

ALAMOSA SENIOR CITIZENS CENTER

NEWSLETTER | OCTOBER 2025

A NOTE FROM OUR DIRECTOR!

As we head into the middle of the fall season, the Alamosa Senior Citizens Center continues to offer a vibrant mix of wellness, social, educational, and community-building programs to support older adults in our area. Please find and fill out the survey attached here in your newsletter. We would love to hear from you about your needs and wants for the center.

October 4th is our health fair/resource fair! October 7th is a trip to the casino in Espanola. October 14th is a shopping trip to Pueblo! October 16th is our Annual Membership Meeting!

Our Christmas Bazaar happens early this year, on November 15th! We have some great items coming for our silent auction and will be serving breakfast as well. We hope to see you there!



Health Fair!

Join us at the Alamosa Senior Citizens Center for our Annual Health and Resource Fair on Friday, October 4th from 10:00 AM to 2:00 PM. This free event is open to the entire community and will feature local health providers, wellness resources, and helpful information to support healthy living. Don't miss this opportunity to connect, learn, and explore!



"BITTERSWEET OCTOBER. THE MELLOW, MESSY, LEAF-KICKING, PERFECT PAUSE BETWEEN THE OPPOSING MISERIES OF SUMMER AND WINTER." – AVIJEET DAS





"LISTEN! THE WIND IS RISING, AND
THE AIR IS WILD WITH LEAVES, WE
HAVE HAD OUR SUMMER
EVENINGS, NOW FOR OCTOBER
EVES." – HUMBERT WOLFE

In case of emergency dial.....	911
Alamosa Police.....	719-589-2548
Police Dispatch.....	719-589-5807
Alamosa Fire.....	719-589-2533
Alamosa Water.....	719-589-2593
Alamosa Trash.....	719-589-2593
Xcel Energy.....	800-895-4999
SLV REC.....	719-852-3538
Alamosa Senior Citizens.....	719-589-3277
Area Agency on Aging.....	719-589-4511
Alamosa Public Library.....	719-589-6592
SLV Veterans Services.....	719-589-1109
Homelake Veterans Home.....	719-852-5118
San Luis Care Center.....	719-589-9081
Evergreen Nursing Home.....	719-589-4951
The Bridge.....	719-587-3514

Alamosa Senior Citizens Center – Member Satisfaction & Needs Survey

Your feedback helps us serve you better! Please take a few minutes to share your thoughts. Your answers are confidential and will guide our programs, services, and planning.

Section 1: About You

1. How often do you visit the Senior Center? ☐ Daily ☐ Weekly ☐ Monthly ☐ Occasionally ☐ Rarely
2. How long have you been a member? ☐ Less than 1 year ☐ 1–5 years ☐ More than 5 years

3. How do you get your news about activities in the community? ☐ Newspaper ☐ Radio ☐ Facebook ☐ Friends ☐ Center ☐ Other

If Other: _____ If Radio, what station? _____

Section 2: Overall Satisfaction

4. How satisfied are you with the Senior Center overall?
☐ Very Satisfied ☐ Satisfied ☐ Neutral ☐ Dissatisfied ☐ Very Dissatisfied
5. How welcoming and friendly do you find the Senior Center staff and volunteers?
☐ Excellent ☐ Good ☐ Fair ☐ Poor
6. Do you feel included and valued at the Senior Center?
☐ Always ☐ Most of the time ☐ Sometimes ☐ Rarely ☐ Never

Section 3: Programs & Activities

7. Which activities do you currently enjoy or participate in? (check all that apply)
- | | | | |
|--|---|--|--|
| <input type="checkbox"/> Exercise/Fitness | <input type="checkbox"/> Games (Cards, Bingo, etc.) | <input type="checkbox"/> Arts & Crafts | <input type="checkbox"/> Music/Performances |
| <input type="checkbox"/> Trips/Excursions | <input type="checkbox"/> Educational Classes | <input type="checkbox"/> Social Events | <input type="checkbox"/> Volunteer Opportunities |
| <input type="checkbox"/> Meals at the Center | <input type="checkbox"/> Other: _____ | | |
8. How satisfied are you with the current programs and activities?
☐ Very Satisfied ☐ Satisfied ☐ Neutral ☐ Dissatisfied ☐ Very Dissatisfied
9. How satisfied are you with the current programs and activities?
☐ Very Satisfied ☐ Satisfied ☐ Neutral ☐ Dissatisfied ☐ Very Dissatisfied
10. What time(s) during the day between 8 am and 7 pm do you prefer to participate in activities? _____
11. Did you hear about the evening activities we held at the center in the past 2 months? ☐ Yes ☐ No

