

The Sentinel

July 2025

50 cent suggested donation

From the Manager

4th OF JULY INTERESTING FACTS

DID YOU KNOW?



On the 4th of July, 1776, the Declaration of Independence was approved by the Continental Congress.



Independence Day honors the birthday of the United States of America and the adoption of the Declaration of Independence on July 4, 1776.



The Declaration of Independence was signed by 56 men representing the 13 colonies. The moment the declaration was signed it marked the beginning of all-out war against the British.



The first signature on the Declaration of Independence was John Hancock's. The myth is that he wrote his name large so that King George would be able to read it without his glasses.



In 1870 the Congress made the 4th of July an unpaid holiday for federal employees. In 1941, Congress declared 4th of July a paid federal holiday.



Independence Day became a federal holiday in 1870.



Today, the 4th of July is a day of picnics and patriotic parades, a night of concerts and fireworks, and a reason to fly the American flag.

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>

July 2025

Monday	1 - Tuesday	2 - Wednesday	3 - Thursday	4 - Friday
 7 - Monday Green Chile Meat Lasagna Tossed Salad w/ Light Dressing Italian Vegetables WW Roll Pears	8 - Tuesday Breakfast for Lunch Sausage Patty Scrambled Eggs Diced Potatoes w/ Peppers & Onions Strawberries & Bananas	9 - Wednesday Green Chile Cheeseburger Lettuce & Tomato Potato Salad Fruit Cocktail	10 - Thursday Stuffed Chicken Breast Brown Rice w/ Mushrooms Tossed Salad w/ Light Dressing Capri Vegetables	11 - Friday Roast Beef w/ Gravy Sweet Potato Monte Carlo Vegetables WW Roll Spiced Peaches
14 - Monday Country Fried Steak Baked Potato w/ Gravy Okra WW Roll Apple Cobbler	15 - Tuesday Oven Baked Chicken Breast Brown Rice California Blend Orange WW Bread	16 - Wednesday Beef Tips w/ Egg Noodles Tossed Salad w/ Light Dressing Roasted Brussels Sprouts Red Gelatin Mixed Berries	17 - Thursday Pork w/ Red Chile Island Blend Vegetables Pinto Beans Diced Mango	18 - Friday Brisket Three Bean Salad Baked Potato Tossed Salad w/ Light Dressing WW Roll Grapes Vanilla Yogurt
21 - Monday Swiss Steak Potato Wedges Spinach WW Roll Mixed Fruit	22 - Tuesday Grilled Pork Chop w/ Gravy Carrot Raisin Salad Asparagus Brown Rice Applesauce	23 - Wednesday MeatLoaf Mashed Potatoes Roasted Brussel Sprouts WW Roll Strawberries Angel Food Cake	24 - Thursday Chicken Tetrazzini Italian Blend Vegetables Green Salad w/ Light Dressing Garlic Bread Fruit Salad	25 - Friday Red Beef Enchiladas Lettuce & Tomato Zucchini & Tomatoes Pinto Beans Sherbet
28 - Monday Stuffed Peppers Black Beans Broccoli Spears WW Roll Tropical Fruit	29 - Tuesday Open-Faced Turkey Sandwich WW Bread Herb Roasted Potatoes Roasted Brussel Sprouts Apricots	30 - Wednesday Boneless Country Style Beef Ribs Black Eyed Peas Spinach Cornbread Watermelon	31 - Thursday Pork Butt Roast Parsley Potatoes California Blend WW Bread Tossed Salad w/ Light Dressing Spiced Pears	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!!!

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Business
Here**

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



**May 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:	3,891	3,631
Donation Average:	\$1.92	.88

*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.



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www.vipinsuranceadvocates.com

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Thank you for supporting the
Alamo Senior Center



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



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!

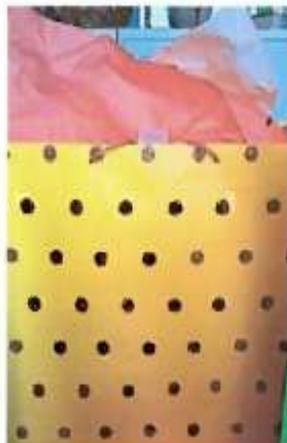
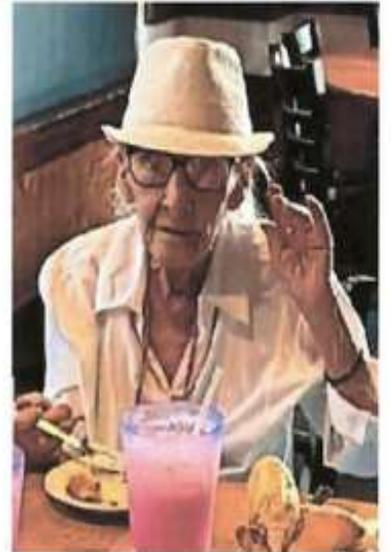
Join us on Tuesdays around 10:00 a.m. and meet Mark. He will hook you up with some fresh and hot popcorn.





