

The Sentinel

May 2019

50 cent suggested donation

From the Manager



CONNECT, CREATE, CONTRIBUTE MAY 2019

Each year, more and more older adults are making a positive impact in and around Alamogordo, New Mexico. As volunteers, employees, employers, educators, mentors, advocates, and more, they offer insight and experience that benefit the entire community. That's why Older Americans Month (OAM) has been recognizing the contributions of this growing population for 56 years.

This year's OAM theme, *Connect, Create, Contribute*, encourages older adults and their communities to:

Connect with friends, family, and local services and resources.

Create through activities that promote learning, health, and personal enrichment.

Contribute time, talent, and life experience to benefit others.

The Alamo Senior Center staff will celebrate OAM by promoting activities in honor of our older adults. Below is a list of activities for the month:

- Older American's Month Proclamation Reading @ 11:00 a.m. on Monday, May 6th in D.R. – Reading by Mayor Boss
- Cinco de Mayo Celebration on Monday, May 6th – In addition to Enchilada Menu – Churros, Mock Pina Coladas & Entertainment by Selmo 11:45 – 1:30 – Hosted by Kitchen Staff
- Ice Cream Sundaes on Friday, May 17th from 10:00 – 11:00 a.m. in Main Foyer – Hosted by Senior Services Staff
- "Treats" on Tuesday, May 21st from 10:00 – 11:00 a.m. in the Main Foyer – Hosted by SVP Staff
- Tea Party w/Petit Fours & Scones on Friday, May 31st in D.R. from 10:00 – 11:00 a.m. – Hosted by MOW's & Admin. Staff – Dress your "Tea Party" best

Communities that support and recognize older adults are stronger! Join us in strengthening our community – this May and throughout the year.

On Friday, May 3rd, the Senior Volunteer Program will be hosting its Annual Volunteer Appreciation Dinner. If you are a registered and active volunteer, please contact the SVP office at 439-4154 for reservations and information. The Senior Center will provide transportation for our bus riding volunteers - please sign up at the SVP Office.

Here's wishing all the "moms" the most wonderful Mother's Day ever! We hope to see all of you for our Mother's Day Brunch on Saturday, May 11th!

Magdalena

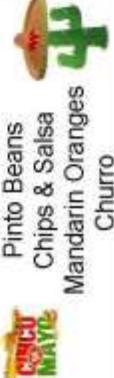
Alamo Senior Center

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>

May 2019

1 - Wednesday		2 - Thursday		3 - Friday	
1% Low Fat Milk Served Daily Suggested Donation: \$2.50 Menu Subject to Change		Hamburger Steak & Gravy Roasted Vegetables Coleslaw Whole Wheat Bread w/ Margarine Peaches	Ham & Beans Beets Cornbread w/ Margarine Pumpkin Spice Cookie Strawberries w/ Topping Chocolate Milk	Green Chile Cheeseburger Lettuce, Tomato, & Onion Peas & Carrots Applesauce Peanut Butter Cookie	
6 - Monday		7 - Tuesday		8 - Wednesday	
Cinco De Mayo Fiesta Tamale & Taco Lettuce & Tomato Salad Pinto Beans Chips & Salsa Mandarin Oranges Churro 	Pork Roast Mashed Potatoes w/ Gravy Green Beans Whole Wheat Bread w/ Margarine Applesauce Chocolate Milk	Stuffed Chicken Breast Scandinavian Vegetables California Vegetables Biscuit w/ Margarine Peach Crisp	Stuffed Cabbage Spinach Carrot Raisin Salad Whole Wheat Bread w/ Margarine Strawberry Shortcake Chocolate Milk	Roast Beef Three Bean Salad Baked Potato Broccoli Normandy Whole Wheat Bread w/ Margarine Vanilla Ice Cream	
13 - Monday		14 - Tuesday		15 - Wednesday	
Spaghetti w/ Meat Sauce Carrot Raisin Salad Scandinavian Vegetables Garlic Bread Spiced Apples	BBQ Pork Rib Baked Sweet Potato Black-Eyed Peas Whole Wheat Bread w/ Margarine Spice Cake Chocolate Milk	Hamburger & Hot Dog Lettuce, Tomato, and Onion French Fries Baked Beans Chocolate Ice Cream	Hot Turkey Sandwich w/ Gravy Stuffing Peas & Carrots Cranberry Relish Mandarin Oranges Chocolate Milk	Green Chile Chicken Enchiladas Lettuce and Tomato Salad Pinto Beans Spanish Rice Jell-O w/ Apricots	
20 - Monday		21 - Tuesday		22 - Wednesday	
Hamburger Mac Green Beans Corn Peanut Butter Cookie 	Liver & Onions Sliced Cucumbers Mashed Potatoes w/ Gravy Green Beans Whole Wheat Bread w/ Margarine Peaches & Strawberries Chocolate Milk	Chicken Ala King Pickled Beets Biscuit w/ Margarine Tropical Fruit 	Lasagna Lettuce and Tomato Salad Italian Vegetables Garlic Bread Peas Peanut Butter Cookie Chocolate Milk	Glazed Ham Sweet Potato Apple Casserole California Vegetables Whole Wheat Bread w/ Margarine Apricots	
27 - Monday		28 - Tuesday		29 - Thursday	
ASC CLOSED 	Beef Stew Three Bean Salad Cornbread w/ Margarine Tropical Fruit Chocolate Milk	Chile Rellenos Green Salad w/ Dressing Pinto Beans Crackers Mixed Fruit	Meatloaf w/ Gravy Carrot Raisin Salad Mashed Potatoes Capri Mixed Vegetables Whole Wheat Bread w/ Margarine Peach Cobbler Chocolate Milk	Baked Fish Rice Pilaf Coleslaw Mixed Vegetables Hush Puppy Chocolate Cake 	

