

The Sentinel

August 2025

50 cent suggested donation



From the Manager

Welcome to our many new members! I want to talk to you about our services, which is a good refresher for our seasoned members. The Alamo Senior Center falls under many umbrellas, meaning we have many compliance policies and procedures.

We are governed by the City of Alamogordo as a division under the Community Services Department. Funding from the City of Alamogordo allows us to keep our doors open, pay our utilities, and hire staff to run the programs and services that you receive. The New Mexico Area Agency on Aging provides grants for Fitness, Transportation, Congregate (dine-in), and Home-Delivered Meal Programs. Following the Older Americans Act, the age eligibility of 60/+ must be met for services at our facility. Members are assessed initially, and every 12 months thereafter. A membership picture ID card is provided for in-person services available at the front desk. Cards are **not** mailed.

Services for our 60/+ members are for a donation, which are part of the Alamo Senior Center's budget. Some activities/events are for a cost, such as our dinner & dances, which are from another budget source. I hope I haven't lost you yet!

The Congregate Meal Program is our dine-in meal service. We no longer have a carryout meal program. This service was waived across the State during COVID years ago. We have been back to in-person services for several years now. Our only carry-out service is the Home Delivered Meal Program (HDM). To receive HDM services, one must meet strict qualifications. Otherwise, we would be serving the entire senior community, which would be impossible—staff will schedule appointments at the applicant's home to determine eligibility.

Our awesome HDM Volunteers deliver meals to our homebound seniors. Come Hail or High Water, we can always depend on HDM Program Volunteers and staff! These meals are vital to our qualifying homebound seniors.

Actually, we have volunteers assisting in every area of the facility. The State is Impressed with our volunteer count. I brag on you every chance I get! You are truly appreciated & we would not be able to run the facility without our volunteers!

Lastly, thank you for participating and contributing to the services every day!

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>

Monday	Tuesday	Wednesday	Thursday	1 - Friday
<p>1% Low Fat Milk Served Daily</p> <p>Chocolate Milk Served on Fridays</p> <p>Menu Subject to Change</p>	<p>5 - Tuesday</p> <p>Chicken Parmesan Spaghetti Noodles Italian Vegetable Tossed Salad Fruit Salad</p> 	<p>6 - Wednesday</p> <p>Beef Fajitas Lettuce & Tomato Spanish Rice California Blend Vegetables Flour Tortilla Chocolate Pudding</p>	<p>7 - Thursday</p> <p>Hamburger Steak w/ Grilled Onions Mashed Potatoes Carrots Cornbread Peaches</p> 	<p>1 - Friday</p> <p>Bratwurst Dog w/ Sauerkraut Black-eyed-Peas Broccoli Salad Applesauce</p> 
<p>4 - Monday</p> <p>Beef Tips w/ Noodles Roasted Cauliflower Sliced Carrots Peas & Onions Pears</p> 	<p>12 - Tuesday</p> <p>Green Chile Chicken Enchiladas Lettuce & Tomato Pinto Beans Cucumber Salad Apricots</p> 	<p>13 - Wednesday</p> <p>Country Fried Steak Mashed Potatoes w/ Gravy Italian Beans WW Roll Watermelon</p> 	<p>14 - Thursday</p> <p>Chicken Strips Herb Roasted Potatoes Spinach WW Roll Berries w/ Whipped Topping</p>	<p>15 - Friday</p> <p>Pepper Steak Steamed Brown Rice Stir Fry Vegetable WW Roll Mandarin oranges & Pineapples</p>
<p>11 - Monday</p> <p>Beef Burgundy Scalloped Potatoes Roasted Brussel Sprouts Cornbread Apple Slices</p>	<p>19 - Tuesday</p> <p>Stuffed Chicken Breast Cornbread Parsley Potatoes WW Roll Strawberries</p> 	<p>20 - Wednesday</p> <p>Stuffed Peppers Black Beans Broccoli Spears WW Roll Tropical Fruit</p>	<p>21 - Thursday</p> <p>Chicken Fajitas Bell Pepper & Onions Calabacitas Spanish Rice Pear Jello</p> 	<p>22 - Friday</p> <p>MeatLoaf Mashed Potatoes Mixed Vegetables WW Roll Spiced Apples</p>
<p>18 - Monday</p> <p>Spaghetti w/ Meat Sauce Italian Blend Vegetables Tossed Salad Crackers Peaches</p>	<p>26 - Tuesday</p> <p>Cheeseburger/Franks Lettuce, Tomato, & Onion Potato Salad Chuckwagon Corn White Cake</p>	<p>27 - Wednesday</p> <p>Red Chile Beef Enchiladas Lettuce & Tomato Zucchini w/ Diced Tomatoes Spanish Rice Fruit Salad</p> 	<p>28 - Thursday</p> <p>Baked Lemon Pepper Chicken Rice Pilaf Asparagus Tossed Salad WW Roll Honeydew</p>	<p>29 - Friday</p> <p>Salisbury Steak Potatoes Au Gratin Bean Salad WW Roll Spiced Peaches</p> 
<p>25 - Monday</p> <p>Soft Beef Tacos Lettuce & Tomato Pinto Beans Spanish Rice Grapes</p> 	<p><i>*Our monthly menus are verified by a dietitian in order to ensure that nutritional standards are met.*</i></p>			

