

ALAMOSA SENIOR CITIZENS CENTER

NEWSLETTER | APRIL 2026



A NOTE FROM OUR DIRECTOR!

As April arrives and the weather begins to warm here in the San Luis Valley, it's a wonderful time to get outdoors and enjoy the fresh air and sunshine. At Alamosa Senior Citizens, we look forward to a season of renewed energy, connection, and activity—both inside the center and out in our community. Whether you're joining us for a meal, a class, or simply stopping by to visit, I encourage you to stay active, enjoy the longer days, and take advantage of all this season has to offer. We're grateful for each of you and look forward to seeing you this spring.

Sign Up Today!

Alamosa Seniors Annual Trip!

Join us for this year's exciting 8 day / 7 night adventure to Las Vegas, Hoover Dam, and the breathtaking Grand Canyon!

Experience incredible sights, great company, and unforgettable memories on this once-a-year getaway.

Sign up by May 15, 2026

See the flyer in this newsletter for full details

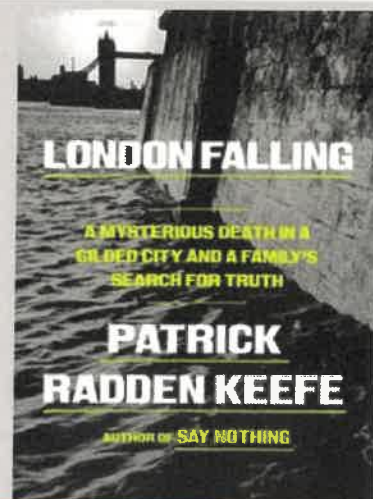


BOOK SUGGESTION FOR APRIL:

LONDON FALLING: A MYSTERIOUS DEATH IN A GILDED CITY AND A FAMILY'S SEARCH FOR TRUTH

BY PATRICK RADDEN KEEFE

A spellbinding account of a family devastated by the sudden death of their nineteen-year-old son, only to discover that he had created a secret life which drew him into the dangerous criminal underworld





Alamosa Senior Citizens Spotlight:

April Birthdays

1-Elizabeth Chambers
4-Ernest New
4-Evelyn Vigil
5-Linda Cozart
5-Gary Petty
5-Richard Scanlan
6-Susan Foster
6-Betty Gray
6-Robert Zimmerman
6-Cindy Gasca
6-Luella Salazar
8-John Kettler
13-Lil Bargas
13-Sandy Lopez



15-Trish Cunningham
16-Kusmawati
Kitterman
16-Mary Russell
20-Minda Berk
21-Linda Howard
22-Sharon K Adcock
23-Barbara Stewart
24-Laureen Yohn
26-Julie Scott
28-Charles Miller
29-Phillip Romero



Check out Our Website!

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



"WINTER'S DONE, AND APRIL'S IN THE SKIES. / EARTH, LOOK UP WITH LAUGHTER IN YOUR EYES!"
— CHARLES G.D. ROBERTS

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



Activity Schedule

Mondays

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

Tuesdays

- 9:30 a.m. – QiGong
- 10:00 a.m. - Knitting, Crochet, Sewing Club - **1st & 3rd Tuesdays only**
- 10:30 a.m. - Beading Class
- 10:45 a.m. - Jubilee Music
- 11:00 am - 1:00 pm - Open Pool Play
- 12:30 p.m. – Texas Hold Em (Poker)
- 1:00 p.m. – **Line Dancing & Walking 28th Pickleball Dink Class 21st**

Wednesdays

- 9:00 am - 3:00 pm - Open Pool Play
- 9:30 a.m. – Strong Bones Class
- 10:30 a.m. – Chair Yoga
- 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

- 9:30 a.m. – QiGong
- 10:00 a.m. - Women of Joy Bible Study
- 11:00 am - 2:00 pm - Open Pool Play
- 12:30 p.m. - Dominos
- 2:00 p.m. – Sound Healing Meditation – **1st**

Thursday of the month

Fridays

- 9:00 am - 3:00 pm - Open Pool Play
- 9:30 a.m. – Strong Bones Class
- 10:30 a.m. - Colcha Club - **1st & 3rd Fridays only**
- 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!

