

The Sentinel

March 2019

50 cent suggested donation

From the Manager

Thank you to those of you who signed your names in support of House Bill 545 in support of senior programs across the State. We were able to collect 3 pages of signatures along with some letters signed by staff that were sent to Representative Xochitl Torres Small.

Many of you may have noticed our Parks Department staff working so diligently last month pruning, edging & trimming our grounds. It gave us the facelift we needed & with Spring around the corner, our plants should provide an amazing cascade of colors. My goal is to start some Spring cleaning on the inside of our facility with new furniture to add color in the main foyer as well as other changes throughout the building. I would like to commend our Decorating Committee staff (Rebecca, Lydia, Joan & Jessica) who are working so hard in addition to their regular duties to provide the decorations that you have seen in the building. Thank you ladies!

I would like to go over qualifications for our Meals on Wheels Program. First & foremost, you must be 60 years of age or older OR married to a spouse that is 60 to receive any services provided by the Senior Center. Consideration for the Homebound Program is someone physically or mentally incapable of providing a meal for themselves and without a caregiver who is able to provide a meal. Also, a person(s) who is physically or mentally incapable of coming to the Senior Center on their own OR someone unable to use our Transportation Services. Did you know that our Transportation Program provides door-to-door service? Our buses depart from the Center at 8:00 a.m. & then again at 9:45 a.m. returning to the Center within each hour. The buses then depart from the Center at 12:30 p.m. & either 2:30 p.m. on Monday & Wednesday or 3:00 p.m. on Tuesday, Thursday & Friday taking everyone home. Other services are provided during the week such as grocery shopping, appointments, etc. but only available to our Transportation group. So in order to take advantage of these benefits, you must be a regular bus rider. Please keep in mind that it can take 3 to 5 days before services begin due to the process staff have to follow. Again, a person must meet age eligibility of 60 years of age or older to receive any services at the Senior Center and unfortunately regardless of the situation. Volunteers 18+ are welcome to assist in various programs!

Remember that AARP Tax-Aide Program volunteers are operating out of the Civic Center on Monday, Wednesday and Friday from 9:00 a.m. to 4:00 p.m. Clients are assisted on a first come, first serve basis. Thank you to all of these volunteers who assist the community in completing annual tax returns.

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>

March 2019

1 - Friday	
<p>1% Low Fat Milk Served Daily</p> <p>Suggested Donation: \$2.50</p> <p>Menu Subject to Change</p>	<p>Lasagna Spinach Salad w/ Dressing Pears Peanut Butter Cookie</p>
4 - Monday	
<p>Red Beef Enchiladas Lettuce & Tomato Pinto Beans Spanish Rice Strawberries Ice Cream</p>	 <p>Green Chile Cheeseburger Lettuce, Tomato, Onion, & Pickle Pork and Beans Tropical Fruit Chocolate Milk</p>
7 - Thursday	
<p>Baked Chicken Wild Rice Carrot Raisin Salad Mixed Vegetables Biscuit w/ Margarine Mandarin Oranges Chocolate Milk</p>	<p>Baked Cod Carrot Raisin Salad Green Beans Cornbread Peach Cobbler</p>
10 - Monday	
<p>Beef Tips Egg Noodles Salad w/ Dressing Peas & Carrots Pears Oatmeal Cookie</p>	<p>Chicken Fried Steak Mashed Potatoes w/ Gravy Mixed Vegetables Whole Wheat Bread w/ Margarine Strawberry Shortcake Chocolate Milk</p>
13 - Wednesday	
<p>Chicken & Rice Broccoli Peas & Carrots Whole Wheat Roll w/ Margarine Oatmeal Cookie</p>	<p>Roast Beef Mashed Potatoes w/ Gravy Vegetable Salad California Vegetables Whole Wheat Bread w/ Margarine Cherry Cobbler Chocolate Milk</p>
16 - Monday	
<p>Comed Beef Cabbage Glazed Carrots Whole Wheat Bread w/ Margarine Strawberries & Bananas Oatmeal Cookie</p>	<p>Spaghetti w/ Meat Sauce Broccoli & Cauliflower w/ Cheese Garlic Bread Peaches Chocolate Milk</p>
19 - Thursday	
<p>Swiss Steak Baked Potato Cabbage Whole Wheat Bread w/ Margarine Pineapple Chocolate Milk</p>	<p>Green Chile Chicken Enchiladas Pinto Beans Sweet Potato Crackers Pears</p> 
22 - Friday	
<p>Vegetarian Cheese Lasagna Tossed Salad w/ Dressing Italian Mixed Vegetables Garlic Bread Banana Pudding</p>	<p>Green Chile Chicken Enchiladas Pinto Beans Sweet Potato Crackers Pears</p>
25 - Monday	
<p>Pepper Steak Baked Potato California Vegetables Whole Wheat Bread w/ Margarine Cherry Cobbler</p>	<p>Pork Ribs Coleslaw Spinach Whole Wheat Bread w/ Margarine Apricots Applesauce Cake Chocolate Milk</p>
28 - Thursday	
<p>Burrito Supreme Spanish Rice Pinto Beans Salad w/ Dressing Apricots Chocolate Milk</p>	<p>Meatloaf Scalloped Potatoes Green Beans Whole Wheat Roll w/ Margarine Strawberry Shortcake</p>
31 - Friday	
<p>Baked Spicy Fish Wild Rice Brussel Sprouts Mixed Vegetables Whole Wheat Bread w/ Margarine Pears Brownie</p>	<p>Baked Spicy Fish Wild Rice Brussel Sprouts Mixed Vegetables Whole Wheat Bread w/ Margarine Pears Brownie</p>

