

# The Sentinel

October 2019

50 cent suggested donation

## *From the Manager*

Happy Fall to All!

This month I'd like to acknowledge our Senior Center group that participated at the Otero County Fair last month. There were many entries in the Exhibit Building reflecting great representation of the Senior Center this year. Congratulations to all of our winners for your beautiful crafts! Caryl Shea, Ruth Cooper, Karen Lerner, Karen Groves, Elaine Van Tassell, Del Larson & Barbara Taylor.



And, of course, the Senior Center's **Philodendron Hope Selloum** was entered this year bringing home the Grand Prize Win. Thank you Zyra



Serna for suggesting the entry of our beautiful plant at the Otero County Fair this year!

Some of our Quality Surveys have been distributed. If you have not done so, please take the time to fill one out. We appreciate the feedback. Your surveys provide information of how our programs are working, what we need to work on as well as what is working. This information is very important and we often receive some really good ideas from your comments and suggestions.

This month the Senior Center will be providing its first ever Hiking Field Trip on October 9th. Ms. Beverly Goodman started her own hiking trips and brought the suggestion to our staff. Thanks for the suggestion Beverly! **Don't forget SVP's Annual Spaghetti Dinner that will be held here at the Senior Center on Friday, October 11<sup>th</sup>.** Selmo will be providing entertainment for the dance from 6:00 – 9:00 p.m. Also, the Senior Center will be hosting a Halloween Party from 3:00 – 5:00 p.m. in our Dining Room. Tickets can be purchased at the Front Desk for \$6.00. Come dressed in your best costume for the contest. We will be serving hot dogs & hamburgers, chips & root-beer floats. Entertainment will be provided by The SongBirds.

*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>

## October 2019

 <b>7 - Monday</b> <b>Roast Beef</b> Salad w/ Dressing Mashed Potatoes w/ Gravy California Vegetables Whole Wheat Bread w/ Margarine Peaches	<b>1 - Tuesday</b> <b>BBQ Chicken</b> Mixed Vegetables Salad Whole Wheat Bread w/ Margarine Spiced Peaches Sugar Cookie Chocolate Milk	<b>2 - Wednesday</b> <b>Chicken Fried Steak</b> Mashed Potatoes w/ Gravy Mixed Vegetables Whole Wheat Bread w/ Margarine Tangerine 	<b>3 - Thursday</b> <b>Pork Chop</b> Mashed Potatoes w/ Gravy Peas Biscuit w/ Margarine Cherry Cobbler Chocolate Milk	<b>4 - Friday</b> <b>Meat Loaf</b> Steamed Rice Beets Mixed Vegetables Biscuit w/ Margarine Cantaloupe 
<b>8 - Tuesday</b> <b>Baked Chicken</b> Carrots & Peppers Wild Rice Biscuit w/ Margarine Mandarin Oranges Chocolate Milk	<b>9 - Wednesday</b> <b>Beef Stew</b> Cucumber & Onion Salad Cornbread w/ Margarine Strawberry Shortcake  	<b>10 - Thursday</b> <b>Vegetarian Lasagna</b> Salad w/ Dressing Mixed Vegetables French Bread w/ Margarine Plum Cobbler Chocolate Milk	<b>11 - Friday</b> <b>Red Beef Enchiladas</b> Jalapeno, Onion, & Tomato Salsa Pinto Beans Tangerine 	<b>12 - Saturday</b> <b>Country Fried Steak</b> Mashed Potatoes Spinach Whole Wheat Bread w/ Margarine Chocolate Cookie Tangerine Chocolate Milk 
<b>14 - Monday</b> <b>Beef Tips &amp; Noodles</b> Salad Peas & Carrots Oatmeal Cookie Peas  	<b>15 - Tuesday</b> <b>Green Chile Chicken Enchiladas</b> Lettuce & Tomato Pinto Beans Jell-O Apricots Chocolate Milk	<b>16 - Wednesday</b> <b>Baked Chicken Breast</b> Sliced Tomatoes Broccoli w/ Cheese Whole Wheat Bread w/ Margarine Strawberries & Bananas 	<b>17 - Thursday</b> <b>Country Fried Steak</b> Mashed Potatoes Spinach Whole Wheat Bread w/ Margarine Chocolate Cookie Tangerine Chocolate Milk	<b>18 - Friday</b> <b>Roast Pork</b> Salad w/ Dressing Peas & Carrots Whole Wheat Bread w/ Margarine Lemon Pudding Mandarin Oranges
<b>21 - Monday</b> <b>Salisbury Steak</b> Red Peppers & Onions Whole Wheat Tortilla Pumpkin Bread 	<b>22 - Tuesday</b> <b>Roast Beef</b> Mashed Potatoes w/ Gravy Mixed Vegetables Whole Wheat Bread w/ Margarine Applesauce Cake Peas & Mandarin Oranges Chocolate Milk	<b>23 - Wednesday</b> <b>Oven Fried Chicken</b> Sweet Potato Green Beans Whole Wheat Bread w/ Margarine Peach Crisp Apple 	<b>24 - Wednesday</b> <b>Green Chile Cheeseburger</b> Lettuce, Tomato, & Onion Carrots & Peppers Butter Beans Chocolate Pudding Chocolate Milk	<b>25 - Friday</b> <b>Dill Baked Fish</b> Corn & Peppers Whole Wheat Bread w/ Margarine Yogurt Peas  
<b>28 - Monday</b> <b>Green Chile Beef Enchiladas</b> Jalapeno, Onion, & Tomato Salsa Pinto Beans Pineapple  	<b>29 - Tuesday</b> <b>BBQ Chicken</b> Baked Beans Potato Salad Biscuit w/ Margarine Melon Mix w/ Grapes Chocolate Milk	<b>30 - Wednesday</b> <b>Green Chile Cheese Lasagna</b> Lettuce & Tomato Fiesta Corn Oatmeal Cookie Fruit Cocktail  	<b>31 - Thursday</b> <b>Road Kill (Hot Beef Sandwich)</b> Sour Potatoes (Mashed Pot. w/ Gravy) Rotten Roots (Carrots & Peppers) Crusty Bread (W.W. Bread) Wormy Peas (Peas) Chocolate Milk  	<b>1% Low Fat Milk Served Daily</b> <b>Suggested Donation: \$2.50</b> <b>Menu Subject to Change</b>

