

# ALAMOSA SENIOR CITIZENS CENTER

NEWSLETTER | JANUARY 2025

## A NOTE FROM OUR DIRECTOR!



January is here and with it a new year of exciting things at the Alamosa Senior Citizens Center.

In the spirit of new beginnings, we have 2 new exercise classes starting this month! Join Tina for Tai Chi Tuesdays at 9:30 am beginning January 7th, and Lorey for Line Dancing on Tuesdays at 1:00 pm beginning the 21st. Both are classes that members expressed an interest in having again. Lorey is one of our board members, and Tina is interested in volunteering at the center. We are happy to have found people who were interested in instructing!

## 2025 Trip

We are excited to announce that our major trip for 2025 is to Mount Rushmore in South Dakota this September. The dates are 9/7 through 9/13 and the price per person based on double occupancy is \$1029.00. Flyers and more information are available at the office.



“

**JANUARY, THE FIRST MONTH OF THE YEAR, A PERFECT TIME TO START ALL OVER AGAIN CHANGING ENERGIES AND DESERTING OLD MOODS, NEW BEGINNINGS, NEW ATTITUDES”**

**– CHARMAINE J FORDE**





"JANUARY IS HERE, WITH EYES  
THAT KEENLY GLOW, A FROST-  
MAILED WARRIOR STRIDING A  
SHADOWY STEED OF SNOW."  
– EDGAR FAWCETT

In case of emergency dial.....	911
Alamosa Police.....	719-589-2548
Police Dispatch.....	719-589-5807
Alamosa Fire.....	719-589-2533
Alamosa Water.....	719-589-2593
Alamosa Trash.....	719-589-2593
Xcel Energy.....	800-895-4999
SLV REC.....	719-852-3538
<b>Alamosa Senior Citizens.....</b>	<b>719-589-3277</b>
Area Agency on Aging.....	719-589-4511
Alamosa Public Library.....	719-589-6592
SLV Veterans Services.....	719-589-1109
Homelake Veterans Home.....	719-852-5118
San Luis Care Center.....	719-589-9081
Evergreen Nursing Home.....	719-589-4951
The Bridge.....	719-587-3514





**"JANUARY IS THE MONTH FOR  
DREAMING."  
— JEAN HERSEY**

## Things to Note...

Among our normal schedule, these are some important goings-on for the month of January!

## Tech Help

The Colorado Digital Navigator is back in the building from 10 am to 1 pm on Wednesday the 8th and the 22nd. Bring your phone, tablet, or laptop and questions!

## Speaker Series



Join us on Tuesday, January 14, at 1:00pm in the Senior Center dining room, when Delzia Worley, Chief Operating Officer at San Luis Valley Federal Bank, will present a talk entitled, "Older Adult Financial Exploitation and Other Common Scams." Older adult abuse and exploitation refer to any intentional act(s) by a caregiver or another person in a relationship of trust that causes harm or distress to older adults, typically age 60 or older. Abusers can be anyone, including people who may have contacted you through social media. Come with questions, concerns, and ready for discussion. They will provide some tips on how to keep you and your information safe.

## Upcoming Concert!

ALMA is thrilled to bring back the wildly popular Glenn Miller Orchestra on Saturday, March 1, 2025, 7:00pm at Richardson Hall at Adams State University! This is a rare opportunity to experience a full night of Big Band music right here in Alamosa. Doors open at 6:30pm and there will be a special opener for the concert at 7:00pm. General admission is \$25.00, but seniors can purchase tickets for only \$20.00 each, if obtained through the Alamosa Senior Center! If you are interested, please call the office at (719) 589-3277.



# Christmas Bazaar & Raffle!

***Our Annual Christmas Bazaar was held on December 14th.***

The center was host to 14 vendors for the day and many community members took advantage of the one-stop-shopping to pick up presents for friends and family.