- **4/02 vs. Antonito - There**
- **4/16 vs. Monte Vista - There**



RSVP Speaker Series



The Retired and Senior Volunteer Program (RSVP) of Alamosa County invites everyone to its ongoing Speaker Series. Join us on Tuesday, April 14th at 1:00pm at the Alamosa Senior Center for a talk entitled, "Investigating Nursing Homes & Assisted Living: A Medicare POV" presented by Michelle Phillips, a Retired Medicare Counselor in the San Luis Valley.

Navigating the selection of an assisted living or nursing home can be overwhelming, especially when considering Medicare's role.

Come learn about key factors, including understanding Medicare coverage, eligibility, and the services provided. Remember, while Medicare can assist with certain costs, it does not cover long-term stays in assisted living facilities. Learn about what you need to know before making this huge decision!

We will be kicking off this event with a station update from Dan Perez, Director, Rio Grande Farm Park (SLV Local Foods Coalition) including information on how you can volunteer for their Volunteer workday, April 25th, they are going to be planting 20 trees at the Farm Park. All are invited to stay afterwards for Senior Social Hour and enjoy homemade cookies and coffee, from 2:00-2:30pm.



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@sparkchange.org or visit <https://www.sparkthechangecolorado.org/rsvp.html>.

ALAMOSA SENIOR CENTER PRESENTS

Grand Canyon, Las Vegas and the Hoover Dam



INCREDIBLE PRICE INCLUDES:

- ◆ Motorcoach transportation
- ◆ 7 nights lodging including 3 consecutive nights in a Las Vegas Casino Hotel
- ◆ 7 meals: 4 breakfasts and 3 dinners
- ◆ Visit to magnificent PETRIFIED FOREST NATIONAL PARK
- ◆ Admission to the HOOVER DAM VISITOR CENTER
- ◆ FREE DAY to shop, explore and discover LAS VEGAS
- ◆ Gaming and Sight-Seeing on the famous LAS VEGAS STRIP
- ◆ Visit GRAND CANYON NATIONAL PARK including an IMAX GRAND CANYON MOVIE
- ◆ Guided Tour of historic BOULDER CITY & a stop at the LAKE MEAD OVERLOOK

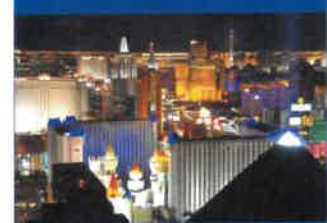
For more pictures, video, and information visit:
www.GroupTrips.com/alamosasenior

\$1239*

8 Days 7 Nights

*PER PERSON, DOUBLE OCCUPANCY

(Sat - Sat)
Sep 19 - 26
2026



The world-famous Las Vegas Strip



View the spectacular Grand Canyon



World-class Gaming and Excitement



Experience the majestic scenery

Departure: Alamosa Senior Center, 92 Colorado Ave, Alamosa, CO @ 8 am

Day 1: Depart your group's location in a spacious, video and restroom equipped motorcoach for exciting Las Vegas! Tonight, settle into a comfortable en route hotel for a good night's rest.

Day 2: Enjoy a Continental Breakfast before departing for exciting Las Vegas. Today, you will check into a Las Vegas Casino Hotel for a three night stay.

Day 3: Today you will enjoy a FREE DAY in Las Vegas to do what you wish! Enjoy as much gaming as you please, explore the famous LAS VEGAS STRIP, do some shopping, or see an exciting show!

Day 4: Today, you will see one of our country's great engineering marvels, the legendary HOOVER DAM, which holds back the waters of the Colorado River to create scenic Lake Mead. You will visit the HOOVER DAM Visitor's Center and see the HOOVER DAM Bypass Bridge. Later, you will continue with a Guided Tour of historic BOULDER CITY. Afterwards, you will make a stop at the LAKE MEAD OVERLOOK, a perfect spot to take in the panoramic views of the Boulder Basin, the Muddy Mountains, and the Callville Mesa. Tonight, enjoy Dinner at a local restaurant before heading back to your hotel.

