

# ALAMOSA SENIOR CITIZENS CENTER

NEWSLETTER | MAY 2025

## A NOTE FROM OUR DIRECTOR!

The warm weather is here and so are our day trips abroad! See our Plan Ahead section in the newsletter for our Creede Rep schedule and our upcoming art workshops. We are also planning on a few museum trips and wildlife refuge tours this season.

**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 **May 9th**. 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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THE MONTH OF MAY IS  
THE GATEWAY TO  
SUMMER." – JEAN HERSEY





"MAY, MORE THAN ANY OTHER MONTH OF THE YEAR, WANTS US TO FEEL MOST ALIVE." - FENNEL HUDSON

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





"MAY, THE MONTH OF SUNSHINE,  
BLOOMING FLOWERS, AND  
ENDLESS POSSIBILITIES." -  
UNKNOWN

## Things to Note...

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

### Transportation

**Grocery Trips this month: 5/14 and 5/28.** Within Alamosa - to Safeway, City Market, or Walmart. Transportation is available to members within the City of Alamosa for in-town doctor's appointments, prescription pick-up, and grocery shopping. We do not transport outside of Alamosa.

### Speaker Series



Join us on Tuesday, May 13, at 1:00pm at the Senior Center, when Frances Will and Donna Theimer will present a talk entitled, "Using Food to Build Better Health."



This presentation will explore how certain diets can lead to improved health. Frankie Will is going to discuss ways to enjoy a gluten-free diet for people with food sensitivities as well as for anyone else with an interest in gluten-free eating. She will share tips and recipes for food preparation, and name some less expensive places to buy gluten-free ingredients. Donna Theimer will share about how plant-based eating can improve overall health, boost energy levels, and contribute to environmental sustainability. Attendees will learn about the positive impacts of a vegan lifestyle (and relying on less meat, in general) on heart health, weight management, and disease prevention. Additionally, the presentation will feature easy and delicious recipes, providing practical inspiration for those looking to incorporate more plant-based meals into their daily routine.



"MAY, QUEEN OF BLOSSOMS,  
AND FULFILLING FLOWERS,  
WHAT PRETTY MUSIC SHALL  
WE CHARM THE HOURS?" –  
LORD EDWARD THURLOW

## Alamosa Senior Citizens Spotlight



Lorey Bussey has been an Alamosa Senior Citizens Center Board member since 2023 and is a graduate of Adams State. Lorey has a wide variety of work experiences and is a retired Secondary School Administrative Assistant/Bookkeeper. She says, "I enjoy spending time with family and friends, playing Pickleball, bike-riding, and golfing. I like the welcoming spirit of community and camaraderie that the Alamosa Senior Center offers. The opportunities to keep our minds and bodies active, healthy and creative are numerous, varied and much appreciated.

## Keep up-to-date on our Facebook Page!

We will be holding meetings for our Garden Club and Walking Group this month. Dates are To Be Determined, and will be announced on our Facebook Page as soon as they're scheduled.





"THE WORLD'S FAVORITE SEASON IS THE SPRING. ALL THINGS SEEM POSSIBLE IN MAY." - EDWIN WAY TEALE"

# Plan Ahead for the Summer!

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

## Creede Repertory Theater

Join the Alamosa Senior Center as we attend three plays in Creede this season! Get your name on the list now!

### 06/14: Xanadu - Matinee

Based upon the Motion Picture! Xanadu follows the electrifying tale of Kira, a magical Greek muse who descends from the heavens of Mount Olympus to Venice Beach in 1980 on a quest to inspire struggling artist, Sonny, to achieve the greatest artistic creation of all time – the first roller disco.

### 07/09: Silent Sky - Matinee

Silent Sky follows the true story of 19th Century scientist Henrietta Leavitt, whose breakthroughs in astronomy profoundly impacted the way we see the universe.

### 08/13: The 39 Steps - Matinee

Richard Hannay's life is pretty dull, but when a mysterious woman appears in his apartment one stormy night, he gets pulled into an epic caper of murder and mayhem.



### June 26<sup>th</sup> & July 10<sup>th</sup>

Think360 and Alamosa Senior Center are partnering again to offer a Papermaking workshop and a Felting workshop this summer. Just like the watercolor and printmaking workshops held in March, there is no cost to you to attend. We do ask that you register.

### Dates TBA (June/July):

### 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.





"MAY IS THE PERFECT TIME TO  
TAKE A BREATH OF FRESH AIR  
AND ENJOY THE BEAUTY OF  
SPRING." - DEBASISH MRIDHA

# Activities Around the Valley

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

## Antonito

No activities collected

## Northerner's

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

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

## Day Trips for May!

### 05/20 - Chimayo

Join the Alamosa Senior Center on a day trip to the Santuario de Chimayo! Tour the complex then go for lunch @ Ranchos de Chimayo!  
\$20 for members/\$30 for non-members.



### 05/27 - Casino

Join the Alamosa Senior Center on a day trip to the Santa Claran Casino!!  
\$20 for members/\$30 for non-members.





**"TO KEEP THE HEART  
UNWRINKLED, TO BE HOPEFUL,  
KINDLY, CHEERFUL, REVERENT –  
THAT IS TO TRIUMPH OVER OLD  
AGE." – THOMAS BAILEY ALDRICH**

## Birthdays!



1-Hobey Dixon  
1-Margie Sanchez  
3-Linda Avila  
3-Helen Taylor  
3-Hall Sutcliffe  
3-Lorey Bussey  
4-Elsie Buhr  
5-Ernest Ornelas  
6-David Hargis  
6-Tina Bertelle

7-Dina Martinez  
8-LaVona Heide  
11-Don Eyser  
11-Monica Trujillo  
13-Sharon Baker  
14-Martin Anderson  
14-Gayl Woodke  
15-Whaylan Lester  
16-Christa Davis

22-Pat Benson  
23-Dolly Maestas  
27-Roberta Archuleta  
27-Bonnie Caywood  
28-Emily Sandoval  
29-Mindy Painter  
30-Pauline Baker  
30-Mike Maestas  
31-Cletus Rinebarger



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 303-551-0624, ext. 721, email [nancy@projecthelping.org](mailto:nancy@projecthelping.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.*

### MAY 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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