Meal Tickets



January 2019
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.

You may enjoy the choice of a soup and salad instead of the 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: 21

Total number of meals served: 6,508

	Congregate Meals	Home Delivered Meals
Meals Served:	3,458	3,050
Donation Average:	\$1.78	\$0.73

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

March 1, 2019

Friday

6:00 PM - 9:00 PM

Friday Night Dance - Selmo

\$4.00 per person. Open to the Public.



March 4, 2019

Monday

1:00 PM - 3:00 PM



Presentation: The Emotion Code by Kat's Energy Healing -- Classroom

Have you talked to your body? It's about time you did. It's talking to you with the pain. Find out what it can let you know. Emotion Code/Body Code.

March 6, 2019

Wednesday

8:00 AM - 1:00 PM

Bake Sale -- Lobby



9:30 AM - 11:30 AM



April Rhodes-Nutrition Educator -- Lobby

NMSU Cooperative Extension Service

March 7, 2019

Thursday

1:00 PM - 2:00 PM



Senior Olympics Meeting -- Classroom

4:00 PM - 5:00 PM

Grant Public Forum -- Classroom

March 8, 2019

Friday

1:00 PM - 3:00 PM



Presentation: The Emotion Code by Kat's Energy Healing -- Classroom

Have you talked to your body? It's about time you did. It's talking to you with the pain. Find out what it can let you know. Emotion Code/Body Code.

March 13, 2019

Wednesday

9:30 AM - 11:30 AM

SAVVY Classes: Skills for Dementia Caregiving -- Staff Conference Room



Alamo Senior Center Calendar of Events



March 13, 2019 Continued Wednesday

1:00 PM - 3:00 PM



Huff N Puff -- Classroom

March 14, 2019 Thursday

1:15 PM - 2:15 PM

Nutrition Council Meeting -- Classroom



March 15, 2019 Friday

8:00 AM - 5:00 PM



Oral Health Seminar -- Classroom

A dental hygienist from NMSU will be providing an oral health seminar/screening for seniors. Every hour on the hour.

9:00 AM - 12:30 PM

Precure Chiropractic Health Screening -- Lobby



March 18, 2019 Monday

11:45 AM - 1:00 PM



St. Patrick's Day Cake & Punch -- Dining Room



March 19, 2019 Tuesday

10:00 AM - 11:00 AM



Presentation: Positive Thinking-When Life Gives Us Lemons -- Classroom

Bobby Jo from Humana

March 20, 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.



