

# The Sentinel

March 2022

50 cent suggested donation

## *From the Manager*

Welcome Back Everyone!!!

We are so excited for our re-opening of our Congregate Meal Program after 2 years. It seems so long ago! Together we can continue to safely enjoy our dine-in meal service, socialization & entertainment! Our doors will open from 9:00 to 4:00 p.m. in order for staff to thoroughly clean & sanitize for your safety!

Some of our music groups will return to their pre-pandemic schedule to entertain in our dining room beginning at 9:00 a.m. while you enjoy coffee & camaraderie. If you are interested in providing entertainment one day a week, please give us a call at (575) 439-4150.

The mask mandate was lifted, as you know, but we will continue to highly encourage the use of masks while indoors. Remember, though, the choice is yours!

Our Grab & Go Program will actually continue to be provided but you will have to come inside to grab your meal & then go. Whether you decide on G&G or our dining room setting, meal service begins at 11:00 to 12:30 p.m., Monday through Friday, except holidays.

## *Magdalena*

I would like to welcome our new bus driver, Jennifer Finch...

My name is Jennifer and I am the new ASC bus Driver. I am excited to be working with my co-workers and the community. I cannot wait to chat with folks I meet and interact with.



## 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>

March 2022			
1-Tuesday	2-Wednesday	3-Thursday	4 - Friday
<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	<b>Baked Cod</b> Carrot Raisin Salad Baked Potato Green Beans Cornbread Peach Cobbler	<b>Meat Loaf</b> Mashed Potatoes Green Beans WW Roll Pears in Cottage Cheese	<b>Sour Cream Enchiladas</b> Lettuce & Tomato Spanish Rice Oatmeal Cookie Fruit Cocktail
<b>7 - Monday</b> <b>Swiss Steak</b> Potato Wedges Peas & Onions Biscuit Applesauce	<b>9 - Wednesday</b> <b>Tamale</b> Pinto Beans Green Salad w/ Dressing Flour Tortilla Pears	<b>10 - Thursday</b> <b>Roast Beef</b> Mashed Potatoes w/ Gravy California Vegetables WW Roll Apple Cobbler	<b>11 - Friday</b> <b>Beef Stroganoff</b> Capri Vegetables WW Roll Plums 
<b>8 - Tuesday</b> <b>Braised Pork Chop</b> w/ Gravy and Onions Mixed Vegetables Yams WW Roll Banana Pudding	<b>16 - Wednesday</b> <b>Salisbury Steak &amp; Gravy</b> Potatoes Au Gratin Sliced Carrots WW Roll Plums	<b>17 - Thursday</b> <b>Corned Beef</b> Cabbage Glazed Carrots WW Bread Strawberries & Bananas 	<b>18 - Friday</b> <b>Chile Reileno w/ Sauce</b> Pinto Beans Tossed Salad w/ Dressing Crackers Pears
<b>14 - Monday</b> <b>Pepper Steak</b> Baked Potato California Vegetables WW Roll Peach Crisp	<b>23 - Wednesday</b> <b>Chicken Strip w/ Gravy</b> Mashed Potatoes Carrots Biscuit Fruit Cocktail	<b>24 - Thursday</b> <b>Beef Fajitas</b> Lettuce & Tomatoes Tortilla Pinto Beans Apricots	<b>25 - Friday</b> <b>Beef Tips</b> Egg Noodles Salad w/ Dressing Peas & Carrots Pears Oatmeal Cookie
<b>21 - Monday</b> <b>Sweet N Sour Pork</b> Oriental Vegetables White Rice Mandarin Oranges 	<b>30 - Wednesday</b> <b>Green Chile Chicken Enchiladas</b> Pinto Beans Sweet Potato Cracker Pears	<b>31 - Thursday</b> <b>Sloppy Joe w/ Bun</b> Pickle & Onion French Fries Chateau Blend Vegetables Pears & Mandarin Oranges	
<b>28 - Monday</b> <b>Chicken Tetrazzini</b> Broccoli & Cauliflower Crackers Diced Pears Yogurt	<b>29 - Tuesday</b> <b>Stuffed Pork Chop w/ Gravy</b> Bean Salad WW Roll Tropical Fruit 	<b>22 - Tuesday</b> <b>BBQ Chicken Thigh</b> Country Vegetable Blend Baked Beans WW Roll Peaches 	
<b>Congregate and To-Go 11am-12:30pm</b>			

