

The Sentinel

October 2025

50 cent suggested donation

Happy
Halloween

From the Manager

We bid farewell to our Community Services Director, Veronica "Ronnie" Ortega, on Friday, October 31st, after 43 years of service to the City of Alamogordo. Ronnie managed the senior center for 11 years & was promoted in 2015 as the City's Community Services Director for 10 years, under which the Alamo Senior Center falls. The senior center has been a significant part of Ronnie's work life and is dear to her heart. Thank you for all your support & dedication, specifically to the Alamo Senior Center. We will miss you, Ronnie!

This bittersweet moment, as we say "goodbye" to our Community Services Director, Veronica "Ronnie" Ortega, we welcome Violet Norman, our new Senior Services Supervisor.



Hello, My name is Violet Norman; I am the new Senior Services Supervisor. I retired from the senior center in June, as the Kitchen Administrator for four years. I decided that staying at home was not for me. There is only so much cleaning I can do. As some of you may know, I was the Senior Services Supervisor in 2013 for almost 5 years. So, I do come with experience in events and activities. I am really looking forward to working with all our customers and planning fun and exciting events. I also look forward to meeting our new consumers and conversing with our consumers that I have known for quite some time. My heart has always been a part of the senior center, and I thank you for allowing me to be a part of it with you once again. So, if you have a chance, stop in and say hello!

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>

October 2025

<p>1% Low Fat Milk Served Daily</p> <p>Chocolate Milk Served on Fridays</p> <p>Menu Subject to Change</p>		<p>1 - Wednesday</p> <p>BBQ Chicken Thighs Herb Roasted Potatoes Collard Greens Cornbread Orange</p>	<p>2 - Thursday</p> <p>GC Sour Cream Chicken Enchiladas Pinto Beans Capri Vegetables Tropical Fruit Salad</p> 	<p>3 - Friday</p> <p>Beef Stew Beets Lettuce & Tomato Salad WW Roll Fruit Salad</p>
<p>6 - Monday</p> <p>Chile Relleno Pinto Beans Chateau Blend Vegetables Strawberries & Bananas Angel Food Cake</p> 	<p>7 - Tuesday</p> <p>Beef Steak Ranchero Baked Sweet Potato Carrots & Green Beans Plums Vanilla Yogurt</p>	<p>8 - Wednesday</p> <p>Orange Chicken Stir Fry Vegetables Brown Rice Mandarin Oranges & Pineapple Chunks</p> 	<p>9 - Thursday</p> <p>Hamburger Mac Roasted Brussel Sprouts Tossed Salad WW Roll Pear</p> 	<p>10 - Friday</p> <p>Stuffed Pork Chop Brown Rice Asparagus Applesauce</p>
<p>13 - Monday</p> <p>Beef Tips w/ Mushrooms Parsley Potatoes Vegetable Medley WW Roll Apricots</p>	<p>14 - Tuesday</p> <p>Chicken Divan Tossed Salad WW Roll Banana</p> 	<p>15 - Wednesday</p> <p>Meatloaf Lemon Herb Rice Bahama Blend Vegetables Blueberry Crisp</p>	<p>16 - Thursday</p> <p>Chicken Strips Baked French Fries Monte Carlo Vegetables Cornbread Pears</p> 	<p>17 - Friday</p> <p>Beef Fajitas Pinto Beans Chateau Blend Vegetables Fruit Cocktail</p>
<p>20 - Monday</p> <p>Cheeseburger Broccoli Salad Cucumber Slices Tropical Fruit Salad</p> 	<p>21 - Tuesday</p> <p>Ham & Beans Yellow Squash and Tomatoes Cornbread Grapes</p>	<p>22 - Wednesday</p> <p>Kraut Dog Three Bean Salad Baked Sweet Potatoes Vanilla Yogurt Mixed Berries</p> 	<p>23 - Thursday</p> <p>Pork Tamales Pinto Beans Spanish Rice California Blend Vegetables Pineapple Chunks</p>	<p>24 - Friday</p> <p>Fish & Chips Potato Wedges Green Beans WW Roll Strawberries & Bananas</p>
<p>27 - Monday</p> <p>Chicken Pot Pie Roasted Parsnips Lettuce & Tomato Salad Orange</p>	<p>28 - Tuesday</p> <p>BBQ Pulled Pork Sandwich Black Eyed Peas Spinach Baked Chips Pineapple Tidbits</p>	<p>29 - Wednesday</p> <p>Chicken Taco Pinto Beans Chateau Blend Vegetables Spiced Pears</p> 	<p>30 - Thursday</p> <p>Kielbasa Polish Sausage Herb Roasted Red Potatoes WW Roll Cherry Vanilla Yogurt</p>	<p>31 - Friday</p> <p>Swedish Meatballs Egg Noodles Lettuce & Tomato Salad Vegetable Medley Applesauce</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!!!

