

# The Sentinel

September 2021

50 cent suggested donation

## *From the Manager*

Temperatures are slowly dropping as we are nearing the end of Summer and welcoming Fall this month. The cooler weather will be a nice change of pace. I know our Grab & Go staff will appreciate it!

As a reminder, the most recent PHO 081721 requires all individuals to wear a face covering in all indoor public settings, regardless of vaccination status. If you need a mask when entering our main building or fitness facility, please do not hesitate to ask for one.

I would like to ask those of you visiting the Center to use the side entrances while we are providing Grab & Go meals. We serve Grab & Go meals between the hours of 11:00 to 12:30 p.m. Staff are busy packing meals in the middle of our main entrance while other staff are hauling the big, heavy food warmers through the hallways and in/out of our main doorways. This will avoid any foreseeable accidents. Your cooperation is greatly appreciated!

I want to thank all of you for being patient with us last month during our Grab & Go closure. We had some menu changes during this time in order to utilize the food items that were prepped days ahead to avoid spoilage and waste. We may have some very minor changes of side items on a regular basis but hardly ever any changes to the main entrée. Thank you for being so understanding!

We have a new cook on board. I would like to introduce Minnie Mendez. She is learning how we operate around here so her transition for finding her footing is expected. A new job is always challenging, but she has great staff working by her side to help her succeed. Please join me with a nice, warm welcome!

*~Magdalena~*

Hi!

**I'm Minnie Mendez. I'm the new Cook for the Alamo Senior Center.** I was a cook for 3 years at the Tularosa Senior Center. **I'm married to Cruz M. Mendez.** We have lived in Tularosa for the last 21 years. We have 1 son, Anthony J. Mendez (AJ). I would be glad to introduce myself in person.

Minnie Mendez



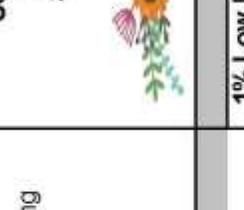
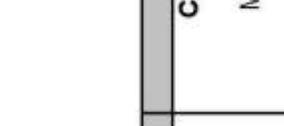
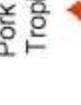
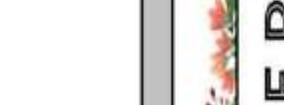
## Alamo Senior Center

