

The Sentinel

February 2026

50 cent suggested donation

From the Manager



I would like to review the state-required assessment and reassessment process staff must conduct with our members (you). This is a state requirement due to the grant funding we receive from this level. We are also under the City of Alamogordo government umbrella. So, we are continuously complying with many regulations.

Services are provided to our senior community, meeting the age eligibility of 60/+ and spouse, regardless of age. Age eligibility is required by the Area Agency on Aging (our state-level agency) and the Older Americans' Act. The services for which we request funding are Congregate Meals, Home-Delivered Meals, Transportation, and Fitness programs.

As a new member of the senior center, staff will conduct an in-person, face-to-face assessment initially, followed by a reassessment every year thereafter. When a member is not up to date, we are unable to claim the unit of service, resulting in loss of funding. We depend on State & Federal funds to continue services, so it is imperative that the assessments & reassessments are conducted and updated with a staff member.

We also have our Senior Volunteer Program. We are currently recruiting volunteers for the Senior Companion Program (volunteers assist at the homebound home), the Foster Grandparent Program (volunteers assist in school classrooms), and the Care Companion Program (volunteers assist in assisted living facilities & nursing homes).

For questions, please reach out to us at (575) 439-4150.

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>

February 2026

<p>2 - Monday Stuffed Chicken Breast Brown Rice Pilaf Capri Vegetables Tossed Salad w/ Ranch Dressing Apricots</p> 	<p>3 - Tuesday Baked Pork Chop w/Gravy California Blend Vegetables WW Dinner Roll Applesauce</p>	<p>4 - Wednesday Green Chile CheeseBurger Potato Wedges Green Beans Fruit Cocktail</p> 	<p>5 - Thursday Breakfast for Lunch Scrambled Eggs Pinto Beans Spinach WW Bread Vanilla Yogurt Blueberries</p>	<p>6 - Friday MeatLoaf Garlic Mashed Potatoes w/Gravy Carrots WW Roll Peach Cobbler</p> 
<p>9 - Monday Steak Ranchero Pinto Beans Calabacitas Tortilla Peaches</p>	<p>10 - Tuesday Chicken Fried Chicken w/Gravy Carrot Raisin Salad Collard Greens Cornbread Pears</p> 	<p>11 - Wednesday Orange Chicken Brown Rice Asian Vegetables Mandarin Orange</p>	<p>12 - Thursday Open-Faced Turkey Sandwich Mashed Potato Roasted Brussel Sprouts Banana</p> 	<p>13 - Friday Tamale Pinto Beans Spanish Slaw Flour Tortilla Tropical Fruit Salad</p>
<p>16 - Monday "CENTER CLOSED"</p> 	<p>17 - Tuesday BBQ Chicken Thighs Winter Vegetables Three Bean Salad Cornbread Orange</p>	<p>18 - Wednesday Chile Relleno Pinto Beans Capri Vegetables Pineapple Tidbits</p> 	<p>19 - Thursday Beef Tips Mashed Potatoes Broccoli Buttermilk Biscuit Tossed Salad w/Italian Dressing Strawberries & Bananas</p>	<p>20 - Friday Red Chile Cheese Enchiladas Lettuce & Tomato Pinto Beans Chateau Blend Apricots</p>
<p>23 - Monday Country Fried Steak Baked Potato Green Beans WW Roll Spiced Peaches</p> 	<p>24 - Tuesday Chicken Tacos Cheese, Lettuce & Tomato Pinto Beans Zucchini & Diced Tomatoes Grapes Peanut Butter Cookie</p>	<p>25 - Wednesday Spaghetti w/Meat Sauce Italian Blend Vegetables Tossed Salad w/ Ranch Dressing Applesauce</p> 	<p>26 - Thursday Sweet N Sour Pork Oriental Vegetables Brown Rice Vegetable Egg Roll Mandarin Orange</p>	<p>27 - Friday Tuna Noodle Casserole Tossed Salad w/Italian Dressing WW Roll Pear</p> 



1% Low Fat Milk Served Daily
Chocolate Milk Served on Fridays
 Menu Subject to Change

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!!!

Please consider advertising in our Sentinel.

Advertising funds
directly support senior activities.

