

# The Sentinel

December 2025

50 cent suggested donation



## *From the Manager*



*Farewell to our Custodian, Jamie White, after 25 years, who served at the Alamo Senior Center. All of which was served at the Alamo Senior Center. You will be missed!*

After 25 unforgettable years, it's finally time to hang up my name badge, put away my cleaning cart, and step into my next chapter, retirement!! I don't know whether to laugh, cry, or throw confetti, so I might do all three at once! Working here has been one of the greatest joys of my life. To all my co-workers and supervisors, past and present, thank you for the laughter, the encouragement during long days, the teamwork that made tough moments feel like a breeze, and, of course, more importantly, sharing the great snacks! To the incredible seniors, thanks for the wisdom, your stories, sense of humor, and your big hearts. You've shown me what resilience, joy, and living life to the fullest really look like. I've learned more from all of you than any training or class could ever teach. You've made my time here meaningful, and I will carry your lessons with me into this next chapter. Many blessings to all – Jamie



## *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>

<p><b>1 - Monday</b>  <b>Stuffed Chicken Breast</b>                  Sweet Potato Fries                  Capri Blend Vegetables                  WW Roll                  Fruit Cocktail  </p>	<p><b>2 - Tuesday</b>  <b>Baked Cod</b>                  California Blend                  Colestlaw                  Cornbread                  Peaches                  Vanilla Yogurt</p>	<p><b>3 - Wednesday</b>  <b>Meat Lasagna</b>                  Italian Blend Vegetables                  Salad                  Ranch Dressing                  Mixed Fruit  </p>	<p><b>4 - Thursday</b>  <b>Meatloaf</b>                  Mashed Potatoes w/Gravy                  Green Beans w/Almonds                  Slivered Almonds                  WW Roll                  Strawberries</p>	<p><b>5 - Friday</b>                  Green Chile Sour Cream Enchiladas                  Pinto Beans                  Spinach                  Calabacitas                  Pineapple  </p>
<p><b>6 - Monday</b>  <b>Country Fried Chicken</b>                  Mashed Potatoes                  Broccoli w/ Red Bell Pepper                  WW Roll                  Apricots</p>	<p><b>9 - Tuesday</b>  <b>Pork Tamale</b>                  Pinto Beans                  Capri Blend Vegetables                  Pears  </p>	<p><b>10 - Wednesday</b>  <b>Green Chili Cheeseburger</b>                  Carrots &amp; Green Bean                  Pinto Beans                  Orange</p>	<p><b>11 - Thursday</b>  <b>Carne Adovada</b>                  Pinto Beans                  Spinach                  Flour Tortilla                  Peaches</p>	<p><b>12 - Friday</b>  <b>Roast Beef w/Gravy</b>                  Baked Potato                  Chateau Blend Vegetables                  WW Roll                  Pears</p>
<p><b>15 - Monday</b>  <b>Beef Stew</b>                  Cornbread                  Tossed Salad                  Ranch Dressing                  Orange  </p>	<p><b>16 - Tuesday</b>  <b>Chicken Strips</b>                  Dill Potatoes                  French Style Green Beans                  WW Roll                  Mixed Fruit</p>	<p><b>17 - Wednesday</b>  <b>Beef Fajitas</b>                  Lettuce &amp; Tomatoes                  Tortilla                  Pinto Beans                  Cherries in Cobbler  </p>	<p><b>18 - Thursday</b>  <b>Orange Chicken</b>                  Chow Mein Noodles                  Stir-Fry Vegetables                  Strawberries</p>	<p><b>19 - Friday</b>  <b>Turkey Dinner</b>                  Ham                  Dressing                  Mashed Potatoes                  Scandinavian Vegetables                  Cranberry Relish                  WW Roll                  Pecan Pie</p>
<p><b>22 - Monday</b>  <b>Sante Fe Chicken</b>                  Sappanish Rice                  Green Beans &amp; Carrots                  Cinnamon Apples  </p>	<p><b>23 - Tuesday</b>  <b>Spaghetti w/ Meat Sauce</b>                  Italian Blend Vegetables                  Caesar Salad                  Caesar Dressing                  Applesauce  </p>	<p><b>24 - Wednesday</b>  <b>Pork Posole</b>                  Calabacitas                  Spinach                  WW Roll                  Mango</p>	<p><b>25 - Thursday</b>  </p>	<p><b>26 - Friday</b>  <b>Swiss Steak</b>                  Potato Wedges                  Roasted Brussel Sprouts                  WW Roll                  Fruit Salad</p>
<p><b>29 - Monday</b>  <b>Baked Chicken</b>                  Scalloped Potato                  Chateau Blen Vegetables                  Tossed Salad                  Ranch Dressing                  WW Roll                  Strawberry Jello  </p>	<p><b>30 - Tuesday</b>  <b>BBQ Ribs Sandwich</b>                  Creamed Spinach                  Sweet Potato                  Pineapple</p>	<p><b>31 - Wednesday</b>  <b>Sloppy Joes</b>                  Vegetable Medley                  WW Roll                  Fresh Pear  </p>	<p><b>1% Low Fat Milk Served Daily</b>  <b>Chocolate Milk Served on Fridays</b>  <b>Menu Subject to Change</b></p>	<p><b>11th December</b>  </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!!!**

