ALAMOSA SENIOR CITIZENS CENTER

NEWSLETTER | NOVEMBER 2026

A NOTE FROM OUR DIRECTOR!

November is a time to reflect on all we have to be thankful for, and we are especially grateful for our members, volunteers, staff, and community partners. Your kindness and support make Alamosa Senior Citizens a place where friendships flourish and everyone feels welcome. As we gather this holiday season, thank you for being part of our family. We wish you a warm and joyful Thanksgiving.

The Senior Center will be closed on November 26th & 27th for the Thanksgiving Holiday!

Amish Bakery 11/06 & 11/20

Get your Amish Bakery fix this month and let us do the driving!

The bus will leave from the Senior Center at 11:00 am and will return by 1:00 pm. If you'd like to participate, call or come by the office to get your name on the list. Trips are limited to 13 people.

BOOK SUGGESTION FOR OCTOBER:

TAKE MY WORD FOR IT: A MEMOIR
BY LEVAR BURTON

Tracing the different eras of his life—from Kunta Kinte to Geordi La Forge to Reading Rainbow and far beyond the camera—celebrated actor LeVar Burton fearlessly opens up about growing up during the Civil Rights Movement, being raised by a remarkable mother, and discovering his calling as a storyteller.

Alamosa Senior Citizens Spotlight:

November Birthdays

1-Joyce Fleming
1-Reinie Owsley
2-Beverly Hettinger
2-Virginia New
3-Dorris Wilson
3-Larry Yoshimura
3-Merlinda Marquez
3-Beverly Strnad
4-Annette Kurys
5-Korene Fuller
6-Lynette Cotton
7-Mario Curto
8-Dawn Krebbs
9-Chuck Owsley

11-Todd Cotton
11-Joe Santistevan
11-Virginia Stuber
13-Richard Harris
13-Kay Van Gieson
15-Sandra Santistevan

17-Erma L Martinez
19-Joann Trujillo
21- Beverly Lobato
22-Mary Motz
22-Tammy Yoshimura
23-Billie Kay Chadwell
24-John Brownell
24- Jan Watkins
24-Donna Ford
28 -Sabrie Brown
28-Mary Ann Hunter
28-Charlotte LeDonne
30-Vernon Trujillo
30-Jean Hensley

Check out Our Website!

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

CHRISTMAS BAZAAR

NOVEMBER 14TH, 2026;
FROM 8 AM TO 2 PM

Alamosa Senior Citizens
92 Colorado Ave., Alamosa, CO 81101

Come shop local and find unique, handcrafted gifts, holiday decor, baked goods, and more! Eat breakfast, shop, then stay for our raffle and Silent Auction – all supporting our seniors and community programs.

FOR MORE INFO CALL
(719) 589-3277

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

- 10:00 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 **1st & 3rd Tues**
- **10:30 a.m. - Spanish Music 2nd Tues**
- 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!

- **11/05 vs. Antonito - Here**
- **11/19 vs. Monte Vista - Here**

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 — **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

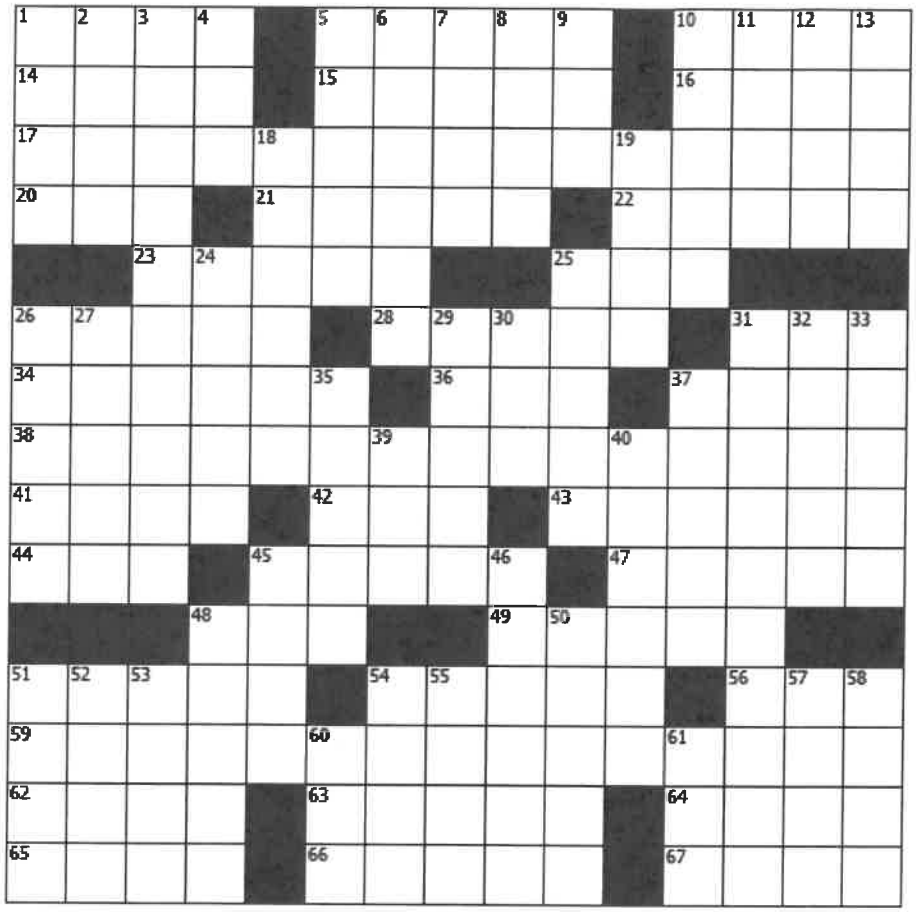
Watercolor Class finishes this month!

