

The Sentinel

November 2022

50 cent suggested donation



From the Manager

May the blessings of Thanksgiving fill your heart and home with joy!

Our Thanksgiving Meal will be served on Friday, November 18th from 11:00 – 12:30 p.m. Carryout will also be served from 11:00 – 12:30 p.m. on this day.

This is our first dine-in Thanksgiving Meal since 2019 and our first time ever Thanksgiving meal for both diners & Carryout inside our facility. We anticipate chaos! So, please bear with us! The meal is well worth the wait! Staff & Volunteers will be available at the main entrance to provide direction.

Those dining in will enter through the Puzzle Lounge area to be seated. Your meal will be served to you at your table when service begins. Countryfied will grace us with their performance in the dining room. Suggested Thanksgiving meal donation is \$3.00.

The Senior Center will be closed on Friday, November 11th in observance of Veteran's Day. We will be closed again on Thursday, November 24th & Friday, November 25th in observance of Thanksgiving.

~Magdalena

The holiday season can be very lonely for many. If you are alone, try starting a **Call Tree** with a friend or a neighbor or even a group. Select a time each day to call each other. Making contact everyday with someone will assure you are okay & a conversation.



Please be mindful of those that need to access these reserved parking spaces that are designed to meet the needs of those with disabilities. Reserved for those with placards only.



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>

November 2022

<p>1% Low Fat Milk Served Daily Chocolate Milk Served on Fridays</p> <p>Suggested Donation: \$2.50</p> <p>Menu Subject to Change</p>	<p>1 - Tuesday</p> <p>Spaghetti & Meatballs Tossed Salad Italian Vegetables Garlic Bread Mandarin Oranges</p>	<p>2 - Wednesday</p> <p>Steak Ranchero Ranch Style Beans Corn & Cilantro Salad Flour Tortilla Pineapple Tidbits</p>	<p>3 - Thursday</p> <p>Chicken Parmesan Spaghetti Noodles Italian Vegetables Garlic Bread Tropical Fruit</p> 	<p>4 - Friday</p> <p>Philly Steak Sandwich Macaroni Salad Lays Potato Chips Spice Cake</p>
<p>7 - Monday</p> <p>Country Fried Steak Mashed Potatoes Buttered Corn WW Roll Diced Pears</p>	<p>8 - Tuesday</p> <p>Stuffed Peppers Au Gratin Potatoes Seasoned Green Beans Biscuit Tropical Fruit</p>	<p>9 - Wednesday</p> <p>Hamburger Steak Broccoli Potato Wedges WW Roll Peaches w/ Yogurt Granola Bar</p>	<p>10 - Thursday</p> <p>Pork Roast Tossed Salad Mashed Potatoes California Vegetables WW Roll Cantaloupe</p> 	<p>11 - Friday</p>
<p>14 - Monday</p> <p>Salisbury Steak Mashed Potatoes Spinach WW Roll Apple Sauce</p> 	<p>15 - Tuesday</p> <p>GC Chicken Enchiladas Spanish Rice Pinto Beans Mandarin Oranges</p>	<p>16 - Wednesday</p> <p>BBQ Chicken Coleslaw California Vegetables Biscuit Peach Crisp</p>	<p>17 - Thursday</p> <p>GC Cheeseburger Lettuce, Tomato, & Onion Baked Beans Tater Tots Pineapple Tidbits</p>	<p>18 - Friday</p> <p>Turkey & Ham Dressing Mashed Potatoes Scandinavian Vegetables Cranberry Relish WW Roll Pumpkin Pie</p>
<p>21 - Monday</p> <p>Swiss Steak Potato Wedges Baby Carrots WW Roll Apple Sauce</p>	<p>22 - Tuesday</p> <p>Sour Cream Enchiladas Lettuce & Tomato Pinto Beans Crackers Tapioca Pudding</p>	<p>23 - Wednesday</p> <p>Chicken Strips Mashed Potatoes Green Beans WW Roll Mixed Fruit</p>	<p>24 - Thursday</p> <p>Happy Thanksgiving</p> 	<p>25 - Friday</p>
<p>28 - Monday</p> <p>Baked Chicken Thighs Au Gratin Potatoes Carrots Biscuit Tropical Fruit</p> 	<p>29 - Tuesday</p> <p>Beef Fajitas Spanish Rice Flour Tortilla Vanilla Pudding</p>	<p>30 - Wednesday</p> <p>Chicken Tacos Corn w/ Peppers Pinto Beans Peaches</p>	<p>November</p> 	

