

# ALAMOSA SENIOR CITIZENS CENTER

NEWSLETTER | DECEMBER 2025

## A NOTE FROM OUR DIRECTOR!

As we welcome the final month of the year, I'm feeling especially grateful for the spirit, generosity, and resilience of our Alamosa Senior Citizens community. December brings a chance to slow down, celebrate together, and reflect on all we've accomplished. Thank you for being part of a center that is lively, caring, and full of heart.

I'd also love to personally invite you to our **Ladies' Winter Tea on December 4th at 2:00 p.m.** It's a lovely afternoon of conversation, treats, and connection—one of our sweetest traditions of the season. I also hope you'll join us for a special **musical afternoon with the Celtic (K)notes Concert on December 18th from 2:00–4:00 p.m.** Their music always brings warmth and joy to the holiday season, and it's a wonderful way to celebrate together. Wishing you peace, joy, and a bright holiday season!



## Ladies Tea!

### Ladies' Winter White Tea – December 4th at 2:00 p.m.!

Join us for a cozy afternoon at our Ladies' Winter White Tea! Enjoy warm tea, good conversation, and the joy of gathering together during this festive season. Guests are welcome to bring a small dish to share—if they wish—and to invite a friend to enjoy the companionship and connection. We look forward to sharing a lovely afternoon with you!



## BOOK SUGGESTION FOR DECEMBER:

MIDWINTER MURDER: FIRESIDE TALES FROM THE QUEEN OF MYSTERY  
AGATHA CHRISTIE





# Alamosa Senior Citizens Spotlight:

## Board Member - Janet Yohn

I've served as a board member for 3 years and served on the membership committee prior. I volunteer to help in the office when needed, and in the kitchen when we have fundraisers. I love that Alamosa Senior Citizens provides a variety of activities that help seniors stay active. I am a valley native who is very active in our community. I serve on the Alamosa Veterans Memorial Park as vice chair, and am treasurer for Alamosa DAR.



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.



## Check out Our New Website!

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





# Activity Schedule

## **Mondays**

- 9:30 a.m. – Strong Bones Class
- 10:30 a.m. – Chair Yoga
- 11:00 am - 3:00 pm - Open Pool Play
- 12:30 p.m. - Golf Card Game
- 1:00 p.m. – Bingo

## **Tuesdays**

- 9:30 a.m. – QiGong
- 10:30 am - 12:00 - Open Pool Play
- 10:30 a.m. - Knitting, Crochet, Sewing Club - **1<sup>st</sup> & 3<sup>rd</sup> Tuesdays only**
- 10:30 a.m. - Beading Class
- 10:45 a.m. - Jubilee Music
- 12:30 p.m. – Texas Hold Em (Poker)
- 1:00 p.m. – Line Dancing
- 1:00 p.m. - RSVP Speaker Series - **2<sup>nd</sup> Tuesday of each month.**

## **Wednesdays**

- 9:30 a.m. – Strong Bones Class
- 10:30 a.m. – Chair Yoga
- 11:00 am - 3:00 pm - Open Pool Play
- 12:30 p.m. - Mah Jongg
- 1:00 p.m. – Bingo

## **Thursdays**

- 9:30 a.m. – QiGong
- 10:00 a.m. - Women of Joy Bible Study
- 10:30 am - 12:00 - Open Pool Play
- 12:30 p.m. - Dominos
- 2:00 p.m. – Sound Healing Meditation – **1<sup>st</sup> Thursday of each month**

## **Fridays**

- 9:30 a.m. – Strong Bones Class
- 10:30 a.m. - Colcha Club - **1<sup>st</sup> & 3<sup>rd</sup> Fridays only**
- 11:00 am - 3:00 pm - Open Pool Play
- 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. 1<sup>st</sup> Tuesday of each month**
- **10:30 a.m. - 11:15 a.m. 2<sup>nd</sup> Wednesday of each month**

### **Pool Tournaments!**

- **12/04 vs. Antonito - There**
- **12/18 vs. Monte Vista - There**

**OLLI Classes! (see Special Events for December)**

## **Christmas Week Schedule**

- **Wednesday, December 24: Center Closed.**
- **Thursday, December 25: Center Closed. Will reopen on December 26th**

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.