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>

## September 2021

| 1 - Wednesday   |   | 2 - Thursday   |   | 3 - Friday  |   |
|---|---|--|---|---|---|
| <b>Hamburger Steak</b><br>Broccoli<br>Mashed Potatoes<br>Whole Wheat Bread<br>Applesauce  | <b>Creole Pork Chop</b><br>Brown Rice<br>Mixed Vegetables<br>Pineapple<br>   | <b>Brisket</b><br>Capri Vegetables<br>Waldorf Salad<br>Whole Wheat Roll<br>Pecan Pie   | <b>1 - Wednesday</b><br><b>Hamburger Steak</b><br>Broccoli<br>Mashed Potatoes<br>Whole Wheat Bread<br>Applesauce  | <b>2 - Thursday</b><br><b>Creole Pork Chop</b><br>Brown Rice<br>Mixed Vegetables<br>Pineapple<br>                      | <b>3 - Friday</b><br><b>Brisket</b><br>Capri Vegetables<br>Waldorf Salad<br>Whole Wheat Roll<br>Pecan Pie   |
| <b>6 - Monday</b><br><br><b>6 - Monday</b><br> | <b>7 - Tuesday</b><br><b>Diced Chicken</b><br>w/ Mushroom Gravy<br>Mashed Potatoes<br>Broccoli w/ Cheese<br>Whole Wheat Roll<br>Peaches & Strawberries  | <b>8 - Wednesday</b><br><b>Baked Cod w/ Tartar Sauce</b><br>Coleslaw<br>Green Beans<br>Cornbread<br>Pineapple  | <b>9 - Thursday</b><br><b>Lasagna</b><br>Spinach<br>Salad w/ Dressing<br>Garlic Bread<br>Pears  | <b>10 - Friday</b><br><b>Philly Steak Sandwich</b><br>Macaroni Salad<br>Lays Potato Chips<br>Butter Pecan Ice Cream<br> | <b>13 - Monday</b><br><b>Spaghetti w/ Meat Sauce</b><br>Broccoli and Cauliflower<br>w/ Cheese Sauce<br>Garlic Bread<br>Peaches                        |
| <b>14 - Tuesday</b><br><b>Pork Stir Fry</b><br>Stir Fry Vegetables<br>Rice<br>Whole Wheat Roll<br>Mandarin Oranges  | <b>15 - Wednesday</b><br><b>Green Chile Cheeseburger</b><br>Lettuce, Tomato, Onion<br>Pork & Beans<br>Tropical Fruit<br> | <b>16 - Thursday</b><br><b>Roast Beef</b><br>Baked Potato<br>California Vegetables<br>Whole Wheat Roll<br>Cherry Cobbler<br> | <b>23 - Thursday</b><br><b>Tamale</b><br>Green Salad w/ Dressing<br>Pinto Beans<br>Crackers<br>Fruit Cup  | <b>24 - Friday</b><br><b>Soft Beef Tacos</b><br>Pinto Beans<br>Spanish Rice<br>Plums<br>                              | <b>20 - Monday</b><br><b>Green Chile Beef Enchilada</b><br>Lettuce & Tomato<br>Pinto Beans<br>Spanish Rice<br>Sherbert                                |
| <b>21 - Tuesday</b><br><b>BBQ Brisket</b><br>Bun<br>Coleslaw<br>Baked Beans<br>Watermelon   | <b>22 - Wednesday</b><br><b>Pepper Steak</b><br>Roasted Potatoes w/ Gravy<br>Brussel Sprouts<br>Whole Wheat Bread<br>Applesauce   | <b>29 - Wednesday</b><br><b>Beef Burgundy</b><br>Egg Noodles<br>Peas & Carrots<br>Whole Wheat Roll<br>Spiced Apples  | <b>30 - Thursday</b><br><b>Orange Chicken</b><br>Wild Rice<br>Green Beans<br>Whole Wheat Bread<br>Apricots  | <b>1% Low Fat Milk Served Daily</b><br><b>Suggested Donation: \$2.50</b><br><b>Menu Subject to Change</b><br><br><i>Lunch Served from 11:00am-12:30pm</i>   | <b>27 - Monday</b><br><b>Country Fried Steak</b><br>Mashed Potatoes & Gravy<br>Mixed Vegetables<br>Whole Wheat Bread<br>Strawberries & Vanilla Wafers |
| <b>28 - Tuesday</b><br><b>Chicken Fajita</b><br>Tortilla<br>Pinto Beans<br>Oatmeal Cookie<br>Peaches  | <b>29 - Wednesday</b><br><b>Beef Burgundy</b><br>Egg Noodles<br>Peas & Carrots<br>Whole Wheat Roll<br>Spiced Apples   | <b>30 - Thursday</b><br><b>Orange Chicken</b><br>Wild Rice<br>Green Beans<br>Whole Wheat Bread<br>Apricots   | <b>1% Low Fat Milk Served Daily</b><br><b>Suggested Donation: \$2.50</b><br><b>Menu Subject to Change</b><br><br><i>Lunch Served from 11:00am-12:30pm</i> | <b>20 - Monday</b><br><b>Green Chile Beef Enchilada</b><br>Lettuce & Tomato<br>Pinto Beans<br>Spanish Rice<br>Sherbert  | <b>27 - Monday</b><br><b>Country Fried Steak</b><br>Mashed Potatoes & Gravy<br>Mixed Vegetables<br>Whole Wheat Bread<br>Strawberries & Vanilla Wafers |

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

**Grab & Go 11am-12:30pm**



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

## Climate Heating & Air Conditioning, Inc.



TAMMY L. TONCRAY (575) 437-3130  
617 New York Ave.  
Alamogordo, NM 88310 N.M. Lic #3117  
[www.climateheatingandairconditioning.com](http://www.climateheatingandairconditioning.com)

Number of days served this month: 21

Total number of meals served: 7,649

|                   | Congregate Meals | Home Delivered Meals |
|-------------------|------------------|----------------------|
| Meals Served:     | 4,979            | 2,670                |
| Donation Average: | \$2.00           | \$0.90               |

### 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.

### Want more benefits from your Medicare plan? Lean on Molina.

Call Sophia Leckie,  
Medicare Trusted Advisor

(575) 339-5935, TTY: 711  
Sophia.Leckie@MolinaHealthcare.com



Hablo Español

## Living Will and Testament

When making out your  
Final Will and Testament

PLEASE

remember to include your Alamo Senior Center.

