

The Sentinel

July 2021

50 cent suggested donation

From the Manager

Happy July...everyone is anxious to know what July has in store for the Senior Center. Below are some bullet points that we will follow beginning July 1. Keep in mind that direction can change at any given moment as guidance is changing regularly.

- ✓ The Alamo Senior Center will reopen for Congregate Dining July 1st. The current public health order still contains capacity limits that we will follow as well as direction from the Aging & Long-Term Services Department (ALTSD).
- ✓ Activities will continue daily from 1:00pm-4:00pm for Pool Room, Lapidary, Art and Sewing. Bingo will be held on Tuesdays & Fridays from 1:15pm-3:00pm.
- ✓ Fitness classes will continue Monday through Thursday from 8:00am-11:30am, and Friday from 8:00am-10:30am.
- ✓ Grab & Go will be provided Monday through Friday from 11:00am-12:00pm. The Grab & Go Line will close at exactly 12:00pm noon.
- ✓ Congregate Dining in our Dining Room will be open from 12:00pm-1:00pm. If we exceed our dining room capacity limit, carryout will be available during this time. You must come into the facility through our serving line to pick up a meal.
- ✓ Please allow Grab & Go staff to clear out at the main entrance before you can enter **the facility. Remember to 6' social distance.**
- ✓ We are still encouraging consumers to call in for assessments and reassessments as much as possible.
- ✓ Entertainment and other extras will be implemented once we are able to open 100%.
- ✓ Face covering required for all those who enter the facility, unless exempted by PHO 20210514.
- ✓ Masks are mandatory for unvaccinated individuals.
- ✓ No questions will be asked regarding your vaccination status.
- ✓ Keep in mind that we are guided by the Aging & Long-Term Services Department (ALTSD) and there are guidelines that we must follow that other facilities do not.

Happy 4TH of July!

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>

July 2021

July 2021		1 - Thursday	2 - Friday
1% Low Fat Milk Served Daily Suggested Donation: \$2.50 Menu Subject to Change <i>Lunch Served from 11:00am-1:00pm</i>	5 - Monday ASC Closed  HAPPY 4th of July	BBQ Bonanza Ranch Style Beans Corn on the Cob Biscuit Cake 	Chicken Strips Potato Wedges Carrots Oatmeal Cookie 
	6 - Tuesday Salisbury Steak Parsley Mashed Potatoes Mixed Vegetables Whole Wheat Roll Apricots 	7 - Wednesday BBQ Drumsticks Macaroni Salad Baked Beans Whole Wheat Roll Peaches	9 - Friday BBQ Pulled Pork Sandwich Macaroni & Cheese Potato Salad Pickles & Onions Banana Pudding 
	13 - Tuesday Chicken Parmesan w/ Spaghetti Mixed Vegetables Garlic Bread Tangerine 	14 - Wednesday Country Fried Steak Mashed Potatoes w/ Gravy Chuck Wagon Vegetables Whole Wheat Roll Fruit Cocktail 	16 - Friday Beef Stroganoff Egg Noodles Peas Mandarin Oranges 
	19 - Monday Steak Ranchero Ranch Style Beans Corn & Cilantro Salad Flour Tortilla Pears 	21 - Wednesday Pot Roast Mashed Potatoes w/ Gravy Broccoli & Sliced Carrots Whole Wheat Roll Pineapple w/ Cottage Cheese	23 - Friday Soft Beef Tacos Lettuce & Tomato Corn Tortilla Pinto Beans Spanish Rice Mixed Fruit 
	26 - Monday Swiss Steak Potato Wedges Roasted Brussel Sprouts Whole Wheat Roll Pineapple 	28 - Wednesday Stuffed Pork Chop Gravy Mixed Vegetables Potatoes Au Gratin Whole Wheat Roll Pears	30 - Friday Green Chile Cheeseburger Lettuce, Tomato & Onion Baked Beans Pasta Salad Applesauce 
	12 - Monday Baked Pork Chop Baked Potato Grilled Zucchini Biscuit Applesauce 	15 - Thursday Open Faced Turkey Sandwich w/ Gravy Brussel Sprouts & Cauliflower w/ Bacon Cranberry Sauce	
	20 - Tuesday Green Chile Chicken Enchiladas Lettuce & Tomato Pinto Beans Spanish Rice Jell-O 	22 - Thursday Stuffed Chicken Breast Baked Sweet Potato Capri Mixed Vegetables Whole Wheat Roll Cranberry Salad 	
	27 - Tuesday Orange Chicken Rice Pilaf Broccoli & Cauliflower Whole Wheat Roll Apple Crisp 	29 - Thursday Spaghetti & Meat Sauce Capri Vegetables Garlic Bread Strawberries Vanilla Wafers 	