- **Wednesdays from 1-3 p.m.**

This is a 6-week class

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.

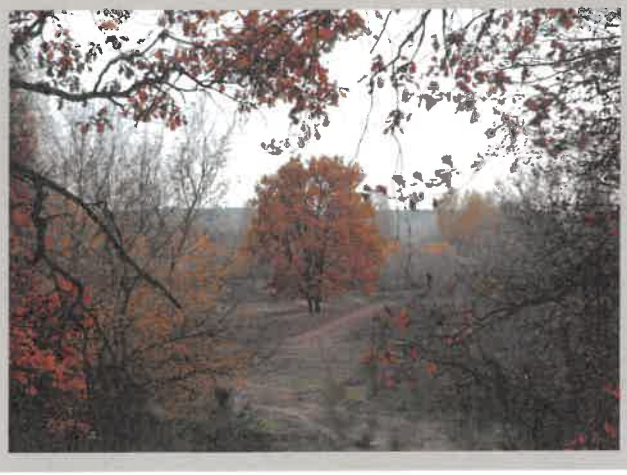


Across

1. It's illegal to do it
5. River critter
10. Keep from draining
14. Deli option
15. Other than worldly
16. Bay
17. Start of a quip
20. Droop
21. Acknowledge
22. It's no verse
23. Resulted in
25. One with a May day
26. Mown strip
28. Where the buoys are
31. Second sight
34. Collision, e.g.
36. Harley, to a biker
37. Olympic Stadium player
38. Quip, part 2
41. Prognosticator
42. Colada component
43. Sets out neatly
44. MD's schedule
45. Lighter name
47. Computer accessory
48. Only hit song for which title and artist are both palindromes
49. Impressive divide
51. Like a he-man
54. Dramatist Chekhov
56. X, at times
59. End of the quip
62. Level
63. Words of wisdom
64. Tops
65. Only man to be U.S. President and Chief Justice
66. For-sake link
67. Little bugger

Down

1. Tsps., e.g.
2. Island band The __ Men
3. Specs on a bridge
4. Turkey, maybe
5. Beginning
6. Skin tones?
7. VCR successor
8. "Buddwing" author Hunter
9. Fam. reunion attendee
10. Magnetism
11. Gray wolf
12. Ululating birds
13. Joy
18. Passé
19. "Once __ a Mattress"
24. Number no longer used
25. Igneous rock, once
26. Big hit
27. More discerning
29. Bite
30. Long stretch
31. Marathoner's concern
32. Neuters
33. Western party
35. Genevieve is its patron
37. Sign up
39. Certain trophy
40. Stylish suit
45. Chaotic places
46. Current loss
48. It has arms but not legs
50. Choir attire
51. Cook's protector
52. Amu Darya setting
53. Pan handler
54. Personal assistant
55. Like good handwriting
57. Peak near Messina
58. Vote from Vladimir
60. Full circuit
61. Fall back



Plan Ahead!

Day Trips

11/11: Taos Casino

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

11/18: Shopping-Pueblo

Join us for a day trip to Pueblo and get a head start on your Christmas gift purchasing. We'll go to the Thrift Stores, Target, Hobby Lobby, and Sam's Club, plus lunch at a place picked on the day (majority rules).

Cost is $20 for members and $30 for non-members. As we're heading into Winter, the trip is subject to road conditions. Refunds will be given for weather related cancellation only. Reserve your spot by stopping by or calling the office to register!

OLLI Classes!

November 5th from 10 am to Noon: Living Well with Hearing Loss.

If you are over 50, there is a good likelihood of experiencing some degree of hearing loss. How can it be managed to support better hearing at home and in public settings? This practical online webinar will cover the basics of hearing loss, including nontechnical strategies and an overview of rights and self-advocacy.

