

ALAMOSA SENIOR CITIZENS CENTER

NEWSLETTER | APRIL 2025

A NOTE FROM OUR DIRECTOR!

Welcome Spring! The center is gearing up for the warm weather and our summer projects. The concrete replacement project starts mid to late April; we ask that those who usually park on this side of the building be patient as we keep that side closed to the public during the project. We anticipate that the east side will be closed two to three weeks.

On the 2nd and 4th Wednesdays of the month, The Alamosa Senior Center now offers a ride for grocery shopping at Walmart and City Market. Call if you want to participate! The ride will pick up beginning at 10 am and will drop you off to complete your shopping. You will have an hour at the store. We will also 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.**



Trip Deadline!

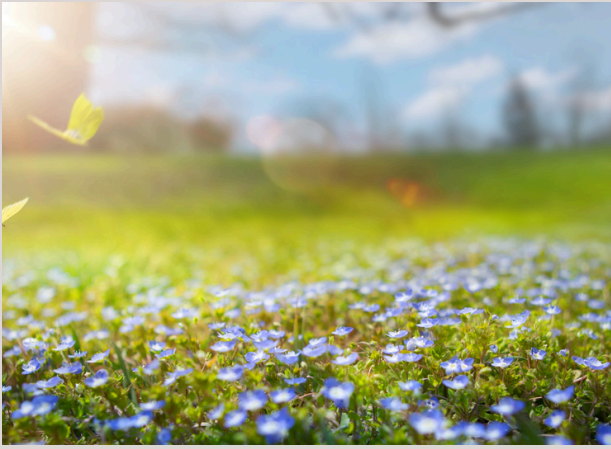
Make sure you don't miss out on the Mount Rushmore Trip to South Dakota this September! Sign-up is happening now through **April 25th**. A deposit of \$75.00 is due by then, the remaining \$954 is due by **06/15**. You do not need to be a senior or a member to participate. Flyers and more information are available at the office.



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"APRIL, THE ANGEL OF THE MONTHS, THE YOUNG LOVE OF THE YEAR."
– VITA SACKVILLE-WEST





"THE SUN WAS WARM BUT THE
WIND WAS CHILL / YOU KNOW
HOW IT IS WITH AN APRIL DAY /
WHEN THE SUN IS OUT AND THE
WIND IS STILL / YOU'RE ONE
MONTH ON IN THE MIDDLE OF
MAY."

– ROBERT FROST

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



"THERE IS NO GLORY IN STAR OR BLOSSOM TILL LOOKED UPON BY A LOVING EYE; THERE IS NO FRAGRANCE IN APRIL BREEZES TILL BREATHED WITH JOY AS THEY WANDER BY." – WILLIAM CULLEN BRYANT

Things to Note...

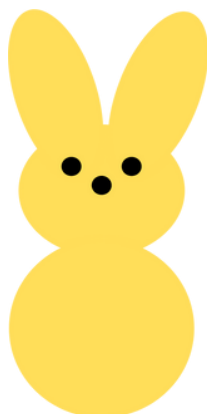
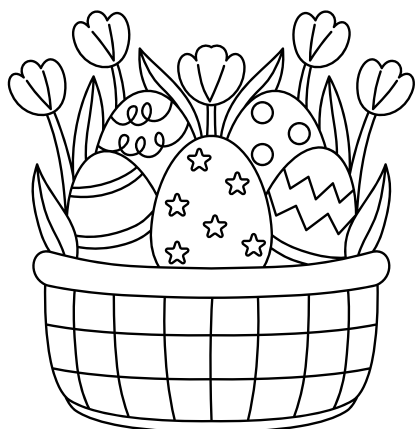
Among our normal schedule, these are some important goings-on for the month of April!