We appreciate any and all contributions no matter how big or small.

As a member of our Center, you know that your monetary gift will be put to good use. Your contribution will allow for many seniors to enjoy our Center as much as you have.

If you have any questions, please call Magdalena at (575) 439-4150.



**WE WILL BE  
CLOSED  
LABOR DAY**

Thank you for supporting the  
Alamo Senior Center

**ARKHII**  
ACTIVE RADIO  
89.9 FM & 100.5 FM

**RUIDOSO**  
**102.3 FM**

**ROCK 97.9**  
Old Rock Radio For Southern New Mexico

### VACCINATION SITES

Albertsons :

Moderna, Monday-Thursday every week

Walgreens:

Moderna, (575)434-4116

Wal-Mart:

Moderna , daily (575)434-5345

PMS:

Moderna, call for scheduling

- Alamogordo (575)439-2960
- Tularosa (575)585-1280
- Sacramento (575)682-2542

GCRMC:

Pfizer, Thursdays & Fridays from 8am-4:30pm

Otero Public Health:

Pfizer, Thursdays & Fridays

Ben Archer:

For patients, call for scheduling.

To register online go to: <https://vaccinenm.org/>  
or call Aging & Disability Resource Center at :  
1-800-432-2080

**IMPORTANT  
INFORMATION**

Here are 2 websites where our Seniors  
can find reliable information about  
coronavirus.

NM Dept. of Health (NMDOH):

<https://cv.nmhealth.org/>

Center for Disease Control &  
Prevention (CDC):

<https://www.cdc.gov/coronavirus/2019-ncov/index.html>

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

**877-908-3360**

-- **Crisis Line** -- Call 24 hours a day, 7 days a week, 365  
days a year  
**1-855-NMCRISIS (1-855-662-7474)**

-- **Peer to Peer Warmline** -- Call from 3:30p - 11:30p MT  
every day  
**1-855-4NM-7100 (1-855-466-7100)**

-- **Peer to Peer Warmline** -- Text from 6:00p - 11:00p MT  
every day  
**1-855-4NM-7100 (1-855-466-7100)**

-- **Healthcare Worker and First Responder Support Line** --  
Call 24/7/365  
**1-855-507-5509**



Did You Know?

The Social Security Admin-  
istration is available to take  
your call Monday thru Friday  
from 9:00am-4:00pm at:

866-563-9294

# In Loving Memory



Barbara L. Wood



Richard L. Bedwell



Clair Silva



Charles N. Ford



James E. Jones



Clifton McDonald



Woodrow Fountain



Margo Ortega

*Those we love don't go away.  
They walk beside us everyday  
Unseen, unheard, but always near,  
Still loved, missed, and very dear.*