Our monthly menus are verified by a dietician in order to ensure that nutritional standards are met.

Grab & Go 11am-12pm

Dine-In/Carry Out 12pm-1pm

Please patronize
our advertisers! Let them know
you appreciate their support
of the Alamo Senior Center!

Climate Heating & Air Conditioning, Inc.



TAMMY L. TONCRAY (575) 437-3130
617 New York Ave.
Alamogordo, NM 88310 N.M. Lic #3117
www.climateheatingandairconditioning.com

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Medicare Trusted Advisor

(575) 339-5935, TTY: 711
Sophia.Leckie@MolinaHealthcare.com



Hablo Español

Home of the free,
because of the brave



THANK YOU Bethel
Baptist for the “Bags
of Hope” that were
provided for our
Home Delivered
Consumers!!!

May 2021
Nutrition Report



Number of days served this month: 20

Total number of meals served: 7,884

	Congregate Meals	Home Delivered Meals
Meals Served:	5,273	2,611
Donation Average:	\$1.91	\$0.71

To Our Meals on Wheels Recipients

- We appreciate your calling us to cancel your meal when you are not going to be home.
- Please note that our delivery times are from **10:45 AM - 1:00 PM**. Some of our drivers may have a double route which can delay delivery to you. We apologize for any inconvenience.

Thank You



Thank you for supporting the
Alamo Senior Center



VACCINATION SITES

Albertsons :

Moderna, Monday-Thursday every week

Walgreens:

Moderna, (575)434-4116

Wal-Mart:

Moderna , daily (575)434-5345

PMS:

Moderna, call for scheduling

- Alamogordo (575)439-2960
- Tularosa (575)585-1280
- Sacramento (575)682-2542

GCRMC:

Pfizer, Thursdays & Fridays from 8am-4:30pm

Otero Public Health:

Pfizer, Thursdays & Fridays

Ben Archer:

For patients, call for scheduling

To register online go to: <https://vaccinenm.org/>
or call Aging & Disability Resource Center at :
1-800-432-2080



Here are 2 websites where our Seniors
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>

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



Did You Know?

The Social Security Admin-
istration is available to take
your call Monday thru Friday
from 9:00am-4:00pm at:

866-563-9294

In Loving Memory



Robert Hamblen



Jessie Riordan



Carl Galub



Steven Hoskinson



Joe Montoya



Nancy Turnball



Clinton McElheny



Norma Pearce



Jackie Geron

Humberto Barreto

*Those we love don't go away.
They walk beside us everyday
Unseen, unheard, but always near,
Still loved, missed, and very dear.*

MONDAY

Location
Love Inc. 2826 Indian Wells, Alamogordo
Date & Time
Mon - Thur, by appointment
Type of Service
Food Pantry
Contact Info
575/439-5683

Location
Salvation Army 1900 1st St., Alamogordo 170 Chaucer Dr.
Date & Time
Mon - Thur 9:30 a.m. - 11:30 a.m. & 2:00 p.m. - 4:00 p.m.
Type of Service
Food Pantry
Contact Info
575/443-0845

