

The Sentinel

January 2023

50 cent suggested donation

From the Manager



Happy New Year!

Here's wishing all of you nothing but health, wealth, and endless blessings in the New Year ahead on behalf of the Alamo Senior Center Staff!

We accomplished quite a bit this past year thanks to the Senior Center's loyal & dedicated staff, all our volunteers in every service area, and all of you, our consumers, who support our programs, activities, events & services every day. May 2023 be as eventful... cheers to the New Year dawns filled with promises of a brighter tomorrow!

The Senior Center will be closed Monday, January 16th in observance of the Martin Luther King, Jr. Holiday.

Magdalena

We have a new addition to our team as of mid-November. Please help me welcome Ryan Sanders...

My name is Ryan Sanders. I am the new Senior Volunteer Programs (SVP) Specialist. In my position, I oversee the Foster Grandparent & Senior Companion programs. My main duties include recruiting new volunteers, maintaining volunteer files/records, conducting background checks, monitoring our budget for the programs, providing training to volunteers, and supporting the SVP Advisory Council.



I was born and raised in Alamogordo. Prior to this job I worked in education. At Yucca Elementary School I worked as the Librarian and a Kindergarten teacher. Then, I became an Advisor for 9th-12th grade students at a virtual school called NM Destinations Academy. I have a Bachelor of Arts degree from Western Governors University.

In my free time I enjoy walking outdoors, traveling, keeping up with the news, thrift shopping, and watching scary movies. My family has many pets: 2 dogs (Benny & Charlie) and 3 cats (Lorenzo, Bubba, and Maddie). I am part of the Coyazo family, and I like learning about my family history (genealogy)!

I look forward to building our SVP Programs and if you are interested, please visit my office!

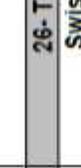
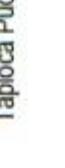
Alamo Senior Center

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>

January 2023

<p>2 - Monday</p> 	<p>3 - Tuesday</p> <p>Hamburger Steak Broccoli Potato Wedges WW Roll Peaches in Yogurt</p>	<p>4 - Wednesday</p> <p>Baked Pork Chop Baked Potato Peas Biscuit Tapioca Pudding</p>	<p>5 - Thursday</p> <p>Chicken Pot Pie Green Beans & Onions Beets Spiced Peaches</p> 	<p>6 - Friday</p> <p>Salisbury Steak w/ Gravy Mashed Potatoes Spinach WW Roll Tropical Fruit</p>	
<p>9 - Monday</p> <p>Catfish Nuggets Coleslaw Green Beans Combread Pineapple Orange Salad</p>	<p>10 - Tuesday</p> <p>Beef Steak Ranchero Ranch Style Beans Flour Tortilla Pears</p> 	<p>11 - Wednesday</p> <p>Sour Cream Enchilada Lettuce & Tomato Spanish Rice Pinto Beans Fruit Cocktail</p>	<p>11 - Thursday</p> <p>Chicken Fajitas Lettuce & Tomatoes Tortilla Pinto Beans Pears</p>	<p>13 - Friday</p> <p>Chicken Cordon Bleu Green Beans Corn Pineapple/Cottage Cheese</p>	
<p>16 - Monday</p> 	<p>17 - Tuesday</p> <p>Sweet-N-Sour Pork Oriental Vegetables White Rice Mandarin Oranges</p>	<p>18 - Wednesday</p> <p>Stuffed Bell Pepper Au Gratin Potatoes Seasoned Green Beans Biscuit Tropical Fruit</p>	<p>19 - Thursday</p> <p>Baked Ham Yams Buttered Asparagus WW Roll Mandarin Oranges</p> 	<p>20 - Friday</p> <p>Meat Loaf Mashed Potatoes w/ Gravy California Vegetables WW Roll Brownie</p>	
<p>23 - Monday</p> <p>Red Beef Enchiladas Lettuce & Tomato Pinto Beans Spanish Rice Cherry Cobbler</p>	<p>24 - Tuesday</p> <p>Pepper Steak Baked Potato Beets Dinner Roll Pineapple Tibits</p> 	<p>25 - Wednesday</p> <p>Beef Lasagna Green Salad w/ Dressing Capri Vegetables Garlic Roll Mandarin Oranges</p>	<p>26 - Thursday</p> <p>Swiss Steak Baked Potato Kidney Bean Salad WW Roll Vanilla Pudding</p> 	<p>27 - Friday</p> <p>Sloppy Joe Macaroni Salad w/ Veggies Buttered Corn Tropical Fruit</p>	
<p>30 - Monday</p> <p>Beef Tips Mashed Potatoes Broccoli Sliced Carrots Pudding</p>	<p>31 - Tuesday</p> <p>GC Pork Stew Salad w/ Dressing Combread Apricots</p>				<p>30 - Friday</p> <p>1% Low Fat Milk Served Daily Chocolate Milk Served on Fridays Menu Subject to Change</p>

