

The Sentinel

September 2025

50 cent suggested donation

From the Manager



Our Annual Health Fair is set for Thursday, September 11th. Over 40 vendors have registered to provide great information about their services!

The Area Agency on Aging Marketing Specialist will be in attendance, as well as the housing division, to hand out applications and answer questions to assist senior homeowners with modifications and repairs. The NM Securities Division will provide a Fraud Prevention Presentation and a game of bingo in our dining room at 12:30 p.m.

We will also serve our registered members one of their favorite meals on this day: enchiladas! We will be jam-packed, so please be patient. Mark your calendars, stop by for some vital health information, have a great meal, and enjoy the day with us!

Help me welcome two of our newer members to our team - Our Home Services Supervisor & our Assistant Kitchen Administrator:



My name is Antonio Gonzalez, but I go by Tony. I am the new Home Services Supervisor for the Home Delivered Meal Program, or Meals on Wheels, as most of our consumers know it as. I have been at the Senior Center for only two weeks, but I already love it here! During those two weeks, I learned a lot about our customers and how we serve you. I owe a HUGE amount of thanks to Brandi and Nita for helping me learn the ins and outs of this division. I look forward to meeting each of you and continuing the excellent service you all are accustomed to.

Hi, my name is Andrea Dunn, Assistant Kitchen Administrator. I have been based in Alamo for 6 years. I bring passion to sewing, hiking, and culinary adventures. Join me as I celebrate the joy of creativity and the love of life.



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>

September 2025

<p>1 - Monday "CENTER CLOSED"  Happy Labor Day</p>	<p>2 - Tuesday Baked Tilapia Baked Sweet Potatoes Coleslaw Green Beans Cornbread Orange</p>	<p>3 - Tuesday Beef Steak Ranchero Roasted Zucchini Parsley Potatoes Flour Tortilla Fruit Salad</p> 	<p>4 - Thursday Chicken & Bean Burrito Flour Tortilla Spinach Salad Blueberries</p>	<p>5 - Friday Lasagna Italian Blend Salad Salad Spiced Pears</p> 	
<p>8 - Monday Country Fried Steak Mashed Potatoes w/ Country Gravy WW Bread Winter Blend Vegetables Applesauce</p> 	<p>9 - Tuesday Chicken Fajita Flour Tortilla Pinto Beans Capri Vegetables Peaches</p>	<p>10 - Wednesday Open-Faced Sandwich WW Bread Herb Roasted Potatoes Carrots Mixed Berries Nonfat Vanilla Yogurt</p> 	<p>11 - Thursday Red Beef Enchiladas Lettuce & Tomato Pinto Beans Chateau Blend Vegetables Tropical Fruit</p>	<p>12 - Friday Kielbasa Peppers & Onions Beets & Red Cabbage Brown Rice Salad w/ Light Dressing Nonfat Vanilla Yogurt Banana</p>	
<p>15 - Monday Stuffed Peppers Three Bean Salad Salad w/ Light Dressing WW Roll Apricots</p>	<p>16 - Tuesday Pork Stir Fry Stir-Fry Vegetables Brown Rice Mandarin Oranges & Pineapples Vanilla Pudding</p> 	<p>17 - Wednesday Beef Burgundy Egg Noodles California Blend Vegetables Salad w/ Light Dressing Fresh Pear</p>	<p>18 - Thursday Stuffed Pork Chop w/ Gravy Roasted Potatoes Roasted Brussels Sprouts WW Dinner Roll Strawberries & Bananas</p> 	<p>19 - Friday Chicken Strips w/ Gravy Cucumber & Tomato Salad Cornbread Watermelon Oatmeal Cookie</p>	
<p>22 - Monday Soft Beef Tacos Lettuce & Tomato Cilantro Pinto Beans Fruit Cocktail</p> 	<p>23 - Tuesday Green Chile Pork Stew Salad w/ Light Dressing Cornbread Grapes</p>	<p>24 - Wednesday Meatloaf w/ Gravy Mashed Potatoes Mediterranean Blend Vegetables WW Roll Mandarin Oranges & Strawberries</p> 	<p>25 - Thursday Chicken Divan Nantucket Blend Vegetables Salad w/ Italian Dressing WW Roll Mixed fruit</p>	<p>26 - Friday Green Chile Cheese Burger Potato Wedges Green Bean Apple</p> 	
<p>29 - Monday Pepper Steak Herb-Roasted Potatoes Brussel Sprouts Salad w/ Light Dressing WW Bread Pineapple Tidbits</p>	<p>30 - Tuesday Baked Lemon Pepper Chicken Wild Brown Rice Vegetable Medley Salad w/ Ranch Dressing Spiced Apricots</p> 				<p>1% Low Fat Milk Served Daily Chocolate Milk Served on Fridays</p>
<p>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!!!</p>					<p>Menu Subject to Change</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**