Location
Our Lady of the Light Church
4 La Luz Rd., La Luz
Date & Time
Tuesday, 10:00 a.m. to 2:00 p.m. - except 1st Tue
Type of Service
Roadrunner Food Pantry
Contact Info
575/434-9640

Location
Aggie Cupboard
2235 N. Scenic Dr., Alamogordo
Date & Time
Last Consecutive Tue and Wed, 4:00 p.m. to 6:00 p.m.
Type of Service
Food Pantry w/NM/SJ ID only
Contact Info
shillis@nmsu.edu

Location
Tularosa Methodist Church
107 Granada, Tularosa
Date & Time
Every Tuesday, 10:00 a.m. to noon - except 1st Tuesday
Type of Service
Roadrunner Mobile Food Pantry
Contact Info
575/585-2314

Location
Calvary Chapel
1112 Cuba Avenue, Alamogordo
Date & Time
1st Tue/Mo, 11:00 a.m. to 1:00 p.m.
Type of Service
Roadrunner Mobile Food Pantry
Contact Info
Hunger Coalition - 575/495-8343

TUESDAY

Location
Love Inc. 2826 Indian Wells, Alamogordo
Date & Time
Mon - Thur, by appointment
Type of Service
Food Pantry
Contact Info
575/439-5683

Location
Salvation Army 1900 1st St., Alamogordo
Date & Time
Mon - Thur 9:30 a.m. - 11:30 a.m. & 2:00 p.m. - 4:00 p.m.
Type of Service
Food Pantry
Contact Info
575/443-0845

Location
Cloudcroft Senior Center
212 Glorieta Ave. Cloudcroft
Date & Time
4th Wednesday/mo. 12:30 p.m. to 2:30 p.m.
Type of Service
Roadrunner Mobile Food Pantry
Contact Info
575/682-3022

Location
Aggie Cupboard
2235 N. Scenic Dr., Alamogordo
Date & Time
Last Consecutive Tue and Wed, 4:00 p.m. to 6:00 p.m.
Type of Service
Food Pantry w/NM/SJ ID only
Contact Info
shillis@nmsu.edu

Location
Tularosa Methodist Church
107 Granada, Tularosa
Date & Time
Every Tuesday, 10:00 a.m. to noon - except 1st Tuesday
Type of Service
Roadrunner Mobile Food Pantry
Contact Info
575/585-2314

Location
Calvary Chapel
1112 Cuba Avenue, Alamogordo
Date & Time
1st Tue/Mo, 11:00 a.m. to 1:00 p.m.
Type of Service
Roadrunner Mobile Food Pantry
Contact Info
Hunger Coalition - 575/495-8343

WEDNESDAY

Location
Love Inc. 2826 Indian Wells, Alamogordo
Date & Time
Mon - Thur, by appointment
Type of Service
Food Pantry
Contact Info
575/439-5683

Location
Salvation Army 1900 1st St., Alamogordo
Date & Time
Mon - Thur 9:30 a.m. - 11:30 a.m. & 2:00 p.m. - 4:00 p.m.
Type of Service
Food Pantry
Contact Info
575/443-0845

Location
Cloudcroft Senior Center
212 Glorieta Ave. Cloudcroft
Date & Time
4th Wednesday/mo. 12:30 p.m. to 2:30 p.m.
Type of Service
Roadrunner Mobile Food Pantry
Contact Info
575/682-3022

Location
Aggie Cupboard
2235 N. Scenic Dr., Alamogordo
Date & Time
Last Consecutive Tue and Wed, 4:00 p.m. to 6:00 p.m.
Type of Service
Food Pantry w/NM/SJ ID only
Contact Info
shillis@nmsu.edu

Location
Tularosa Methodist Church
101 Central, Tularosa
Date & Time
10:00 a.m. to Noon
Type of Service
Food Pantry
Contact Info
575/931-7572