12. If we held evening activities, what would you attend?

13. What NEW activities, classes, or trips would you like to see offered?

Section 4: Services & Support

14. 10. Which services are most important to you? (check all that apply)

- ☐ Transportation ☐ Meals/Nutrition ☐ Health & Wellness Programs ☐ Technology Help
☐ Information & Referrals ☐ Support Groups ☐ Other: _____

15. Are there services you need that we are not currently providing?

Section 5: Communication

16. How do you prefer to receive information about Center activities?

- ☐ Newsletter ☐ Phone Call ☐ Email ☐ Text Message
☐ Facebook/Website ☐ Other: _____

17. How satisfied are you with the Center's communication? ☐ Very Satisfied ☐ Satisfied ☐ Neutral ☐ Dissatisfied ☐ Very Dissatisfied

Section 6: Final Thoughts

18. What do you enjoy most about being a member?

19. What would make your experience at the Senior Center better?

Thank you for your time and feedback! Your input will help shape the future of the Alamosa Senior Citizens Center.



"THE HEART OF AUTUMN MUST HAVE BROKEN HERE, AND POURED ITS TREASURE UPON THE LEAVES." - CHARLOTTE BATES

Alamosa Senior Citizens Spotlight: Virginia Martin



I have served as a member of the Board of Directors of the Alamosa Senior Center since 2015. Through this service, I have met so many wonderful people, both officers and members of the Board of Directors, and members of the Senior Citizens. I have been unable to be as active as I would like over the past couple of years due to health issues but these issues are now being addressed and resolved. I believe I will soon be able to spend more time and energy helping the Senior Citizens with their fund-raising activities and activities.

Check out Our New Website!



