

The Sentinel

July 2019

50 cent suggested donation



Photo's from Older Americans Month & the Mother's Day Brunch!!!

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>

July 2019

1 - Monday Beef Stew Steamed Rice Beets Biscuit w/ Margarine Peaches 	2 - Tuesday Green Chile Cheese Lasagna Lettuce & Tomato Spanish Rice Pinto Beans Oatmeal Cookie Fruit Cocktail Chocolate Milk	3 - Wednesday BBQ Bonanza Potato Salad Baked Beans Corn on the Cob Watermelon 	4 - Thursday ASC Closed 	5 - Friday Breakfast for Lunch Scrambled Eggs Sausage Patty Biscuit w/ Gravy Pancake w/ Syrup Mandarin Oranges
8 - Monday Spaghetti & Meatballs Salad w/ Dressing Italian Mixed Vegetables Garlic Bread Jell-O w/ Pineapple	9 - Tuesday BBQ Chicken Coleslaw Green Beans Whole Wheat Bread w/ Margarine Chocolate Pudding w/ Topping Chocolate Milk	10 - Wednesday Stuffed Peppers Au Gratin Potatoes Green Beans Biscuit w/ Margarine Tropical Fruit 	11 - Thursday Chicken & Rice Broccoli Peas & Carrots Whole Wheat Bread w/ Margarine Oatmeal Cookie Chocolate Milk	12 - Friday Salisbury Steak Parsley Potatoes Spinach Whole Wheat Bread w/ Margarine Pumpkin Spice Cookie 
15 - Monday Baked Ham Yams Asparagus Whole Wheat Bread w/ Margarine Pineapple Upside-Down Cake	16 - Tuesday Stuffed Chicken Breast Baked Potato Capri Mixed Vegetables Whole Wheat Bread w/ Margarine Cranberry Relish Chocolate Milk	17 - Wednesday BBQ Beef Sandwich Macaroni Salad Green Beans Peanut Butter Cookie 	18 - Thursday Vegetarian Spinach Lasagna Salad w/ Dressing Scandinavian Mixed Vegetables Whole Wheat Bread w/ Margarine Apricots Chocolate Milk	19 - Friday Green Chile Chicken Enchiladas Lettuce & Tomato Pinto Beans Spanish Rice Jell-O w/ Mixed Fruit
22 - Monday Grilled Pork Chop Baked Sweet Potato Cabbage Cornbread w/ Margarine Applesauce	23 - Tuesday King Ranch Chicken Lettuce, Tomato, & Peppers Salsa Corn Spanish Rice Cottage Cheese w/ Pears Chocolate Milk	24 - Wednesday Swiss Steak Baked Potato Cabbage Whole Wheat Bread w/ Margarine Pineapple 	25 - Thursday Hot Beef Sandwich Pickled Beets Mashed Potatoes w/ Gravy Green Beans Chocolate Cake Chocolate Milk	26 - Friday Fish Platter Coleslaw Rice Pilaf Green Beans Jell-O w/ Mandarin Oranges 
29 - Monday Red Beef Enchiladas Lettuce & Tomato Pinto Beans Spanish Rice Sherbet 	30 - Tuesday Oven Baked Chicken Rice Pilaf Broccoli & Cauliflower Whole Wheat Bread w/ Margarine Cherry Cobbler Chocolate Milk	31 - Wednesday Hamburger Steak w/ Gravy Roasted Vegetables Coleslaw Whole Wheat Bread w/ Margarine Peaches		1% Low Fat Milk Served Daily Suggested Donation: \$2.50 Menu Subject to Change

Meal Tickets



May 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: 7,074

	Congregate Meals	Home Delivered Meals
Meals Served:	3,607	3,467
Donation Average:	\$1.55	\$0.64

