

The Sentinel

October 2024

50 cent suggested donation



From the Manager

So many changes are occurring during this time. Not only is the weather cooling down, which is most welcoming, but we have many staff changes within our division.

Zyra Serna, Home Delivery Services Coordinator, retired last month after 26+ years of service with the senior center. Zyra delivered **MANY** meals to our homebound seniors during her tenure.

Thank you, Zyra, for 26 years of service with the senior center! I can remember the day you began employment at the senior center. Time got away fast! You worked hard every day to provide a successful service to our homebound. You are what commitment, dedication & loyalty look like. You took pride in the hot truck assigned to you among **many** of your tasks! State funding for our Fleet doesn't come easy, so thank you! The friendships & memories made through your journey will be cherished by all! Enjoy your retirement! You sure have earned it! We will miss you, my friend!



Nita O'Dell is our new Home Delivered Meal Program addition as our part-time Meals on Wheels Aide. She is married and has nine children. She is quiet and stays in the background, but when it is time to work, she steps in and takes care of the tasks she is responsible for.



Gordon Kemp is our new addition as the kitchen Cook. He is 19, born in Alpine, TX, and raised in Valentine, TX, and Tularosa, NM. He started working in the restaurant industry while he was in high school. He did everything from waiting and bussing tables to janitorial & line cooking. Upon finishing high school, he started working as a Code Enforcement Officer for the Tularosa Police Department. While that was a great experience, he is happy to be back in the kitchen serving the community in a different capacity.

NITA & GORDON, WELCOME TO THE SENIOR CENTER TEAM!

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 2024

	1 - Tuesday	2 - Wednesday	3 - Thursday	4 - Friday
	Beef Stroganoff w/ Noodles Capri Vegetables WW Roll Plums 	BBQ Chicken Thighs Roasted Herb Potatoes Collard Greens w/ Garlic WW Roll Peaches	Sour Cream Chicken Enchiladas Spanish Rice Zucchini Pinto Beans Oatmeal Cookie Fruit Cocktail	Beef Stew Beef & Red Onion Salad Cornbread Fruit Salad 
7 - Monday	8 - Tuesday	9 - Wednesday	10 - Thursday	11 - Friday
Chile Relleno Spinach Pinto Beans Spanish Rice Jello 	Salisbury Steak Potato Wedges Broccoli Spears WW Roll Mandarin Oranges	Orange Chicken Stir Fry Vegetables Steamed Brown Rice Strawberries & Bananas	Green Chile Cheese Lasagna Italian Blen Vegetables Spinach Salad WW Roll Apricots 	Herbed Pork Chop Brown Rice Carrot-Raisin Salad Asparagus Applesauce
14 - Monday	15 - Tuesday	16 - Wednesday	17 - Thursday	18 - Friday
Beef Tips Parsley Potatoes Carrots WW Roll Warm Spiced Apples	Tuna Salad Sandwich Lettuce & Tomato Broccoli & Cauliflower Garlic Cilantro Roasted Potatoes Pineapple Chunks	Meatloaf Lemon Herb Orzo Vegetable Medley WW Roll Berry Crisp 	Chicken Strips Baked French Fries Green Beans Biscuit Peaches 	Beef Fajitas Pico de Gallo Calabacitas Roasted Cauliflower Pears
21 - Monday	22 - Tuesday	23 - Wednesday	24 - Thursday	25 - Friday
Cheeseburger Lettuce, Tomato, & Onion Broccoli Salad Cucumbers and Tomatoes Orange 	Ham and Beans Yellow Squash & Diced Tomatoes Cornbread Grapes	Kraut Dog 3 Bean Salad Pasta Salad Banana	Stuffed Chicken Breast Baked Potato Italian Blend Vegetables WW Roll Mandarin Oranges 	Sloppy Joe French Style Green Beans Coleslaw Fruit Salad
28 - Monday	29 - Tuesday	30 - Wednesday	31 - Thursday	
Chicken Pot Pie Tossed Salad w / Light Dressing WW Roll Parsnips Tropical Fruit Salad	BBQ Pulled Pork Sandwich California Blend Vegetables Baked Chips Pineapple Tidbits 	Beef Steak Ranchero Baked Sweet Potatoes Capri Blend Flour Tortilla Plums 	Chicken Tacos Lettuce & Tomato Zucchini Pinto Beans Spiced Pears	1% Low Fat Milk Served Daily Chocolate Milk Served on Fridays

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**



**August 2024
Nutrition Report**

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Number of days served this month: 22
Total number of meals served: 8,069

*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.

