

The Sentinel

August 2019

50 cent suggested donation

From the Manager

Happy August...

Last month's article featured pictured activities that are held here at the senior center. Everyone had a great time! If you have an activity that you would like staff to try, I am open to suggestions. We are here for you & to host activities that spark your interest.

This month the county fair will soon approach as well as another school year. I would like to think we have seen the last of our hot temperatures. But, as a native to the area, I know we have many more hot days before we start feeling the cool temps.

Keep in mind that you can stay refreshingly cool in our beautiful facility. Come on over and enjoy a great meal, socialization, entertainment every morning in our dining room and, of course, our very popular exercise facility. We are always busy housing many activities and presentations. Just take a look at our Calendar of Events, Fitness Schedule & Activities section inside the newsletter. We even have special field trips scheduled each month. If you have never been, you have to give it a try at least once.

This past month our local White Sands Pupfish Team have been volunteering some of their time in our dining room. They have been helping serve our coffee, tea & water to our group during the meal program. Everyone has enjoyed and appreciates the help they have offered to our senior center during this time.

Our Facility Maintenance Crew have been busy with many tasks at hand here at the Senior Center. The Exercise Facility ramp is almost complete. The **"platform" looks very nice! Our main doors into the facility have been fixed.** So, you will not see the sporadic opening & closing of the doors. Thank you, crew, for overseeing these projects through completion!

Once again, with school just around the corner, please be extra cautious around **school zones.** Also, be mindful of the kids and pedestrians on crosswalks. Let's keep our kids safe!

Before closing, I must recognize the many wonderful volunteers that help at the Senior Center on a daily basis. We are so blessed to have all of you and your dedication to the Senior Center!

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>

August 2019

	
<p>1% Low Fat Milk Served Daily</p> <p>Suggested Donation: \$2.50</p> <p>Menu Subject to Change</p>	<p>1 - Thursday</p> <p>Ham & Beans Beets Tomato Cucumber Salad Cornbread w/ Margarine Pumpkin Spice Cookie Mandarin Oranges Chocolate Milk</p>
<p>5 - Monday</p> <p>Spaghetti & Meat Sauce Salad Scandinavian Vegetables Whole Wheat Bread w/ Margarine Spiced Apples </p>	<p>2 - Friday</p> <p>Green Chile Cheeseburger Lettuce, Tomato, & Onion Peas & Carrots Peanut Butter Cookie Applesauce </p>
<p>12 - Monday</p> <p>Beef Tips & Noodles Salad Peas & Carrots Oatmeal Cookie Pears </p>	<p>8 - Thursday</p> <p>Chicken & Rice Peas & Carrots Broccoli Whole Wheat Bread w/ Margarine Peanut Butter Cookie Chocolate Milk</p>
<p>19 - Monday</p> <p>Beef Stew Green Beans Beets Biscuit w/ Margarine Peaches</p>	<p>9 - Friday</p> <p>Green Chile Relleno Salad Pinto Beans Crackers Mixed Fruit </p>
<p>26 - Monday</p> <p>Red Beef Enchiladas Lettuce & Tomato Pinto Beans Spanish Rice Crackers Sherbet</p>	<p>15 - Thursday</p> <p>Meatloaf Macaroni & Cheese Salad Italian Vegetables Whole Wheat Bread w/ Margarine Peanut Butter Cookie & Peaches Chocolate Milk</p>
<p>5 - Monday</p> <p>Green Chile Chicken Enchiladas Lettuce & Tomato Pinto Beans Spanish Rice Crackers Mandarin Oranges Chocolate Milk</p>	<p>16 - Friday</p> <p>Baked Fish Rice Pilaf Coleslaw Mixed Vegetables Cornbread </p>
<p>13 - Tuesday</p> <p>Baked Chicken Wild Rice Carrots Green Beans Whole Wheat Bread w/ Margarine Plums Chocolate Milk</p>	<p>22 - Thursday</p> <p>Stuffed Chicken Breast Mashed Potatoes w/ Gravy Capri Vegetables Cranberry Relish Chocolate Milk</p>
<p>20 - Tuesday</p> <p>Chicken Pot Pie Beet & Onion Salad Zucchini Bake Whole Wheat Bread w/ Margarine Jell-O w/ Mixed Fruit Chocolate Milk</p>	<p>23 - Friday</p> <p>Baked Ham Sweet Potatoes Spinach Cornbread w/ Margarine Tropical Fruit</p>
<p>27 - Tuesday</p> <p>Baked Pork Chop Black-Eyed Peas Sweet Potato Cornbread w/ Margarine Spiced Apples Chocolate Milk</p>	<p>29 - Thursday</p> <p>Cabbage Casserole Spinach Carrot Raisin Salad Whole Wheat Bread w/ Margarine Strawberry Shortcake Chocolate Milk</p>
<p>14 - Wednesday</p> <p>Green Chile Beef Enchiladas Lettuce & Tomato Pinto Beans Spanish Rice Crackers Pineapple</p>	<p>30 - Friday</p> <p>Chicken Ala King Peas & Carrots Rice Pilaf Brussel Sprouts Pineapple Upside Down Cake</p>
<p>21 - Wednesday</p> <p>Roast Beef Salad Baked Potato Mixed Vegetables Whole Wheat Bread w/ Margarine Chocolate Cake</p>	<p>28 - Wednesday</p> <p>Hot Beef Sandwich Mashed Potatoes Green Beans Peach Cobbler </p>