# Meal Tickets



*August 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: 22**

**Total number of meals served: 7,034**

	<b>Congregate Meals</b>	<b>Home Delivered Meals</b>
<b>Meals Served:</b>	<b>3,694</b>	<b>3,340</b>
<b>Donation Average:</b>	<b>\$1.43</b>	<b>\$0.63</b>

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

**October 2, 2019**  
Wednesday

8:00 AM - 1:00 PM

**Bake Sale -- Lobby**



10:00 AM - 1:00 PM



**Hear on Earth Hearing Care -- Classroom**

**October 4, 2019**  
Friday

6:00 PM - 9:00 PM



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

**October 7, 2019**  
Monday

8:00 AM - 11:00 AM

**Aetna Information Table -- Lobby**



**October 9, 2019**  
Wednesday

9:00 AM - 4:00 PM



**Field Trip: Hiking (Inn of the Mountain Gods)**  
\$5.00 Suggested Donation (No Refunds)  
*Sign up at the Front Desk*



9:30 AM - 11:30 AM



**Caitlyn Lowe - Nutrition Educator -- Lobby**  
NMSU Cooperative Extension Service

10:00 AM - 1:00 PM

**Hear on Earth Hearing Care -- Classroom**

10:00 AM - 12:00 PM



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

**October 10, 2019**  
Thursday

8:00 AM - 11:00 AM

**Aetna Insurance Benefits -- Lobby**

**aetna™**

1:15 PM - 2:15 PM



**Nutrition Council Meeting -- Classroom**

# Alamo Senior Center Calendar of Events



## October 11, 2019 Friday

8:00 AM - 11:00 AM

**Aetna Information Table -- Lobby**

5:00 PM - 7:30 PM



**Annual SVP Spaghetti Dinner -- ASC Dining Room**

Tickets can be purchased in the SVP Office, through an Advisory Council Member, or at the door for \$10.00.

