

ALAMOSA SENIOR CITIZENS CENTER

NEWSLETTER | FEBRUARY 2026

A NOTE FROM OUR DIRECTOR!



As we move into February, I want to thank each of you for being such an important part of the Alamosa Senior Citizens community. Our center continues to be a welcoming place to connect, stay active, and support one another—whether you're joining us for lunch, participating in a class, playing a game, or attending one of our special events. February offers many opportunities for fellowship and fun, so I encourage you to check the calendar, try something new, and bring a friend along. Your involvement, kindness, and spirit are what make this center truly special, and I look forward to seeing you throughout the month. Thank you for helping make our center a place where everyone belongs.

Chimayo!

Our first Santuario trip of the year has been planned for this month. Hopefully one of more trips to come this year, we'll start off with a member favorite.

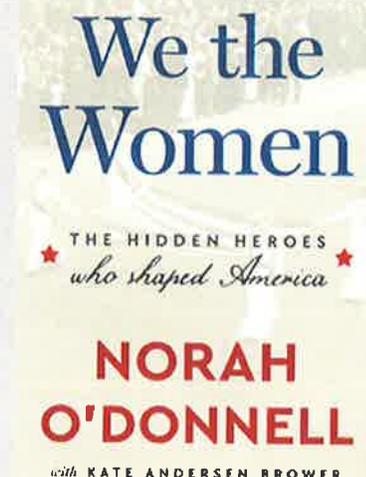
We are also planning a few more trips around the area for sight-seeing, gambling, museums, and more!



BOOK SUGGESTION FOR FEBRUARY:

WE THE WOMEN
BY NORAH O'DONNELL & KATE ANDERSEN BROWER

A vivid portrait of the unsung American women from 1776 to today who changed the course of history in their fight for freedom and helped shape a more perfect union.





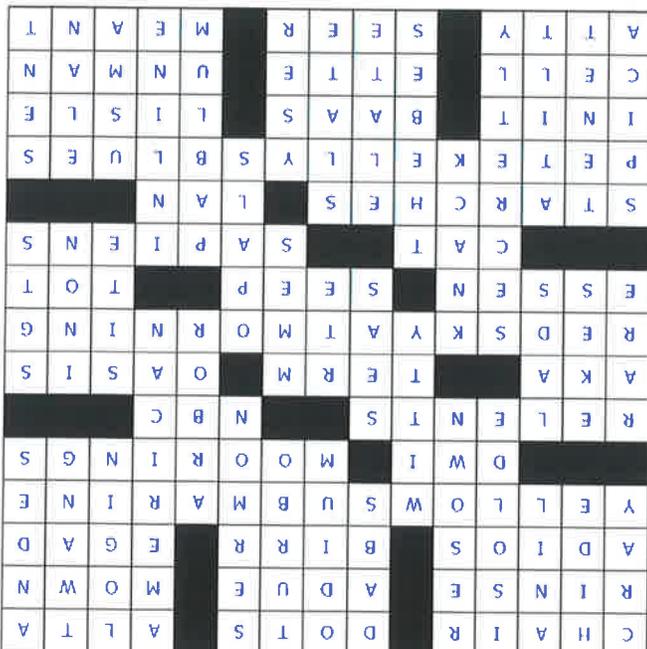
Alamosa Senior Citizens Spotlight:

February Birthdays

- 4-Judy Irvine
- 5-Kerry Adams
- 7- Bill Jordan
- 10-Duane Bussey
- 11-Alice Marie Spano
- 12-Theresa Atencio
- 12-Fred Jones
- 12-Kevin Seefeld
- 15-Betty Patton



- 19-Mavi Valdez-
Apodaca
- 20-Harvey White
- 20-Angela Stefano
- 20-Gretchen Bianca
- 22-Gloria Rubendall
- 22-Mike W Terrill
- 23-Teri Brownell
- 28-Jan Oen



Puzzle Solution © OnlineCrosswords.net



**Check out
Our New
Website!**

Get our upcoming events and more on our new website!
www.alamosaseniorencitizens.org