Meal Tickets



June 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 \$11.00 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: 20

Total number of meals served: 6,346

	Congregate Meals	Home Delivered Meals
Meals Served:	3,198	3,148
Donation Average:	\$1.45	\$0.68

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

August 1, 2019
Thursday

1:00 PM - 2:00 PM

Senior Olympics Meeting -- Classroom



August 2, 2019
Friday

11:45 AM - 1:00 PM



Cake & Punch for White Sands Pupfish -- Dining Room

August 5, 2019
Monday

8:00 AM - 11:00 AM



Mia Sanca - Independent Insurance Agent -- Lobby

August 7, 2019
Wednesday

9:00 AM - 11:00 AM



Back in Action Therapy -- Lobby
Free Consultations.

9:00 AM - 11:00 AM

SAVVY Caregiver Program -- Staff Conference Room



10:00 AM - 2:00 PM

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

10:00 AM - 12:00 PM



Hear on Earth Hearing Care -- Classroom

August 8, 2019
Thursday

1:15 PM - 2:15 PM



Nutrition Council Meeting -- Classroom



August 9, 2019
Friday

8:00 AM - 11:00 AM

Mia Sanca - Independent Insurance Agent -- Lobby



Alamo Senior Center Calendar of Events



August 9, 2019 Continued Friday

6:00 PM - 9:00 PM



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

August 12, 2019 Monday

8:00 AM - 11:00 AM

Medicare 101 Information Table-Mia Sanca -- Lobby



9:00 AM - 12:00 PM



Molina Health Care Representative -- Lobby

August 14, 2019 Wednesday

9:00 AM - 11:00 AM



SAVVY Caregiver Program -- Staff Conference Room

10:00 AM - 12:00 PM

Hear on Earth Hearing Care -- Classroom



10:00 AM - 12:00 PM



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

August 15, 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



August 21, 2019 Wednesday

9:00 AM - 11:00 AM

Salvation Army - Alamogordo Food Pantry

10:00 AM - 12:00 PM



Hear on Earth Hearing Care -- Classroom



Alamo Senior Center Calendar of Events

August 21, 2019 Continued
Wednesday

1:15 PM - 3:00 PM

Senior Advisory Council -- Classroom



August 23, 2019
Friday

6:00 PM - 9:00 PM



Friday Night Dance - Selmo

\$4.00 per person. Open to the public.

August 27, 2019
Tuesday

10:30 AM - 11:00 AM

Belly Dancing Demonstration -- Dining Room



August 28, 2019
Wednesday

9:45 AM - 10:30 AM

**Happy
Birthday**

Birthday Party -- Dining Room



10:00 AM - 12:00 PM

Hear on Earth Hearing Care -- Classroom



10:00 AM - 12:00 PM

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

10:00 AM - 11:00 AM

Humana

Presentation: Medicare 101 -- Staff Conference Room

Bobby Jo from Humana

August 30, 2019
Friday

6:00 PM - 9:00 PM



Friday Night Dance - The House Band

\$4.00 per person. Open to the public.

The Alamogordo Public Library has a page
of web resources for seniors!



Check it out at http://ci.alamogordo.nm.us/coa/communityservices/library/libraryref/Senior_Resources.htm.

(We have a link to their page on the Senior Center web page for your convenience.)

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.

RSVP
Lead with Experience

SENIOR COMPANIONS
Make Independence a Reality

FOSTER GRANDPARENTS
Share Today. Shape Tomorrow.

**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 *
Line Dancing (Basic Beginner)	Mon & Thurs	1:15-2:00 PM	Fitness Room II w/ LouAnn & Ilene
Line Dancing (Beginner)	Thurs	3:00-4:00 PM	Dining Room w/ Norma
Line Dancing (High Beginner)	Tues	3:00-4:00 PM	Fitness Room II w/ Norma
Line Dancing (Improvers)	Tues & Thurs	4:00-5:00 PM	Fitness Room II w/ Norma
Line Dancing (Intermediate/Advanced)	Tues & Thurs	5:00-6:00 PM	Fitness Room II w/ Merry
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/10th & Washington
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 7/12/2019



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:

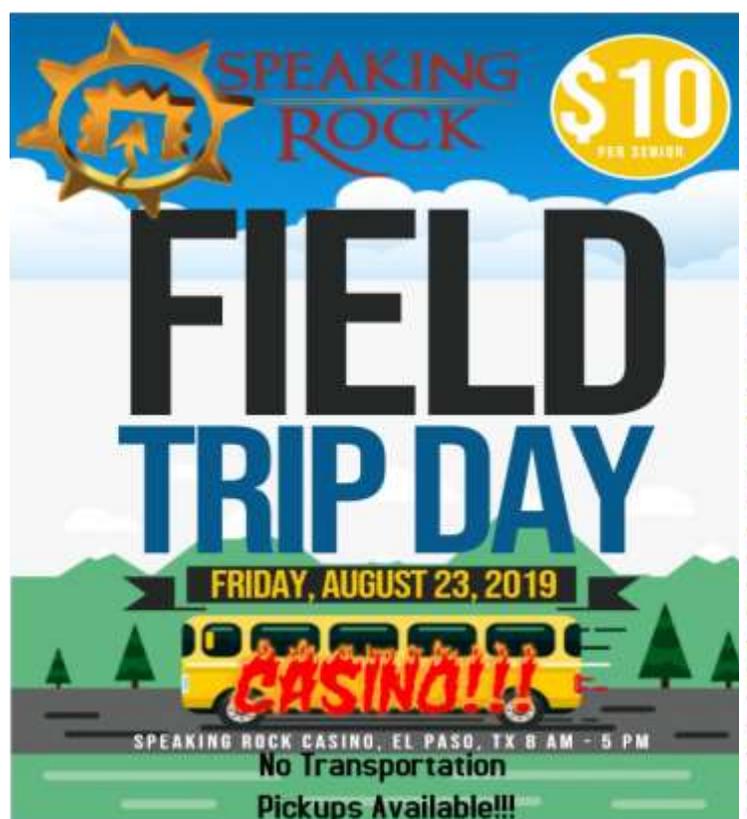
- All persons under the age of 60 are subject to a fee of \$20/month or \$5/class, to be paid at the Front Desk. Those under 60 cannot displace a senior 60 or over at any time.
- Tennis shoes are a requirement for all exercise to include fitness classes and working out on the fitness equipment.
- **You 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
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 7/30/19



SPEAKING ROCK \$10 PER SENIOR

FIELD TRIP DAY

FRIDAY, AUGUST 23, 2019

CASINO!!!

SPEAKING ROCK CASINO, EL PASO, TX 8 AM - 5 PM
 No Transportation
 Pickups Available!!!

Inn of the Mountain Gods Field Trip

Lunch at your own cost

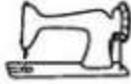
Field Trip Includes:
 Apache Travel Center
 Inn of the Mountain Gods Casino



Date: Wednesday, August 7, 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



Grannie's Wisdom

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

DONT RUSH

BE PROUD

LISTEN TO EXPERIENCE

FOLLOW DIRECTIONS

TRY ANYTHING

USE SEAM RIPPER

BUY THE BEST

NO SHORT CUTS

ASK QUESTIONS

TAKE ADVICE

NEVER SAY I CANT

MEASURE TWICE CUT ONCE

PLAN AHEAD



MEDICAL CENTER

NAME _____ AGE _____
 ADDRESS _____ DATE _____

Rx 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

Mark Your Calendar!



Join us on Friday, August 2, 2019 at 11:45am in the Dining Room, to thank our local White Sands Pupfish for dedicating some of their free time to volunteer here at the Alamo Senior Center. Delicious cake and punch will be provided. Hope to see you there!!!



Pool News July 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: 6-28-2019 (20 players)
1st place – Dave Hansen—Alamogordo
2nd place – Jamie Chavando—Ruidoso
3rd place – Gilbert Munoz—Alamogordo
4th place – Ron Foster—Alto

Capitan: 7-12-2019 (20 players)
1st place – Henry Goodman—Alamogordo
2nd place – Walt Dickinson—Alamogordo
3rd place – Charlie Gardner—Las Cruces
4th place – Gilbert Munoz—Alamogordo

Alamogordo: 7-9-2019 (28 players)
1st place – Ed Chavez—Alamogordo
2nd place – Pedro Serna—Las Cruces
3rd place – Orlando Sisneros—Alamogordo
4th place – Luther Craig—Alamogordo

Hondo Valley: 7-19-2019 (16 players)
1st place – Jamie Chavando—Ruidoso
2nd place – Henry Goodman—Tularosa
3rd place – Orlando Sisneros—Alamogordo
4th place – Joe Small—Alamogordo

Tularosa: 7-16-2019 (19 players)
1st place – Henry Goodman—Tularosa
2nd place – Robert Ballew—Capitan
3rd place – Frank Smith—Alamogordo
4th place – Joe Lujan—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.*

Renewing your NM License or ID Card?

- The New Mexico MVD now requires you to bring additional documentation when you renew your license or ID card.
- Additional information is available at the Front Desk.



Thank you for supporting the
Alamo Senior Center



July Birthdays



Pictured, Front, Left to Right: Lucille Burrows, Randy Cain, Helen Kester, Bobby Barber, and Jim Carson

Thank you, Molina Healthcare, for sponsoring our July Birthday Party!!!

MARK YOUR CALENDAR!

The Legal Resources for the Elderly Program (LREP) will be providing their annual free legal workshop at the Alamo Senior Center on Wednesday, September 25, 2019. Further information will follow in the September 2019 issue of the Sentinel.



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, August 7th

Salvation Army-Alamogordo
Wednesday, August 21st