6:00 PM - 9:00 PM

**Friday Night Dance/SVP Spaghetti Dinner**

\$10.00 per person for Dinner and Dance. Open to the public.



## October 14, 2019 Monday

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.\***

8:00 AM - 11:00 AM

**Aetna Information Table -- Lobby**



9:00 AM - 12:00 PM



**Molina Health Care Representative -- Lobby**

## October 15, 2019 Tuesday

9:30 AM - 11:30 AM

**Aetna Insurance Program -- Lobby**



## October 16, 2019 Wednesday

10:00 AM - 2:00 PM



**State Health Insurance Program(SHIP) - Medicare Open Enrollment -- Lobby**

Get information and sign up for Medicare Advantage and Prescription plans for 2020.

10:00 AM - 1:00 PM

**Hear on Earth Hearing Care -- Classroom**





## Alamo Senior Center Calendar of Events

**October 16, 2019 Continued**  
Wednesday

1:15 PM - 3:00 PM

Senior Advisory Council -- Classroom



**October 17, 2019**  
Thursday

8:00 AM - 11:00 AM

Aetna Insurance Benefits -- Lobby



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



**October 18, 2019**  
Friday

6:00 PM - 9:00 PM

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



**October 21, 2019**  
Monday

8:00 AM - 11:00 AM



Aetna Information Table -- Lobby

**October 22, 2019**  
Tuesday

9:30 AM - 11:30 AM

Aetna Insurance Program -- Lobby



**October 23, 2019**  
Wednesday

10:00 AM - 1:00 PM

Hear on Earth Hearing Care -- Classroom



10:00 AM - 12:00 PM



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

Alamo Senior Center  
Calendar of Events



October 24, 2019  
Thursday

8:00 AM - 11:00 AM

Aetna Insurance Benefits -- Lobby



October 25, 2019  
Friday

6:00 PM - 9:00 PM



Friday Night Dance - Selmo

\$4.00 per person. Open to the public.

October 28, 2019  
Monday

8:00 AM - 11:00 AM

Aetna Information Table -- Lobby



October 29, 2019  
Tuesday

9:30 AM - 11:30 AM

Aetna Insurance Program -- Lobby



October 30, 2019  
Wednesday

9:45 AM - 10:30 AM



Birthday Party -- Dining Room



10:00 AM - 1:00 PM

Hear on Earth Hearing Care -- Classroom

10:00 AM - 11:00 AM



Humana Sales Presentation -- Staff Conference Room

Bobby Jo from Humana

October 31, 2019  
Thursday

8:00 AM - 11:00 AM

Aetna Insurance Benefits -- Lobby



3:00 PM - 5:00 PM

Halloween Party -- Dining Room

Tickets can be purchased at the Front Desk for \$6.00.



# 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 Arthritis & Fall Prevention *	Tues & Thurs	2:00-3:00 PM	Fitness Room I w/ Jean *
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

\*\*Please note that the Tai Chi for Arthritis & Fall Prevention Class is scheduled to start on October 29, 2019 and end on January 2, 2020. It will be a 17 lesson long course and you MUST registered before the class begins to participate. You can register at the Alamo Senior Center Fitness Center or contact Tracy at (575)439-4150. \*\*

### 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
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 9/6/2019

## Be a Hero. Volunteer.

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



Thank you for supporting  
the Alamo Senior Center



## 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.





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



## Alamogordo Chiropractic

*Dr. Samuel G. Hammel*  
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Alamogordo, NM 88310  
575-214-2800

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**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!

## October Field Trip

### Hiking Field Trip

**When:** Wednesday, October 9, 2019  
**Time:** 9:00 am—4:00 pm (Meet in ASC lobby promptly at 9 AM for roll call)

**Where:** Ruidoso (IOTMG walking trail for 2 hour hike, lunch at buffet afterwards)

**Cost:** Suggested Donation of \$5

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





# Pool News September 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: 8-30-2019 (21 players)  
1st place – Henry Goodman—Tularosa  
2nd place – Jerry Burchett—Hondo  
3rd place – Jamie Chavando—Ruidoso/El Paso  
4th place – Orlando Sisneros—Alamogordo

