

# The Sentinel

November 2025

50 cent suggested donation

## *From the Manager*



*This is the time of year approached with fulfillment, change, and gratitude. Then it's gone in the blink of an eye. So, let's savor the moment and enjoy every minute!*

*Our traditional Thanksgiving meal is an exciting and special event scheduled for Friday, November 21st, from 11:00 to 1:00 p.m. We welcome our Holloman military personnel to assist. Everyone will be served at their table. It will be busy, so please be patient. The setup is very different from our regular meal service. I call it organized chaos, but it works! I hope to see everyone here!*

*Suggested meal donation for 60/+ - \$3.00  
Under 60 guests of a member meal cost - \$14.75*

### **\*Dates to Remember \***

- Closed on Tuesday, November 11<sup>th</sup> – Veteran's Day Holiday
- Closed on Thursday, November 27<sup>th</sup>, and Friday November 28<sup>th</sup>

*Welcome, Mitzi Jones – Our new Senior Volunteer Program Specialist*



Hello! My name is Mitzi Jones, and I have just begun as the new Senior Volunteer Program Specialist. I have been working in government and non-profit management for 18 years. During that time, I've worked on various homelessness-related projects, community justice, and crisis intervention. I recently moved to New Mexico from Oregon, but am originally from the North Texas area. It's nice to be back in a place with an appropriate appreciation for chili peppers. When I'm not at work, I like to hike and explore new places with my family. I am very excited to get to know everyone at the senior center. Please feel free to stop by and let me know if you have any ideas that can help our SVP programs grow.

*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% Low Fat Milk Served Daily</b></p> <p><b>Chocolate Milk Served on Fridays</b></p> <p><b>Menu Subject to Change</b></p>		<p><b>Hello November</b></p>		
<p><b>3 - Monday</b></p> <p><b>Country Fried Steak</b> Mashed Potatoes w/ Country Gravy Roasted Brussels Sprouts WW Roll Diced Pears</p>	<p><b>4 - Tuesday</b></p> <p><b>Chicken Strips</b> Macaroni Salad Carrots and Green Beans Mixed Fruit</p>	<p><b>5 - Wednesday</b></p> <p><b>Hamburger Steak</b> Broccoli Potato Wedges ww Roll Peaches Vanilla Yogurt</p>	<p><b>6 - Thursday</b></p> <p><b>Chicken Parmesan</b> Spaghetti Noodles w/ Marinara Sauce Italian Vegetables Tossed Salad Tropical Fruit</p>	<p><b>7 - Friday</b></p> <p><b>Beef Fajitas</b> Peppers &amp; Onions Lettuce &amp; Tomatoes Flour Tortilla Capri Vegetables Orange</p>
<p><b>10 - Monday</b></p> <p><b>Chicken Adovada</b> Pinto Beans Spinach &amp; Onions Mandarin Oranges</p> 	<p><b>11 - Tuesday</b></p> <p>"Center Closed"</p> 	<p><b>12 - Wednesday</b></p> <p><b>Soft Chicken Tacos</b> Lettuce &amp; Tomatoes Zucchini Mixed Fruit</p>	<p><b>13 - Thursday</b></p> <p>Chile Relleno w/ Green Chili Sauce Pinto Beans Spanish Rice Tossed Salad Pear</p> 	<p><b>14 - Friday</b></p> <p><b>BBQ Pulled Pork Sandwich</b> LS Herb Roasted Potatoes Broccoli Tropical Fruit Salad</p>
<p><b>17 - Monday</b></p> <p><b>Green Chili Chicken Enchiladas</b> Pinto Beans Chateau Blend Vegetables Orange</p>	<p><b>18 - Tuesday</b></p> <p><b>Salisbury Steak</b> Parsley Potatoes Spinach &amp; Onion WW Roll Apricots</p> 	<p><b>19 - Wednesday</b></p> <p><b>BBQ Chicken Breast</b> Pasta Salad Mixed Vegetables Cornbread Mixed Berries w/ Whipped Topping</p>	<p><b>20 - Thursday</b></p> <p><b>LS Herbed Cod</b> Lemon Herb Orzo Broccoli &amp; Red Peppers Fruit Salad</p> 	<p><b>21 - Friday</b></p> <p><b>Turkey</b> Ham Dressing Mashed Potatoes Gravy Scandinavian Vegetables Cranberry Relish Pumpkin Pie</p>
<p><b>24 - Monday</b></p> <p><b>Roasted Chicken w/ Gravy</b> Tomato Wedges Mashed Potatoes WW Roll Spiced Apples</p> 	<p><b>25 - Tuesday</b></p> <p><b>Papas Con Chorizo</b> Flour Tortilla Pinto Beans Roasted Zucchini Carrots Tropical Fruit Salad</p> 	<p><b>26 - Wednesday</b></p> <p><b>Chicken Pasta Primavera</b> Zucchini &amp; Grape Tomatoes Mixed Vegetables Garlic Knot Tossed Salad Pineapple</p>	<p><b>27 - Thursday</b></p> <p>"Center Closed"</p>	<p><b>28 - Friday</b></p> <p>"Center Closed"</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

