2018 (18 players)  
1<sup>st</sup> place – Jamie Chavando—Ruidoso  
2<sup>nd</sup> place – Orlando Sisneros—Alamogordo  
3<sup>rd</sup> place – Robert Ballew—Capitan  
4<sup>th</sup> place – Dave Hansen—Alamogordo

Alamogordo: 10-9-2018 (25 players)  
1<sup>st</sup> place – Luther Craig—Alamogordo  
2<sup>nd</sup> place – Kenny Henson—Alamogordo  
3<sup>rd</sup> place – Henry Telles—Las Cruces  
4<sup>th</sup> place – Dave Hansen—Alamogordo

Hondo Valley: 10-12-2018 (12 players)  
1<sup>st</sup> place – Gilbert Munoz—Alamogordo  
2<sup>nd</sup> place – Dave Hansen—Alamogordo  
3<sup>rd</sup> place – John Martinez—La Luz  
4<sup>th</sup> place – Joe Small—Alamogordo

Tularosa: 10-16-2018 (21 players)  
1<sup>st</sup> place – Joe Small—Alamogordo  
2<sup>nd</sup> place – Steve Gonzales—Tularosa  
3<sup>rd</sup> place – Frank Smith—Alamogordo  
4<sup>th</sup> place – Henry Goodman—Tularosa

Compiled by David Hansen of Alamogordo

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

**Coming Event:** Wed., Nov. 14, 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



# October Birthdays



Pictured, Front, Left to Right: Lucille Shimp, Sharon Carle, Sheryl Kelly, Cindy Barberi, & Sandy Aeschbach; Back, Left to Right: Gilbert Evans, & Frank Smith

Thank you Alamo Senior Center for sponsoring our October Birthday Party!!!

*In observance of Veterans Day and Thanksgiving, the Alamo Senior Center will be closed on the following days:  
Nov. 12th, Nov. 22nd, & Nov. 23rd*

*Thank you,  
ASC Staff*

## 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 1<sup>st</sup> Wednesday of the month; Salvation Army-Alamogordo commodities are available the 3<sup>rd</sup> Wednesday of the month.

All bus riders must take the early (8:00 am) bus to arrive at the Center

Salvation Army-Roswell  
Wednesday, November 7th

Salvation Army-Alamogordo  
Wednesday, November 21st