Congregate Lunch is Served from 11:00 am - 12:30 pm Only
NO
whole fruit, rolls, or cookies can be taken out.
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**



**June 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:	3,795	3,629
Donation Average:	\$2.01	\$1.18

*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

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www.burtbroadcasting.net

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

Statewide 1-800-876-6657

Legal Resources
for the
Elderly Program

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

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.



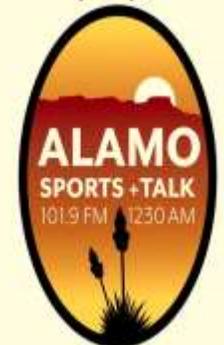
COYOTE 92.7
COUNTRY KRSY

STEALTH
CLASSIC ROCK
KNMZ 103.7



EXCITER MEDIA

COYOTE COUNTRY STEALTH CLASSIC ROCK
ALAMO SPORTS AND TALK



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!

Attention Members

Join us on the following days for a special treat:



Popcorn on Tuesdays

Snow Cones on Fridays



Receive a one-time consultation with an attorney over the phone

STATEWIDE LEGAL TELECLINIC

Thursday, August 28, 2025 1:00 p.m. - 4:00 p.m.

Volunteer private attorneys will call applicants during this time period at their convenience. Appointments will not be scheduled.

Family Law

- Divorce
- Custody
- Visitation
- Child Support
- Spousal Support
- Paternity
- Kinship Guardianship

Civil Law

- Landlord/Tenant
- Creditor/Debtor
- Wills/Probate
- Powers of Attorney
- Employment
- Public Benefits
- Contracts

To apply online, scan the QR code or **click here**. To submit an application over the phone, call 1-877-266-9861 .

The application for this Teleclinic is only available from July 15, 2025 through July 31, 2025.



Applicants must fall within 200% of the Federal Poverty Level or meet other financial eligibility criteria

Reciba una consulta única gratuita con un abogado voluntario

TELECLÍNICA LEGAL ESTATAL

Jueves, 28 de Agosto, 2025 1:00 p.m. - 4:00 p.m.

Los abogados voluntarios llamarán a los solicitantes durante este período de tiempo a su conveniencia. No se programarán citas.

Derecho de Familia

- Divorcio
- Custodia
- Visitación
- Manutención infantil
- Manutención conyugal
- Paternidad
- Tutela legal

Derecho Civil

- Contratos
- Propietario/inquilino
- Acreedor/deudor
- Testamentos/sucesiones
- Empleo
- Beneficios de desempleados

Para aplicar en línea, escanee el código QR o **haz clic aquí**. Para aplicar por teléfono, llame al 1-877-266-9861 .

La aplicación para esta Teleclínica solo estará disponible entre el 15 y el 31 de Julio, 2025.



Se deben tener ingresos de 200% o menos del nivel federal de pobreza o cumplir con otras reglas de elegibilidad

FOR IMMEDIATE RELEASE

Public Information Office
City of Alamogordo
1376 E. 9th Street, Alamogordo, NM 88310
Office: 575-439-4264
Email: coapio@ci.alamogordo.nm.us



