

# The Sentinel

November 2021

50 cent suggested donation

## *From the Manager*



Although we are not serving meals in our dining room, we are open for activities. Enclosed in the newsletter is a list of scheduled activities with days & times. Please keep in mind that the Senior Center complies with the updated Public Health Order.

Our Annual Thanksgiving Meal will be held Friday, November 19<sup>th</sup> from 11:00 – 1:00 p.m. The suggested Donation for our holiday meal is \$3.00. Hope to see all of you here for our holiday event!



### REMINDERS:

- Mask Mandate has been extended through November 12<sup>th</sup> with updates to follow. Masks must be worn, over the nose & mouth, in all indoor public settings except when eating or drinking, regardless of vaccination status. If you need a mask, just ask.
- There will be three holiday closures this month: Thursday, November 11<sup>th</sup> in honor of **Veteran's Day**; **Thursday, November 25<sup>th</sup>** & Friday, November 26<sup>th</sup> for our Thanksgiving Holiday.
- If you are experiencing COVID Symptoms, have COVID or have been exposed to someone with COVID, please stay home. Do not come through our Grab & Go Line and do not participate in any other activity until you are no longer contagious & have received a negative result. If you are considered a COVID close contact, you will be notified with steps to follow. Your cooperation is greatly appreciated as we all work together to prevent the spread! ~ *Magdalena* ~

### **Please welcome Gloria Guerrero, our new I&R Coordinator...**

Hi, my name is Gloria Guerrero. Some of you might remember me because I worked here over 25 years ago. Since then, I have been very busy living life. I have **raised 4 children, obtained a Bachelor's Degree in Applied Studies, Majoring in Education.** For the past 20 years, I worked for Alamogordo Public Schools. **I have since retired from the school system, but I can't seem to stay home.** So, I have made a complete circle and found myself back here. I feel at home and look forward to being part of such a great place to work. I will be here to assist you in any way I can. I am happy and excited to be here!



