

# ALAMOSA SENIOR CITIZENS CENTER

NEWSLETTER | SEPTEMBER 2025

## A NOTE FROM OUR DIRECTOR!

Fall is beginning and we're gearing up for our final events of the year! As the weather gets cooler, please don't forget to check your heaters before the weather gets too cold! Here's what we have coming up this fall!

**October 4<sup>th</sup> is our health fair/resource fair!** Come see what we have and support a worthy cause at the same time!

**Our Christmas Bazaar happens early this year, on November 15<sup>th</sup>!** 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.

## Fall Colors!

September 23<sup>rd</sup> is a trip to see the fall colors between Creede and Lake City. The bus will leave at 8:30 am We will stop for Clear Creek Falls and lunch at Alfred Packer's in Lake City. There will be time to wander the town and shop as well.



"SEPTEMBER TRIES ITS BEST TO HAVE US FORGET SUMMER." -BERNARD WILLIAMS





"AH, SEPTEMBER! YOU ARE THE  
DOORWAY TO THE SEASON THAT  
AWAKENS MY SOUL." -PEGGY  
TONEY HORTON

|                                     |                     |
|-------------------------------------|---------------------|
| 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        |



NATIONAL EXTENSION WORKING GROUP

**Lifestyle Management Education  
for Those Living with Diabetes**



# Dining with Diabetes

- What is diabetes?
- Carbohydrate counting
- Fat, sodium & fiber
- Meal planning

**Dates: September 2nd, 4<sup>th</sup>, 9<sup>th</sup> and 11th**

**Time: 10:00am**

**Cost: FREE**

**Location: Alamosa Senior Center**

[janae.naranjo@colostate.edu](mailto:janae.naranjo@colostate.edu)





"SEPTEMBER DAYS HAVE THE WARMTH OF SUMMER IN THEIR BRIEFER HOURS, BUT IN THEIR LENGTHENING EVENINGS A PROPHETIC BREATH OF AUTUMN."  
-ROWLAND E. ROBINSON

## 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 September!

#### Fall Colors and More...

Join the Alamosa Senior Center as we travel around the area to view fall colors west of Creede!


#### 09/23: Fall Colors

The bus leaves at 8:30 am for a trip to see the fall colors between Creede and Lake City. We will stop for Clear Creek Falls to admire the view, and have lunch at Packer's Saloon and Grill in Lake City. There will be time to wander the town and shop as well.

#### 09/17: Casino in Espanola

The bus leaves at 8:30 am for Espanola for the first casino trip in the fall.

# SEPTEMBER 2025

| MONDAY  | TUESDAY  | WEDNESDAY   | THURSDAY   | FRIDAY  |
|---|--|---|--|---|
| 1<br>          | 2 9:00 - Walking Group<br>9:30 - Qigong<br>10:00 - Crochet, Knitting & Sewing<br>10:00 am - Dining w/ Diabetes<br>10:30 - Blood Pressure Checks<br>10:45 am - Jubilee Music<br>12:30 pm - Texas Hold 'Em<br>1:00 pm - Line Dancing | 3<br>9:30 am - Strong Bones<br>10:30 am - Chair Yoga<br>12:30 pm - Mah Jongg<br>1:00 pm - Dime Bingo  | 4<br><b>Pool vs. Antonito (here)</b><br>9:30 am - Qigong<br>10:00 am - Women of Joy Bible Study<br><b>10:00 am - Dining w/ Diabetes</b><br>12:30 pm - Dominos                | 5<br>9:30 am - Strong Bones<br>12:30 pm - Golf (Cards)<br>1:00 pm - Dime Bingo  |
| 8<br>9:30 am - Strong Bones<br>10:30 am - Chair Yoga<br>12:30 pm - Cards<br>1:00 pm - Dime Bingo  | 9<br>9:00 - Walking Group<br>9:30 - Qigong<br><b>10:00 am - Dining w/ Diabetes</b><br>10:45 am - Jubilee Music<br>12:30 pm - Texas Hold 'Em<br>1:00 pm - Line Dancing<br><b>1:00 pm - RSVP Speaker</b>                             | 10<br>9:30 am - Strong Bones<br>10:30 am - Chair Yoga<br><b>10:30 - Blood Pressure Checks</b><br>12:30 pm - Mah Jongg<br>1:00 pm - Dime Bingo | 11<br>9:30 am - Qigong<br>10:00 am - Women of Joy Bible Study<br><b>10:00 am - Dining w/ Diabetes</b><br>12:30 pm - Dominos  | 12<br>9:30 am - Strong Bones<br>12:30 pm - Golf (Cards)<br>1:00 pm - Dime Bingo |
| 15<br>9:30 am - Strong Bones<br>10:30 am - Chair Yoga<br>12:30 pm - Cards<br>1:00 pm - Dime Bingo | 16<br>9:00 - Walking Group<br>9:30 - Qigong<br><b>10:00 - Crochet, Knitting &amp; Sewing</b><br>10:45 am - Jubilee Music<br>12:30 pm - Texas Hold 'Em<br>1:00 pm - Line Dancing  | 17<br><b>8:00 am - Casino (Espanola)</b><br>9:30 am - Strong Bones<br>10:30 am - Chair Yoga<br>12:30 pm - Mah Jongg<br>1:00 pm - Dime Bingo   | 18<br><b>Pool vs. MV (here)</b><br>9:30 am - Qigong<br>10:00 am - Women of Joy Bible Study<br>12:30 pm - Dominos<br><b>6:00 pm - Randy Harabin: Grand Tetons' Ecosystems</b> | 19<br>9:30 am - Strong Bones<br>12:30 pm - Golf (Cards)<br>1:00 pm - Dime Bingo |
| 22<br>9:30 am - Strong Bones<br>10:30 am - Chair Yoga<br>12:30 pm - Cards<br>1:00 pm - Dime Bingo | 23<br><b>8:00 am - Lake City Fall Colors Trip</b><br>9:00 - Walking Group<br>9:30 - Qigong<br>10:45 am - Jubilee Music<br>12:30 pm - Texas Hold 'Em<br>1:00 pm - Line Dancing  | 24<br>9:30 am - Strong Bones<br>10:30 am - Chair Yoga<br>12:30 pm - Mah Jongg<br>1:00 pm - Dime Bingo   | 25<br>9:30 am - Qigong<br>10:00 am - Women of Joy Bible Study<br>12:30 pm - Dominos  | 26<br>9:30 am - Strong Bones<br>12:30 pm - Golf (Cards)<br>1:00 pm - Dime Bingo |
| 29<br>9:30 am - Strong Bones<br>10:30 am - Chair Yoga<br>12:30 pm - Cards<br>1:00 pm - Dime Bingo | 30<br>9:00 - Walking Group<br>9:30 - Qigong<br>10:45 am - Jubilee Music<br>12:30 pm - Texas Hold 'Em<br>1:00 pm - Line Dancing   |   |  |   |



