

The Sentinel

February 2019

50 cent suggested donation

So, I have had a couple of different conversations concerning the assessment process. I would like to address this process because there are most likely others who are unsure why the process has to be conducted. By no means are we trying to make anyone feel like a number or create a demeaning atmosphere. This requirement comes straight from the State level. The Senior Center signs a contract with the State Non-Metro Area Agency on Aging indicating the number of services the Center will provide each fiscal year that runs July through June. The State reimburses the Senior Center for providing each of you with services such as Transportation, Congregate Meals, Exercise Programs & Meals on Wheels, but only for those of you that are up-to-date with the assessment process. The assessments are forwarded to the State level providing proof that each of you exist and are actively receiving services and are current with the assessment process. This process is on-going which is conducted initially & every 6 to 12 months thereafter for all programs except Meals on Wheels. The Meals on Wheels program requires an initial assessment & every 3 to 6 months thereafter. The State does not allow the Center to use an assessment that is outside the assessment schedule date. If there is a break in services before the next assessment is scheduled, **then another "initial" assessment has to be conducted as well as the reassessment process thereafter.** This process is State-wide, and it is vital that each provider comply.

The reimbursement process from the State level is just one of many pieces of the Senior Center's budget. Another vital piece of the budget is from donations we receive for the services we provide. So remember to give what you can. Only you know what your budget allows you to give. Even if it is less than the suggested donation, you have contributed something. A little something is more than nothing, and every little something does add up.

On another note, remember to acknowledge and celebrate the many events during the month of **February from Valentine's Day to Black History month. Let us not forget President's Day in honor of George Washington and Abraham Lincoln. February is also American Heart Month so don't forget your check-ups & keep that heart pumping with exercise.** A few other interesting events to remember in February are Groundhog Day and National Freedom Day, just to name a few.

As always, thank you all for supporting your Senior Center. Thanks to the outstanding staff that pull together regardless of the challenge. And, thanks to our amazing volunteers that help keep things running smoothly!

Have a great month!

Magdalena

Alamo Senior Center

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

February 2019

			1 - Friday Stuffed Cabbage Casserole Mashed Potatoes California Vegetables Whole Wheat Bread w/ Margarine Cherry Cobbler
4 - Monday Green Chile Chicken Enchiladas Lettuce & Tomato Pinto Beans Spanish Rice Jell-O w/ Apricots	5 - Tuesday Liver & Onions Mashed Potatoes Green Beans Cucumbers Whole Wheat Bread w/ Margarine Peaches & Strawberries Chocolate Milk	6 - Wednesday Tater Tot Casserole California Vegetables Whole Wheat Bread w/ Margarine Pears Sugar Cookie	7 - Thursday Chicken Fajitas Chili Beans w/ Cheese Jell-O w/ Oranges Chocolate Milk
11 - Monday Green Chile Cheeseburger Lettuce, Tomato, & Onions French Fries Peaches	12 - Tuesday Irish Stew Mixed Vegetables Cornbread w/ Margarine Pears Oatmeal Cookie Chocolate Milk	13 - Wednesday Tuna Noodle Casserole Tossed Salad w/ Dressing Whole Wheat Bread w/ Margarine Peaches	14 - Thursday Roast Beef w/ Au Jus Tossed Salad w/ Dressing Baked Potato Green Beans Whole Wheat Bread w/ Margarine Cherry Chocolate Cake Chocolate Milk
18 - Monday ASC CLOSED 	19 - Tuesday Green Chile Hamburger Stew Salad w/ Dressing Cornbread w/ Margarine Peanut Butter Cookie Chocolate Milk	20 - Wednesday Sweet & Sour Pork Oriental Vegetables Carrots Whole Wheat Bread w/ Margarine Peanut Butter Cookie Jell-O w/ Fruit Cocktail	21 - Thursday Curried Chicken Carrot Raisin Salad Brussel Sprouts Whole Wheat Bread w/ Margarine Fruit Cocktail Chocolate Milk
25 - Monday Taco Soup Salad w/ Dressing Flour Tortilla Salsa Jell-O w/ Apricots	26 - Tuesday Baked Chicken Baked Potato w/ Sour Cream Mixed Vegetables Whole Wheat Bread w/ Margarine Apple Chocolate Milk	27 - Wednesday Meatloaf Scalloped Potatoes Green Beans Whole Wheat Bread w/ Margarine Strawberry Shortcake	28 - Thursday Chicken Fingers Honey Mustard & Gravy Broccoli & Carrots Whole Wheat Bread w/ Margarine Pears Oatmeal Cookie Chocolate Milk
			15 - Friday Red Beef Enchiladas Lettuce & Tomato Pinto Beans Jalapeno, Onions, & Salsa Crackers Chocolate Pudding
			22 - Friday Tamale Vegetable Salad Pinto Beans Whole Wheat Bread w/ Margarine Whole Wheat Tortilla Mandarin Oranges
			1% Low Fat Milk Served Daily Suggested Donation: \$2.50 Menu Subject to Change