Location
Mayhill Food Bank
4th Wednesday/mo. 2:00 p.m. to 4:00 p.m.
Type of Service
Roadrunner Mobile Food Pantry
Contact Info
575/687-3219 - Call to confirm

THURSDAY

Location
Love Inc. 2826 Indian Wells, Alamogordo
Date & Time
Mon - Thur, by appointment
Type of Service
Food Pantry
Contact Info
575/439-5683

Location
Salvation Army 1900 1st St., Alamogordo
Date & Time
Mon - Thur 9:30 a.m. - 11:30 a.m. & 2:00 p.m. - 4:00 p.m.
Type of Service
Food Pantry
Contact Info
575/443-0845

Location
Grace United Methodist
1206 Greenwood, Alamogordo
Date & Time
Thursday, 9:00 a.m. - 11:00 a.m.
Type of Service
Food Pantry
Contact Info
575/437-7640

Location
Worship Center
801 E. 10th St., Alamogordo
Date & Time
1st Thursday of the month - starting 9:00 a.m.
Type of Service
Food Pantry
Contact Info
575/437-8922

Location
Immaculate Conception
7th & Delaware, Alamogordo
Date & Time
2nd and 4th Thursday, Noon to 3:00 p.m.
Type of Service
Food Pantry
Contact Info
575/437-3251

Location
Mescalero Tribal Office
101 Central, Mescalero
Date & Time
1st Thursday/mo. 12:30 p.m. to 2:30 p.m.
Type of Service
Roadrunner Mobile Food Pantry
Contact Info
575/937-8006 - Call to confirm

FRIDAY

Location
Our Savior Lutheran
1212 Washington, Alamogordo
Date & Time
2nd Friday/mo., starting 9:00 a.m.
Type of Service
Roadrunner Mobile Food Pantry
Contact Info
575/495-8343

Location
Christ Community Church
2960 N. Scenic, Alamogordo
Date & Time
Friday - starting 8:00 a.m.
Type of Service
Roadrunner Mobile Food Pantry
Contact Info
575/437-4141

Location
St. Thomas Moore Catholic Church
568 Lisa, Chaparral
Date & Time
2nd Friday/mo. Starting at Noon
Type of Service
Roadrunner Mobile Food Pantry
Contact Info
575/523-5542

SATURDAY

Location
Timberon Community Connection,
172 Chaucer Dr., Timberon
Date & Time
Every Saturday, 10:00 a.m. to 1:00 p.m.
Type of Service
Food Pantry
Contact Info
575/987-2713

Additional Food Assistance Programs

Supplemental Nutrition Assistance Program
Human Services Department
<http://www.hsd.state.nm.us>
200 Juniper Drive, Alamogordo
575/437-9260

Women, Infants & Children (WIC)
NM Department of Health
<https://nmhealth.org/about/whd/hhs/wic>
1207 East 8th St
575/437-9093