OTERO COUNTY MEALS - RESOURCE GUIDE UPDATED 08/26/2021

|                 | MONDAY  | TUESDAY  | WEDNESDAY   | THURSDAY  | FRIDAY  | SATURDAY  |
|-----------------|---|--|---|---|---|---|
| Location        | St. John's Church<br>1114 Indians, Alamogordo                                     | Otero Hunger Coalition<br>(Distributed at Our Savior Lutheran Church)<br>1212 Washington, Alamogordo | Alamogordo Public Schools<br>Curbside Pick Up at Sierra Elementary                | Alamogordo Public Schools<br>Curbside Pick Up at Sierra Elementary                | Alamogordo Public Schools<br>Curbside Pick Up at Sierra Elementary                | Grace United Methodist,<br>Shared Table<br>1206 Greenwood, Alamogordo     |
| Date & Time     | Tuesday, 5:00 to 6:00 pm  | Wednesday, 4:30 pm -until they run out   | Mon - Fri, 11:00 am - 1:00 pm   | Mon - Fri, 11:00 am - 1:00 pm   | Mon - Fri, 11:00 am - 1:00 pm   | Every Saturday, 11:00 am to 1:00 pm                                       |
| Type of Service | Free Meal; if driving, enter from 12 street                                       | Free Meal; pick up curbside  | APS Student Nutrition   | APS Student Nutrition   | APS Student Nutrition   | Free Meal; pick up curbside   |
| Contact Info    | 575/430-0473  | 575/495-8343   | 575/812-6085  | 575/812-6085  | 575/812-6085  | 575/437-7640  |
| Type of Service | Breakfast/Lunch for kids age 1-18 not attending school & remote learning students | Breakfast/Lunch for kids age 1-18 not attending school & remote learning students                    | Breakfast/Lunch for kids age 1-18 not attending school & remote learning students | Breakfast/Lunch for kids age 1-18 not attending school & remote learning students | Breakfast/Lunch for kids age 1-18 not attending school & remote learning students | Free Meal for community, pick up parking lot                              |
| Contact Info    | Facebook: APS Student Nutrition   | Facebook: APS Student Nutrition  | Facebook: APS Student Nutrition   | Facebook: APS Student Nutrition   | Facebook: APS Student Nutrition   | Sponsored by NMSU-A & Runners Refuge                                      |
| Location        | Alamogordo Senior Center<br>201 Puerto Rico, Alamogordo                           | Alamogordo Senior Center<br>201 Puerto Rico, Alamogordo  | Alamogordo Senior Center<br>201 Puerto Rico, Alamogordo                           | Alamogordo Senior Center<br>201 Puerto Rico, Alamogordo                           | Alamogordo Senior Center<br>201 Puerto Rico, Alamogordo                           | Tays Center Parking Lot - Aggie's Eat<br>2235 N. Scenic Drive, Alamogordo |
| Date & Time     | Mon - Fri, 11:00 am - 12:00 pm: Grab & Go, Dining Room Meals: 12:00 - 1:00 pm     | Mon - Fri, 11:00 am - 12:00 pm: Grab & Go, Dining Room Meals: 12:00 - 1:00 pm                        | Mon - Fri, 11:00 am - 12:00 pm: Grab & Go, Dining Room Meals: 12:00 - 1:00 pm     | Mon - Fri, 11:00 am - 12:00 pm: Grab & Go, Dining Room Meals: 12:00 - 1:00 pm     | Mon - Fri, 11:00 am - 12:00 pm: Grab & Go, Dining Room Meals: 12:00 - 1:00 pm     | 3rd Saturday/mo, 11:00 am to 1:00 pm                                      |
| Type of Service | For Seniors; Meal pick up and meal delivery                                       | For Seniors; Meal pick up and meal delivery  | For Seniors; Meal pick up and meal delivery                                       | For Seniors; Meal pick up and meal delivery                                       | For Seniors; Meal pick up and meal delivery                                       | Free Meal for community, pick up parking lot                              |
| Contact Info    | Must register/\$2.50 requested, not required<br>575/439-4150                      | Must register/\$2.50 requested, not required<br>575/439-4150   | Must register/\$2.50 requested, not required<br>575/439-4150                      | Must register/\$2.50 requested, not required<br>575/439-4150                      | Must register/\$2.50 requested, not required<br>575/439-4150                      |   |
| Location        | Cloudcroft Senior Center<br>212 Gioneta, Cloudcroft                               | Cloudcroft Senior Center<br>212 Gioneta, Cloudcroft  | Cloudcroft Senior Center<br>212 Gioneta, Cloudcroft                               | Cloudcroft Senior Center<br>212 Gioneta, Cloudcroft                               | Cloudcroft Senior Center<br>212 Gioneta, Cloudcroft                               |   |
| Date & Time     | Monday - Friday, 11:30 am - 12:15 pm  | Monday - Friday, 11:30 am - 12:15 pm   | Monday - Friday, 11:30 am - 12:15 pm  | Monday - Friday, 11:30 am - 12:15 pm  | Monday - Friday, 11:30 am - 12:15 pm  |   |
| Type of Service | For Seniors; Meal pick up and meal delivery                                       | For Seniors; Meal pick up and meal delivery  | For Seniors; Meal pick up and meal delivery                                       | For Seniors; Meal pick up and meal delivery                                       | For Seniors; Meal pick up and meal delivery                                       |   |
| Contact Info    | Must register/\$3.00 requested, not required<br>575/682-3022                      | Must register/\$3.00 requested, not required<br>575/682-3022   | Must register/\$3.00 requested, not required<br>575/682-3022                      | Must register/\$3.00 requested, not required<br>575/682-3022                      | Must register/\$3.00 requested, not required<br>575/682-3022                      |   |
| Location        | Tularosa Senior Center<br>35 Radio Road, Tularosa                                 | Tularosa Senior Center<br>35 Radio Road, Tularosa  | Tularosa Senior Center<br>35 Radio Road, Tularosa                                 | Tularosa Senior Center<br>35 Radio Road, Tularosa                                 | Tularosa Senior Center<br>35 Radio Road, Tularosa                                 |   |
| Date & Time     | Monday - Friday, 11:30 am to 12:30 pm   | Monday - Friday, 11:30 am to 12:30 pm  | Monday - Friday, 11:30 am to 12:30 pm   | Monday - Friday, 11:30 am to 12:30 pm   | Monday - Friday, 11:30 am to 12:30 pm   |   |
| Type of Service | For Seniors; Meal pick up and meal delivery                                       | For Seniors; Meal pick up and meal delivery  | For Seniors; Meal pick up and meal delivery                                       | For Seniors; Meal pick up and meal delivery                                       | For Seniors; Meal pick up and meal delivery                                       |   |
| Contact Info    | Must register/\$2.00 requested, not required<br>575/585-4532                      | Must register/\$2.00 requested, not required<br>575/585-4532   | Must register/\$2.00 requested, not required<br>575/585-4532                      | Must register/\$2.00 requested, not required<br>575/585-4532                      | Must register/\$2.00 requested, not required<br>575/585-4532                      |   |

