

ALAMOSA SENIOR CITIZENS CENTER

NEWSLETTER | AUGUST 2025

A NOTE FROM OUR DIRECTOR!

It's hard to believe that Summer is almost over! With Fall coming on and students starting back to school, it's easy to see that the year is beginning to wrap up. Due to the popularity of our Creede trips, **we've added an extra day this month, August 8th to see The 39 Steps. Sign up now!**

August 15th and 16th is our annual Yard Sale. Come see what we have and support a worthy cause at the same time!

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.

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 through August 8th!! 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.



"EVERYTHING GOOD,
EVERYTHING MAGICAL
HAPPENS BETWEEN THE
MONTHS OF JUNE AND
AUGUST."—JENNY HAN





"AUGUST IS THE BORDER
BETWEEN SUMMER AND AUTUMN:
IT IS THE MOST BEAUTIFUL
MONTH I KNOW," BY TOVE
JANSSON.

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



"AUGUST BREEZE— PERCHED ON THE FLAME TREE, A RED-VENTED BULBUL." — MEETA AHLUWALIA

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.

Day Trips for August!

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

08/08: 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!**

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. **\$55**

**for members. \$65 for non-members
due at sign-up!**



"AUGUST IS THE SLOW, GENTLE MONTH THAT STRETCHES OUT THE LONGEST ACROSS THE SPAN OF A YEAR. IT YAWNS AND LINGERS ON WITH THE LIGHT IN ITS PALMS." — VICTORIA ERICKSON

Plan Ahead for the Month!

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

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!**



Facebook Group

End of Life Issues: Open Forum **08/18 @ 6 pm**

The community is invited to an open forum on end-of-life issues, presented by Stephen Hunzeker, owner of Mountain Valley Mortuary and current Rio Grande County Coroner. This important event offers a welcoming space for individuals to ask any and all questions related to end-of-life topics—no question is off-limits, and everyone is encouraged to attend.

Randy Harbin: **Life of a Ranger** **August 14th @ 6 pm!**

As a tour guide at Tao House, park ranger, Randy Harabin poses in front of the Tao House in Danville, Calif. where Nobel prize winning playwright Eugene O'Neill wrote "Long Days' Journey into Night" and "The Iceman Cometh" during the 1940s and early '50s

8/28 & 8/29: **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.

AUGUST 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
 4 9:30 am – Strong Bones 10:30 am – Chair Yoga 12:30 pm – Golf (Cards) 1:00 pm – Dime Bingo	  5 9:00 - Walking Group 9:30 – Qigong 10:00 - Crochet, Knitting & Sewing 10:30 - Blood Pressure Checks 10:45 am - Jubilee Music 12:30 pm – Texas Hold ‘Em 1:00 pm – Line Dancing	   6 9:30 am – Strong Bones 10:30 am – Chair Yoga 12:30 pm – Mah Jongg 1:00 pm – Dime Bingo	  7 Pool vs. Antonito (there) 9:30 am - Qigong 10:00 am – Women of Joy Bible Study 12:30 pm – Dominos	1 9:30 am – Strong Bones 12:30 pm – Golf (Cards) 1:00 pm – Dime Bingo	2
11 7:30 am - FISHING 9:30 am – Strong Bones 10:30 am – Chair Yoga 12:30 pm – Golf (Cards) 1:00 pm – Dime Bingo	12 9:00 - Walking Group 9:30 – Qigong 10:45 am - Jubilee Music 12:30 pm – Texas Hold ‘Em 1:00 pm – Line Dancing 1:00 pm - RSVP Speaker	13 9:30 am – Strong Bones 10:30 am – Chair Yoga 10:30 - Blood Pressure Checks 12:30 pm – Mah Jongg 1:00 pm – Dime Bingo	14 9:30 am - Qigong 10:00 am – Women of Joy Bible Study 12:30 pm – Dominos 6:00 pm - Randy Harabin: Life of a Ranger	15 9:30 am – Strong Bones 12:30 pm – Golf (Cards) 1:00 pm – Dime Bingo 1:00 pm - Yard Sale	16 8:00 am - 2:00 pm Yard Sale Fundraiser
18 9:30 am – Strong Bones 10:30 am – Chair Yoga 12:30 pm – Golf (Cards) 1:00 pm – Dime Bingo 6:00 pm - Open Forum on End of Life Issues	19 9:00 - Walking Group 9:30 – Qigong 10:00 - Crochet, Knitting & Sewing 10:45 am - Jubilee Music 12:30 pm – Texas Hold ‘Em 1:00 pm – Line Dancing	20 9:00 am - Creede: Xanadu 9:30 am – Strong Bones 10:30 am – Chair Yoga 12:30 pm – Mah Jongg 1:00 pm – Dime Bingo	21 Pool vs. MV (there) 9:30 am - Qigong 10:00 am – Women of Joy Bible Study 12:30 pm – Dominos	22 9:30 am – Strong Bones 12:30 pm – Golf (Cards) 1:00 pm – Dime Bingo	23
25 9:30 am – Strong Bones 10:30 am – Chair Yoga 12:30 pm – Jokers & Marbles (Cards) 1:00 pm – Dime Bingo	26 8:00 - Cumbres & Toltec RR 7:30 am - FISHING 9:00 - Walking Group 9:30 – Qigong 10:45 am - Jubilee Music 12:30 pm – Texas Hold ‘Em Poker 1:00 pm – Line Dancing	27 9:30 am – Strong Bones 10:30 am – Chair Yoga 12:30 pm – Mah Jongg 1:00 pm – Dime Bingo	28 9:30 am - Qigong 10:00 am – Women of Joy Bible Study 10:30 - Blood Pressure Checks 12:30 pm – Dominos 1:00 pm - Colcha Day 1	29 9:30 am – Strong Bones 10:00 am - Colcha Day 2 12:30 pm – Golf (Cards) 1:00 pm – Dime Bingo	30 7:00 am - 10:30 am Early Iron Breakfast Fundraiser