Meal Tickets



December 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: 20

Total number of meals served: 6,037

	Congregate Meals	Home Delivered Meals
Meals Served:	3,086	2,951
Donation Average:	\$1.54	\$1.02

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.



February

Alamo Senior Center Calendar of Events

February 6, 2019

Wednesday

9:30 AM - 11:00 AM



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

10:00 AM - 2:00 PM

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

February 7, 2019

Thursday

1:00 PM - 2:00 PM



Senior Olympics Meeting -- Classroom

February 8, 2019

Friday

6:00 PM - 9:00 PM

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



February 12, 2019

Tuesday

10:00 AM - 11:00 AM



Field Trip Committee Meeting -- Staff Conference Room

February 13, 2019

Wednesday

8:00 AM - 5:00 PM



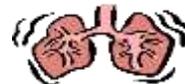
Celestial Hearing -- Activity Room

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

Must call and schedule an appointment to be evaluated.

1:00 PM - 3:00 PM

Huff N Puff -- Classroom



February 14, 2019

Thursday

10:00 AM - 11:00 AM



Valentine's Box Contest -- Dining Room

**HAPPY
VALENTINE'S
DAY ♥**



Alamo Senior Center Calendar of Events



February

February 14, 2019 Continued Thursday

11:00 AM - 1:00 PM



Valentine's Cake and Punch -- Dining Room



1:15 PM - 2:15 PM

Nutrition Council Meeting -- Classroom

February 15, 2019 Friday

6:00 PM - 9:00 PM



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

February 18, 2019 Monday

8:00 AM - 5:00 PM

ASC Closed
Holiday: President's Day



February 20, 2019 Wednesday

9:00 AM - 11:00 AM

Salvation Army - Alamogordo Food Pantry

1:15 PM - 3:00 PM

Senior Advisory Council -- Classroom



February 21, 2019 Thursday

9:00 AM - 3:00 PM



AARP Driver Safety Program -- Classroom

1:15 PM - 2:15 PM

Mayor's Committee On Aging -- ASC Classroom



February 22, 2019 Friday

6:00 PM - 9:00 PM

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





February 27, 2019

Wednesday

9:45 AM - 10:30 AM



Birthday Party -- Dining Room

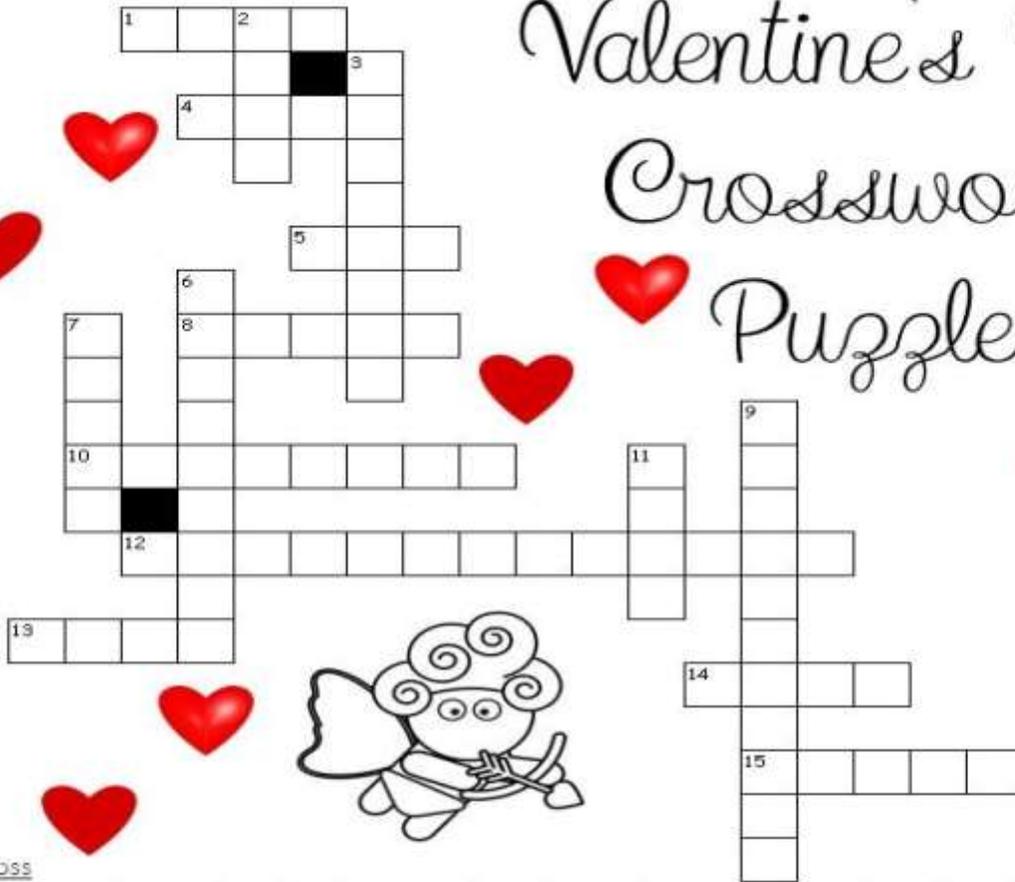
*Happy
Birthday!*

1:00 PM - 2:00 PM

United Health Care Bingo Party -- Dining Room



Valentine's Day Crossword Puzzle

Across

