

ALAMOSA SENIOR CITIZENS CENTER

NEWSLETTER | JUNE 2026

A NOTE FROM OUR DIRECTOR!

Welcome to summer! June brings longer days, warmer weather, and so many opportunities to stay active and connected with friends and community. We're excited for another season filled with fun activities, special events, and wonderful trips—including our outings to the summer plays in Creede, which are always a favorite. We are also incredibly honored and grateful to share that Alamosa Senior Citizens was named the 2026 Non-Profit of the Year by the Alamosa County Chamber of Commerce. This recognition reflects the support, dedication, and spirit of our members, volunteers, staff, and community partners. Thank you for being such an important part of our center—we look forward to a wonderful summer together.



Annual Trip News

Unfortunately, our planned Fall Trip has been canceled due to lack of interest and participation. While we are disappointed we won't be traveling together this fall, we appreciate everyone who expressed interest and support.

Looking ahead, we are excited to begin exploring plans for a possible Alaskan Cruise in May/June 2027! More information will be shared as details become available.

We hope you'll join us for this exciting future adventure.

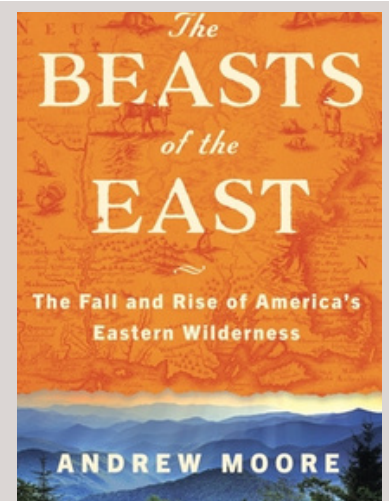


BOOK SUGGESTION FOR JUNE:

THE BEASTS OF THE EAST: THE FALL AND RISE OF AMERICA'S EASTERN WILDERNESS

BY ANDREW MOORE

In *The Beasts of the East*, we follow environmental writer and James Beard Award finalist Andrew Moore as he meets conservationists, hunters, biologists, and nature lovers as they confront herculean challenges.





Alamosa Senior Citizens Spotlight:

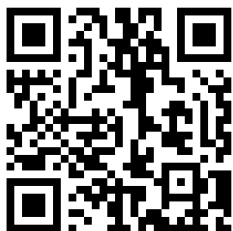
June Birthdays

1-Rebecca Vigil
4-Kathy Quintana
4-Joseph Ruybal
5-Helen Craig
6-Doug Chong Sr
6-Elizabeth LeBlanc
6-Marta Shoman
7-Wilma Marquez
7-Mary Hester
8-Connie Spencer
9-Estefanita "Tita" Martinez
11-John Betz
11-Raida Knapp
12-Cheryl Wolan

13-Nancy Martinez
14-Louella Lenberg
15-Shera Stropko
16-Cathie Montoya
17-Linette Jenkins
17-Avis M Gill
17-Beatrice T Martinez
17-Elizabeth Gutierrez



19-Mary Ellen Fleming
21-Debra DeOliviera
24-Rebecca Mercier
26-Fred Kesselring
27-L Chet Pace
27-Donald Thompson
28-Patricia Knapp
28-Arliene Quintaana
29-Roy Kiefer
29-Frank Wesbrook
30-Lynn Johnson
30-Michael Stefano



Check out Our Website!

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



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

June 11th, from 11 to noon
We will have music!

Thursdays

- 9:30 a.m. – QiGong
- 10:00 a.m. - Women of Joy Bible Study
- 10:30 am & 5:30 pm- Creative Writing Experience - **2nd Thursday through 4th Thursday**
- 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!

- **6/04 vs. Antonito - There**
- **6/18 vs. Monte Vista - There**

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.



RSVP Speaker Series



Join us for the presentation, “Investing in Retirement: Strategies to Manage Money” by Samantha Brookes, LPL Investment Advisor Representative with Elk Mountain Financial on Tuesday, June 9th at 1pm, 2026 at the Alamosa Citizens Center, and at 6pm the same day at The Bridge in Alamosa.

Learn strategies for managing your money in retirement. In this session, we will break down common investment account types and how they can be used. Education will be provided about IRAs, ROTH

IRAs, IRA/ROTH rollovers and Roth conversions, including when a person might utilize those strategies. Individual accounts, Joint Tenant accounts, and Trust accounts will be covered as well as uses and benefits of each style of account. We will discuss different types of investment styles and when they would be most applicable. Although we cannot recommend specific investments during the presentation, we encourage folks who want advice tailored to their situation to schedule a one-on-one appointment. We will wrap up with Senior Investor Protection basics, including how to spot common scams, reduce the risk of financial exploitation, and protect yourself and loved ones. Presented by Samantha Brookes, LPL Investment Advisor Representative.

Before the presentation, hear a short RSVP Station Update from Audrey Liu with San Luis Valley Habitat for Humanity.

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.



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.



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>.



Plan Ahead!

June Day Trips

06/16: Santa Claran Casino

Try your luck and enjoy a fun day out at Santa Claran 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!

06/25: Chimayo

Join us for a meaningful and scenic day trip to Chimayó, New Mexico, home to the historic Santuario de Chimayó, a cherished place of faith, reflection, and tradition. After visiting the

Santuario, we'll enjoy a delicious lunch at Ranchos de Chimayó, known for its classic Northern New Mexico cuisine and warm hospitality. This trip offers a wonderful blend of culture, history, and

fellowship—perfect for those looking to enjoy good food, beautiful surroundings, and time

together with friends. Cost is just \$20 for members and \$30 for non-members. Call 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!

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.

JUNE 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.



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