Capitan: 9-6-2019 (27 players)  
1st place – Dave Hansen—Alamogordo  
2nd place – Frank Smith—Alamogordo  
3rd place – Barbara Stewart—Capitan  
4th place – Walt Dickinson—Alamogordo

Alamogordo: 9-10-2019 (20 players)  
1st place – Gilbert Munoz—Alamogordo  
2nd place – Orlando Sisneros—Alamogordo  
3rd place – Glen Campbell—Alamogordo  
4th place – Ed Chavez—Alamogordo

Hondo Valley: 9-13-2019 (16 players)  
1st place – Gilbert Munoz—Alamogordo  
2nd place – Frank Smith—Alamogordo  
3rd place – Joe Small—Alamogordo  
4th place – Henry Goodman—Tularosa

Tularosa: 9-17-2019 (15 players)  
1st place – Henry Goodman—Tularosa  
2nd place – Gilbert Munoz—Alamogordo  
3rd place – Joe Small—Alamogordo  
4th place – Walt Dickinson—Alamogordo

Compiled by David Hansen of Alamogordo

**You're Invited  
To a Screamin' Fun  
HALLOWEEN  
PARTY**

Thursday October 31st in the Alamo Senior Center Dining Room  
**3PM - 5PM**

**TICKETS \$6.00**

Hot Dogs, Hamburgers & Roother Floats & Dancing  
Buy your tickets at the front desk!!!  
Cosume Contest and Music by The Songbirds!  
Costumes not required, but encouraged!

**Spaghetti Dinner Fundraiser**

**Senior Volunteer Programs  
Annual Spaghetti Dinner**

**Friday, October 11, 2019**

**Alamo Senior Center**  
**Dinner 5:00 - 7:30 PM**

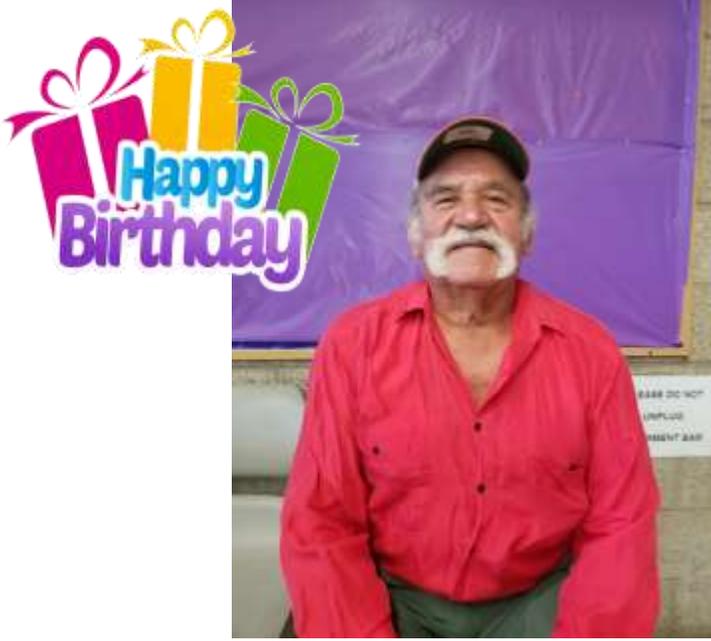
**Dancing with Selmo until 9:00 PM**

**SPAGHETTI & MEATBALLS, SALAD AND BREAD**  
Tickets are \$10.00 in the SVP office  
(2201 Puerto Rico Ave Alamogordo, NM 88310)

Through our Advisory Council members or  
at the door

For more information call 439-4154

# September Birthdays



Pictured, Left to Right: Leo Cuevas, Susan Kauffman, Art Jimenez, & Allen Schwartz

Thank you, Humana, for sponsoring our  
September Birthday Party!!!



## Happy Halloween



The local Preschoolers will be at the Alamo Senior Center on:

Thursday, October 31st

If you would like to donate a bag of candy for this event, please drop it off at the Front Desk.

### 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 1<sup>st</sup> Wednesday of the month; Salvation Army-Alamogordo commodities are available the 3<sup>rd</sup> 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, October 2nd

Salvation Army-Alamogordo  
Wednesday, October 16th