

The Sentinel

April 2025

50 cent suggested donation

From the Manager

Happy 30 Years to our Building!

**Alamo Senior Center
2201 Puerto Rico Avenue**

**** Mark your calendars for the event ****

**30th Building Anniversary
Saturday, May 10th
11:00 to 2:00 p.m.**

**Guest Speakers
Complimentary Meal
Festivities & Facility Tours**

Open-To-The-Public!



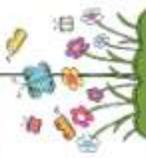
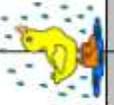
Magdalena

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>

1 - Tuesday	2 - Wednesday	3 - Thursday	4 - Friday
<p>1% Low Fat Milk Served Daily</p> <p>Chocolate Milk Served on Fridays</p> <p>Menu Subject to Change</p>	<p>Baked Chicken Breast w/ Gravy Brown Rice California Blend Vegetables Peaches</p> 	<p>Open Faced Turkey Sandwich Parsley Potatoes w/ Gravy Carrots Grapes Peanut Butter Cookie</p> 	<p>Friday Fish Platter Shrimp, Cod & Catfish Nuggets w/ Tartar Sauce Potato Wedges</p> <p>Broccoli Spinach Salad w/Dressing WW Roll Fruit Salad</p>
<p>7 - Monday</p> <p>Hawaiian Pork Steamed Brown Rice Oriental Vegetables Mandarin Oranges</p> 	<p>8 - Tuesday</p> <p>Cheeseburger Lettuce, Tomato, & Onion Sweet Potato Fries Zucchini & Squash Gelatin w/ Banana</p>	<p>10 - Thursday</p> <p>Meatloaf Herb Roasted Red Potatoes Brussels Sprouts WW Roll Spice Cake Pear</p> 	<p>11 - Friday</p> <p>Tuna Salad Sandwich Asparagus Roasted Cauliflower Apricots</p>
<p>14 - Monday</p> <p>Herbed Pork Chops w/ Gravy Brown Rice Pilaf Monte Carlo Vegetables WW Roll Applesauce</p> 	<p>16 - Wednesday</p> <p>Spaghetti w/ Meat Sauce Green Salad w/ Dressing Winter Vegetables Garlic Bread Pineapple Chunks</p>	<p>17 - Thursday</p> <p>Kielbasa w/ Pepper & Onions Cabbage Beets Brown Rice Tossed Salad w/ Dressing Fruit Salad Vanilla Yogurt</p> 	<p>18 - Friday</p> <p>Smothered Bean Burrito Flour Tortilla Capri Vegetables Oatmeal Raisin Cookie Orange</p>
<p>21 - Monday</p> <p>Beef Fajitas Lettuce & Tomatoes Spinach Pinto Beans Apricots</p>	<p>23 - Wednesday</p> <p>Pepper Steak Steamed Brown Rice Brussel Sprouts Cornbread Pears Lemon Pudding</p> 	<p>24 - Thursday</p> <p>Pork Tamale Pinto Beans Spanish Slaw Flour Tortilla Mandarin Oranges Vanilla Yogurt</p>	<p>25 - Friday</p> <p>Tilapia w/ Tartar Sauce Scalloped Potatoes Green Beans WW Roll Gelatin w/ Berries</p> 
<p>28 - Monday</p> <p>Turkey Shepherd's Pie Tossed Salad w/ Dressing Spinach WW Roll Grapes</p>	<p>30 - Wednesday</p> <p>Ham Roasted Sweet Potatoes Broccoli w/ Red Bell Pepper WW Roll Vanilla Yogurt Fresh Pear Sherbet</p> 	 <p>April</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**



**February 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.



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



ALAMO SENIOR CENTER

30-YEAR ANNIVERSARY OF OUR
BUILDING/LOCATION!

JOIN US! FREE & OPEN TO THE PUBLIC!

COMPLIMENTARY LUNCH - LIVE MUSIC - SPECIAL
GUESTS - FACILITY TOURS - AUCTION - CAKE WALK -
POPCORN, SNO CONES & COTTON CANDY -
UNEARTHING OF OUR 30 YEAR TIME CAPSULE!

**SAT., MAY 10TH
11 - 2 P.M.**



2201 PUERTO RICO AVE.,
ALAMOGORDO, N.M.



**ALAMO SENIOR CENTER
1995 TIME CAPSULE**
BURIED BELOW THIS PLAQUE
ARE EVERYDAY ITEMS
SELECTED BY THE ALAMO
SENIOR CENTER
THIS TIME CAPSULE WILL BE
OPENED BY FUTURE SENIORS
IN THE YEAR 2020 AS PART
OF A LIVING HISTORY
CELEBRATION



VOLUNTEERS NEEDED

Foster Grandparent
Senior Companion Programs

575-439-4150



AmeriCorps



ALAMO SENIOR CENTER



WE HAVE A NUMBER OF NEW CLASSES AVAILABLE AT THE ASC FITNESS CENTER! COME ONE COME ALL!