	Congregate	HD Meals:
Meals Served:	4,285	3,788
Donation Average:	\$2.08	\$1.03



FREE FINAL WILL & TESTAMENT!

Secure Your Legacy with a FREE Simple Will and Testament from VIP Insurance Advocates LLC!

Are you prepared for the future? VIP Insurance Advocates LLC is pleased to offer you an invaluable opportunity to safeguard your legacy with a *FREE simple Will and Testament*.

This essential document ensures that your wishes are legally documented and your loved ones are protected.

*Offer valid for a limited time. Terms and conditions apply. Consultation required. VIP Insurance Advocates LLC is not a law firm and does not provide legal advice.



575-322-8112

www.vipinsuranceadvocates.com

www.burtbroadcasting.net

Thank you for supporting the Alamo Senior Center





The FGP and SCP Volunteers have been a busy group.

At the ASC Health Fair we had a contest to see who could guess how many pieces of candy were in the jar. Congratulations to Tina on guessing 104. There were 108 pieces stuffed into that jar!



We then went to the Otero County Fair for some fun.



Congratulations to Elizabeth Degge for beating out 293 other entries and winning our First Aid Kit Door Prize.

We will be on the road to Albuquerque soon for even more fun and adventure! Are you ready to join our group by becoming a Foster Grandparent or Senior Companion? Stop by the SVP Offices located at the north end of the Senior Center to find out how to join.



Did You Know?

The Social Security Administration is available to take your call Monday thru Friday from 9:00am-4:00pm at:
1-866-563-9294

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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>

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.*

Hours of Operation:

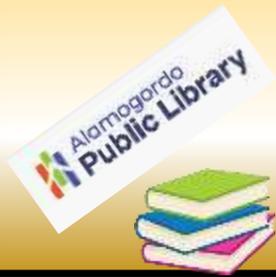
Monday & Tuesday 10-6

Wed. & Thurs. 10-5

Friday Closed- Curbside and Phone

Reference 10-4

Saturday 11-5



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.

-- **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

ALAMO SPORTS + TALK 101.9 FM 1230 AM

COYOTE COUNTRY STEALTH CLASSIC ROCK ALAMO SPORTS AND TALK

Our Annual *Alamo Senior Center Health Fair* was fun, informational and packed with lots of vendors.



NON-METRO AREA AGENCY ON AGING (NMAAA)

Our mission is to promote independence, healthy aging practices, and choices that allow older adults to thrive and maintain their independence and dignity.



SCAN ME

VOLUNTEER DRIVER PROGRAM

Help provide transportation services for non-emergency medical appointments to seniors and adults with disabilities.

Volunteer drivers utilize their own insured vehicles to provide rides for vulnerable populations when there are little-to-no transportation options available. **Become a volunteer now!**

WE OFFER

- Volunteer times are flexible to meet your schedule
- Optional mileage reimbursement offered at 65 cents per mile
- Optional meal reimbursements for longer rides
- Supplemental volunteer auto insurance coverage



CONTACT US

seniorhelp@ncnmedd.com

(505) 356-9791



FREE LIVE LEGAL WEBINARS

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 2024:

- July 16
- August 13
- September 10
- October 8
- November 12
- December 10

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



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 to deliver, which can delay delivery to you. We apologize for any inconvenience.

Thank You



Tons of
GAMES
To Play in our Lobby

PLEASE HELP YOURSELVES & MAKE SOME NEW FRIENDS!

CHRISTUS
Health Plan**TOP
10**Small MA
Health Plans
by Deloitte Research

Medicare Advantage Educational Event

We're proud to introduce CHRISTUS Medicare Advantage plans to Otero County.

