

# The Sentinel

December 2019

50 cent suggested donation



From all of us at the Alamo Senior  
Center to all of you,  
HAPPY HOLIDAYS!!!

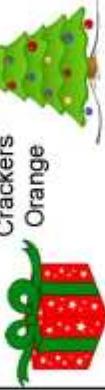
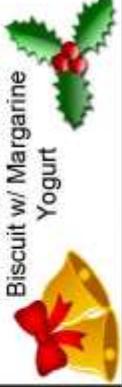
## Alamo Senior Center

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>

December 2019

2 - Monday	3 - Tuesday	4 - Wednesday	5 - Thursday	6 - Friday
<b>Chicken &amp; Noodles</b> Cauliflower & Broccoli Whole Wheat Bread w/ Margarine Fruit Cocktail Rice Pudding 	<b>Meatloaf</b> Carrot Raisin Salad Scalloped Potatoes Whole Wheat Bread w/ Margarine Tapioca Pudding w/ Strawberries Chocolate Milk	<b>Taco Salad</b> Spanish Rice Squash Crackers Orange 	<b>Braised Pork Chops</b> Bean Salad Peas Whole Wheat Bread w/ Margarine Baked Apples Chocolate Milk	<b>Green Chile Burger</b> Lettuce, Tomato, & Onion Butter Beans Carrots & Peppers Chocolate Pudding 
<b>9 - Monday</b> <b>Beef Stew</b> Steamed Rice Beets Biscuit w/ Margarine Orange 	<b>10 - Tuesday</b> <b>Oven Fried Chicken</b> Sweet Potato Mixed Vegetables Whole Wheat Bread w/ Margarine Peach Crisp Chocolate Milk	<b>11 - Wednesday</b> <b>Green Chile Chicken Enchiladas</b> Lettuce & Tomato Pinto Beans Spanish Rice Mandarin Oranges 	<b>12 - Thursday</b> <b>Lasagna</b> Salad w/ Dressing Mixed Vegetables French Bread w/ Margarine Plum Cobbler Chocolate Milk	<b>13 - Friday</b> <b>Baked Fish</b> Wild Rice Cauliflower & Carrots Biscuit w/ Margarine Yogurt 
<b>16 - Monday</b> <b>Chicken Fried Steak</b> Mashed Potatoes w/ Gravy Mixed Vegetables Whole Wheat Bread w/ Margarine Strawberries Vanilla Wafers	<b>17 - Tuesday</b> <b>Green Chile Chicken Enchiladas</b> Lettuce & Tomato Pinto Beans Spanish Rice Ice Cream w/ Strawberries Chocolate Milk	<b>18 - Wednesday</b> <b>Chicken w/ Gravy</b> Mashed Potatoes Carrots Biscuit w/ Margarine Jell-O w/ Fruit Cocktail 	<b>19 - Thursday</b> <b>Meatloaf</b> Au Gratin Potatoes Mixed Vegetables Whole Wheat Bread w/ Margarine Orange Chocolate Milk	<b>20 - Friday</b> <b>Christmas Luncheon</b> Turkey Mashed Potatoes w/ Gravy Scandinavian Vegetables Cranberry Salad Whole Wheat Bread w/ Margarine Pumpkin Pie w/ Topping
<b>23 - Monday</b> <b>Red Beef Enchiladas</b> Lettuce & Tomato Jalapeno, Onion, & Tomato Salsa Spanish Rice Mandarin Oranges 	<b>24 - Tuesday</b> <b>Turkey Sandwich</b> Baked Potato Chips Carrot Sticks Apple Oatmeal Raisin Cookie Chocolate Milk	<b>25 - Wednesday</b> <b>ASC CLOSED</b> 	<b>26 - Thursday</b> <b>Spaghetti &amp; Meatballs</b> Broccoli & Cauliflower Garlic Bread Applesauce Cake Chocolate Milk 	<b>27 - Friday</b> <b>Pork Posole</b> Calabacitas Flour Tortilla Oatmeal Cookie 
<b>30 - Monday</b> <b>Hamburger Mac</b> Green Beans Corn Apricots Peanut Butter Cookie 	<b>31 - Tuesday</b> <b>Tamale</b> Vegetable Salad Pinto Beans Whole Wheat Bread w/ Margarine Mandarin Oranges Chocolate Milk			<b>1% Low Fat Milk Served Daily</b> <b>Suggested Donation: \$2.60</b> <b>Menu Subject to Change</b>

# Meal Tickets



*October 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: 23**

**Total number of meals served: 7,417**

	<b>Congregate Meals</b>	<b>Home Delivered Meals</b>
<b>Meals Served:</b>	<b>3,988</b>	<b>3,429</b>
<b>Donation Average:</b>	<b>\$1.49</b>	<b>\$0.61</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.

