

The Sentinel

December 2018

50 cent suggested donation



*From all of us at the Alamo Senior Center to all of you,
Happy Holidays!!!*

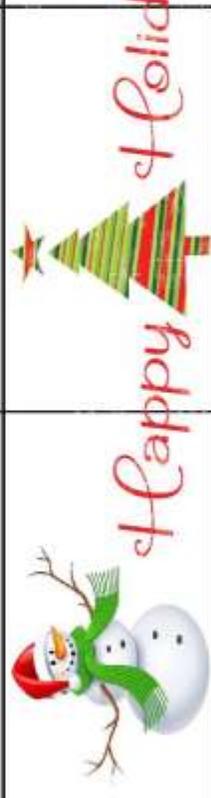
Alamo Senior Center

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>

December 2018

3 - Monday	4 - Tuesday	5 - Wednesday	6 - Thursday	7 - Friday
Chicken & Noodles Cauliflower & Broccoli Whole Wheat Bread w/ Margarine Fruit Cocktail Rice Pudding	Meatloaf Carrot Raisin Salad Scalloped Potatoes Whole Wheat Bread w/ Margarine Tapioca Pudding Strawberries Chocolate Milk	Taco Salad Spanish Rice Squash Crackers Orange	Pork Chops Bean Salad Peas Whole Wheat Bread w/ Margarine Baked Apple Slices Chocolate Milk	Green Chile Cheeseburger Lettuce, Tomato, & Onion Butter Beans Carrots & Pepper Chocolate Pudding
10 - Monday	11 - Tuesday	12 - Wednesday	13 - Thursday	14 - Friday
Beef Stew Steamed Rice Beets Biscuit w/ Margarine Orange	Oven Fried Chicken Sweet Potato Mixed Vegetables Whole Wheat Bread w/ Margarine Peach Crisp Chocolate Milk	Green Chile Chicken Enchiladas Lettuce & Tomato Pinto Beans Spanish Rice Mandarin Oranges	Lasagna Garden Salad w/ Dressing Mixed Vegetables French Bread w/ Margarine Plum Cobbler Chocolate Milk	Christmas Luncheon Turkey Mashed Potatoes w/ Gravy Scandinavian Vegetables Cranberry Salad Whole Wheat Bread w/ Margarine Pumpkin Pie w/ Topping
17 - Monday	18 - Tuesday	19 - Wednesday	20 - Thursday	21 - Friday
Chicken Fried Steak Mashed Potatoes w/ Gravy Mixed Vegetables Whole Wheat Bread w/ Margarine Strawberries Vanilla Wafers	Green Chile Chicken Enchiladas Lettuce & Tomato Pinto Beans Spanish Rice Ice Cream w/ Strawberries Chocolate Milk	Chicken w/ Gravy Mashed Potatoes Carrots Biscuit w/ Margarine Jell-O w/ Fruit Cocktail	Meatloaf Au Gratin Potatoes Mixed Vegetables Whole Wheat Bread w/ Margarine Orange Chocolate Milk	Baked Fish Wild Rice Cauliflower & Carrots Biscuit w/ Margarine Yogurt
24 - Monday	25 - Tuesday	26 - Wednesday	27 - Thursday	28 - Friday
Red Beef Enchiladas Lettuce & Tomato Jalapeno, Onion, & Tomato Salsa Spanish Rice Mandarin Oranges	ASC CLOSED 	BBQ Chicken Potato Salad Baked Beans Biscuit w/ Margarine Apricots	Spaghetti & Meat Sauce Broccoli & Cauliflower Garlic Bread Applesauce Cake Chocolate Milk	Pork Posole Calabacitas(Squash w/ Corn) Flour Tortilla Oatmeal Cookie
31 - Monday				1% Low Fat Milk Served Daily Suggested Donation: \$2.50 Menu Subject to Change

Meal Tickets



October 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: 23

Total number of meals served: 6,832

	Congregate Meals	Home Delivered Meals
Meals Served:	3,714	3,118
Donation Average:	\$1.56	\$0.72

**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

December 4, 2018
Tuesday

10:00 AM - 11:00 AM



National Diabetes Prevention Program(NDPP) -- Classroom

December 6, 2018
Thursday

8:00 AM - 1:00 PM



Holiday Craft Fair



December 7, 2018
Friday

8:00 AM - 5:00 PM

Field Trip: Las Cruces Christmas Shopping

\$10.00 Suggested Donation(NO Refunds)

Sign up at the Front Desk



December 11, 2018
Tuesday

10:00 AM - 11:00 AM

National Diabetes Prevention Program(NDPP) -- Classroom

December 12, 2018
Wednesday

9:45 AM - 10:30 AM

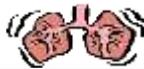


Birthday Party -- Dining Room

Happy Birthday!

