

Offering a Full Range of Services



Recreation

- Games
- Arts & Crafts
- Music
- Billiards



Nutrition

- Congregate Meals
- Soup and Salad
- Home-Delivered Meals



Wellness

- Fitness Facility
- Exercise Classes
- Health Screening
- Line Dancing



Basic Needs

- Transportation
- Shopping
- Bill Paying
- Case Management

Open Monday - Friday
8 a.m. - 4 p.m.
(575) 439-4150



City of Alamogordo



**Alamo
Senior
Center**



2201 Puerto Rico
Alamogordo, NM 88310

(575) 439-4150

Fax: (575) 439-4160

[http://ci.alamogordo.nm.us/coa/
communityservices/asc.htm](http://ci.alamogordo.nm.us/coa/communityservices/asc.htm)



Transportation

Transportation is provided to registered seniors 60+, spouses, and caregivers on a schedule. We assist our seniors with trips to and from Alamo Senior Center, doctor appointments, grocery shopping, beauty appointments, and miscellaneous errands. Call us to schedule transportation at 575-439-4150.

Buses run: Monday - Friday
(except holidays)

Morning Route: Leaves the Center at 8:00 and returns to the Center at approximately 9:15 a.m. (Dog Canyon and Boles Acres Riders MUST use this route)

Lunch Route: Leaves the Center at 9:45 a.m. and returns to the Center at approximately 10:30 a.m.

First Afternoon Route: Leaves the Center at 12:30 p.m. (Dog Canyon and Boles Acres Riders MUST use this route)

Second Afternoon Route: Leaves the Center at 2:30 p.m. on Monday and Wednesday and 3:00 p.m. on Tuesday, Thursday and Friday.

Transportation is made possible by YOUR generous donations .

Suggested donation is \$1.00 per one-way ride.

ASC Fitness Program

Our Ageless Health Program has something for everyone! At Alamo Senior Center, we offer you the opportunity to participate in safe and effective exercise programs full of variety and excitement!

Fitness Facility

Our Fitness Facility offers those who wish to exercise individually with the machines and equipment that they need to achieve their fitness goals.



Exercise Classes

We offer over 20 different exercise classes instructed by experienced fitness leaders to help you on your journey of health. Classes range from Walk Aerobics to Line Dancing to Yoga. All levels of fitness are welcome!



Health Screening

With the help of outside organizations throughout the community, we offer valuable health resources such as blood pressure checks, cholesterol testing, flu shot clinics, and other health services.

Our Fitness Facility is made possible by YOUR generous donations.

Suggested donation is \$.50 per class for seniors age 60 and over .



Congregate Meal Program



Nutritious meals are provided on a daily basis at the Alamo Senior Center. The goal of our Congregate Meal Program is to provide 1/3 of the recommended dietary allowances (RDA) for an adult as well as to promote socialization amongst our seniors.

Our menu varies on a daily basis, offering a wide variety of lunch options. For those who wish to eat a lighter meal, we offer limited "Soup and Salad" daily.

The Congregate suggested donation is \$3.00 per meal for those age 60 and older.

Guests of a member under the age of 60 must pay the full meal cost.

Lunchtime entertainment is also provided in the form of live music daily.

Our Lunch hours are:
Monday—Friday
11:00 a.m. to 12:30 p.m.

Home-Delivered Meals Program

The Alamo Senior Center Kitchen prepares and provides a hot and nutritious meal to senior citizens that are unable to prepare their own meals and unable to leave their homes due to illness. The meal provides 1/3 of the recommended dietary allowances (RDA) for an adult.

If possible, it is our intention to encourage the utilization of our Congregate Meal Program to promote socialization. The goal of the Home-Delivered Meals Program is to assist seniors in keeping their independence.

There are certain qualifications the Home Services Supervisor must determine in order for someone to qualify for the Home-Delivered Meals Program. Please call 575-439-4150 to learn more.

Our Home-Delivered Meal Program is made possible by YOUR donations.

The suggested donation is \$3.00 per lunch meal and \$1.25 per breakfast meal.

For those participants that are unable to donate the full suggested amount, we encourage them to donate the amount they can afford.

Special Events

Alamo Senior Center offers numerous events throughout the year:

- Dances
- September Health Fair
- Halloween trick-or-treating with area schools.
- Thanksgiving Luncheon
- Christmas Luncheon
- Christmas Craft Fair
- Monthly Senior Birthday Party
- And much more!

** Please check the Senior Center's monthly Sentinel newsletter for more information on coming events.



Activities

Field Trips

Alamo Senior Center offers fun local and out of town excursions. Check out our monthly newsletter for field trip opportunities.

Educational Presentations

Through the partnership of outside organizations, we provide seniors with up-to-date information on issues that are important to seniors and resources available to them. Targeted topics include, Medicare, health insurance, legal assistance, fraud protection, and financial management.

Activity Schedule

We offer classes on activities ranging from Art, Lapidary, Woodworking, Billiards, to Bridge or Pinochle and much more! Check our monthly newsletter for a full schedule of activities.

Volunteer Opportunities

Our Senior Volunteer Program has opportunities with the Foster Grandparent and Senior Companion Programs for those who wish to continue serving their community. Call 439-4150 for more information.