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

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



Above: Fitness Recognition Event



Health Fair
Pictured left & right



2022 Senior Center Happenings!



Holiday Meal
with Volunteers



A visit from Santa!



Halloween Trick-or-Treaters



Newly Covered Pool Tables



New Dining
Room Chairs



Live Bands & Entertainment!



Weekly Insurance Information :

- Demario Mitchell with Humana
- Angie Lujan
- Flora Trujillo with Molina
- Jessica Marquez with Jar Insurance

Mon.:	Nanette Duquette
Tue.:	Lenore Hosea (Song Birds)
Wed.:	Steve Deines—accordion
Thurs.:	Sue Hoosier—piano
Fri.:	Countryfied

Music Schedule!

Pictured below, left to right: Easter egg hunt, egg coloring and bonnet contest.



Many thanks to the Eagle Riders for the goody baskets; Bee Hive Homes for the soup bags; troop #10555 (pictured left) for the goody bags to our homebound in December; and the Lutheran Ladies for the crafts all year round!



Monthly Birthday Parties

**Advertise
Your
Business
Here**

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



November 2022
Nutrition Report

Number of days served this month: 19

Total number of meals served: 7,529

	Congregate Meals:	Carry-Out:	HD Meals:
Meals Served:	2,166	2,371	2,992
Donation Average:	\$2.13	\$2.13	\$.97

Climate Heating & Air Conditioning, Inc.



TAMMY L. TONCRAY
617 New York Ave.
Alamogordo, NM 88310

(575) 437-3130
Fax 437-0108
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 January 16, 2023 in observance of the Martin Luther King Jr. Day!



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!

6

Thank you for supporting the Alamo Senior Center



Here are two websites where you 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 for Seniors

Legal Resources for the Elderly Program

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

Statewide 1-800-876-6657

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	8:00 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	8:00 AM - 4:00 PM	Lobby
Chicken Foot Dominoes	Tues	1:00 PM - 4:00 PM	Lobby
Dominoes	Thurs	1:00 PM - 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
Music in the Morning	Daily	9:00 AM - 11:00 AM	Dining Room
Needlework (Open Platform)	Mon - Fri	8:00 AM - 4:00 PM	Activity Room
Pool/Billiards	Mon - Fri	8:00 AM - 4:00 PM	Pool Room
Pool Tournament	2nd Tues of Month	9:30 AM - Done	Pool Room
Quilting Group	Thurs	8:00 - 11:00 AM	Activity Room
Quilting (Open Platform)	Mon - Fri	8:00 AM - 4:00 PM	Activity Room
SVP Advisory Council	3rd Wed of Month-Quarterly	1:15 PM - 3:00 PM	Classroom
Silversmith	Mon - Fri	8:00 AM - 4:00 PM	Lapidary Room
Spinning & Fiber Class	3rd Mon of Month	10:00 AM - 12:00 PM	Activity Room

12/28/2022

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



*Kudos to the ASC
Staff and
Volunteers*

*Thanks for this very
clean and well -
equipped workout area.
Also, for great lunches
and helpful staff &
volunteers. We
appreciate you & all
you do.*



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

Senior Volunteers Needed



55 YEARS
OR
OLDER



FOSTER GRANDPARENT: Under the supervision of teachers and principals, you will provide service to youth/students in local schools. Some examples include tutoring students in math/reading, reading to a class, helping a kindergartner practice handwriting, or providing emotional support to children.

SENIOR COMPANION: In the home of a frail, disabled, or terminally ill homebound senior citizen, you will provide assistance to help them carry out daily tasks. Some examples include providing socialization to isolated seniors, assisting with chores, providing transportation to appointments, or helping the client with grocery shopping.



