

# ALAMOSA SENIOR CITIZENS CENTER

NEWSLETTER | JANUARY 2026

## A NOTE FROM OUR DIRECTOR!



Happy New Year! As we step into January, I want to thank each of you for being such an important part of the Alamosa Senior Citizens Center. Your participation, support, and kindness make this place a true community. We're looking ahead to a new year filled with opportunities to connect, stay active, and continue building programs that support and enrich your lives. I hope you'll join us this month and throughout the year as we learn, laugh, and grow together. Wishing you a healthy, happy start to 2026!

## Ladies Tea!

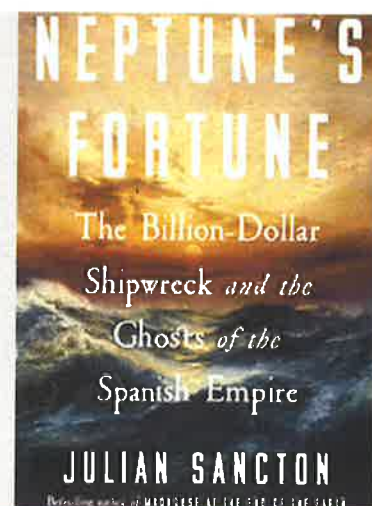
**Ladies' Winter White Tea has been rescheduled for January 29<sup>th</sup> at 2 pm.** Join us for a cozy afternoon at our Ladies' Winter White Tea! Enjoy warm tea, good conversation, and the joy of gathering together during this festive season. Guests are welcome to bring a small dish to share—if they 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 JANUARY:

### NEPTUNE'S FORTUNE BY JULIAN SANCTON

Roger Dooley wasn't looking for the San José. But an accidental discovery in the dusty stacks of a Spanish archive led him to the story of a lifetime, the tale of a great eighteenth-century treasure ship loaded with riches from the New World and destined for Spain.



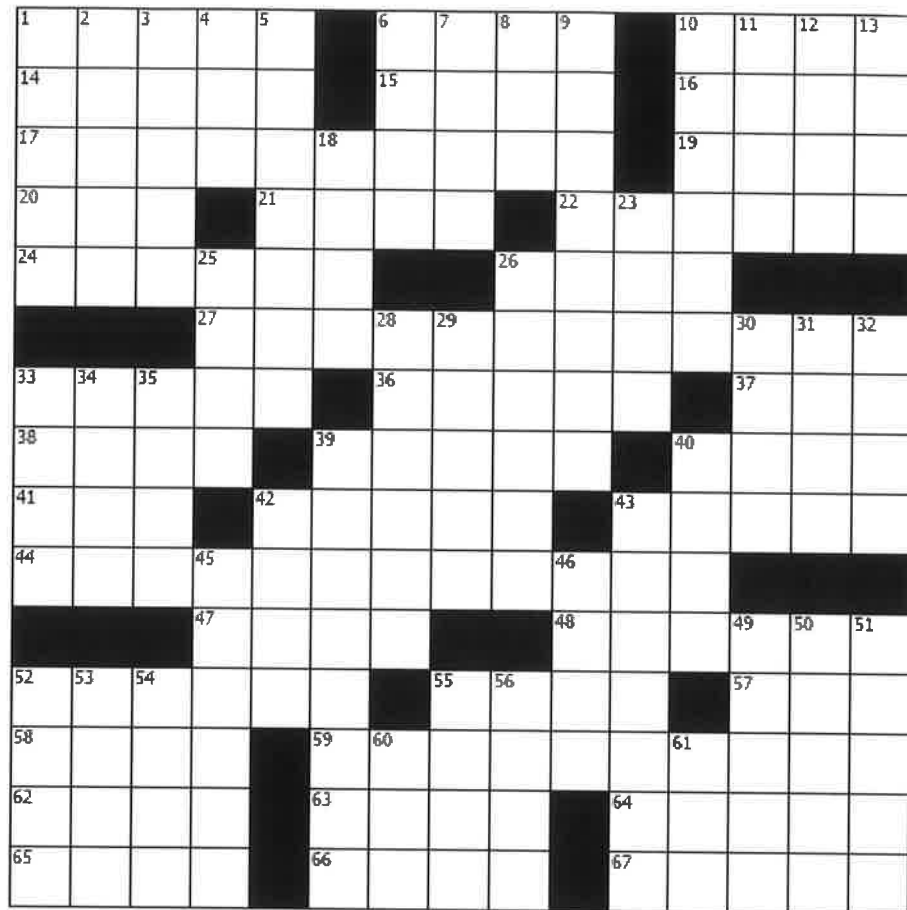


"LISTEN! THE WIND IS RISING, AND  
THE AIR IS WILD WITH LEAVES, WE  
HAVE HAD OUR SUMMER  
EVENINGS, NOW FOR OCTOBER  
EVES." – HUMBERT WOLFE