# December

## Alamo Senior Center Calendar of Events

**December 3, 2019**  
Tuesday

9:30 AM - 11:30 AM

Aetna Insurance Program -- Lobby

**aetna™**

**December 4, 2019**  
Wednesday

10:00 AM - 1:00 PM



Hear on Earth Hearing Care -- Classroom

**December 5, 2019**  
Thursday

8:00 AM - 1:00 PM



ASC Holiday Craft Fair -- Lobby

*holiday*  
**Craft Fair**

**December 6, 2019**  
Friday

6:00 PM - 9:00 PM

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



**December 9, 2019**  
Monday

8:00 AM - 11:00 AM



Aetna Information Table-Mia Sanca -- Lobby

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*



**December 10, 2019**  
Tuesday

8:30 AM - 11:30 AM



Aetna Insurance-Mia Sanca -- Lobby

9:30 AM - 11:30 AM

Aetna Insurance Program -- Lobby

**aetna™**

# Alamo Senior Center Calendar of Events



## December 11, 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** *Happy Birthday*

10:00 AM - 1:00 PM

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

## December 12, 2019 Thursday

1:15 PM - 2:15 PM

**Nutrition Council Meeting -- Classroom**



## December 13, 2019 Friday

6:00 PM - 9:00 PM



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

## December 16, 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 - 5:00 PM



**Field Trip: El Paso Christmas Shopping**  
\$10.00 Suggested Donation (NO Refunds)  
*Sign up at the Front Desk*



8:00 AM - 11:00 AM

**Aetna Information Table-Mia Sanca -- Lobby**

## December 17, 2019 Tuesday

8:30 AM - 11:30 AM

**Aetna Insurance-Mia Sanca -- Lobby**



# December

## Alamo Senior Center Calendar of Events

**December 17, 2019 Continued**

Tuesday

9:00 AM - 3:00 PM



**AARP Driver Safety Course -- Classroom**

9:30 AM - 11:30 AM

**Aetna Insurance Program -- Lobby**

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**December 18, 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**



**December 19, 2019**

Thursday

1:15 PM - 2:15 PM

**Mayor's Committee On Aging -- Classroom**

**December 20, 2019**

Friday

11:00 AM - 1:00 PM



**Christmas Luncheon**

**Christmas Luncheon**

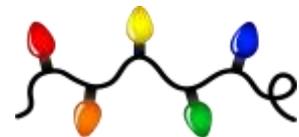
5:00 PM - 8:30 PM



**Field Trip: Christmas Light Tour**

\$2.00 Suggested Donation (NO Refunds)

3 buses available! Sign up at the Front Desk.



**December 24, 2019**

Tuesday

9:30 AM - 11:30 AM

**Aetna Insurance Program -- Lobby**

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10:30 AM - 11:00 AM



**Belly Dancing Demo -- Dining Room**

Alamo Senior Center  
Calendar of Events



December 25, 2019  
Wednesday

8:00 AM - 5:00 PM



ASC Closed  
Holiday: Christmas Day

Merry  
Christmas



December 31, 2019  
Tuesday

9:30 AM - 11:30 AM

Aetna Insurance Program -- Lobby



Program Note

All afternoon activities are **CANCELLED** on December 19th as well as **ALL** activities on December 20th for our Christmas luncheon.

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



Congratulations to our Kitchen Staff for passing our annual EID Inspection with flying colors, assuring the safety of our kitchen facility.

The AARP Foundation Tax-Aide, the nations largest free, volunteer run tax preparation and assistance service is sponsoring free federal and state tax preparation training at the Willie Estrada Civic Center starting January 13th through January 24th. After tax law training and IRS certification, volunteers are welcome to join the Tax-Aide team. For more information on the AARP Foundation Tax-Aide team, visit their website at [aarp.org/tavolunteer8](http://aarp.org/tavolunteer8) or call Norm, the AARP Tax-Aide Local Coordinator at (575) 415-7601.



# 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	11:15-12:15 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
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

\* Class is taught by a certified instructor.

Updated 11/12/2019

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
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.





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you appreciate their support  
of the Alamo Senior Center!



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Alamo Senior Center Presents:

# 2020

## New Year

### PARTY

DECEMBER 27, 2019

Tickets Only \$15 Per Person

5 pm - 8 pm

2201 Puerto Rico Ave Alamogordo NM 88310

Dinner 5pm - 6pm Dancing 6pm - 8pm

Music by Selmo!

Event is open to the public, tickets sold at the Alamo Senior Center front desk, call (575) 439-4150 for more information.



# Pool News November 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: 10-25-2019 (19 players)

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

Capitan: 11-1-2019 (21 players)

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

Alamogordo: 11-12-2019 (21 players)

- 1st place – Henry Goodman—Tularosa
- 2nd place – Jamie Chavando—Ruidoso
- 3rd place – Ron Foster—Alto
- 4th place – Pedro Serna—Las Cruces

Hondo Valley: 11-8-2019 (15 players)

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

Tularosa: 11-19-2019 (19 players)

- 1st place – Steve Gonzales—Tularosa
- 2nd place – Ed Chavez—Alamogordo
- 3rd place – Walt Dickinson—Alamogordo
- 4th place – Barbara Stewart—Capitan

Compiled by David Hansen of Alamogordo



# November Birthdays



Pictured, Left to Right: Bob Farmer, Rhonda Shimp, Margaret Travis, Rosanna Heath, and David Swafford; Back, Left to Right: Juanita Bridges & Dale Stanley. Inset: Lydia Scott

Thank you, CAPPED, for sponsoring our November Birthday Party!!!

A heart filled THANK YOU to the 3rd Graders from Desert Star Elementary School, for their beautiful tribute to our Veterans here at the Alamo Senior Center.



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.

<p>Loaves &amp; Fishes—Las Cruces N/A</p>	<p>Salvation Army-Alamogordo Wednesday, December 18th</p>
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