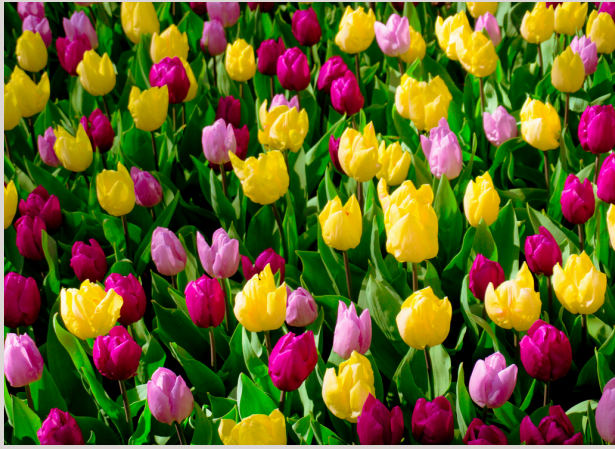
Tech Help

The Colorado Digital Navigator is back in the building from 10 am to 1 pm on Wednesday the 2nd and the 16th. **Call the center to set an appointment.** Then bring your phone, tablet, or laptop and questions!

Speaker Series

Join us on Tuesday, April 8, at 1:00pm in the Senior Center, when Nancy Harris (RSVP Manager, Alamosa County), Sharon Adcock (RSVP volunteer), Annalise Baer (Director, Food Bank Network of the San Luis Valley) and Audrey Liu (Director, San Luis Valley Habitat for Humanity), will present a panel presentation entitled, "The Power of Volunteerism." o The Retired and Senior Volunteer Program (RSVP) of Alamosa County believes that folks aged 55 and up have much to contribute to their communities through volunteer engagement and there are many advantages to one's health from volunteering. This panel on volunteerism features experts who will share how volunteering in our community offers benefits to older adults, such as increased physical and emotional well-being, while contributing to the resilience of our local area.





"OUR SPRING HAS COME AT
LAST WITH THE SOFT
LAUGHTER OF APRIL SUNS
AND SHADOW OF APRIL
SHOWERS."

– BYRON CALDWELL SMITH

CSU Spring OLLI Classes

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

04/25 - 1 to 3 pm: Cybersecurity Basics

Learn how to keep yourself safe when emailing and texting; What you should do when you've been compromised; how to recognize scams, and more!

Alamosa Senior Citizens Thanks Think360 for Art Workshops



The Alamosa Senior Citizens wishes to thank Nora McBride and Think360 for the wonderful Art Workshops held in March!



Alamosa Senior Citizens Thanks Next50 Initiative for Thursday Lunches

Thanks to a grant from Next50 Initiative, the Alamosa Senior Citizens has been able to provide lunches on Thursdays from January through March.





**"SPRING UNLOCKS THE
FLOWERS TO PAINT THE
LAUGHING SOIL." – BISHOP
REGINALD HEBER**

Plan Ahead for May 2025

Call the office at (719) 589-3277 to register for the following events.

05/13: Santa Claran Casino

Join the Alamosa Senior Center on a trip to the Santa Claran Casino on the 13th of May.

05/20: Chimayo

The Alamosa Senior Citizens Center is taking a trip to the Santuario de Chimayo and then to Ranchos de Chimayo on the 20th.



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.



"APRIL IS THE GATEWAY TO THE JOYS OF SUMMER." — FENNEL HUDSON

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

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



LET US NEVER KNOW WHAT OLD
AGE IS. LET US KNOW THE
HAPPINESS TIME BRINGS, NOT
COUNT THE YEARS.

AUSONIUS

Birthdays!

1-Elizabeth Chambers
4-Ernest New
5-Richard Scanlan
5-Linda Cozart
6-Betty Gray
6-Robert Zimmerman
6-Luella Salazar
6-Susan Foster
6-Cindy Gasca

8-John Kettler
9-Evelyn Vigil
14-Lil Bargas
16-Mary Russell
15-Trish Cunningham
15-Lola Hershey
16-Kusmawati
Kitterman

20-Minda Berk
21-Linda Howard
22-Sharon K Adcock
26-Julie Scott
28-Charles Miller
29-Karen Amrein



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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U.S. POSTAGE PAID
Alamosa, CO 81101
Permit No. 145

Alamosa Senior Citizens, Inc.
P.O. Box 1007
Alamosa, CO 81101