

# ALAMOSA SENIOR CITIZENS CENTER

NEWSLETTER | NOVEMBER 2025

## A NOTE FROM OUR DIRECTOR!

As the crisp days of fall settle in, the Alamosa Senior Citizens Center is full of warmth, laughter, and activity. It's been wonderful to see our members enjoying the changing seasons together—sharing stories, meals, and time well spent. The holidays are just around the corner, and we're already feeling the excitement building throughout the Center.

We invite everyone to join us for our **Christmas Bazaar on Saturday, November 15th from 8 a.m. to 2 p.m.**, a wonderful opportunity to shop handmade crafts, baked goods, and local treasures. Then, mark your calendars for our **Ladies' Tea on Thursday, December 4th at 2 p.m.**, a festive afternoon filled with friendship and cheer. Please note that the Center will be closed November 27th and 28th in observance of the Thanksgiving holiday. Wishing you all a cozy, joyful season ahead!

## Bake Sale!

**We need your help to make our Christmas Bazaar Bake Sale a sweet success!** Members are invited to donate homemade goodies—cookies, breads, pies, candies, or any favorite holiday treats. Please bring your items to the Senior Center before or on the morning of the bazaar, Friday, November 14<sup>th</sup>. Your delicious donations help support our programs and spread a little holiday cheer!



"FRESH MONTH, FAMILIAR HEART; NOVEMBER HOLDS THE LIGHT DIFFERENTLY, AND SOMEHOW THAT CHANGE FEELS LIKE PERMISSION TO BREATHE AGAIN." – UNKNOWN





# Christmas Bazaar & Raffle!

*The Christmas Bazaar is November 15th!*

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!

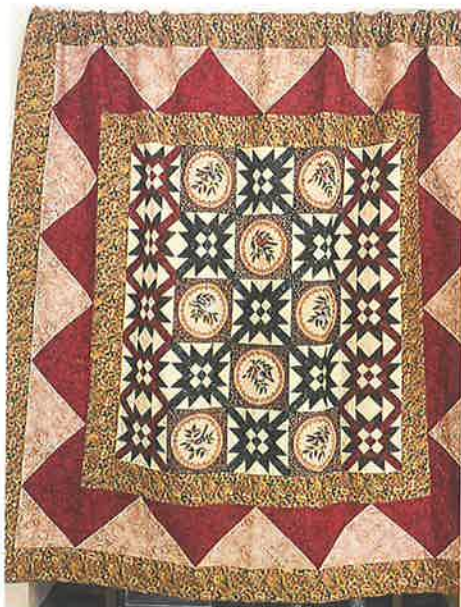
## Raffle Prizes!

**1st Prize: 50 lbs. Meat Combo** donated by Valley Meat

**2<sup>nd</sup> Prize: 25 lbs. Meat Combo** donated by the SLV Area Agency on Aging's Alamosa Kitchen

**3<sup>rd</sup> Prize: Christmas Carols Quilt** made and donated by Rhonda Borders

**4<sup>th</sup> Prize: \$75 gift card** donated by Alamosa Senior Citizens Center





# Alamosa Senior Citizens Spotlight:

## Board Member - Kelly Buckley

As a native to Alamosa, I love the San Luis Valley. I'm very proud of my four sons, three remaining in the valley with their families. I first became acquainted with the Senior Center when I was privileged to complete my B.S. degree in Health Care Management with an emphasis in Aging Leadership and Activities. I enjoy gardening, cooking and family time. 5 years served on Senior Center Board.



## Check out Our New Website!



SCAN ME

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

## 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.





# 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**

- 9:30 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**
- 10:45 a.m. - Jubilee Music
- 12:30 p.m. – Texas Hold Em (Poker)
- 1:00 p.m. – Line Dancing
- 1:00 p.m. - RSVP Speaker Series - **2<sup>nd</sup> Tuesday of each month.**

## **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**

- 9:30 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 – **1<sup>st</sup> Thursdays of each 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**
- 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**

