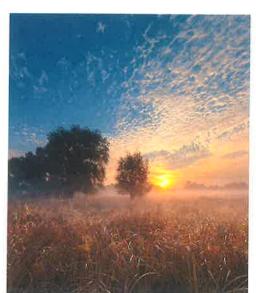
ALAMOSA SENIOR CITIZENS CENTER

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 you heaters before the weather gets too cold! Here's what we have coming up this fall!

October 4th 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 15th! 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 23rd 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
Alamosa Senior Citizens	710-520-2277
Atamosa Semoi Citizens	/13 303 32//
Area Agency on Aging	
	719-589-4511
Area Agency on Aging	719-589-4511 719-589-6592
Area Agency on Aging Alamosa Public Library	719-589-4511 719-589-6592 719-589-1109
Area Agency on Aging Alamosa Public Library SLV Veterans Services	719-589-4511 719-589-6592 719-589-1109 719-852-5118
Area Agency on Aging	719-589-4511 719-589-6592 719-589-1109 719-852-5118 719-589-9081







Lifestyle Management Education for Those Living with Diabetes

Dining with Diabetes

· What is diabetes?

Carbohydrate counting

Fat, sodium & fiber

Meal planning

Dates: September 2nd,4th, 9th and 11th

Time: 10:00am

Cost: FREE

Location: Alamosa Senior Center

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.

2025 SEPTEMBER

FRIDAY	9:30 am – Strong Bones 12:30 pm – Golf (Cards) 1:00 pm – Dime Bingo	9:30 am – Strong Bones 12:30 pm – Golf (Cards) 1:00 pm – Dime Bingo	9:30 am – Strong Bones 12:30 pm – Golf (Cards) 1:00 pm – Dime Bingo	9:30 am – Strong Bones 12:30 pm – Golf (Cards) 1:00 pm – Dime Bingo	
THURSDAY	Pool vs. Antonito (here) 9:30 am - Qigong 10:00 am - Women of Joy Bible Study 10:00 am - Dining w/Diabetes 12:30 pm - Dominos	9:30 am - Qigong 10:00 am - Women of Joy Bible Study 10:00 am - Dining w/ Diabetes 12:30 pm - Dominos	Pool vs. MV (here) 9:30 am - Qigong 10:00 am - Women of Joy Bible Study 12:30 pm - Dominos 6:00 pm - Randy Harabin: Grand Tetons' Ecosystems	9:30 am - Qigong 10:00 am – Women of Joy Bible Study 12:30 pm – Dominos	
WEDNESDAY	9:30 am – Strong Bones 10:30 am – Chair Yoga 12:30 pm – Mah Jongg 1:00 pm – Dime Bingo	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	8:00 am - Casino (Espanola) 9:30 am - Strong Bones 10:30 am - Chair Yoga 12:30 pm - Mah Jongg 1:00 pm - Dime Bingo	9:30 am – Strong Bones 10:30 am – Chair Yoga 12:30 pm – Mah Jongg 1:00 pm – Dime Bingo	
TUESDAY	2 9:00 - Walking Group 9:30 - Qigong 10:00 - Crochet, Knitting & Sewing 10:00 am - Dining w/ Diabetes 10:30 - Blood Pressure Checks 10:45 am - Jubilee Music 12:30 pm - Texas Hold 'Em 1:00 pm - Line Dancing	9 9:00 - Walking Group 9:30 - Qigong 10:00 am - Dining w/ Diabetes 10:45 am - Jubilee Music 12:30 pm - Texas Hold 'Em 1:00 pm - Line Dancing 1:00 pm - RSVP Speaker	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	8:00 am - Lake City Fall Colors Trip 9:00 - Walking Group 9:30 - Qigong 10:45 am - Jubilee Music 12:30 pm - Texas Hold 'Em 1:00 pm - Line Dancing	30 9:00 - Walking Group 9:30 - Qigong 10:45 am - Jubilee Music 12:30 pm - Texas Hold 'Em 1:00 pm - Line Dancing
MONDAY	Happy Jason	9:30 am – Strong Bones 10:30 am – Chair Yoga 12:30 pm – Cards 1:00 pm – Dime Bingo	9:30 am – Strong Bones 10:30 am – Chair Yoga 12:30 pm – Cards 1:00 pm – Dime Bingo	9:30 am – Strong Bones 10:30 am – Chair Yoga 12:30 pm – Cards 1:00 pm – Dime Bingo	9:30 am – Strong Bones 10:30 am – Chair Yoga 12:30 pm – Cards 1:00 pm – Dime Bingo



"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 committment 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

Northerner's

No activities collected

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.