Day 5: This morning you will depart for a visit to Kingman, Arizona. Enjoy the Route 66 Museum, Kingman's tribute to the road that took Americans across this great land. You will also visit the Mohave Museum of History and Arts, which outlines the area's history, from the Sante Fe Railroad to the Hualapai Indians and more. This evening, you will enjoy Dinner and check into a hotel in the Flagstaff, Arizona area for a two-night stay.

Day 6: This morning, enjoy a Continental Breakfast before departing for a visit to the magnificent and spectacular GRAND CANYON NATIONAL PARK. Today you will also see the IMAX GRAND CANYON MOVIE at the National Geographic Visitor Center. This evening, you will enjoy Dinner and return to your hotel.

Day 7: Enjoy a Continental Breakfast at your hotel before leaving for a visit to the PETRIFIED FOREST NATIONAL PARK. Later that day, you'll check into your en route hotel.

Day 8: Today, after enjoying a Continental Breakfast, you depart for home... a perfect time to chat with your friends about all the fun things you've done, the great sights you've seen and where your next group trip will take you!

ADD SOME PEACE OF MIND TO YOUR TRIP...

With Diamond Tours Exclusive *Travel Confident*® Protection Plan.
See separate advertisement...

\$75 Due Upon Signing. *Price per person, based on double occupancy. Add \$419 for single occupancy.
Final Payment Due: 7/12/2026

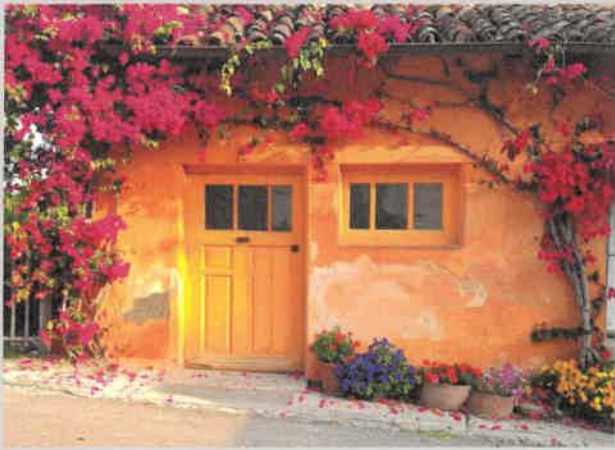
FOR INFORMATION & RESERVATIONS CONTACT:

Stephanie Sales @ (719) 589-3277

Diamond Tours inc.
Bringing Group Travel to a Higher Standard®

File. Seller of Travel Ref No. ST32973.





Things to Note...

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

Transportation

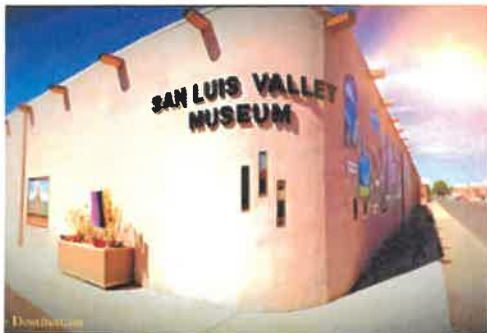
Grocery and Medical Appointment Trips are available! Within Alamosa - to Safeway, City Market, or Walmart. Transportation is available to members within the City of Alamosa for in-town doctor's appointments, prescription pick-up, and grocery shopping. We do not transport outside of Alamosa. The ride 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 March!

4/14: SLV Museum - Alamosa



Join us for a visit to our home-town, local history museum exploring ranch & farm life, with antiques, photos & Native American artifacts. grab your spot today by contacting the center's office at (719) 589-3277

04/21: Ohkay Casino

Try your luck and enjoy a fun day out at Ohkay Casino! Join us for an exciting trip filled with gaming, great company, and a lively atmosphere. Whether you love the slots or just want a getaway with friends, this is the perfect chance to relax and have some fun. Stop by the front desk to reserve your seat—spaces fill quickly!

Cost is just \$20 for members and \$30 for non-members. Call the office to register!



Plan Ahead!

Lobatos Bridge

5/12



Alamosa Senior Citizens is taking a group from Visit Alamosa to Lobatos Bridge on May 12. There might be a few spaces available for Senior Center members to join. If there isn't, we will do a second trip in June, on a date to be determined. The trips will include a stop for lunch, most likely in Antonito. Trip cost for members will be \$10. Non-members \$20.

