

The Sentinel

January 2019

50 cent suggested donation

Happy New Year!

The tradition this time of year is to welcome the New Year and release the old. Before we do, we need to stop & reflect on the year that has passed. To remember our triumphs and tribulations and blessings. To remember those we have lost. Keeping their memories alive to help us move forward. To acknowledge those we have gained in our circle of family and friends. To be thankful for those still with us. This is the time of year to remind us that we have another chance to do more. To fulfill broken promises and to do better. To be kind to each other each and every day of the year.

Here at the Senior Center we have several accomplishments to reflect on. We have a new kitchen floor and new kitchen equipment for our kitchen staff to work on/with for a better working environment. Our daily numbers have been up by the way. Thanks to the kitchen staff who work so hard every day to provide you with the best meals possible.

The Fitness Center has a new roof that our Fitness group is thankful for. The Fitness Center is widely used on a daily basis. We have so many groups working out and staying fit. I view the monitors and think "WOW!" they could run circles around some of us youngsters. They are so dedicated and have such an enthusiastic Fitness Coordinator and she has made many positive changes in that area.

We acquired a new bus last year to transport our seniors that need transportation to and from the Center. Our drivers have many stops throughout their day taking our group grocery shopping a couple days a week, to doctor appointments as well as many other errands the Center provides to those actively using our services. Our bus drivers work hard to provide these services 4 times a day and are very much appreciated! We have a great SVP staff recruiting volunteers in the community and helping those in need at home as well as helping children in our schools. We appreciate our custodian who oversees the entire building and still manages to help with the majority of the decorations that you enjoy each season. We also have an awesome group of office staff that go above and beyond their call of duty!

I cannot forget our AWESOME group of VOLUNTEERS that do just the same! This Center could not fully operate without the help of our volunteers. They help in our dining room, on our serving line, monitor our Nutrition Desk, they are Fitness Leaders, they help in the offices, they provide entertainment in our dining room, some maintain our patio garden, they are in our Lapidary Room and Gift Shop, there are many delivering Meals on Wheels. They are everywhere and they are our secret to our success!

I would like to take the time to acknowledge our Meals on Wheels Staff. This area is overseen by a supervisor, one full time staff and one part time staff. The support staff have been without a supervisor for 6 months now when I was promoted to Manager of the Center. It has just been unfortunate luck filling this position. The staff have done an outstanding job continuing without an immediate supervisor these past 6 months. They have acquired additional tasks & their workload has doubled. The Meals on Wheels Program is such a busy, fast paced area and the "girls" have accepted the responsibilities with grace and smiles.

May we have a New Year filled with love, laughter, friendship and good health. May we continue to see the same smiling faces and may we acquire many new faces to our Senior Center!

Thank you all a million times to the moon and back!