Meal Tickets



March 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: 6,589

	Congregate Meals	Home Delivered Meals
Meals Served:	3,491	3,098
Donation Average:	\$1.60	\$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

May 1, 2019

Wednesday

8:00 AM - 1:00 PM

Craft Sale -- Lobby



10:00 AM - 2:00 PM



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

May 2, 2019

Thursday

1:00 PM - 2:00 PM



Senior Olympics Meeting -- Classroom

May 3, 2019

Friday

6:00 PM - 9:00 PM

Friday Night Dance - The House Band: Patio Concert

\$4.00 per person. Open to the public.



May 6, 2019

Monday

11:00 AM - 11:15 AM



Older Americans Month Proclamation Reading -- Dining Room

Reading by Mayor Boss

11:45 AM - 1:30 PM



Cinco de Mayo Celebration -- Dining Room

In celebration of Cinco de Mayo and Older Americans Month!



May 8, 2019

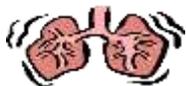
Wednesday

8:00 AM - 1:00 PM

Bake Sale & Craft Table -- Lobby



1:00 PM - 3:00 PM



Huff N Puff -- Classroom

May 9, 2019

Thursday

1:15 PM - 2:15 PM



Nutrition Council Meeting -- Classroom



Alamo Senior Center Calendar of Events



May 11, 2019 Saturday

10:00 AM - 12:00 PM



Mother's Day Brunch & Silent Auction -- Alamo Senior Center
Tickets can be purchased at the Alamo Senior Center Front Desk.
\$10.00 (Single) or \$15.00 (Couple)

May 13, 2019 Monday

9:00 AM - 12:00 PM



Molina Health Care Representative -- Lobby



May 15, 2019 Wednesday

9:00 AM - 11:00 AM

Salvation Army - Alamogordo Food Pantry

1:15 PM - 3:00 PM



Senior Advisory Council -- Classroom

May 16, 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

May 17, 2019 Friday

10:00 AM - 11:00 AM



Ice Cream Sundaes -- Lobby
In celebration of Older Americans Month!



6:00 PM - 9:00 PM

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

May 21, 2019 Tuesday

10:00 AM - 11:00 AM



"Treats" -- Lobby
In celebration of Older Americans Month!



MAY

Alamo Senior Center Calendar of Events

May 21, 2019 Continued
Tuesday

10:00 AM - 11:00 AM



Presentation: Caregiver Survival Tips -- Classroom
Bobby Jo from Humana

May 27, 2019
Monday

8:00 AM - 5:00 PM

ASC Closed
Holiday: Memorial Day



May 29, 2019
Wednesday

8:00 AM - 5:00 PM



Field Trip: Speaking Rock Casino
Suggested Donation \$10.00 (NO Refunds)
Sign up at the Front Desk



9:45 AM - 10:30 AM



Birthday Party -- Dining Room

Happy Birthday!

May 31, 2019
Friday

10:00 AM - 11:00 AM



Tea Party w/ Petit Fours & Scones -- Dining Room
In celebration of Older Americans Month!



CONNECT CREATE CONTRIBUTE MAY 2019

6:00 PM - 9:00 PM

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



Mother's Day

Second Sunday of May

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

- APPRECIATION
- BEAUTIFUL
- BREAKFAST
- CANDY
- CHARMING
- COMFORT
- DEVOTED
- FLOWERS
- FORGIVING
- GIFTS
- NURTURE
- PERFUME
- PROTECTIVE
- SHARE
- TELEPHONE
- TENDER
- THE BEST
- WARM
- WISE
- GUIDANCE
- HUGS
- JEWELRY
- JOY
- KISSES
- LAUGHTER
- LOVE
- MATERNAL
- MOM
- MOTHER



Please patronize
our advertisers!
Let them know
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.



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GRANDPARENTS**
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Here**

Would you like to advertise your business in our monthly newsletter? The funds that come from your advertisement directly support senior activities. 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 Karri
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
Do it YOUR WAY!	Mon - Fri	8:00-9:00 AM	Fitness Room I w/ Chuck
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
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 Health	Thurs	12:00-1:00 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
Zumba - DVD	Wed & Fri	11:00-11:45 AM	Fitness Room II w/ DVD

* Class is taught by a certified instructor.