The center provided breakfast burritos and other items for sale as well. Overall the bazaar was a success. Thank you to our wonderful vendors and kudos to Judy Wiescamp for the wonderful planning!

Winners of the Raffle:

**Prize #1 - Mayfair Blooms Quilt - John and Annette Kurys**

**Prize #2 - Valley Meat Certificate - Trish Brown**

**Prize #3 - Casey McCoy artwork - Julie Scott**

**Prize #4 - Mullins Dairy - Ed Vigil**

***The first day of January always presents to my mind a train of very solemn and important reflections and a question more easily asked than answered frequently occurs viz: How have I improved the past year and with what good intentions do I view the dawn of its successor?"***

***— Charlotte Brontë***

# JANUARY 2025

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1 	2 10 am - Women of Joy Bible Study 12:30 pm - Dominos	3 9:30 am - Strong Bones 12:30 pm - Golf	4
5	6 9:30 am - Strong Bones 10:30 - Chair Yoga 12:30 pm - Jokers & Marbles (Cards) 1:00 pm - Dime Bingo	7 NO ACUPUNCTURE 9:30 am - Tai Chi 10:00 am - Knitting, Crochet Class 12:30 pm - Poker 1:00 pm - Line Dancing	8 9:30 am - Strong Bones 10:00 am - Tech Support 12:30 pm - Mah Jongg 1:00 pm - Dime Bingo	9 10 am - Women of Joy Bible Study 12:30 pm - Dominos	10 9:30 am - Strong Bones 12:30 pm - Golf 1:00 pm - Dime Bingo	11
2	13 9:30 am - Strong Bones 10:30 - Chair Yoga 12:30 pm - Jokers & Marbles (Cards) 1:00 pm - Dime Bingo	14 NO ACUPUNCTURE 9:30 am - Tai Chi 12:30 pm - Poker 1:00 pm - RSVP Speaker Series	15 9:30 am - Strong Bones 12:30 pm - Mah Jongg 1:00 pm - Dime Bingo	16 10 am - Women of Joy Bible Study 12:30 pm - Dominos	17 9:30 am - Strong Bones 12:30 pm - Golf 1:00 pm - Dime Bingo	18
9	20 <i>Closed</i>	21 NO ACUPUNCTURE 9:30 am - Tai Chi 10:00 am - Knitting, Crochet Class 12:30 pm - Poker 1:00 pm - Line Dancing	22 9:30 am - Strong Bones 10:00 am - Tech Support 10:30 - Chair Yoga 12:30 pm - Mah Jongg 1:00 pm - Dime Bingo	23 Santa Claran & Buffalo Thunder Trip 10 am - Women of Joy Bible Study 12:30 pm - Dominos	24 9:30 am - Strong Bones 12:30 pm - Golf 1:00 pm - Dime Bingo	25
26	27 9:30 am - Strong Bones 10:30 - Chair Yoga 12:30 pm - Jokers & Marbles (Cards) 1:00 pm - Dime Bingo	28 NO ACUPUNCTURE 9:30 am - Tai Chi 12:30 pm - Poker 1:00 pm - Line Dancing	29 9:30 am - Strong Bones 10:30 - Chair Yoga 12:30 pm - Mah Jongg 1:00 pm - Dime Bingo	30 10 am - Women of Joy Bible Study 12:30 pm - Dominos	31 9:30 am - Strong Bones 12:30 pm - Golf 1:00 pm - Dime Bingo	



**"WE WILL OPEN THE BOOK. ITS PAGES ARE BLANK. WE ARE GOING TO PUT WORDS ON THEM OURSELVES. THE BOOK IS CALLED OPPORTUNITY AND ITS FIRST CHAPTER IS NEW YEAR'S DAY."**

**– EDITH LOVEJOY PIERCE**

## Activities Around the Valley

If you have any questions about these activities, please contact the Senior Centers directly.

