

The Sentinel

June 2019

50 cent suggested donation

From the Manager

I hope you all enjoyed the monthly festivities that were held last month in honor of Older American's Month. There were so many compliments about each weekly event. Thank you to all staff for your creative ideas that made these events so enjoyable for all! Another big "Thank You" to SVP for such a great RSVP Banquet in honor of our wonderful volunteers lending a helping hand in our community every day!

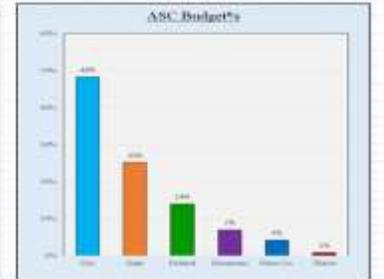
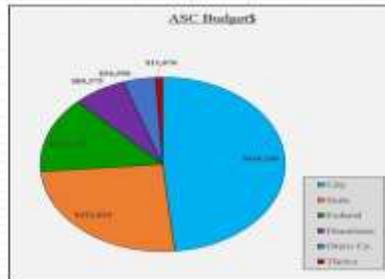
I would like to introduce Mr. John Ely, our newest staff member in our new position of Financial Coordinator/Grants!

Hello! My name is John Ely. I'm the Financial Coordinator/Grants person here at ASC. I've had lots of different jobs: life-guard, baker, copy-maker. After I finished graduate school, I researched genetics and Alzheimer Disease, then studied chimp disease patterns at the HAFB Monkey Farm. Over the past 4 years, I've been volunteer fitness instructor and member of the Senior Volunteer Program Advisory Council. My job here is threefold: I coordinate the nitty-gritty accounting details, so we can spend every dollar on valuable services and not over-run the budget. And I process the SAMS consumer data, so we can meet contractual obligations and be reimbursed by the Area Agency on Aging in a timely manner. Finally, I am the secondary grant-writer, so we can improve and expand our programs. What I enjoy most is the opportunity to apply my skills in budgeting, data analytics and report-writing, to help keep the ASC running smoothly and contribute to our community. These responsibilities keep me pretty busy! Even so, I make time to teach Tai Chi. Feel free to visit me in my office off the Crafts Room, to talk about retirement finance, Social Security, philosophy—or anything at all!



Below is a pie chart that I tasked John to produce that represents the amount of funding required to run our senior programs. Please note that your donations are a large part of our budget and we appreciate your continued support of your donation whether monetarily or by donating your gently used item to resell at our thrift store.

Fund	Budget\$	Budget%
City	\$616,160	48%
State	\$321,624	25%
Federal	\$179,173	14%
Donations	\$89,375	7%
Otero Co.	\$54,550	4%
Thrive	\$11,676	1%
Total	\$1,272,558	



Stop by the Front Desk for full sized chart.

Happy Father's Day to all our "Dads"! Come & enjoy cake & punch on Friday, June 14th @ 11:45 in our dining room in honor of all our Dads!

Magdalena

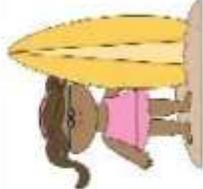
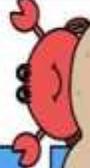
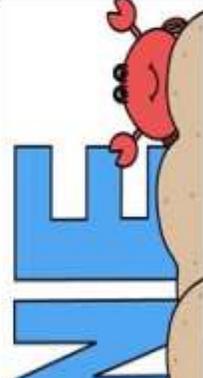
Alamo Senior Center