OTERO COUNTY FOOD PANTRIES - RESOURCE GUIDE

UPDATED 08/26/2021

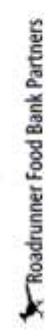
|                        | MONDAY   | TUESDAY  | WEDNESDAY  | THURSDAY  | FRIDAY   | SATURDAY  |
|------------------------|--|--|--|---|--|---|
| <b>Location</b>        | Love Inc.<br>Indian Wells Rd, Alamogordo                             | Love Inc.<br>2826 Indian Wells Rd, Alamogordo                        | Love Inc.<br>2826 Indian Wells Rd, Alamogordo                        | Love Inc.<br>2826 Indian Wells Rd, Alamogordo           | Our Savior Lutheran<br>1212 Washington Ave, Alamogordo   | Timberon Community Connection<br>172 Chaucer Dr, Timberon           |
| <b>Date &amp; Time</b> | Mon - Thur, by appointment only                                      | Mon - Thur, by appointment only                                      | Mon - Thur, by appointment only                                      | Mon - Thur, by appointment only                         | 2nd Friday/Mo., starting 9:00 am                         | Every Saturday, 10:00 - 11:00 am                                    |
| <b>Contact info</b>    | 575/439-5683   | 575/439-5683   | 575/439-5683   | 575/439-5683  | 575/495-8343   | 575/987-2713  |
| <b>Location</b>        | Salvation Army<br>1900 1st St, Alamogordo                            | Salvation Army<br>1900 1st St, Alamogordo                            | Salvation Army<br>1900 1st St, Alamogordo                            | Salvation Army<br>1900 1st St, Alamogordo               | Christ Community Church<br>2960 N. Scenic Dr, Alamogordo | Otero Hunger Coalition<br>1112 Cuba Ave, Alamogordo                 |
| <b>Date &amp; Time</b> | Mon - Thur 9:30 - 11:30 am & 2:00 - 4:00 pm                          | Mon - Thur 9:30 - 11:30 am & 2:00 - 4:00 pm                          | Mon - Thur 9:30 - 11:30 am & 2:00 - 4:00 pm                          | Mon - Thur 9:30 - 11:30 am & 2:00 - 4:00 pm             | 4th Friday/Mo.<br>Starting 8:00 am                       | (Distributed at Calvary Chapel)<br>3rd Sat/Mo. 11:00 am to 1:00 pm  |
| <b>Contact info</b>    | 575/443-0845   | 575/443-0845   | 575/443-0845   | 575/443-0845  | 575/437-4241   | 575/495-8343 (Janett Quick)   |
| <b>Location</b>        | Our Lady of the Light Church<br>4 La Luz Rd, La Luz                  | Our Lady of the Light Church<br>4 La Luz Rd, La Luz                  | Cloudcroft Senior Center<br>212 Glorieta Ave, Cloudcroft             | Grace United Methodist<br>1206 Greenwood Ln, Alamogordo | St. Thomas Moore Catholic Church<br>568 Lisa, Chaparral  | Bethel Baptist "Bags of Hope"<br>1316 N. Scenic (Parking Lot)       |
| <b>Date &amp; Time</b> | Tuesday, 10:00 am - 2:00 pm except 1st Tue                           | Tuesday, 10:00 am - 2:00 pm except 1st Tue                           | 4th Wednesday/Mo. 12:30 - 2:30 pm                                    | Thursdays 9:00 - 11:00 am                               | 2nd Friday/Mo.<br>Starting at Noon                       | 1316 N. Scenic (Parking Lot)<br>2nd Saturday/Mo.<br>9:00 - 11:00 am |
| <b>Contact info</b>    | 575/434-9640   | 575/434-9640   | 575/682-3022   | 575/437-7640  | 575/523-5542   | 575/491-2900 (Erin)   |