### Northerner's

Bingo - Mon & Wed @ 10 am

Card Games - Tues @ 10 am & Thurs @ 9:30 am

Casino Trip on the 14th - Leaving @ 8 am

*Northerner's is planning a trip to Branson for this Spring. Contact Brenda for details.*

### Tri-County

No activities Planned

### Costilla

No activities planned

### Antonito

No activities collected

Northerner's Senior Center.....719-274-4029  
 Tri-County Senior Citizens.....719-852-5778  
 Antonito Senior Center.....719-376-2294  
 Costilla County Seniors.....719-672-3376



# PUZZLE 10

TO DO A GOOD JOB, YOU NEED A/AN...

BASKET	FILE
BOOK	LEDGER
BOOKCASE	LISTING
BRIEFCASE	MAIL
CABINET	MANUAL
CALCULATOR	OPENER
CALENDAR	PAPER
CHAIR	PEN
CLOCK	PENCIL
COMPUTER	REGULATION
COPIER	RULER
CUPBOARD	STAPLE
DESK	TAG
DIARY	TELEPHONE
DICTIONARY	TERMINAL
ENVELOPE	THESAURUS
ERASER	TRAY
FAX	TYPEWRITER

P	B	H	U	B	M	C	F	I	O	T	C	T	H	R	G	C	P	Y	B	K	O
F	O	G	K	A	U	A	T	T	T	E	O	W	R	E	B	O	K	S	Q	C	E
E	O	N	X	S	X	I	R	K	H	N	H	R	I	T	N	M	T	X	G	O	C
C	K	Q	P	K	J	Q	A	T	N	I	H	P	A	I	X	P	H	S	T	L	T
F	I	L	E	E	F	G	Y	M	Z	B	D	P	H	R	P	U	E	P	B	C	Z
B	Q	P	U	T	A	K	E	M	V	A	S	C	C	W	L	T	S	E	U	I	R
R	E	G	D	E	L	S	S	P	K	C	D	A	V	E	L	E	A	S	I	X	V
P	A	P	E	R	A	M	B	V	B	A	M	L	P	P	I	R	U	A	I	R	H
R	R	S	U	C	K	S	E	D	G	Q	P	C	S	Y	S	L	R	C	S	J	S
R	N	E	K	Y	X	D	D	Q	O	C	B	U	M	T	T	X	U	F	R	H	Y
C	E	O	L	Q	J	R	I	K	H	K	G	L	V	T	I	M	S	E	R	T	T
U	O	I	T	U	A	E	V	C	C	Q	E	A	N	J	N	Y	K	I	C	I	N
B	T	B	P	O	R	G	F	T	T	W	G	T	P	V	G	K	R	R	N	K	N
H	D	L	B	O	Z	U	C	E	Q	I	S	O	N	M	S	R	L	B	E	P	T
G	F	P	G	R	C	L	A	L	L	T	O	R	Z	P	P	N	W	G	A	T	C
J	U	H	V	E	G	A	L	E	A	F	V	N	Q	Q	D	I	A	R	Y	S	Z
C	A	G	V	S	U	T	E	P	U	L	R	S	A	X	R	V	G	L	E	A	I
S	P	P	M	A	C	I	N	H	N	T	E	E	J	R	B	P	I	Y	L	Y	P
T	R	T	E	R	D	O	D	O	A	G	Y	Y	N	F	Y	A	N	B	P	F	U
L	I	C	N	E	P	N	A	N	M	K	F	M	V	E	M	J	D	W	A	D	U
C	U	L	A	N	I	M	R	E	T	N	W	Z	L	B	P	R	U	D	T	C	S
E	N	V	E	L	O	P	E	L	Y	Z	U	H	H	J	B	O	J	Z	S	C	W