AmeriCorps
Seniors

\$3.15/HOUR STIPEND +
MILEAGE & MEAL
REIMBURSEMENTS*



*Must meet low-income criteria in
order to receive

Interested?
Call Ryan
Sanders, SVP
Specialist at
Alamo Senior
Center
575-439-4150

AARP Foundation TAX-AIDE

Free tax assistance for those who need it most



AARP Foundation Tax-Aide is looking for volunteers to help in our free tax assistance program primarily for taxpayers over 50 and with low to moderate income. If you enjoy preparing your own taxes or want to learn to help others with their taxes, we will provide free training and support for you. We are also recruiting volunteers to set appointments, aid taxpayers in gathering their documents, speak a second language, or assist with tax site technology. Your skills and time can make a difference to others, and you have what it takes to help your neighbors get the tax credits and benefits they deserve.

Register to become a Tax-Aide volunteer at aarpfoundation.org/taxaide, or call 1-888-227-7669 for assistance in registering. We will contact you by phone once you have submitted your application.

If you want to learn more about the volunteer opportunities for AARP Foundation Tax-Aide and the tax training available in the Alamo area, please call Norm Renfrow at 575-491-9314 for additional information. Thank you for your interest.

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



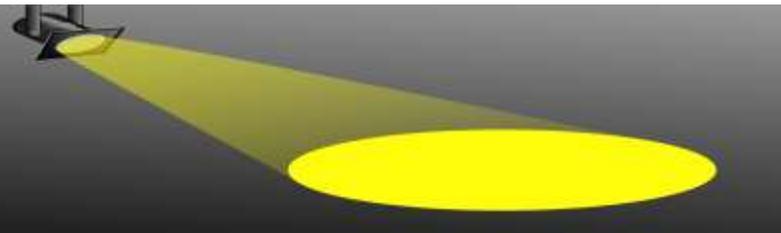
ASC Fitness Center Class Schedule & Procedures

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 your class, please 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.



Sheila Dittrich—I am a new member of the Senior Center/Fitness Center, joining on Sept. 14. I took my first fitness class the same day, and it was a complete JOY! There was music and laughter and some huffing and puffing. It was terrific workout, and I met some wonderful people who welcomed me and cheered me on. When I got home, I had all this wonderful energy I never knew I had! When I got home, I put together patio furniture, cleaned all my floors and prepared vegetables for hoagie sandwiches to serve at a luncheon I hosted that day. In short, the Fitness Class has been a God Send for me. I plan to attend more of the classes that are offered there. I feel EVERYONE should join the Fitness Center!



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.

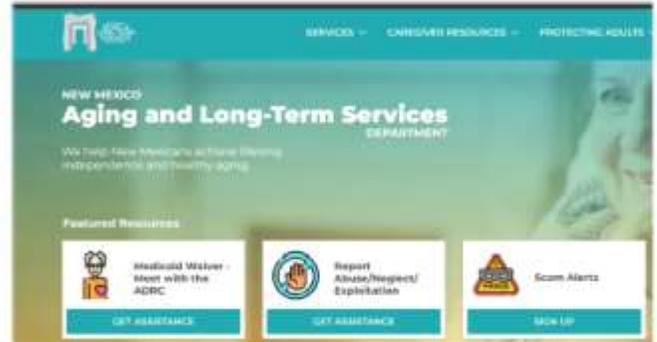
Do you have questions about SNAP and how to apply?

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

(844) 684-6268



SCAM ALERTS



SIGN UP FOR TEXT AND/OR E-MAIL ALERTS

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

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

- Creating action plans
 - Eating healthier and managing weight
 - Reading nutrition labels
 - Communicating effectively with family and medical providers
 - 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.

10



COUNSELING

ONLINE GROUPS/CLASSES

PROBLEM GAMBLING

CAREGIVER SUPPORT

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?

GET CONNECTED TODAY!

1005 21st St SE, Ste. B

Rio Rancho, NM 87124

Phone: 505-990-4186

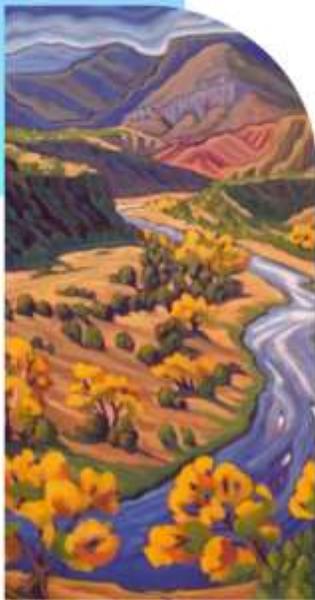
Fax: 505-962-0247

Email: peopleworksnm@gmail.com

Web: <http://peopleworksnm.org>

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 look to meet

COMING TO RUIDOSO AND RURAL SOUTHEAST NEW MEXICO.