Congregate Lunch 11 am-12:30 pm
Grab and Go Lunch Served 11:30 am - 12:30 pm

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

September
2022



Advertising funds directly support senior activities. Give us a call at (575) 439-4150

Advertise Your Business Here

Number of days served this month: 21
Total number of meals served: 7,794

	Congregate Meals:	Carry-Out:	HD Meals:
Meals Served:	2,041	2,348	3,412
Donation Average:	\$2.15	\$2.15	\$.89

Climate Heating & Air Conditioning, Inc.



TAMMY L. TONCRAY (575) 437-3130
617 New York Ave. Fax 437-0108
Alamogordo, NM 88310 N.M. Lic #3117

www.climateheatingandairconditioning.com

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 **10:30 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.

The Alamo Senior Center will be closed on November 11 in observance of Veterans Day and November 24 & 25 in observance of Thanksgiving!



DID YOU KNOW?!?! There is a program that will help reimburse residents of New Mexico for funeral costs related to Covid-19. Please visit this site at <https://www.fema.gov/disaster/coronavirus/economic/funeral-assistance/faq> for any help or questions!

4

Thank you for supporting the Alamo Senior Center



Here are two 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>

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, Wednesdays Only

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

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



FREE Legal Helpline

Legal Resources for the Elderly Program

for Seniors

Statewide 1-800-876-6657

A statewide, free legal helpline for New Mexico residents 55 and older.

Did You Know?

The Social Security Administration is available to take your call Monday thru Friday from 9:00am-4:00pm at:
866-563-9294

Alamo Senior Center Activities

ASC Activities	Day	Time	Place
Arts & Crafts(Open Platform)	Mon - Fri	9:00 AM - 4:00 PM	Activity Room
Bingo	Tues & Fri	1:15 PM - 3:15 PM	Dining Room
Birthday Party	3rd Wed of Month	10:00 AM - 10:30 AM	Dining Room
Bridge	Thurs	11:00 AM - 3:45 PM	Activity Room
Card Games, Board Games Etc	Mon - Fri	9:00 AM - 4:00 PM	Lobby
Jewelry/Silversmithing	Tues & Thurs	9:30 AM - Done	Lapidary Room
Lapidary	Mon & Wed	10:00 AM - 12:00 PM	Lapidary Room
Marine Corps League	2nd Saturday of Month	11:00 AM - 1:00 PM	Classroom
Mayor's Committee on Aging	3rd Thurs	1:15 PM - 3:00 PM	Classroom
Mexican Train Dominoes	Wed	2:00 PM - 4:00 PM	Lobby
Music in the Morning	Daily	9:00 AM - 11:00 AM	Dining Room
Needlework (Open Platform)	Mon - Fri	9:00 AM - 4:00 PM	Activity Room
Pool/Billiards	Mon - Fri	9:00 AM - 4:00 PM	Pool Room
Pool Tournament	2nd Tues of Month	9:30 AM - Done	Pool Room
Quilting Group	Thurs	9:00 - 11:30 AM	Activity Room
Quilting (Open Platform)	Mon - Fri	9:00 AM - 4:00 PM	Activity Room
Senior Advisory Council	3rd Wed of Month	1:15 PM - 3:00 PM	Classroom
Silversmith	Mon - Fri	9:00 AM - 4:00 PM	Lapidary Room
Spinning & Fiber Class	3rd Mon of Month	10:00 AM - 12:00 PM	Activity Room

8/4/2022

Oops! Did we miss something? Please report any omissions or changes to the Front Desk!

Lunch & Movie Field Trip

When: Tuesday, November 15, 2022

Time: 11:00 am—5:00 pm'ish (Meet in ASC lobby promptly at 11am for roll call, time back to ASC depending on movie)

Where: Lunch (at your own cost) at Casa De Suenos, then Movie at Aviator 10 (TBD)

Cost: \$10 (includes cost of movie ticket)

Transportation only provided from Senior Center to Lunch and Movies and then back to Senior Center!!!

