

The Sentinel

March 2025

50 cent suggested donation

From the Manager



Welcome Spring! Spring is a reminder of how BEAUTIFUL change can truly be! Don't forget to slow down & smell the flowers!

This year marks the 30th anniversary of the Alamo Senior Center Building! I will share some history with you as I began my journey with the city in 1989 & with the senior center in 1990.

The senior center, which began in 1974, was referred to as the Older American Center. The senior center shared a building with City Hall on the property now occupied by Lowe's Grocery Store and its gas stations. Our shared building was located on a whole block, with the parking lot located East of the building. Ohio Avenue split the properties and ran to 10th Street at that time.

In 1994, while our new, beautiful building was constructed from the ground up, the senior center was temporarily housed at the Sgt. Willie Estrada Civic Center for about a year.

We moved into this brand-new building in October 1995 and celebrated our Open House the following month. During our Open House, a time capsule was buried in the ground at the main entrance of our building, which we will unearth this year.

Mahlman & Miles designed the building, and HB Construction was the contractor. It took everyone working together to make our dream come true! Fundraisers, donations, GO Bonds, CDBG, Severance Tax Funds, and local and state support contributed to the building's funding!

Our building's 25th anniversary should have been celebrated in 2020, but COVID-19 hit. So here we are in 2025, marking 30 years of our beautiful building's existence.

Our building's 30th anniversary will be on Saturday, May 10th, from 11:00 to 2:00 p.m. We will have guest speakers, a complimentary meal with tours of our facility, live music, and other festivities. Please join us for this open-to-the-public event!

Magdalena

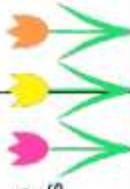
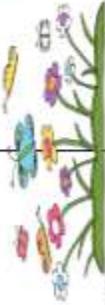
Alamo Senior Center

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>

March 2025

3 - Monday	4 - Tuesday	5 - Wednesday	6 - Thursday	7 - Friday
Baked Tilapia Carrot Raisin Salad Baked Potato Green Beans Cornbread Peach Cobbler 	Green Chile Cheese Hamburger Lettuce, Tomato, & Onion French Fries Roasted Brussel Sprouts Mixed Fruit 	Sour Cream Enchiladas Lettuce & Tomato Calabacitas Pinto Beans Spanish Rice Fruit Cocktail	Swiss Steak Rice Pilaf w/ Mushrooms Peas w/ Onions Stewed Tomatoes Baked Apple Slices 	Chicken Tacos Lettuce & Tomato Spanish Rice Pinto Beans Tropical Fruit
10 - Monday Beef Steak Ranchero Flour Tortilla Ranch Style Beans Pears 	11 - Tuesday BBQ Chicken Thigh Country Vegetable Blend Baked Beans WW Roll Peaches	12 - Wednesday Green Chile Chicken Enchiladas Lettuce & Tomato Pinto Beans Zucchini w/ Diced Tomatoes Fruit Cocktail 	13 - Thursday Pepper Steak Baked Potato California Vegetable WW Roll Peach Crisp	14 - Friday Chicken Tetrazzini Broccoli & Cauliflower WW Roll Banana
17 - Monday Corned Beef Cabbage w/ White Beans Glazed Carrots WW Bread Strawberries & Bananas 	18 - Tuesday Beef Tacos Spanish Rice Pinto Beans Tapioca Pudding 	19 - Wednesday Salisbury Steak w/ Gravy Potatoes Au Gratin Beet & Onion Salad WW Roll Plums	20 - Thursday Red Beef Enchiladas Lettuce & Tomato Pinto Beans Spanish Rice Apricots 	21 - Friday Sloppy Joe French Fries Chateau Blend Vegetables Mandarin Oranges 
24 - Monday Stuffed Pork Chop w/ Gravy Parsley Potatoes Green Beans WW Roll Tropical Fruit	25 - Tuesday Chicken Strip w/ Gravy Mashed Potatoes Creamed Spinach Biscuit Fruit Cocktail 	26 - Wednesday Beef Fajitas Lettuce & Tomato Peppers & Onions Pinto Beans Diced Mango	27 - Thursday Spaghetti & Meat Sauce Tossed Salad w/ Light Dressing Brussel Sprouts Garlic Bread Applesauce 	28 - Friday Beef Tips Egg Noodles Salad w/ Low Fat Dressing Peas & Carrots Spiced Pears Oatmeal Cookie
31 - Monday Beef Stroganoff Capri Vegetables WW Roll Berries in Cobbler 			1% Low Fat Milk Served Daily Chocolate Milk Served on Fridays Menu Subject to Change	

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**



**January 2025
Nutrition Report**

3

Number of days served this month: 21
Total number of meals served: 7,605

	Congregate	HD Meals:
Meals Served:	3,886	3,478
Donation Average:	\$2.32	\$.84

*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.



