

# The Sentinel

May 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 10<sup>th</sup>  
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>

<p>1% Low Fat Milk Served Daily</p> <p>Chocolate Milk Served on Fridays</p> <p>Menu Subject to Change</p>		<p>1 - Thursday</p> <p>Salisbury Steak w/ Gravy Herb Roasted Potatoes Mushrooms Creamed Spinach WW Roll Grapes</p> 	<p>2 - Friday</p> <p>Chicken Breast w/ Gravy Brown Rice Pilaf California Blend Vegetables Tossed Salad w/ Light Dressing Apricots Gelatin</p>
<p>6 - Monday</p> <p>Red Chile Beef Enchiladas Lettuce &amp; Tomato Pinto Beans Capri Vegetables Fruit Salad</p> 	<p>8 - Tuesday</p> <p>Open Faced Turkey Sandwich Parsley Potatoes Roasted Brussels Sprouts Banana Angel Food Cake w/ Cherry Topping</p>	<p>7 - Wednesday</p> <p>Stuffed Bell Peppers Tossed Salad w/ Light Dressing Roasted Cauliflower Roasted Tomatoes Mixed Fruit</p>	<p>8 - Thursday</p> <p>Stuffed Pork Chop w/ Gravy Brown Wild Rice Blend Chateau Blend Vegetables Apple Slices</p> 
<p>12 - Monday</p> <p>Beef Fajitas Pinto Beans Spanish Slaw Fruit Cocktail</p> 	<p>13 - Tuesday</p> <p>BBQ Baked Drumsticks Collard Greens Three Bean Salad Cornbread Applesauce</p> 	<p>14 - Wednesday</p> <p>Meatloaf w/ Gravy Mashed Potatoes Broccoli Tossed Salad w/ Light Dressing Mixed Fruit</p>	<p>16 - Thursday</p> <p>Chicken Tacos Lettuce &amp; Tomato Salsa Pinto Beans Zucchini/ Diced Tomatoes Tropical Fruit Salad</p>
<p>18 - Monday</p> <p>Meat Lasagna Tossed Salad w/ Light Dressing Italian Vegetables Fruit Cocktail</p> 	<p>20 - Tuesday</p> <p>Kielbasa Pepper &amp; Onions Diced Potatoes Beets WW Roll Pineapple Tidbits Vanilla Yogurt</p>	<p>21 - Wednesday</p> <p>Pepper Steak Brown rice Emperor Blend Vegetable Mandarin Oranges</p>	<p>22 - Thursday</p> <p>Chicken Strips w/ Country Gravy Spring Vegetable Blend Cornbread Apricots Cake</p> 
<p>26 - Monday</p> <p>Memorial Day</p> 	<p>27 - Tuesday</p> <p>Chili Rellenos Pinto Beans Capri Vegetables Mixed Fruit</p> 	<p>28 - Wednesday</p> <p>Spaghetti w/ Meat Sauce Garden Salad w/ Light Dressing Malibu Blend Vegetable Spiced Peaches Vanilla Pudding</p>	<p>29 - Thursday</p> <p>Baked Tilapia Tartar Sauce Rice Pilaf Green Bean Almondine Coleslaw w/ Dressing Orange</p>
<p>Congregate Lunch is Served from 11:00 am - 12:30 pm. Only whole fruit, rolls, or cookies can be taken out. MILK IS TO BE TAKEN OUT OF THE DINING ROOM!!!</p>	<p>30 - Friday</p> <p>Classic Hamburger Lettuce, Tomato, &amp; Onion Potato Wedges Chateau Blend Vegetables Strawberries &amp; Bananas</p>	<p>31 - Friday</p> <p>Brisolat Macaroni Salad Potato Salad White Cake w/ Mixed Berries &amp; Whipped Topping</p> 	

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

**Advertise  
Your  
Business  
Here**

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



**March 2025  
Nutrition Report**

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Number of days served this month: 21  
Total number of meals served: 7,479

	Congregate	HD Meals:
Meals Served:	3,958	3,530
Donation Average:	\$1.99	\$1.49

*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](http://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



CONGRATULATIONS to all who participated !

From left to right: **Linda Ray** 3rd place, **Johnnie Mae Fish** Honorable Mention, **Jeanne Eastman** Honorable Mention, **Diana Lara-Monroy** 2nd place, and **Dolores Stern** 1st place.

These are the winners from the Easter Bonnet Contest.



Easter Egg Hunt at the Alamo Senior Center; where there were a lot of happy seniors!





# 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!

*Join us on Tuesdays around  
10:00 a.m. and meet Mark. He will  
hook you up with some fresh and  
hot popcorn.*





Can you find the Mother's Day-related words in the puzzle below?

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

- |           |         |        |           |
|-----------|---------|--------|-----------|
| Mother    | Flowers | Love   | Chocolate |
| Tulips    | Family  | Heart  | Cake      |
| Beautiful | Spring  | Kisses |           |
| Hugs      | Treats  | Mom    |           |

## El Paso Border Patrol Museum Field Trip

**When:** Tuesday, May 13, 2025  
**Time:** 9:00 am—4:00 pm (Meet in ASC lobby promptly at 9:00 for roll call)

**Where:** El Paso Border Patrol Museum and Lunch (At Your Own Cost) at Golden Corral  
**Cost:** \$5



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



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## Las Cruces Farm & Ranch Museum

**When:** Thursday, May 29, 2024  
**Time:** 9:00 am—4:00 pm (Meet in ASC lobby promptly at 9am for roll call)

**Where:** Las Cruces Farm & Ranch Museum tour and lunch at Mall  
**Cost:** \$10 (includes cost of museum and ticket)



**Space is limited. Put your name on the list at the front desk. No Refunds!**

# 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.



LEARN MORE ABOUT  
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

### 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:

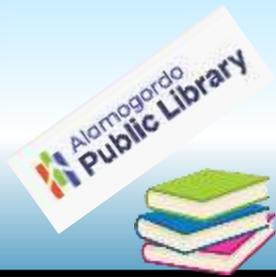
Monday & Tuesday 10-6

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](http://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