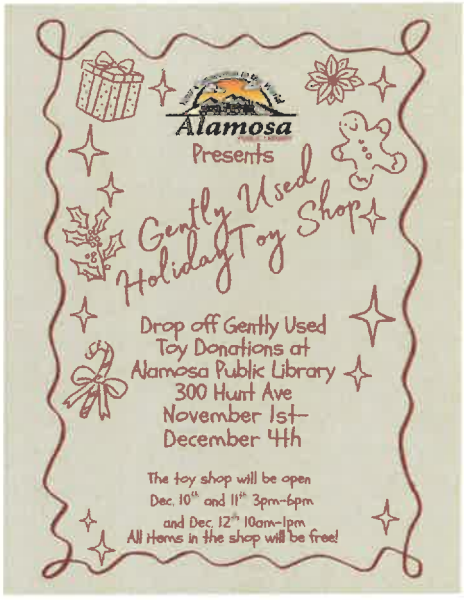
November 12th & 19th from 10 am to Noon: A Journey into Meditation, Breath & Inner Calm . Continues in December.

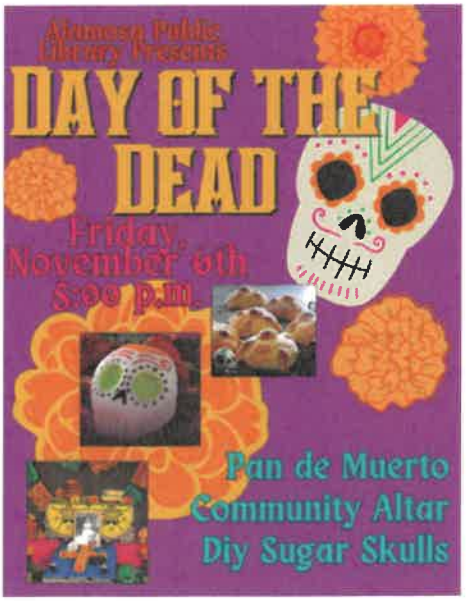
Each session of this course introduces simple, accessible practices participants can use in daily life, including guided meditation, breathwork, gentle qigong movement, and tapping (EFT). Participants will learn how to work with a busy mind (rather than fight it), regulate the nervous system, and build a steadier sense of focus and ease.

Area Activities...

Check out these goings-on around our area this month!!

Alamosa Public Library





RSVP Speaker Series

CARLY SANTI LOZOYA
MS, RHD

Join us for the presentation, "Healthy Smiles for a Lifetime:Discover how good oral health supports healthy aging" by Carly Santi Lozoya on Tuesday, November 10th at 1pm, 2026 at the Alamosa Citizens Center, and at 6pm the same day at The Bridge in Alamosa.

Discover how good oral health supports healthy aging. This presentatior will cover everyday dental care, common oral health concerns for seniors, and practical strategies to help you maintain a healthy, confident smile. Presented by Carly Santi Lozoya, MS, RHD. November 10th at 1:00 PM @ Alamosa Senior Center and at 6:00PM @ The Bridge at Alamosa.

Before the presentation, hear a short RSVP Nonprofit Partner Update from Judy Zane with Humane Colorado.

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.

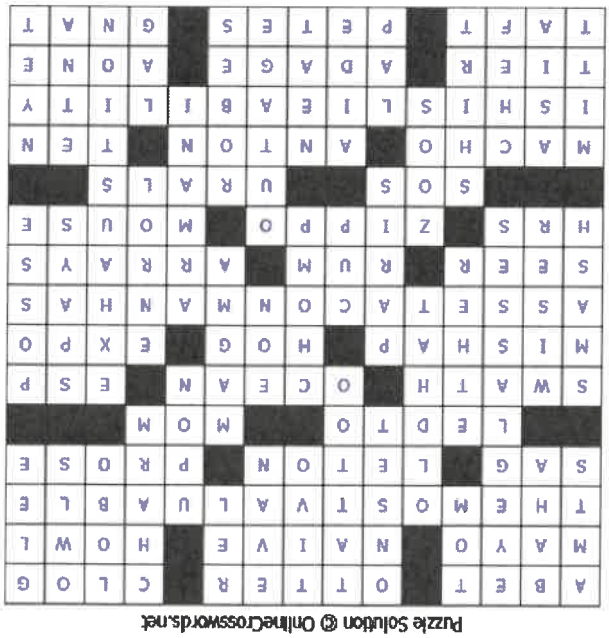
The Retired and Senior Volunteer Program (RSVP) of Alamosa County is looking for volunteers! We believe that folks aged 55 and up have much to contribute to their communities through volunteer engagement. Powered by AmeriCorps Seniors, RSVP connects older adults with opportunities that make a difference 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.

Things to Note...