Join us for an informative event to:

- Discover comprehensive CHRISTUS Health Plan benefit details
- Learn more about supplemental benefits including:
 - PPO Dental
 - Over-the counter (OTC) products
 - Fitness
 - Vision
 - Meals after inpatient care
 - Hearing
 - Transportation

Please call 575.551.7252 for more information.



Learn more about
Medicare Advantage

DATE & TIME

October 8
8:30 a.m. - 11 a.m.

COST

Free

LOCATION

CHRISTUS Health
Conference Center
2669 N. Scenic Dr.
Alamogordo, NM 88310
Enter at Fairgrounds Rd.

CHRISTUShealthplan.org



CHRISTUS Health Advantage is an HMO plan with a Medicare contract. Enrollment in CHRISTUS Health Advantage depends on contract renewal. This information is not a complete description of benefits. Open seven days a week, 8:00 a.m. to 8:00 p.m., local time, from October 1 - March 31, and Monday - Friday, 8:00 a.m. to 8:00 p.m., local time, from April 1 - September 30. Call (855) 518-0879/TTY 711 for more information.

H1189_MM2942_M



Avoid Falls at Home: 5 Easy Ways to Make Your Home Safer

Thousands of older adults fall at home each year due to common household hazards. Make sure your home is safe and help prevent falls by following a few easy tips. And an occupational therapist or physical therapist can conduct a home assessment and make recommendations on ways to help you live safely while doing the things you love to do at home every day.

1. **Clear the way.** Remove tripping hazards, like throw rugs, cords, or clutter on the floor. Move furniture to create a path for safe movement.
2. **Light it up.** Replace lightbulbs with bright, non-glare bulbs to help you see around the house.
3. **Have a seat.** Place a chair in your bedroom so you can sit while getting dressed or putting shoes on.
4. **Secure some support.** Buy a shower seat, grab bar, and an adjustable-height handheld showerhead to make bathing easier.
5. **Store for success.** Keep frequently used items between waist and shoulder height, making them easier to access without the need for a stepstool or unsafe reaching.

Take Control of Your Health: 6 Steps to Prevent a Fall

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Every 11 seconds, an older adult is seen in an emergency department for a fall-related injury. Many falls are preventable. Stay safe with these tips!

<p>1</p> <p>Find a good balance and exercise program</p> <p>Look to build balance, strength, and flexibility. Contact your local Area Agency on Aging for referrals. Find a program you like and take a friend.</p> 	<p>2</p> <p>Talk to your health care provider</p> <p>Ask for an assessment of your risk of falling. Share your history of recent falls.</p> 
<p>3</p> <p>Regularly review your medications with your doctor or pharmacist</p> <p>Make sure side effects aren't increasing your risk of falling. Take medications only as prescribed.</p> 	<p>4</p> <p>Get your vision and hearing checked annually and update your eyeglasses</p> <p>Your eyes and ears are key to keeping you on your feet.</p> 
<p>5</p> <p>Keep your home safe</p> <p>Remove tripping hazards, increase lighting, make stairs safe, and install grab bars in key areas.</p> 	<p>6</p> <p>Talk to your family members</p> <p>Enlist their support in taking simple steps to stay safe. Falls are not just a seniors' issue.</p> 

To learn more, visit ncoa.org/FallsPrevention.



What Are the Symptoms of CO Poisoning?

For most people, the first signs of exposure to low concentrations of CO include mild headache and breathlessness upon moderate exercise. Continued or acute exposure can lead to flu-like symptoms including more severe headaches, dizziness, tiredness, nausea, confusion, irritability, and impaired judgment, memory and coordination. CO is called the “silent killer” because if these early signs are ignored, a person may lose consciousness and be unable to escape the danger.

ASC Mission Statement:

“The Alamo Senior Center's mission is to provide services for persons 60 and over and their spouses regardless of age. The Center is a social environment, which provides support, education, recreation, nutrition, and entertainment for independent elderly persons in Alamogordo and the surrounding area. The Center's goal is to provide an opportunity to maintain a vital role in life for all persons.”

