

The Sentinel

December 2023

50 cent suggested donation



Magdalena Morales
Senior Center Manager



Britney Ybarra
Admin. Assistant



Rene Reynolds
SVP Specialist



John Fly
Finance Coordinator



Eddie Perez
Home Services Supervisor



Zyra Serna
Nutrition Coordinator



Teri Eldridge
MOW's Aide



Violet Norman
Kitchen Administrator



Cheyenne Quappe
Asst. Kitchen Admin.



Minnie Mendez
Kitchen Cook



Brandi White
Kitchen Aide



Mario Torres
Kitchen Aide



Antonio Onate
Kitchen Aide



Brittany Tave
Senior Services Supervisor



Gloria Guerrero
I & R Coordinator



Jalan Massey
Receptionist



Tracy Duncan
Fitness Coordinator



Martin Henderson
Bus Driver



Kimberly Sheley
Bus Driver



Jamie White
Maintenance



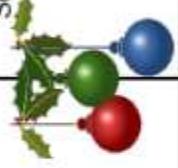
Alamo Senior Center

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>

December 2023

	<p>1% Low Fat Milk Served Daily Chocolate Milk Served on Fridays</p> <p><i>Menu Subject to Change</i></p>		<p>1 - Friday Meatloaf Mashed Potatoes Green Beans WW Roll Strawberries Tapioca Pudding</p> <p>8 - Friday Beef Burgundy Peas & Carrots WW Roll Spiced apples</p>
<p>4 - Monday Beef & Bean Chili Roasted Zucchini Cornbread Fruit Salad</p> 	<p>5 - Tuesday Beef Stew Steamed Rice Beats Biscuit Orange</p> 	<p>7 - Thursday Stuffed Chicken Breast Baked Sweet Potato Capri Mixed Vegetables WW Roll Cake w/ Strawberries</p>	<p>15 - Friday Turkey & Ham Mashed Potatoes Scandinavian Vegetables Cranberry Relish WW Roll Pecan Pie</p> 
<p>11 - Monday Hamburger Sun Chips Three Bean Salad Asparagus Plums</p> 	<p>12 - Tuesday Country Fried Steak Mashed Potatoes w/ Gravy Buttered Corn WW Roll Apricots</p> 	<p>14 - Thursday Cheeseburger French Fries Carrots & Peppers Chocolate Pudding</p>	<p>22 - Friday Pork Posole Steamed Brown Rice Calabacitas Sopaipilla Oatmeal Cookie</p>
<p>18 - Monday Roast Beef Baked Potato Broccoli Salad French Style Green Beans Spiced Pears</p>	<p>19 - Tuesday Green Chili Lasagna Green Salad Garlic Roll Vanilla Yogurt Berries in Gelatin</p>	<p>21 - Thursday Beef Stroganoff Spinach Carrots Mandarin Oranges Vanilla Greek Yogurt</p>	<p>29 - Friday Swiss Steak Potato Wedges Roasted Brussel Sprouts WW Roll Pineapple Bits</p> 
<p>25 - Monday</p> 	<p>26 - Tuesday Spaghetti & Meat Sauce Tossed Salad Italian Blend Vegetable Garlic Bread Butterscotch Pudding</p> 	<p>28 - Thursday Green Chicken Enchiladas Spanish Rice Pinto Beans Mandarin Oranges</p>	<p>27 - Wednesday Beef Fajitas Tortilla Pinto Beans Pears</p>

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

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

**Advertise
Your
Business
Here**

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



October 2023
Nutrition Report

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Number of days served this month: 22

Total number of meals served: 7,065

	Congregate Meals:	HD Meals:
Meals Served:	3,715	3,350
Donation Average:	\$1.79	\$.92

*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.

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.



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

www.burtbroadcasting.net

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

**FREE
Legal Helpline**
for Seniors

Statewide 1-800-876-6657

Legal Resources
for the
Elderly Program

*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

Do you think you have been targeted or have fallen victim to a scam? Call AARP Fraud Watch Network Helpline at: 877-908-3360

The Senior Center's official website is located here:

ci.alamogordo.nm.us

Select Community & you will find several Community Services Divisions including the Alamo Senior Center. All other websites are not supported by the City of Alamogordo.