Please consider advertising in our Sentinel.

Advertising funds
directly support senior activities.

Give us a call at
(575) 439-4150

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.

If you have any questions, please call :

Magdalena at (575) 439-4150.

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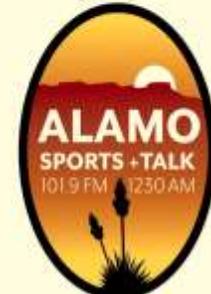
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Did You Know?

The Social Security Administration is available to take your call Monday thru Friday from 9:00am-4:00pm at:
1-866-563-9294

August 2025

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Number of days served this month: 21

Total number of meals served: 7,501

	Congregate	HD Meals:
Meals Served:	3,869	3,632
Donation Average:	\$2.05	\$.94

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 Alamo Senior Center's official Website is located here:

ci.alamogordo.nm.us

Select Community & you will find the Alamo Senior Center tab.

All other websites are not supported by the City of Alamogordo.

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!*

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- » 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, November 10, 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

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

* Upon completion you may be eligible to receive an auto insurance discount. Other restrictions may apply. Consult your agent for details.

Sock Hop 2025

Bob Sealey entertained 122 guests, and they had a blast from the past.



ASC Fitness Center Class Schedule

Fitness Classroom I

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8:00 – 8:45	Do it Your Way!	Balance, Stretch, & 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 & Strength 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 & Strength (No Floor) Strength and Flow With Sue	Balance Baby Balls & Beanies With Cheryl & Joyce
11:00-11:45	Group Drumming for Health with Joanne <i>Please bring your own drums</i>	The Healing Power of the Ukulele with Gwen & Sue <i>Please bring your own Ukulele</i>		The Healing Power of the Ukulele with Gwen & Sue <i>Please bring your own Ukulele</i>	
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	Line Dance With Ilene	Chair Exercise With Rotating Instructors	Line Dance-Basic With Ilene	Chair Exercise With Rotating Instructors
10:00-10:45	Balance with Motion with Billie	Tai Chi With Billie	Balance with Motion with Billie	Tai Chi with Billie	Balance & Fall Prevention With Billie
11:00-11:45	High Energy Aerobics-2 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 Dancing with Michael		
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

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 p.m. to 5:00 p.m.

(Curbside pickup Fridays & Saturday

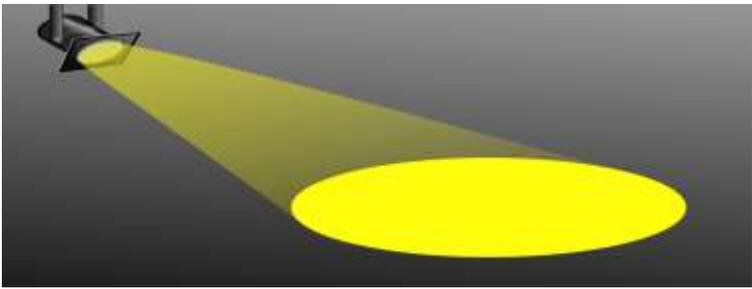
10:00 a.m.-11:45 p.m.)

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

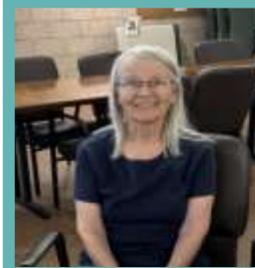


Balance with Motion is a class that will have you dancing & swinging through the “Oldies but Goodies.” Can your “balance” handle that? You’ll never know until you try! This class will have you “smiling” through the entire class. And of course, there are chair exercises to help with strength and flexibility.





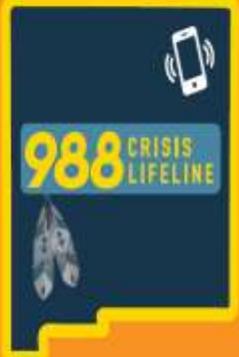
September Birthdays



Pictured left to right and back row: Susan Kauffman & Cleo Torres and back row Brad Eitnear. Right side pictures Sondra Qualls, Jerry Guss, & Doreen Hanna

Thank you to Selena Herrera from C & H Solutions for sponsoring our Alamo Senior Center Birthday Party.

Happy Birthday to our Alamo Fitness Volunteer: Andrea Gigas



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 !!!