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



5

November 2022

ASC Entertainment Calendar

Monday	Tuesday	Wednesday	Thursday	Friday																																																																																																									
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7 9:00 AM - 11:00 AM Nannette Duquette	8 9:00 AM - 11:00 AM LeNore/ Songbirds	9	10 9:00 AM - 11:00 AM Countryfied	11 Vacation Day																																																																																																									
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21 9:00 AM - 11:00 AM Nannette Duquette	22 9:00 AM - 11:00 AM LeNore/ Songbirds	23	24 Thanksgiving	25 Thanksgiving Holiday																																																																																																									
28 10:30 AM - 11:30 AM Belly Dancers	29 9:00 AM - 11:00 AM LeNore/ Songbirds	30	<table border="1"> <tr><td colspan="7">Oct 2022</td></tr> <tr><td>M</td><td>T</td><td>W</td><td>T</td><td>F</td><td>S</td><td>S</td></tr> <tr><td>3</td><td>4</td><td>5</td><td>6</td><td>7</td><td>8</td><td>9</td></tr> <tr><td>10</td><td>11</td><td>12</td><td>13</td><td>14</td><td>15</td><td>16</td></tr> <tr><td>17</td><td>18</td><td>19</td><td>20</td><td>21</td><td>22</td><td>23</td></tr> <tr><td>24</td><td>25</td><td>26</td><td>27</td><td>28</td><td>29</td><td>30</td></tr> <tr><td>31</td><td></td><td></td><td></td><td></td><td></td><td></td></tr> </table>	Oct 2022							M	T	W	T	F	S	S	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31							<table border="1"> <tr><td colspan="7">Nov 2022</td></tr> <tr><td>M</td><td>T</td><td>W</td><td>T</td><td>F</td><td>S</td><td>S</td></tr> <tr><td></td><td></td><td></td><td></td><td></td><td></td><td></td></tr> <tr><td>1</td><td>2</td><td>3</td><td>4</td><td>5</td><td>6</td><td>7</td></tr> <tr><td>8</td><td>9</td><td>10</td><td>11</td><td>12</td><td>13</td><td>14</td></tr> <tr><td>15</td><td>16</td><td>17</td><td>18</td><td>19</td><td>20</td><td>21</td></tr> <tr><td>22</td><td>23</td><td>24</td><td>25</td><td>26</td><td>27</td><td>28</td></tr> <tr><td>29</td><td>30</td><td>31</td><td></td><td></td><td></td><td></td></tr> </table>	Nov 2022							M	T	W	T	F	S	S								1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31				
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WANTED: VOLUNTEERS

FOR THE ASC THRIFT SHOP!

WE ARE LOOKING FOR SEVERAL PEOPLE TO VOLUNTEER THEIR TIME IN OUR THRIFT SHOP! HOURS OF THRIFT SHOP OPERATION WOULD BE 9 AM - 12:30 PM MONDAY - FRIDAY!

WE CAN BE FLEXIBLE AND WORK AROUND YOUR SCHEDULE!

DUTIES INCLUDE: CASHIER, PRICING AND PUTTING UP ITEMS FOR SALE.

FOR MORE INFO CONTACT BRITTANY CLARK +1 (575) 439-4150

Made with PosterMyWall.com



Understanding Alzheimer's and Dementia

Presented by the Alzheimer's Association, NM Chapter

Free & In-Person: Tuesday, Nov. 8th 10am



Location:

