

The Sentinel

October 2023

50 cent suggested donation

From the Manager

For the month of October, our featured service program staff is our I&R Coordinator, our building custodian & Fitness Coordinator. Our I&R Coordinator, Gloria, can assist you with resources in the community. She is available to research medical, housing, and insurance services. She assists in sorting through bills and mail, Income Support Division applications, and much more, while also assisting with state-required assessment/reassessment membership packets. Our custodian, Jamie, cleans our main facility with sweeping, mopping, buffing, and bathrooms while also setting up/breaking down rooms for presentations, etc. He is also a backup driver for our Transportation & Meals on Wheels programs. Our Fitness Coordinator, Tracy, oversees our Fitness facility, schedules fitness classes, and recruits volunteers to become Team Leaders for specific classes, assuring classes are taught safely while assisting with state-required assessment/reassessment membership packets. She also keeps the equipment clean as a whistle.

Please help me welcome our new Senior Volunteer Program Specialist overseeing our Foster Grandparent and Senior Companion Programs.



I am Rene Reynolds. I moved to High Rolls 10 years ago with my sweet little dog Max following a divorce. It was time to start over in a place that had always been my place of peace: the mountains. We love living up on the mountain! We have elk, deer, and other wildlife wandering through the property, which makes gardening a bit of a challenge. I love to laugh, have fun, and learn new things. I also cook, craft, sew, build stuff, and repurpose items into new and unique pieces of clothing, furniture, and home décor. I have been an ER nurse and an Assistant Director of Nurses at a local nursing home. I am ending my career as a certified Wound Care Specialist nurse. I have been a volunteer firefighter, EMS responder, and CPR Instructor with High Rolls and Cloudcroft Fire Departments. If something excites you or makes you want to learn more about it, you should follow that curiosity. And that is how I have become the new Senior Volunteer Program Specialist. I had a former fire/EMS responder tell me about the position. As I looked further into it, my curiosity increased. When Magdalena told me more about the programs and the position, I wanted to know more. I felt excited about the future of the programs and working with seniors to give them a unique opportunity to serve others. And have fun while we do it! I am so happy and honored to work here with your wonderful people.

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>

October 2023

<p>2 - Monday Chicken Tacos Flour Tortilla Zucchini Pinto Beans Tropical Fruit</p> 	<p>3 - Tuesday Beef Stroganoff Capri Vegetables WW Roll Plums</p>	<p>4 - Wednesday BBQ Chicken Thighs Roasted Herb Potatoes Collard Greens w/ Garlic WW Roll Peaches in Crisp</p>	<p>5 - Thursday Stuffed Pork Chop Brown Rice Peas Asparagus Applesauce</p>	<p>6 - Friday Country Fried Steak Mashed Potatoes Roasted Brussel Sprouts WW Roll Watermelon</p>
<p>9 - Monday Chili Relleno Spinach Pinto Beans Spanish Rice Jello</p>	<p>10 - Tuesday Salisbury Steak Potato Wedges Broccoli WW Roll Mandarin Oranges</p>	<p>11 - Wednesday Orange Chicken Stir Fry Vegetables Steamed Brown Rice Strawberries & Bananas</p> 	<p>12 - Thursday Green Chile Cheese Lasagna Italian Blend Vegetables Spinach Salad Cranberries WW Roll Apricots</p>	<p>13 - Friday Beef Stew Beet & Red Onion Salad Cornbread Fruit Salad</p>
<p>16 - Monday Beef Tips w/ Gravy Parsley Potatoes Carrots WW Roll Sliced Apples</p> 	<p>17 - Tuesday Green Chili Chicken Enchiladas Spanish Slaw Chuckwagon Corn Fruit in Jello</p>	<p>18 - Wednesday Chicken Strips Baked French Fries Green Beans Biscuit Peaches</p>	<p>19 - Thursday Meatloaf Lemon Herb Orzo Vegetable Medley WW Roll Berry Crisp</p> 	<p>20 - Friday Beef Fajitas Pico de Gallo Calabacitas Roasted Cauliflower Pear</p>
<p>23 - Monday Cheeseburger Broccoli Salad Cucumbers and Tomatoes Cake</p>	<p>24 - Tuesday Red Beef Enchiladas Black Bean & Corn Yellow Squash Pineapple</p>	<p>25 - Wednesday Kraut Dog 3 Bean Salad Pasta Salad Strawberry Yogurt Bananas</p>	<p>26 - Thursday Stuffed Chicken Breast Baked Potato Spinach Italian Blend Vegetables WW Roll Mandarin Oranges</p>	<p>27 - Friday Sloppy Joe Peppers & Onion French Style Green Beans Coleslaw Fruit Salad</p>
<p>30 - Monday Chicken Pot Pie Tossed Salad WW Roll Parsnips Tropical Fruit Salad</p> 	<p>31 - Tuesday BBQ Beef Sandwich Sweet Potatoes Kale w/ Onions Cantaloupe Oatmeal Cookie</p>			

