

# ALAMOSA SENIOR CITIZENS CENTER

NEWSLETTER | MARCH 2026

## A NOTE FROM OUR DIRECTOR!



As we welcome March and the first signs of spring in the San Luis Valley, I'm reminded how much stronger and brighter our days are when we spend them together. Thank you for being such an important part of the Alamosa Senior Citizens community. Whether you join us for lunch, a class, or time with friends, you help make our center a warm and welcoming place for all. I encourage you to check the calendar, try something new, and stay connected this season—I look forward to seeing you at the center soon.

## Chimayo!

### Rescheduled from February!

Our first Santuario trip of the year has been planned for this month. Hopefully one of more trips to come this year, we'll start off with a member favorite.

The bus will leave from Alamosa Senior Citizens at 8:30 am and will return by 5:30 pm. Cost for members is \$20 and \$30 for non-members. There's still room!

## Important Notice

### Beginning March 15th!

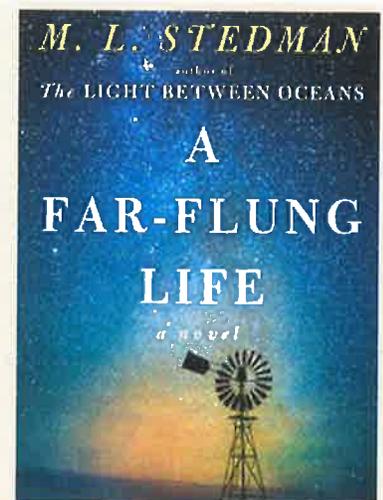
To help with the costs of keeping the building open, Alamosa Senior Center will begin asking for non-members to pay \$2 to attend Senior Center Activities. These are our regular activities - Exercise Classes, Bingo, and Games.

**All members are able to attend these activities for free. Cost of membership is \$40/year and is open to all residents of the San Luis Valley!**

## BOOK SUGGESTION FOR MARCH:

### A FAR-FLUNG LIFE BY M.L. STEDMAN

A truck accident in 1958 kills the patriarch and eldest son, leaving the youngest, Matt, with injuries and memory loss, leading to a cover-up and a secret that haunts the family for years.





# Alamosa Senior Citizens Spotlight:

## March Birthdays

1-Hobey Dixon  
1-Carolyn Pacheco  
2-David Newmyer  
3-Nancy Harris  
6-Chuck Reel  
7-Donna Theimer  
8-Karen Ellsworth  
9-Peggy E Martinez  
11-Monica Trujillo  
13-Janet Yohn  
14-Gayl Woodke  
15-Claudette Fisher



17-Patricia Biggs  
17-Lupita Sanchez  
19-Modesto Lucero Jr.  
19-Barbara Espinoza  
21-Mary Lujan  
22-Julian Garcia  
22-Betty Eyser  
23-Thomas Flynn  
25-Margie Clemmer  
26-Patricia Trujillo  
31-Rose Weaver



### Check out Our Website!

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



# Activity Schedule

## **Mondays**

- 9:30 a.m. – Strong Bones Class
- 10:30 a.m. – Chair Yoga
- 10:30 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
- 11:00 am - 1:00 pm - 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
- 10:30 am - 3:00 pm - Open Pool Play
- 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**

- 10:00 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 – **1<sup>st</sup>**

## **Thursday of the 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**
- 10:30 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!**

- **3/05 vs. Antonito - Here**
- **3/19 vs. Monte Vista - Here**



# RSVP Speaker Series



The Retired and Senior Volunteer Program (RSVP) of Alamosa County invites everyone to its ongoing Speaker Series. Join us on Tuesday, March 10th at 1:00pm at the Alamosa Senior Center for a talk entitled, "Elder Fraud: New Tricks for Old Crimes" presented by Judith Boyd, Customer Service Assistant at the Alamosa Public Library.

