

ALAMOSA SENIOR CITIZENS CENTER

NEWSLETTER | FEBRUARY 2025

A NOTE FROM OUR DIRECTOR!



February is here and the Spring approaches. We hope that each of you are staying warm and safe this winter season. If any of our members is needing a ride to the grocery store, a doctor's appointment, or to the Senior Center, please call the office. We have transportation available.

Transportation needs to be scheduled at least 3 hours in advance, however, we prefer 24 hours' notice. Transportation can only be within Alamosa, and between the hours of 9:00 am and 1:00 pm. There is no cost associated with the ride, but donations are greatly appreciated.

2025 Trip

The Mount Rushmore Trip to South Dakota this September sign-up is happening. The dates are 9/7 through 9/13 and the price per person based on double occupancy is \$1029.00. There is \$75.00 due at sign-up. The remaining \$954 is due by 06/15. You do not need to be a senior or a member to participate. 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
Alamosa Senior Citizens.....	719-589-3277
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 February!

Tech Help

The Colorado Digital Navigator is back in the building from 10 am to 1 pm on Wednesday the 5th and the 19th. **Call the center to set an appointment.** Then bring your phone, tablet, or laptop and questions!

Speaker Series



Join us on Tuesday, February 11, at 1:00pm in the Senior Center activity room, when Brandon James Cantu, BS, PTA, MSPT, Director of Therapy Services at San Luis Valley Health Regional Medical Center, will present a talk entitled, "Body and Balance: How to Eliminate Fall Risks in the Home." Each year millions of people across the US are falling within their home. 1 out of 4 people over the age of 65 fall each year and it is one of the most common causes of injury in the home. Falls can be prevented! This presentation will give you some tips and education on things you can do to reduce the risks of falls in the home including exercise/balance tips, tips on removing fall hazards in the home, appropriate fitting of assistive devices and more.

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.



"OF ALL THE MONTHS OF THE YEAR THERE IS NOT A MONTH ONE HALF SO WELCOME TO THE YOUNG, OR SO FULL OF HAPPY ASSOCIATIONS, AS THE LAST MONTH OF THE YEAR." – CHARLES DICKENS

CSU Spring OLLI Classes

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

02/05 - 1 to 3 pm: Emerging Scholar Aging Muscles: The Good, the Bad, and the Workarounds

This lecture will explore the fundamentals of muscle biology, the changes that occur with age, and strategies to counteract these effects for improved quality of life.

02/20 - 8 to 9:30 am: The Irish Potato Famine: A Tragedy in Three Acts

Discussion of the origins of the Potato, the water molds and their effects, and the political climate that became the famine that defines the modern Irish mentality.

02/20 - 10 am to 12 pm: Understandable PC Security Guidelines Plus Methods to Unconstipate your Windows PC

Learn non-technical English techniques everyone should use to protect their privacy and online accounts, plus how to make your Windows PC work better.

02/20 - 5 to 6:30 pm: William Still: Father of the Underground Railroad

This lecture includes a part of the PBS documentary which included a dramatic recreation of the escape of Still's brother, a runaway slave. The lecture is enhanced by video clips from the documentary and includes a brief discussion of the documentary.

Upcoming Lectures:

Southwest, the Beautiful - March 7th

Animals Make Us Human - March 24th

Cybersecurity Basics - April 25th



**"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 11th - 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



"WITH MIRTH AND LAUGHTER
LET OLD WRINKLES COME."

— WILLIAM SHAKESPEARE, THE
MERCHANT OF VENICE

Birthdays!



4-Judy Irvine
5-Kerry Adams
7- Bill Jordan
10-Duane Bussey
12-Theresa Atencio
12-Fred Jones

12-Joette Eyser
15-Betty Patton
17-Joe Ortega
19-Mavi Valdez-
Apodaca
20-Harvey White

20-Angela Stefano
21-Joe Zanski
22-Gloria Rubendall
22-David Schneider
28-Jen Oen