Caution

Taxation and Revenue urges taxpayer caution

Fraudulent letters threaten seizure of properties with tax debt

SANTA FE — The New Mexico Taxation and Revenue Department is warning taxpayers about fraudulent demand letters going out to property owners who are delinquent on their taxes.

The letters tell the owners to call a 1-800 number by a certain date or the state will seize their property. Letters have been sent to property owners in Valencia County and possibly elsewhere.

The letters are not from the state Taxation and Revenue Department.

Anyone with an outstanding property tax debt should work directly with the treasurer's office in the county where their property is located or with Taxation and Revenue at 505-827-0883 if the debt is three or more years past due and has been turned over to the state for collection.

The Taxation and Revenue Department does auction properties for delinquent taxes when it has been unable to collect debts owed on those properties. The department schedules at least one auction in each county annually.

Anyone who suspects they have encountered fraudulent activity can contact the Department through the Fraud Hotline at 1-866-457-6789 or by email at Tax.Fraud@tax.nm.gov.



NEW MEXICO
CAREGIVERS
COALITION

CAN I BE PAID TO BE A CAREGIVER TO A FRIEND OR FAMILY MEMBER? PART 1

Due to the direct care workforce crisis, the New Mexico Aging & Long-Term Services Department (ALTSD) has expanded its *New Medicare Caregiver Health Program* to New Mexicans living in all counties except Bernalillo and Dona Ana.

This program is especially designed to help pay for care for those who do not qualify for Medicaid. The *New Medicare Caregiver Health Program* provides financial assistance and training to eligible caregivers assisting friends or family members with activities of daily living due to physical or cognitive limitations. The New Medicare Caregiver Health Program aims to allow older adults to remain in their homes and communities, reduce nursing home placements, and reduce Emergency Room visits.

Eligibility requirements are as follows: Applicant must be age 60+

- Live in New Mexico (and other than Bernalillo or Dona Ana County)
- Have cognitive or physical limitations requiring assistance with two or more activities of daily living such as feeding, dressing, personal hygiene, incontinence, toileting, and/or ambulating (walking)
- Is not already receiving Medicaid Home and Community-Based Services
- Maximum Gross Income Level
 - \$3,387/month for an individual
 - \$6,774/month for a couple
- Resource Level (total for savings plus checking accounts)
 - \$20,322/month for an individual
 - \$40,644/month for a couple
 - First, complete your online application here:

https://url.avanan.click/v2/___https://form.jotform.com/241416836578163___YXAzOmNvYTphOm86NWY2NTdjMDA3OTdhNjA5OWRmMTE0N2JkMzYxNjUyOWI6Njo1MTdjOmQ3ZWZmZ2YxMmZkMjgY2MwZWVjZDdkMTYyMjFmOWMxNjhhNjEwNjVjNTIiYjM2N2Y3ZWUyOWNIMzQ4ZjA3ODk6dDpUOk4 For technical assistance and support, call New Mexico Aging and Long-Term Services Department (ALTSD) at 1-866-654-3219 and select Option #4. Or, you can email NewMexicoCare@altsd.nm.gov.

SVP NEWS !!!

Have you ever wondered what is happening with kids these days? Why are they so different from when we, or even our children were their age? And why isn't someone doing something about it?



It seems like our kids are falling through the cracks for a variety of reasons. Both parents work. Single parent households. Effects of separation and divorce. Extended family living far away. Stress within the home. Overcrowded classrooms. And so many other situations.

This is why the Foster Grandparent Volunteer Program was created over 35 years ago. Our volunteers are placed in public and private school settings. They work closely with the principals and teachers to help with extra help and attention needed by students who are struggling.

We have a huge need for more volunteers for this underserved population. Do you have 5 hours a week to spare to help today's kiddos become the best versions of themselves? Come talk to me, Rene' Reynolds, the Senior Volunteer Programs Specialist in the back offices of the Senior Center.