Parmer, Elisabeth (Betsy), Chama River.

CASE
MANAGEMENT:
Information &
Referrals

We offer information
& assistance, such as:

- Referrals to community resources and state programs
- Referrals to your local senior center for meals, transportation, and other services
- Helping you set personal goals and build a plan for healthy living
- Following up with wellness calls to support you on your journey

Contact us by phone,
text, or email.

Let's Thrive!



CONTACT US

Local: (505)395-2668

Toll Free: (866)699-4927

CASE MANAGEMENT

Phone: (505)391-9231

Email: seniorhelp@ncnmedd.com

www.nonmetroaaa.com

DO YOU HAVE **concerns** about falling?



A MATTER OF
BALANCE

MANAGING CONCERNS ABOUT FALLS

Many older adults experience concerns about falling and restrict their activities. A MATTER OF BALANCE is an award-winning program designed to manage falls and increase activity levels.

This program emphasizes
practical strategies to
manage falls.

YOU WILL LEARN TO:

- view falls as controllable.
- set goals for increasing activity
- make changes to reduce fall risks at home
- exercise to increase strength and balance

WHO SHOULD ATTEND?

- anyone concerned about falls
- anyone interested in improving balance, flexibility and strength
- anyone who has fallen in the past
- anyone who has restricted activities because of falling concerns



Tuesdays and Fridays,
starting February 28, 2023
9:30 - 11:30 am
Alamogordo Senior Center

Classes are held twice a week
for 4 weeks for 2 hours each.

FREE program

For more information please call:

Kelly, 437-0231

Maureen, 437-9340 ext. 5

A Matter of Balance: Managing Concerns About Falls Volunteer Lay Leader Model ©2006
This program is based on Fear of Falling: A Matter of Balance. Copyright ©1995 Trustees of Boston University. All rights reserved. Used and adapted by permission of Boston University.

A Matter of Balance Lay Leader Model
Recognized for Innovation and Quality in Healthcare and Aging, 2006, American Society on Aging
A Matter of Balance Lay Leader Model was developed by a grant from the Administration on Aging (950AM270).

ALAMO SENIOR CENTER

WE NEED YOUR HELP

WE ARE LOOKING FOR VOLUNTEERS TO HELP WITH PACKING SIDE ITEMS, ROLLING SILVERWARE AND HELP ON THE SERVING LINE FROM 9:00 A.M. TO 12:30 P.M. MONDAY THROUGH FRIDAY. YOU DECIDE WHICH DAY OF THE WEEK WORKS BEST FOR YOU. WE ARE FLEXIBLE! DUTIES INCLUDE: PACKING SIDE ITEMS, ROLLING SILVERWARE OR SERVING THE DAYS MEAL ONTO TRAYS.

FOR MORE INFORMATION PLEASE
CONTACT VIOLET NORMAN AT (575)
439-4153

ASC Thrift Shop

LOCATED:
NORTH LOBBY AREA

OPEN DAILY
9 a.m. to 12:30 p.m.
(Permitting Volunteers)

We sell
**GENTLY USED HOUSEHOLD
ITEMS & JEWELRY ETC.**
in excellent condition

Currently Accepting Donations!!!

Make some great finds today!

December Birthdays



Pictured: Fay Sinclair, Jim Moore, Rose Whitesell and Mark Carter.

Thank you Tresa VanWinkle from Capped for sponsoring our Birthday Bash this month!!!

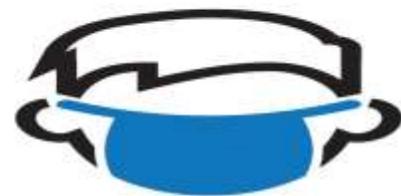
Wishing our volunteer Fitness Instructors a very Happy Birthday!

Michael Knowles and Lee Selden

Call, Text, or Message
988
For Mental Wellness

988 NM Crisis Support
@ 988nmcrisissupport
<https://988nm.org/>

HUMAN SERVICES DEPARTMENT



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!!!