

# The Sentinel

March 2020

50 cent suggested donation

## *From the Manager*

### Happy March...

I am hopeful that March will be the beginning to the end of budgets, at least for a little while. It has been one budget after another...from FY19/20 6-month THRIVE Grant as well as THRIVE's FY20/21 Grant Application, the City's budget for FY20-23, the Area Agency on Aging (AAA) Request for Proposal (RFP) for the next 2 years as well as the Otero County Grant for FY20/21. I am extremely grateful for the assistance of my Administrative Assistant, Britney Courtier, and Finance Coordinator, John Ely. Julie Baker has also been diligently working on grants in the SVP Program area. They have all been feeling the pressure with me. The rest of the staff have continued to keep our program areas running smoothly. And, of course, we are indebted to our volunteers!

This month I would like to share a poem written by Warren D. Johnson...enjoy!

Are you a senior couple or living alone?  
Whether you live in an apartment or in your own home.  
**I' ve found it' s a challenge to fix your own meal.**  
Deciding on your menu, a frustrating ordeal.  
Hot soup and bananas, an easy fix.  
Eggs and burnt toast, potatoes like bricks.  
Maybe a sandwich, old PB & J.  
Or just skip it, go to the McD.

**I' ve a healthy solution just waiting for you.**  
Our Senior Center lunch will pull you through.  
We daily (weekdays) provide a nourishing meal.  
For only \$2.50, a heck of a deal.  
With meals that include chicken, fish, beef and pork.  
Potatoes, veggies, peas for your fork.  
A healthy beverage, grade A milk in a box.  
**Sorry, we still don' t serve bagels and lox.**  
Our own homemade biscuits, cornbread and rolls.  
Green lettuce salads, dressing in bowls.  
**Oranges, plums, peaches, melons, fruit cocktail' s.**  
We assure you our menus do not include snails.  
Our desserts tempt your taste buds, cookies and cakes.  
Ice cream, strawberries, but still no milk shakes.  
Green Chili cheeseburgers, enchiladas, fajitas.  
Our own homemade salsas, and excellent tacos.  
Irish stews, chop suey, lasagna, and beef tips.  
**Roast pork, beef, and chicken, you' ll smack your lips.**  
**It' s certainly a tray full and you won' t eat alone.**  
With new Senior Center friends, make it your second home.