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

Only Congregate Lunch is Served from 11:00 am - 12:30 pm
NO whole fruit, rolls, or cookies can be taken out.
MILK IS TO BE TAKEN OUT OF THE DINING ROOM!!!

Menu Subject to Change

3

“Alamo Senior Centers’ Annual Health Fair”



This is our Fitness Center Gang



Tic Tac Toe Winner



High Desert Hydration Station



MAAC INSURANCE



COPE

Center of Protective



ICAN Encouraging Healthy Eating



AT HOME Personal Care



HUMANA

These are just a few vendors who showed up for the Annual Health Fair, and we look forward to seeing them again next year.

October Happenings

*Monday, October 9, - AARP 9:30 am - 1:00 pm
in classroom 1*

*Thursday, October 19, - "A" through "Z" What's Good for
Me? 8:00 am in Fitness Room 2*

*Tuesday, October 26th - Appreciation Dinner
2:00 - 4:00 in the Dining Room*

*Tuesday, October 31st - Trick ~Treaters 9:00 am-10:00 am
in the Dining Room*

*Tuesday, October 31st -
Halloween/Costume Dance
2:00 pm-5:00 pm in the Dining Room*



Dear Stan

I recently signed up for Medicare Parts A and B. A friend said I should also consider purchasing a Medigap policy. What is a Medigap policy and why should I consider one?

Samantha
Sunland Park

Report Medicare Related Fraud by calling the
New Mexico Senior Medicare Patrol (SMP) at

1-800-432-2080

The SMP will provide you with the information you need to PREVENT, DETECT and REPORT Medicare fraud, errors, and abuse.

Dear Samantha,

Congratulations on signing up for Medicare. Medicare pays on average about 80% of a beneficiary's medical costs. In addition to Medicare Parts A and B, seniors have the opportunity to buy a gap policy (Medicare Supplemental Insurance or Medigap) to cover the 20% difference in costs not paid by Original Medicare. It is important to note that Medigap policies do not offer additional benefits, they only pay the remaining 20% of costs. If Medicare pays, so does your Medigap, if Medicare denies a claim, your Medigap will not pay either. Also - you cannot buy a Medigap policy if you have Medicare Advantage.

Medigap plans are sold by private insurance companies, and they can only sell you a "standardized" Medigap policy. There are 12 different policy types to

choose from. Each policy has a different set of standardized benefits covering Part A and B deductibles, coinsurances, copayments and in some cases foreign travel. To find out about the different Medigap types go to www.Medicare.gov:

- At the top of the page click on 'Health & Drug Plans'
- Under 'Find & Compare' click on 'Find a Medicare Supplement Insurance (Medigap) policy'
- Do not enter your Zip Code
- To the right of 'Step 1' click on 'See benefits of each plan'

It's important to compare Medigap policies at different insurance companies because monthly premiums will vary. Generally, the only difference between Medigap policies sold by different insurance companies is the cost. The

(Continued on page 2)

premiums are based on either an 'attained age rating' or an 'issue age rating'. Attained age rating means premiums will be lower when you are younger but can go up as you get older. Issue age rating means premiums are lower for younger buyers and will not go up as you get older.

To search for Medigap Plans and premiums go to www.Medicare.gov:

- At the top of the page click on 'Health & Drug Plans'
- Under 'Find & Compare' click on 'Find a Medicare Supplement Insurance (Medigap) policy'
- Enter your Zip Code and click 'Start'
- Put in your age, sex and whether you smoke or not
- Select 'Update Prices'
- Sort through the alphabetical listings, select one of the standardized policy types to review
- Click on 'View Policies' and you will see the different insurance carriers and estimated monthly costs
- Contact the insurance carrier to get an official quote.