"IF JUNE WAS THE BEGINNING OF A HOPEFUL SUMMER, AND JULY THE JUICE MIDDLE, AUGUST WAS SUDDENLY FEELING LIKE THE BITTER END." – SARAH DESSEN

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, 8/12!

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

RSVP Speaker Series

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 in Alamosa.

All are welcome at both presentations.



What is Dementia?

What is Dementia?

Dementia is a word that describes a group of diseases that can make it hard to remember tasks or memories, think clearly, and/or act like oneself. These changes can make everyday activities more difficult. Dementia gets worse over time.

**Dementia is
NOT a normal
part of aging.**

There is help for people living with dementia and those caring for them!

For more information and resources about dementia, please visit: TalkAboutDementia.org

For information and resources in Spanish, please visit: hablasobredemencia.org

Talk About Dementia

*Make every moment matter
for you and your loved ones.*



What is the difference?

Alzheimer's disease is the most common type of dementia, accounting for 60-80% of cases. There are over 100 types of dementia with different causes, signs and symptoms.

Types of Dementia

- Alzheimer's disease
- Vascular dementia
- Frontotemporal dementia
- Lewy body dementia
- Mixed dementia
- Parkinson's related dementia
- Chronic traumatic encephalopathy dementia
- And others



COLORADO
Department of Public
Health & Environment



"AUGUST RAIN: THE BEST OF THE SUMMER GONE, AND THE NEW FALL NOT YET BORN. THE ODD UNEVEN TIME." – SYLVIA PLATH

Alamosa Senior Citizens Spotlight: Judy Wiescamp



Judy Wiescamp is our Board Secretary and part-time Office Assistant. She was born and raised in Alamosa and was married to Ed Wiescamp for 62 years. They have 4 children, 3 granddaughters, and 5 great-grandchildren whom she loves to pieces. She says, "I have served many years as Secretary of the Senior Citizens Board. I have also served for many years as Treasurer of the Board of Christian Community Service Projects. Serving on these Boards is very rewarding. I love to travel and have gone on almost all of the tours that the Senior Citizens have taken. It's fascinating to meet new people this way."

Judy enjoys the people at the Senior Center and likes helping in the office and with fundraisers.

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.



"THE SECRET TO STAYING YOUNG
IS TO LIVE HONESTLY, EAT
SLOWLY, AND LIE ABOUT YOUR
AGE." - LUCILLE BALL

Birthdays!



4-Peggy Manzanares
4-Ruth Dixon
5-Darla Chappell
6-Dannette Jacquez
Avila
7-Jim Trujillo

9-Cecilia Herrera
9-Carol Chrysler
9-Stephanie Sales
10-Bill Baker
10-William Madrill
12-John Faron
16-Darlene Ortega

17-Patrick Mascarenas
20-Garry Eyser
21-Judy Montoya
23-Barbara Hillin
27-Jacque Trujillo
30-Laura Anderson



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>.