OTERO COUNTY MEALS - RESOURCE GUIDE UPDATED 5/10/2021

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Location		St. John's Church 1114 Indiana, Alamogordo	Otero Hunger Coalition (Distributed at Our Savior Lutheran Church) 1212 Washington, Alamogordo			Grace United Methodist, Shared Table 1206 Greenwood, Alamogordo
Date & Time		Tuesday: 5:00 p.m. to 6:00 p.m.	Wednesday: 4:30 p.m. - until they run out			Every Saturday, 11:00 a.m. to 1:00 p.m.
Type of Service		Free Meal; If driving, enter from 12 street	Free Meal; pick up curbside			Free Meal; pick up curbside
Contact Info		575/439-0473	575/439-8343			575/437-7640
Location	PreK, K-12 Schools Alamogordo Public Schools Soccer Complex, across 1st street from AHS	Alamogordo Public Schools Soccer Complex, across 1st street from AHS	Alamogordo Public Schools Soccer Complex, across 1st street from AHS	Alamogordo Public Schools Soccer Complex, across 1st street from AHS		Hays Center Parking lot - Aggie's Bar 2235 N. Scenic Drive, Alamogordo
Date & Time	Mon, Tues, Thur: 4:00 - 6:00 p.m.	Mon, Tues, Thur: 4:00 - 6:00 p.m.	Mon, Tues, Thur: 4:00 - 6:00 p.m.	Mon, Tues, Thur: 4:00 - 6:00 p.m.		3rd Saturdays: 11:00 a.m. to 1:00 p.m.
Type of Service	Free Meal; pick up parking lot	Free Meal; pick up parking lot	Free Meal; pick up parking lot	Free Meal; pick up parking lot		Free Meal for community; pick up parking lot
Contact Info	Facebook: APS Student Nutrition	Facebook: APS Student Nutrition	Facebook: APS Student Nutrition	Facebook: APS Student Nutrition		Sponsored by NMSU-A & Runners Refuge
Location						
Date & Time						
Type of Service						
Contact Info						
Location	Senior Centers Alamogordo Senior Center 201 Puerto Rico, Alamogordo	Alamogordo Senior Center 201 Puerto Rico, Alamogordo	Alamogordo Senior Center 201 Puerto Rico, Alamogordo	Alamogordo Senior Center 201 Puerto Rico, Alamogordo	Alamogordo Senior Center 201 Puerto Rico, Alamogordo	
Date & Time	Monday - Friday, 12:00 - 1:00 p.m.	Monday - Friday, 12:00 p.m. - 1:00 p.m.	Monday - Friday, 12:00 - 1:00 p.m.	Monday - Friday, 12:00 - 1:00 p.m.	Monday - Friday, 12:00 - 1:00 p.m.	
Type of Service	For Seniors; Meal pick up and meal delivery	For Seniors; Meal pick up and meal delivery	For Seniors; Meal pick up and meal delivery	For Seniors; Meal pick up and meal delivery	For Seniors; Meal pick up and meal delivery	
Contact Info	Must register/\$2.50 requested, not required 575/439-4150	Must register/\$2.50 requested, not required 575/439-4150	Must register/\$2.50 requested, not required 575/439-4150	Must register/\$2.50 requested, not required 575/439-4150	Must register/\$2.50 requested, not required 575/439-4150	
Location						
Date & Time						
Type of Service						
Contact Info						
Location	Cloudcroft Senior Center 212 Glorieta, Cloudcroft	Cloudcroft Senior Center 212 Glorieta, Cloudcroft	Cloudcroft Senior Center 212 Glorieta, Cloudcroft	Cloudcroft Senior Center 212 Glorieta, Cloudcroft	Cloudcroft Senior Center 212 Glorieta, Cloudcroft	
Date & Time	Monday - Friday, 11:30 - 12:15 p.m.	Monday - Friday, 11:30 - 12:15 p.m.	Monday - Friday, 11:30 - 12:15 p.m.	Monday - Friday, 11:30 - 12:15 p.m.	Monday - Friday, 11:30 - 12:15 p.m.	
Type of Service	For Seniors; Meal pick up and meal delivery	For Seniors; Meal pick up and meal delivery	For Seniors; Meal pick up and meal delivery	For Seniors; Meal pick up and meal delivery	For Seniors; Meal pick up and meal delivery	
Contact Info	Must register/\$3.00 requested, not required 575/682-3022	Must register/\$3.00 requested, not required 575/682-3022	Must register/\$3.00 requested, not required 575/682-3022	Must register/\$3.00 requested, not required 575/682-3022	Must register/\$3.00 requested, not required 575/682-3022	
Location	Tularosa Senior Center 35 Radio Road, Tularosa	Tularosa Senior Center 35 Radio Road, Tularosa	Tularosa Senior Center 35 Radio Road, Tularosa	Tularosa Senior Center 35 Radio Road, Tularosa	Tularosa Senior Center 35 Radio Road, Tularosa	
Date & Time	Monday - Friday, 11:30 a.m. to 12:30 p.m.	Monday - Friday, 11:30 a.m. to 12:30 p.m.	Monday - Friday, 11:30 a.m. to 12:30 p.m.	Monday - Friday, 11:30 a.m. to 12:30 p.m.	Monday - Friday, 11:30 a.m. to 12:30 p.m.	
Type of Service	For Seniors; Meal pick up and meal delivery	For Seniors; Meal pick up and meal delivery	For Seniors; Meal pick up and meal delivery	For Seniors; Meal pick up and meal delivery	For Seniors; Meal pick up and meal delivery	
Contact Info	Must register/\$2.00 requested, not required 575/585-4532	Must register/\$2.00 requested, not required 575/585-4532	Must register/\$2.00 requested, not required 575/585-4532	Must register/\$2.00 requested, not required 575/585-4532	Must register/\$2.00 requested, not required 575/585-4532	