**"WITH MIRTH AND LAUGHTER  
LET OLD WRINKLES COME."**

**— WILLIAM SHAKESPEARE, THE  
MERCHANT OF VENICE**

## Birthdays!

1-Christine Stephens

1-Mary Flynn

2-Elizabeth Kinney

4-Mike Yohn

5-Helen Lozoya

5-Robert Ramirez

7-Barbara Kolupke

9-Rhonda Borders

9-Margaret Jones

11-Jan Doctor

12-Robert Andrews

13-Patricia Mascarenas

15-Janet Higel

17-Tony Sanchez

22-JoAnn Kunugi

23-Judy Cohen

25-Ann Young

28-Gloria Quirico

28-Kathy Sullivan

28-Dale Ann Nagel



The Retired and Senior Volunteer Program (RSVP) of Alamosa County is looking for volunteers! We believe that folks aged 55 and up have much to contribute to their communities through volunteer engagement. Powered by AmeriCorps Seniors, RSVP connects older adults with opportunities that make a difference in their area, while helping them stay engaged and healthy. We are looking for volunteers to serve at one of our many volunteer stations addressing a variety of community needs, including our very own Alamosa Senior Citizens Center! Contact Nancy Harris today if you or someone you know is looking to give back through volunteer service in our area. Call 303-867-0868, email [nharris@sparkthechangecolorado.org](mailto:nharris@sparkthechangecolorado.org) or visit <https://www.sparkthechangecolorado.org/rsvp.html>.



# Crossword 2

## ACROSS

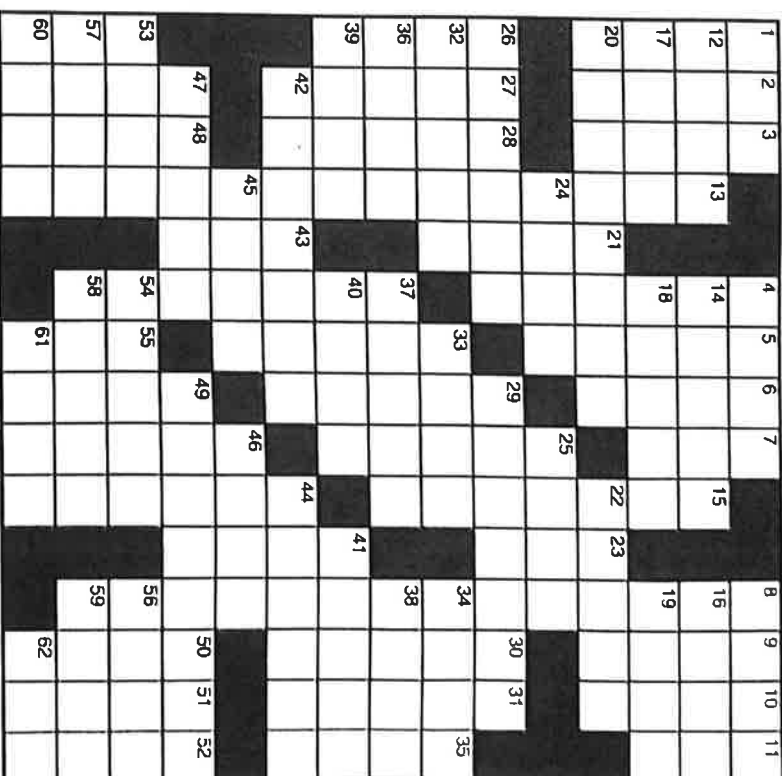
1. Service station purchase
4. "Meet Me \_\_\_ Louis" (2 wds.)
8. Tax times (abbr.)
12. "In \_\_\_ York minute!" (2 wds.)
14. Souvenir
16. Author Leon ("Trinity")
17. Part of Indonesia
18. \_\_\_ for (guarantee)
19. Q-\_\_\_
20. Predatory activity
22. Bakery emanation
24. Magnifying glass
25. Fedora's edge
26. Gambling
29. Contorted expression
32. Pseudonym
33. Pretentious sort's "bye-bye"
34. Mix the salad
36. Wander the country-side
37. Proceed easily
38. Greek letter
39. Cougar
40. Curry et al.
41. Lands' End competitor(2 wds.)
42. "All in the Family"

