

The Sentinel

June 2025

50 cent suggested donation

From the Manager



30th
Building
Anniversary
Celebration



ALAMO SENIOR CENTER
1995 TIME CAPSULE
BURIED BELOW THIS PLaque
ARE ENLIGHTENED 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



BUILDINGS, LIKE PEOPLE
MUST HAVE INTEGRITY
AND CHARACTER TO
STAND THE TEST OF TIME
ALAMO SENIOR CENTER
FOUNDED, OCTOBER 1995

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>



30th
Building
Anniversary
Celebration
Continued



<p>2 - Monday Pepper Steak Brown Rice Asian Blend Vegetables Green Beans Mandarin Oranges</p> 	<p>3 - Tuesday Baked Fish Sandwich Broccoli w/ Red Bell Pepper Strips Coleslaw Mixed Fruit</p> 	<p>4 - Wednesday Red Chile Beef Enchiladas Lettuce & Tomato Zucchini Pinto Beans Apricots</p> 	<p>5 - Thursday Santa Fe Chicken Black Beans Corn Cilantro Lime Brown Rice Capri Vegetables Pineapple Tidbits</p>	<p>6 - Friday Swiss Steak Tomato & Onion Gravy New Potatoes w/ Dill Beets & Carrots WW Rolls Peaches</p>
<p>9 - Monday Beef Tips Penne Pasta California Blend Vegetables Tossed Salad w/ Dressing Orange</p>	<p>10 - Tuesday BBQ Baked Chicken Scalloped Potatoes Three Bean Salad Cornbread Watermelon</p>	<p>11 - Wednesday Kielbasa Brown Rice Pilaf Peppers & Onions Carrots Mixed Berries Vanilla Yogurt</p> 	<p>12 - Thursday Chicken Fajita Peppers & Onion Salsa Chateau Blend Vegetables Pinto Beans Fruit Cocktail</p>	<p>13 - Friday Roast Beef w/ Gravy Sweet Potato Monte Carlo Vegetables WW Roll Peach Cobbler</p>
<p>16 - Monday Tuna Salad Sandwich Broccoli & Cauliflower Garlic Cilantro Roasted Potatoes Plums</p> 	<p>17 - Tuesday Chicken Strip w/ Country Gravy Chateau Blend Vegetables WW Roll Unsweetened Apple Sauce</p>	<p>18 - Wednesday Herbed Baked Pork Chop Brown Rice Blend Onions & Mushrooms Vegetable Medley WW Roll Tropical Fruit Salad</p> 	<p>19 - Thursday Oriental Chicken Salad Lite Asian Sesame Dressing WW Roll Mandarin Oranges</p> 	<p>20 - Friday Beef & Bean Burrito Pinto Beans Calabacitas Italian Beans Banana</p> 
<p>23 - Monday Open Faced Turkey Sandwich Roasted Herb Red Potatoes Roasted Brussel Sprouts Apricots Vanilla Yogurt</p>	<p>24 - Tuesday Sweet & Sour Pork Brown Rice Pork Eggroll Stir Fry Vegetables Pineapple Chunks</p> 	<p>25 - Wednesday Meatloaf Penne Pasta California Blend Vegetables Tossed Salad w/ Ranch Dressing Spiced Apples Tapioca Pudding</p>	<p>26 - Thursday Shepherd's Pie Peas & Carrots Mashed Potatoes Tossed Salad w/ Ranch Dressing WW Roll Pear</p> 	<p>27 - Friday Stuffed Peppers Black Beans Broccoli Spears WW Roll Strawberries & Bananas</p>
<p>30 - Monday Chicken Tacos Spanish Rice Capri Vegetables Orange</p>  <p style="text-align: center;">June</p> <p style="text-align: center;">1% Low Fat Milk Served Daily</p> <p style="text-align: center;">Chocolate Milk Served on Fridays</p> <p style="text-align: center;">Menu Subject to Change</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**



**April 2025
Nutrition Report**

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Number of days served this month: 22
Total number of meals served: 7,919

	Congregate	HD Meals:
Meals Served:	4,144	3,783
Donation Average:	\$2.07	\$1.43

*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





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.



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, August 4, 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

\$20 for AARP members

\$25 for non-members

TO FIND ADDITIONAL COURSES

Visit: www.aarp.org/driving36

Call: **1-888-773-7160**



Xochitl and the Folklore Dancers. If you would like to be part of her group , you can find her and the group in the fitness room on Tuesdays at 1:00 p.m. They practice and give it their all.