| <b>Location</b>        | Aggie Cupboard<br>2235 N. Scenic Dr., Alamogordo                     | Aggie Cupboard<br>2235 N. Scenic Dr., Alamogordo                     | Aggie Cupboard<br>2235 N. Scenic Dr, Alamogordo                      | Worship Center<br>801 E. 10th St, Alamogordo            |  |   |
| <b>Date &amp; Time</b> | Last Consecutive Tue and Wed of Mo. 4:00 - 6:00 pm (w/ NMSU ID only) | Last Consecutive Tue and Wed of Mo. 4:00 - 6:00 pm (w/ NMSU ID only) | Last Consecutive Tue and Wed of Mo. 4:00 - 6:00 pm (w/ NMSU ID only) | 1st Thursday/Mo.<br>Starting at 9:00 am                 |  |   |
| <b>Contact info</b>    | <a href="mailto:ghillis@nmsu.edu">ghillis@nmsu.edu</a>               | <a href="mailto:ghillis@nmsu.edu">ghillis@nmsu.edu</a>               | <a href="mailto:ghillis@nmsu.edu">ghillis@nmsu.edu</a>               | 575/437-8922  |  |   |
| <b>Location</b>        | Tularosa Methodist Church<br>107 Granada St, Tularosa                | Tularosa Methodist Church<br>107 Granada St, Tularosa                | Tularosa Community Church<br>101 Central Ave, Tularosa               | Immaculate Conception<br>7th & Delaware, Alamogordo     |  |   |
| <b>Date &amp; Time</b> | Every Tuesday, 10:00 am - noon except 1st Tuesday                    | Every Tuesday, 10:00 am - noon except 1st Tuesday                    | 10:00 am - Noon<br>Wednesdays  | 2nd and 4th Thursday/Mo.<br>Noon to 3:00 pm             |  |   |
| <b>Contact info</b>    | 575/585-2314   | 575/585-2314   | 575/921-7572   | 575/437-3291  |  |   |
| <b>Location</b>        | Otero Hunger Coalition<br>1112 Cuba Ave, Alamogordo                  | Otero Hunger Coalition<br>1112 Cuba Ave, Alamogordo                  | Mayhill Community Center<br>15 Civic Center Dr, Mayhill              | Mescalero Tribal Office<br>101 Central Ave, Mescalero   |  |   |
| <b>Date &amp; Time</b> | 1st Tue/Mo. 11:00 am - 1:00 pm                                       | 1st Tue/Mo. 11:00 am - 1:00 pm                                       | 4th Wed/Mo.<br>2:00 - 4:00 pm  | 1st Thursday/Mo.<br>12:30 - 2:30 pm                     |  |   |
| <b>Contact info</b>    | 575/495-8343 (Janett Quick)  | 575/495-8343 (Janett Quick)  | 575/687-3219 - Call to confirm                                       | 575/937-8006 - Call to Confirm                          |  |   |
| <b>Location</b>        |  |  | Boles Acres Fire Dept<br>10 Sage Ave, Alamogordo                     |   |  |   |
| <b>Date &amp; Time</b> |  |  | 4th Wed/Mo. 9:30 am  |   |  |   |
| <b>Contact info</b>    |  |  | Rotary of White Sands - 575/551-1726                                 |   |  |   |



**Additional Food Assistance Programs**  
 Supplemental Nutrition Assistance Program (SNAP)  
 Human Service Department  
<http://www.hsd.state.nm.us>  
 200 Juniper Dr, Alamogordo  
 575/437-9260

Women, Infants & Children (WIC)  
 NM Department of Health  
<https://nmhealth.org/about/food/fhb/wic>  
 1207 East 8th St, Alamogordo  
 575/437-9093

\*\*If you are in need of immediate food assistance outside of the normal operating hours of the food pantries listed on this guide, please call Janett Quick with the Otero Hunger Coalition, 575/495-8343\*\*



This resource guide is also available on the Otero County CES website at: <https://oteroextension.nmsu.edu/otero-county-food-resour.html>. Any updates to this resource guide will be available at this website.



