

The Sentinel

November 2019

50 cent suggested donation

From the Manager

Happy November!

As most of you know, our building was vandalized several times last month. Most, if not all of the windows in the Fitness Facility have been damaged as well as window damage to our Dining Room & Activity Room. We are in the process of installing security surveillance and cameras to secure our building & the possibility of security guards. We have also had some encounters with drifters. With that said, staff are locking the Senior Center doors at 3:00 p.m. every day. The South entrance which is our main entrance will be kept unlocked until 4:45 p.m. I apologize ahead of time for any inconveniences, but I am looking out for the safety of our group during this time frame as well as our property. If you will be visiting after 3:00 p.m., please use the main entrance. The doors to the Fitness Facility will be locked at 3:00 p.m. on Monday, Wednesday & Friday. You are welcome to use the facility after 3:00 p.m. & with a partner, but staff will have to unlock the facility for you on these days. Those in charge of the Friday night dances will also be locking the doors at 7:00 p.m. They will provide a phone number for those entering the facility after 7:00 p.m. to contact & allow access into the building. Again, I apologize for any frustration & inconvenience this may cause but I am looking out for the safety of our senior center and those that utilize the facility.

Thank you to the Facility Maintenance crew for the extra security already installed and to DPS for providing more patrol of the area!

On a more positive note, don't forget our annual Thanksgiving Dinner to be held on Friday, November 22nd from 11:00 - 1:00 p.m. We want everyone to have an extra special day at this event. Your meal and beverage will be served to you at your table by our wonderful servicemen and women from HAFB. We normally serve a bigger crowd on this special day and we have a system that seems chaotic but it works. Please be patient as you come into the dining room and know that we will not forget to serve your meal. Also, if you plan to sit together, please wait for each other & enter together with your group as we cannot reserve seats. Hope to see you all here for this memorable event!

Many blessings to all and have a great Thanksgiving!

Magdalena

Alamo Senior Center

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Visit us online at: <http://ci.alamogordo.nm.us/coa/communityservices/asc.htm>

November 2019

November 2019		1 - Friday	
1% Low Fat Milk Served Daily			
Suggested Donation: \$2.50			
Menu Subject to Change			
4 - Monday	5 - Tuesday	6 - Wednesday	7 - Thursday
Glazed Ham Sweet Potato Asparagus Whole Wheat Bread w/ Margarine Pineapple Upside-Down Cake	Stuffed Cabbage Casserole Spinach Carrot Raisin Salad Whole Wheat Bread w/ Margarine Strawberry Shortcake Chocolate Milk	Liver & Onions Mashed Potatoes Green Beans Cucumbers Whole Wheat Bread w/ Margarine Peaches & Strawberries	Green Chile Chicken Enchiladas Lettuce & Tomato Pinto Beans Spanish Rice Ice Cream Chocolate Milk
11 - Monday	12 - Tuesday	13 - Wednesday	14 - Thursday
ASC Closed 	Beef Stew Cabbage Cornbread w/ Margarine Tropical Fruit Salad Chocolate Milk	Green Chile Beef Enchiladas Lettuce & Tomato Pinto Beans Jalapeno, Onion, & Tomato Salsa Crackers Tapioca Pudding	Chicken Al La King Sautéed Potatoes & Onions Spinach Biscuit w/ Margarine Tropical Fruit Chocolate Milk
18 - Monday	19 - Tuesday	20 - Wednesday	21 - Thursday
Salisbury Steak & Gravy Baked Potato Spinach Whole Wheat Bread w/ Margarine Tropical Fruit Salad 	Baked Pork Chop Mashed Potatoes w/ Gravy Peas Biscuit w/ Margarine Cherry Cobbler Chocolate Milk	Spaghetti & Meatballs Tossed Salad w/ Dressing Italian Vegetables Whole Wheat Bread w/ Margarine Plums 	Pork Posole Calabacitas Flour Tortilla Oatmeal Cookie Chocolate Milk
25 - Monday	26 - Tuesday	27 - Wednesday	28 - Thursday
Country Fried Steak Mashed Potatoes w/ Gravy Corn Whole Wheat Bread w/ Margarine Diced Peas Oatmeal Cookie	Chile Relleno Tossed Salad w/ Dressing Pinto Beans Crackers Pineapple Chocolate Milk 	BBQ Bonanza Whole Wheat Bread w/ Margarine German Slaw Baked Beans Peaches Pumpkin Spice Cookie	ASC Closed
8 - Friday	9 - Friday	10 - Friday	11 - Friday
Sweet & Sour Pork Oriental Vegetables Carrots Fruit Cocktail Peanut Butter Cookie 	Stuffed Chicken Breast Coleslaw California Vegetables Biscuit w/ Margarine Peach Crisp 	Baked Cod Tartar Sauce Coleslaw Green Beans Cornbread w/ Margarine Pineapple Upside-Down Cake	Thanksgiving Luncheon Turkey w/ Dressing Sweet Potatoes Scandinavian Vegetables Cranberry Relish Whole Wheat Bread w/ Margarine Pumpkin Pie w/ Topping
29 - Friday			
ASC Closed			
			

Meal Tickets



September 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: 6,480

	Congregate Meals	Home Delivered Meals
Meals Served:	3,559	2,921
Donation Average:	\$1.55	\$0.79

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

November 1, 2019

Friday

6:00 PM - 9:00 PM



Friday Night Dance - The House Band

\$4.00 per person. Open to the public.

November 4, 2019

Monday

8:00 AM - 11:00 AM

Aetna Information Table-Mia Sanca -- Lobby



November 5, 2019

Tuesday

9:30 AM - 11:30 AM

Aetna Insurance Program -- Lobby

aetna™

10:00 AM - 11:00 AM



Dr. Loren Spencer-New Mexico Bone & Joint Institute -- Classroom

Presentation on Foot Care after 50.

