

Offering a Full Range of Services



Recreation

- Table Tennis
- Games
- Arts & Crafts
- Music
- Dances
- Billiards



Nutrition

- Congregate Meals
- Meals on Wheels
- Soup and Salad



Wellness

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



Basic Needs

- Transportation
- Shopping
- Bill Paying
- Case Management

Open Monday - Friday
8 a.m. - 5 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>



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 1:00 p.m. and returns to the Center approximately 2:00 p.m. (Dog Canyon and Boles Acres Riders MUST use this route)

Second Afternoon Route: Leaves the Center at 3:00 p.m.

Transportation is made possible by YOUR generous donations .

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

Alamo Ageless Health Wellness 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 or \$20.00 a month or \$5.00 per class for participants under the age 60.



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 daily nutritional requirements 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 "Soup and Salad" daily. (Congregate Only).

The Nutrition Advisory Council has set a suggested donation of \$2.50 per meal for those age 60 and older.

For diners under the age of 60, the meal cost is \$7.05.

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

Our Lunch hours are:
Monday—Friday
11:30 a.m. to 1:00 p.m.

Meals on Wheels 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 daily nutrition needed 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 Meals on Wheels 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 Meals on Wheels Program. Please call 575-439-4150 to learn more.

Our Meals on Wheels Program is made possible by YOUR donations. **The Nutrition Advisory Council has set a suggested donation of \$2.50 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.

Homemaker Services



The Alamo Senior Center provides basic house cleaning services to seniors that are disabled and are unable to perform such services on their own.

The main goal of the Homemaker Services Program is to provide services to seniors who are unable to do housekeeping due to health restrictions, and thus enable them to maintain a clean home environment.

Homemaker services are the provision of light-duty housekeeping to include vacuuming, mopping, dusting, making beds, changing linens, washing dishes, ironing, preparing meals, doing laundry, performing errands and transporting and accompanying persons to local medical appointments.

If you are in need of these services, please contact our office. An appointment will be scheduled in order to conduct an assessment to establish eligibility and need for services.

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.

Dances

Our dances are open to the adult public and are a great way to meet new people! Check our monthly newsletter for dance listings.

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 many volunteer opportunities for those who wish to offer their time, talents and skills. Call 439-4154 for more information.