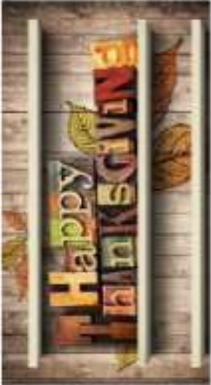
## Alamo Senior Center

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>

## November 2021

1 - Monday	2 - Tuesday	3 - Wednesday	4 - Thursday	5 - Friday
<b>Green Chili Pork Stew</b> Salad Corn Bread Sherbet 	<b>Steak Ranchero</b> Ranch Style Beans Corn & Cilantro Salad Flour Tortilla Pineapple	<b>Chicken Parmesan</b> Spaghetti Noodles Garlic Bread Italian Vegetables Tropical Fruit 	<b>Sour Cream Enchiladas</b> Lettuce & Tomato Pinto Beans Crackers Tapioca Pudding	<b>Philly Steak Sandwich</b> Macaroni Salad Lays Potato Chips Spice Cake 
<b>8 - Monday</b> <b>Country Fried Steak</b> Mashed Potatoes w/ Gravy Buttered Corn Whole Wheat Roll Diced Pears Oatmeal Cookie	<b>9 - Tuesday</b> <b>Pork Posole</b> Calabacitas Flour Tortillas Peanut Butter Cookie Chocolate Milk	<b>10 - Wednesday</b> <b>Hamburger Steak</b> Broccoli Mashed Potatoes Whole Wheat Roll Yogurt Granola Bar	<b>11 - Thursday</b> 	<b>12 - Friday</b> <b>Baked Cod</b> Tartar Sauce Coleslaw Green Beans Combread Pineapple Upside Down Cake
<b>15 - Monday</b> <b>Salisbury Steak &amp; Gravy</b> Roasted Potatoes Spinach Whole Wheat Roll Tropical Fruit	<b>16 - Tuesday</b> <b>Green Chile Chicken Enchiladas</b> Spanish Rice Pinto Beans Mandarin Oranges 	<b>17 - Wednesday</b> <b>BBQ Chicken</b> Coleslaw California Vegetables Biscuit Peach Crisp	<b>18 - Thursday</b> <b>Cheese Burger</b> Lettuce - Tomato - Onion Baked Beans Tater Tots Pineapple	<b>19 - Friday</b> <b>Turkey &amp; Ham</b> Dressing Capri Vegetables Cranberry Relish Whole Wheat Roll Pumpkin Pie
<b>22 - Monday</b> <b>Swiss Steak</b> Potato Wedges Roasted Brussel Sprouts Whole Wheat Roll Apple Sauce	<b>23 - Tuesday</b> <b>Red Beef Enchiladas</b> Spanish Sliaw Pinto Beans Crackers Apricots	<b>24 - Wednesday</b> <b>Spaghetti &amp; Meatballs</b> Tossed Salad w/ Dressing Italian Vegetables Garlic Bread Plums		
<b>29 - Monday</b> <b>Chile Reileno</b> Tossed Salad w/ Dressing Pinto Beans Crackers Pineapple Chocolate Milk	<b>30 - Tuesday</b> <b>Stuffed Pork Chop w/ Gravy</b> Mixed Vegetables Potatoes Au Gratin Whole Wheat Roll Diced Peaches			
<b>Grab &amp; Go 11am-12:30pm</b>				
*Our monthly menus are verified by a dietician in order to ensure that nutritional standards are met.*				
<b>1% Low Fat Milk Served Daily</b> <b>Suggested Donation: \$2.50</b> <b>Menu Subject to Change</b> Lunch Served from 11:00am-12:30pm				

**Advertise  
Your  
Business  
Here**

Advertising funds directly support senior activities. Give us a call at (575) 439-4150



*September 2021  
Nutrition Report*

**Number of days served this month: 21**

**Total number of meals served: 7,999**

	Congregate Meals	Home Delivered Meals
Meals Served:	5,033	2,966
Donation Average:	\$1.74	\$0.97

**Climate Heating & Air Conditioning, Inc.**



TAMMY L. TONCRAY  
617 New York Ave.  
Alamogordo, NM 88310

Fax 437-0108  
N.M. Lic #3117

[www.climateheatingandairconditioning.com](http://www.climateheatingandairconditioning.com)

**Want more benefits from your Medicare plan? Lean on Molina.**

Call Sophia Leckie,  
Medicare Trusted Advisor

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



Hablo Español

The Alamo Senior Center will be closed on November 11, 2021 in observance of Veterans Day. We will also be closed on November 25, and 26, 2021 in observance of the Thanksgiving Holiday.



**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.

*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.