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>

January 2019

1 - Tuesday	2 - Wednesday	3 - Thursday	4 - Friday
<p>1% Low Fat Milk Served Daily</p> <p>Suggested Donation: \$2.50</p> <p>Menu Subject to Change</p>	<p>ASC CLOSED</p> <p><i>Happy New Year</i></p>	<p>Hamburger Mac Green Beans Corn Apricots Peanut Butter Cookie</p>	<p>Pork Ribs Broccoli Carrot Raisin Salad Whole Wheat Bread w/ Margarine Applesauce Cake Chocolate Milk</p>
<p>7 - Monday Beef Fajita Pinto Beans Oatmeal Cookie Peaches</p>	<p>8 - Tuesday Kraut Dog California Vegetables Baked Potato Wedges Tropical Fruit Chocolate Milk</p>	<p>9 - Wednesday Lasagna Spinach Salad w/ Dressing Pears Peanut Butter Cookie</p>	<p>10 - Thursday Chicken Strips Mashed Potatoes Broccoli w/ Cheese Whole Wheat Bread w/ Margarine Peaches & Strawberries Chocolate Milk</p>
<p>14 - Monday Green Chile Beef Enchiladas Lettuce & Tomato Pinto Beans Spanish Rice Strawberries Ice Cream</p>	<p>15 - Tuesday Pork Stir Fry Stir Fry Vegetables Rice Whole Wheat Bread w/ Margarine Apple Cobbler Chocolate Milk</p>	<p>16 - Wednesday Green Chile Cheeseburger Lettuce, Tomato, & Onion Pork & Beans Tropical Fruit</p>	<p>17 - Thursday Baked Chicken Wild Rice Carrot Raisin Salad Biscuit w/ Margarine Mandarin Oranges Chocolate Milk</p>
<p>21 - Monday ASC CLOSED </p>	<p>22 - Tuesday Chicken Fried Steak Mashed Potatoes w/ Gravy Mixed Vegetables Whole Wheat Bread w/ Margarine Strawberries Vanilla Wafers Chocolate Milk</p>	<p>23 - Wednesday Chicken and Rice Broccoli Peas & Carrots Whole Wheat Bread w/ Margarine Oatmeal Cookie</p>	<p>24 - Thursday Pork Roast Mashed Potatoes w/ Gravy Asparagus Whole Wheat Bread w/ Margarine Applesauce Chocolate Milk</p>
<p>28 - Monday Beef Tips Egg Noodles Peas & Carrots Pears Oatmeal Cookie</p>	<p>29 - Tuesday Turkey Sandwich Mashed Potatoes w/ Gravy Peas & Carrots Mandarin Oranges Chocolate Milk</p>	<p>30 - Wednesday Spaghetti w/ Meat Sauce Broccoli & Cauliflower w/ Cheese Garlic Bread Peaches</p>	<p>31 - Thursday Chicken Pot Pie Green Beans & Onions Beets Apple Crisp Chocolate Milk</p>
<p>18 - Friday Roast Beef Baked Potato w/ Gravy California Vegetables Whole Wheat Bread w/ Margarine Cherry Cobbler</p>			
<p>25 - Friday Chile Relleno Salad w/ Dressing Pinto Beans Crackers Fruit Cup</p>			
<p>January</p>			

Meal Tickets



*November 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: 5,940

	Congregate Meals	Home Delivered Meals
Meals Served:	3,203	2,737
Donation Average:	\$1.58	\$0.88

**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.

January

Alamo Senior Center Calendar of Events

January 1, 2019
Tuesday

8:00 AM - 5:00 PM



ASC Closed
Holiday: New Year's Day

2019

January 2, 2019
Wednesday

10:00 AM - 2:00 PM

**TSA-Roswell Commodity Supplemental Food Program (CSFP) --
Civic Center**

January 3, 2019
Thursday

10:00 AM - 11:00 AM



National Diabetes Prevention Program(NDPP) -- Classroom

January 8, 2019
Tuesday

10:00 AM - 11:00 AM

National Diabetes Prevention Program(NDPP) -- Classroom

2:00 PM - 3:00 PM



**Alzheimer's Presentation Knowing the 10 Warnings Signs --
Activity Room**

January 9, 2019
Wednesday

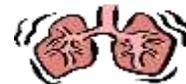
9:30 AM - 11:00 AM



April Rhodes-Nutrition Educator -- Lobby
NMSU Cooperative Extension Service

1:00 PM - 3:00 PM

Huff N Puff -- Classroom



January 10, 2019
Thursday

1:15 PM - 2:15 PM

Nutrition Council Meeting -- Classroom

Meeting

Alamo Senior Center
Calendar of Events

January

January 11, 2019
Friday

6:00 PM - 9:00 PM

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



January 15, 2019
Tuesday

10:00 AM - 11:00 AM



National Diabetes Prevention Program(NDPP) -- Classroom

January 16, 2019
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.

9:00 AM - 11:00 AM

Salvation Army - Alamogordo Food Pantry

1:15 PM - 3:00 PM

Senior Advisory Council -- Classroom



January 17, 2019
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

January 18, 2019
Friday

6:00 PM - 9:00 PM

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



January 21, 2019
Monday

8:00 AM - 5:00 PM



ASC Closed

Holiday: Martin Luther King Jr. Day

January

Alamo Senior Center Calendar of Events

January 22, 2019
Tuesday

10:00 AM - 11:00 AM



National Diabetes Prevention Program(NDPP) -- Classroom

January 23, 2019
Wednesday

11:45 AM - 12:45 PM

FBI Presentation on Fraud -- Dining Room



January 25, 2019
Friday

6:00 PM - 9:00 PM



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

January 30, 2019
Wednesday

9:45 AM - 10:30 AM



Birthday Party -- Dining Room

Happy Birthday!