1:00 PM - 3:00 PM

Huff N Puff -- Classroom



December 13, 2018
Thursday

9:00 AM - 3:00 PM

AARP Driver Safety Program -- Classroom



1:15 PM - 2:15 PM



Nutrition Council Meeting -- Staff Conference Room

Alamo Senior Center Calendar of Events



December 14, 2018 Friday

11:00 AM - 1:00 PM



Christmas Luncheon



6:00 PM - 9:00 PM

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



December 19, 2018 Wednesday

1:15 PM - 3:00 PM

Senior Advisory Council -- Classroom



December 20, 2018 Thursday

12:30 PM - 3:00 PM



Chess Club -- Lobby

1:15 PM - 2:15 PM

Mayor's Committee On Aging -- Staff Conference Room

December 21, 2018 Friday

8:00 AM - 5:00 PM



Celestial Hearing -- Activity Room

FREE Hearing Evaluations.
(575)232-9022 or 1-877-372-7730

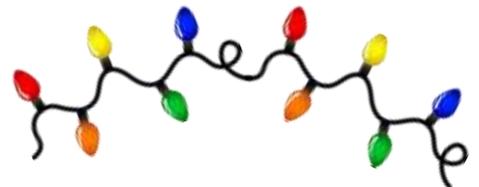
Must call and schedule an appointment to be evaluated.

5:00 PM - 8:30 PM



Field Trip: Christmas Light Tour

\$2.00 Suggested Donation(NO Refunds)
Sign up at the Front Desk



6:00 PM - 9:00 PM

Friday Night Dance - Crazy Rednecks

\$4.00 per person. Open to the Public.

December 25, 2018 Tuesday

8:00 AM - 5:00 PM



ASC Closed

Holiday: Christmas



December 28, 2018

Friday

5:00 PM - 8:00 PM

ASC's New Year's Party -- Dining Room

\$12.00 per person

Ticket are available for purchase at the Front Desk.



CHRISTMAS DECORATIONS

N S Q N W M H P S N U N D R T Q U W W S
 W I H O R R P W A O O Q Z B N R E A T P
 L R O I D I E E A P J B K F E H L V L Y
 N W P E N W B A Y I F Y B H N D D Q W G
 H P T N A Y K B T X D N D I F L N I W V
 H M K O L X O S S H E M M I R G A B C K
 M U V C R B R E K C A R C T U N C K Z I
 U L A E A O W W J I G T X J B E L L S O
 N J D N G O M N T N E M A N R O N N U E
 H R K I B K C C I R Q I O R Y Y Q T K F
 C C L P E K A L F W O N S J N J T S H J
 A P I X W W K A N N Z E K K K D E L B I
 N S W H X N K L N A T I V I T Y F E G F
 D T G N I K C O T S C A O T H V R S R K
 Y H T W I E F G Q F A X G F O W T N U T
 B G T K J F M D F I R E P L A C E I I H
 M I M R L R Z D C X D F D J T I H T N O
 T L W E W G F G E W S E O T E L T S I M
 R J R E N I R U G I F N P C R E P A P P
 S X U Q E E S Z L H D I N M M H N G T A



TREE
 STOCKING
 WREATH
 GARLAND
 CANDLE
 FIGURINE
 ORNAMENT
 TINSEL
 RIBBON
 TWINKLING
 LIGHTS
 BELLS



ELF
 PINECONE
 NUTCRACKER
 MISTLETOE
 CARDS
 FIREPLACE
 CANDY
 PAPER
 BOW
 NATIVITY
 SNOWFLAKE



www.NorthPole/Veils.Org

Program Note

All afternoon activities are cancelled on December 13th as well as ALL activities on December 14th for our Christmas luncheon.

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

For further information, contact the Front Desk

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

Be a Hero. Volunteer.

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



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ASCC Annual
Holiday Craft Fair
December 6, 2018
Local artists & craft vendors
Jewelry
8am to 1pm
Alamo Senior Center
2201 Puerto Rico Ave
Alamogordo, NM 88310

Foster Grandparent/Senior Companion Programs Christmas Raffle

Tickets:
\$1.00 each or
six for \$5.00

Monies support
Senior Volunteer
Programs



- YOU GET--**
- Jumbo Mickey Minnie Mouse
 - Popcorn
 - Popcorn Maker
 - Theater Candy
 - 2 Children's blanket
 - Christmas DVD's
 - 6 pk Pepsi
 - \$20 gift Certificate from Papa John's
 - Beautiful Basket

Drawing will be held on December 17, 2018
WINNERS will be notified by phone!!

For information on our programs-
contact Senior Volunteer Programs
575-439-4154 or

Come and visit us at our office 2201 Puerto Rico,
Alamogordo

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 II 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 (Improvers)	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 w/ Les
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!