People who are just starting with Medicare have a Right of Guaranteed Issue period during which companies are not allowed to require a health screening or deny a beneficiary based on pre-existing conditions. If you initially opt for a Medicare Advantage plan and later decide Original Medicare with a Medigap would better suit your needs, you will have a Right of Guaranteed Issue only if you are in the first year of Medicare. However, if you try to enroll in a Medigap policy when you do not have a Right of Guaranteed Issue you may have trouble finding a plan that will accept you.

If you want to talk to someone in person, please call the New Mexico **Aging and Disability Resource Center** at **1-800-432-2080**. Ask to speak with either an options counselor or a **NM State Health Insurance Program (SHIP)** volunteer. They can help you sort out Medigap policies.

Stan
Volunteer Counselor, SHIP and SMP

SHIP & SMP Program Volunteering: Learn more about Medicare and ways to better serve the public by contacting us about available SHIP SMP volunteer opportunities at 1-800-432-2080.

We provide training on Medicare content, and can work with your schedule. We can serve more people together!

**Advertise
Your
Business
Here**

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



August 2023
Nutrition Report

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Number of days served this month: 23

Total number of meals served: 7,253

	Congregate	HD Meals:
Meals Served:	\$3,886	\$3,367
Donation Average:	\$1.96	\$1.11

To Our Meals on Wheels Recipients

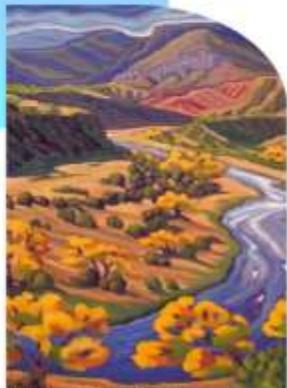
- We appreciate your calling us to cancel your meal when you are not going to be home.
- Please note that our delivery times are from **10:30 AM - 1:00 PM**. Some of our drivers may have a double route which can delay delivery to you. We apologize for any inconvenience.

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.

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!



Paint: Elizabeth (Betty) Chace-Kee

Contact us by phone, text, or email.

Let's Thrive!



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
Local: (505)395-2668
Toll Free: (866)699-4927

CASE MANAGEMENT
Phone: (505)391-9231
Email: seniorhelp@ncnmedd.com

www.ncnmedd.com

SKY VIEW DENTAL



Dr. Robert Albiston, D.D.S.

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- ◆ Partial
- ◆ Implants
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MON-THUR
8AM / 4PM



EVERY PERSON AND EVERY MASK MAKE A DIFFERENCE



NEW MEXICO DEPARTMENT OF HEALTH
HEALTH #ProtectNM #MaskUp

7

IMPORTANT INFORMATION

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

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FREE Legal Helpline

Legal Resources for the Elderly Program

for Seniors

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



To the *Fraternal
Order of Eagles*
For their generous
donation!

AARP

SAFER DRIVING MAY SAVE YOU MONEY

Take the AARP Smart Driver™ classroom course and you could save on your car insurance!*

- Refresh your driving skills and knowledge of the rules of the road.
- Learn techniques for handling left turns, right-of-way and roundabouts.
- Discover proven driving methods to help keep you and your loved ones safe on the road.

THERE'S A CLASSROOM COURSE IN YOUR NEIGHBORHOOD!

NEW
COURSE
ADDED!

Date & Time:

Monday, October 9, 9:30 AM Start Time

Please arrive 20 min early for registration.

Check or Cash only PLEASE- cannot accept credit card

Bring water and snack if desired

Location:

Alamogordo Senior Center
2201 Puerto Rico Ave
Alamogordo, NM

Register:

575-439-4150 or at Alamogordo Senior Center

CLASSROOM COURSE

\$20 for AARP members
\$25 for non-members

TO FIND ADDITIONAL COURSES

Visit: www.aarp.org/driving36
Call: 1-888-773-7160

JAM SESSION

Alamogordo Senior Center

*"Bring your instrument
and join the fun"*

Third Monday, 2:pm

Senior Center Classroom

First Session: October 16, 2:pm



Hill Kemp, 5-string banjo and guitar

318-315-1534



FREE LIVE LEGAL WEBINARS

9

The Legal Resources for the Elderly Program (LREP) will be presenting monthly free Legal Webinars available to the general public.