# RSVP Speaker Series



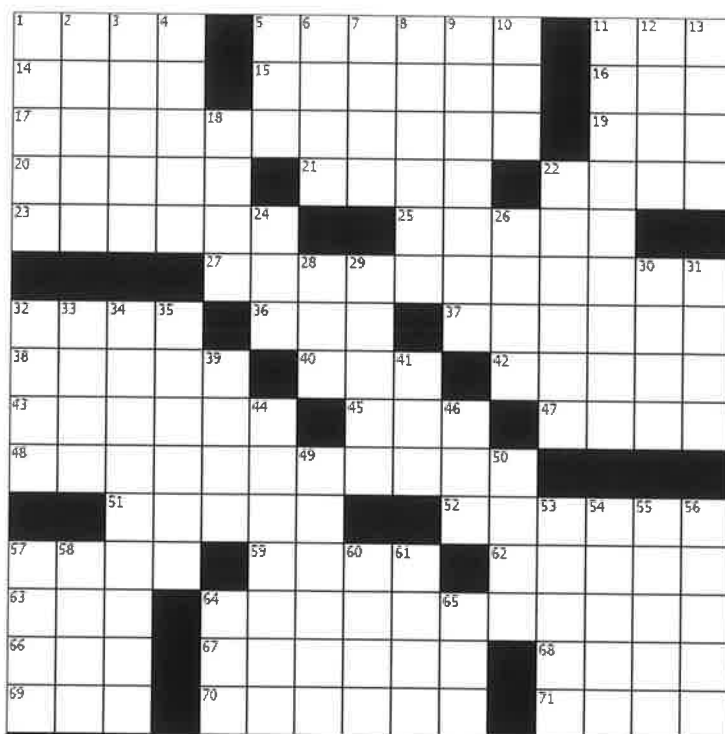
The Retired and Senior Volunteer Program (RSVP) of Alamosa County invites everyone to its ongoing Speaker Series. Join us on Tuesday, December 9, at 1:00pm at the Alamosa Senior Center for a talk entitled, "Planning Ahead: Peace of Mind for You and Your Loved Ones" presented by Stephen Hunzeker, Owner, Mountain Valley Mortuary, and Vice President, Colorado Funeral Directors Association. Join us for an informative presentation on the importance of pre-planning funerals and making end-of-life preparations. Stephen Hunzeker will guide you through the emotional, financial, and practical benefits of planning ahead—helping ease the burden on your loved ones during a difficult time. Learn how simple steps today can bring peace of mind tomorrow. The presentation will be repeated that evening, Tuesday, December 9, at 6:00pm at The Bridge at Alamosa. All are welcome and no registration is needed.



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@projecthelping.org](mailto:nancy@projecthelping.org) or visit <https://www.sparkthechangecolorado.org/rsvp.html>.

# Across

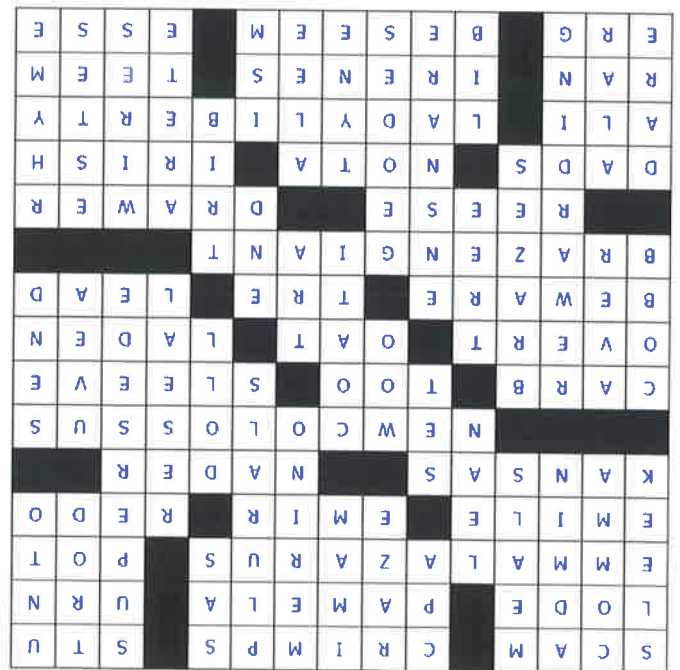
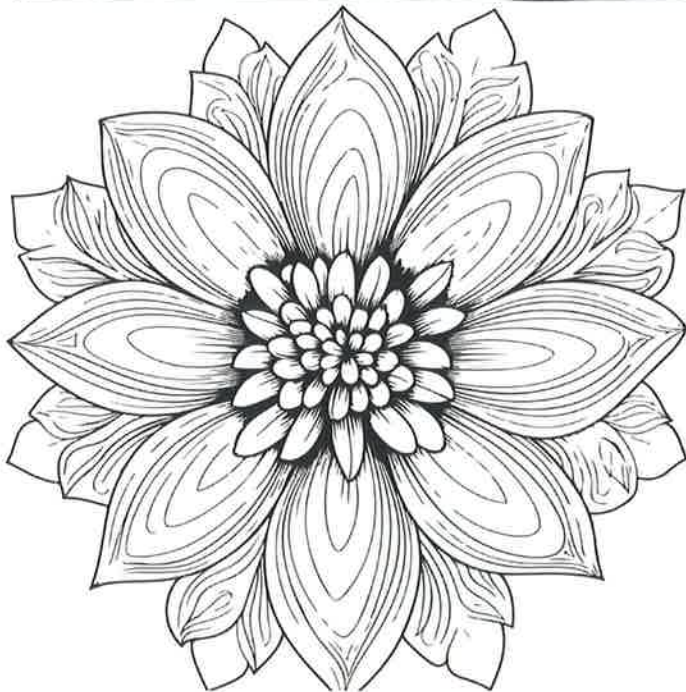
1. Phony deal
5. Crinkles
11. Alphabet series
14. Mine find
15. Anderson of "Baywatch"
16. Coffee server
17. The poet
19. Kitty
20. Writer Zola
21. Middle Eastern ruler
22. Make over
23. Sunflower State
25. Consumer advocate Ralph
27. The poem (with "The")
32. Food component to avoid in 2004
36. In addition
37. Pipe fitting
38. Not tacit
40. Trigger treat
42. Encumbered
43. Sign on a gate
45. Uno e due
47. Set the pace
48. What the original was described as
51. Actress Witherspoon
52. Bureau component
57. Father figures
59. \_\_\_ bene
62. Sort of setter
63. Comeback maker of October 1974
64. It contains the poem
66. Took off
67. Castle and Dunne
68. Abound
69. Sandy desert area
70. Be suitable for, old-style
71. Latin being