*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>

## March 2020

<b>2 - Monday</b> <b>Red Beef Enchiladas</b> Lettuce & Tomato Pinto Beans Spanish Rice Strawberries Ice Cream 	<b>3 - Tuesday</b> <b>Green Chile Cheeseburger</b> Lettuce, Tomato, & Onion Pork & Beans Tropical Fruit Chocolate Milk 	<b>4 - Wednesday</b> <b>Baked Cod</b> Carrot Raisin Salad Baked Potato Combread w/ Margarine Peach Cobbler 	<b>5 - Thursday</b> <b>Baked Chicken</b> Wild Rice Carrot Raisin Salad Mixed Vegetables Biscuit w/ Margarine Mandarin Oranges Chocolate Milk 	<b>6 - Friday</b> <b>Sour Cream Enchiladas</b> Lettuce & Tomato Spanish Rice Oatmeal Cookie Fruit Cocktail 	
<b>9 - Monday</b> <b>Beef Tips</b> Egg Noodles Salad w/ Dressing Peas & Carrots Pears Oatmeal Cookie	<b>10 - Tuesday</b> <b>Chicken Fried Steak</b> Mashed Potatoes w/ Gravy Mixed Vegetables Whole Wheat Bread w/ Margarine Strawberry Shortcake Chocolate Milk	<b>11 - Wednesday</b> <b>Chicken &amp; Rice</b> Broccoli Peas & Carrots Whole Wheat Bread w/ Margarine Oatmeal Cookie 	<b>12 - Thursday</b> <b>Roast Beef</b> Mashed Potatoes w/ Gravy Vegetable Salad California Vegetables Whole Wheat Bread w/ Margarine Cherry Cobbler Chocolate Milk	<b>13 - Friday</b> <b>Tuna Casserole</b> Salad w/ Dressing Crackers Pears & Mandarin Oranges 	
<b>16 - Monday</b> <b>Spaghetti w/ Meat Sauce</b> Broccoli & Cauliflower Cheese Sauce Garlic Bread Peaches 	<b>17 - Tuesday</b> <b>Corned Beef</b> Cabbage & Carrots Whole Wheat Bread w/ Margarine Strawberries & Bananas Oatmeal Cookie Chocolate Milk 	<b>18 - Wednesday</b> <b>Green Chile Chicken Enchiladas</b> Pinto Beans Sweet Potato Crackers Pears 	<b>19 - Thursday</b> <b>Swiss Steak</b> Baked Potato Cabbage Whole Wheat Bread w/ Margarine Pineapple Chocolate Milk	<b>20 - Friday</b> <b>Vegetarian Lasagna</b> Salad w/ Dressing Italian Mixed Vegetables Garlic Bread Banana Pudding 	
<b>23 - Monday</b> <b>Pepper Steak</b> Baked Potato California Vegetables Whole Wheat Roll w/ Margarine Cherry Cobbler 	<b>24 - Tuesday</b> <b>Pork Ribs</b> Coleslaw Spinach Whole Wheat Bread w/ Margarine Apricots Applesauce Cake Chocolate Milk	<b>25 - Wednesday</b> <b>Meatloaf</b> Scalloped Potatoes Green Beans Whole Wheat Bread w/ Margarine Strawberry Shortcake	<b>26 - Thursday</b> <b>Burrito Supreme</b> Spanish Rice Pinto Beans Salad w/ Dressing Chocolate Milk 	<b>27 - Friday</b> <b>Baked Spicy Fish</b> Wild Rice Brussel Sprouts Mixed Vegetables Whole Wheat Bread w/ Margarine Pears	
<b>30 - Monday</b> <b>Chicken Tetrazzini</b> Cauliflower Crackers Pears Yogurt 	<b>31 - Tuesday</b> <b>Tamale Pie</b> Lettuce & Tomato Pinto Beans Calabasitas Sherbet Chocolate Milk 				<b>1% Low Fat Milk Served Daily</b> <b>Suggested Donation: \$2.50</b> <b>Menu Subject to Change</b> <i>Lunch served from 11:30am-1:00pm</i>

*\*Our monthly menus are verified by a dietician in order to ensure that nutritional standards are met.\**

# Meal Tickets



January 2020  
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: 21**

**Total number of meals served: 6,558**

	<b>Congregate Meals</b>	<b>Home Delivered Meals</b>
<b>Meals Served:</b>	<b>3,667</b>	<b>2,891</b>
<b>Donation Average:</b>	<b>\$1.54</b>	<b>\$0.65</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

**March 3, 2020**

Tuesday

10:45 AM - 11:30 AM



**Field Trip Committee Meeting -- Staff Conference Room**

**March 4, 2020**

Wednesday

8:00 AM - 12:00 PM



**Jewelry & Bake Sale -- Lobby**



9:00 AM - 11:00 AM

**Cloudcroft Art Society-Come Paint with Janet -- Activity Room**

*\*CLASS IS FULL. MUST BE PRE-REGISTERED TO ATTEND\**

10:00 AM - 1:00 PM

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



**March 9, 2020**

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: Sunland Park Racetrack & Casino**

\$10 Suggested Donation (No Refund)