I am blessed to have the most amazing group of volunteers a gal could ask for. Each one of these amazing volunteers brings so much fun, laughter, wisdom, experience, and joy to their clients, students, and to me. I love being able to celebrate with each of them at the completion of another year. Thank you for another amazing year!

Gloria Aragon, Ann Browning, Cyndie Clevenger, Ann Delgado, Jana Henze, Kassandra Herstgaard, Susan Wagner, Gary Clevenger, Tammie Romo, Dawn Tamez, Susie Diaz, Gretchen Sutton, Cathy Markle, and Blaza "Grandma Honey" Madrid.



El Paso Museum of History

When: Thursday, July 10, 2025

Time: 9:00 a.m. – 4:00 p.m.

Meet in the ASC Lobby at 9:00 a.m. for roll call

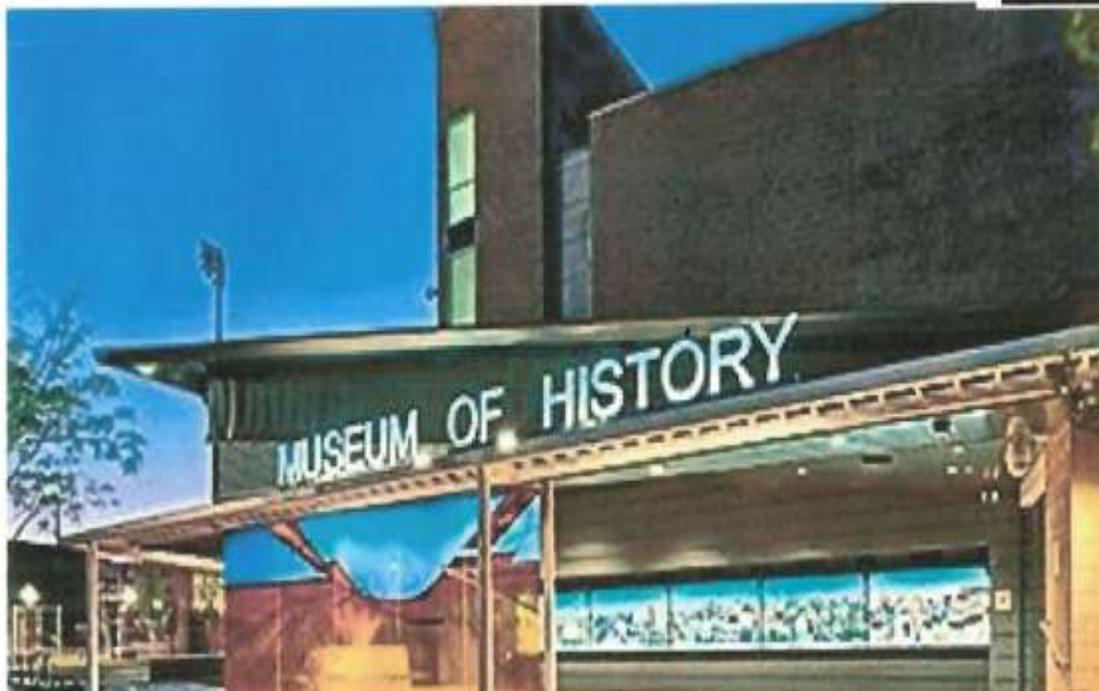
Where: El Paso Museum of History & lunch at
Golden Corral (out of pocket)

Cost: \$5.00

Space is limited. Sign up at the front desk.



No refunds!