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**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>

-- **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



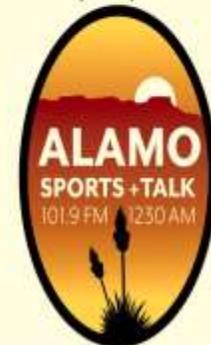
**COYOTE 92.7
COUNTRY KRSY**

**STEALTH
CLASSIC ROCK**
KNMZ 103.7



EXCITER MEDIA

COYOTE COUNTRY STEALTH CLASSIC ROCK
ALAMO SPORTS AND TALK



**ALAMO
SPORTS + TALK**
101.9 FM 1230 AM

Alamo Senior Center

2024

NEW YEAR'S DANCE

Friday, December 29, 2023

Dinner 2pm - 3pm

Arugula Salad • Prime Rib • Garlic Mashed
Potatoes • Green Bean Almondine • Roll •
Tuxedo Chocolate Mousse Cake

Dance 3pm - 6pm

Music by Selmo!

Tickets \$15 Single or \$25 Couple • Tickets
Available at the Front Desk or at the Door •
• 2201 Puerto Rico Ave • For more information
call (575) 439-4150 •



Alamo Senior Center Presents

Ugly Christmas Sweater Contest

THE 2 UGLIEST SWEATERS WINS A PRIZE!

DECEMBER 22ND, 2023

FRIDAY IN THE DINING ROOM
AT 10:45 AM



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
CONTENT
ADDED!

Date & Time:

Monday, January 8, 2024, 9:30 AM Start Time, 1:30 End Time

Please arrive 20 min early for registration.
Check or Cash only PLEASE- cannot accept credit card
Bring water and snack if desired

Location:

Alamo Senior Center
2201 Puerto Rico Ave
Alamogordo, NM

Register:

575-439-4150 or at Alamo 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

Christmas Light Tour

Date: December 15, 2023

Time: 4:00pm-8:00pm

Sign up at the front desk

Dinner *(at your own cost)* at
McDonalds

Tour around Alamogordo to look at
Christmas Lights

Field Trip Cost:
\$5.00

Space is Limited!

Transportation will be provided

El Paso Outlet Mall Field Trip

When: Tuesday, December 12, 2023

Time: 9:00 am—3:00 pm (Meet in ASC lobby promptly at 9:00 for roll call)

Where: Shopping & Lunch in the El Paso Outlet Mall



Cost: \$5



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



The Outlet
Shoppes at El Paso

Holiday Craft Fair

DECEMBER 6, 2023
9am - 1pm

Alamo Senior Center

2201 Puerto Rico Ave Alamogordo, NM 88310

Arts, Crafts,
Jewelry & Much
More!

PHONE: (575) 439-4150



IT'S TIME TO REDUCE OR STOP YOUR PAIN
WITH
MARK TIFFANY, MD
INTERVENTIONAL PAIN MANAGEMENT

A **Free** Educational Seminar to Help You & Your Loved Ones to Manage Pain Effectively

Date: Thursday, December 14th, 2023
Time: 10 a.m. - 11 a.m.
Place: **Alamo Senior Center**
2201 Puerto Rico Avenue
Alamogordo, NM 88310

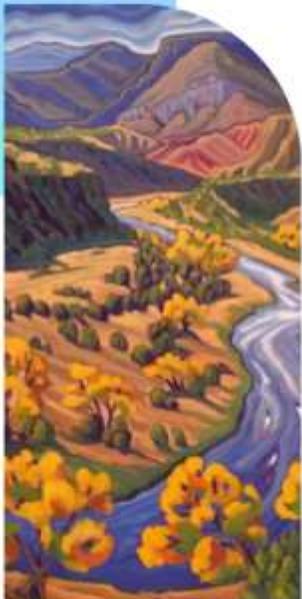
For further information, call **575-439-4150**
Refreshments will be served.

NEW MEXICO BONE & JOINT INSTITUTE
Phone: **575-434-0639**
newmexortho.com

Alamogordo Office
2201 Indian Wells, Suite 2
Alamogordo, NM 88310

Las Cruces Office
2801 N Roadrunner Parkway
Las Cruces, NM 88311

Holdona Office
2610 Highway 27
Holdona, NM 88303



Painter, Elisabeth (Betty), 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.nonmatrodada.com

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

Tons of GAMES

To Play in our Lobby




Advanced
HEARING CARE

ALAMOGORDO
1401 10th St, Ste B
Alamogordo, NM 88310
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RUIDOSO
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Ruidoso, NM 88345
575.257.0454

SERVICES INCLUDE:

- Hearing Evaluations for all ages
- Tinnitus (ringing in the ear) evaluations
- Balance evaluation
- Custom made hearing protection
- Hearing aids of all manufacturers
- Hearing aid repair
- Cerumen (ear wax) removal