**OLLI Classes! (see Special Events for November)**

## **Thanksgiving Week Schedule**

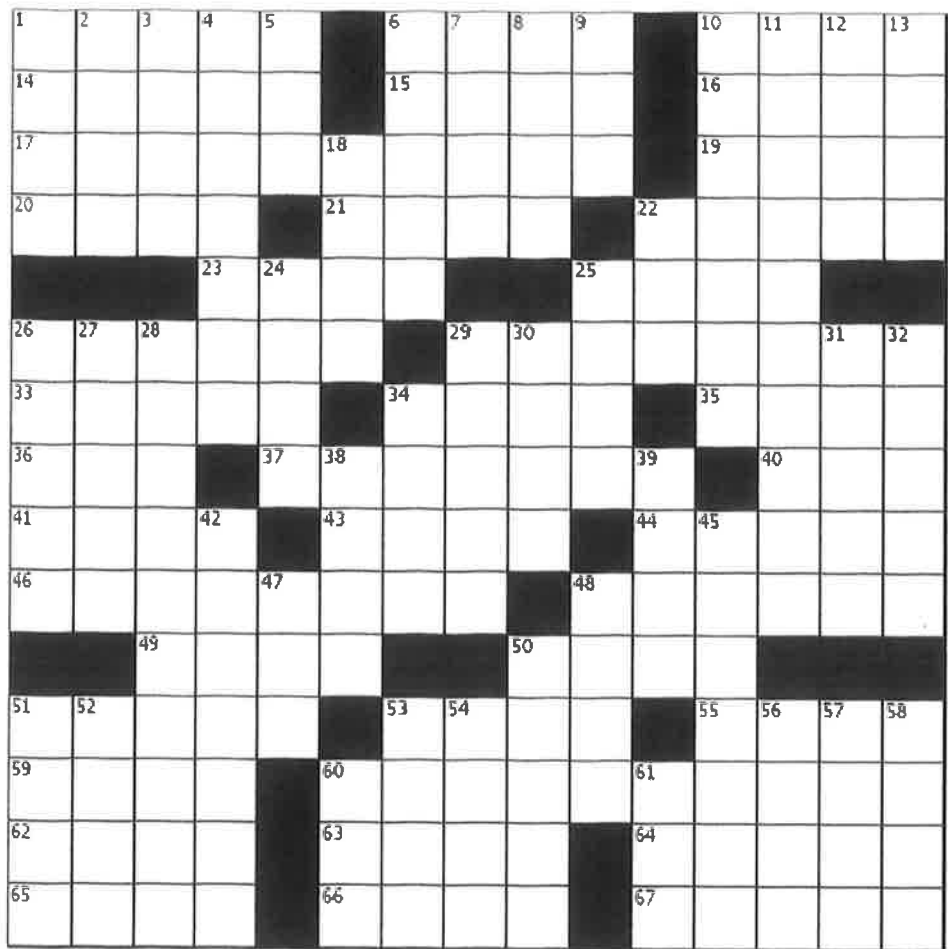
- **Wednesday, November 26: Center Closes at noon.**
- **Thursday & Friday, November 27–28: Center Closed for Thanksgiving Holiday**

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.

## Across

1. Postpone
6. Once more
10. Bakery employee
14. Pseudonym
15. Roman emperor
16. Shredded
17. Link
19. In the middle of
20. \_\_\_\_ the waters
21. Elongated fish
22. Guinness and Baldwin
23. Building wings
25. Slipped
26. Hidden fact
29. French writer
33. Hoisting machine
34. 18-wheeler
35. Destitution
36. Vase
37. Sale acknowledgment
40. Badger
41. Bookie's concerns
43. Skin growth
44. From this place
46. Certain connectors
48. Beliefs
49. Hideout
50. Rock group
51. Rose barb
53. Hero shop
55. Exam type
59. Certain debts
60. Slow down
62. Slangy negative
63. Tooth discomfort
64. Formal necktie
65. Imitator
66. Temperament
67. Abounds



## Down

1. Diplomacy
2. Burn balm
3. Storage boxes
4. Camper's lamp
5. WNW's opposite
6. Stakes
7. Playwright \_\_\_\_ Simon
8. Greek deity
9. Gained victory
10. From Rome
11. Ellen DeGeneres, e.g.
12. Musician \_\_\_\_ Clapton
13. Cincinnati baseballers
18. Highland Scot
22. Key near the space bar
24. Sly glance
25. Slide
26. \_\_\_\_ diver
27. Miscalculated
28. Melon variety
29. Changes direction
30. Fail to include
31. Respond
32. Borders
34. "The Lion King" villain
38. Water jug
39. At that time
42. More thinly scattered
45. Approve
47. Metal container
48. Kite feature
50. Run, as colors
51. Songstress \_\_\_\_ Turner
52. Earring type
53. Art \_\_\_\_
54. Yodeler's feedback
56. Speed contest
57. Minute particle
58. Leases
60. River blocker
61. Devour





## 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 November!

#### 11/04: El Pueblo Museum

Join us for a day of history, fun, and friendship! The Alamosa Senior Citizens Center is heading to the El Pueblo History Museum in Pueblo. The bus leaves at 8:30 a.m. and returns by 6 p.m. Enjoy the museum's fascinating exhibits, then have lunch and spend the afternoon exploring the beautiful Arkansas Riverwalk. **Cost is \$20 for members or \$30 for non-members.**

#### 11/15: Christmas Bazaar

Get into the holiday spirit at our Christmas Bazaar Fundraiser on Friday, November 15th from 8 a.m. to 2 p.m. at the Alamosa Senior Citizens Center! Shop local vendors for unique gifts, enjoy a hearty breakfast, and pick up delicious treats at our bake sale. Don't miss the exciting raffle and silent auction—all proceeds support programs at the Senior Center. Come for the shopping, stay for the cheer!



# Plan Ahead!

Call the office at (719) 589-3277 to register for the following events.