Mesilla Valley Mall

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When: Tuesday, July 22, 2025

Time: 9:00 a.m. – 4:00 p.m.,

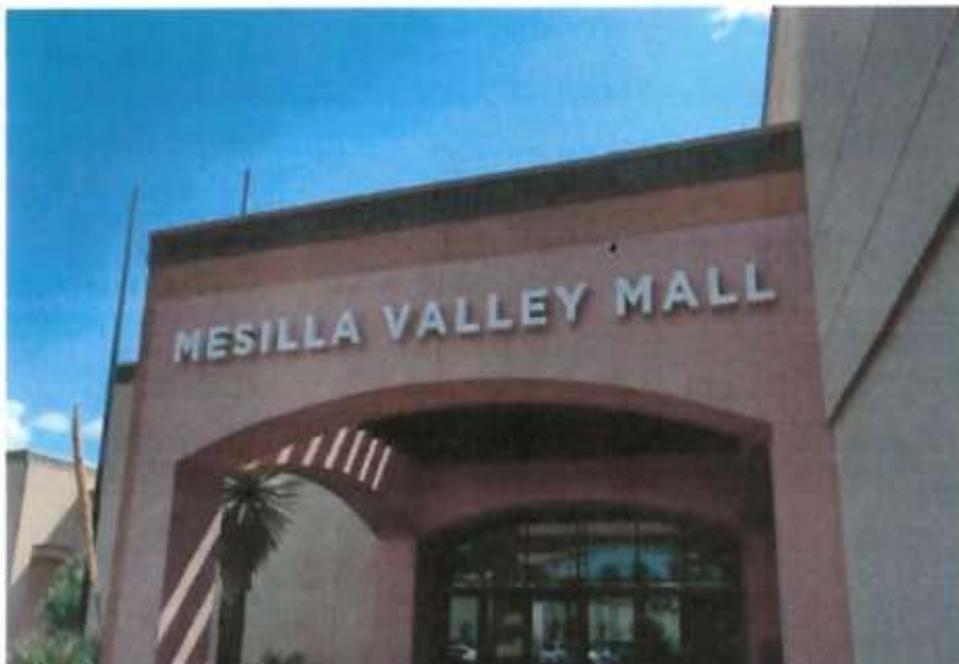
(Meet in the ASC Lobby at 9:00 a.m. for roll call)

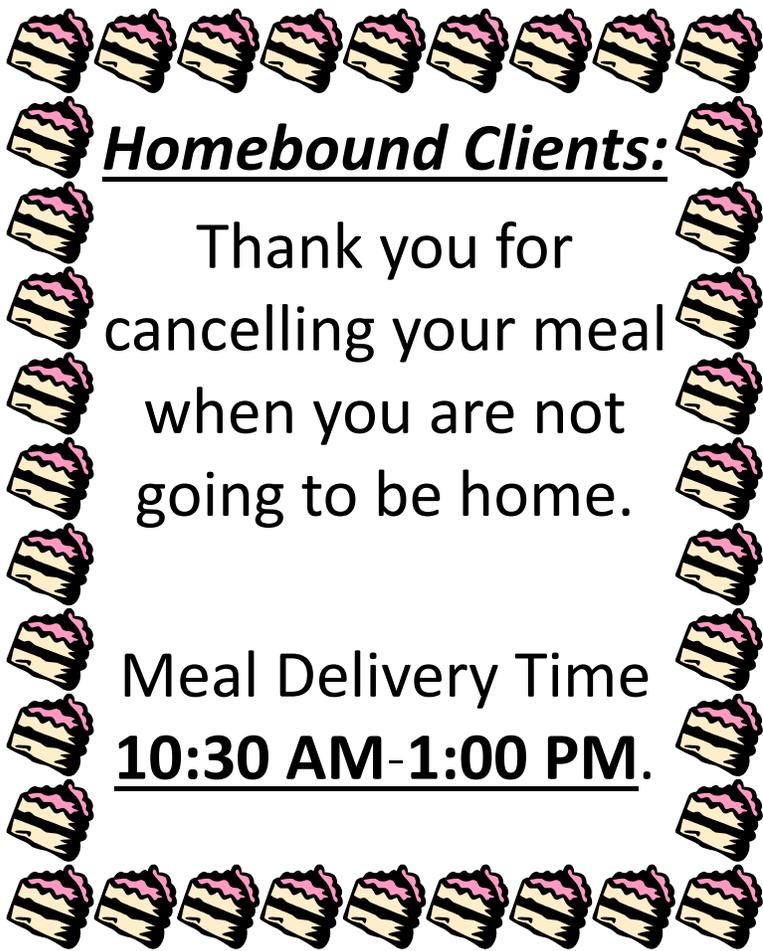
Where: Shopping & lunch (out of pocket)
in the Mesilla Valley Mall

Cost: \$5.00

Space is limited. Sign up at the front desk.