HAPPY NEW YEAR!

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

Countdown
Confetti
Midnight
Balloons

Celebration
Fireworks
January
Happy

New Year
Clock
Cheers
Goals

Party Poppers
Noisemaker
Resolution
Sparklers



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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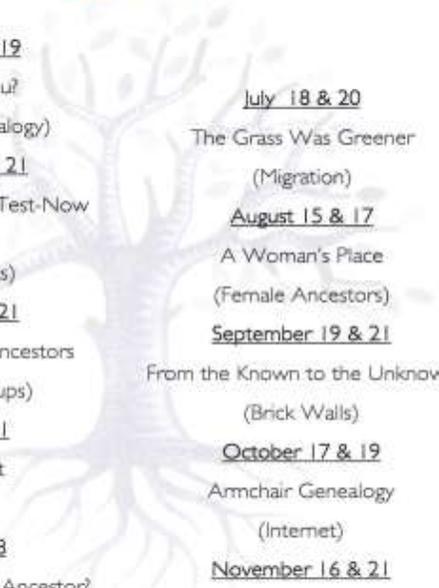
RSVP
Lead with Experience

Genealogy Programs 2019



Alamogordo Public Library
Southwest Room
3rd Thursdays 1 pm
3rd Saturdays 2 pm

Genealogy Programs 2019



<u>January 17 & 19</u> Who Are You? (Beginning Genealogy)	<u>July 18 & 20</u> The Grass Was Greener (Migration)
<u>February 16 & 21</u> So You Did a DNA Test-Now What? (DNA Results)	<u>August 15 & 17</u> A Woman's Place (Female Ancestors)
<u>March 16 & 21</u> Religions of Your Ancestors (Different Groups)	<u>September 19 & 21</u> From the Known to the Unknown (Brick Walls)
<u>April 18 & 21</u> Head Count (Census)	<u>October 17 & 19</u> Armchair Genealogy (Internet)
<u>May 16 & 18</u> Is Charlemagne Your Ancestor? (Royal Descent & Pedigree Collapse)	<u>November 16 & 21</u> Peace with Honor (Military Research)
<u>June 15 & 20</u> Death and Taxes (Records)	<u>December 21</u> Celebrating Traditions

For more information contact the Alamogordo Public Library at (575) 439-4140

Alamo Senior Center

Fitness Activities

Event: Exercise Classes	Day	Time	Place
Balance, Baby Balls, & Beanies	Mon & Fri	10:00-10:45 AM	Fitness Room I w/ Tammy
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 Jo
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 & Fall Prevention*	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) Morning Qi *	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
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	Activity Room
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!

Winter Word Find

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

- COATS
- GLOVES
- ICICLES
- SKATING
- COLD
- HATS
- MITTENS
- SLEDDING
- FROST
- HOTCHOCOLATE
- SCARF
- SNOW



January begins the NEW YEAR! Let us introduce you to our Alamo Senior Center Fitness Instructors! COME JOIN A CLASS!!



JOHN – Morning Qi (Yoga)
Tai Chi for Arthritis



LUIS – Chair Aerobics



NORMA – Line Dancing



KAY – Body Toning
Gentle Stretch



BECKY – Walk Aerobics



CHUCK – Strength Training



MERRY – Tai Chi, Line Dancing
Balance & Fall Prevention



LOU ANN & ILENE – Line Dancing



Judy - Yoga



LEE – Walk Aerobics



TOM – Strength Training



SUE – Cardio Strength



BEA – Line Dance Jamboree



CHERYL – Strength & Flex
(Wellness Center)



GENNY – Chair Exercise



LES – Strength Training

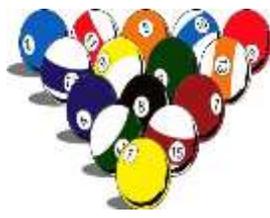


TAMI - Balance,
Balls, and Beanies

Kudos to the following Substitutes that help in the event our Instructors are out:

Pat Garcia, Lydia Hall, Emelia Hanson, Mickey McBride, Margaret Ramey, Billie Valasco, & Tamie Davis.