9:30 AM - 11:30 AM



SAVVY Classes: Skills for Dementia Caregiving -- Staff Conference Room



Alamo Senior Center Calendar of Events

March 20, 2019 Continued
Wednesday

1:15 PM - 3:00 PM

Senior Advisory Council -- Classroom



March 21, 2019
Thursday

9:00 AM - 3:00 PM

AARP Driver Safety Program -- Classroom



1:15 PM - 2:15 PM

Meeting

Mayor's Committee On Aging -- Staff Conference Room

March 22, 2019
Friday

6:00 PM - 9:00 PM



Friday Night Dance - Selmo

\$4.00 per person. Open to the Public.

March 27, 2019
Wednesday

8:00 AM - 5:00 PM



Field Trip: NM Farm and Ranch

\$15.00 Suggested Donation (Includes cost of Museum & Movie Ticket)
Sign up at the Front Desk. (NO Refunds)

9:30 AM - 11:30 AM

SAVVY Classes: Skills for Dementia Caregiving -- Staff Conference Room

9:45 AM - 10:30 AM



Birthday Party -- Dining Room

Happy Birthday!

March 29, 2019
Friday

6:00 PM - 9:00 PM

Friday Night Dance - Selmo

\$4.00 per person. Open to the Public.



*Don't forget to set your clocks forward on
Sunday, March 10th.*

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



Alamogordo Chiropractic

Dr. Samuel G. Hammel
1909 Cuba Ave. Suite 1
Alamogordo, NM 88310
575-214-2800

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



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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.*