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>

June 2019

3 - Monday Green Chile Beef Enchiladas Tossed Salad w/ Dressing Pinto Beans Spanish Rice Crackers Mandarin Oranges & Bananas	4 - Tuesday Teriyaki Chicken Cucumber Salad Steamed Rice Oriental Vegetables Whole Wheat Bread w/ Margarine Sugar Cookie Chocolate Milk	5 - Wednesday Pot Roast w/ Gravy Salad w/ Dressing Whole Wheat Bread w/ Margarine Peach Cobbler 	6 - Thursday Chicken Tacos Lettuce & Tomato Calabacitas w/ Green Chile Pinto Beans Rice Pudding Chocolate Milk	7 - Friday Green Chile Cheeseburger Lettuce, Tomato, & Onions Ranch Beans Onion Rings Applesauce 
10 - Monday Hamburger Mac Green Beans Corn Whole Wheat Bread w/ Margarine Apricots Peanut Butter Cookie	11 - Tuesday Baked Pork Chop Sweet Potatoes Black-Eyed Peas Cornbread w/ Margarine Baked Spiced Apples Chocolate Milk	12 - Wednesday Beef Stroganoff Sour Cream Three Bean Salad Carrots Whole Wheat Bread w/ Margarine Tropical Fruit	13 - Thursday Orange Chicken Vegetables Salad w/ Dressing Mixed Vegetables Whole Wheat Bread w/ Margarine White Cake w/ Chocolate Icing Chocolate Milk	14 - Friday Lasagna Salad w/ Dressing Mixed Vegetables Whole Wheat Bread w/ Margarine Peach Cobbler
17 - Monday Beef Tips & Noodles Salad w/ Dressing Peas & Carrots Pears Oatmeal Cookie 	18 - Tuesday Oven Fried Chicken Mashed Potatoes w/ Gravy Beets Whole Wheat Bread w/ Margarine Lime Jell-O w/ Pineapple Chocolate Milk	19 - Wednesday Beef Steak Ranchero Pineapple Slaw Baked Potato Ranch Style Beans Cornbread w/ Margarine Peaches	20 - Thursday Baked Ham Sweet Potato Spinach Cornbread w/ Margarine Fruit Salad Chocolate Milk	21 - Friday Green Chile Chicken Enchiladas Lettuce & Tomato Salad w/ Dressing Pinto Beans Spanish Rice Ice Cream Cup Crackers 
24 - Monday Spaghetti & Meatballs Salad w/ Dressing Peas & Carrots Italian Vegetables Garlic Bread Plum Cobbler	25 - Tuesday BBQ Baked Chicken Scalloped Potatoes Green Beans Whole Wheat Bread w/ Margarine Carrot Raisin Salad Chocolate Milk	26 - Wednesday Swiss Steak w/ Tomato Gravy Waldorf Salad Potatoes w/ Dill Yellow Squash Whole Wheat Bread w/ Margarine Peaches	27 - Thursday Red Beef Enchiladas Lettuce & Tomato Salad w/ Dressing Pinto Beans Spanish Rice Pineapple Crackers Chocolate Milk	28 - Friday Sack Lunch Turkey Sandwich Baked Chips Carrot Sticks w/ Ranch Orange <i>The lunch line will close at 12:15pm.</i> ASC will be closing promptly at 12:35pm.
1% Low Fat Milk Served Daily Suggested Donation: \$2.50 Menu Subject to Change	 	 		

Meal Tickets



*April 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: 22

Total number of meals served: 7,015

	Congregate Meals	Home Delivered Meals
Meals Served:	3,676	3,339
Donation Average:	\$1.54	\$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.

Alamo Senior Center Calendar of Events

June 5, 2019

Wednesday

9:00 AM - 12:00 PM

Hear on Earth Hearing Care -- Classroom



10:00 AM - 2:00 PM

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

June 6, 2019

Thursday

1:00 PM - 2:00 PM



Senior Olympics Meeting -- Classroom

June 7, 2019

Friday

10:00 AM - 12:00 PM

Molina Health Care -- Lobby



June 10, 2019

Monday

9:00 AM - 4:00 PM



Field Trip: Inn of the Mountain Gods

Suggested Donation \$5.00 (No Refunds)
Sign up at the Front Desk.



9:00 AM - 12:00 PM

Molina Health Care Representative -- Lobby

June 12, 2019

Wednesday

9:00 AM - 12:00 PM

Hear on Earth Hearing Care -- Classroom



1:00 PM - 3:00 PM



Huff N Puff -- Classroom

June 13, 2019

Thursday

1:15 PM - 2:15 PM



Nutrition Council Meeting -- Classroom



Alamo Senior Center Calendar of Events



June 14, 2019 Friday

11:45 AM - 1:00 PM

Father's Day Cake & Punch -- Dining Room



6:00 PM - 9:00 PM



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

June 18, 2019 Tuesday

10:00 AM - 11:00 AM

Medicare 101 Presentation -- Classroom
Bobby Jo from Humana



June 19, 2019 Wednesday

9:00 AM - 12:00 PM



Hear on Earth Hearing Care -- Classroom

9:00 AM - 11:00 AM

Salvation Army - Alamogordo Food Pantry

1:15 PM - 3:00 PM

Senior Advisory Council -- Classroom



June 20, 2019 Thursday

9:00 AM - 3:00 PM



AARP Driver Safety Program -- Classroom

1:15 PM - 2:15 PM

Mayor's Committee On Aging -- Classroom



June 21, 2019 Friday

10:00 AM - 12:00 PM

Molina Health Care -- Lobby



6:00 PM - 9:00 PM



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

Alamo Senior Center Calendar of Events

June 26, 2019

Wednesday

9:00 AM - 12:00 PM

Hear on Earth Hearing Care -- Classroom

9:45 AM - 10:30 AM



Birthday Party -- Dining Room

10:00 AM - 5:00 PM

Field Trip: Ruidoso Downtown Shopping

Suggested Donation \$10.00 (No Refunds)

Sign up at the Front Desk.



