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## **Meals on Wheels (Home-delivered meals)**

The Alamo Senior Center kitchen prepares and provides a hot and nutritious meal to senior citizens who 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 socializations. 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. Call the Alamo Senior Center to learn more.

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## **Details**

**Ages:** Seniors/elderly

**Intake Process:** Call

**Payment Options:** Donation

**Waiting List:** Never

**Minimum Age:** 60

**Contact:** Eddie Perez

**Contact Email:** [eperez@ci.alamogordo.nm.us](mailto:eperez@ci.alamogordo.nm.us)

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## **Services**

Food Older Adults Disabilities and Health Concerns

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## **Locations**

*2201 Puerto Rico Ave  
Alamogordo, NM 88310*

**Phone:** (575) 439-4150

**Hours:** Monday - Friday 8:00 am - 4:00 pm

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## **Parent Organization**

**Alamo Senior Center**

The Alamo Senior Center's mission is to provide services for persons 60 and over and their spouses regardless of age. The Center is a social environment, which provides support, education, recreation, nutrition and entertainment for elderly persons in Alamogordo and the surrounding area. The Center's goal is to provide an opportunity to maintain a vital role in life for all persons.

*2201 Puerto Rico Ave  
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***Phone:*** (575) 439-4150

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***Type:*** Government

***<http://ci.alamogordo.nm.us/165/Alamo-Senior-Center>***