

ALAMOSA SENIOR CITIZENS CENTER

NEWSLETTER | JULY 2026



A NOTE FROM OUR DIRECTOR!

Welcome to July and the heart of summer! We're excited for a busy month at Alamosa Senior Citizens, with our new meal schedule now offering meals on Tuesdays and Thursdays. We also look forward to summer favorites like the Creede plays, and a painting workshop. We are excited for new adventures to our trip to the DaVinci Museum and Riverwalk, and our **NEW** Mobile Market partnership with Care and Share. Be sure to check out the flyer included for our 2027 annual trip—we can't wait to share another great adventure with you!

Overnight Trip News

We're considering a special overnight summer getaway for July 26–27, and we'd love to know if you'd be interested! The trip would include a visit to historic Bent's Fort in La Junta, an overnight stay, and on day two, a trip to Kit Carson to see the famous Union Pacific Big Boy steam train. On the way home, we'd stop in Rocky Ford for a chance to visit local farmstands and pick up fresh produce. The estimated cost is \$75–\$80 per person (based on double occupancy). We need to hear from you by July 6th!

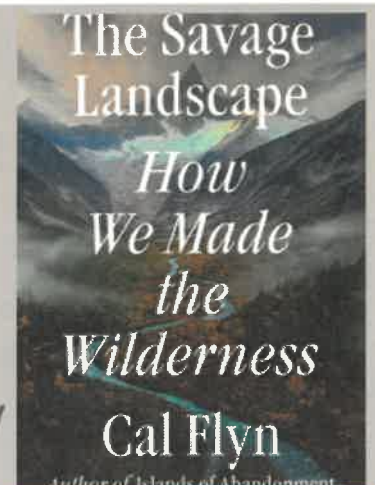


BOOK SUGGESTION FOR JULY:

THE SAVAGE LANDSCAPE: HOW WE MADE THE WILDERNESS

BY CAL FLYN

A lyrical exploration of the world's wildest, most forbiddingly remote places—and the humans who have always been there, by an award-winning and critically acclaimed writer.





Alamosa Senior Citizens Spotlight:

July Birthdays

3-Ron Hughes
3-Connie DeHerrera
4-Sandra Calkin
4-Joey Ruybal
7-Jan Gay
7-Gloria Deen
8-Jane Trujillo
9-Noel Harlan
10-Dale Hettinger
11-Trish Brown
12-Shiela Markus
12-Cheryl Wolan
14-JoAnn Crosby
17-Ramon Trujillo



19-Susan Knaus
19-Theresa Tokan
21-Carol Demlo
21-Rick Melgares
22-Allyn Lewis
25-Frankie Jr Romero
25-Judy Wiescamp
25-Eleanore Leona
Garcia
25-Kirk Kritner
25-Anita Yaffe
27-Larry Gardner
27-Kindra Lambert
29-Kathy Jaramillo
31-Marlene Lovato



Check out Our Website!

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

ALAMOSA

SENIOR CITIZENS

MEAL PROGRAM UPDATE

Beginning July 1, 2026, Alamosa Senior Citizens will independently operate a meal program at the Senior Citizens Center.

Meals will be served at the Senior Citizens Center on Tuesdays and Thursdays for \$7 per person, until further notice.

South-Central Colorado Seniors will provide information regarding the location and schedule of their four-day-per-week meal service.

Thank you for your patience and support during this transition.

**Alamosa Senior Citizens
Board of Directors & Staff**



RED, WHITE & BLUE TEA



★ CELEBRATE ★
AMERICA'S 250!



&

COLORADO'S 150!

.....
JULY 30TH | 2:00PM
.....

Alamosa Senior Citizens, Inc.
92 Colorado Ave.

Red, white and blue picnic attire. Hats and gloves optional.
Bring a friend or bring something to share! All are
welcome!





Plan Ahead!

July Day Trips

07/07: Taos Casino

Try your luck and enjoy a fun day out at Taos 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!

07/22: DaVinci Museum & Riverwalk

Join us for a fun day trip to Pueblo! We'll depart at 8:00 AM and return by 5:30 PM for a day of exploration and relaxation. Our first stop will be the **NEW** Leonardo DaVinci Museum and STEAM Center, where we'll enjoy interactive exhibits and see some of DaVinci's innovation, art, and science. Afterward, we'll head to the Riverwalk for lunch, shopping, and time to explore. Cost is \$35 for members and \$45 for non-members. Reserve your spot by stopping by or calling the office to register!

Creede Repertory Theatre

July 15th

Working: A Musical

August 12th

Spelling Bee

Sept 2nd

Moriarty

Join us again for a memorable trip to the renowned Creede Repertory Theatre and experience the magic of live performance in the mountains! Enjoy a professionally produced show, great company, and a fun summer outing.