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

NO  
IMAGE  
AVAILABLE

Tony Haltmar

NO  
IMAGE  
AVAILABLE

Carl E. Gebhardt

NO  
IMAGE  
AVAILABLE

Mary F. Vickers

NO  
IMAGE  
AVAILABLE

Margaret (Peggy) A.  
Richardson

NO  
IMAGE  
AVAILABLE

Sherill Bodwell



Don Whiteside



Richard Pifer

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

OTERO COUNTY MEALS - RESOURCE GUIDE UPDATED 08/26/2021

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Location	St. John's Church 1114 Indians, Alamogordo	Otero Hunger Coalition (Distributed at Our Savior Lutheran Church) 1212 Washington, Alamogordo	Alamogordo Public Schools Curbside Pick Up at Sierra Elementary	Alamogordo Public Schools Curbside Pick Up at Sierra Elementary	Alamogordo Public Schools Curbside Pick Up at Sierra Elementary	Grace United Methodist, Shared Table 1206 Greenwood, Alamogordo
Date & Time	Tuesday, 5:00 to 6:00 pm	Wednesday, 4:30 pm -until they run out	Mon - Fri, 11:00 am - 1:00 pm	Mon - Fri, 11:00 am - 1:00 pm	Mon - Fri, 11:00 am - 1:00 pm	Every Saturday, 11:00 am to 1:00 pm
Type of Service	Free Meal; if driving, enter from 12 street	Free Meal; pick up curbside	APS Student Nutrition	APS Student Nutrition	APS Student Nutrition	Free Meal; pick up curbside
Contact Info	575/430-0473	575/495-8343	575/812-6085 Facebook: APS Student Nutrition	575/812-6085 Facebook: APS Student Nutrition	575/812-6085 Facebook: APS Student Nutrition	575/437-7640
Location	Alamogordo Public Schools Curbside Pick Up at Sierra Elementary	Alamogordo Public Schools Curbside Pick Up at Sierra Elementary	Alamogordo Public Schools Curbside Pick Up at Sierra Elementary	Alamogordo Public Schools Curbside Pick Up at Sierra Elementary	Alamogordo Public Schools Curbside Pick Up at Sierra Elementary	Tays Center Parking Lot - Aggie's Eat 2235 N. Scenic Drive, Alamogordo
Date & Time	Mon - Fri, 11:00 am - 1:00 pm	Mon - Fri, 11:00 am - 1:00 pm	Mon - Fri, 11:00 am - 1:00 pm	Mon - Fri, 11:00 am - 1:00 pm	Mon - Fri, 11:00 am - 1:00 pm	3rd Saturday/mo, 11:00 am to 1:00 pm
Type of Service	Breakfast/Lunch for kids age 1-18 not attending school & remote learning students	Breakfast/Lunch for kids age 1-18 not attending school & remote learning students	Breakfast/Lunch for kids age 1-18 not attending school & remote learning students	Breakfast/Lunch for kids age 1-18 not attending school & remote learning students	Breakfast/Lunch for kids age 1-18 not attending school & remote learning students	Free Meal for community, pick up parking lot