November 6, 2019

Wednesday

9:00 AM - 4:00 PM



Field Trip: Inn of the Mountain Gods

\$5.00 Suggested Donation (No Refunds)

Sign up at the Front Desk.



10:00 AM - 1:00 PM



Hear on Earth Hearing Care -- Classroom

November 7, 2019

Thursday

8:00 AM - 1:00 PM

Jewelry Sale -- Lobby



November 8, 2019

Friday

10:00 AM - 10:30 AM



Students from Desert Star Elementary -- Dining Room

3rd grade students will be performing songs to commemorate our Veterans.

6:00 PM - 9:00 PM



Friday Night Dance - The SongBirds

\$4.00 per person. Open to the public.

Alamo Senior Center Calendar of Events



November 11, 2019 Monday

8:00 AM - 5:00 PM



ASC Closed
Holiday: Veterans Day



November 12, 2019 Tuesday

9:30 AM - 11:30 AM

Aetna Insurance Program -- Lobby



November 13, 2019 Wednesday

9:30 AM - 11:30 AM



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

9:45 AM - 10:30 AM

Birthday Party -- Dining Room



10:00 AM - 2:00 PM

Loaves & Fishes (Las Cruces-Commodities) -- Civic Center

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



November 14, 2019 Thursday

1:15 PM - 2:15 PM

Nutrition Council Meeting -- Classroom



November 15, 2019 Friday

8:00 AM - 5:00 PM



Field Trip: El Paso Museum of Art & Outlet Mall

\$10.00 Suggested Donation (No Refunds)

Sign up at the Front Desk.



Alamo Senior Center Calendar of Events

November 18, 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-Mia Sanca -- Lobby



November 19, 2019

Tuesday

9:30 AM - 11:30 AM

Aetna Insurance Program -- Lobby

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November 20, 2019

Wednesday

9:00 AM - 11:00 AM

Salvation Army - Alamogordo Food Pantry

10:00 AM - 1:00 PM



Hear on Earth Hearing Care -- Classroom

1:15 PM - 3:00 PM

Senior Advisory Council -- Classroom



November 21, 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



November 22, 2019

Friday

11:00 AM - 1:00 PM

*please
join us*

Thanksgiving Luncheon



Alamo Senior Center Calendar of Events



November 22, 2019 Continued Friday

6:00 PM - 9:00 PM

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



November 26, 2019 Tuesday

8:30 AM - 11:30 AM



Aetna Insurance-Mia Sanca -- Lobby

9:30 AM - 11:30 AM

Aetna Insurance Program -- Lobby



10:30 AM - 11:00 AM



Belly Dancing Demo -- Dining Room

November 27, 2019 Wednesday

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

November 28, 2019 Thursday

8:00 AM - 5:00 PM



ASC Closed
Holiday: Thanksgiving



November 29, 2019 Friday

8:00 AM - 5:00 PM



ASC Closed
Holiday: Thanksgiving



Program Note

All afternoon activities are **CANCELLED** on November 21st as well as **ALL** activities on November 22nd for our Thanksgiving luncheon.

- Our Fitness Center will be open for business as usual.

Alamo Senior Center

Fitness Activities

Event: Exercise Classes	Day	Time	Place
Balance, Baby Balls, & Beans	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	11:15-12:15 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

* Class is taught by a certified instructor.

Updated 10/7/2019

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
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!**



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A special thanks to our Belly Dancers for performing for us on Halloween. Also, join them every 4th Tuesday of the month for a demo in the Dining Room from 10:30am-11:00am.

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.*



Pool News October 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: 9-27-2019 (18 players)

- 1st place – Henry Goodman—Tularosa
- 2nd place – Dave Hansen—Alamogordo
- 3rd place – Lloyd Miller—Tularosa
- 4th place – Ron Foster—Alto

Capitan: 10-4-2019 (17 players)

- 1st place – Henry Goodman—Tularosa
- 2nd place – Ron Foster—Alto
- 3rd place – Walt Dickinson—Alamogordo
- 4th place – Gilbert Munoz—Alamogordo

Alamogordo: 10-8-2019 (26 players)

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

Hondo Valley: 10-11-2019 (13 players)

- 1st place – Henry Goodman—Tularosa
- 2nd place – Glen Campbell—Alamogordo
- 3rd place – Dave Smith—Capitan
- 4th place – Dave Hansen—Alamogordo

Tularosa: 10-15-2019 (19 players)

- 1st place – Gilbert Munoz—Alamogordo
- 2nd place – Joe Small—Alamogordo
- 3rd place – Henry Goodman—Tularosa
- 4th place – Lloyd Miller—Tularosa

Compiled by David Hansen of Alamogordo



October Birthdays



Happy Birthday



Pictured, Left to Right: Les Clark., Irvin Michaud, Helene Thompson, & Sheryl Kelly. Inset, Top to Bottom: Sandra Aeschbach, Sharon Carle, & Lucille Shimp

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

A heart filled THANK YOU to Sierra Elementary School's afterschool program, "The Sierra Sunshine Club" for your creative Fall crafts. Our seniors were very touched and thankful to take one of these wonderful crafts home with them!



Transportation Commodities Schedule

The Alamo Senior Center provides transportation for commodities as a service for our regular bus riders. Loaves & Fishes (Las Cruces) commodities to Alamogordo the 2nd Wednesday of every other 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.

Loaves & Fishes—Las Cruces
Wednesday, November 13th

Salvation Army-Alamogordo
Wednesday, November 20th