**July 2025
Nutrition Report**

Number of days served this month: 22
Total number of meals served: 7,879

	Congregate	HD Meals:
Meals Served:	3,989	3,629
Donation Average:	\$2.05	\$.93

*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

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

Statewide 1-800-876-6657

*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.



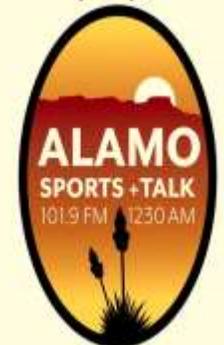
**COYOTE 92.7
COUNTRY KRSY**

**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

FREE Legal Helpline for Seniors

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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

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

State Bar of New Mexico © 2024

Call us!

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



Loaves & Fishes, Inc. Distribution Schedule

Date	Time	Location
Wednesday, January 15, 2025	9 am to 11 am	Sgt. Willie Estrada Memorial Civic Center
Wednesday, March 12, 2025	9 am to 11 am	Sgt. Willie Estrada Memorial Civic Center
Wednesday, May 14, 2025	8:30 am to 10:30 am	Sgt. Willie Estrada Memorial Civic Center
Wednesday, July 9, 2025	8:30 am to 10:30 am	Sgt. Willie Estrada Memorial Civic Center
Wednesday, September 10, 2025	8:30 am to 10:30 am	Sgt. Willie Estrada Memorial Civic Center
Wednesday, November 12, 2025	9 am to 11 am	Sgt. Willie Estrada Memorial Civic Center

Please note that missing two consecutive distributions will result in your name being removed from the program roster.

Please be aware that the northeast entrance to the Civic Center will be closed during distribution times. Please enter the parking lot from the southwest entrance and join the line of vehicles on the east side of the parking lot. There may be two or more lines, and staff will be present to assist in moving the lines through the distribution.

A photo ID and physical address are required and must be provided before receiving the distribution.



MEDICAL CENTER

NAME _____ AGE _____

ADDRESS _____ DATE _____

Rx Alamo Senior Center Health Fair 2025

September 11, 2025

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



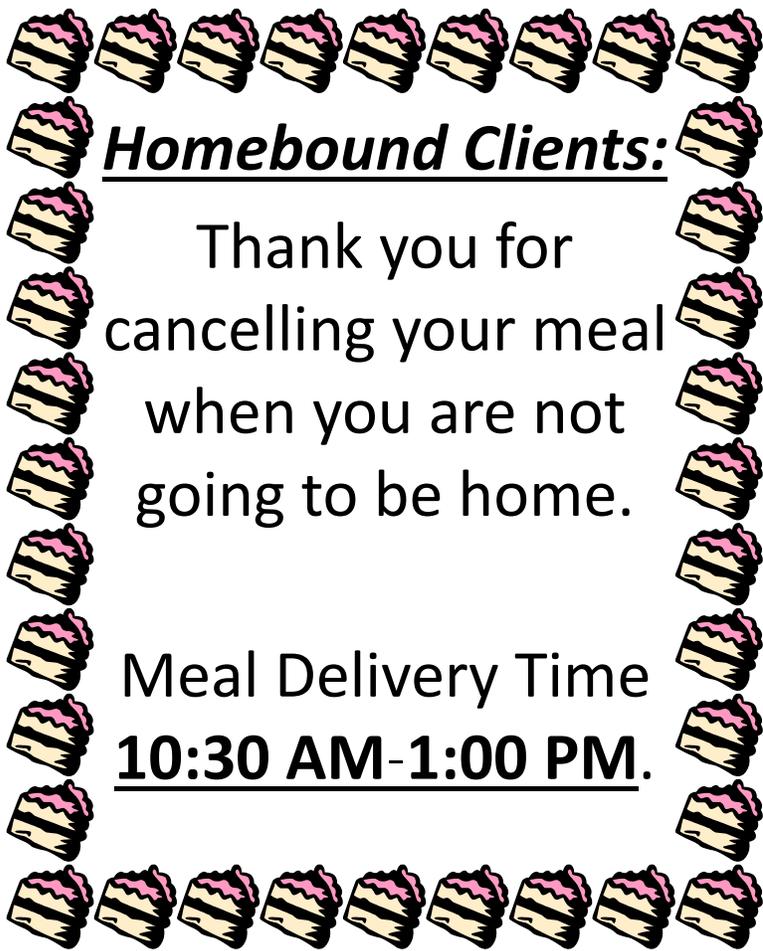
Over 30 Vendors

Free Admission

Open to the Public

Health & Community Info.