My door is always open. You can also call me 575-439-4150 or email jreynolds@ci.alamogordo.nm.us



Fitness Classroom I

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8:00 – 8:45	Do it Your Way!	No Floor Stretch and Flow With Sue	Fitness Ball & Stretch With Pat	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 Cheryl & Joyce	Yoga With Judy	Cardio-Chair Bonanza With Cheryl & Joyce	No Floor Strength and Flow With Sue	Balance Baby Balls & Beanies With Cheryl & Joyce
1:00-1:45	Resistance Strength & Weight Training With Tom		Resistance Strength & Weight Training With Tom		Resistance Strength & Weight With Tom



Fitness Classroom II

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8:00-8:45	Walk Aerobics With Lee	Chair Exercise With Luis	Walk Aerobics With Lee	Chair Exercise With Luis	Walk Aerobics 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	High Energy Aerobics-2 with Tamie	Belly Dancing With Claudia/Colette	High Energy Aerobics With Tamie	Gentle Stretch With Sonja	Western Partner Dance With Michael
1:00-1:45	Beginner Line Dancing with Michael		Beginner Line Dancing with Michael		
2:00-3:45	Learning to Line Dance improvers/intermediate level With Michael		Learning to Line Dance Improvers/Intermediate and Advanced Levels 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
DAV	2nd Tues of Month	2:00 PM - 3:00 PM	Classroom
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
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

12/20/2023

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 Albiston, DDS

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

MON-THUR
8AM / 4PM



**To Prevent CO Poisoning,
Remember I CAN B:**

- Install CO alarms near sleeping areas.
- Check heating systems and fuel-burning appliances annually.
- Avoid the use of non-vented combustion appliances.
- Never burn fuels indoors except in devices such as stoves or furnaces that are made for safe use.
- Be Attentive to possible symptoms of CO poisoning.

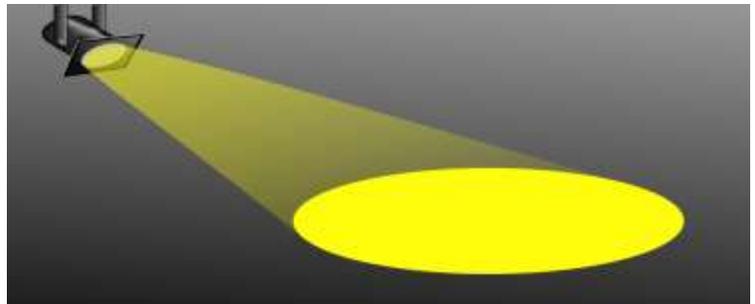
**Other Tips for Preventing CO
Poisoning:**

- Keep gas appliances properly adjusted.
- Consider purchasing a vented space heater when replacing a non-vented one.
- Use proper fuel in kerosene space heaters.
- Install and use an exhaust fan vented to the outdoors over gas stoves.
- Open flues when using the fireplace.
- Choose properly-sized wood stoves that are certified to meet EPA emission standards. Ensure wood stove doors fit tightly.
- Have your heating system and chimney inspected and cleaned by a qualified technician annually.

The Alamo Senior Center does have an employee that is a Notary and will be happy to notarize your documents. Her name is Britney Ybarra and she is available by appointment only and can be reached at 575-439-4150 ext: 4225.



**SENIOR
FITNESS**



Charlene Garcia

I moved to Alamogordo from Hawaii and California in 2015. I joined the Senior Center and I began attending the Fitness Center. The people here are so FRIENDLY and encouraging. I do the best I can without pressure and try to do more each time I attend. I am an AMBASSADOR for the Fitness Center and I tell everyone to come and SWEAT AND SMILE! It's a great facility! You don't believe me? Come and See for yourself!



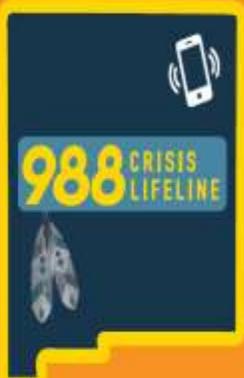


September Birthdays



Pictured left to right:
Leo Cuevas, Jerry Guss, Susan Kauffman, Allen Schwartz, and
Cleo Torres

Thank you *Anvoi* for sponsoring our
Monthly Birthday Party.



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 !!!