## nickname

44. Slips of memory
45. Singer Celine
46. Start for van or skirt
47. We \_\_\_ please (2 wds.)
49. Congratulations, Yiddish style (2 wds.)
53. "\_\_\_ Kett" (2 wds.)
54. Diving gear
56. Killer whale
57. Begin to move
58. "Peter, Peter, pumpkin \_\_\_..."
59. Makes lace
60. A cinch
61. Unite metal by heating
62. "Hey there!"

## DOWN

1. Yaks
2. Med. school course
3. Ward of "House"
4. Composer Berlin
5. Store signs
6. Hit hard
7. Spasm
8. Self-driving car system (2 wds.)
9. Stiffly proper
10. Kelly of morning TV
11. Snaky sound
13. Virginia college (3 wds.)
15. Ancient two-



## wheeled vehicle

21. Griffey et al.
23. Outer edge
25. Military VIPs
26. "The World According to \_\_\_"
27. Orally
28. Sunshine State city
29. Fairy-tale villain
30. Brewer Adolph
31. First name in cosmetics
33. Barbaric role for Arnold
35. Toothed tools
37. End of a train
41. Actress Alexander
43. Cowboy's "beat it!"
44. Gecko or iguana
46. Actress Normand
47. "\_\_\_ girl!"
48. "How sweet \_\_\_" (2 wds.)
49. TV volume option
50. Golfer's hazard
51. Fall months (abbr.)
52. Wide reaching
53. Wind dir.
55. Crow's cry

# ALAMOSA SENIOR CENTER PRESENTS

## Mount Rushmore & the Black Hills of South Dakota



### INCREDIBLE PRICE INCLUDES:

- ♦ Motorcoach transportation
- ♦ 6 nights lodging including 4 consecutive nights in South Dakota
- ♦ 10 meals: 6 breakfasts and 4 dinners
- ♦ Visit to the amazing Crazy Horse Memorial
- ♦ Guided Tour of Deadwood, plus gaming at a Deadwood Casino
- ♦ Admission to the Unique Journey Museum
- ♦ Visit to the Mount Rushmore National Memorial
- ♦ Tour of Wildlife Loop Road at Custer State Park
- ♦ High Plains Western Heritage Center & Borglum Historical Center

For more pictures, video, and information visit:  
[www.GroupTrips.com/alamosasenior](http://www.GroupTrips.com/alamosasenior)

# \$1029\*

## 7 Days 6 Nights

\*PER PERSON, DOUBLE OCCUPANCY

(Sun - Sat)  
Sep 7 - 13  
2025

**Departure: Alamosa Senior Center, 92 Colorado Ave, Alamosa, CO @ 8 am**

**Day 1:** Board your spacious, video and restroom equipped Motorcoach and set off for the legendary Black Hills of South Dakota. Tonight, check into an en route hotel for a good night's rest.

**Day 2:** Today, after enjoying a Continental Breakfast, you will continue towards your destination. This evening, you will enjoy Dinner and check into your South Dakota area hotel.

**Day 3:** Start the day with a Continental Breakfast before heading to the BORGLUM HISTORICAL CENTER, where you will learn the story of Gutzon Borglum, the sculptor of Mount Rushmore. Afterward go to the MOUNT RUSHMORE NATIONAL MEMORIAL, America's "Shrine of Democracy" and a symbol of the nation's rich history, rugged determination, and love of freedom. Then enjoy a TOUR OF WILDLIFE LOOP ROAD at CUSTER STATE PARK. The Wildlife Loop Road takes you through rolling prairies and pine covered hills, offering one of the best spots in the region to view native animals in the wild. This evening, enjoy Dinner and entertainment.