Alamogordo Senior Center
2201 Puerto Rico Ave, Alamogordo, NM 88310

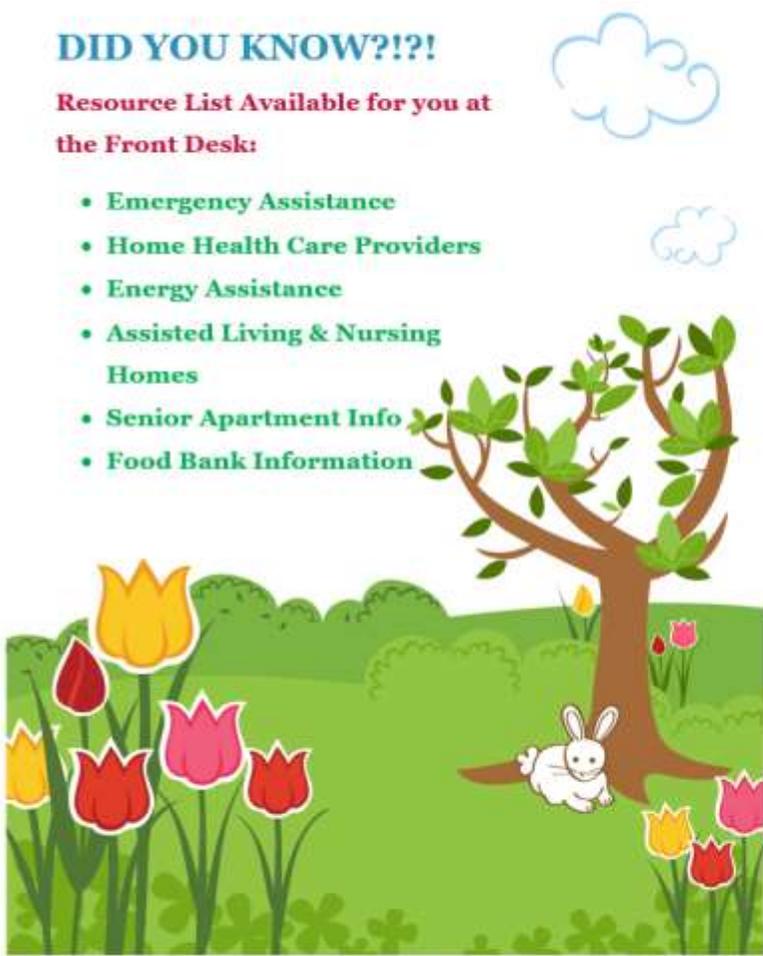
Register by email: nmprograms@alz.org
Or call: 1 (800) 272-3900



DID YOU KNOW?!?!

Resource List Available for you at the Front Desk:

- Emergency Assistance
- Home Health Care Providers
- Energy Assistance
- Assisted Living & Nursing Homes
- Senior Apartment Info
- Food Bank Information



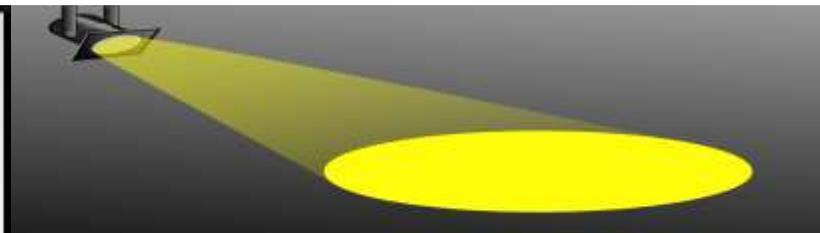
ASC Fitness Center Class Schedule & Procedures

Event: Exercise Classes	Day	Time	Place
Balance & Fall Prevention	Mon/Wed/Fri	10:00 AM - 10:45 AM	Fitness Room II
Balance, Baby Balls & Beans	Mon/Fri	10:00 AM - 10:45 AM	Fitness Room I
Belly Dancing	Tues	11:00 AM - 11:45 AM	Fitness Room II
Breathing & Relaxation for Better Health	3rd Tues of Each Month	1:00 PM - 1:45 PM	Fitness Room II
Cardio Chair Bonanza	Wed	10:00 AM - 10:45 AM	Fitness Room I
Cardio Strength	Wed	11:00 AM - 11:45 AM	Fitness Room II
Chair Exercise	Mon/Wed/Fri	9:00 AM - 9:45 AM	Fitness Room II
Do It Your Way	Mon - Fri	8:00 AM - 8:45 AM	Fitness Room I
Equipment Room	Open	Open	Equipment Room
Gentle Stretch	Thurs	11:00 AM - 11:45 AM	Fitness Room II
Learning to Line Dance	Mon	2:00 PM - 3:00 PM	Fitness Room II
Line Dance-Advanced	Wed	2:00 PM - 3:45 PM	Fitness Room II
Line Dancing-Basic	Tues/Thurs	9:00 AM - 9:45 AM	Fitness Room II
Low Impact Aerobics-1	Tues	9:00 AM - 9:45 AM	Fitness Room I
Low Impact Aerobics-2	Mon	11:00 AM - 11:45 AM	Fitness Room II
No Floor Yoga	Thurs	10:00 AM - 10:45 AM	Fitness Room I
Resistance, Strength & Weight Training	Mon/Wed/Fri	1:00 PM - 1:45 PM	Fitness Room I
Step & Strength	Thurs	9:00 AM - 9:45 AM	Fitness Room I
Strength Training	Mon/Wed/Fri	9:00 AM - 9:45 AM	Fitness Room I
Tai Chi	Tues/Thurs	10:00 AM - 10:45 AM	Fitness Room II
Walk Aerobics	Mon/Wed/Fri	8:00 AM - 8:45 AM	Fitness Room II
Yoga	Tues	10:00 AM - 10:45 AM	Fitness Room I