Contact Info	575/812-6085 Facebook: APS Student Nutrition	575/812-6085 Facebook: APS Student Nutrition	575/812-6085 Facebook: APS Student Nutrition	575/812-6085 Facebook: APS Student Nutrition	575/812-6085 Facebook: APS Student Nutrition	Sponsored by NMSU-A & Runners Refuge
Location	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	Mon - Fri, 11:00 am - 12:00 pm: Grab & Go, Dining Room Meals: 12:00 - 1:00 pm	Mon - Fri, 11:00 am - 12:00 pm: Grab & Go, Dining Room Meals: 12:00 - 1:00 pm	Mon - Fri, 11:00 am - 12:00 pm: Grab & Go, Dining Room Meals: 12:00 - 1:00 pm	Mon - Fri, 11:00 am - 12:00 pm: Grab & Go, Dining Room Meals: 12:00 - 1:00 pm	Mon - Fri, 11:00 am - 12:00 pm: Grab & Go, Dining Room Meals: 12:00 - 1:00 pm	
Type of Service	For Seniors; Meal pick up and meal delivery Must register/\$2.50 requested, not required	For Seniors; Meal pick up and meal delivery Must register/\$2.50 requested, not required	For Seniors; Meal pick up and meal delivery Must register/\$2.50 requested, not required	For Seniors; Meal pick up and meal delivery Must register/\$2.50 requested, not required	For Seniors; Meal pick up and meal delivery Must register/\$2.50 requested, not required	
Contact Info	575/439-4150	575/439-4150	575/439-4150	575/439-4150	575/439-4150	
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 am - 12:15 pm	Monday - Friday, 11:30 am - 12:15 pm	Monday - Friday, 11:30 am - 12:15 pm	Monday - Friday, 11:30 am - 12:15 pm	Monday - Friday, 11:30 am - 12:15 pm	
Type of Service	For Seniors; Meal pick up and meal delivery Must register/\$3.00 requested, not required	For Seniors; Meal pick up and meal delivery Must register/\$3.00 requested, not required	For Seniors; Meal pick up and meal delivery Must register/\$3.00 requested, not required	For Seniors; Meal pick up and meal delivery Must register/\$3.00 requested, not required	For Seniors; Meal pick up and meal delivery Must register/\$3.00 requested, not required	
Contact Info	575/682-3022	575/682-3022	575/682-3022	575/682-3022	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 am to 12:30 pm	Monday - Friday, 11:30 am to 12:30 pm	Monday - Friday, 11:30 am to 12:30 pm	Monday - Friday, 11:30 am to 12:30 pm	Monday - Friday, 11:30 am to 12:30 pm	
Type of Service	For Seniors; Meal pick up and meal delivery Must register/\$2.00 requested, not required	For Seniors; Meal pick up and meal delivery Must register/\$2.00 requested, not required	For Seniors; Meal pick up and meal delivery Must register/\$2.00 requested, not required	For Seniors; Meal pick up and meal delivery Must register/\$2.00 requested, not required	For Seniors; Meal pick up and meal delivery Must register/\$2.00 requested, not required	
Contact Info	575/585-4532	575/585-4532	575/585-4532	575/585-4532	575/585-4532	