Give us a call at
(575) 439-4150

Do you think you have been
targeted or have
fallen victim to a scam?
Call AARP Fraud Watch
Network Helpline at:
877-908-3360

The Senior Center's official
Website is located here:

ci.alamogordo.nm.us

Select Community & you will find
several Community Service
Divisions including the
Alamo Senior Center. All other
websites are not supported by the
City of Alamogordo.

3

COYOTE 92.7
COUNTRY KRSY

EXCITER MEDIA
COYOTE COUNTRY STEALTH CLASSIC ROCK
ALAMO SPORTS AND TALK

STEALTH
CLASSIC ROCK
KNMZ 103.7

ALAMO
SPORTS + TALK
101.9 FM 1230 AM

Leading
the MARKET
IN EVERY FORMAT

Cool 94.3 FM

Country 105.3

94KEY 94.3 FM

NEWS TALK
KINN
106.3 FM 1270 AM

www.burtbroadcasting.net

Thank you for
supporting the
Alamo Senior Center

ROCK 97-9
Real Rock Radio For Southern New Mexico

ARKIII
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

December 2025

4

Number of days served this month: 22

Total number of meals served: 7,879

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.

Do you think you have
been targeted or have
fallen victim to a scam?
Call AARP Fraud Watch
Network Helpline at:
877-908-3360

	Congregate	HD Meals:
Meals Served:	3,933	3,946
Donation Average:	\$1.98	\$1.90

-- 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

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

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		2026-Line Dance Jamboree Workshop Nov-Feb 12:00-3:45 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**

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 
Insurance 
Independent Insurance Agents

*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

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

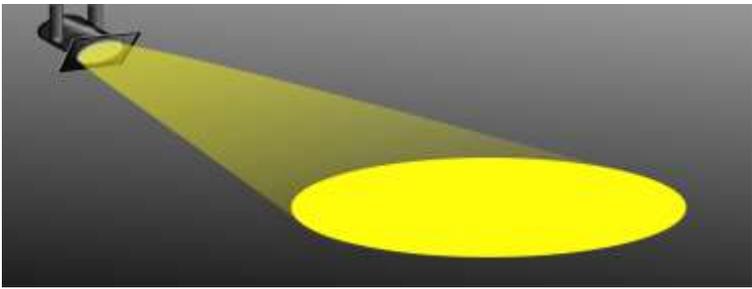
For your Notary

Appointment

(575) 439-4150



SENIOR FITNESS



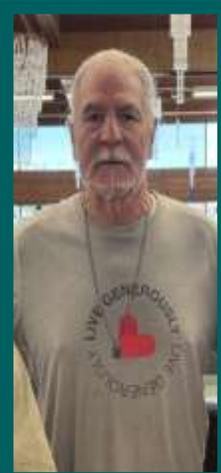
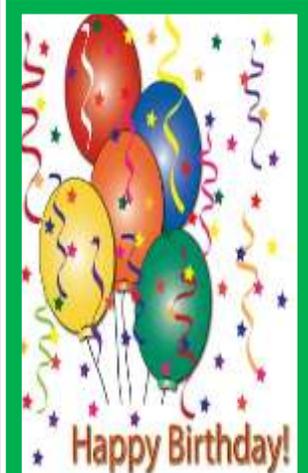
“Low Impact Aerobics” with Pat

This class is fun for EVERYONE. Lots of movement, little choreography and some interaction going on in this popular class. You never know what to expect, unless you try the class! Come ready to MOVE YOUR GROOVE! (Everyone’s groove is different)





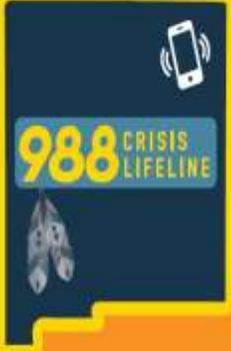
January Birthdays



Pictured left to right are Gladys Gomez-Hall, Michael Hall, Rosa Ceballos, Barbara Taylor, Diane Lara-Monroy, Johnnie Maefish, and Steve Smith. To the right Barney Rojo

Thank you to The Lions Club for sponsoring the Alamo Senior Center's Birthday Party.

Happy Birthday to our Alamo Fitness Volunteers: Michael Knowles, Diane Lara-Monroy, Lee Seldon, and Kelly Wyatt.



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 !!!

8