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

## Across

1. Screenwriter's dream
6. Sound in body
10. Elite police team
14. Part of many action flicks
15. "Potpourri for 1000, \_\_\_\_"
16. Seedy place?
17. Go great guns!
19. You'll get credit for it
20. Before, of yore
21. Type of child
22. A prayer
24. Saratoga Springs, e.g.
26. Kaffiyeh wearer
27. Go great guns!
33. Doesn't just sniffle
36. Fiery fits
37. Steak partner
38. Some spread it on thick
39. Quoted as an authority
40. Earth mover
41. Work of Sappho, e.g.
42. Golf club head socket
43. Down the hatch
44. Go great guns!
47. Pretentiously cultured
48. On the up-and-up?
52. Amati of violin-making fame
55. God with a bow
57. "\_\_\_\_, a deer ..."
58. It may be half or blue
59. Go great guns!
62. Head start, e.g.
63. Dash
64. "Cheers" character
65. It can be pressing
66. Cocoon covering
67. Palliates



## Down

1. Earthy pigment
2. Powerful draft horse
3. Zoo necessities
4. Eruption particle
5. Sharp replies
6. Weather forecast, perhaps
7. Treaty brother
8. Wahine wear
9. Demanded a ransom, e.g.
10. Public secretary of old
11. Romances
12. First name in folk music
13. Suffix for four
18. Pot ingredient?
23. Some cheers
25. Nee Christiania?
26. Turner portrayer Bassett
28. Straight-laced and then some
29. Like some breakfast cereal
30. Ayn Rand character
31. Cream ingredient
32. No longer bursting at the seams?
33. Sound of thunder
34. Burghoff's co-star
35. Hebdomad
39. Small country houses
40. Remunerates
42. Fire antonym
43. Soap unit
45. Kind of income
46. Seniors' last dance?
49. Gray matter output
50. Herman's Hermit
51. Twins share them
52. Parishioner's word
53. Botanical joint
54. Chief magistrate of Venice
55. Etc. relative
56. Social standing
60. "Bingo \_\_\_\_ Yale" (Porter tune)
61. \_\_\_\_ Dolorosa





Medicare

# Ice Cream Social

**Thursday, Jan 22 from 2 - 3 pm**

**Alamosa Senior Citizens Center**

**Please RSVP by 01/20 at 719.589.3277**

Join to learn more about important changes for seniors on both Medicare and Medicaid.

## **Learn about 2026 Over-the-Counter, healthy food and utility benefit changes:**

- Why is this change happening?
- What's changing with the over-the-counter (OTC), healthy food and utility benefit in 2026?
- What health conditions qualify me for healthy food and utilities?
- And more ...



Katrina Brown  
Medicare Agent  
(719) 350-6941





# Alamosa Senior Citizens Spotlight:

## 2025 In Review



2025 was a strong year of connection and growth at the Alamosa Senior Citizens Center. We served hundreds of older adults through meals, wellness classes, social activities, and educational programs—continuing to be a welcoming place where community and belonging thrive.

We celebrated expanded programming, increased partnerships and grant support, and over \$34,000 in volunteer in-kind hours, a true testament to the generosity of our community. To our board and volunteers: thank you for being the heartbeat of our center and for the countless ways you show up for our members. And to our members—thank you for your participation, friendship, and trust; you are the reason this center exists. As we look ahead to 2026, we're excited to build on this momentum, strengthen programs, and continue serving our community with care and purpose.

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**

- 10:00 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

## **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**

- 10:00 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 – **15<sup>th</sup> of January**

## **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!**

- **1/08 vs. Antonito - Here**
- **1/22 vs. Monte Vista - Here**

### **OLLI Classes! (none scheduled)**

## **January Holiday Schedule**

- **Thursday, January 1: Center Closed.**
- **Monday, January 19: Center Closed.**

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. All are invited to The Bridge at Alamosa on Tuesday, January 13, at 6pm, 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. 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>.