Activity Schedule

Mondays

- 9:30 a.m. – Strong Bones Class
- 10:30 a.m. – Chair Yoga
- 11:00 am - 3:00 pm - Open Pool Play
- 12:30 p.m. - Golf Card Game
- 1:00 p.m. – Bingo

Tuesdays

- 10:00 a.m. – QiGong
- 10:30 am - 12:00 - Open Pool Play
- 10:30 a.m. - Knitting, Crochet, Sewing Club - **1st & 3rd Tuesdays only**
- 10:30 a.m. - Beading Class
- 10:45 a.m. - Jubilee Music
- 12:30 p.m. – Texas Hold Em (Poker)
- 1:00 p.m. – Line Dancing

Wednesdays

- 9:30 a.m. – Strong Bones Class
- 10:30 a.m. – Chair Yoga
- 11:00 am - 3:00 pm - Open Pool Play
- 12:30 p.m. - Mah Jongg
- 1:00 p.m. – Bingo

Keep up-to-date on our Facebook Page!

Our Facebook Page and our Facebook Groups are a wonderful place to get our daily schedule and to keep up with the changes that are happening at the Center.

Join us all month long for friendship, fitness, and fun!

For details or to sign up, call the Center at (719) 589-3277 or stop by the front desk.

Thursdays

- 10:00 a.m. – QiGong
- 10:00 a.m. - Women of Joy Bible Study
- 10:30 am - 12:00 - Open Pool Play
- 12:30 p.m. - Dominos
- 2:00 p.m. – Sound Healing Meditation – **1st**

Thursday of the month

Fridays

- 9:30 a.m. – Strong Bones Class
- 10:30 a.m. - Colcha Club - **1st & 3rd Fridays only**
- 11:00 am - 3:00 pm - Open Pool Play
- 12:30 p.m. - Golf Card Game
- 1:00 p.m. – Bingo

Special Events This Month

Blood Pressure Checks!

- **10:30 a.m. - 11:15 a.m. 1st Tuesday of each month**
- **10:30 a.m. - 11:15 a.m. 2nd Wednesday of each month**

Pool Tournaments!

- **2/05 vs. Antonito - There**
- **2/19 vs. Monte Vista - There**

CARING FOR SOMEONE WITH DEMENTIA?



COLORADO
Department of Public
Health & Environment

You need a break.

Taking breaks from caregiving is important. These breaks are called respite. They help you stay healthy so you can keep giving good care to someone you love.

Paying for help can be hard. Below are some free or low-cost ways to get a break and rest.



Free and low-cost respite options:

- **2-1-1 Help Center**

- Dial 211 from your phone and ask for caregiver respite options in your area

- **Area Agency on Aging (AAA)**

- Call 1.844.265.2372 to find your local AAA

- **Colorado Respite Coalition**

- Call 720-233-1666 to ask about respite options in your area

- **Hilarity for Charity**

- Go to <https://wearehfc.org/caregivers/>

- **Medicaid Long Term Care**

- Contact your county Department of Human Services for information on eligibility and how to apply



RSVP Speaker Series



The Retired and Senior Volunteer Program (RSVP) of Alamosa County invites everyone to its ongoing Speaker Series. Join us on Tuesday, February 10, at 1:00pm at the Alamosa Senior Center for a talk entitled, "Colorado Legal Services: How We Can Help with Seniors' Legal Issues" presented by Chad Keizer, Managing Attorney for the Alamosa office of Colorado Legal Services. Come learn about Colorado Legal Services, a non-profit law firm that provides free legal assistance to low-income and senior folks here in the San Luis Valley. We will talk about the kinds of legal issues we often see our senior neighbors deal with and in what ways Colorado Legal Services can help. Light refreshments will be provided. The presentation will be repeated that evening, Tuesday, February 10, at 6:00pm at The Bridge at Alamosa. All are welcome and no registration is needed.



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 970-570-9737, email nancy@projecthelping.org or visit <https://www.sparkthechangecolorado.org/rsvp.html>.



Things to Note...

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

Transportation

Grocery and Medical Appointment Trips are available! 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. 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.