"IT WAS A LOVELY AFTERNOON  
—SUCH AN AFTERNOON AS  
ONLY SEPTEMBER CAN  
PRODUCE WHEN SUMMER HAS  
STOLEN BACK FOR ONE MORE  
DAY OF DREAM AND GLAMOUR."  
—L.M. MONTGOMERY

## Plan Ahead for the Month!

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



### **Randy Harbin: Grand Tetons' Ecosystem September 18th @ 6 pm!**

As a park ranger, Randy Harabin spent years in some of the National Parks around the Western half of the U.S. In this presentation, Ranger Randy will describe the ecosystems of Grand Teton National Park including the geology, plant communities and wildlife.



Facebook Group



### **Dining with Diabetes**

**9/2, 9/4, 9/9, & 9/11 @ 10 am**

The community is invited to the Dining with Diabetes class with the CSU Extension Office.

This is a four class commitment designed to help those with Diabetes or living with someone with Diabetes. The class is a Lifestyle Management Education class that will help you to manage living with this disease.





"BY ALL THESE LOVELY TOKENS,  
SEPTEMBER DAYS ARE HERE.  
WITH SUMMER'S BEST OF  
WEATHER AND AUTUMN'S BEST  
OF CHEER." -HELEN HUNT  
JACKSON

## 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, 9/9!**

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



The Retired and Senior Volunteer Program (RSVP) of Alamosa County invites everyone to its ongoing Speaker Series. Join us on Tuesday, September 9, at 1:00pm at the Senior Center for a talk entitled, "Health Maintenance and Disease Prevention for Seniors," presented by Kristina Steinberg, MD, retired physician, Valley-Wide Health Systems. Dr. Steinberg will talk about health screenings, and a healthy lifestyle for well-being and longevity. She has been a family physician since 1982, and worked at VWHS since 1986, where she most recently focused on adult health. The presentation will be repeated on Wednesday, September 17, at 6:00pm at The Bridge at Alamosa.

**All are welcome at both presentations.**



"HAPPILY WE BASK IN THIS  
WARM SEPTEMBER SUN, WHICH  
ILLUMINATES ALL CREATURES..."  
-HENRY DAVID THOREAU

## Alamosa Senior Citizens Spotlight: Lee Wilson



I was born and raised in Alamosa, graduated high school and then left the valley to pursue nursing education. I became a nurse, raised 4 children. And as life goes on, in 1998 events occurred and I was called back to Alamosa.

I love Alamosa and feel great satisfaction from volunteering my time with the Alamosa Seniors. I have been on the board 5 years. The time I donate comes back with great rewards from the Senior population.

### Check out Our New Website!



SCAN ME

Get our upcoming events and more on our new website!  
[www.alamosaseniorcitizens.org](http://www.alamosaseniorcitizens.org)



### 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.





"AGING IS AN EXTRAORDINARY PROCESS WHERE YOU BECOME THE PERSON YOU ALWAYS SHOULD HAVE BEEN." - DAVID BOWIE

## Birthdays!



1-Terry Balance  
3-Lucy Archuleta  
3-Keith Calkin  
4-Rudy Archuleta  
5-Will Krebs

6-Charlotte Hefner  
6-Mary Ann Malberg  
8-Margaret Faron  
9-Neil Henderson  
10-Lisa Absmeier

18-Norma Gomez  
18-John Kurys  
18-Anthony Diaz  
20-James Jenkins  
21-Katy Baer  
23-Barbara Stewart  
23-Becky Bender  
30-David Young



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>.