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Thank you for supporting the Alamo Senior Center



El Paso Cielo Vista Mall Field Trip

When: Tuesday, March 11, 2025
Time: 9:00 am—4:00 pm (Meet in ASC lobby promptly at 9:00 for roll call)

Where: Shopping & Lunch in the El Paso Cielo Vista Mall

Cost: \$5



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



El Paso Rose Garden Field Trip

When: Thursday, March 20, 2025
Time: 9:00 am—4:00 pm (Meet in ASC lobby promptly at 9:00 for roll call)

Where: Visit the Rose Garden then Lunch at Golden Corral (at your own cost)

Cost: \$5

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



DO YOU HAVE CONCERNS ABOUT FALLING?

5



Otero Cooperative Extension Services and NMDOH offer a *free program* designed to work with community dwelling elderly adults with a fear of falling.

PLEASE JOIN US IF YOU:

- are concerned about falls
- sustained a fall in the past
- want to improve flexibility, balance and strength
- restrict activities because of concerns of falling
- are 60 or older, ambulatory and able to problem solve

Class Schedule:

**Monday and
Wednesday
Mornings in
March**

**FREE Program
Classes start
March 3rd**



**A MATTER OF
BALANCE**

MANAGING CONCERNS ABOUT FALLS

**Must
Register in
Advance
575-437-0231**

This award winning program is designed to benefit community dwelling older adults to reduce the fear of falling. This program utilizes volunteer coaches to teach the eight two-hour sessions.

**Classes will be held Mondays and Wednesdays, for a total of 8 sessions, at the Alamo Senior Center.
TO REGISTER please call (575) 437-0231**

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* Amount depending on plan. | ** Other costs may apply.



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6



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:

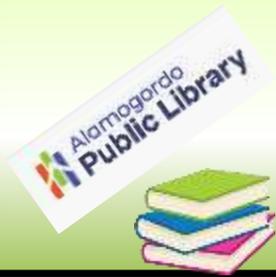
Monday & Tuesday 10-6

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



Don't forget to change your clocks on Sunday March 9th, 2025. One hour ahead.



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 2025:

• January 14	• March 11	• May 13
• February 11	• April 8	• June 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 Homebound ★

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

A graphic for a board game event. It features a green board game with a yellow and red pushpin, a green game piece, and a red game piece. The text "Tons of GAMES" is written in a large, stylized font. Below it, "To Play in our Lobby" is written in a cursive font. At the bottom, "PLEASE HELP YOURSELVES & MAKE SOME NEW FRIENDS!" is written in a bold, white font with a red outline.

Tons of GAMES

To Play in our Lobby

PLEASE HELP YOURSELVES & MAKE SOME NEW FRIENDS!

A Long Overdue Thank You

By Warren D. Johnson

It seems that Covid is under control
And we tend to forget how it took its toll
The long term affects, the lives that were lost,
Families and friends, strangers, the cost
But to get through it, some for others risked all
They were there for us, to answer the call
Nurses and Doctors, Paramedic, EMT s
Exposed themselves daily to this deadly disease.

Yet we have unsung heroes, right here in this Center
Whose service in this crisis, made our lives better
Providing meals for pickup, regardless of the weather
Their only protection is a windbreaker or sweater
These Saints, as I called them, were there in all seasons
Rain and winds, desert heat, or the temperature freezing.

It was dedicated Volunteers, and Our Center staff
Who risked their lives daily, until at last
Through vaccines and masks and just common sense
The pandemic of Covid was much less intense
Allowing a return, to our meals in the Center
So, when you go to lunch, please do remember
To say thank you to our Staff and all Volunteers
They are the reasons why we all come here
If it was not for their dedication, and those Pandemic meals
The time during Covid, would have been a much worse ordeal
That nutritious food, in the Styrofoam case
Delivered to your car, with a smiling face, (earlier smiling eyes
with mask)

Helped to keep us healthy, as it does today
So, it may sound redundant, but again I will say
Thank You, to Our Alamo Senior Center staff and Volunteers

And to all of those who risked their lives and health for us.

The Alamo Senior Center's goal is to help seniors stay active and engaged in their community. Here are some of the ways we keep them busy. For information please call the center at 575-439-4150. These are some of the services we have to offer.

Recreation and Celebrations



Live entertainment everyday with different Musicians. We have birthday celebrations every 3rd Wednesday of the month.