To Our Home-bound

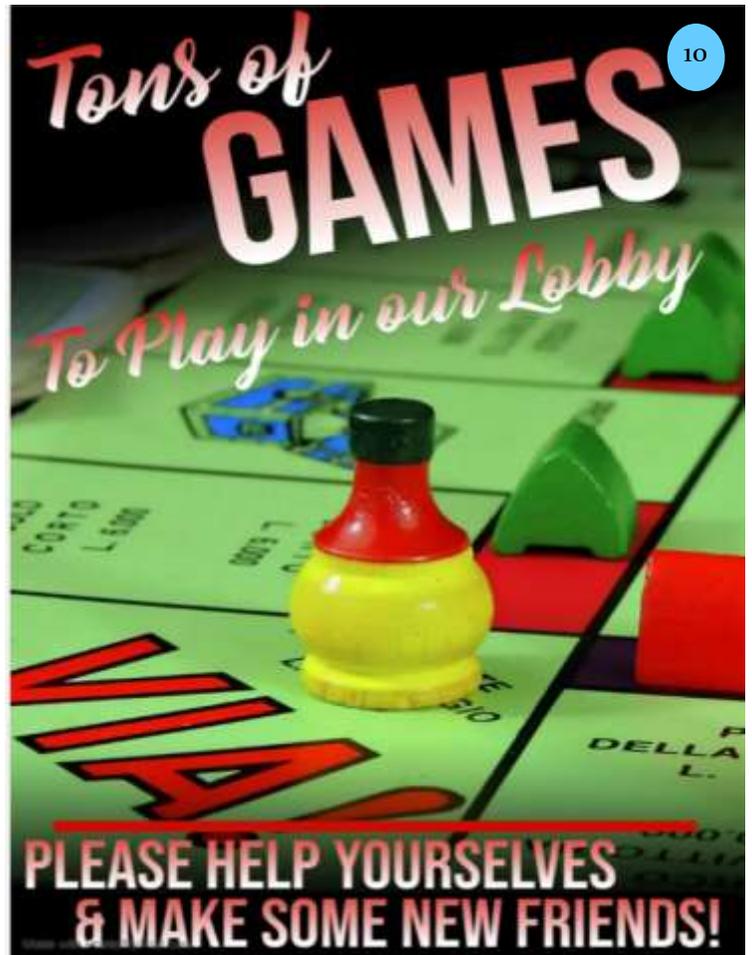


Recipients:

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*



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

# 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-Gon 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 & Beans With Joyce & Cheryl	Yoga With Judy	Cardio-Chair Bonanza With Cheryl & Joyce	No Floor Stretch and Flow With Sue	Balance Baby Balls & Beans With Cheryl & Joyce
11:00-11:45	Group Drumming for Health With Joanne <i>(Must Bring your drum)</i>	The Healing Power of the Ukelele With Gwen & Sue <i>(You must bring your own Ukelele)</i>	Special Senior Training "1 day" a month May 14 With Chris	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 Training With Tom



## Fitness Classroom II

TIME	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	Basic Line Dance With Ilene	Chair Exercise With Rotating Instructors	Basic 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	_____	<i>Line Dance 2025 with Michael Knowles 12:30-3:45 On Hold</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

**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**








## 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 COURSE!

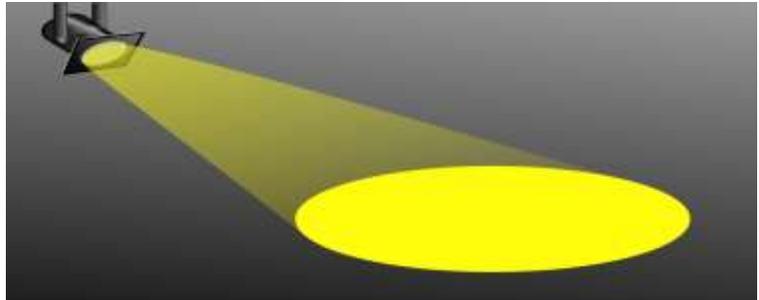
**Date & Time:**  
 Monday, May 12, 2025, 9:30 AM Start Time, 1:30 End Time  
 Please arrive 20 min early for registration  
 Check or Cash (exact cash helpful) only PLEASE- cannot accept credit card  
 \$20 for AARP members, \$25 for non-members  
 Bring water and snack if desired.

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

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

<b>CLASSROOM COURSE</b>	<b>TO FIND ADDITIONAL COURSES</b>
\$20 for AARP members \$25 for non-members	Visit: <a href="http://www.aarp.org/driving36">www.aarp.org/driving36</a> Call: 1-888-773-7160

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



**“Balance Baby Balls & Beans”**

This class incorporates balanced exercises with/and a lot of fun! Motor skills are used in “games” that are added to this class. It may be “corn hole”, bowling or even balloon badminton. Everything gets worked, even your jaw from laughter!



# April Birthdays



**Pictured left to right: William Trujillo, Tamela Campbell, Ilene Smith, Hilda Baca, and Stan Moore**

Thank you to Victor Martinez from Devoted Health Plans for sponsoring our monthly Birthday Party.

**Happy Birthday to our Alamo Fitness Volunteers: Theresa Black-Gaukler, Tammie Davis, Patricio Garcia, and Ilene Smith.**

**Call, Text, or Message**  
**988**  
**For Mental Wellness**

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

## 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 !!!**