# Down

1. Streamlined
2. It's used to show separation
3. FDA component
4. Repasts
5. Whiz at figs.
6. Tear down
7. Mosque prayer leader
8. Breed of sheep
9. 4-Down and 67-Across, e.g.
10. Eur. airline
11. Displace
12. Walked heavily
13. Biblical preposition
18. Jack Sprat's need
22. Put the lid back on
24. Harden
26. Baby's stand-in
28. Court
29. Raccoon cousin
30. Eye part
31. "\_\_\_ in the Clowns"
32. 1994 Tommy Lee Jones flick
33. Declare
34. Gratifying
35. Solders
39. Sloth's home
41. La la forerunner
44. Trap
46. Conclude
49. Hollow rocks
50. Windy City paper (with "The")
53. Narrow mountain ridge
54. Bugs
55. Simon of the opera
56. Verse
57. Have the courage
58. Controversial tree spray
60. Actress Daly
61. Not aweather
64. Ad follower
65. Distinctive doctrine







## 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 December!

#### 12/08: Buffalo Thunder

Feeling lucky? Join the Alamosa Senior Center for a fun-filled trip to the Buffalo Thunder Casino in New Mexico on December 8th! Come test your luck, enjoy great company, and let the games begin. Cost is just \$20 for members and \$30 for non-members—grab your spot today and don't miss out on the excitement! Get your name on the list by contacting the center's office at (719) 589-3277

#### 12/18: Christmas Concert

Get into the holiday spirit at our Christmas Concert on Thursday, December 18th from 2 p.m. to 4 p.m. at the Alamosa Senior Citizens Center! Celtic (K)notes will be playing a selection of Celtic Christmas Favorites and the center will have cookies, cocoa, and coffee. Bring something to share with others if you'd like. Let's kick off the Christmas Week with fun, companionship, and good music!





# Plan Ahead!

## OLLI Classes

**Superfoods for a Superhero's Life      12/3 - 10:00 am - 2:00 pm**

Superfoods and Superheroes come together in this fun, interactive STEAM-focused presentation of foods that are nutritional dynamos. Superfoods don't come in packages. These are whole foods produced by nature that are incredibly nutritious or beneficial to your overall health and wellness, and have a combination of low calories, high fiber, and high vitamins and minerals, and are inherently designed to provide super nutrition. Bam!

Pow! Splat! Slam! and Kapow! for Superfoods.



## VITA Training

**12/6 - 10:00 am - 2:00 pm**

United Way of Colorado Springs is offering free VITA preparer training for community members who want to make a real difference this tax season. Volunteers will learn how to assist low- to moderate-income individuals in preparing and filing their taxes accurately and at no cost. No prior experience is required—just a willingness to learn and a heart for service!

If you're interested in gaining valuable skills while supporting families in our community, this training is a great place to start. Contact the United Way of Colorado Springs for registration details.





# Christmas Bazaar & Raffle!

*The Christmas Bazaar Was November 15th!*

This yearly fundraiser was a success! Thank you to everyone who participated as a vendor and to those who provided baked goods, we greatly appreciated everything you did!

A special thank you to Sharon Adcock, who provided not only her time as a volunteer during the breakfast, but also spent hours creating fabric crafts for our Senior Center to sell. The hours of work you put into those crafts were greatly appreciated.