**Day 4:** After enjoying Continental Breakfast, you will go to the High Plains Western Heritage Center. Then, you'll head for Deadwood, South Dakota, the former home of Wild Bill Hickok and Calamity Jane - now the location of gaming establishments in beautifully restored historic hotels and saloons. Enjoy a GUIDED TOUR OF DEADWOOD, have some gaming excitement and later, enjoy Dinner.

**Day 5:** Today after Continental Breakfast, your tour takes you to the unique JOURNEY MUSEUM, which tells the complete history of the mystical Black Hills. Then, prepare for an inspirational sight at the magnificent and spectacular CRAZY HORSE MEMORIAL, destined to be the world's largest memorial upon completion. You'll also learn about the sculptor Korczak Ziolkowski, his vision, and the loving family who continues his life's work. This evening enjoy Dinner and entertainment.

**Day 6:** Enjoy a Continental Breakfast before leaving for a visit to the Big Thunder Gold Mine in Keystone, SD. This evening, relax at your en route hotel.

**Day 7:** Today, after enjoying a Continental Breakfast, you depart for home... a perfect time to chat with your friends about all the fun things you've done, the great sights you've seen and where your next group trip will take you!

### ADD SOME PEACE OF MIND TO YOUR TRIP...

With Diamond Tours Exclusive *Travel Confident*® Protection Plan.  
See separate advertisement...

\$75 Due Upon Signing. \*Price per person, based on double occupancy. Add \$275 for single occupancy.  
Final Payment Due: 6/30/2025



U.S. Presidents  
immortalized in stone at  
Mt. Rushmore



Spectacular view traveling  
the famous Black Hills



Crazy Horse Monument to  
be 10x the size of Mt.  
Rushmore



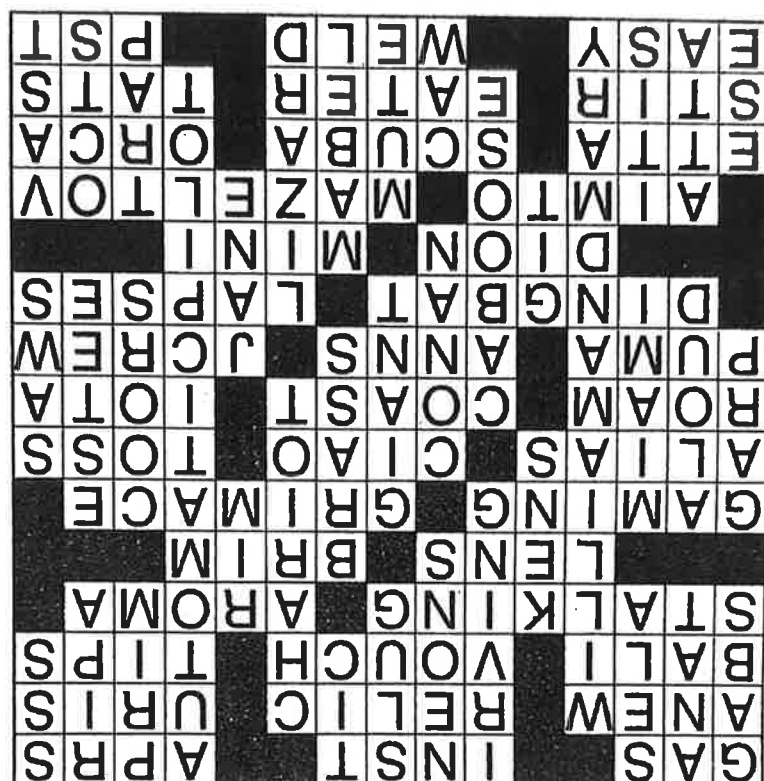
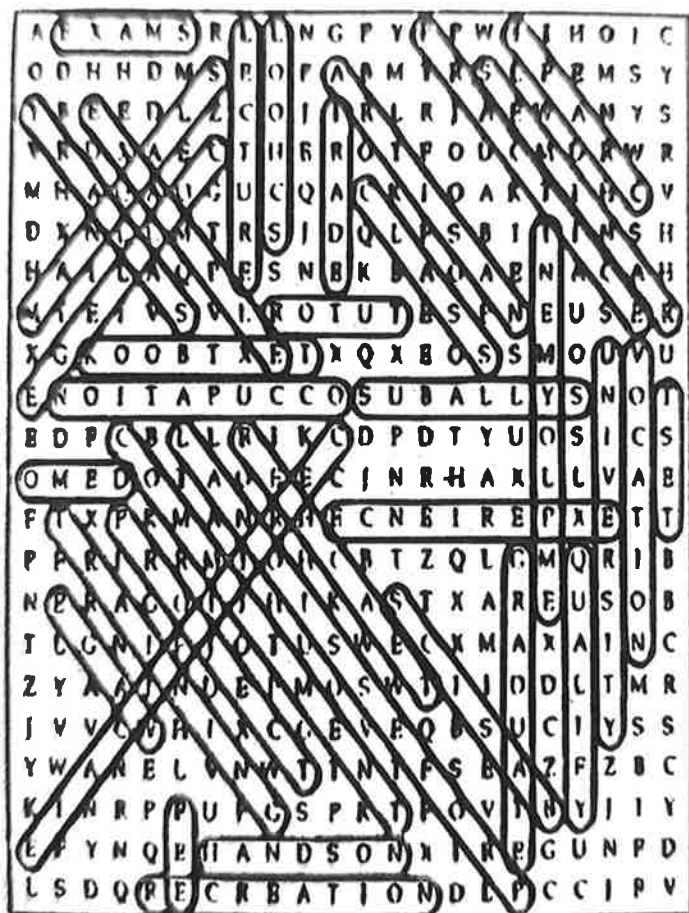
Wildlife enhances the  
pristine Black Hills