Santa Fe Overnight

June 3-4

Alamosa Senior Citizens is planning an overnight trip to kick off Summer!

Details are still pending, but the current plan is to spend time on Museum Hill day one, and in the plaza plus the nearby churches on day two for those interested. Gamblers are encouraged to spend the night at the casino and be picked up on our way back to Alamosa. Check out May's Newsletter for more details



April

THURSDAY MENU

MEAL COST IS \$5 PER PERSON

APRIL 2ND

Ham w/ Mashed Potatoes & Gravy
Green Beans
Ambrosia

APRIL 9TH

BLT Sandwich
Macaroni Salad
Fruit Compote

APRIL 16TH

Philly Cheesesteak
Tots
Pineapple Upside Down Cake

APRIL 23RD

BBQ Chicken Sandwich
Potato Salad & Baked Beans
Cookies

APRIL 30TH

Baked Ziti
Cheesy Garlic Bread
Fruit Salad

Menu subject to change

APRIL 2026

South-Central Colorado Seniors, Inc. (Area Agency On Aging)

www.slvaaa.org

Monday

Tuesday

Wednesday

Thursday

Friday

RESERVATIONS ARE REQUIRED

Suggested Donation \$4.00
Guest Rate \$9.00

Easter Monday is on April 6th!



Turkey Wrap w/Tortilla
Lettuce/Tomato/Ranch
Spinach & Feta Salad
Dressing & Sunflower Seeds
Jello w/ Fruit

THANK YOU FOR YOUR DONATIONS!



South-Central Colorado Seniors, Inc.
Area Agency on Aging
1116 3rd St, Alamosa

Egg Salad Sandwich on Whole Wheat Bread
Lentil Soup
Carrifruit Salad
Pineapple Tidbits

Beef Stew
Salad & Corn Bread
Corn /Zucchini Mexicana
Applesauce



Sweet & Sour Pork
Steamed Brown Rice
Sesame Broccoli
Whole Wheat Crackers
Apricot Halves

Meat Loaf w/Brown Gravy
Mashed Potatoes
Mixed Vegetables
Strawberry Applesauce
Whole Wheat Roll

CLOSED

Chicken Salad Sandwich
Sliced Tomato, Lettuce
Tomato Soup
Corn Confetti
Fresh Orange

Beef Barley Soup
Corn & Green Beans
Salad w/ Dressing
Mandarin Oranges
Peanut Butter Cookie
Whole Wheat Crackers

Roast Turkey /Mashed
Potatoes/Gravy
Green Beans
Salad
Pineapple
Whole Wheat Roll

BBQ Beef on Bun
Baked Beans
Creamy Coleslaw
Pears
Spice Cake w/ Frosting

CLOSED



Chicken Cordon Bleu
Brown Rice
Asparagus
Oranges
Whole Wheat Crackers

Soft Tacos/Sour Cream
Cheese/Lettuce/Tomato
Calabacitas/Zuchinni
Spanish Rice
Apricots/Graham Crackers

Grilled Chicken Breast
Wild Rice Pilaf
Parsley Butter Carrots
Mandarin Oranges
Whole Wheat Roll

Salisbury Steak
Mashed Potatoes
Green Beans
Apricot Halves
Whole Wheat Roll

CLOSED



Pork Posole w/ Green Chili
Sliced Zucchini/w
Diced Tomatoes
Sweet Rice with Raisins
Whole Wheat Tortilla

Chicken Fajita
Tomato, Lettuce, Cheese
Spanish Rice
Diced Pears
Whole Wheat Crackers

Spinach Lasagna
Green Beans
Salad
Apricot Halves
Whole Wheat Roll

Turkey Pot Pie
Herbed Green Beans
SpinachSalad
w/ Mandarin Oranges
Baked Apples w Raisins

CLOSED



The menu is subject to change without prior notice.

Not going to be home to receive your meal? PLEASE CALL 719-589-4511 (ADMIN OFFICE)

State Unit On Aging: 1-303-866-2651

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.

APRIL 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.



NON-PROFIT ORG.
U.S. POSTAGE PAID
ALAMOSA, CO 81101
Permit No. 145

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