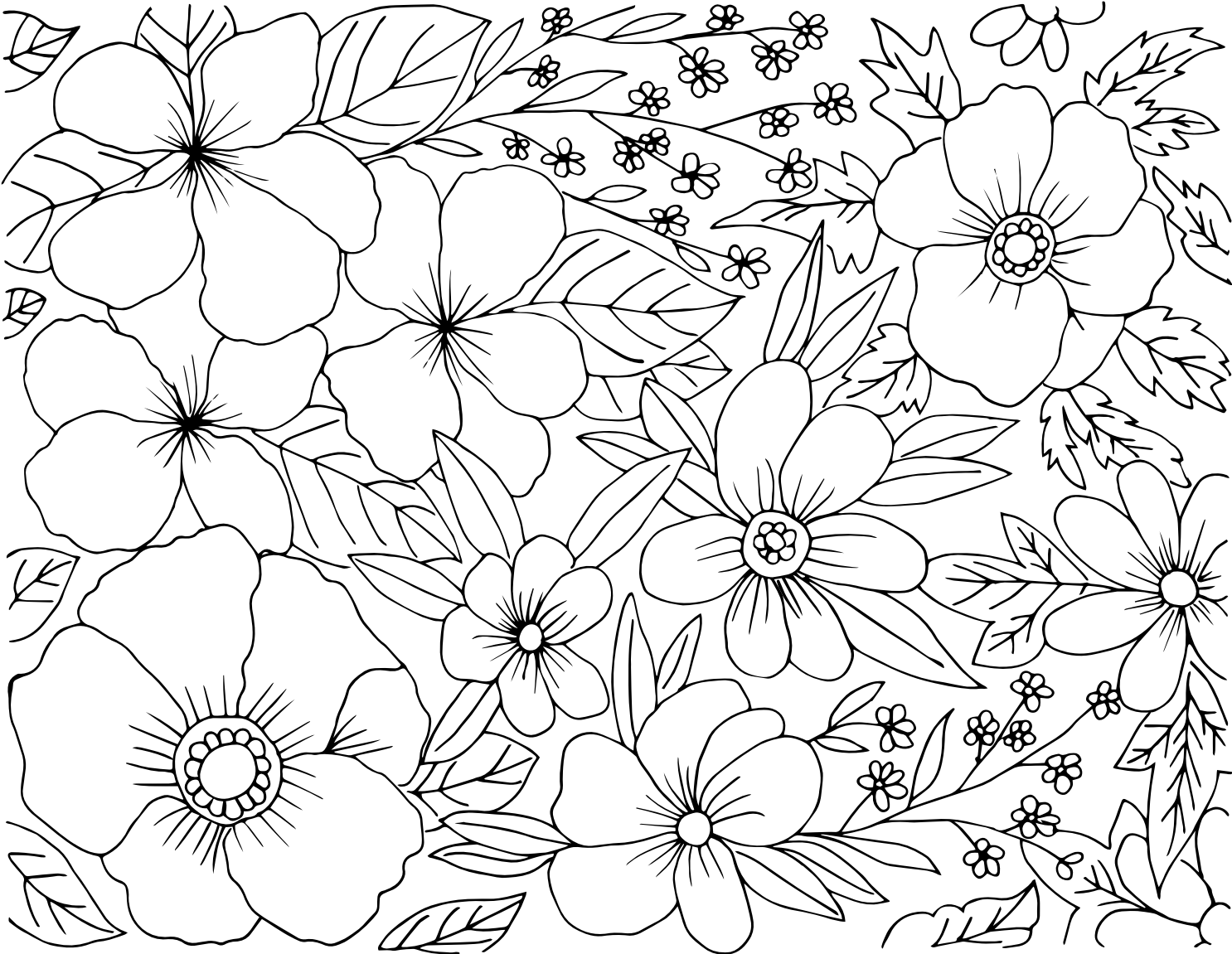
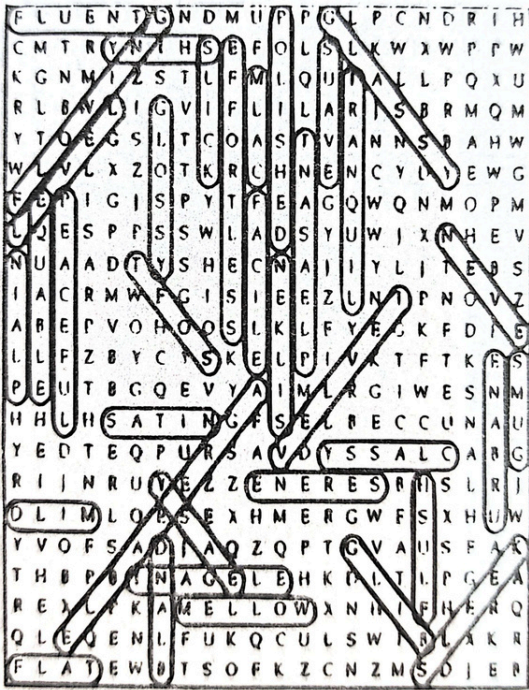
The Retired and Senior Volunteer Program (RSVP) of Alamosa County is looking for volunteers! We believe that folks aged 55 and up have much to contribute to their communities through volunteer engagement. Powered by AmeriCorps Seniors, RSVP connects older adults with opportunities that make a difference 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 or visit <https://www.sparkthechangecolorado.org/rsvp.html>.

SMOOTH AND EASY

AGREEABLE	MELLOW
BLAND	MILD
CALM	PEACEFUL
CLASSY	PLAIN
EASY	PLEASANT
EFFORTLESS	POLISHED
ELEGANT	SATIN
EQUABLE	SERENE
EVEN	SHINY
FACILE	SILKEN
FLAT	SLEEK
FLOWING	SLICK
FLUENT	SMUG
FLUSH	SOFT
GLASSY	SUAVE
GLIB	TRANQUIL
GLOSSY	URBANE
LEVEL	VELVET

PUZZLE II

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



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. **Begining 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.

FEBRUARY NEWSLETTER

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 participate in a rewarding volunteer program.



NON-PROFIT ORG.
U.S. POSTAGE PAID
Alamosa, CO 81101
Permit No. 145

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Alamosa, CO 81101