*Sign up at the Front Desk.*



9:00 AM - 12:00 PM



**Molina Health Care Representative -- Lobby**

**March 11, 2020**

Wednesday

9:00 AM - 11:00 AM



**Cloudcroft Art Society-Come Paint with Janet -- Activity Room**

*\*CLASS IS FULL. MUST BE PRE-REGISTERED TO ATTEND\**

9:30 AM - 11:30 AM

**Caitlyn Lowe - Nutrition Educator -- Lobby**

NMSU Cooperative Extension Service



10:00 AM - 2:00 PM

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

# Alamo Senior Center Calendar of Events



## March 11, 2020 Continued Wednesday

10:00 AM - 1:00 PM



Hear on Earth Hearing Care -- Classroom

## March 12, 2020 Thursday

9:00 AM - 11:00 AM

Representative from Xochitl Torres Small's Office -- Lobby

1:15 PM - 2:15 PM

Nutrition Council Meeting -- Classroom



## March 17, 2020 Tuesday

11:45 AM - 12:15 PM



St. Patrick's Day Cake & Punch -- Dining Room



## March 18, 2020 Wednesday

9:00 AM - 11:00 AM



Cloudcroft Art Society-Come Paint with Janet -- Activity Room

*\*CLASS IS FULL. MUST BE PRE-REGISTERED TO ATTEND\**

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



## March 19, 2020 Thursday

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



## Alamo Senior Center Calendar of Events

**March 24, 2020**

Tuesday

9:00 AM - 9:45 AM

Jamboree Line Dancing Demo -- Dining Room



10:30 AM - 11:00 AM



Belly Dancing Demo -- Dining Room

**March 25, 2020**

Wednesday

9:00 AM - 11:00 AM



Cloudcroft Art Society-Come Paint with Janet -- Activity Room

*\*CLASS IS FULL. MUST BE PRE-REGISTERED TO ATTEND\**

9:45 AM - 10:30 AM

Birthday Party -- Dining Room



10:00 AM - 1:00 PM



Hear on Earth Hearing Care -- Classroom

**March 26, 2020**

Thursday

9:00 AM - 11:00 AM

Representative from Xochitl Torres Small's Office -- Lobby



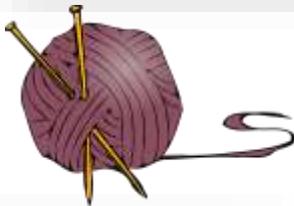
*Don't forget to set your clocks forward on  
Sunday, March 8th.*



Do you think you have been targeted or have fallen victim to a scam? Call AARP Fraud Watch Network Helpline at:

**877-908-3360**

A heart filled THANK YOU to Otero County Prison Facility for the delicious goodie bags as well as the beautiful crocheted blankets that were gifted to our seniors!



# 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
Gentle Therapeutic Yoga	Wed	11:15-12:15 PM	Fitness Room II w/ Sheryl
Jamboree Line Dance *	Tues & Wed	1:00-2:30 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
Line Dancing "Step by Step"	Fri	1:00-2:30 PM	Fitness Room II w/ Bea *
No Floor Yoga	Tues & Thurs	10:00-11:00 AM	Fitness Room I w/ Margaret
Resistance Strength & Weight Training *	Mon & Wed & Fri	1:00-1:50 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	9:00-9:30 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 Arthritis too! *	Thurs	12:15-1:00 PM	Fitness Room II w/ John *
Tai Chi for Arthritis & Fall Prevention *	Tues & Thurs	2:00-3:00 PM	Fitness Room I w/ Jean
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 2/24/2020

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 are required to “sign in” on a roster for every class, or area that you are using.
- **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.



hello Spring



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



# Alamogordo Chiropractic

*Dr. Samuel G. Hammel*  
1909 Cuba Ave. Suite 1  
Alamogordo, NM 88310  
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## Tai Chi for Arthritis & Fall Prevention

This course will consist of 17 lessons

You will be guided through 24 Sun-style Tai Chi forms

Learn: Proper execution of movement & sequencing of forms

Improves: Diabetes, Concentration, Cardiovascular Fitness,

Arthritis, Stress & many other conditions!