Tickets: \$60 (members) | \$70 (non-members)

Don't miss this chance to enjoy incredible theatre and a beautiful day in Creede—tickets are limited, reserve your seat today!



Activity Schedule

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.

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 - **2nd & 4th Tuesdays only**
- 10:45 a.m. - Jubilee Music
- 11:00 am - 1:00 pm - Open Pool Play
- 12:30 p.m. – Texas Hold Em (Poker)

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

Pool Tournaments!

- **7/09 vs. Antonito - Here**
- **7/23 vs. Monte Vista - Here**



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.

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

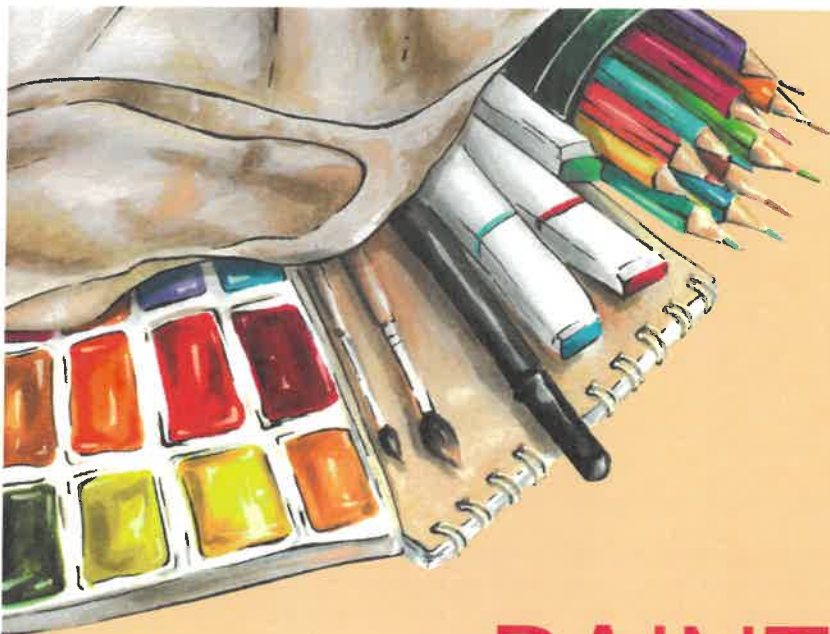
Blood Pressure Checks!

- **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**

Special Events This Month

Painting with Rich!

- **July 14th @ 10:30 am**
- **Care and Share Mobile Market!**
- **July 8th from 1 pm - 2 pm**
- **Red, White, & Blue Tea!**
- **July 30th from 2 pm - 4 pm**



PAINT WITH *Rich!*



Tuesday, July 14th at 10:30 am

Alamosa Senior Citizens - Dining Room

Bring a Friend!





CARE AND SHARESM
FOOD BANK FOR SOUTHERN COLORADO

A Member of
FEEDING AMERICA

MOBILE *Market*



DATE & TIME

 July 17 Wed., July 8

 1 PM – 2 PM

PLACE

Alamosa Senior

Citizens

92 Colorado Ave.

ENTRY

Seniors

Only!!

Discover fresh produce and handmade goods with delicious food from local artisans! 🍷🌿

**DON'T
MISS!**





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.

Alamosa Public Library Events

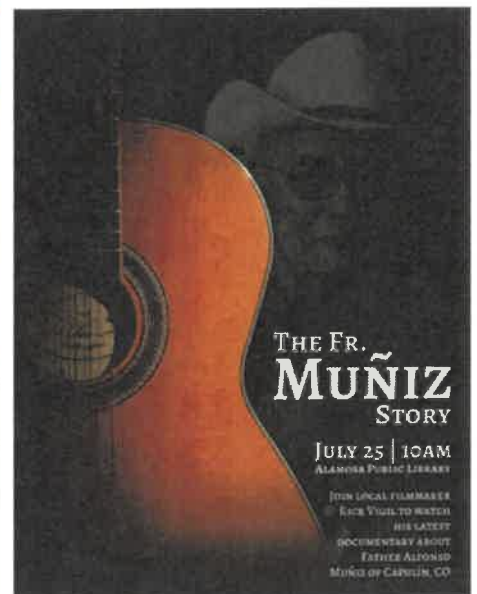
Library in the Park

FROM JUNE 18-JULY 16

Activity	Time
Breakfast	9:00-9:30
Field Games	9:30-10:30
Craft	10:30-11:00
Storytelling Time	11:00-12:00

THURSDAY MORNING
@ COLE PARK
504 2ND ST, ALAMOSA,
CO 81101

In collaboration with Alamosa Public Nutrition Services
Free Breakfast and Lunch are provided





RSVP Speaker Series



Join us for the presentation, “Heart Disease: Why Is It Still Such a Killer and What Can We Do about It?” by Dr. Elizabeth B. Kinney, MD on Tuesday, July 14th at 1pm, 2026 at the Alamosa Citizens Center, and at 6pm the same day at The Bridge in Alamosa.