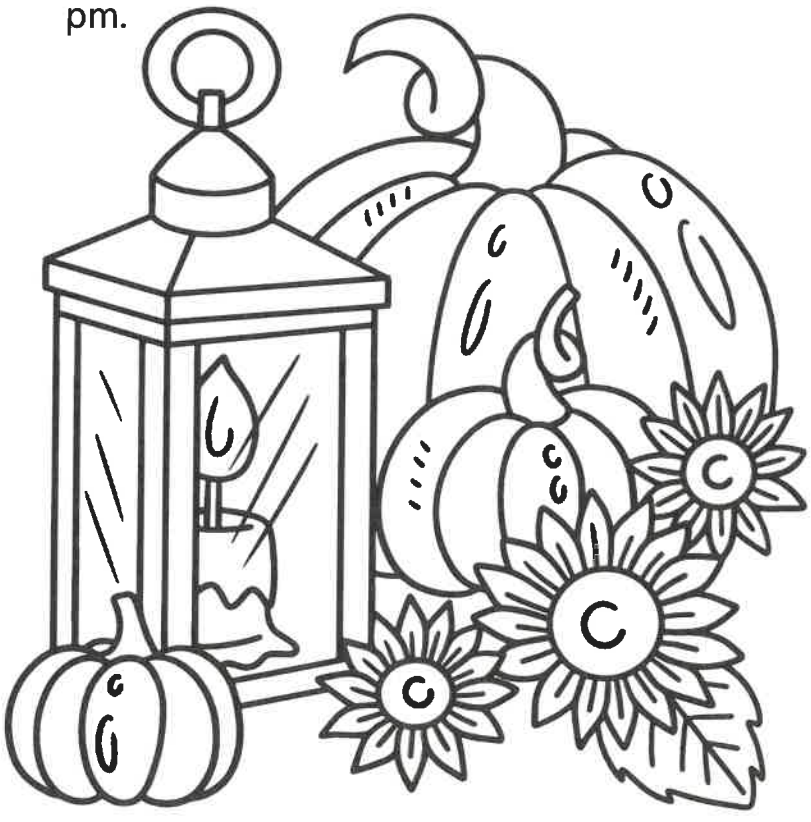
Among our normal schedule, these are some important goings-on for the month!

Transportation

Congregate Meal, Grocery, and Medical Appointment Trips are available! Within Alamosa. Transportation is available to members within the City of Alamosa for South-Central Colorado Seniors' Congregate Meals, in-town doctor's appointments, prescription pick-up, and grocery shopping. We do not transport outside of Alamosa. For appointments or grocery shopping, 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.



Puzzle Solution © OnlineCrosswords.net



Christmas Bazaar & Raffle!

The Christmas Bazaar is November 14th!

This is a yearly fundraiser to help the Alamosa Seniors to have a safe place to gather together for food, exercise, activities, and comradery. We have been busy lining up vendors for the day. Alamosa Seniors is looking for donations of baked goods for the bake sale. Save the date and come shop for unique Christmas gifts and support our community Senior Center at the same time!

Have you purchased a raffle ticket yet? Come see us in the office or one of our members to get one or two. Tickets are $3 each or 5 tickets for $10. You have the chance to win some really great prizes! There is also a silent auction with some great items! Join us for breakfast too, from 8 am to 10 am! Breakfast Burritos are back!!

Raffle Prizes!

1st Prize: Adult Rocker/Camber Snowboard donated by Anonymous
2nd Prize: 50 lbs. Meat Combo donated by Valley Meat
3rd Prize: 25 lbs. Meat Combo donated by the Garota
4th Prize: Broken Star Quilt made and donated by Rhonda Borders

November

MONTHLY MENU

MEAL COST IS $7 PER PERSON

NOV. 3RD
Beef & Noodles w/ Roll
Green Beans
Fruit Crisp

NOV. 5TH
Arroz con Pollo
Fiesta Corn
Pudding & Cookie

NOV. 10TH
Baked Potato w/
Broccoli & Cheddar
Carrots & Cake

NOV. 12TH
Baby Back Ribs
Baked Beans & Broccoli
Cookies

NOV. 17TH
Biscuits & Sausage Gravy
Eggs & Hashbrowns
Berry Crisp

NOV. 19TH
Goulash w/ Garlic Bread
Salad
Cake

NOV. 24TH
Turkey & Stuffing
Mash w/ Gravy
Green Beans
Pie & Ambrosia

NOV. 26TH
Center Closed for
Thanksgiving

Menu subject to change

Important Notices

Please contact the Alamosa Senior Citizens if you have any questions

Lunches

Alamosa Senior Citizens is now **independently operating** a meal program at the Senior Citizens Center. Meals are 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 lunches are at their new location and schedule at Living Water Church. 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.

NOVEMBER 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.

ALAMOSA SENIOR CITIZENS, INC. EST 1971

Happy Thanksgiving

Alamosa Senior Citizens, Inc.
P.O. Box 1007
Alamosa, CO 81101

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