# September

## THURSDAY MENU

MEAL COST IS \$5 PER PERSON

### SEPTEMBER 4TH

Campfire Cowboy Sandwich (Shredded Beef)  
French Fries  
Brownies

### SEPTEMBER 11TH

French Bread Pizza - Pepperoni  
Salad  
Cookies



### SEPTEMBER 18TH

Irish Chicken Pie (Pot Pie)  
Salad  
Apple Cider Cupcakes

### SEPTEMBER 25TH

Hobo Packets  
Baked Beans  
Cookies

*Menu subject to change*

| SEPTEMBER 2025 MENU  |  | South-Central Colorado Seniors, Inc. (AREA AGENCY ON AGING)  |  |  | www.svaaa.org   |  |
|--|--|--|--|--|---|--|
| Monday   |  | Tuesday  | Wednesday  | Thursday   | Friday  |  |
| 1<br><br>CLOSED<br>FOR<br>LABOR DAY<br><br> |  | 2<br><br>Braut/Sauerkraut/Onions<br>Whole Wheat Bun<br>Creamy Coleslaw<br>Baked Beans<br>Watermelon<br>Raisin Nut Cup        | 3<br><br>Tuna Salad<br>Potato Soup<br>Tomato, Lettuce<br>Black Beans<br>Oranges<br>Whole Wheat Crackers              | 4<br><br>THANK YOU FOR<br>YOUR DONATIONS!<br><br><br><br>South-Central Colorado<br>Seniors, Inc.<br>Area Agency on Aging<br>1116 3rd St., Alamosa | 5<br><br>Egg Salad Sandwich<br>Whole Wheat Bread<br>Sliced Tomato & Lettuce<br>Pea Salad<br>Apricot Halves      |  |
| 8<br><br>Chicken Cordon Bleu<br>Brown Rice<br>Broccoli<br>Oranges<br>Whole Wheat Crackers                                      |  | 9<br><br>Salisbury Steak<br>Mashed Potatoes<br>Broccoli<br>Diced Pears<br>Whole Wheat Rolls                                  | 10<br><br>Glazed Baked Ham<br>French Cut Green Beans<br>Sweet Potatoes<br>Mandarin Oranges<br>Whole Wheat Rolls      | 11<br><br>CLOSED   | 12<br><br>Chicken Pot Pie<br>Brussel Sprouts<br>Strawberries and Cream<br>Whole Wheat Roll                      |  |
| 15<br><br>Beef Stew<br>Salad<br>Corn Bread<br>Corn /Zucchini Mexicana<br>Applesauce  |  | 16<br><br>Sweet & Sour Pork<br>Steamed Brown Rice<br>Sesame Broccoli<br>Whole Wheat Bread<br>Apricot Halves                  | 17<br><br>BBQ Chicken<br>Potato Salad<br>Brussel Sprouts<br>Chocolate Cake/Frosting<br>Whole Wheat Bread             | 18<br><br>CLOSED   | 19<br><br>Crunchy Fish<br>Peas/Carrots<br>Creamy Coleslaw<br>Mandarin Oranges<br>Whole Wheat Bread              |  |
| 22<br><br>Chili Beans<br>Cheese stick<br>Corn<br>Whole Wheat Tortillas<br>Pineapple Cubes<br>Raisin Nut Cup                    |  | 23<br><br>Chicken Fried Steak<br>Country Gravy<br>Mashed Potatoes<br>Broccoli<br>Whole Wheat Roll<br>Honeydew/Lime /Cilantro | 24<br><br>Meatloaf W/Brown Gravy<br>Mashed Potatoes<br>Mixed Vegetables<br>Strawberry Applesauce<br>Whole Wheat Roll | 25<br><br>CLOSED   | 26<br><br>Chicken Fajita/Salsa<br>Tomato, Lettuce,Cheese<br>Spanish Rice<br>Diced Pears<br>Whole Wheat Crackers |  |
| 29<br><br>Sloppy Joe /<br>Whole Wheat Bun<br>Brussel Sprouts<br>Tater Tots<br>Mixed Fruit Cup                                  |  | 30<br><br>Baked Potatoes<br>with Broccoli & Cheese<br>Caesar Salad<br>Fruit Yogurt<br>Vanilla Wafers                         | Suggested Donation \$4.00<br>Guest Rate \$9.00   |  | The menu is subject to<br>change without<br>prior notice.<br><br>RESERVATIONS<br>ARE<br>REQUIRED                |  |
| MEALS MAY CONTAIN  |  | ALLERGENS AS INGREDIENTS   |  | WHEAT-SOY-GLUTEN-TREE NUTS-PEANUTS-MILK-EGGS- FISH-SHELLFISH-SESAME  |   |  |
| STATE UNIT ON AGING 1-303-866-2651   |  | Not going to be home to receive your meal? Please 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.*

SEPTEMBER NEWSLETTER

*participate in a rewarding volunteer program.*

*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*



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Permit No. 145

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