Dr. Kinney is a board-trained family physician with advanced training in women’s health, functional medicine, and anti-aging/functional medicine. Join us for this practical, empowering talk, in which Dr. Kinney will break down the most important (and often overlooked) risk factors for heart disease, explain which tests can help you better

understand your personal risk, and share clear, actionable steps you can take to protect your heart and improve long-term health.

Before the presentation, hear a short RSVP Station Update from Terri Shea with Area Agency on Aging. All are invited to stay after the afternoon presentation for Senior Social Hour and enjoy homemade cookies and coffee, from 2:00-2:30pm.

The Spark Speaker Series features local experts addressing critical health and wellness topics for older adults, including nutrition, memory, physical health, volunteering, and well-being. All events are free and open to the public. No registration is required.



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: 7-Day Alaska Inside Passage Cruise

Join your friends and neighbors for the ultimate Alaskan adventure! Sail through calm, scenic waters on a newer, state-of-the-art [Princess Cruises ship](#) featuring world-class amenities, spectacular viewing decks, and exceptional dining.

Cruise Dates

- **Departure:** Sunday, May 9, 2027
- **Return:** Monday, May 16, 2027

Your Breathtaking Itinerary

- **Ketchikan, Alaska:** Explore the rich native heritage and see the world's largest collection of standing [totem poles](#).
 - **Endicott Arm & Dawes Glacier, Alaska:** Experience unforgettable scenic cruising past massive icebergs and towering granite walls.
 - **Juneau, Alaska:** Visit America's most remote state capital, perfect for whale watching or viewing the Mendenhall Glacier.
 - **Skagway, Alaska:** Step back into the Klondike Gold Rush era with historic streets and vintage rail excursions.
 - **Victoria, Canada:** Stroll through world-renowned manicured gardens and admire historic British architecture. Passport required.
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✦ Exclusive Group Benefits

- **Flight Packages Available** through Princess EZair
 - **Locked-In Group Rates:** Your price is protected and can only go down.
 - **Familiar Faces:** Travel, explore, and dine together every evening with fellow senior center members.
 - **Mostly-American Waters:** Round-trip itinerary out of the USA, sailing primarily through safe, familiar waters. Passport for Canada only.
-

PRICING & BOOKING DETAILS

💰 All-Inclusive Pricing & Accommodations

Rates are estimated per person, based on double occupancy. Airfare is additional.

Stateroom Type	Base Price	Taxes, Fees & Port Expenses	Final Total
Interior Stateroom	\$1,283	\$126 + \$154 + \$88	\$1,651 + Airfare + Optional Excursions
Ocean View Stateroom	\$1,663	\$126 + \$200 + \$88	\$2,077 + Airfare + Optional Excursions
Balcony Stateroom	\$1,996	\$126 + \$240 + \$88	\$2,450 + Airfare + Optional Excursions

🔒 Secure Your Spot For Only \$99!

Deposits are just **\$99 per person** to lock in your locked-in group rate.

📞 How to Book Your Vacation

1 Step 1: Contact Princess Cruises directly to make your deposit

- **Call:** 1-800-901-1172 (Extension 14996)
- **Attention:** David Cummings
- **Group Name:** Alamosa Senior Center

2 Step 2: Have general questions about the group?

- **Call:** Lori at 719-850-1640
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July

MONTHLY MENU

MEAL COST IS \$7 PER PERSON

JULY 2ND

Gosar Sausage (Donated by Chris Gosar)
Baked Beans & Potato Salad
Rhubarb Crisp

JULY 7TH

Beef Stroganoff
Salad
Cookies

JULY 14TH

Pulled Pork Sandwich
Macaroni Salad
Dessert

JULY 21ST

Chef Salad
Crackers
Fresh Fruit

JULY 28TH

Macho Nachos
Ambrosia

JULY 9TH

Meatball Subs
Green Beans
Jello Cake

JULY 16TH

Chicken Fajitas
Spanish Rice
Churros

JULY 23RD

Meatloaf w/ Potatoes & Gravy
Green Beans
Pretzel Cake

JUNE 25TH

Chili Dogs w/ Chips
Cake

Menu subject to change

Important Notices

Please contact the Alamosa Senior Citizens if you have any questions

Lunches

Beginning July 1st, 2026, Alamosa Senior Citizens will **independently operate** a meal program at the Senior Citizens Center. Meals will be served on **Tuesdays and Thursdays** for \$7 per person, open to the entire community, on a first-come, first-served basis until further notice.

South-Central Colorado Seniors will provide information regarding their new location and schedule. Please call their office at (719) 589-4511.

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.

JULY 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