Topics covered:

- Power of Attorney
- Advance Health Care Directive
- Probate
- Non-Probate Transfers (including Transfer on Death Deeds)
- Institutional Medicaid

Each workshop includes:

- A presentation by an LREP Staff Attorney
- An open question and answer period

Upcoming Dates in 2023:

- July 18
- August 15
- September 5
- October 10
- November 14
- December 12

Time: 11 a.m. **Location:** Virtual

To Register: Call LREP at 505-797-6005 or 1-800-876-6657

LREP is a joint project of the New Mexico Aging and Long Term Services Department and the State Bar of New Mexico



New Mexico State Bar Foundation
Legal Resources for the
Elderly Program

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Across from the White Sands Mall
575-439-9999



Housing Stability Program

Serving families in Grant, Hidalgo, Luna, Otero, Sierra Counties

Are you or someone you know experiencing housing instability or homelessness?

Community Action Agency of Southern NM can help you manage and sustain affordable housing.

Help is available in person, on the phone, and/or online to find resources, consult with agencies, complete applications, understand documents, and follow-up.

To apply ONLINE go to <https://www.caasnm.org/> click Request Services
Or CALL CAASN at 575-527-8799 and ask for the Housing Program.

POOL NEWS



THE POOL TOURNAMENT FOR ALAMOGORDO IS ON THE SECOND TUESDAY OF THE MONTH AT THE ALAMO SENIOR CENTER AT 9:30 A.M. THE CONTACT PERSON IS DAVID HANSEN.

- Ruidoso Downs: 8-25-2023 (14 players)**
 1st place - Ron Sain - Alto
 2nd place - Ron Foster
 3rd place - David Smith - Alamogordo
 4th place - Gilbert Munoz - Alamogordo
- Capitan: 9-1-2023 (8 players)**
 1st place - ~~Lazarillo~~ (JR) Guevara - Capitan
 2nd place - Dwight Raulerson - Alamogordo
 3rd place - Lloyd Miller - Tularosa
 4th place - Gilbert Munoz - Alamogordo
- Alamogordo: 9-12-2023 (19 players)**
 1st place - Steve Gonzalez - Tularosa
 2nd place - Randy Jackson - Alamogordo
 3rd place - Joe Small - Alamogordo
 4th place - Luther Craig - Alamogordo
- Hondo Valley: 9-8-2023 (11 players)**
 1st place - ~~Lazarillo~~ (JR) Guevara - Capitan
 2nd place - Ron SAIN - Alto
 3rd place - Al Bryson - Alto
 4th place - Jerry Burchett - Hondo
- Tularosa: 9-18-2023 (18 players)**
 1st place - Henry Goodman - Tularosa
 2nd place - Luther Craig - Alamogordo
 3rd place - Ron Foster
 4th place - Orlando Stover - Alamogordo

Everyone is welcome if you are 60 or older. The Alamo Senior Center is a great place to have a good time and where great friendships are developed.

Membership is Required

Doors open at 8:00 a.m.-4:00 p.m.

FREE CLASS!

Learn Chair Exercises

Discover How to Save Money When
Buying Food

Explore Food Health and Safety



OUR NEXT GROUP RUNS: Oct. 17-Nov.7

WE MEET: Every Tuesday 10am-11am

JOIN US AT: Alamo Senior Center in Classrooms I&II
2201 Puerto Rico Ave.

Contact your local ICAN Educator Christine Martin at
575.437.0231 or cjam0709@nmsu.edu to sign up,
or sign up online at redcap.link/snap



If you are an individual with a disability and need
an auxiliary aid or service, call Christine Martin
at 575.437.0231 or email cjam0709@nmsu.edu
no later than 7 days before your class.

This work is funded by USDA Supplemental Nutrition Assistance Program (SNAP). This institution is an equal opportunity provider. This work is delivered through New Mexico State University's Cooperative Extension Service and College of Agricultural, Consumer, and Environmental Sciences (ACES). ACES is an engine for economic and community development in New Mexico, improving the lives of New Mexicans through academics, research, and extension programs. USDA and NMSU are equal opportunity employers and educators.



FREE FUNERAL PLANNING GUIDE!