Pool News December 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: 11-30-2018 (23 players)

- 1st place – Steve Gonzales—Tularosa
- 2nd place – Dave Hansen—Alamogordo
- 3rd place – Pedro Serna—Las Cruces
- 4th place – Dave Smith—Capitan

Capitan: 12-7-2018 (21 players)

- 1st place – Gilbert Munoz—Alamogordo
- 2nd place – Glen Campbell—Alamogordo
- 3rd place – Joe Small—Alamogordo
- 4th place – Frank Smith—Alamogordo

Alamogordo: 12-11-2018 (28 players)

- 1st place – Steve Gonzales—Tularosa
- 2nd place – Henry Telles—Las Cruces
- 3rd place – Carlos Hernandez—Las Cruces
- 4th place – Luther Craig—Alamogordo

Hondo Valley: 12-14-2018 (14 players)

- 1st place – Dave Hansen—Alamogordo
- 2nd place – Gilbert Munoz—Alamogordo
- 3rd place – Bob Schuch—Ruidoso
- 4th place – Robert Ballew—Capitan

Tularosa: 12-18-2018 (18 players)

- 1st place – Steve Gonzales—Tularosa
- 2nd place – Kenny Hinson—Alamogordo
- 3rd place – Joe Small—Alamogordo
- 4th place – Henry Goodman—Tularosa

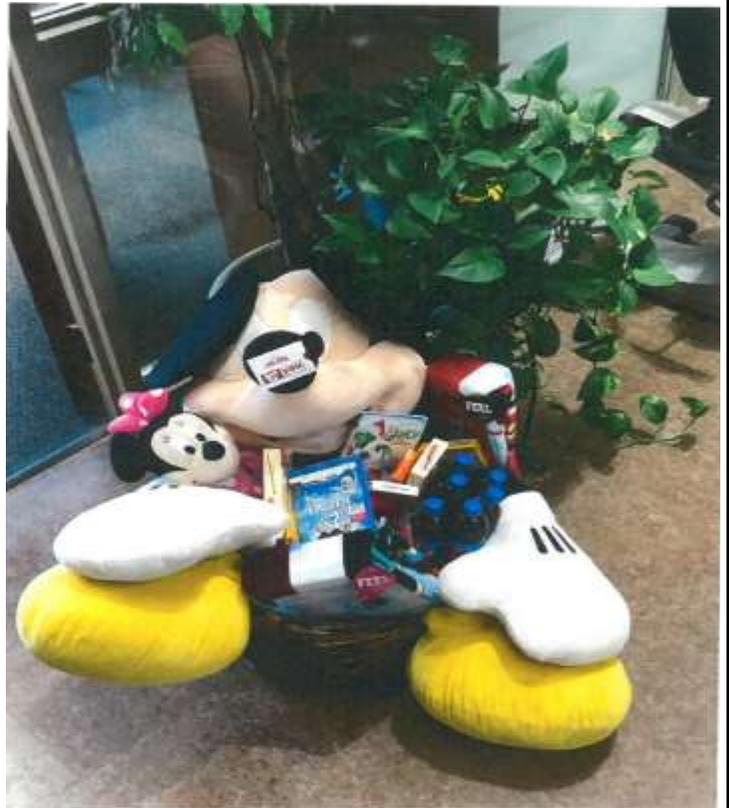
Compiled by David Hansen of Alamogordo

Thank you for supporting
the Alamo Senior Center



Congratulations!

Congratulations to Ann Delgado. Ann's name was drawn as the winner of the Foster Grandparent/Senior Companion Programs Christmas Raffle.



December Birthdays



Pictured, Front, Left to Right: Matilda Smith, Suzanne Fuller, & Barbara Hendrix

Thank you, CAPPED, for sponsoring our December Birthday Party!!!

Your time is limited, don't waste it living someone else's life. Don't be trapped by dogma, which is living the result of other people's thinking. Don't let the noise of other's opinion drowned your own inner voice. And most important, have the courage to follow your heart and intuition, they somehow already know what you truly want to become. Everything else is secondary.

Steve Jobs



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, January 2nd

Salvation Army-Alamogordo
Wednesday, January 16th