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 9

Fitness Classroom I

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8:00 – 8:45	Do it Your Way	No Floor Stretch and Flow with Sue	Cardio Strength With Sue (Starts Sept 6 th)	Do it Your Way	Do it your Way
9:00 – 9:45	Strength Training With Pat	Low Impact Aerobics With Pat	Strength Training With Lydia	Step & Strength with Pat	Strength Training with Lydia
10:00-10:45	Balance Baby Balls & Beanies With Tami & Cheryl	Yoga With Judy	Cardio-Chair Bonanza With Tami	No Floor Strength With Sue	Balance Baby Balls & Beanies With Tami & Cheryl
1:00-1:45	Resistance Strength & Weight Training With Tom	_____	Resistance Strength & Weight Training With Tom	_____	Resistance Strength & Weight With Tom



Fitness Classroom II

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8:00-8:45	Walk Aerobics with Lee	_____	Walk Aerobics with Lee	_____	Do It Your Way With Lee
9:00-9:45	Chair Exercise With Luis	Line Dance With Ilene & Lou Ann	Chair Exercise With Luis	Line Dance With Ilene & Lou Ann	Chair Exercise With Luis
10:00-10:45	Balance & Fall Prevention With Billie	Tai Chi With Billie	Balance & fall Prevention With Billie	Tai Chi with Billie	Balance & Fall Prevention With Billie
11:00-11:45	Low Impact Aerobics-2 with Tamie	Belly Dancing With Claudia	Low Impact Aerobics- 2 with Tamie	Dynamic Stretch With Sonja	_____
1:00-1:45	_____	_____	_____	_____	_____
2:00-3:45	Learning to Line Dance with Michael	_____	Line Dance-Advanced with Michael	_____	_____



Alamo Senior Center Activities

ASC Activities	Day	Time	Place
Arts & Crafts(Open Platform)	Mon - Fri	8:00 AM - 12:00 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 - 12:00 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 - 12:00 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

11/21/2023

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

USA
Insurance
Independent Insurance Agents

*All your Insurance Needs
Under the Big Red Roof!*

3310 N White Sands Blvd, Alamogordo
Across from the White Sands Mall
575-439-9999



SKY VIEW DENTAL

We provide exceptional services in a welcoming and comfortable environment.



Dr. Robert Alhston, DDS

- ◆ Bridges and crowns
- ◆ Dentures
- ◆ Partial
- ◆ Implants
- ◆ Whitening

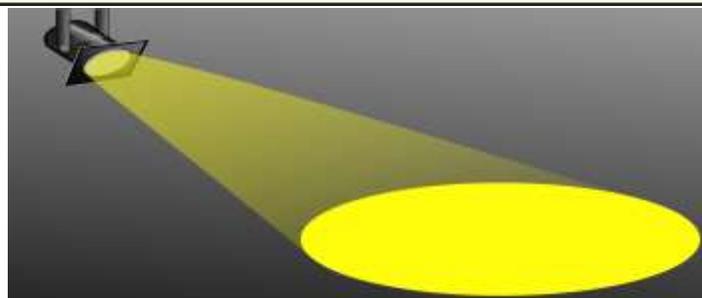
MON-THUR
8AM / 4PM



Beehive

H O M E S
of Alamogordo

**SENIOR
FITNESS**



Cheryl Weckel

My husband and I moved to Alamogordo in 2010 after retiring from the Civil Service. Jean Duncan invited us to join “Square dancing,” which we did, and that’s when we joined the Senior Center. Long story short, we’ve been members now for over 13 years! I got involved in the Fitness Center, taking a few classes at first. Now, I am taking many of the classes and became a substitute instructor! I have met so many wonderful people at the Fitness Center. It’s like having a second family! It’s a special place in my life, and I hope it continues to grow and flourish for years to come.



November Birthdays



Pictured left to right : Brad Shelton, David Swafford, Hal Raines, Rhonda Shimp, Dale Stanley, Chris Wallace Maria Cuevas, Bob Farmer, Patrician Duran, and Pat Santillanes.

Thank You, Shawna Lawson from Bee Hive Homes for sponsoring our Birthday Bash.

*Happy Birthday to our Fitness volunteers:
Luis Chavez, Colette Shelley, and Sonja Thompson*

Call, Text, or Message
988
For Mental Wellness

988 CRISIS LIFELINE

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!!!