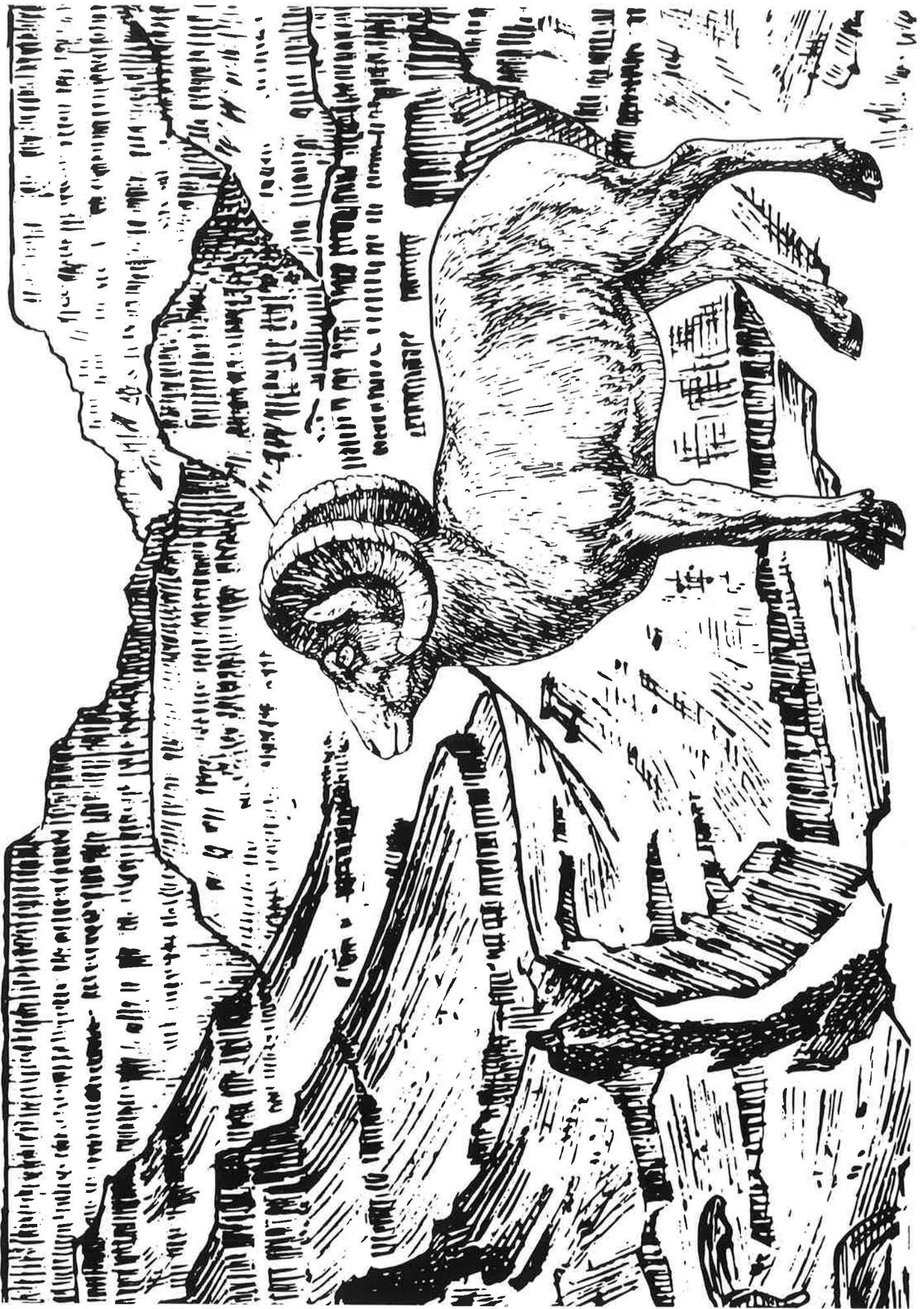
Trips & Events for February!