Updated 10/3/2022

Procedures:

1. Please wipe down and put away your equipment before leaving.
2. After completing your class, please wipe down the equipment you used and promptly exit the room so the next class can set up and start on time.
3. Masks are highly recommended but not mandated.
4. All participants must be current in their Alamo Senior Center registration to participate in the fitness center.
5. Closed toed footwear must be worn at all times.



I was privileged to serve my country in the United States Air Force for an adventurous 25 years and retired in Alamogordo in 2002.

In 2015, my parents moved to Alamogordo for health reasons. My mother, friend and I decided to try the exercise classes at the Senior Center Fitness Center, and my stepfather joined the woodcarving class. My stepfather passed away in 2020 and Mom and I continued our exercise classes, which have helped in our "quality of Life". I have met some very "inspiring" people from ages 60-90 (or more) who can run circles around much younger people. Believe it or not!

The Fitness Center is a great social environment as well. After our classes, several of us go to lunch at various places around town. The Fitness Center has provided us with great physical and mental stimulus, social engagement, cultural enhancement and we have gained many new and fun friends. "Who'd a-think that?"

Are you a senior who needs help with groceries?



What is SNAP?

SNAP (formerly known as Food Stamps) is a federally-funded food assistance program that provides monthly benefits that can be used to purchase groceries. Seniors may be eligible for SNAP benefits if their household income below certain standards.

Things you need to know

- You can receive Social Security, SSDI, or SSI, and still be eligible for SNAP.
- If you do not have reliable access to transportation, your certification interview can be done by phone.
- If you have trouble getting to the grocery store, a family member or friend can act as your authorized representative and use your EBT card to go shopping for you.
- You may still be eligible for SNAP benefits even if you are a resident of federally subsidized housing for the elderly and receive meals at the facility.

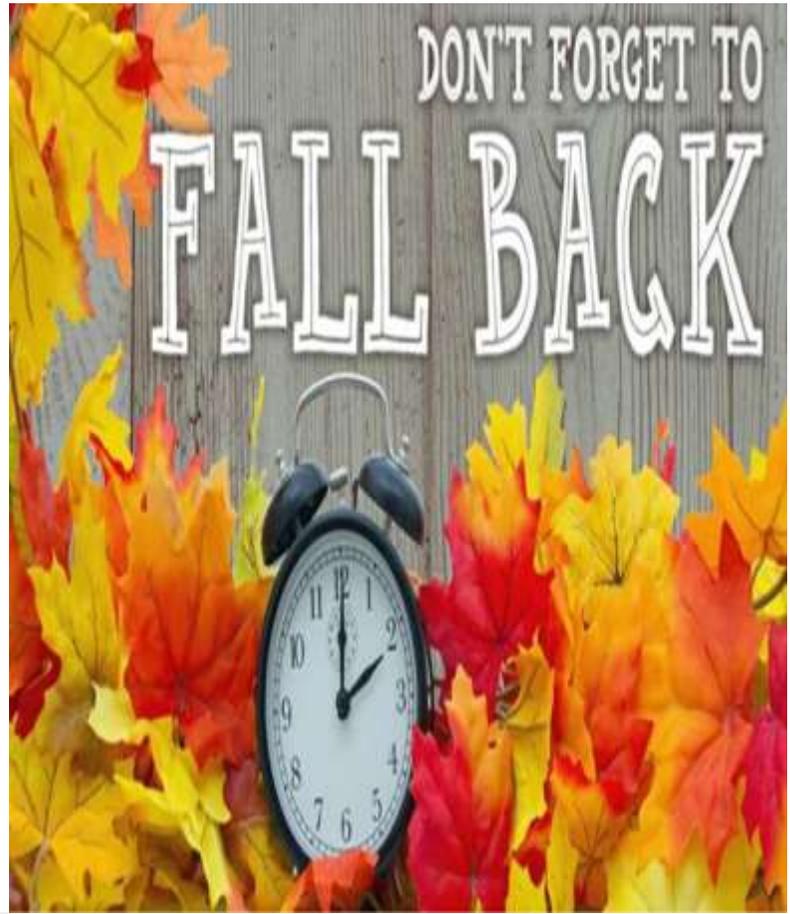
Do you have questions about SNAP and how to apply?