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

**Advertise  
Your  
Business  
Here**

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



*January 2022  
Nutrition Report*

**Number of days served this month: 20**

**Total number of meals served: 7,805**

	Congregate Meals	Home Delivered Meals
Meals Served:	4,932	2,873
Donation Average:	\$1.92	.84

## Climate Heating & Air Conditioning, Inc.



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

(575) 437-3130  
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](mailto:Sophia.Leckie@MolinaHealthcare.com)



Hablo Español

## 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.

If you have any questions, please call Magdalena at (575) 439-4150.

## **Volunteer Needed:**

**Share your Talent with our Fitness Center. We are looking for someone to teach new fitness classes. Please call Tracy at 575-439-4150 for more information.**

**DID YOU KNOW?!?!?** There is a program that will help reimburse residents of New Mexico for funeral costs related to Covid-19. Please visit this site at <https://www.fema.gov/disaster/coronavirus/economic/funeral-assistance/faq> for any help or questions!



Thank you for supporting the  
Alamo Senior Center

**ARKHII**  
ACTIVE RADIO  
89.9 FM & 100.5 FM

**RUIDOSO**  
**102.3 FM**

**ROCK 97.9**  
Old Rock Radio For Southern New Mexico

### 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

**IMPORTANT  
INFORMATION**

Here are two 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**



**FREE  
Legal Helpline**  
for Seniors

Legal Resources  
for the  
Elderly Program

Statewide 1-800-876-6657

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

### **Did You Know?**

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

# In Loving Memory

NO  
IMAGE  
AVAILABLE

Anita F. Sanders

NO  
IMAGE  
AVAILABLE

David C. King

NO  
IMAGE  
AVAILABLE

Rochelle Mieras

NO  
IMAGE  
AVAILABLE

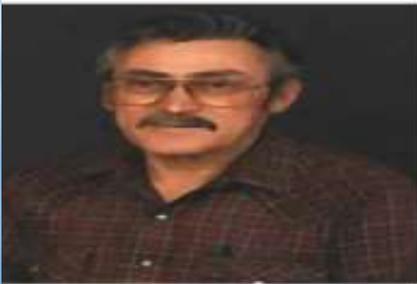
Rachel Farley

NO  
IMAGE  
AVAILABLE

Catherine Laperuta

NO  
IMAGE  
AVAILABLE

Betty Hernandez



Raul C. Flores

NO  
IMAGE  
AVAILABLE

Freda R. Martin

NO  
IMAGE  
AVAILABLE

Gilbert Marquez



NO  
IMAGE  
AVAILABLE

Beatriz E. Truxton



*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				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				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				Free Meal; pick up curbside
Contact Info	575/430-0473	575/495-8343				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	APS Student Nutrition Breakfast/Lunch for kids age 1-18 not attending school & remote learning students	APS Student Nutrition Breakfast/Lunch for kids age 1-18 not attending school & remote learning students	APS Student Nutrition Breakfast/Lunch for kids age 1-18 not attending school & remote learning students	APS Student Nutrition Breakfast/Lunch for kids age 1-18 not attending school & remote learning students	APS Student Nutrition 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	Sponsored by NMSU-A & Runners Refuge				
Location	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					
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					
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

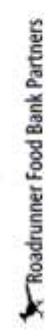
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>Location</b>	Love Inc. Indian Wells Rd, Alamogordo	Love Inc. 2826 Indian Wells Rd, Alamogordo	Love Inc. 2826 Indian Wells Rd, Alamogordo	Love Inc. 2826 Indian Wells Rd, Alamogordo	Our Savior Lutheran 1212 Washington Ave, Alamogordo	Timberon Community Connection 172 Craucer 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. 2:00 - 4:00 pm	1st Thursday/Mo. 12:30 - 2:30 pm		
<b>Contact info</b>	575/495-8343 (Janett Quick)	575/495-8343 (Janett Quick)	575/687-3219 - Call to confirm	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!