SCAN ME

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

OCTOBER 2025

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY



<p>6</p> <p>9:30 am – Strong Bones</p> <p>10:30 am – Chair Yoga</p> <p>12:30 pm – Cards</p> <p>1:00 pm – Dime Bingo</p>	<p>7</p> <p>8:00 am - Espanola Casino</p> <p>9:30 – Qigong</p> <p>10:00 - Crochet, Knitting & Sewing</p> <p>10:30 - Blood Pressure Checks</p> <p>10:45 am - Jubilee Music</p> <p>12:30 pm – Texas Hold 'Em</p>	<p>8</p> <p>9:30 am – Strong Bones</p> <p>10:30 am – Chair Yoga</p> <p>10:30 - Blood Pressure Checks</p> <p>12:30 pm – Mah Jongg</p> <p>1:00 pm – Dime Bingo</p>	<p>9</p> <p>9:30 am - Qigong</p> <p>10:00 am – Women of Joy Bible Study</p> <p>10:00 am - Medicaid Svcs Information</p> <p>12:30 pm – Dominos</p> <p>1:00 pm - OLLI Class (The propagandist part 1)</p>	<p>10</p> <p>9:30 am – Strong Bones</p> <p>12:30 pm – Golf (Cards)</p> <p>1:00 pm – Dime Bingo</p>	<p>11</p> <p>10:00 am - 2:00 pm Health/Resource Fair</p>
<p>13</p> <p>9:30 am – Strong Bones</p> <p>10:30 am – Chair Yoga</p> <p>12:30 pm – Cards</p> <p>1:00 pm – Dime Bingo</p> <p>Board Nominee Deadline</p>	<p>14</p> <p>8:00 am - Pueblo Shopping</p> <p>9:00 - Walking Group</p> <p>9:30 – Qigong</p> <p>10:45 am - Jubilee Music</p> <p>12:30 pm – Texas Hold 'Em</p> <p>1:00 pm - RSVP Speaker</p>	<p>15</p> <p>9:30 am – Strong Bones</p> <p>10:30 am – Chair Yoga</p> <p>12:30 pm – Mah Jongg</p> <p>1:00 pm – Dime Bingo</p>	<p>16</p> <p>Pool vs. Monte Vista (There)</p> <p>9:30 am - Qigong</p> <p>10:00 am – Women of Joy Bible Study</p> <p>12:30 pm - Annual Membership Meeting</p> <p>12:30 pm – Dominos</p> <p>1:00 pm - OLLI Class (The propagandist part 2)</p>	<p>17</p> <p>9:30 am – Strong Bones</p> <p>10:30 am - Colcha Club</p> <p>12:30 pm – Golf (Cards)</p> <p>1:00 pm – Dime Bingo</p>	<p>18</p>
<p>20</p> <p>9:30 am – Strong Bones</p> <p>10:30 am – Chair Yoga</p> <p>11:45 to 1:00 - Crane Trip</p> <p>12:30 pm – Cards</p> <p>1:00 pm – Dime Bingo</p>	<p>21</p> <p>9:30 – Qigong</p> <p>10:00 - Crochet, Knitting & Sewing</p> <p>10:45 am - Jubilee Music</p> <p>12:30 pm – Texas Hold 'Em</p> <p>1:00 pm – Line Dancing</p>	<p>22</p> <p>9:30 am – Strong Bones</p> <p>10:30 am – Chair Yoga</p> <p>12:30 pm – Mah Jongg</p> <p>1:00 pm – Dime Bingo</p>	<p>23</p> <p>9:30 am - Qigong</p> <p>10:00 am – Women of Joy Bible Study</p> <p>12:30 pm – Dominos</p> <p>1:00 pm - OLLI Class (The propagandist part 3)</p>	<p>24</p> <p>9:30 am – Strong Bones</p> <p>12:30 pm – Golf (Cards)</p> <p>1:00 pm – Dime Bingo</p>	<p>25</p>
<p>27</p> <p>9:30 am – Strong Bones</p> <p>10:30 am – Chair Yoga</p> <p>12:30 pm – Cards</p> <p>1:00 pm – Dime Bingo</p>	<p>28</p> <p>9:30 – Qigong</p> <p>10:45 am - Jubilee Music</p> <p>12:30 pm – Texas Hold 'Em</p> <p>1:00 pm – Line Dancing</p>	<p>29</p> <p>9:30 am – Strong Bones</p> <p>10:30 am – Chair Yoga</p> <p>12:30 pm – Mah Jongg</p> <p>1:00 pm – Dime Bingo</p>	<p>30</p> <p>9:30 am - Qigong</p> <p>10:00 am – Women of Joy Bible Study</p> <p>12:30 pm – Dominos</p>	<p>31</p> <p>9:30 am – Strong Bones</p> <p>12:30 pm – Golf (Cards)</p> <p>1:00 pm – Dime Bingo</p>	<p>32</p>



HAPPY HALLOWEEN





"OCTOBER IS A FALLEN LEAF,
BUT IT IS ALSO THE WIDER
HORIZON MORE CLEARLY SEEN."
- HAL BORLAND

Activities Around the Valley

If you have any questions about these activities, please contact the Senior Centers directly.

Antonito

No activities collected

Northerner's

Casino Trip - Tues, 10/14!

Bingo - Mon & Wed @ 10 am

Card Games - Tues @ 10 am & Thurs @
9:30 am

Antonito Senior Center.....	719-376-2294
Costilla County Seniors.....	719-672-3376
Northerner's Senior Center.....	719-274-4029
Tri-County Senior Citizens.....	719-852-5778

RSVP Speaker Series



The Retired and Senior Volunteer Program (RSVP) of Alamosa County invites everyone to its ongoing Speaker Series. Join us on Tuesday, October 14, at 1:00pm at the Senior Center for a talk entitled, "Area Agency on Aging: Who Are We? Why Choose Us?" presented by Monica Wolfe, Executive Director, South-Central Colorado Seniors, Inc., Area Agency on Aging. Some of the many reasons people reach out to their local Area Agency on Aging are that we are advocates, planners, funders of services, educators, as well as providers of information and referral services. The presentation will be repeated that evening, Tuesday, October 14, at 6:00pm at The Bridge at Alamosa.