2/10: Taos

Feeling lucky? Join the Alamosa Senior Center for a fun-filled trip to the Taos Casino, or if gambling isn't your thing, take a quick shopping trip in New Mexico on February 10th! Test your luck, or shop the Plaza area in Taos while enjoying great company. Cost is just \$20 for members and \$30 for non-members—grab your spot today and don't miss out on the excitement! Get your name on the list, and tell us your preference for shopping or gambling, by contacting the center's office at (719) 589-3277

2/17: Chimayo

Join us for a meaningful and scenic day trip to Chimayó, New Mexico, home to the historic Santuario de Chimayó, a cherished place of faith, reflection, and tradition. After visiting the Santuario, we'll enjoy a delicious lunch at Ranchos de Chimayó, known for its classic Northern New Mexico cuisine and warm hospitality. This trip offers a wonderful blend of culture, history, and fellowship—perfect for those looking to enjoy good food, beautiful surroundings, and time together with friends. Cost is just \$20 for members and \$30 for non-members. Call the office to register!



GRAND CANYON
CONSERVANCY



Across

- 1. Run the meeting
- 6. Children's connectibles
- 10. Resort near Snowbird
- 14. Spin preceder
- 15. In unison, musically
- 16. Freshly cut, as a lawn
- 17. "So long" somewhere
- 18. 100 Ethiopian cents
- 19. Relative of "My word!"
- 20. Beatles hit sung by Ringo
- 23. MADD concern
- 24. Dock actions
- 25. Gives in
- 29. Major broadcaster
- 30. Word sometimes placed between two names
- 31. Jimmy Carter had one
- 34. Desert destination, perhaps
- 38. Warning to sailors
- 42. Ruhr Valley hub
- 43. Slowly permeate
- 44. One in a romper room
- 45. Felix, for one
- 47. Word with Homo
- 50. Pasta and such
- 55. Computer network acronym
- 56. Colorful Peggy Lee film
- 61. "What's ___ for me?"
- 62. Sounds from the cote
- 63. Fine thread
- 64. Hoosgow unit
- 65. Ending for disk or usher
- 66. Deprive of one's nerve
- 67. Suspect's demand, briefly
- 68. Divination practitioner
- 69. Wasn't kidding

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Down

- 1. Kind of fish?
- 2. Part of the title of a child's game
- 3. Dyeing plant
- 4. Wagnerian heroine
- 5. Planted again
- 6. Artistic touches
- 7. Abhorrence
- 8. Start for jet, fan or charge
- 9. It was given on the Mount
- 10. It comes after all?
- 11. Enter one's computer password
- 12. Nasal tone
- 13. Chile's main ingredient?
- 21. Able to come back quickly
- 22. Pergola
- 25. How some steaks are cooked
- 26. Barely makes out
- 27. Ben Nevis boys
- 28. Seven with salt
- 32. 66 is one (Abbr.)
- 33. Ladies of St. Lo
- 35. Developer's purchase
- 36. Barge ___ (interrupt)
- 37. York, Pepper, et al.
- 39. Sub rosa
- 40. Special aptitude
- 41. Australian gems
- 46. Rival of ancient Athens
- 48. Soft cereal
- 49. Behaving properly
- 50. Star in Virgo
- 51. Palindromist's dogma
- 52. Like Pisa's most famous structure
- 53. Fill with glee
- 54. School board?
- 57. Embattled river of WWI
- 58. R.E. Lee's alma mater
- 59. Spiritedness
- 60. Dispatched



Plan Ahead!

Group Trip

September 19th - 27th

Get ready for an unforgettable adventure! ✨ This upcoming group trip will take us from awe-inspiring natural beauty to bright lights and nonstop excitement—all in one incredible journey. Think breathtaking views, iconic landmarks, great food, and plenty of time to explore, relax, and enjoy the company of friends. Pack your walking shoes and your sense of wonder... this is one trip you won't want to miss. More details coming soon!



Love Your Sweet Heart Family Health Fair

2/14 - 8:00 am - 12:00 pm at Sacred Heart Church, Alamosa

The Love Your Sweet Heart, Lower Your Risk for Heart Disease

Free screenings will be offered and include cholesterol, blood sugar, blood pressure, Body Mass Index (BMI), and blood oxygen level. Lab results are available within minutes while you wait. For optimal results, fasting past midnight is suggested. Drink plenty of water the evening before and that morning. Educational booths and fun, healthy activities for children are also available, so bring the family.

This free Colorado Heart Healthy Solutions program is sponsored by the Cancer, Cardiovascular Disease and Pulmonary Disease Grants Program at the Colorado Department of Public Health and Environment, the SLV Area Health Education Center (SLV AHEC). Join us and learn to love your sweet heart!