## FOR IMMEDIATE RELEASE

Public Information Office  
City of Alamogordo  
1376 E. 9th Street, Alamogordo, NM 88310  
Office: 575-439-4264  
Email: [coopto@ci.alamogordo.nm.us](mailto:coopto@ci.alamogordo.nm.us)



CITY OF ALAMOGORDO

## PUBLIC SERVICE ANNOUNCEMENT

### City of Alamogordo AARP Tax Prep at the Civic Center

Alamogordo, NM Monday, January 31, 2022

The Sgt. Willie Estrada Memorial Civic Center is pleased to have AARP Foundation Tax-Aide back for 2022. Starting on Thursday, February 3, 2022, taxes will be prepared free of charge to any community member by appointment only. Appointments can be made by calling 575-479-7030. Be sure to bring copies of all pertinent financial documents including W-2(s) and 1099(s), photo identification(s), Social Security Card(s), 2020 tax return (2019 as well if eligible for the Earned Income Credit), and documentation of the amount(s) received by Stimulus Payments.

###

Contact for this Release  
Norm Redfow  
AARP Foundation Tax-Aide  
575-479-7030

**AARP Foundation**  
**TAX-AIDE**

Learn more about the City of Alamogordo, services, happenings and other information at <http://ci.alamogordo.nm.us>, [www.alamogordocountynm.gov](http://www.alamogordocountynm.gov) or @CityOfAlamogordo on Facebook



Porter, Elizabeth (Betty) Osuna River

Contact us by phone,  
text, or email.

**Let's Thrive!**



CASE  
MANAGEMENT:  
Information &  
Referrals

We offer information  
& assistance, such as:

- Referrals to community resources and state programs
- Referrals to your local senior center for meals, transportation, and other services
- Helping you set personal goals and build a plan for healthy living
- Following up with wellness calls to support you on your journey

**CONTACT US**  
Local: (505)395-2668  
Toll Free: (866)699-4927

**CASE MANAGEMENT**  
Phone: (505)391-9231

Email: [seniorhelp@ncnmedd.com](mailto:seniorhelp@ncnmedd.com)

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

# ASC Fitness Center 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 highly recommended but not mandated.
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	Yoga with Judy	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
8:00 – 8:45	Walk Aerobics With Lee	—————	Walk Aerobics With Lee	—————	Walk Aerobics With Lee
9:00 – 9:45	Chair Exercise With Luis	Line Dance With Ilene & Lou Ann	Chair Exercise With Luis	Line Dance With Ilene & Lou Ann	Chair Exercise With Luis
10:00 – 10:45	Balance & Fall Pre- vention With Merry	Tai Chi With Merry	Balance & Fall Prevention With Merry	Tai Chi With Merry	Balance & Fall Preven- tion With Merry
11:00 – 11:45	Dynamic No Floor- Stretch With Sonja	Belly Dancing With Colette	Cardio Strength With Sue Burns	Dynamic Stretch With Sonja	—————
2:00 – 2:45	—————	—————	Line Dancing With La Nora	—————	—————

# February Birthdays



\*Photo taken in 2019\*



Pictured Left to Right: Shirley Roth, Val Gomez, Pat Garcia, and Mildred Olson \*Photo Taken Pre-Covid 19\*

For your February birthday, e-mail your picture **NO LATER THAN** March 16, 2022.

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

**Wishing our volunteer Fitness Instructors a very Happy Birthday!**

*Tami Curl & Alvina Locklear!!!*



Masks are not required, however they are **strongly encouraged** while inside.

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.