Roadrunner Food Bank can help you apply for SNAP.
Our assistance line is free and open to the public.

(844) 684-6268



Sunday, November 6th



Chronic Disease Self-Management Education Programs

Learn new skills to help you feel better



The Chronic Disease Self-Management Education Program (CDSMEP) is a group of **FREE** programs for adults, including those with disabilities and who are living with one or more chronic health conditions that require daily self-management. Conditions may include arthritis, chronic pain, asthma, cancer, HIV, diabetes, high blood pressure or heart disease. All programs are available in English and Spanish.

WHAT ARE THE PROGRAMS?

5 Free Programs



- 1** Chronic Disease Self-Management Program (CDSMP) for adults who have one or more chronic health conditions
- 2** Diabetes Self-Management Program (DSMP) for adults who have Type 2 diabetes
- 3** Cancer: Thriving and Surviving Program (CTSP) for adults who have cancer or are in remission
- 4** Chronic Pain Self-Management Program (CPSMP) for adults who are managing chronic pain
- 5** Positive Self-Management Program (PSMP) for HIV for adults who are managing HIV

WHAT ARE THE PROGRAMS LIKE?

Workshops are hands-on and focus on skill-building and support to help you increase your confidence in your ability to manage your health. They are held virtually or in a non-clinical community setting (e.g., church, hospital, senior center, etc.)

2 trainers (including a peer with a similar chronic condition) **2 1/2** hours **6** once a week for **6** weeks

5+ Learning Topics

1. Creating action plans
 2. Eating healthier and managing weight
 3. Reading nutrition labels
 4. Communicating effectively with family and medical providers
 5. Managing pain and fatigue
- And many more!

Get started by calling the Wellness Referral Center at (505) 445-5332 or by emailing info@wellnessreferralcenter.com.

8

Walk with Ease | Arthritis Foundation

Experience the Walk With Ease Program
Arthritis Foundation Certified. Doctor Recommended



"When I started the program, I was afraid to walk very far because of my knee pain. But Walk With Ease helped me start slow and build up gradually. Now I am confident in my ability to walk easily without making my arthritis worse."
— Walk With Ease participant

The **Arthritis Foundation Walk With Ease Program** is an exercise program that can reduce pain and improve overall health. If you can be on your feet for 10 minutes without increased pain, you can have success with Walk With Ease.

Benefits to You

Walk With Ease will help you:

- Motivate yourself to get in great shape
- Walk safely and comfortably
- Improve your flexibility, strength and stamina
- Reduce pain and feel great

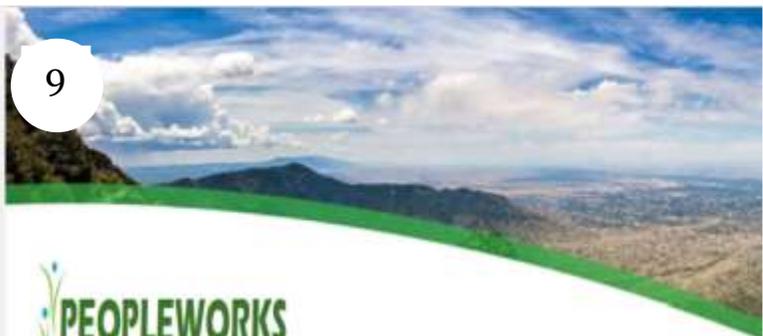
Classes are one-hour each.