OTERO COUNTY FOOD PANTRIES - RESOURCE GUIDE

UPDATED 08/26/2021

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>Location</b>	Love Inc. Indian Wells Rd, Alamogordo	Love Inc. 2826 Indian Wells Rd, Alamogordo	Love Inc. 2826 Indian Wells Rd, Alamogordo	Love Inc. 2826 Indian Wells Rd, Alamogordo	Our Savior Lutheran 1212 Washington Ave, Alamogordo	Timberon Community Connection 172 Chaucer Dr, Timberon
<b>Date &amp; Time</b>	Mon - Thur, by appointment only	Mon - Thur, by appointment only	Mon - Thur, by appointment only	Mon - Thur, by appointment only	2nd Friday/Mo., starting 9:00 am	Every Saturday, 10:00 - 11:00 am
<b>Contact info</b>	575/439-5683	575/439-5683	575/439-5683	575/439-5683	575/495-8343	575/987-2713
<b>Location</b>	Salvation Army 1900 1st St, Alamogordo	Salvation Army 1900 1st St, Alamogordo	Salvation Army 1900 1st St, Alamogordo	Salvation Army 1900 1st St, Alamogordo	Christ Community Church 2960 N. Scenic Dr, Alamogordo	Otero Hunger Coalition 1112 Cuba Ave, Alamogordo
<b>Date &amp; Time</b>	Mon - Thur 9:30 - 11:30 am & 2:00 - 4:00 pm	Mon - Thur 9:30 - 11:30 am & 2:00 - 4:00 pm	Mon - Thur 9:30 - 11:30 am & 2:00 - 4:00 pm	Mon - Thur 9:30 - 11:30 am & 2:00 - 4:00 pm	4th Friday/Mo. Starting 8:00 am	(Distributed at Calvary Chapel) 3rd Sat/Mo. 11:00 am to 1:00 pm
<b>Contact info</b>	575/443-0845	575/443-0845	575/443-0845	575/443-0845	575/437-4241	575/495-8343 (Janett Quick)
<b>Location</b>	Our Lady of the Light Church 4 La Luz Rd, La Luz	Our Lady of the Light Church 4 La Luz Rd, La Luz	Cloudcroft Senior Center 212 Glorieta Ave, Cloudcroft	Grace United Methodist 1206 Greenwood Ln, Alamogordo	St. Thomas Moore Catholic Church 568 Lisa, Chaparral	Bethel Baptist "Bags of Hope" 1316 N. Scenic (Parking Lot)
<b>Date &amp; Time</b>	Tuesday, 10:00 am - 2:00 pm except 1st Tue	Tuesday, 10:00 am - 2:00 pm except 1st Tue	4th Wednesday/Mo. 12:30 - 2:30 pm	Thursdays 9:00 - 11:00 am	2nd Friday/Mo. Starting at Noon	2nd Saturday/Mo. 9:00 - 11:00 am
<b>Contact info</b>	575/434-9640	575/434-9640	575/682-3022	575/437-7640	575/523-5542	575/491-2900 (Erin)
<b>Location</b>	Aggie Cupboard 2235 N. Scenic Dr, Alamogordo	Aggie Cupboard 2235 N. Scenic Dr, Alamogordo	Aggie Cupboard 2235 N. Scenic Dr, Alamogordo	Worship Center 801 E. 10th St, Alamogordo		
<b>Date &amp; Time</b>	Last Consecutive Tue and Wed of Mo. 4:00 - 6:00 pm (w/ NMSU ID only)	Last Consecutive Tue and Wed of Mo. 4:00 - 6:00 pm (w/ NMSU ID only)	Last Consecutive Tue and Wed of Mo. 4:00 - 6:00 pm (w/ NMSU ID only)	1st Thursday/Mo. Starting at 9:00 am		
<b>Contact info</b>	<a href="mailto:ghillis@nmsu.edu">ghillis@nmsu.edu</a>	<a href="mailto:ghillis@nmsu.edu">ghillis@nmsu.edu</a>	<a href="mailto:ghillis@nmsu.edu">ghillis@nmsu.edu</a>	575/437-8922		
<b>Location</b>	Tularosa Methodist Church 107 Granada St, Tularosa	Tularosa Methodist Church 107 Granada St, Tularosa	Tularosa Community Church 101 Central Ave, Tularosa	Immaculate Conception 7th & Delaware, Alamogordo		
<b>Date &amp; Time</b>	Every Tuesday, 10:00 am - noon except 1st Tuesday	Every Tuesday, 10:00 am - noon except 1st Tuesday	10:00 am - Noon Wednesdays	2nd and 4th Thursday/Mo. Noon to 3:00 pm		
<b>Contact info</b>	575/585-2314	575/585-2314	575/921-7572	575/437-3291		
<b>Location</b>	Otero Hunger Coalition 1112 Cuba Ave, Alamogordo	Otero Hunger Coalition 1112 Cuba Ave, Alamogordo	Mayhill Community Center 15 Civic Center Dr, Mayhill	Mescalero Tribal Office 101 Central Ave, Mescalero		
<b>Date &amp; Time</b>	1st Tue/Mo. 11:00 am - 1:00 pm	1st Tue/Mo. 11:00 am - 1:00 pm	4th Wed/Mo.	1st Thursday/Mo.		
<b>Contact info</b>	575/495-8343 (Janett Quick)	575/495-8343 (Janett Quick)	2:00 - 4:00 pm 575/687-3219 - Call to confirm	12:30 - 2:30 pm 575/937-8006 - Call to confirm		
<b>Location</b>			Boles Acres Fire Dept 10 Sage Ave, Alamogordo			
<b>Date &amp; Time</b>			4th Wed/Mo. 9:30 am			
<b>Contact info</b>			Rotary of White Sands - 575/551-1726			



**Additional Food Assistance Programs**  
 Supplemental Nutrition Assistance Program (SNAP)  
 Human Service Department  
<http://www.hsd.state.nm.us>  
 200 Juniper Dr, Alamogordo  
 575/437-9260

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

\*\*If you are in need of immediate food assistance outside of the normal operating hours of the food pantries listed on this guide, please call Janett Quick with the Otero Hunger Coalition, 575/495-8343\*\*