### FOR INFORMATION & RESERVATIONS CONTACT:

**Stephanie Sales @ (719) 589-3277**

**Diamond Tours**<sup>inc.</sup>  
Bringing Group Travel to a Higher Standard®

Fla. Seller of Travel Ref No. ST32973.



PUZZLE 2



# January

## THURSDAY MENU

MEAL COST IS \$5 PER PERSON

### JANUARY 2ND

Grilled Ham & Cheese w/ Tomato Soup  
Spice Cake

### JANUARY 9TH

Chicken Parmesean w/ Garlic Bread  
Pasta Salad  
Cookies

### JANUARY 13TH

Maid Rite Sandwiches w/ Chips  
Orange Jell-o Cake

### JANUARY 23RD

Potato Soup w/ Roll  
Cookies

### JANUARY 30TH

Philly Cheesesteak Sandwich w/ Tots  
Cookies

*Menu subject to change*

January 2025

SOUTH-CENTRAL COLORADO SENIORS, INC.

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Monday	Tuesday	Wednesday	Thursday	Friday
<p><i>The menu is subject to change without prior notice.</i></p> <p><b>RESERVATIONS ARE REQUIRED</b></p> <p>Crunchy Fish/arter sauce Parsley Buttered Carrots Banana Chips Pineapple Mandarin Orange Whole Wheat Roll</p>	<p><i>All meals are served with 2% milk</i></p> <p><b>No Trans Fat and No Salt BUTTER</b></p> <p><i>Butter is served with Bread Products</i></p> <p>Tostada Beef/Beans Cheese/Lettuce/Tomatoes Salsa Spanish Rice Mixed Fruit</p>	<p><b>CLOSED</b></p> <p><b>IN OBSERVANCE OF NEW YEARS DAY</b></p> <p>Suggested Donation \$ 4.00 Guest Rate \$ 9.00</p> <p>Baked Pork Chops w/Buttered Apples Roasted Sweet Potatoes Seasoned Greens Mixed Tropical Fruit Whole Wheat Crackers</p>	<p><b>CLOSED</b></p>	<p>Chicken Cordon Bleu Brown Rice Herbed Green Beans Mandarin Oranges Whole Wheat Crackers</p>
<p>13</p> <p>Frito Pie Lettuce &amp; Tomato Carrots Whole Wheat Crackers Fruit Cocktail Orange Juice</p>	<p>14</p> <p>Pork/Green Chili Stew/w Black Beans Cheese Sticks Zucchini Fries Orange/Raisin Nut Cup Whole Wheat Tortilla</p>	<p>15</p> <p>Lemon Baked Fish Scalloped Potatoes Brussel Sprouts Prunes Whole Wheat Roll</p>	<p><b>CLOSED</b></p>	<p>16</p> <p>Baked Potatoes with Broccoli &amp; Cheese Caesar Salad Fruit Yogurt Vanilla Wafers</p>
<p>20</p> <p><b>CLOSED</b></p> <p><b>IN OBSERVANCE OF MARTIN LUTHER KING DAY</b></p>	<p>21</p> <p>Potato Soup Tuna Salad Lettuce/Tomato Black Beans Whole Wheat Crackers Fresh Orange</p>	<p>22</p> <p>Sloppy Joe Whole Wheat Bun Sun Chips Brussel Sprouts Mixed Tropical Fruit</p>	<p><b>CLOSED</b></p>	<p>23</p> <p>Macaroni and Cheese Salad w Sunflower Seeds Dressing 5-Way Vegetables Apple/ Pears Whole Wheat Crackers</p>