This is Chair Exercise with Rotating Instructors. This class consists of training your muscles to give you better support when standing and sitting. If you are interested you can attend this class on Monday's in the fitness room at 9:00 a.m.



Come join the Healing Power of the Ukelele with Gwen & Sue. This group meets on Tuesdays and Thursdays at 11:00-11:45 a.m. in the fitness classroom.

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

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10

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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

Legal Resources for the Elderly Program

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

Statewide 1-800-876-6657

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

-- **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

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.

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



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



GARDENING VOLUNTEERS NEEDED:

Can you spare a couple of hours a week to spruce up our Light Court area?

Please see the Front Desk to sign up.

SPECIAL TRAINING SESSION FOR SENIORS, ONCE A MONTH!

Chris Huzdovich



The **NEXT TRAINING SESSION** with Chris:

When: Wednesday June 18, 2025 (**NEW MONTH**)

Time: From 11:00am - 11:45am

He will have you participating in some "exercises" that deal with your "personal" issues. You won't know what he can do unless you come to his class! 😊



<https://youtu.be/NWRYEY9eIM?feature=shared>



ASC Fitness Center Class Schedule

Fitness Classroom I

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8:00 – 8:45	Do it Your Way!	Balance, Stretch, and Strength (No Floor) 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 &Beanies with Joyce & Cheryl	Yoga with Judy	Cardio-Chair Bonanza with Cheryl & Joyce	Balance, Stretch and Strength (No Floor) 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 Ukelele with Gwen & Sue (You must bring your ukulele)	Special Senior Training "Once" a month: With Chris	The Healing Power Of the Ukelele With Gwen & Sue (You must bring your ukulele)	_____
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	_____	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 With 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 (Temporarily on HOLD)
1:00-1:45	Beginner Line Dancing with Michael	Mexican Folk Dancing with Xochitl	Beginner Line Dancing with Michael	_____	Line Dance Jamboree 2025 with Michael Knowles 12:30-3:45 (On Hold until 2026)
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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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



Alamogordo Public Library Notary Hours:

Monday and Tues: 10:00 a.m. to 5:30 p.m.

Wednesday – Friday: 10:00 a.m. to 4:30 p.m.

Saturday: 10:00 a.m. to noon.

(during curbside service hours)

Notary service is performed only upon availability when the library is open from noon to 5:00 p.m.



Alamo Senior Center

Notary Services

Please contact the
Administrative
Assistant

For your Notary
Appointment
(575) 439-4150

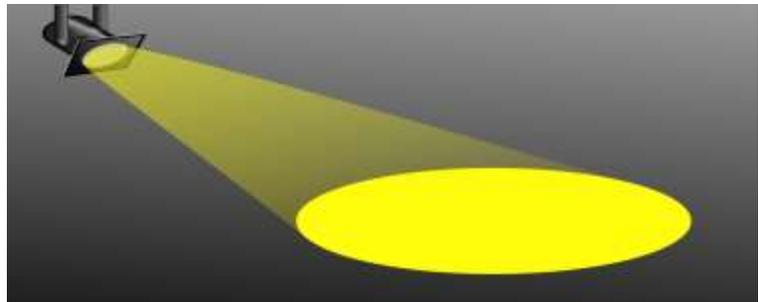


**SENIOR
FITNESS**

BEGINNER LINE DANCING

This class is for those who have no experience in “Line Dancing” but would like to learn. Michael takes you through the steps and explains each step to each song with expertise!

You never know what you’re missing until you try!!





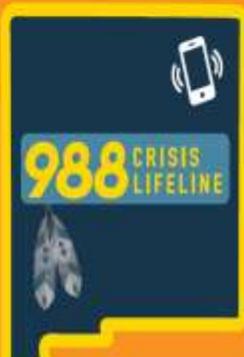
May Birthdays



Pictured left to right: Katie Nichols, Robert Fair, and Don Frankforther.

Thank you to Chris from ACP, Rx LLC-Alamogordo Community Pharmacy for sponsoring our Alamo Senior Center.

Happy Birthday to our Alamo Fitness Volunteer: Joyce Gobrecht

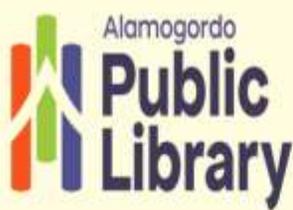


Call, Text, or Message

988

For Mental Wellness

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

Alamogordo Public Library

Monday & Tuesday 10 to 6
 Wednesday & Thursday 10 to 5
 Friday & Saturday 12 to 5
 Curbside pickup Fridays 10 to 11:45

alamogordolibrary.com 920 Oregon Ave. 575-439-4140

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