**ALAMO SENIOR CENTER ANNUAL  
CHRISTMAS ARTS & CRAFTS FAIR**

**WHEN: FRIDAY**

**DATE: DECEMBER 12, 2025**

**TIME: 9:00 am - 1:00 pm**

**2201 Puerto RICO AVE.**

**ALAMOGORDO, NM 88310**

**575-439-4150**

**FOR FURTHER INFORMATION  
CONTACT**

**Violet Norman**

**Senior Services Supervisor**



# SANTA FE – The state is urging New Mexicans to take charge of their healthcare coverage by making informed choices during this year’s Medicare fall open enrollment.

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From October 15 through December 7, older adults and people with disabilities can make important changes to their Medicare health and prescription drug plans for the upcoming year.

“Navigating Medicare can feel overwhelming, but no one has to face it alone,” said **Emily Kaltenbach**, Cabinet Secretary for the Aging and Long-Term Services Department (ALTSD). “Our staff are here to provide clear, personalized guidance so that New Mexicans can make confident decisions about their healthcare coverage.”

ALTSD’s Aging and Disability Resource Center (ADRC) is a trusted support for New Mexicans navigating this often-complex process. The ADRC offers free, unbiased, expert guidance to help individuals compare plans, understand benefits, and select the coverage that best meets their needs.

Beneficiaries are encouraged to review their plans annually since costs and benefits can change from year to year. ADRC counselors can help New Mexicans:

- Compare Medicare Advantage and Part D prescription drug plans.
- Review coverage changes for 2026.
- Determine eligibility for programs that help pay Medicare costs.
- Enroll in a new plan if needed.

“Choosing the right plan can make a real difference in both health and finances,” said **Kaltenbach**. “We encourage everyone with Medicare to make the most of this opportunity and reach out to the ADRC for support.”

To schedule a free session with an ADRC options counselor, contact the Aging and Disability Resource Center at 800-432-2080 or visit [aging.nm.gov](http://aging.nm.gov) to schedule a live chat. New Mexicans can also attend one of the 117 in-person happening statewide during the open enrollment period. To view the full event calendar, visit our website at [aging.nm.gov/news-and-events/upcoming-events/](http://aging.nm.gov/news-and-events/upcoming-events/).

Please consider advertising in our Sentinel.

Advertising funds  
directly support senior activities.

Give us a call at  
(575) 439-4150



After a long career as a scientist and then health educator, John was ASC's Finance/

Grants Coordinator and primary data clerk, a position he held for 6 years, 8 months and 2 days. He will be retiring from the Center, and retiring for good, at the end of December 2025. He plans to travel internationally for further studies in the Way of medical Taoism. But he won't be a stranger, since he intends to continue teaching Qigong and Tai Chi at the ASC Fitness Center.

Thank you for your service, John!

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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

November 2025

6

Number of days served this month: 23

Total number of meals served: 8,502



Legal Resources  
for the  
Elderly Program

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

Statewide 1-800-876-6657

	Congregate	HD Meals:
Meals Served:	4,201	4,301
Donation Average:	\$1.80	\$.87

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](http://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**

## Get more from Medicare without paying more.



-  **\$0** Premium options
-  **\$0** Copays on primary care visits
-  **\$0** Copay for routine dental cleanings (three per year)
-  **\$0** Copay for annual routine hearing and eye exam
-  **\$0** Tier 1 preferred generic drugs

Receive a \$10 Albertsons Select Gift Card\* when you attend an informational event to learn more about our benefits.