# Alamo Senior Center Activities

ASC Activities	Day	Time	Place
Arts & Crafts (Open Platform)	Mon - Fri	9:00 AM - 4:00 PM	Activity Room
Bingo	Tues & Fri	1:15 PM - 3:15 PM	Dining Room
Card Games, Dominoes Etc	Mon - Fri	9:00 AM - 4:00 PM	Lobby
Lapidary	Mon - Fri	9:00 AM - 4:00 PM	Lapidary Room
Needlework	Mon - Fri	9:00 AM - 4:00 PM	Activity Room
Nutrition Council Meeting	2nd Thurs	1:15 PM - 2:15 PM	Classroom
Pool (Open Platform)	Mon - Fri	9:00 AM - 4:00 PM	Pool Room
Quilting	Mon - Fri	9:00 AM - 4:00 PM	Activity Room
Senior Advisory Council	3rd Thurs	1:15 PM - 3:00 PM	Classroom
Silversmith	Mon - Fri	9:00 AM - 4:00 PM	Lapidary Room

EOM = Every Other Month

10/13/2021

Oops! Did we miss something? Please report any omissions or changes to the Front Desk!

## COMING SOON: WEIGHT TRAINING 101

This is a "hour long" course which will show you HOW to properly use your weights for basic weight training.

**When: Tuesday, November 9<sup>th</sup>**

**Where: Fitness Room 1**

**Time: 8:00am – 9:00am**

To sign up for this course, please see Tracy, in the Fitness Center Office.

If you have questions, please call me at 575-439-4150 x4274



(Only 22 spaces available)

FOR "CURRENT MEMBERS" OF THE ALAMOGORDO SENIOR CENTER

# ASC Fitness Center Temporary Class Schedule & Procedures

## Procedures:

1. Please wipe down and put away 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.
4. All participants must be current in their Alamo Senior Center registration to participate in the fitness center.
5. Closed toed footwear must be worn at all times.

## Fitness Classroom I

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8:00 – 8:45	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
9:00 – 9:45	Strength Training With Lydia	Low Impact Aero- bics With Tamie	Strength Training With Lydia	Step With Tamie	Strength Training With Lydia
10:00 – 10:45	Balance Baby Balls & Beanies With Tami & Cheryl	No Floor Yoga With Margaret	Cardio-Chair Bo- nanza With Tami	No Floor Yoga With Margaret	Balance Baby Balls & Beanies With Tami & Cheryl
1:00 – 1:45	Resistance Strength & Weight Training With Tom-On Hold	—————	Resistance Strength & Weight Training With Tom-On Hold	—————	Resistance Strength & Weight Training With Tom-On Hold

## Fitness Classroom II

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8:00am–8:45am	Walk Aerobics With Lee	Yoga With Judy	Walk Aerobics With Lee	—————	Walk Aerobics With Lee
9:00am–9:45am	Chair Exercise With Luis	Line Dance w/ Ilene & Lou Ann	Chair Exercise With Luis	Line Dance w/ Ilene & Lou Ann	Chair Exercise With Luis
10:00am–10:45am	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–11:45am	Dynamic Stretch with Sonja	Belly Dancing with Alvina	Cardio/Strength With Sue Burns	Stretch & Strength with Kay *Starts Aug. 5th*	No classes scheduled at this time slot.

# October Birthdays



Pictured, Front, Left to Right: Les Clark., Irvin Michaud, Helene Thompson, & Sheryl Kelly. Inset, Top to Bottom: Sharon Carle, & Lucille Shimp \*Photos taken in 2019, Pre-Covid\*

For your November birthday, e-mail your picture NO LATER THAN November 15, 2021.

E-Mail photo to: [gguerrero@ci.alamogordo.nm.us](mailto:gguerrero@ci.alamogordo.nm.us)

**Wishing our volunteer Fitness Instructors a very Happy Birthday!**  
*Les Clark, Sherryl Fern, Merry Koval, Mickey (Mary) McBride, Dava Johnson!!!*



*Happy Birthday to Elise Haley who turned 75 on September 15!*



**Do you know anyone celebrating their 100th birthday? We'd love to include it in our monthly newsletter! Please send your birthdate and photo to the email listed above.**