Did you know that today's average funeral costs
about \$10,000?

What's even worse is people normally don't
share information on "what happens when" with
their loved ones, often leaving their family with
a lot of unanswered questions.

Call or email us today, we'll be happy to provide
you with a **free funeral planning guide** along with
a **free policy review** to give you peace of mind
on your coverage. Don't have your final
expenses covered? We have access to multiple
state-regulated affordable policies!



575-322-8112

www.vipinsuranceadvocates.com



MON, OCT 16 AT 10 AM

Technology 101 at Alamo Senior Center
Alamo Senior Center - Alamogordo

Technology 101 hosted by Chris Garcia

Join us in learning about computers and technology in
today's world. We will cover topics such as use of cell
phones, computers, tablets, the internet and avoiding
scams. I hope to see you there. Call 575-512-7008 if
you have questions.

Alamo Senior Center
2201 Puerto Rico Avenue, Alamogordo NM 88310

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	1:00 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 Tues of Month	10:00 AM - 12:00 PM	Activity Room

5/8/2023

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

**Tons of
GAMES**
To Play in our Lobby

**PLEASE HELP YOURSELVES
& MAKE SOME NEW FRIENDS!**

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National Master Jason Lu

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of Alamogordo

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- Hearing aids of all manufacturers
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COME VISIT US!

*WE ARE IN NETWORK WITH ALL INSURANCES
(including Tricare, Medicare and Medicaid)

*WE ARE CONTRACTED WITH THE
VETERANS ADMINISTRATION
(no need to drive to El Paso or Albuquerque
for your VA hearing aid needs)

• • • • •

DR. ALLISON MONEYPENNY, AUD CCC-A
WWW.AHCNM.COM • ALLISON@AHCNM.COM

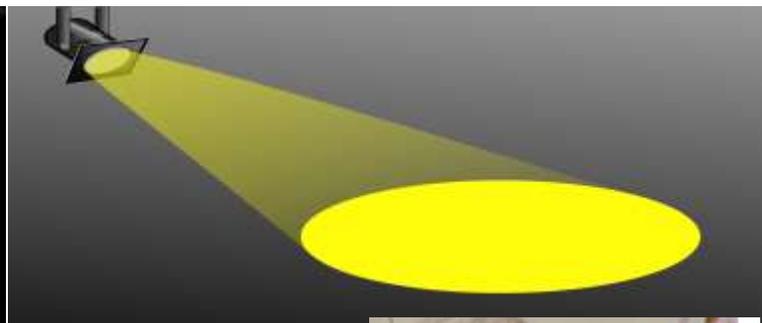
ASC Fitness Center Class Schedule & Procedures

Event: Exercise Classes	Day	Time	Place
Balance & Fall Prevention	Mon/Wed/Fri	10:00 AM - 10:45 AM	Fitness Room II
Balance, Baby Balls & Beanies	Mon/Fri	10:00 AM - 10:45 AM	Fitness Room I
Belly Dancing	Tues	11:00 AM - 11:45 AM	Fitness Room II
Cardio Chair Bonanza	Wed	10:00 AM - 10:45 AM	Fitness Room I
Cardio Strength	Wed	8:00 AM - 8:45 AM	Fitness Room I
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	1:00 PM - 3:00 PM	Fitness Room II
Line Dance-Advanced	Wed	1:00 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 Stretch & Flow	Tues	8:00 AM - 8:45 AM	Fitness Room I
No Floor Stretch & Flow	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 8/7/2023

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 program.



Suzanne Morton

I have been with the ASC Fitness Center for several years and would highly recommend it to EVERYONE. The people are friendly; there's a variety of classes (something for everyone) and weight equipment. Taking a number of these classes helped me in fighting depression. (Which I no longer have!) The weights have toned my bones! Everything about the Senior Center is great. The meals, Bingo, doing puzzles, and the morning entertainment. I met my husband, Luther, here. (He is part of the band "Countrified") We recently got married. You really can't beat this center; it's absolutely the BEST!



September Birthdays



Pictured left to right : Allen Schwartz, Brian Jones, Cleo Torres, and Leo Cuevas

Thank You, Violet Norman from the Alamo Senior Center for sponsoring our Birthday Bash.



Call, Text, or Message
988
For Mental Wellness

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

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!!!