<p>27</p> <p>Ham &amp; Beans Tossed Vegetable Salad Ranch Dressing Apricot Pineapple Compote Mexican Cornbread</p>	<p>28</p> <p>Cheeseburger on Bun With Everthing Sun Chips Baked Beans Fruit Cocktail Orange Juice</p>	<p>29</p> <p>Chicken Fried Steak Country Gravy Mashed Potatoes Steamed Broccoli Purple Plums Whole Wheat Roll</p>	<p><b>CLOSED</b></p>	<p>30</p> <p>Grilled Chicken Whole Wheat Bun Cheese/Lettuce/Tomato 3 Bean Salad Fresh Orange</p>
<p><b>QUESTIONS CALL 719-589-4511</b></p> <p><b>WEBSITE: silva.a.org</b></p> <p><b>STATE UNIT ON AGING 303-866-2651</b></p>				
<p><b>MEALS MAY CONTAIN ALLERGENS AS INGREDIENTS WHEAT-SOY-GLUTEN-TREE NUTS-PEANUTS-MILK-EGGS- FISH-SHELLFISH-SESAME</b></p>				

# Important Notices

Please contact the Alamosa Senior Citizens if you have any questions

## Lunches

Noon lunches are provided by South-Central Colorado Seniors, the local Area Agency on Aging.

You must be 60 or older to eat for the suggested donation price of \$4.00. If you are younger than 60, you must pay \$9.00 to eat. Reservations in advance are required. Call 719-589-4511 at least 24 hours in advance. **Beginning Nov 21, lunch will not be served on Thursdays unless there's a snow day! The center will be open on Thursdays.**

## Trips

Anyone can go on our trips, if they are 50 and over. Trip costs vary, but members get a discount on the trip fee. Invite your friends and make a day of it!

## Memberships

Anyone can be a member if they are 50 and over. Dues are \$40.00 per person per year. If your name is highlighted, we have not received your dues for this year.

*If your name is highlighted, then your annual membership fee is due. Individual membership is \$40 per year. Ambassador membership is \$100 per year.*

**JANUARY NEWSLETTER**

*participate in a rewarding volunteer program.*

*Our mission is to provide a place for senior citizens to come together to meet social, recreational, cultural, educational, health, and nutritional needs, to foster an environment through caring service that will also promote dignity, independence and a sense of purpose for seniors as well as to have an opportunity to*