## OLLI Classes

### **Capital Idea! World's Most Beautiful Capitals and Signature Dishes: 11/3 - 1:00 pm - 3:00 pm**

Capital cities are usually top-ranking destinations and the best cities to visit in any given country because of their infrastructure, amenities, restaurants, historical significance, and exciting attractions. Be it Paris, London, Budapest, Washington, DC, or the myriad others among the famous capital cities around the world, there's no lack of bucket list cities to visit. There are so many beautiful capital cities across the world, and everyone has a signature dish and exciting food traditions. From Wellington to Tokyo, these iconic places are among the world's most beautiful capital cities to visit, each combining history and natural beauty with world-famous landmarks, dining, and fun activities

### **Frank Lloyd Wright: Fallingwater 11/6 & 11/13 - 11:30 am - 1:30 pm**

At age 70, Frank Lloyd Wright shocked the architectural world with his audacious Fallingwater in Pennsylvania. This course will explore this extraordinary house in relation to its times, the era of the Great Depression. Fallingwater will also be examined within the context of other Wright buildings of the 1930s, such as his Usonian houses, Broadacre City, Taliesin West in Arizona, Auldbrass Plantation in South Carolina, and Wingspread and the Johnson Wax Administration Building in Wisconsin.





## RSVP Speaker Series



The Retired and Senior Volunteer Program (RSVP) of Alamosa County invites everyone to its ongoing Speaker Series. Join us on **Tuesday, November 11, at 1:00pm at the Senior Center** for a talk entitled, " Let's Talk About VITA and How it Can Help You Save Taxes" presented by Martha Lewis, Pikes Peak United Way VITA Manager. The Volunteer Income Tax Assistance (VITA) program is a free IRS tax program that serves taxpayers like you with low to moderate incomes who file taxes, both federal and state. Taxes can be stressful, but can also be an exciting event, especially if you receive a refund. Even if you don't have a federal income tax

filing requirement (i.e., you only have a small pension or social security and no taxes withheld), you should still file because you may receive funds from the State of Colorado. The VITA program is available free of charge to those who qualify. The threshold for household income is \$69,000; this amount is subject to change each year. This year, we will have two VITA sites—one at the Alamosa Library and our new VITA site at the Alamosa Senior Center. The presentation will be repeated that evening, Tuesday, November 11, 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@projecthelping.org](mailto:nancy@projecthelping.org) or visit <https://www.sparkthechangecolorado.org/rsvp.html>.



# Birthdays!



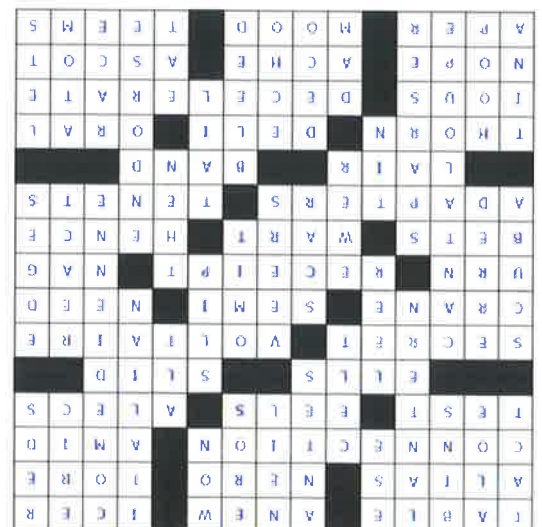
1-Joyce Fleming  
 1-Reinie Owsley  
 2-Beverly Hettinger  
 2-Virginia New  
 3-Dorris Wilson  
 3-Larry Yoshimura  
 3-Merlinda Marquez  
 4-Annette Kurys  
 6-Lynette Cotton  
 6-Marilyn Oden  
 7-Mario Curto  
 7-Carol Gessling

8-Dawn Krebs  
 9-Chuck Owsley  
 11-Todd Cotton  
 11-Joe Santistevan  
 11-Virginia Stuber  
 13-Richard Harris  
 15-Sandra Santistevan  
 15-Ed Vigil  
 17-Erma L Martinez  
 19-Joann Trujillo  
 21- Beverly Lobato  
 22-Mary Motz

22-Tammy Yoshimura  
 23-Billie Kay Chadwell  
 24-John Brownell  
 24-Donna Ford  
 24-Jan Watkins  
 28 -Sabrie Brown  
 28-Mary Ann Hunter  
 28-Charlotte LeDonne  
 29-Bob Irvine  
 30-Jean Hensley  
 30-Vernon Trujillo



Facebook Group



Puzzle Solution © OnlineCrosswords.net

*November*

## THURSDAY MENU

MEAL COST IS \$5 PER PERSON

### NOVEMBER 6TH

Tater Tot Casserole  
Salad  
Cookies

### NOVEMBER 13TH

Philly Cheesesteak  
Chips  
Pretzel Dessert

### NOVEMBER 20TH

Scalloped Potatoes with Ham  
Green Beans  
Pie

### NOVEMBER 27TH

Thanksgiving - Closed

*Menu subject to change*



# 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 per year. Ambassador membership is \$100 per year.*

### NOVEMBER NEWSLETTER

*Our mission is to provide a place for senior citizens to come together to meet social, recreational, cultural, educational, health, and nutritional needs, to foster an environment through caring service that will also promote dignity, independence and a sense of purpose for seniors as well as to have an opportunity to participate in a rewarding volunteer program.*



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Permit No. 145

Alamosa Senior Citizens, Inc.  
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