Updated 4/8/2019



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

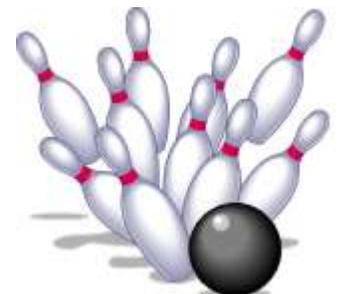
Activities

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!



Tuesday May 7th

6:00 p.m. – A Gathering of Seniors

At the Rocket City Bowling Alley

\$1.00 a game. (no foolin')

Sponsored by your Alamogordo Senior Olympics.

EVERYbody 50 and over invited.

Call Gloria Fernandez if you plan to attend. 437-8244

lcd

An important message for low-income seniors

The Alamo Senior Center received an incredible donation from a consumer who previously attended the center. The senior specifically requested we allow the funds to be utilized by seniors who are in desperate need of assistance. This funding can be used to pay a utility bill, buy groceries, personal hygiene products, pay for prescriptions, etc. To qualify for this funding, an application will need to be completed and turned in. After the application is submitted, the Supervisors and Manager will then review the application to see if you qualify. The application process is not complicated, and the funding will be issued on a first come first-served basis. For more information stop by the Front Desk, or contact the Alamo Senior Center at (575) 439-4150.

Applications are available at the ASC

Front Desk.

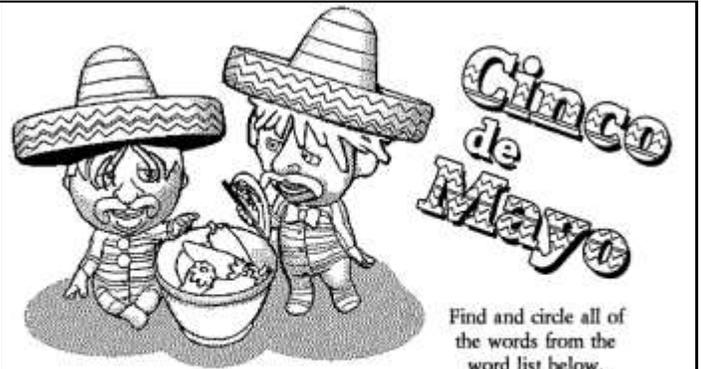
Mother's Day
Brunch & Silent
Auction

Saturday, May 11
10 am —12 pm

Spring

*Tickets are \$10 (Single)
or \$15 (Couple)—Sold
at the front desk*

Event Sponsored
by: Alamo Senior
Center



WORD LIST

amigo
celebration
cinco
costumes
dancing
fiesta
holiday
maracas
mariachi
mayo
mexico
parades
piñatas
puebla
sombrero

N	S	F	J	G	D	H	J	W	T	S	U	R	D	C
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Pool News April 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: 3-29-2019 (18 players)

- 1st place – Steve Gonzales—Tularosa
- 2nd place – Frank Smith—Alamogordo
- 3rd place – David Smith—Capitan
- 4th place – Glen Campbell—Alamogordo

Capitan: 4-5-2019 (21 players)

- 1st place – Frank Smith—Alamogordo
- 2nd place – Ron Foster—Alto
- 3rd place – Gilbert Munoz—Alamogordo
- 4th place – Joe Small—Alamogordo

Alamogordo: 4-9-2019 (32 players)

- 1st place – Henry Telles—Las Cruces
- 2nd place – Richard Estrada—Alamogordo
- 3rd place – Gilbert Munoz—Alamogordo
- 4th place – Steve Gonzales—Tularosa

Hondo Valley: 4-12-2019 (16 players)

- 1st place – Joe Small—Alamogordo
- 2nd place – Dave Hansen—Alamogordo
- 3rd place – Barbara Stewart—Capitan
- 4th place – Orlando Sisneros—Alamogordo

Tularosa: 4-16-2019 (18 players)

- 1st place – Steve Gonzales—Tularosa
- 2nd place – Henry Goodman—Tularosa
- 3rd place – Dave Hansen—Alamogordo
- 4th place – Jerry Burchett—Hondo

Compiled by David Hansen of Alamogordo

Thank you for supporting
the Alamo Senior Center



April Field Trip

SPEAKING ROCK
\$10 PER SENIOR

FIELD TRIP DAY

MAY 29, 2019

SPEAKING ROCK CASINO!!!

SPEAKING ROCK CASINO, EL PASO, TX 8 AM - 5 PM

No Transportation
Pickups Available!!!

April Birthdays



Pictured, Front, Left to Right: Don Mendonca, Slim Baxter, Tamela Campbell, Jen Weyandt, & Ilene Smith

Thank you, Gallien Therapy, for sponsoring our April Birthday Party!!!



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

Coming Event: Wed., May 8, 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, May 1st

Salvation Army-Alamogordo
Wednesday, May 15th