## 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 January!

#### 1/20: Santa Claran

Feeling lucky? Join the Alamosa Senior Center for a fun-filled trip to the Santa Claran Casino in New Mexico on January 20th! 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

#### 1/29: Ladies' Tea

##### **Ladies' Winter White Tea**

**– January 29th 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!





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# January

## THURSDAY MENU

MEAL COST IS \$5 PER PERSON

JANUARY 1ST New Years Day - Closed

JANUARY 8TH

Chicken Alfredo w/ Cheesy Garlic Bread  
Salad

Pretzel Dessert

JANUARY 15TH

Venison Chili w/ Cheese  
Crackers

Sopapilla Cheesecake Bites

JANUARY 22ND

Lasagna w/ Cheesy Garlic Bread  
Salad

Strawberry Shortcake

JANUARY 29TH

Pot Roast w/ Potatoes & Carrots  
Bread Roll




Pudding in a Cloud

*Menu subject to change*

## January 2026 Menu

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

www.scva.org

Monday	Tuesday	Wednesday	Thursday	Friday
<b>RESERVATIONS ARE REQUIRED</b> Suggested Donation \$4.00 Guest Rate \$9.00	<b>THANK YOU FOR YOUR DONATIONS!</b>  South-Central Colorado Seniors, Inc. Area Agency on Aging 1116 3rd St., Alamosa		<b>CLOSED IN OBSERVANCE OF NEW YEARS DAY</b>	1 Sloppy Joe 2 Whole Wheat Bun Sun Chips Brussel Sprouts Mixed Tropical Fruit
5 Crunchy Fish/Tarter Sauce Parsley Buttered Carrots Banana Chips Pineapple/Mandarin Orange Whole Wheat Roll	6 Chicken Cordon Bleu Brown Rice/Soy Sauce Herbed Green Beans Mandarin Oranges Whole Wheat Crackers	7 Turkey/Swiss on Bun Lettuce/Tomato Broccoli/Cheese Soup Crushed Pineapple Raisin Nut Cup	<b>CLOSED</b>	8 Salisbury Steak Mashed Potatoes Green Beans Apricot Halves Whole Wheat Roll
12 Grilled Chicken Whole Wheat Bun Cheese/Lettuce/Tomato 3 Bean Salad Fresh Orange	13 Baked Potato with Broccoli & Cheese Caesar Salad Fruit Yogurt Vanilla Wafers	14 Chicken Fried Steak Country Gravy Mashed Potatoes Steamed Broccoli Purple Plums Whole Wheat Roll	<b>CLOSED</b>	15 Potato Soup Tuna Salad Sandwich Lettuce/Tomato Black Beans Fresh Orange
<b>CLOSED IN OBSERVANCE OF MARTIN LUTHER KING DAY</b>	19 Pork/Green Chili Stew w/ Black Beans Cheese Sticks Zucchini Fries Orange/Raisin Nut Cup Whole Wheat Tortilla	20 Roast Beef w/Gravy Mashed Potatoes Green Beans w Red Peppers Broccoli/Cauliflower Salad Pears Whole Wheat Roll	<b>CLOSED</b> 	22 Macaroni and Cheese Salad w Sunflower Seeds Dressing 5-Way Vegetables Diced Pears Whole Wheat Crackers
26 Ham & Beans Tossed Vegetable Salad Ranch Dressing Apricot/Pineapple Compote Mexican Cornbread	27 Cheeseburger on Bun With Everthing Sun Chips Baked Beans Fruit Cocktail Orange Juice	28 Baked Pork Chops w/Buttered Apples Roasted Sweet Potatoes Seasoned Greens Mixed Tropical Fruit Whole Wheat Crackers	<b>CLOSED</b>	30 Pueblo Beef Stew Salad/Dressing Yellow Squash/Tomatoes Cornbread Chocolate Pudding
<b>Not going to be home to receive your meal? PLEASE CALL 719-589-4511 (ADMIN OFFICE)</b>				
<b>MEALS MAY CONTAIN ALLERGENS AS INGREDIENTS WHEAT-SOY-GLUTEN-TREE NUTS-PEANUTS-MILK-EGGS- FISH-SHELLFISH-SESAME</b>				
<b>State Unit On Aging 1-303-866-2651</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/year, Ambassador membership is \$100/year.

## JANUARY 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