

ALAMOSA SENIOR CITIZENS CENTER

NEWSLETTER | JULY 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 upcoming Summer Schedule! We have partnered with SLV Great Outdoors to offer 4 fishing trips this Summer. Two trips are this month, and two more in August. We are seeing three plays in Creede this year, two in July and one in August. Call the office for more details!

Our Annual Early Iron Breakfast happens August 30th! Our usual offering of Biscuits and Gravy, Hashbrowns, and Eggs is only \$10.00. We hope to see you there!

We're always looking to add more opportunities at the Center, and member comments on what to offer are always welcome. This month, we're happy to announce that we have acquired a Ping Pong Table. Anyone who is interested in playing can come on in!

Annual Yard Sale - August 16th!

The Alamosa Senior Citizens is holding it's annual Yard Sale Fundraiser on August 16th! We are currently open for item donations to make our sale a success!! Please call us at (719) 589-3277 to arrange for a drop-off. Due to our limited staff, we are unable to pick up items. We will take just about anything :)



"IF I HAD MY WAY, I'D REMOVE JANUARY FROM THE CALENDAR ALTOGETHER AND HAVE AN EXTRA JULY INSTEAD." — ROALD DAHL





"JULY IS HOLLYHOCKS AND HAMMOCKS, FIREWORKS AND VACATIONS, HOT AND STEAMY WEATHER, COOL AND REFRESHING SWIMS, BEACH PICNICS, AND VEGETABLES ALL OUT OF THE GARDEN." —JEAN HERSEY

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



**"I DRIFTED INTO A SUMMER NAP
UNDER THE HOT SHADE OF
JULY, SERENADED BY A CICADA
LULLABY, TO DROWSY-WARM
DREAMS OF DISTANT THUNDER."
—TERRI GUILLEMETS**

Alamosa Senior Citizens Spotlight



Kindra Lambert has served on the Alamosa Senior Citizens Board and the Board President for several years. I have been a business owner in Alamosa for 26 years. Prior to those years I had many different professions. I enjoy spending time with my three year old grandson and my mother, who over the years has become my best friend. Upon my retirement I would love to travel. I feel a strong need to give back to the community who has given so much to me. My time with the Senior Center has been very rewarding. I have meet many people and have grown a strong bond with them. What a rewarding place to spend my time. I look forward to many more years with the Alamosa Senior Citizens Center.

SCAN ME



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.



"MY LIFE, I REALIZE SUDDENLY, IS JULY. CHILDHOOD IS JUNE, AND OLD AGE IS AUGUST, BUT HERE IT IS, JULY, AND MY LIFE, THIS YEAR, IS JULY INSIDE OF JULY." –RICK BASS

Activities Around the Valley

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

Antonito

No activities collected

Northerner's

Casino Trip - Tues, 7/8!

Bingo - Mon & Wed @ 10 am

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

Antonito Senior Center.....719-376-2294
Costilla County Seniors.....719-672-3376
Northerner's Senior Center.....719-274-4029
Tri-County Senior Citizens.....719-852-5778

Speaker Series

There is no speaker series for July, but mark your calendars for the next topic in August.

On Tuesday, August 12, at 1:00pm at the Alamosa Senior Center, Dena Rodriguez-Leach, Licensed Clinical Social Worker and Director of Mental Wellness at Spark by Project Helping, will give a presentation, "Navigating the Grief Journey." Grief is a deeply personal and nonlinear experience, yet it's something we all encounter in different forms throughout our lives. This presentation explores the grief journey along with misconceptions of grief, while offering compassionate approaches to help individuals navigate their unique healing process.

Dena will give a repeat presentation on this topic on Tuesday, August 12, at 6:00pm at The Bridge at Alamosa. All are welcome at both presentations.



"JULY, WITH ITS DAYS OF BLUE SKIES AND TIME THAT SEEMINGLY STANDS STILL, HOLDS A SPECIAL PLACE IN MY HEART." –DAISAKU IKEDA

Things to Note...

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

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.

Day Trips for July!

Creede Repertory Theater

Join the Alamosa Senior Center as we attend three plays in Creede this season! Get your name on the list now! **Ticket money is due at sign-up! \$55 for members, \$65 for non-members**

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.

07/23: 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.
\$55 for members. \$65 for non-members due at sign-up!



"SUMMER AFTERNOON—TO ME, THOSE HAVE ALWAYS BEEN THE TWO MOST BEAUTIFUL WORDS IN THE ENGLISH LANGUAGE." —HENRY JAMES

Plan Ahead for the Summer!

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

Creede Repertory Theater

08/20: Xanadu - 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.

SLVGO Fishing Trips

8/11 & 8/26

In partnership with SLVGO we are offering fishing trips this Summer as a pilot program. **You MUST have a valid fishing license to participate!**



July 31st

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



Facebook Group

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.



"THE GREAT THING ABOUT GETTING OLDER IS THAT YOU DON'T LOSE ALL THE OTHER AGES YOU'VE BEEN." – MADELEINE L'ENGLE

Birthdays!



1-Nancy Maestas
3-Ron Hughes
4-Kathy Quintana
7-Jan Gay
8-Jane Trujillo
8-Linda Cordova
9-Sandia Calkin
9-Noel Harlan

10-Dale Hettinger
10-Lana Muncell
11-Trish Brown
12-Cheryl Wolan
12-Mary Walsh
13-Carla Clement
19-Susan Knaus
19-Theresa Tokar

21-Rick Melgares
21-Carol Demlo
25-Frankie Jr Romero
25-Judy Wiescamp
25-Eleanore Garcia
27-Kindra Lambert
27-Larry Gardner
29-Lawrence Lujan
29-Kathy Jaramillo



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, 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. **Beginning Nov 21, lunch will not be served on Thursdays! 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.

JULY 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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