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

July 3, 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

July 4, 2019

Thursday

8:00 AM - 5:00 PM



ASC Closed

Holiday: Independence Day



July 8, 2019

Monday

9:00 AM - 12:00 PM

Molina Health Care Representative -- Lobby



July 9, 2019

Tuesday

9:00 AM - 11:00 AM



SAVVY Caregiver Program -- Staff Conference Room

July 10, 2019

Wednesday

9:00 AM - 12:00 PM

Hear on Earth Hearing Care -- Classroom

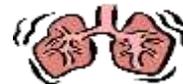
10:00 AM - 12:00 PM



Representative w/ Xochitl Torres Small's Office -- Lobby

1:00 PM - 3:00 PM

Huff N Puff -- Classroom



July 11, 2019

Thursday

1:15 PM - 2:15 PM



Nutrition Council Meeting -- Classroom



Alamo Senior Center Calendar of Events



July 12, 2019 Friday

6:00 PM - 9:00 PM



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

July 15, 2019 Monday

8:00 AM - 11:00 AM

Aetna Insurance Benefits -- Lobby



July 17, 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

9:00 AM - 11:00 AM



SAVVY Caregiver Program -- Staff Conference Room

1:15 PM - 3:00 PM

Senior Advisory Council -- Classroom



July 18, 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



July 19, 2019 Friday

6:00 PM - 9:00 PM

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



July 23, 2019 Tuesday

10:00 AM - 11:00 AM



Presentation: Food & You; What's aging got to do with it? -- Classroom



Alamo Senior Center Calendar of Events

July 24, 2019

Wednesday

9:00 AM - 12:00 PM



Hear on Earth Hearing Care -- Classroom

9:00 AM - 11:00 AM

SAVVY Caregiver Program -- Staff Conference Room

3:00 PM - 5:00 PM



ASC Summer Sock Hop -- Dining Room

\$6.00 per person

Tickets on sale at the Front Desk.



July 26, 2019

Friday

6:00 PM - 9:00 PM

Friday Night Dance - Selmo

\$4.00 per person. Open to the public.



July 29, 2019

Monday

10:00 AM - 12:00 PM



Representative w/ Xochitl Torres Small's Office -- Lobby

2:00 PM - 3:00 PM

Field Trip Meeting -- Classroom



July 31, 2019

Wednesday

9:00 AM - 12:00 PM



Hear on Earth Hearing Care -- Classroom

9:00 AM - 11:00 AM

SAVVY Caregiver Program -- Staff Conference Room



9:45 AM - 10:30 AM



Birthday Party -- Dining Room



In observance of Independence Day, the Alamo Senior Center will be CLOSED on Thursday, July 4, 2019. Happy 4th of July!!!

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

Climate Heating & Air Conditioning, Inc.



TAMMY L. TONCRAY
617 New York Ave.
Alamogordo, NM 88310

(575) 437-3130

N.M. Lic #3117

www.climateheatingandairconditioning.com

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
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.

July 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, July 8, 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 Downs Racetrack & Casino Field Trip

When: Friday, July 19, 2019
Time: 9:00 am—5:00 pm (Meet in
ASC lobby promptly at 9:00 am for
roll call)

Where: Ruidoso Downs Racetrack
& Casino

Cost: Suggested Donation of \$10
(Lunch on your Own)



Reserve your spot today!

Space is limited.

Put your name

on the list at the

front desk. No Refunds!



MEDICAL CENTER

NAME _____ AGE _____
ADDRESS _____ DATE _____

R Alamo Senior Center Health Fair 2019

September 19, 2019
9:00 am - 12:00 pm



Over 30 Vendors
Free Admission
Open to the Public

Health & Community Information

LABEL

SIGNATURE _____

REFILL 0 1 2 3

COMING SOON!!!

ASC Summer Sock Hop

Wednesday, July 24, 2019
3pm - 5pm
\$6 per Ticket

Hot Dogs
Hamburgers
Chips
Rootbeer Floats
& Great 50's Music
to dance to!

Ticket on
Sale at the
front desk
now!

Alamo Senior Center
2201 Puerto Rico Ave
Alamogordo, NM 88310



Pool News June 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: 5-31-2019 (19 players)

- 1st place – Richard Estrada—Alamogordo
- 2nd place – Henry Goodman—Tularosa
- 3rd place – Jamie Chavando—Ruidoso
- 4th place – Frank Smith—Alamogordo

Capitan: 6-7-2019 (19 players)

- 1st place – Orlando Sisneros—Alamogordo
- 2nd place – Frank Smith—Alamogordo
- 3rd place – Joe Small—Alamogordo
- 4th place – Dave Hansen—Alamogordo

Alamogordo: 6-11-2019 (27 players)

- 1st place – Steve Gonzales—Tularosa
- 2nd place – Randy Jackson—Alamogordo
- 3rd place – Frank Smith—Alamogordo
- 4th place – John Arsola—Las Cruces

Hondo Valley: 6-14-2019 (16 players)

- 1st place – Dave Hansen—Alamogordo
- 2nd place – Pedro Serna—Las Cruces
- 3rd place – Joe Small—Alamogordo
- 4th place – Orlando Sisneros—Alamogordo

Tularosa: 6-18-2019 (14 players)

- 1st place – Joe Small—Alamogordo
- 2nd place – Walt Dickinson—Alamogordo
- 3rd place – Kenny Henson—Alamogordo
- 4th place – Gilbert Munoz—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., July 10, 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



June Birthdays



Pictured, Front, Left to Right: Dolores Shields, Daryl Gilmore, Elaine Van Tassel, Marilyn Hughes, and Ann McDonald; Back, Left to Right: Karen Lerner, Dave Carter and Robert Dunlap. Inset: Lois Powell

Thank you, Genesis—The Village at Northrise, for sponsoring our June Birthday Party!!!



Join us on Wednesday, July 3rd at 11:45am in the dining room for cake and punch and delightful patriotic music in celebration of Independence day.

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, July 3rd

Salvation Army-Alamogordo
Wednesday, July 17th