1. A genre of writing that often rhymes and can be used to express love through words
4. A type of bird that is often associated with Valentine's Day
5. Gesture of love and an embrace from one person to another
8. The shape that is often red in color and associated as a symbol for Valentine's Day
10. Phrase one person says to another person to show affection
12. Holiday in February that celebrates love and is named after a Saint
13. The four-letter emotion expressed from one person to another
14. A decorated memento expressing a sentiment of love that is exchanged on Valentine's Day
15. A type of red flower that is typically given by the dozen as a gift for Valentine's Day

Down

2. The mythological god of love (also known as Cupid)
3. The month in which Valentine's Day occurs
6. Made from cacao, this candy is brown in color and typically given in a box as a gift on Valentine's Day
7. A small, winged boy who carries a bow and arrow, and is a symbol of Valentine's Day
9. The items Cupid carries and uses to cast love spells
11. Gesture of love from one person's lips to another's cheek or lips

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our advertisers!
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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.

**Advertise
Your
Business
Here**

Would you like to advertise your
business in our monthly newsletter? Give us
a call at (575) 439-4150 for any questions
you may have, as well as price listings!

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/ Tami
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	Thurs	3:00-4:00 PM	Dining Room 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
No Floor Yoga	Tues & Thurs	10:00-11:00 AM	Fitness Room I w/ Margaret
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
Step Aerobics/Low Impact	Wed	10:00-10:45 AM	Fitness Room I w/ Tamie
Step Aerobics/Low Impact	Thurs	11:00-11:45 AM	Fitness Room I w/ Tamie
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 1/22/2019



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!



Share Valentine Craft Ideas



Paint Paper Fabric Wood Yarn Etc.

Do you have ideas or supplies you'd like to share and create crafts for Valentine's Day? Come join us on:

Friday, February 1st and Friday, February 6th from 10:00am-11:30am in the Activity Room.