No refunds!





Homebound Clients:

Thank you for cancelling your meal when you are not going to be home.

Meal Delivery Time
10:30 AM-1:00 PM.

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 CONTENT AVAILABLE

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

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/NWRYEYt9eIM?feature=shared>

We have openings in our Senior Volunteer Programs Advisory Council for new board members.

We meet Quarterly (January, April, July, and October) on the 3rd Wednesday of the month at 1:15 p.m. at the Alamogordo Senior Center (in Classroom #1). The purpose of our Advisory Council is to assist Foster Grandparent and Senior Companion Volunteer Programs with short and long-term planning to advance the programs. Discuss any trends in society affecting senior volunteers and whether the programs should be adjusted based on these trends. Review budget Information and Administrator's Report. Vote on any other relevant business regarding the programs.

If you are interested in helping to guide our organization into the future, please contact Rene' Reynolds for an application, or online at City of Alamogordo, Boards and Committees.

FREE Legal Helpline

for Seniors

Legal Resources for the Elderly Program

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

LREP Services:

- Legal Advice
- Brief Legal Services
- Legal workshops

Who Is Eligible?

All New Mexico residents 55 and older, regardless of income.

What Will It Cost?

There is no charge to speak with an LREP staff attorney.

About Our Attorneys

LREP staff attorneys are very knowledgeable about legal issues affecting seniors.

LREP staff attorneys often answer the following questions:

- Can I do anything about the harassing calls I'm receiving from my creditors?
- Will I have to give up my home to get Medicaid assistance for my spouse's nursing home care?
- How can I tell whether my estate will require probate?
- Should I mortgage my house to pay my creditors?
- Do I need a financial power of attorney or a living will?

Albuquerque 505-797-6005

Statewide 1-800-876-6657

www.sbnm.org/LREP

Monday–Friday • 8 a.m.–5 p.m.



New Mexico State Bar Foundation
Legal Resources for the
Elderly Program

State Bar of New Mexico New Mexico State Bar Foundation
Legal Resources for the Elderly Program
P.O. Box 92860, Albuquerque, NM 87199-2860

Call us!

LREP is a joint project of: New Mexico Aging & Long Term Services and State Bar of New Mexico

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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610 Cuba Avenue, Alamogordo, NM 88310

INFO

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

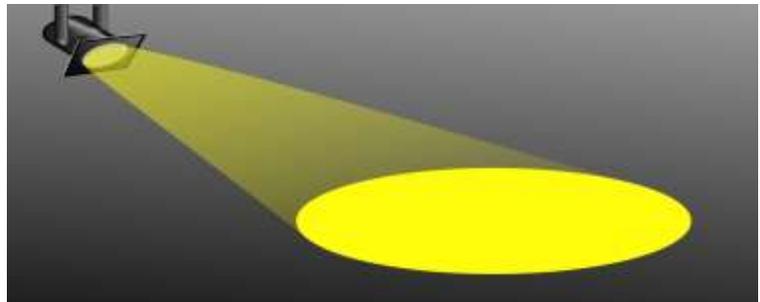
For your Notary
Appointment
(575) 439-4150



SENIOR FITNESS

Balance Stretch & Strength
Come join Sue Burns on Tuesdays and Thursdays.

This class will take you through a number of strengthening moves using weights. Pilates and Stretches. It's a must for anyone who would like to work on balance and flexibility also! Join this invigorating class and leave refreshed!





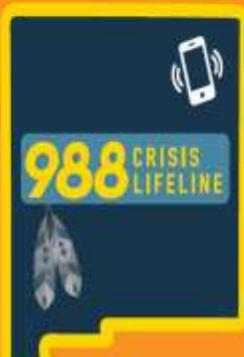
June Birthdays



Pictured left to right: Claira Dezellem, Elaine Van Tassel, Mary Liston-Wright. Not pictured Nora Coyazo

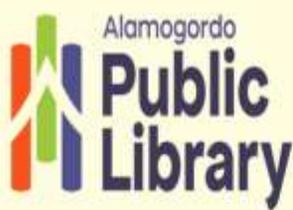
Thank you to Chris from ACP, Rx LLC-Alamogordo Community Pharmacy for sponsoring our Alamo Senior Center.

Happy Birthday to our Alamo Fitness Volunteer: Lydia Hall



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 !!!**