Qi-Gong - Tai Chi
Fridays at 8:00 AM with John
For inner energy, stamina, and morning motivation



Power Pump - Thursdays 8:00 AM - 8:45 AM
For strength & fun music (lots of reps!)



Line Dance Jamboree - Learn new dance steps for the state jamboree! Fridays at 12:30 PM



Group Drumming for Health (starts March 3) at 11:00 AM - hand drumming made simple!



Mexican Folk Dancing - Tuesdays at 1:00 PM
Dance in flamenco-style attire!



Special Training w/ Personal Trainer Chris Huzdovich once a month starting March 19 at 11:00 AM!

C	R	A	M	A	L	E	V	I	C	H
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R	U	E	J	G	A	R	E	G	E	L
B	N	S	O	R	I	U	A	D	O	A
E	C	G	H	O	A	S	D	K	U	C
T	H	D	N	R	S	P	R	A	K	R
E	N	E	S	I	D	K	H	L	L	O
N	R	K	E	M	O	R	E	A	U	I
A	Y	O	G	O	E	E	K	A	E	X
M	O	D	I	G	L	I	A	N	I	L

COURBET
DALI
DELACROIX
DEGAS
GAUGUIN
GOYA

JOHNS
KLEE
LEGER
MALEVICH
MANET
MARC
MIRO

MODIGLIANI
MOREAU
MUNCH
RAPHAEL
RENOIR
VAN GOGH



Our new receptionist began employment with us in mid-March.
Please welcome Erin!

Hi! My name is Erin, and I am so happy to be at the Alamo Senior Center. I'm originally from the Columbia River Gorge Scenic area of Washington and Oregon. I spent much of my life along the border of these two states. Before moving to New Mexico, I worked for 15 years in the dental field; I was a dental assistant for a pediatric dental group for 14 of those years and then spent a year working as the front office lead in my friend's pediatric dental practice. I loved working with kids and interacting with their families. Covid changed my career trajectory, and my family moved to New Mexico in 2020. I spent almost five years in Carrizozo and stayed home with my little kids. It was fun and challenging. I've volunteered at the Carrizozo school listening to kids read, and at Carrizozo Library one day a week. I loved learning how the library works. My parents retired and moved from Oregon to Alamogordo in 2021, and my three kids and I spend a lot of time with them. We like to go to White Sands, parks, and the Alameda Park Zoo, and we can't wait to check out the library here. I love watching my kids play volleyball, as well as watching Oregon Duck football, watching college volleyball with my kids, and the El Paso Chihuahuas. I enjoy traveling and exploring new places. I've spent a lot of time in Nevada and have had many adventures there. I can't wait to explore more areas of New Mexico, as well. All my kids are in school this year, and I am so happy to have found such a positive and meaningful place to work. I would love to meet you, please stop by the reception desk and say hello!

Can my estate avoid probate?

Who will pay for my nursing home care?

What are Powers of Attorney and Advanced Health Care Directives?

Answer these questions and more at:
LEGAL RESOURCES FOR THE ELDERLY PROGRAM (LREP)

LEGAL WORKSHOP

Alamo Senior Center
2201 Puerto Rico Ave.
Alamogordo, NM 88310
May 19, 2025

Legal Workshop (Presentation by an LREP attorney)
10:00am – 11:30am

Power of Attorney Clinic (Preparation of Powers of Attorney &
Advance Health Care Directives)
11:30 am – 12:30pm

Advance registration required for Power of Attorney Clinic.
Call 1-800-876-6657 or (505) 797-6005

Can't make it to the center that day? Have your questions answered by an attorney by calling the LREP Helpline, 1-800-876-6657 or (505) 797-6005

A joint project of the New Mexico Aging & Long Term Services Department and the State Bar of New Mexico



New Mexico State Bar Foundation
Legal Resources for the
Elderly Program

Get more from Medicare without paying more.

Our plans include:

- \$2,000 annual dental allowance*
- No referrals required
- \$0 monthly premium
- \$75-\$205 quarterly OTC drug allowance*

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



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MEDICARE ADVANTAGE

Enroll Oct. 15 – Dec. 7 by calling a licensed
sales agent at 575-554-6644

CHRISTUS
Health Plan

TOP
10

Small MA
Health Plans
by J.D.R. Research

CHRISTUShealthplan.org

7



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

8



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

Legal Resources
for the
Elderly Program

Statewide 1-800-876-6657

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

Hours of Operation:

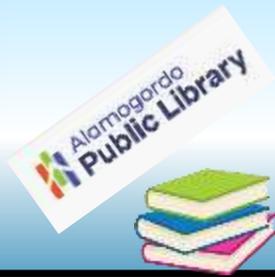
Monday & Tuesday 10-6

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



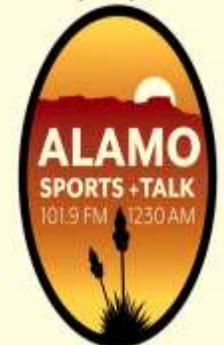
COYOTE 92.7
COUNTRY KRSY

STEALTH
CLASSIC ROCK
KNMZ 103.7



EXCITER MEDIA

COYOTE COUNTRY STEALTH CLASSIC ROCK
ALAMO SPORTS AND TALK



ALAMO
SPORTS + TALK
101.9 FM 1230 AM

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

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 Find a good balance and exercise program 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 Talk to your health care provider Ask for an assessment of your risk of falling. Share your history of recent falls.</p>
<p>3 Regularly review your medications with your doctor or pharmacist Make sure side effects aren't increasing your risk of falling. Take medications only as prescribed.</p>	<p>4 Get your vision and hearing checked annually and update your eyeglasses Your eyes and ears are key to keeping you on your feet.</p>
<p>5 Keep your home safe Remove tripping hazards, increase lighting, make stairs safe, and install grab bars in key areas.</p>	<p>6 Talk to your family members 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.

www.facebook.com/NCOAging | www.twitter.com/NCOAging
ncoa.org | @NCOAging | ©2023 | All Rights Reserved.



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
- February 11
- March 11
- April 8
- May 13
- 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

Tons of
GAMES
To Play in our Lobby

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

ASC ANNUAL EASTER ACTIVITIES

Easter Egg Coloring:

**Tuesday, April 15, 2025 @ 10AM in
the ASC dining room**

Easter Bonnet Contest:

**Thursday, April 17, 2025 @ 11AM in
the ASC dining room**

Easter Egg Hunt:

**Friday, April 18, 2025 @ 10AM (meet
in ASC foyer to begin, bring your own
basket/bag!!!)**

***Donations of candy are accepted for the Easter Egg Hunt, and
can be dropped off at the front desk***



ASC Fitness Center Class Schedule

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-Gong With John
9:00 – 9:45	Strength Training With Pat	Low Impact Aerobics With Pat	Strength Training With Lydia	Step & More 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 Stretch and Flow With Sue	Balance Baby Balls & Beanies With Cheryl & Joyce
11:00-11:45	Group Drumming For Health With Joanne (You must bring your own drum)	The Healing Power Of the Ukulele With Gwen & Sue (You must bring your own Ukulele)	Special Senior Training "1 day" a month, March 19 th With Chris	The Healing Power Of the Ukulele With Gwen & Sue (You must bring your own Ukulele)	_____
1:00-1:45	Resistance Strength & Weight Training With Tom	_____	Resistance Strength & Weight Training With Tom	_____	Resistance Strength & Weight Training 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 Rotating Instructors	Line Dance With Ilene	Chair Exercise With Rotating Instructors	Line Dance With Ilene	Chair Exercise With Rotating Instructors
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	_____	Line Dance Jamboree With Michael Knowles 12:30-3:45
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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Insurance 
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Under the Big Red Roof!*

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








Senior Dental Care

-  Implants
-  Dentures
-  Whitening

At Sky View Dental, we care about your smile.

 **575.434.3026**

610 Cuba Avenue, Alamogordo, NM 88310



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 SIZE!

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

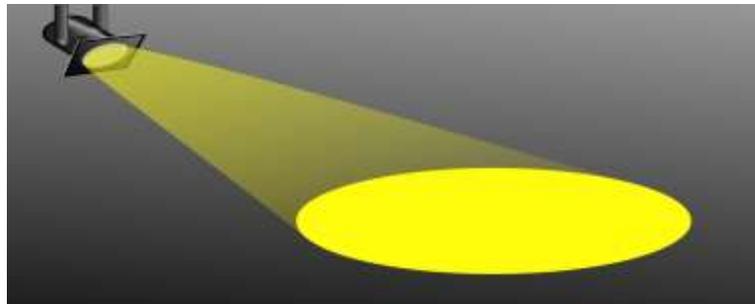
Register:
 575-439-4150 or at Alamo Senior Center

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

* * * * *
Alamo Senior Center
Notary Services
 Please contact the
 Administrative
 Assistant
 For your Notary
 Appointment
 (575) 439-4150
 * * * * *



SENIOR FITNESS



Chair Exercise – Rotating Instructors

This class is held Monday, Wednesday and Friday at 9:00am and focuses on motor skills, Balance and upper and lower body exercises which are mostly done in a chair. (Some standing may be included, using your chair for stability.) You will be working a complete body workout in this class! If you are NEW to exercise, this might be the perfect class for you. Take the 1st step!



March Birthdays



Pictured left to right: Sandra Jefferson, Gretchen Sutton, Patsy Muller, Sharon Hertzner, Paul McClendon. Back row: Emmett Bratusek, Albert Lyles. Right side: Del Larson

Thank you to CHRISTUS for sponsoring our monthly Birthday Party.

**Happy Birthday to our Alamo Fitness Volunteers:
Judy Bouma, Gwen Bridges, Sue Burns, and Claudia Powell.**

Call, Text, or Message
988
For Mental Wellness

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

HUMAN SERVICES DEPARTMENT

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

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