February

THURSDAY MENU

MEAL COST IS \$5 PER PERSON

FEBRUARY 5TH

Picadillo Sandwich

Spanish Rice

Sopapilla Cheesecake Bites & Popcorn Mix

FEBRUARY 12TH

French Bread Pizza

Cucumber & Tomato Salad in Italian Dressing

Peanut Butter Bars

FEBRUARY 19TH

Chicken & Vegetable Noodle Soup

Bread Rolls

Rootbeer Floats

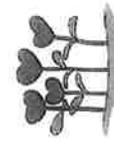
FEBRUARY 26TH

Sausage and Sauerkraut

Baked Beans

Apples & Caramel Dip

Menu subject to change

February 2026 Menu				South-Central Colorado Seniors, Inc. (AREA AGENCY ON AGING)		www.sivaaa.org
Monday	Tuesday	Wednesday	Thursday	Friday		
<i>The menu is subject to change without prior notice.</i>	RESERVATIONS ARE REQUIRED Suggested Donation \$4.00 Guest Rate \$9.00	THANK YOU FOR YOUR DONATIONS!  South-Central Colorado Seniors, Inc. Area Agency on Aging 1116 3rd St., Alamosa	CLOSED	Valentine's Day is on February 14th! 		
2 Grilled Chicken Breast Wild Rice Pilaf Parsley Butter Carrots Pineapple/Mandarin Orange Whole Wheat Roll	3 Barbeque Pulled Pork Ranch Style Beans Roasted Sweet Potatoes Creamy Coleslaw Brownie	4 Chicken Wrap Whole Wheat Tortilla Cheese/Lettuce/Tomato Ranch Dressing California Vegetable Blend 1 Orange / Raisin Nut Cup	5 CLOSED	6 Meat Loaf w/Brown Gravy Mashed Potatoes Mixed Vegetables Strawberry Applesauce Whole Wheat Roll		
9 Green Chili Stew w/ Pork & Black Beans Sliced Yellow Squash Cheese Sticks Peaches Whole Wheat Tortilla	10 Chicken Pot Pie Broccoli Salad/ French Dressing Pineapple Tidbits Whole Wheat Crackers Raisin Nut Cup	11 Swiss Steak Parsley Potatoes Green Beans Strawberries on Cake Whole Wheat Roll	12 CLOSED	13 Arros con Pollo (Chicken and Rice) Salad Broccoli Whole Wheat Crackers Cinnamon Apples		
16 Ham & Beans Salad Apricot Pineapple Compote Whole Wheat Crackers	17 Sloppy Joe on Whole Wheat Bun Brussel Sprouts Tropical Fruit Cup Sun Chips	18 Salmon Filet Peas Wild Rice Pilaf Mandarin Oranges Peanut Butter Cookie	19 CLOSED	20 Spinach Lasagna Green Beans Salad Apricot Halves Whole Wheat Roll		
23 Chicken Cordon Bleu Brown Rice Green Beans Mandarin Oranges Whole Wheat Crackers	24 Spaghetti & Meatsauce Herbed Green Beans Tossed Salad Pineapple Whole Wheat Roll	25 Pork Posole w/ Green Chili Sliced Zucchini/w Diced Tomatoes Sweet Rice with Raisins Whole Wheat Tortilla	26 CLOSED	27 Egg Salad Sandwich Whole Wheat Bread Sliced Tomato & Lettuce Pea Salad Apricots		
Not going to be home to receive your meal? PLEASE CALL 719-589-4511 (ADMIN OFFICE)						
MEALS MAY CONTAIN ALLERGENS AS INGREDIENTS WHEAT-SOY-GLUTEN-TREE NUTS-PEANUTS-MILK-EGGS- FISH-SHELLFISH-SESAME						

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. **Lunch will not be served by South-Central Colorado Seniors 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/year, Ambassador membership is \$100/year.

FEBRUARY NEWSLETTER

Our mission is to create a warm, welcoming space where seniors feel at home, build friendships, and find purpose. We foster dignity, independence, wellness, and a true sense of belonging through social, educational, and volunteer opportunities.



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