## Raffle Prizes!

**1st Prize: 50 lbs. Meat Combo** donated by Valley Meat - **won by Roberta Archuleta**

**2<sup>nd</sup> Prize: 25 lbs. Meat Combo** donated by the SLV Area Agency on Aging's Alamosa Kitchen - **won by Jim Jenkins**

**3<sup>rd</sup> Prize: Christmas Carols Quilt** made and donated by Rhonda Borders - **won by Sarah Stoeber**

**4<sup>th</sup> Prize: \$75 gift card** donated by Alamosa Senior Citizens Center - **won by Linda Howard**

## Congratulations to everyone!

# December

## THURSDAY MENU

MEAL COST IS \$5 PER PERSON

### DECEMBER 4TH

Potato Bar - SLV Development Resources Group  
Chili and Cheese  
Cookies & Ice Cream

### DECEMBER 11TH

Greek Gyros (Beef)  
Steak Fries  
Bakalava





### DECEMBER 18TH

Tomato Soup  
Baked Ham & Cheese Sandwiches  
Ambrosia

### DECEMBER 25TH

Christmas - Closed

*Menu subject to change*

Monday	Tuesday	Wednesday	Thursday	Friday
<b>1</b> Beef Barley Soup Salad/Dressing Mandarin Oranges Whole Wheat Crackers	<b>2</b> Chicken Wrap Whole Wheat Tortilla Cheese/Lettuce/Tomato Ranch Dressing Mixed Vegetable 1 Orange /Churro	<b>3</b> Roast Beef w/ Brown Gravy Mashed Potatoes Green Beans w Red Peppers Broccoli/ Cauliflower Salad Sliced Pears Whole Wheat Roll	<b>4</b> <b>CLOSED</b> <b>THANK YOU FOR YOUR DONATIONS!</b>  South-Central Colorado Seniors, Inc. Area Agency on Aging 1116 3rd St., Alamosa	<b>5</b> Sweet & Sour Pork Steamed Brown Rice w Egg Sesame Broccoli Whole Wheat Crackers Peach Crisp
<b>8</b> Chili Beans/no Meat Carrot-Raisin Salad Corn Cheese Sticks Mandarin Oranges Whole Wheat Tortillas	<b>9</b> Cheese & Broccoli Soup Egg Salad Sandwich On Whole Wheat Bread 1/2 Orange Whole Wheat Crackers	<b>10</b> Salmon Filet Peas Wild Rice Pilaf Mandarin Oranges Peanut Butter Cookie	<b>11</b> <b>CLOSED</b>	<b>12</b> Pueblo Beef Stew Salad/ Dressing Yellow Squash/Tomatoes Cornbread Choc Pudding
<b>15</b> Turkey Tetrazini Italian Green Beans Cottage Cheese w/Mandarin Oranges Whole Wheat Bread	<b>16</b> Chicken Salad Sandwich Whole Wheat Bread Tomato Soup Sliced Tomato, Lettuce Confetti Corn Mandarin Oranges	<b>17</b> Baked Ham Marshmallows on Candied Sweet Potatoes California Vegetables Pineapple Cubes Whole Wheat Roll	<b>18</b> <b>CLOSED</b> 	<b>19</b> Italian Sausage Pasta Salad/Dressing Sunflower Seeds Mixed Vegetables Mixed Fruit Whole Wheat Roll
<b>22</b> Chicken Cordon Bleu Brown Rice Broccoli Mandarin Oranges Whole Wheat Crackers	<b>23</b> Meat Loaf w/Brown Gravy Mashed Potatoes Mixed Vegetables Strawberry Applesauce Whole Wheat Bread	<b>24</b> <b>CLOSED</b> <b>IN OBSERVANCE OF CHRISTMAS EVE</b> 	<b>25</b> <b>CLOSED</b> <b>IN OBSERVANCE OF CHRISTMAS</b> 	<b>26</b> Macaroni and Cheese Broccoli Salad Sunflower Seeds Pears Whole Wheat Bread
<b>29</b> Ham & Beans Corn Apricot Pineapple Compote Cornbread	<b>30</b> Chicken Fried Steak Country Gravy Mashed Potatoes Cauliflower Broccoli Mix Plums Whole Wheat Roll	<b>31</b> Pork Posole/Green Chili Tomatos/Zucchini Sweet Rice with Raisins Whole Wheat Tortilla	<b>RESERVATIONS ARE REQUIRED</b> Suggested Donation \$4.00 Guest Rate \$9.00	<i>The menu is subject to change without prior notice.</i>
<b>Not going to be home to receive your meal? PLEASE CALL 719-589-4511 (ADMIN OFFICE)</b> <b>State Unit On Aging 1-303-866-2651</b>				
<b>MEALS MAY CONTAIN ALLERGENS AS INGREDIENTS WHEAT-SOY-GLUTEN-TREE NUTS-PEANUTS-MILK-EGGS- FISH-SHELLFISH-SESAME</b>				



# 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.*

### DECEMBER 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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