August

THURSDAY MENU

MEAL COST IS \$5 PER PERSON

AUGUST 7TH

Green Chile Burgers
Fried Potatoes
Churros

AUGUST 14TH

Taco Salad by Women's Citizenship Club
Mixed Fruit
Dessert

AUGUST 21ST

Pork Chop, Mashed Potatoes w/ Gravy
Salad
Jello w/ Bananas

AUGUST 28TH

Beef Quesadillas, Chips & Salsa
Spanish Rice
Rootbeer Floats



Menu subject to change

AUGUST MENU

2025

South-Central Colorado Seniors, Inc. (AREA AGENCY ON AGING)

www.sfvaaa.org

Monday	Tuesday	Wednesday	Thursday	Friday
<p><i>The menu is subject to change without prior notice.</i></p> <p>RESERVATIONS ARE REQUIRED</p> <p>Suggested Donation \$ 4.00 Guest Rate \$ 9.00</p>	<p>All meals are served with 2% milk, No Trans Fat and No Salt Butter is served with Bread Products</p>		<p>THANK YOU FOR YOUR DONATIONS!</p>  <p>South-Central Colorado Seniors, Inc. Area Agency on Aging 1116 3rd St., Alamosa</p>	
<p>4</p> <p>Tostada Beef/Beans Cheese/Lettuce/Tomato Salsa Spanish Rice Mixed Fruit</p>	<p>5</p> <p>Meatloaf w/Brown Gravy Mashed Potatoes Mixed Vegetables Strawberry Applesauce Whole Wheat Roll</p>	<p>6</p> <p>Chicken Cordon Bleu Brown Rice Green Bean Mandarin Oranges Whole Wheat Crackers</p>	<p>7</p> <p>CLOSED</p>	<p>8</p> <p>Chili Beans Cheese Stick Corn Whole Wheat Tortilla Pineapple Raisin Nut Cup</p>
<p>11</p> <p>Chicken Wrap Whole Wheat Tortilla Cheese/ Lettuce/ Tomato Ranch Dressing Mixed Vegetables 1/2 Orange/ Churro</p>	<p>12</p> <p>Italian Sausage Pasta w/Marinara Sauce Mixed Vegetables Salad/Sunflower Seeds Mixed Fruit Whole Wheat Roll</p>	<p>13</p> <p>Chicken Fried Steak Country Gravy/M. Potatoes Cauliflower Broccoli Mix Whole Wheat Roll Plum Halves</p>	<p>14</p> <p>CLOSED</p>	<p>15</p> <p>Chicken a la King Mashed Potatoes Salad/Ranch Dressing 1 Orange Raisin Nut Cup Whole Wheat Roll</p>
<p>18</p> <p>Egg Salad Sandwich Whole Wheat Bread Sliced Tomato & Lettuce Pea Salad Apricots</p>	<p>19</p> <p>BBQ Pulled Pork Whole Wheat Bun Ranch Style Beans Creamy Coleslaw 1 Orange</p>	<p>20</p> <p>Swiss Steak Parsley Potatoes Green Beans Tropical Fruit Strawberry Shortcake Whole Wheat Roll</p>	<p>21</p> <p>CLOSED</p>	<p>22</p> <p>Turkey/Swiss on Bun Lettuce/Tomato Broccoli/Cheese Soup Crushed Pineapple Raisin Nut Cup</p>
<p>25</p> <p>Ham Beans Carrot Raisin Salad Pineapple/Mandarin Orange Compote Cornbread</p>	<p>26</p> <p>Frito Pie Lettuce, Tomato, Cheese Carrots Fruit Cocktail Whole Wheat Crackers</p>	<p>27</p> <p>Sloppy Joe on Whole Wheat Bun Brussel Sprouts Sun Chips Mixed Fruit Cup</p>	<p>28</p> <p>CLOSED</p>	<p>29</p> <p>Grilled Chicken Whole Wheat Bun Cheese/Lettuce/Tomato 3-Bean Salad Fresh Orange</p>
STATE UNIT ON AGING 1-303-866-2651 • Not going to be home to receive your meal? Call 719-589-4511 (ADMIN OFFICE)				

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 per year. Ambassador membership is \$100 per year.

AUGUST 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 Senior Citizens, Inc.
P.O. Box 1007
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