June 28, 2019

Friday

12:30 PM - 5:00 PM

Staff Training Day

ASC will be CLOSING promptly at 12:35pm.

Attention!

6:00 PM - 9:00 PM



Friday Night Dance - Selmo

\$4.00 per person. Open to the public.

Program Note

The Alamo Senior Center will be closing early on Friday, June 28, 2019 at 12:35pm, due to a staff training. Lunch will be served from 10:30am-12:15pm. The serving line will close promptly at 12:15pm, and all consumers must be out of the building by 12:35pm. No Transportation Service will be provided that day. All morning activities will resume as scheduled. However, all afternoon activities will be cancelled. The center will re-open for regular scheduled hours on Monday, July 1, 2019.

Thanks,

ASC Staff



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
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Climate Heating & Air Conditioning, Inc.



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Alamogordo, NM 88310

(575) 437-3130

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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? 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	12:15-1:00 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	8:30-9:45 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 5/21/2019



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!



Day of Caring

September 6, 2019

Stop by the Front Desk for an application. DEADLINE to turn in your application is July 12, 2019.

NOTE: The Day of Caring began as a community project to help elderly & disabled citizens who could not help themselves either physically or financially. If you have the means to help yourself, please do not submit a job request. We want to be able to help all those in our community who need our help most. Thank You.

June Field Trips

Inn of the Mountain Gods Field Trip

Lunch at your own cost

Field Trip Includes:
Apache Travel Center
Inn of the Mountain Gods Casino



Date: Monday, June 10, 2019
Time: 9:00 am to 4:00 pm

Suggested Transportation Donation: \$5
Please sign up at the front desk, seats are limited!

No Refunds

Ruidoso Downtown Shopping Field Trip

When: Wednesday June 26, 2019
Time: 10:00 am—5:00 pm (Meet in
ASC lobby promptly at 9:45 AM for
roll call)

Where: Downtown Ruidoso Shopping
Lunch on your own downtown
Ruidoso

Cost: Suggested Donation of \$10

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



Father's Day Word Search



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



FATHER
TEACH
BRAVE
FOOTBALL
PARENT



GRANDPA
RESPECT
NECKTIE
PROTECT
LOVE





Pool News May 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: 4-26-2019 (19 players)

- 1st place – Frank Smith—Alamogordo
- 2nd place – Orlando Sisneros—Alamogordo
- 3rd place – Henry Goodman—Tularosa
- 4th place – David Smith—Capitan

Capitan: 5-3-2019 (19 players)

- 1st place – Lasarito Guevara JR—Las Cruces
- 2nd place – Jamie Chavando—Ruidoso
- 3rd place – Walt Dickinson—Alamogordo
- 4th place – David Smith—Capitan

Alamogordo: 5-14-2019 (26 players)

- 1st place – Walt Dickinson—Alamogordo
- 2nd place – Lasarito Guevara—Las Cruces
- 3rd place – Dave Hansen—Alamogordo
- 4th place – Ed Chavez—Alamogordo

Hondo Valley: 5-10-2019 (14 players)

- 1st place – Dave Hansen—Alamogordo
- 2nd place – Frank Smith—Alamogordo
- 3rd place – Jerry Burchett—Hondo
- 4th place – Robert Ballew—Capitan

Tularosa: 5-21-2019 (15 players)

- 1st place – Ron Foster—Alto
- 2nd place – Gilbert Munoz—Alamogordo
- 3rd place – Orlando Sisneros—Alamogordo
- 4th place – Kenny Hinson—Alamogordo

Compiled by David Hansen of Alamogordo

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.*

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

Coming Event: Wed., June 12, 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.



Thank you for supporting the
Alamo Senior Center



May Birthdays

HAPPY BIRTHDAY!



Pictured, Front, Left to Right: Robert Fair, Gisela Motley, Lucy Pianka, Mary Lou Armijo, and Charles Dewey

Thank you, Mountain Shadows Homecare, for sponsoring our May Birthday Party!!!



HAPPY FATHERS DAY!



Join us on Friday, June 14th at 11:45am in the dining room for delicious cake and punch to honor all you wonderful Fathers!

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, June 5th

Salvation Army-Alamogordo
Wednesday, June 19th