Mark Your Calendar!



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, October 27, 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

Here's some REALLY GOOD News!

The ASC Fitness Center is offering:



With Zumba certified instructor **Andrea Bigas**



When: Every Friday Where: Fitness Room - 2

Time: 11:00am

For more information, see Tracy or call 575-439-4150 ext. 4274

SPECIAL TRAINING SESSION FOR SENIORS, ONCE A MONTH!

Chris Huzdovich



The **NEXT TRAINING SESSION** with Chris:

When: Wednesday, September 17, 2025 (**NEW MONTH!**)

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

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/WB5EY3skMY?feature=shared>

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-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	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 <small>(you must bring your own Ukelele)</small>	The Healing Power of the Ukelele with Gwen & Sure <small>(you must bring your own Ukelele)</small>	Special Senior Training "once" a month: With Chris <small>(see fitness center flyer)</small>	The Healing Power of the Ukelele with Gwen & Sue <small>(you must bring your own Ukelele)</small>	
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	Line Dance With Ilene & Lou Ann	Chair Exercise With Luis	Line Dance With Ilene & Lou Ann	Chair Exercise With Luis
10:00-10:45	Balance & Fall Prevention With Billie	Tai Chi With Billie	Balance with Motion 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	ZUMBA With Andrea
1:00-1:45	Beginner Line Dancing with Michael	Mexican Folk Dancing With Xochitl	Beginner Line Dance with Michael		
2:00-3:45	Learning to Line Dance Improvers/Intermediate and Advanced Levels with Michael		Learning to Line Dance Improvers/Intermediate and 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 
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

INFO

Alamogordolibrary.com 920 Oregon Ave.

[575-439-4140](tel:575-439-4140)



Monday and Tuesday:

10:00 a.m. to 6:00 p.m.

Wednesday – Thursday:

10:00 a.m. to 5:00 p.m.

Friday & Saturday:

12:00 a.m. to 5:00 p.m.

(Curbside pickup Fridays 10:00 a.m.-11:45 p.m.)

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

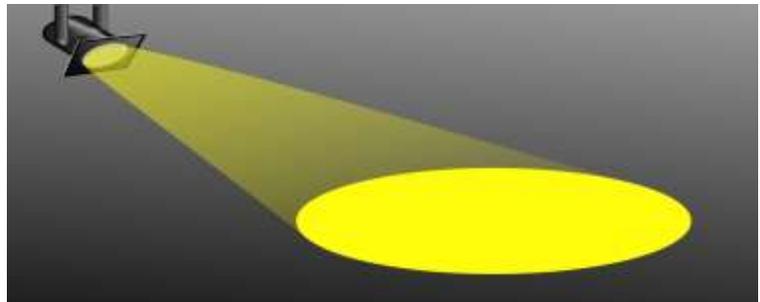
For your Notary
Appointment
(575) 439-4150



SENIOR FITNESS

High Energy Aerobics

This is a high intensity class that will get you “sweating” and working off lots of calories! This class takes you through a plethora of different aerobic moves, strength moves and stretches. Come and enjoy the class and the company of amazing people!





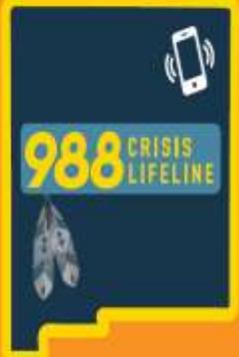
August Birthdays



Pictured left to right back row: Robert Silva and Mac McDonald, front row: Maria Davila, Valerie La Rue, Louise Riley, and Linda Ray.

Thank you to Fernando from Christus Health for sponsoring our Alamo Senior Center Birthday Party.

Happy Birthday to our Alamo Fitness Volunteer: Tom Shipman



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 !!!

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