# ASC Fitness Center Temporary Class Schedule & Procedures

## Procedures:

1. Please wipe down and put away your equipment before leaving.
2. After Class is completed, everyone from that class must leave the Fitness Center to provide cleaning time & next class to arrive.
3. Masks are to be worn at all times, even if you are wearing a shield.
4. All participants must be current in their Alamo Senior Center registration to participate in the fitness center.

## Fitness Classroom I

| TIME          | MONDAY  | TUESDAY                                | WEDNESDAY   | THURSDAY                            | FRIDAY  |
|---------------|---|--|---|-------------------------------------|---|
| 8:00 – 8:45   | Do it Your Way<br>With Chuck Brooks                   | Do it Your Way<br>With Chuck Brooks    | Do it Your Way<br>With Chuck Brooks                     | Do It your Way<br>With Chuck Brooks | Do It your Way<br>With Chuck Brooks                   |
| 9:00 – 9:45   | Strength Training<br>With Lydia                       | Low Impact Aero-<br>bics<br>With Tamie | Strength Training<br>With Lydia                         | Step<br>With Tamie                  | Strength Training<br>With Lydia                       |
| 10:00 – 10:45 | Balance Baby Balls &<br>Beanies<br>With Tami & Cheryl | No Floor Yoga<br>With Margaret         | Cardio-Chair Bo-<br>nanza<br>With Tami                  | No Floor Yoga<br>With Margaret      | Balance Baby Balls &<br>Beanies<br>With Tami & Cheryl |
| 1:00 – 1:45   | Resistance Strength<br>& Weight Training<br>With Tom  | —                                      | Resistance<br>Strength & Weight<br>Training<br>With Tom | —                                   | Resistance Strength &<br>Weight Training<br>With Tom  |

## Fitness Classroom II

| TIME            | MONDAY                                     | TUESDAY                          | WEDNESDAY                                  | THURSDAY  | FRIDAY  |
|-----------------|--|----------------------------------|--|---|---|
| 8:00am–8:45am   | Walk Aerobics<br>With Lee                  | Yoga<br>With Judy                | Walk Aerobics<br>With Lee                  | —   | Walk Aerobics<br>With Lee                     |
| 9:00am–9:45am   | Chair Exercise<br>With Luis                | Line Dance w/<br>Ilene & Lou Ann | Chair Exercise<br>With Luis                | Line Dance w/<br>Ilene & Lou Ann                    | Chair Exercise<br>With Luis                   |
| 10:00am–10:45am | Balance & Fall<br>Prevention<br>With Merry | Tai Chi<br>With Merry            | Balance & Fall<br>Prevention<br>With Merry | Tai Chi<br>With Merry                               | Balance & Fall<br>Prevention<br>With Merry    |
| 11:00am–11:45am | Dynamic Stretch<br>with Sonja              | Belly Dancing<br>with Alvina     | Cardio/Strength<br>With Sue Burns          | Stretch & Strength<br>with Kay<br>*Starts Aug. 5th* | No classes<br>scheduled at this<br>time slot. |

# August Birthdays



Pictured, Front, Left to Right: Thirza Fair, Adrian McWilliams, and Doug Rice. Inset, Top to Bottom: Maria Mireles, Cheryl Olson, and Connie Coyazo

For your September birthday, e-mail your picture NO LATER THAN September 15, 2021.

E-Mail photo to: [bclark@ci.alamogordo.nm.us](mailto:bclark@ci.alamogordo.nm.us)

**Wishing our volunteer Fitness Instructors a very Happy Birthday!**

*LouAnn Foster, Tom Shipman & Cheryl Weckel*

Mr. Cecil Smith celebrated his 100th birthday on Thursday, August 5, 2021.



**Do you know anyone celebrating their 100th birthday? We'd love to include it in our monthly newsletter! Please send your birthdate and photo to the email listed above.**