## *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.

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[www.burtbroadcasting.net](http://www.burtbroadcasting.net)

Thank you for  
supporting the  
Alamo Senior Center

**ROCK 97-9**  
Real Rock Radio For Southern New Mexico

**ARKHII**  
ACTIVE RADIO  
88-9 FM & 100-5 FM

**KUIDOSO  
KEDU  
102.3 FM**

### 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

September 2025

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Number of days served this month: 21

Total number of meals served: 7,411

	Congregate	HD Meals:
Meals Served:	3,835	3,576
Donation Average:	\$1.89	\$.86

**FREE  
Legal Helpline**

for Seniors

Statewide 1-800-876-6657

Legal Resources  
for the  
Elderly Program



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

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!



**Date & Time:**

Monday, November 10, 2025, 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

<b>CLASSROOM COURSE</b>
<b>\$20</b> for AARP members <b>\$25</b> for non-members

<b>TO FIND ADDITIONAL COURSES</b>
Visit: <b>www.aarp.org/driving36</b> Call: <b>1-888-773-7160</b>

\* Upon completion you may be eligible to receive an auto insurance discount. Other restrictions may apply. Consult your agent for details.

# 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		
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  
October 10, 2025**

# 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

**USA**   
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*All your Insurance Needs  
Under the Big Red Roof!*

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

# INFO

[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

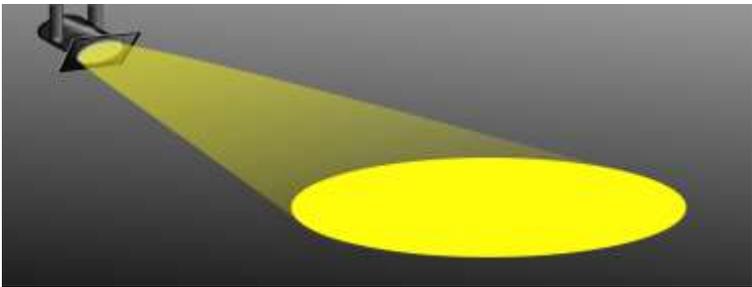
10:00 a.m.-11:45 p.m.)

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



## “Power Pump!”

If you like good music, lots of “reps”, and a dynamic workout then come and **join in** on this powerhouse packed class using barbells, dumbbells, etc. Come prepared to **WORK-OUT**, not **SIT OUT!**





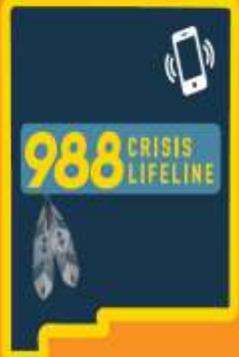
# October Birthdays



**Pictured 1st Tomas Walker. Pictured left to right Maria Armendariz, Irvin Michaud, Dawn Packwood, Patsy Deines, and Wes Settle. 3rd picture is Elaine Wilson.**

Thank you to Sky View Dental for sponsoring the Alamo Senior Center's Birthday Party.

**Happy Birthday to our Alamo Fitness Volunteer: Janet Cooper**



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

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



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