Walk with Ease Program

Thursdays, Nov 3 - Dec 15, 2022
10:00am-11:00am

Location/Cost: Via Zoom Meeting. Free!!

Leaders: Kelly Knight, kelknight@nmsu.edu
Maureen Schmittie, maureen.schmittie@state.nm.us



PEOPLEWORKS

COUNSELING

ONLINE GROUPS/CLASSES

PROBLEM GAMBLING

CAREGIVER SUPPORT

GET CONNECTED TODAY!

1005 21st St SE, Ste. B
 Rio Rancho, NM 87124
 Phone: 505-990-4186
 Fax: 505-962-0247
 Email: peopleworksnm@gmail.com
 Web: <http://peopleworksnm.org>

COMING TO RUIDOSO AND
 RURAL SOUTHEAST NEW
 MEXICO

*Are you feeling down, stressed out,
 anxious?*

*Are you finding yourself using
 alcohol, drugs, gambling more and
 more?*

*Are you having problems in your
 relationships?*

Are you facing losses or grief?

PEOPLEWORKS is here to help! Our therapists have many years of experience, some even 30+ years. Our satisfaction surveys consistently rate our services with 96-99% of responses in good or very good categories. Privacy and confidentiality are of utmost importance, and we value ethical, practical, culturally sensitive services. We tailor to meet

Medicare Open Enrollment Counseling

Date and Time:

• 9:30am-2pm on 11-8-22

9:30am-2pm on 11-9-22

Event Location:

Alamogordo Senior Center

Street Address:

2201 Puerto Rico Ave.
 Alamogordo, NM 88310

Get free, unbiased, expert information and assistance with your Medicare decisions as well as help with enrollment from NM Aging and Long-Term Services Department SHIP Counselors.

If you can't be at the in-person event, limited phone appointments are available, call the ADRC at 1-800-432-2080 to schedule.

You are cordially invited



Please join us for Medicare 101!

This is a community educational event. Everyone is welcome!

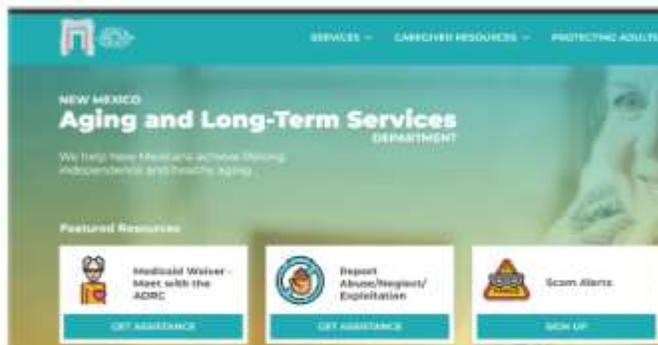
Alamogordo Senior Center
 2201 Puerto Rico Ave
 Oct 5th, 19th and Nov 2nd, 16th 10:15 AM-11:15 AM

Call a licensed Humana sales agent to RSVP



DAMARRIO MITCHELL
 575-343-5517 (TTY: 711)
 Monday - Friday, 8 a.m. - 5 p.m.
 DMITCHELL56@HUMANA.COM
humana.com/aoodw1808756

SCAM ALERTS



SIGN UP FOR TEXT AND/OR E-MAIL ALERTS

<https://altsd.nm.gov/protecting-adults/avoiding-scams-fraud>

November Birthdays



Pictured: Millie Moore, Irvin Michaud, Dawn Packwood, Marie Straub, Maria Armendariz, Ruth Cooper, Helene Thompson, and Elaine Wilson

Thank you Justine Pettway from Casa Arena Blanca for sponsoring our Birthday Bash this month!!!

Wishing our volunteer Fitness Instructors a very Happy Birthday!

Luis Chavez, Margaret Ramey, Colette Shelley & Sonja Thomas



Masks are not required, however they are strongly encouraged while inside.

Join us in the dining room for our Monthly Birthday Party every 3rd Wednesday of the month at 10:00 AM — 10:30 AM!!!