**November 18 – 9 a.m.**

**CHRISTUS Health**

Conference Center  
Enter at Fairgrounds Rd.  
2669 N. Scenic Dr.  
Alamogordo, NM



Scan QR to learn more and RSVP — and bring a friend!

**Get more benefits for less. Enroll through December 7.**

## Call us today

**833.680.3663 | TTY 711**

Monday–Sunday | 7 a.m.–7 p.m.

[CHRISTUShealthplan.org](http://CHRISTUShealthplan.org)



\*Individuals who attend a seminar and complete a Consent-to-Contact form may receive a complimentary gift card with no obligation to enroll. Limit one (1) gift card per eligible completed form between October 1, 2025 and December 7, 2025. Offer valid while supplies last.

CHRISTUS Health Advantage is an HMO plan with a Medicare contract. Enrollment in CHRISTUS Health Advantage depends on contract renewal. This information is not a complete description of benefits. Other providers are also available in our network. Call 844.282.3026/TTY 711 for more information. Open seven days a week, 7 a.m. to 7 p.m., local time. A voice response system is available after hours. For accommodations of persons with special needs at meetings call 844.282.3026/TTY 711. CHRISTUS Health Advantage (HMO) Contract #H1189.

# 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, January 12, 2026, 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](http://www.aarp.org/driving36)  
Call: 1-888-773-7160

# ASC Fitness Center Class Schedule

## FITNESS CENTER CLASS SCHEDULE

### FITNESS ROOM 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
9:00-10:45	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 & Strength (No Floor) with Sue	Balance Baby Balls & Beanies with Cheryl & Joyce
11:00-11:45	Group Drumming for Health with Joann (You must bring your own drum)	The Healing Power of the Ukelele with Gwen & Sue (You must bring your own Ukulele)		The Healing Power of the Ukelele with Gwen & Sue (You must bring your own Ukulele)	
1:00-1:45	Resistance Strength & Weight Training with Tom		Resistance Strength & Weight Training with Tom		Resistance Strength & Weight Training with Tom

**CLOSE-TOED SHOES ARE TO BE WORN  
SIGN IN WHEN ATTENDING CLASS**

## FITNESS CENTER CLASS SCHEDULE

### FITNESS ROOM 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 with Instructors	Line Dance-Basic with Ilene	Chair Exercise with Rotating with 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 with Moton 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	 With Andrea
1:00-1:45	Absolute Beginner Line Dance with Michael	Mexican Folk Dancing with Xochitl	Beginner Line Dance/Improvers with Michael		2026-Line Dance Jamboree Workshop Nov-Feb 12:00-3:45 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		

**Closed-toed shoes are to be worn  
Sign in when attending Class**

# 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

[Alamogordolibrary.com](http://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

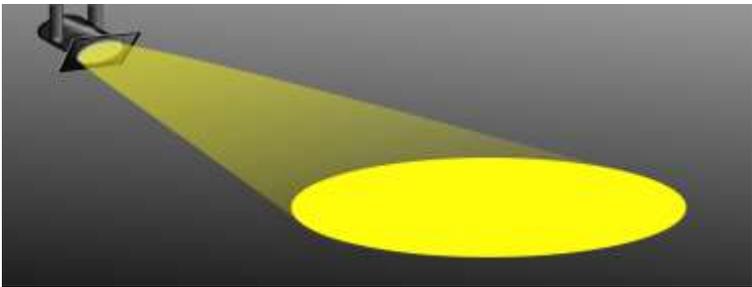
10:00 a.m.-11:45 p.m.)

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



## Tai Chi Class

Tai Chi is one of the many classes being offered at the ASC Fitness Center. This class is the “American Style” of Tai Chi, slow, smooth, and relaxing. Come and join!



# November Birthdays



**Pictured left to right: Luis Chavez, Chris Wallace, Brad Shelton, Juanita Bridges, Rhonda Shimp, and Patrocinia Duran.  
Solo Picture is Maria Cuevas**

Thank you to the Charitable Donor for sponsoring the Alamo Senior Center's Birthday Party.

Happy Birthday to our Alamo Fitness Volunteer: Luis Chavez, Patsy Crabtree, Dori Maas, Joanne Scaramella, Sonja Thompson, and Colette Shelley.

Call, Text, or Message  
**988**  
For Mental Wellness

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

HUMAN SERVICES DEPARTMENT

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