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

valentine word search

ADMIRER	ENAMORED
ADORE	ENDEARMENT
AFFECTION	ENVELOPE
AMOROUS	FEBRUARY
ANGEL	FLAME
BALLOONS	FLIRT
BELOVED	FLOWERS
BOUQUET	FONDNESS
CANDY	FRIEND
CARD	GIFT
CARNATION	HEART
CHARMED	HEARTHROB
CHERISH	HOLIDAY
CHERUB	HONEY
CHOCOLATE	HUG
COURTING	KISS
COURTSHIP	LIKE
CRAZY	LOVE
CRUSH	LOVEBIRDS
CUPID	PINK
DARLING	POEM
DATE	RED
DEAR	ROMANCE
DECORATE	SWEETHEART
DESIRE	SWEETS
DEVOTION	TENDERNESS
DOVES	VALENTINE
EMBRACE	

Photokapi.com

LOVE

IS IN

THE AIR

JOIN US FOR A

VALENTINES DAY

CELEBRATION



**MAKE A VALENTINE'S BOX AT
10AM IN THE DINING ROOM**

Cake and Punch Served at Lunchtime

FEBRUARY 14TH 2019



WE NEED YOU

**To join the Field Trip Committee
Come to the next meeting on
February 12, 2019 10am to let your voice be
heard and let us know where you want to
go on field trips this year!**

Pool News January 2019



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: CANCELLED

- 1st place –
- 2nd place –
- 3rd place –
- 4th place –



Capitan: 1-4-2019 (21 players)

- 1st place – Glen Campbell—Alamogordo
- 2nd place – Henry Goodman—Tularosa
- 3rd place – Joe Small—Alamogordo
- 4th place – Frank Smith—Alamogordo

Alamogordo: 1-9-2019 (31 players)

- 1st place – Steve Gonzales—Tularosa
- 2nd place – Ted Sedillo—Las Cruces
- 3rd place – Dave Hansen—Alamogordo
- 4th place – Kenny Henson—Alamogordo

Hondo Valley: 1-11-2019 (15 players)

- 1st place – Jamie Chavando—Ruidoso
- 2nd place – Orlando Sisneros—Alamogordo
- 3rd place – Dave Hansen—Alamogordo
- 4th place – Henry Goodman—Tularosa

Tularosa: 1-15-2019 (21 players)

- 1st place – Dave Hansen—Alamogordo
- 2nd place – Gilbert Munoz—Alamogordo
- 3rd place – Danny Lujan—El Paso
- 4th place – Frank Smith—Alamogordo

Compiled by David Hansen of Alamogordo

Thank you for supporting the Alamo Senior Center



Full Meal Deal

Is your stomach growing
do you need a meal?
I recommend a place
that's a heck of a deal

The Senior Center
in Old Alamo
when lunchtime arrives
is the place to go.

The meal is great
the donation is nifty
a full Sunday dinner
for the price of two fifty

The donation is far less
than a latte or mocha
and this donation
is not just a joke, ah

Some folks may feel
it comes for free
but to offset the cost
we have a donation

Others may say
its in taxes I pay
But some cannot pay it
so their cost you defray

The staff is friendly
and volunteers too
They make you feel welcome
cause that's what they do

Thank all the workers
while they fill your tray
A meal like this
and you're filled for a day

So please help the center
and donate for your meal
**You'll find nothing better
for the donation it's a steal**

Warren Johnson April 6, 2011

January Birthdays



Pictured, Front, Left to Right: Pappy Bell, Barbara Taylor, Kathleen Keating, Jiggs Gorn, Char Garcia; Back, Left to Right: Ken Nicholson, Steve Smith, Geneva Wooten, Joe Roche. Inset: James Bielmaier

Thank you, GCRMC Champion Orthopaedics, for sponsoring our January Birthday Party!!!

AARP Foundation Tax- Aide

The local AARP Foundation Tax-Aide office, the nation's largest free, volunteer run tax preparation, and assistance service, will be preparing and e-filing free federal and state income tax returns at the Willie Estrada Civic Center starting February 4th—April 15th. The office hours are 9am-4pm on Monday, Wednesday, and Friday on a first come first serve basis. There are no income limits and all taxpayers, regardless of age are welcome. Bring all income documents such as W2s, retirement and social security 1099R forms, bank interest and brokerage statements. Taxpayers need photo ID cards (driver's license or ID) and social security cards for all persons reported on the tax return. For more information call, (575) 415-7601.

IT'S TAX TIME

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, February 6th

Salvation Army-Alamogordo
Wednesday, February 20th