Activities



We have puzzles, quilting, Lapidary, etc.. We have lots going on.

Fitness



We offer a variety of classes. Here only some of them.

Nutrition



We have nutritious meals on a daily basis. Everyday Mon-Fri, 11:00-12:30. Soup and Salad for a light meal (Will sometimes be available). We also provide home delivered meals if you qualify.

Transportation



We offer transportation to and from the center. We also have field trips. We take seniors to and from the groceries stores and other shopping.

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!	Tai Chi Qi-Gon with John
9:00-9:45	Strength Training with Pat	Low Impact Aerobics with Pat	Strength Training with Lydia	Step & More Pat	Strength Training with Lydia
10:00-10:45	Balance Baby Balls & Beanies with Joyce & Cheryl	Yoga with Judy	Cardio-Chair Bonanza with Cheryl & Joyce	No Floor Stretch and Flow with Sue	Balance Baby Balls & Beanies with Cheryl & Joyce
11:00-11:45	Group Drumming for Health <i>(Starts March 3rd)</i>	The Healing Power of the Ukelele with Gwen & Sue <i>(You must bring your own Ukelele)</i>	_____	The Healing Power of the Ukelele with Gwen & Sue <i>(You must bring your own Ukelele)</i>	_____
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	Power Pump With Tracy!	Walk Aerobics With Lee
9:00-9:45	Chair Exercise With Luis	Line Dance With Ilene	Chair Exercise With Luis	Line Dance With Ilene	Chair Exercise With Luis
10:00-10:45	Balance & Motion With Billie	Tai Chi With Billie	Balance & Motion With Billie	Tai Chi with Billie	Balance & Motion With Billie
11:00-11:45	High Energy Aerobics- 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	Mexican Folk Dancing With Xochitl	Beginner Line Dancing with Michael	_____	<i>Line Dance Jamboree With Michael Knowles 12:30-3:45</i>
2:00-3:45	Learning to Line Dance Improvers/Intermediate & Advanced Levels with Michael	_____	Learning to Line Dance Improvers/Intermediate & 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
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

Updated: 11/13/2024

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- 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!

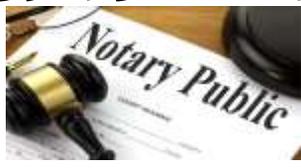
Date & Time:
 Monday, May 12, 2025, 9:30 AM Start Time, 1:30 End Time
 Please arrive 20 min early for registration
 Check or Cash (exact cash helpful) only PLEASE- cannot accept credit card
 \$20 for AARP members, \$25 for non-members
 Bring water and snack if desired.

Location:
 Alamo Senior Center
 2201 Puerto Rico Ave
 Alamogordo, NM

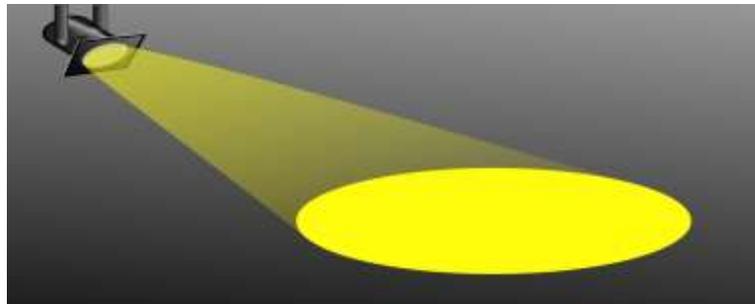
Register:
 575-439-4150 or at Alamo Senior Center

CLASSROOM COURSE	TO FIND ADDITIONAL COURSES
\$20 for AARP members \$25 for non-members	Visit: www.aarp.org/driving36 Call: 1-888-773-7160

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: 4552.



SENIOR FITNESS



Michael Knowles has “started up” his Western Pattern Partner Dancing again! If you enjoy dancing with a partner. This is a perfect class for you! (It really is doing Line Dancing Steps, with a partner) Come join him and the rest of the dancers on Friday’s at 11:00 a.m.!



February Birthdays



Pictured left to right: Roque Rosales, Barbara Reay, Charles Cromer, Jane Gannaway, Ronye Bodnar and back row Jean Wallin.

Thank you to BeeHive Home for sponsoring our monthly Birthday Party.

Happy Birthday to our Alamo Fitness volunteers:
Alvina Locklear and Patricio Garcia

Alamogordo Public Library Notary Hours:

Mon-Tue	10:00am - 6:00pm
Wed-Thu	10:00am - 5:00pm
Fri	12:00pm - 5:00pm
Sat	12:00pm - 5:00m

Call, Text, or Message
988
For Mental Wellness

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

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