Lady of the Mountain Run One Mile Senior Stroll December 8th at 10am.

Starting at Griggs Field parking lot,
Fairgrounds Road.

*Lady of the Mountain Run also offers a
1-mile Fun Run, 5K, 10K, 1/2 marathon*

NOTE: walking path is uneven gravel. It is not paved. Caution is advised for those with mobility issues.

Register online at:

<https://ladyofthemountainrun.com/>

or in person at 1st National Bank,

414 E. 10th Street Alamogordo (575) 437-4880



\$10 registration

Includes gift bag and timing chip
Proceeds from the race benefit NMSU-A
scholarship fund for local students.



December Field Trips

Christmas Light Tour

Date: December 21, 2018

Time: 5:00pm-8:30pm

Sign up at the front desk

Dinner at McDonalds

(At your cost)

Tour around Alamogordo to look at
Christmas Lights

Suggested Transportation

Donation:

\$2.00

There will be 3 buses for this trip!!!

Las Cruces Christmas Shopping Field Trip

When: Friday December 7, 2018

**Time: 8:00 am—5:00 pm (Meet in
ASC lobby promptly at 8 for roll call)**

**Where: Las Cruces Mall, Mar-
shall's, Ross, etc**

**Lunch on your own at the food court
of the mall**

Cost: Suggested Donation of \$10

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



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

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

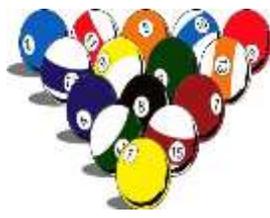
Dinner will be:

Steak, salad, baked potato, vegetables,
dinner roll and raspberry cheesecake

Event is open to the
public, tickets sold at
the Alamo Senior Center,
call (575) 439-4150 for
more information.

Tickets Only \$12 Per Person

Pool News November 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: 10-26-2018 (20 players)

- 1st place – Luther Craig—Alamogordo
- 2nd place – Ron Foster—Alto
- 3rd place – Dave Hansen—Alamogordo
- 4th place – Lloyd Miller—Tularosa

Capitan: 11-2-2018 (21 players)

- 1st place – Dave Hansen—Alamogordo
- 2nd place – Lloyd Miller—Tularosa
- 3rd place – Glen Campbell—Alamogordo
- 4th place – Barbara Stewart—Capitan

Alamogordo: 11-13-2018 (31 players)

- 1st place – Steve Gonzales—Tularosa
- 2nd place – Ed Chavez—Alamogordo
- 3rd place – Luther Craig—Alamogordo
- 4th place – Jamie Chavando—Ruidoso Downs

Hondo Valley: 11-9-2018 (14 players)

- 1st place – Dave Hansen—Alamogordo
- 2nd place – Glen Campbell—Alamogordo
- 3rd place – Jaime Chavando—Ruidoso Downs
- 4th place – Frank Smith—Alamogordo

Tularosa: 11-20-2018 (20 players)

- 1st place – Dave Hansen—Alamogordo
- 2nd place – Orlando Sisneros—Alamogordo
- 3rd place – Glen Campbell—Alamogordo
- 4th place – Frank Smith—Alamogordo

Compiled by David Hansen of Alamogordo

Thank you for supporting
the Alamo Senior Center



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

Coming Event: Wed., Dec. 12, 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.



CHESS

Club for Seniors

All Playing
Levels Welcome
to Join!

IN THE ASC LOBBY
THURSDAY, December 20, 2018
12:30 PM - 3:00 PM

November Birthdays



Pictured, Front, Left to Right: Rosanna Heath, Lydia Scott, Bob Richardson, Dale Stanley, Rhonda Shimp, David Swafford, John Martinez, Margaret Abeyta, & Margaret Travis

Thank you, Humana, for sponsoring our November Birthday Party!!!

Just a little reminder...

When you participate in our Congregate Meal Program, remember the importance of scanning your membership card as well as signing in on the sign-in sheets. It is extremely vital to our meal program that the Center collects every signature & that every card is scanned for each individual each and every day in order to receive units of services for our meal program. These Units of Service Reports are provided to the State for reimbursement of our meal program for providing a meal to each and every one of you. This reimbursement is one part of the Senior Center's meal budget that is used to continue to provide your meal service. I cannot emphasize enough how important it is that we capture each individual signature/scan that participate in the meal program. If we are losing even one person a day, that is 5 units of service per week and 25 units of service per month. In the long run, the loss of units of service is extremely detrimental to the meal program. I would like to thank all of you who patiently take the time to provide this information on a daily basis and encourage you to continue this process.

Magdalena - ASC Manager

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

Salvation Army-Roswell
Wednesday, December 5th

Salvation Army-Alamogordo
Wednesday, December 19th