Join us for an informative presentation on how artificial intelligence is used in elder fraud. Judith Boyd will guide you through understanding how AI can be leveraged for these schemes. Learn how AI's capabilities, such as generating realistic deepfake audio and video, personalizing phishing attempts, and automating scam operations, make it a powerful tool for fraudsters looking to exploit seniors. The presentation will be repeated that evening, Tuesday, March 10th, 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@sparkchange.org](mailto:nancy@sparkchange.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 March!

#### 3/06: Pueblo - Shopping

Join us for a fun day of shopping in Pueblo! Enjoy time browsing your favorite stores, finding great deals, and sharing lunch and laughter with friends. Whether you're checking off your gift list or treating yourself, this is the perfect chance to get out of town and enjoy a carefree day together. Spots are limited—sign up at the front desk to reserve your seat!

Cost is just \$20 for members and \$30 for non-members—grab your spot today by contacting the center's office at (719) 589-3277

#### 03/11: Buffalo Thunder

Try your luck and enjoy a fun day out at Buffalo Thunder Resort & 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!

# 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](http://www.GroupTrips.com/alamosasenior)

# \$1239\*

## 8 Days 7 Nights

\*PER PERSON, DOUBLE OCCUPANCY

(Sat - Sat)  
Sep 19 - 26  
2026

**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!



The world-famous Las Vegas Strip



View the spectacular Grand Canyon



World-class Gaming and Excitement



Experience the majestic scenery

### 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**<sup>inc.</sup>  
Bringing Group Travel to a Higher Standard®

Fla. Seller of Travel Ref No. ST32973.

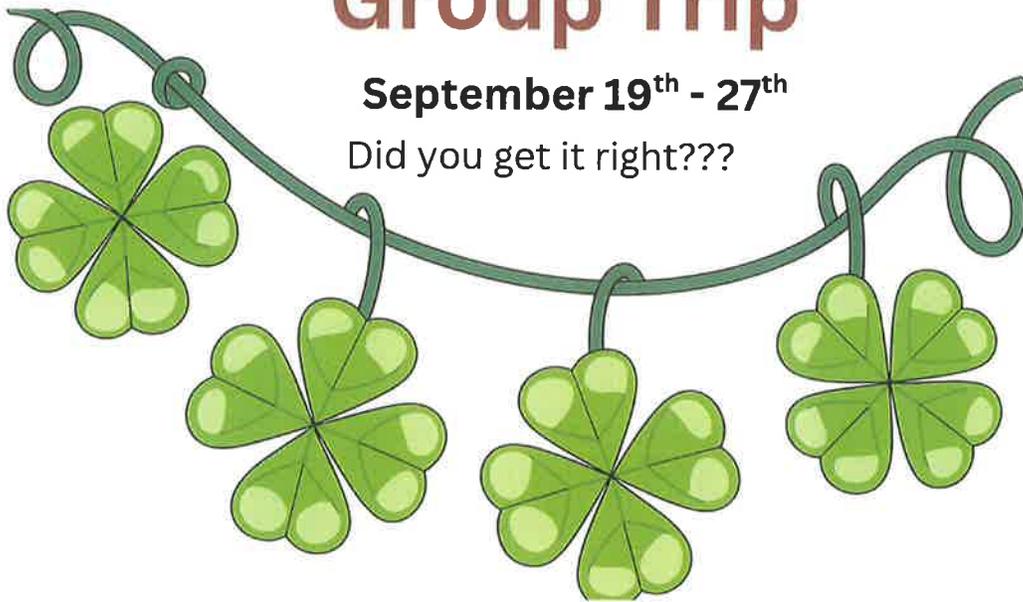


# Plan Ahead!

## Group Trip

**September 19<sup>th</sup> - 27<sup>th</sup>**

Did you get it right???



## St. Patrick's Day Celebration Begins Here

**3/12 - 2:00 pm - 4:00 pm**

Join us on March 12th at 2:00 PM for an afternoon of lively music with Celtic (K)notes! Enjoy a delightful mix of traditional Celtic tunes and spirited favorites that are sure to get your toes tapping. Bring a friend and settle in for a wonderful afternoon of music, community, and fun at the Alamosa Senior Citizens Center.