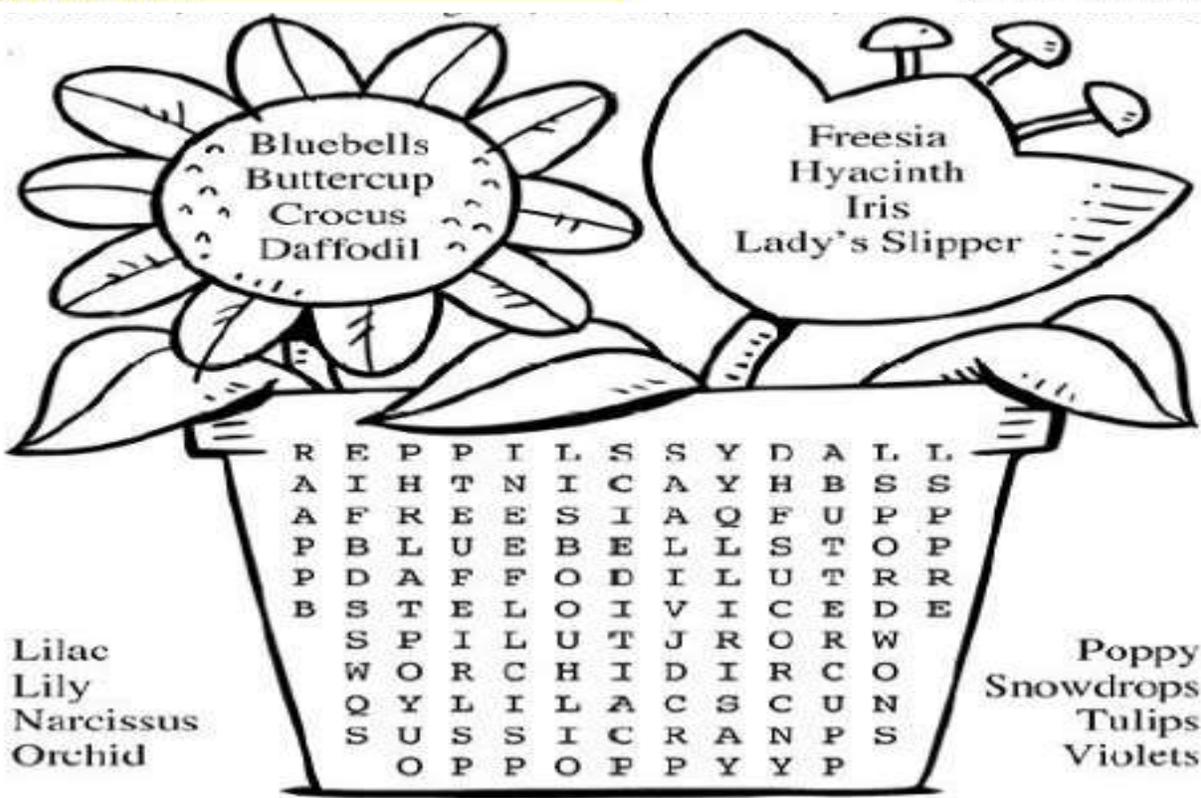
Alamo Senior Center

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



Oral Health Seminar

When: Friday March 15, 2019
Where: Senior Center (Classroom)
Time: 8am; Re-starting the presentation every hour (excluding lunch time 12-1pm)

Topic(s):

- Oral Health Review
 - Brushing Techniques
- Denture/Partial Plate Care
 - Maintenance
 - Cleaning
- Disease(s) Caused by Improper Denture Care
 - Proper Application of Dentures
 - Questions

COMING SOON:

TAI CHI FOR HEALTH

This course will consist of 16 lessons

You will be guided through all 24 Sun-style Tai Chi forms

Learn: Proper execution of movement & sequencing of forms

Improves: Diabetes, Concentration, Cardiovascular Fitness, Arthritis, Stress & many other conditions!

Course begins: March 5 through April 26

Tuesdays and Fridays from 3:30 – 4:30

Register at the ASC - Fitness Center

Call 575-439-4150 x 4274 to register



PRESENTED BY: John Ely, MPH, PhD, Certified TCH Instructor

Don't miss this opportunity!

Pool News February 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: 1-25-2019 (22 players)

- 1st place – Richard Estrada—Alamogordo
- 2nd place – Steve Gonzales—Tularosa
- 3rd place – Orlando Sisneros—Alamogordo
- 4th place – Gilbert Munoz—Alamogordo

Capitan: 2-1-2019 (19 players)

- 1st place – Jamie Chavando—Ruidoso
- 2nd place – Dave Hansen—Alamogordo
- 3rd place – Howard Stewart—Capitan
- 4th place – Gilbert Munoz—Alamogordo

Alamogordo: 2-12-2019 (32 players)

- 1st place – Steve Gonzales—Tularosa
- 2nd place – Richard Estrada—Alamogordo
- 3rd place – Lasarito Guevara Jr.—Las Cruces
- 4th place – Orlando Sisneros—Alamogordo

Hondo Valley: 2-8-2019 (14 players)

- 1st place – Orlando Sisneros—Alamogordo
- 2nd place – Jerry Burchett—Hondo
- 3rd place – Glen Campbell—Alamogordo
- 4th place – Joe Small—Alamogordo

Tularosa: 2-19-2019 (16 players)

- 1st place – Joe Small—Alamogordo
- 2nd place – Dave Hansen—Alamogordo
- 3rd place – Walt Dickinson—Alamogordo
- 4th place – Gilbert Munoz—Alamogordo

Compiled by David Hansen of Alamogordo

Thank you for supporting
the Alamo Senior Center



March Field Trip

Las Cruces Farm & Ranch Museum/Movies Field Trip

When: Wednesday, March 27, 2019
Time: 8:00 am—5:00 pm (Meet in ASC lobby promptly at 8 for roll call)
Where: Las Cruces Farm & Ranch Museum tour, lunch (on your own) at Ruby Tuesdays, and Movie at Telshor 12 (TBD)
Cost: Suggested Donation of \$15 (includes cost of museum and movie ticket)



Space is limited.
Put your name
on the list at the
front desk. No Refunds!

February Birthdays



Pictured, Front, Left to Right: Shirley Roth, Val Gomez, Pat Garcia, and Mildred Olson

Thank you, NM Roadrunner Chapter of the Red Hat Society, for sponsoring our February Birthday Party!!!



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

Coming Event: Wed., March 13, 2019

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.



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, March 6th

Salvation Army-Alamogordo
Wednesday, March 20th