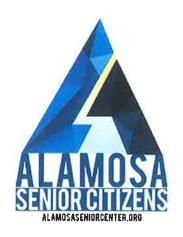
All are welcome at both presentations.



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

Alamosa Senior Citizens Spotlight:

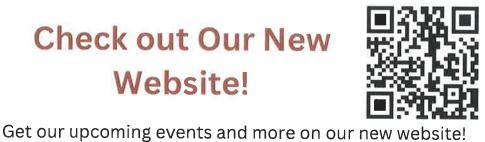
Lee Wilson



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



www.alamosaseniorcitizens.org



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.

Facebook Page!



"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, or visit https://www.sparkthechangecolorado.org/rsvp.html.

Septembel 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

r meal? Please Call 710-580	nd to be home to receive you	31-303-866-2651 Not goin	X
REQUIRED	WIDEAT COVIDER TREE	AI I FROENS AS INGREDIENTS	Z
ARE		יימור זיטטוור ייטטוור ייטטוור ייטט	Mixed Figure 2
KESEKVALIONS		רבייל ליידל	Tater Tots
prior notice.	Guest Rate \$8.00		Brussel Sprouts
citatige Without	Guest Rate 40 00		Whole Wheat Bun
change without	Suggested Donation \$4.00		Sloppy Joe /
The menu is subject to		30	29
	whole wheat Koll	Honeydew/Lime /Cilantro	Raisin Nut Cup
	Strawberry Applesauce	Broccoll M/L - 1 - M/L - 1 - 1 - 1 - 1 - 1 - 1 - 1 - 1 - 1 -	Villias Villeat Torillas
CLOSED	Mixed Vegetables	Mashed Potatoes	Corn
	Mashed Potatoes	Country Gravy	Cheese stick
	Meatloaf W/Brown Gravy	Chicken Fried Steak	Chili Beans
25	24		22
	Whole Wheat Bread	Apricot Halves	Applesauce
	Chocolate Cake/Frosting	Whole Wheat Bread	Corn /Zucchini Mexicana
CLOSED	Brussel Sprouts	Sesame Broccoli	Corn Bread
	Potato Salad	Steamed Brown Rice	Salad
		Sweet & Sour Pork	Beef Stew
48	17	16	15
	Whole Wheat Rolls	Whole Wheat Rolls	Whole Wheat Crackers
CLOSED	Sweet Potatoes Mandarin Oranges	Diced Pears	Oranges
		il cooper	Broccoli
	Giazed Baked Ham French Cut Green Beans	Mashed Potatoes	Brown Rice
11	10	-	
1116 3rd St., Alamosa	Whole Wheat Crackers		
Area Agency on Aging	Oranges	Watermelon	
South-Central Colorado	Black Beans	Baked Beans	
	Tomato, Lettuce	Creamy Colesiaw	LABOR DAY
	Potato Soup	Whole Wheat Bun	NOT I
YOUR DONATIONS!	Tuna Salad	Braut/Sauerkraut/Onions	CLOSED
THANK YOU FOR 4	8		~
Thursday	Wednesday	Tuesday	Monday
	Thursday THANK YOU FOR 4 YOUR DONATIONS! South-Central Colorado Seniors, Inc. Area Agency on Aging 1116 3rd St., Alamosa 1117 3rd St	Thursday Potato Soup Cromato, Lettuce Black Beans Oranges Whole Wheat Crackers Mandarin Oranges Whole Wheat Rolls Chocolate Cake/Frosting Whole Wheat Bread Brussel Sprouts Chocolate Cake/Frosting Whole Wheat Roll The menu is subject to change without	aut/Onions Potato Soup Potato Soli Sweet Potatoes Potatoes Potatoes Potato Salad Potatoes Potato Salad Potato Salad Potato Salad Potatoes Pot

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.

lf 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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Alamosa Senior Citizens, Inc. P.O. Box 1007 Alamosa, CO 81101