ASC Fitness Center Temporary Class Schedule & Procedures

Procedures:

1. All classes (no exceptions) are 30 minutes. Please wipe down your equipment before leaving.
2. After Class is completed, everyone from that class must leave the Fitness Center to provide cleaning time & next class to arrive.
3. Masks are to be worn at all times, even if you are wearing a shield. Unless exempted by PHO 20210514
4. **Social Distancing of 6' is still mandatory.**

Fitness Classroom I

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8:00am–8:30am	Do it Your Way With Chuck Brooks	Do it Your Way With Chuck Brooks	Do it Your Way With Chuck Brooks	Do It your Way With Chuck Brooks	Do It your Way With Chuck Brooks
9:00am–9:30am	Strength Training With Lydia	Low Impact Aerobics With Tamie	Strength Training With Lydia	Step With Tamie	Strength Training With Lydia
10:00am–10:30am	Balance Baby Balls & Beanies W/ Tami & Cheryl	No Floor Yoga With Margaret	—————	No Floor Yoga With Margaret	Balance Baby Balls & Beanies W/ Tami & Cheryl
11:00am–11:30am	—————	—————	—————	—————	No classes scheduled at this time slot.

Fitness Classroom II

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8:00am–8:30am	Walk Aerobics With Lee	Yoga With Judy	Walk Aerobics With Lee	—————	Walk Aerobics With Lee
9:00am–9:30am	Chair Exercise With Luis	Line Dancing With Ilene & Lou Ann	Chair Exercise With Luis	Line Dance With Ilene & Lou Ann	Chair Exercise With Luis
10:00am–10:30am	Balance & Fall Prevention With Merry	Tai Chi With Merry	Balance & Fall Prevention With Merry	Tai Chi With Merry	Balance & Fall Prevention With Merry
11:00am–11:30am	Dynamic Stretch w/ Sonja	Belly Dancing with Alvina	Cardio/Strength With Sue Burns	COMING SOON Stretch & Strength with Kay	No classes scheduled at this time slot.

June Birthdays



happy birthday



Pictured, Left to Right: Dolores Shields, Daryl Gilmore, Elaine Van Tassel, Marilyn Hughes, Ann McDonald; Back, Left to Right: Karen Lerner & Dave Carter. Inset: Lois Powell

For your July birthday, e-mail your picture NO LATER THAN July 19, 2021.

E-Mail photo to: jalirez@ci.alamogordo.nm.us

Wishing our volunteer Fitness Instructors a very Happy Birthday!



Genny Armstrong, Charles Brooks, Helen Couch,

John Ely, Cheryl Richey, Becky Swallow, & Billie Valasco



*Alvina Lockear, the new
Belly Dance Instructor*

PLEASE!!
NOTE

We would like to give our members the opportunity to send in a photo of themselves to be acknowledged on their Birthday month. For our older members we have a photo on file, however for our new members we would love for you to send in a photo so we can publish it in our newsletter. Please make sure to send the photos no later than the deadline date set for that month (listed above). We look forward to seeing new faces as well as familiar ones!