Course Dates: 26 March through 21 May 2020

Tuesdays and Thursdays from 2:00 – 3:00pm

Register at the ASC - Fitness Center

To register, Call 575-439-4150 x 4274 or E-mail [tduncan@ci.alamogordo.nm.us](mailto:tduncan@ci.alamogordo.nm.us)

You must be 60 or older and have a membership to the Alamogordo Senior Center

March							April							May						
S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S
1	2	3	4	5	6	7	1	2	3	4	5	6	7	1	2	3	4	5	6	7
8	9	10	11	12	13	14	8	9	10	11	12	13	14	8	9	10	11	12	13	14
15	16	17	18	19	20	21	15	16	17	18	19	20	21	15	16	17	18	19	20	21
22	23	24	25	26	27	28	22	23	24	25	26	27	28	22	23	24	25	26	27	28
29	30						29	30						29	30					



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# Pool News February 2020

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: 1-31-2020 (14 players)

- 1<sup>st</sup> place – Jaime Chavando—Ruidoso/El Paso
- 2<sup>nd</sup> place – Barbara Deck—Ruidoso Downs
- 3<sup>rd</sup> place – Joe Small—Alamogordo
- 4<sup>th</sup> place – Barbara Stewart—Capitan

Capitan: 2-7-2020 (16 players)

- 1<sup>st</sup> place – Randy Jackson—Alamogordo
- 2<sup>nd</sup> place – Barbara Stewart—Capitan
- 3<sup>rd</sup> place – Dave Hansen—Alamogordo
- 4<sup>th</sup> place – Jaime Chavando—Ruidoso/El Paso

Alamogordo: 2-11-2020 (24 players)

- 1<sup>st</sup> place – Luther Craig—Alamogordo
- 2<sup>nd</sup> place – Steve Gonzales—Tularosa
- 3<sup>rd</sup> place – Randy Jackson—Alamogordo
- 4<sup>th</sup> place – Bernie Ureno—Sunland Park

Hondo Valley: 2-14-2020 (16 players)

- 1<sup>st</sup> place – Jaime Chavando—El Paso/Ruidoso
- 2<sup>nd</sup> place – Orlando Sisneros—Alamogordo
- 3<sup>rd</sup> place – Randy Jackson—Alamogordo
- 4<sup>th</sup> place – Al Infante—Las Cruces

Tularosa: 2-18-2020 (15 players)

- 1<sup>st</sup> place – Orlando Sisneros—Alamogordo
- 2<sup>nd</sup> place – Henry Goodman—Tularosa
- 3<sup>rd</sup> place – Gilbert Munoz—Alamogordo
- 4<sup>th</sup> place – Dave Smith—Alamogordo

Compiled by David Hansen of Alamogordo



## Field Trip Meeting

March 3, 2020 @10:45AM

### TOPIC OF DISCUSSION:

2020 Day Field Trip Decisions!!! Bring your ideas for DAY field trips, only!

In the ASC Staff Conference Room



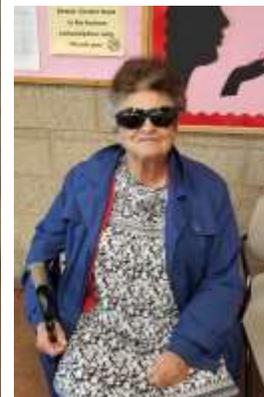
## IT'S TAX SEASON AGAIN AARP TAX PREPARATION

The local AARP Foundation Tax-Aide office will be preparing and e-filing free federal and state income tax returns at the Willie Estrada Civic Center starting Jan 29<sup>th</sup> - Apr 15<sup>th</sup>. The office hours are 8:30 AM – 4:30 PM on Mon, Wed, and Fri on a first come first serve basis. There are no income limits and all taxpayers, regardless of age are welcome. Bring all tax documents such as W2s, retirement and social security forms, bank interest, and brokerage statements. Taxpayers need photo State ID cards or equivalent and social security cards for all persons reported on the tax return. For more information call Norm at 575 415 7601.

# February Birthdays



Happy Birthday to you!



Pictured Front, Left to Right: Val Gomez, Irma Pacheco, Karen Fry, Shirley Roth, Marjorie Allenby, & Charles Cromer. Inset: Helen Whigham & Tena Maestas

Thank you, Loreen & Lane Insurance Agency, for sponsoring our February Birthday Party!!!

ASC sends a huge THANK YOU Molina Healthcare for bringing in cupcakes and **other goodies on Valentine's Day.**



## 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 are available 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, March 11th

Salvation Army-Alamogordo  
Wednesday, March 18th