

ALAMOSA SENIOR CITIZENS CENTER

NEWSLETTER | MARCH 2025

A NOTE FROM OUR DIRECTOR!



Spring is on its way again, and with it, the wind. We're excited for the warm weather and the outdoor activities that are beginning. The center is planning on a walking group around the park, fishing, shopping, and nature trips coming this Spring and Summer. If you'd like to see something offered to our members, please let us know. We are wanting to create more opportunities for learning, socialization, and activity. We also will help Alamosa members get to the senior center and back home if that is needed. **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.**

2025 Trip

Make sure you don't miss out on the Mount Rushmore Trip to South Dakota this September! Sign-up is happening now through **April 25th**. A deposit of \$75.00 is due by then, 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.



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MARCH BUSTLES IN ON
WINDY FEET AND
SWEEPS MY DOORSTEP
AND MY STREET.
— SUSAN REINER





MARCH CAME IN THAT WINTER LIKE THE MEEKEST AND MILDEST OF LAMBS, BRINGING DAYS THAT WERE CRISP AND GOLDEN AND TINGLING, EACH FOLLOWED BY A FROSTY PINK TWILIGHT WHICH GRADUALLY LOST ITSELF IN AN ELFLAND OF MOONSHINE."
— L.M. MONTGOMERY

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



**"IN MARCH WINTER IS HOLDING BACK AND SPRING IS PULLING FORWARD. SOMETHING HOLDS AND SOMETHING PULLS INSIDE OF US TOO."
— 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!

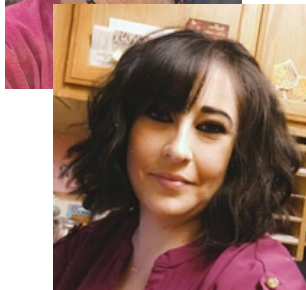
Speaker Series

Join us on Tuesday, March 11, at 1:00pm in the Senior Center activity room, when Pattie Swift, Colorado attorney and retired District Judge and Amber Cortez, LPN, Executive Director, Hospice Del Valle, will present a talk entitled, "Legal Documents for Seniors: How to Make Your Wishes Known and Effective." This presentation will offer a basic overview of the legal documents that are used in Colorado for estate planning, such as wills, trusts, and powers of attorney, as well as for advanced medical directives. In addition, there will be a presentation on the Five Wishes national advanced care planning program.

Upcoming Concert!

Monday, March 10, 10:30 – 11:30 am is Tom Neilson in Concert!

Neilson is a storyteller who weaves an autobiographical sketch of songs and stories that are both historical and contemporary. His theme for the Senior Center is "Music As Social History," an autobiographical sketch, that begins with his dairy farm roots and proceeds to lifetime events like the Vietnam War, civil rights, liberation struggles, unions, pipelines, breastfeeding, oligarchy, parenting, sexuality, humanism, lost loves and more. He is a member of the American Federation of Musicians, Local 1000. For information, contact: Jan Oen, janoen2018@gmail.com





**"MARCH IS A TOMBOY WITH
TOUSLED HAIR, A MISCHIEVOUS
SMILE, MUD ON HER SHOES, AND
A LAUGH IN HER VOICE."
— HAL BORLAND**

CSU Spring OLLI Classes

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

03/07 - 1 to 3 pm: Southwest, the Beautiful

Rugged, beautiful... and Delicious. The Southwest is the ultimate playground, luring adventurers with red-rock canyons, Wild West legends, and culinary delights. This lecture focuses on the defining characteristics of Southwestern cuisine.

03/24 - 10:00 am to Noon: Animals Make Us Human

Join beloved animal expert and CSU professor, Dr. Temple Grandin, to learn from her research shared in the 2010 New York Times bestseller, *Animals Make Us Human: Creating the Best Life for Animals*.

Think360 Art Workshops

3/20 & 3/27



Nora McBride is an artist living and working in southern Colorado in the San Luis Valley. Her personal work is influenced by imagery and symbols that have been absorbed into her subconscious over the course of her life. Her practice includes drawing, painting, murals, printmaking, and embroidery. She believes in art's ability to process, transform, and translate our individual experiences into personal and collective healing, growth, and connection.

She has taught drawing and printmaking at Adams State University in Alamosa, CO. and has shown work nationally in Iowa, Oregon, Colorado, and New Mexico. In 2020 she collaborated with members of the Boys and Girls Club of the San Luis Valley, and staff and volunteers at the Rio Grande Farm Park to create a site specific, public mural installation that celebrates community in the San Luis Valley.





"SPRING BREATHES NEW LIFE INTO THE WORLD AROUND US".

Plan Ahead for April 2025

Upcoming events for the Month of April

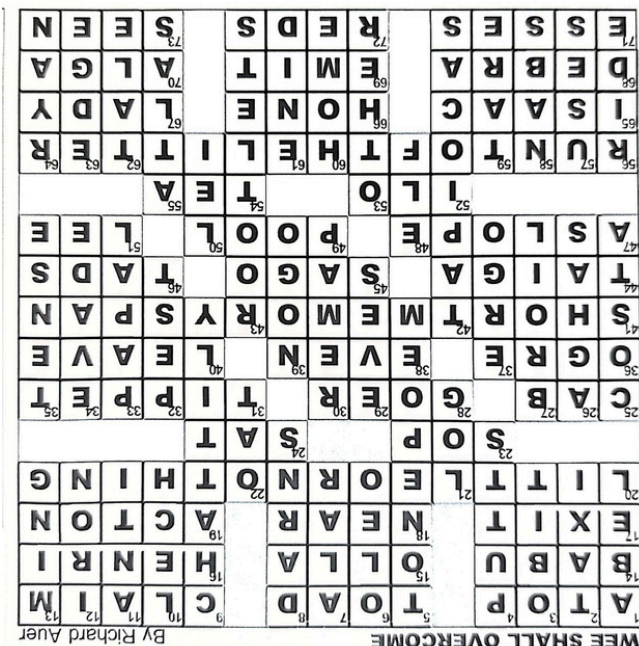
04/01: ASU's Luther Bean Museum

In partnership with the university and valley communities, the Luther Bean Museum seeks to preserve, enhance, and promote the study of the diverse culture and history of the San Luis Valley and Adams State.

Dates TBA: Colcha Embroidery Workshop

Colcha embroidery is a textile practice that came to Colorado's San Luis Valley from Northern New Mexico in the 19th Century and has been shaped by revival movements into a pictorial art that often illustrates local architecture, landscapes, community traditions, personal narratives, and folklore.

The San Luis Valley Colcha Embroidery Project supports artists to teach and tend to vital community connections while celebrating cultural traditions. The project supports exhibitions, workshops, and scholarship.





**"IT WAS ONE OF THOSE MARCH DAYS WHEN THE SUN SHINES HOT AND THE WIND BLOWS COLD: WHEN IT IS SUMMER IN THE LIGHT, AND WINTER IN THE SHADE."
— CHARLES DICKENS**

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

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!

1-Carolyn Pacheco
3-Nancy Harris
4-Gilbert Ortega
5-Claudette Fisher
7-Arlan Van Ry
8-Loriann Archuleta
8-Karen Ellsworth
8-Jim Ornelas

12-Mary Trujillo
13-Janet Yohn
14-Maria Ulloa
17-Patricia Biggs
18-Hazel Petty
19-Modesto Lucero
21-Mary Lujan

22-Julian Garcia
22-Betty Eyser
23-Thomas Flynn
25-Margie Clemmer
27-Maddie Martinez
31-Rose Weaver



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>.

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.

MARCH 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.



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Alamosa, CO 81101