City of
ALAMOGORDO

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PUBLIC SERVICE ANNOUNCEMENT

**Loaves & Fishes Supplemental Food Program
Northeast Entrance to Civic Center Will Be Temporarily Closed**

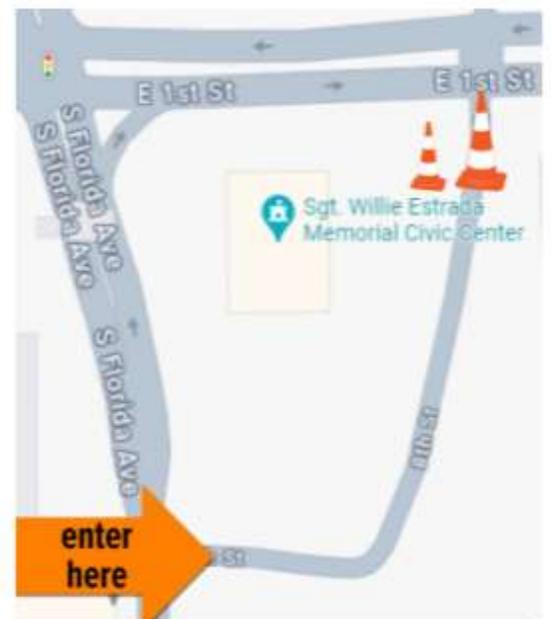
Alamogordo, NM Monday, September 9, 2024

The northeast entrance to the Sgt. Willie Estrada Memorial Civic Center will be temporarily closed on **Wednesday, September 11, 2024** from 9:00 AM to 11:00 AM, due to this week’s Loaves & Fishes Inc. commodity supplemental food program distribution. For the food distribution line, or for access to the Civic Center facility, please enter the parking lot from the southwest Florida Ave. entrance. Staff will be present to assist in moving the lines of vehicles through the distribution.

Loaves & Fishes Inc.’s commodity supplemental food program serves seniors in Alamogordo on the second Wednesday of every other month from 9:00 AM to 11:00 AM at the Sgt. Willie Estrada Memorial Civic Center located at 800 E. 1st St.

For more information, or to contact Loaves & Fishes, Inc., CSFP, please visit the Share New Mexico web page here: <https://sharenm.org/csfp-loaves-fishes/food-pantry> or visit the following web page to view the upcoming distributions schedule and information on monthly income qualifications: <https://ci.alamogordo.nm.us/1037/Loaves-Fishes-Inc-CSFP>

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Contact for this Release

Sgt. Willie Estrada Memorial Civic Center
575-439-4159
coaciviccenter@ci.alamogordo.nm.us





MEDICAL CENTER

NAME _____ AGE _____

ADDRESS _____ DATE _____

Rx Alamo Senior Center Health Fair 2025

September 11, 2025

9:00 a.m. - 1:00 p.m.



Over 30 Vendors

Free Admission

Open to the Public

Health & Community Info.

Mark Your Calendar!

Speaking Rock Pueblo

**Lunch & Sight Seeing at the
Speaking Rock Entertainment Center & Pueblo**

When: Thursday, August 14, 2025

Time: 9:00 a.m. – 4:00 p.m.

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

Sight Seeing & lunch (out of pocket)

Cost: \$5.00



Space is limited. Sign
up at the front desk.



El Paso Centennial Museum Field Trip

When: Thursday, August 28, 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 at
Golden Corral (out of pocket)

Cost: \$5.00



Space is limited. Sign
up at the front desk.





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.



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!

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

SPECIAL TRAINING SESSION FOR SENIORS, ONCE A MONTH!

Chris Huzdovich



The **NEXT TRAINING SESSION** with Chris:

When: Wednesday August 20, 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/NW8YEY9eKM?feature=shared>



- ADVENTURE
- AMUSEMENT PARK
- AUGUST
- BACK TO SCHOOL
- BACKYARD
- BICYCLE
- CAMPFIRE
- CAMPING
- CORN ON THE COB
- FARMERS MARKET
- FIREFLY
- FLOWERS
- FRUIT
- FUN
- GRILLING
- HOT
- HUMID
- LAKE
- PLAYGROUND
- POPSICLE
- RELAXATION
- ROAD TRIP
- SAILBOAT
- STATE FAIR
- SUMMER
- SUNFLOWER
- SUNNY

WORD SEARCH DIRECTIONS: Find and circle the vocabulary words in the grid. Look for them in all directions including backwards and diagonally.



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

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

USA 
Insurance 
Independent Insurance Agents

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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



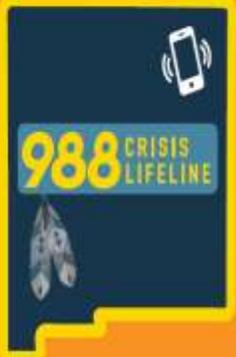
July Birthdays



Pictured left to right: Doris Pino, Presilla Riley, and Bob Barber.

Thank you to Sue from Casa Y Tierra for sponsoring our Alamo Senior Center Birthday Party.

Happy Birthday to our Alamo Fitness Volunteers: Xochil Chavez and Billie Velasco.



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 !!!