"OCTOBER, BAPTIZE ME WITH
LEAVES! SWADDLE ME IN CORDUROY
AND NURSE ME WITH SPLIT PEA
SOUP. OCTOBER, TUCK TINY CANDY
BARS IN MY POCKETS AND CARVE MY
SMILE INTO A THOUSAND PUMPKINS.
O AUTUMN! O TEAKETTLE! O GRACE!"
— RAINBOW ROWELL, ATTACHMENTS

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.

Day Trips for October!

Fall Shopping and More...

Join the Alamosa Senior Center as we travel around the area!

10/14: Pueblo Shopping

Join us for a fun day of shopping in Pueblo! The bus will depart the Center at 8:00 AM and return by 5:30 PM. This is a great chance to browse your favorite stores, enjoy lunch with friends, and get some early holiday shopping done. The cost is \$20 for members and \$30 for non-members. Space is limited, so be sure to reserve your spot early!

10/07: Casino in Espanola

Feeling lucky? Join us for a fun-filled trip to the Santa Claran Casino in Española! Test your luck, enjoy great company, and let the games begin. Cost is just \$20 for members and \$30 for non-members—grab your spot today and don't miss out on the excitement! Get your name on the list by contacting the center's office at 719-589-3277.



"I REMEMBER IT AS OCTOBER DAYS ARE ALWAYS REMEMBERED, CLOUDLESS, MAPLE-FLAVORED, THE AIR GOLD AND SO CLEAN IT QUIVERS."
— LEIF ENGER, PEACE LIKE A RIVER

Plan Ahead!

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



Facebook Group

Annual Membership Meeting

October 16th from 12:30 pm to 1:30 pm!

You're invited to the Annual Membership Meeting of the Alamosa Senior Citizens! Join us for an afternoon of updates, community, and celebration! Have your voice heard and vote for your representatives on the board of directors. We'll enjoy cake, ice cream, and a special door prize drawing for those in attendance. Come be part of shaping the year ahead while connecting with friends and fellow members! **Want to join the board of Directors or know someone who does? Call us and get added to the nomination list for voting at the meeting! Deadline is 10/13.**



Crane Viewing!!

October 20th from 11:45 am to 1 pm!

Join us for a special outing to view the spectacular Sandhill Cranes at the Monte Vista Wildlife Sanctuary! From 11:45 am to 1:00 pm, we'll gather to witness these incredible birds as they pause in the San Luis Valley during their migration. Don't miss this chance to enjoy the beauty of nature, fresh air, and community together. Free to members, non-members \$10.00. Register in advance at the office or (719) 589-3277



"AND IN THE END, IT'S NOT THE YEARS IN YOUR LIFE THAT COUNT. IT'S THE LIFE IN YOUR YEARS."
— ABRAHAM LINCOLN

Birthdays!



2-Alonzo Lopez
9-John DeFee
10-Tamra Garner
11-Rita Curto
14-Ellen Hansom
15-Robert D Avila
17-Peggy Curto
18-Jim Woodke

20-Mary Sue Eldredge
20-Jennifer Kelleher
23-Irma Haddox
24-Maripat Gallas
24-Benny Salin
27-Margrett Geist
27-Sam Armijo

28-Jean Maddux
28-Barb Espinoza
29-Helen Lester
30-Grace Ann Polon
31-Roger Knapp
31-Roy Silva



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 303-551-0624, ext. 721, email nancy@projecthelping.org, or visit <https://www.sparkthechangecolorado.org/rsvp.html>.