## Amish Stores Trip

**3/17 - 10:30 am - 1:00 pm**

Join us as we visit our local Amish favorites—Worth the Drive Bakery, SLV Discount Store, and Bontrager's Variety Store. Stock up on fresh-baked goods, bulk foods, unique finds, and old-fashioned treats. Relax and let us do the driving while you enjoy good company and a wonderful outing close to home! Call us at (719) 589-3277 or stop by the office.

*March*

# THURSDAY MENU

MEAL COST IS \$5 PER PERSON

MARCH 5TH

Beef Enchiladas

Spanish Rice

Biscochitos

MARCH 12TH

Pulled Pork

Baked Beans & Coleslaw

Cake Slices

MARCH 19TH

Corned Beef & Cabbage

Red Potatoes

Dessert

MARCH 26TH

Macho Nachos (Loaded Nachos)

Jello Cake

*Menu subject to change*

**MARCH 2026**

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

[www.slvaaa.org](http://www.slvaaa.org)

Monday	Tuesday	Wednesday	Thursday	Friday
2 Turkey/Swiss on Bun Lettuce/Tomato/Mayo Broccoli/Cheese Soup Pineapple Tidbits Raisin Nut Cup	3 Beef & Broccoli Stir Fry Steamed Brown Rice Carrots Sliced Peaches Whole Wheat Roll	4 Chili Beans Corn Cheese Stick Whole Wheat Tortilla Pineapple Tidbits Raisin Nut Cup	5 <b>THANK YOU FOR YOUR DONATIONS!</b>  South-Central Colorado Seniors, Inc. Area Agency on Aging 1116 3rd St., Alamosa	6 Lemon Fish Tarter Sauce Carrot Coins Creamy Coleslaw Mandarin Oranges Whole Wheat Roll
9 Chicken Fajita Tomato, Lettuce, Cheese Spanish Rice Diced Pears Whole Wheat Crackers	10 Chicken a la King Mashed Potatoes Salad/Ranch Dressing Fresh Orange Raisin Nut Cup Whole Wheat Roll	11 Grilled Chicken on Whole Wheat Bun Brussel Sprouts 3 Bean Salad Fresh Orange	12  <b>CLOSED</b>	13 Tuna Sandwich Lettuce/Tomato Black Beans Sunchips Sliced Peaches
16 Cheeseburger on Bun With Everthing Sun Chips Baked Beans Fruit Cocktail Orange Juice	17 Ham & Beans Salad w/ Dressing Apricot Pineapple Compote Whole Wheat Crackers	18 BBQ Chicken Potato Salad Brussel Sprouts Chocolata Cake/Frosting Whole Wheat Roll	19 <b>CLOSED</b> 	20 Baked Potatoes with Broccoli & Cheese Caesar Salad Fruit Yogurt Vanilla Waters
23 Chicken Cordon Bleu Brown Rice Herbed Green Beans Mandarin Oranges Whole Wheat Crackers	24 Green Chili Stew with Pinto and Black Beans Zucchini Fries Fresh Orange Whole Wheat Tortilla Raisin Nut Cup	25 Roast Beef Mashed Potatoes/Gravy Green Beans w Red Peppers Cauliflower & Broccoli Salad Diced Pears Whole Wheat Rolls	26 <b>CLOSED</b>	27 Crunchy Fish Cheesy Potatoes Broccoli/Cauliflower Sliced Peaches Whole Wheat Roll
30 Sloppy Joe on Whole Wheat Bun Brussel Sprouts Tropical Fruit Sun Chips	31 Chicken Pot Pie Broccoli Salad w/ Dressing Pineapple Tidbits Whole Wheat Crackers Raisin Nut Cup	<b>RESERVATIONS ARE REQUIRED</b> Suggested Donation \$4.00 Guest Rate \$9.00	 <b>CLOSED</b>	<i>The menu is subject to change without prior notice.</i>

**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.

## MARCH 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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Permit No. 145

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P.O. Box 1007  
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