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

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

3rd Prize: Christmas Carols Quilt made and donated by
Rhonda Borders

4th Prize: \$75 gift card donated by Alamosa Senior
Citizens Center

October

THURSDAY MENU

MEAL COST IS \$5 PER PERSON

OCTOBER 2ND

Lasagna w/ Cheesy Garlic Bread

Salad

Cookies

OCTOBER 9TH

Picadillo con Papas Sandwich (ground beef)

Spanish Rice

Fried Ice Cream

OCTOBER 16TH

Beef Stroganoff w/ Cheesy Garlic Bread

Salad

Cookies

OCTOBER 23RD

Chicken Enchiladas

Salad

Pretzel Jello Dessert

OCTOBER 30TH

Meatball Sub w/ Chips

Coleslaw

Brownies

Menu subject to change

Monday

Tuesday

Wednesday

Thursday

Friday

**THANK YOU FOR
YOUR DONATIONS!**



South-Central Colorado
Seniors, Inc.
Area Agency on Aging
1116 3rd St, Alamosa

**All meals are served
with 2% milk
No Trans Fat and
No Salt BUTTER
Butter is served with
Bread Products**

Crunchy Fish
Mixed Vegetables
Creamy Coleslaw
Mandarin Oranges
Whole Wheat Bread

CLOSED



Lasagna/w Meat
Confetti Corn
Salad
Whole Wheat Roll
1 Orange

6

7

8

9

10

Beef & Broccoli Stir Fry
Steamed Brown Rice
Carrots
Peaches
Whole Wheat Bread

Oven Fried Chicken
Potatoes/Gravy
Broccoli
Apricots
Whole Wheat Roll

Chili Beans
Cheese Stick
Corn
Whole Wheat Tortillas
Pineapple Cubes
Raisin Nut Cup

CLOSED

*This menu is subject to
change without prior notice.*

Swiss Steak
Parsley Potato
Mixed Vegetables
Fruit Cocktail
Whole Wheat Roll

13

14

15

16

17

Chicken Fried Steak
Country Gravy
Mashed Potatoes
Cauliflower Broccoli Mix
Plums
Whole Wheat Roll

Ham Beans
Carrot Raisin Salad
Pineapple/Mandarin
Orange Compote
Cornbread

Roast Turkey /Mashed
Potatoes/Gravy
Green Beans
Salad
Pineapple
Whole Wheat Roll

CLOSED



Chicken Wrap
Whole Wheat Tortilla
Cheese/Lettuce/Tomato
Ranch Dressing
5-Way Vegetables
1/2 Orange /Churro

20

21

22

23

24

Frito Pie
Lettuce Tomato Cheese
Carrot Coins
Whole Wheat Crackers
Fruit Cocktail

Cheeseburger on Bun
With Everthing
Sun Chips
Baked Beans
Fruit Cocktail

French Dip Sandwich
with Au Jus
Hash Brown Potatoes
5-Way Vegetables
Strawberry Applesauce

**RESERVATIONS
ARE
REQUIRED**

Suggested Donation \$4.00
Guest Rate \$9.00

Tostada
Beef/Beans
Cheese/Lettuce/Tomato
Spanish Rice
Mixed Fruit

27

28

29

30

31

Chicken Cordon Bleu
Brown Rice
Broccoli
Mandarin Oranges
Whole Wheat Crackers

Egg Salad Sandwich
Sliced Tomato & Lettuce Shred
Lentil Soup
Carrifruit Salad
Pineapple Chunks

Chicken Pot Pie
Brussel Sprouts
Strawberries and Cream
Whole Wheat Roll



Salisbury Steak
Mashed Potatoes
Broccoli
Whole Wheat Roll
Boo Berry Gelatin

MEALS MAY CONTAIN

ALLERGENS AS INGREDIENTS

WHEAT-SOY-GLUTEN-TREE

NUTS-PEANUTS-MILK-EGGS- FISH-SHELLFISH-SESAME

Not going to be home to receive your meal? Please Call 719-589-4511 (ADMIN OFFICE)

STATE UNIT ON AGING 1-303-866-2651

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.

OCTOBER NEWSLETTER

participate in a rewarding volunteer program.

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



NON-PROFIT ORG.
U.S. POSTAGE PAID
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Permit No. 145

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