

ALAMOSA SENIOR CITIZENS CENTER

NEWSLETTER | AUGUST 2026



A NOTE FROM OUR DIRECTOR!

A Note From the Director

As summer begins to wind down, we hope you'll continue making the most of the season with us! Don't forget that Alamosa Senior Citizens now serves meals on Tuesdays and Thursdays, and we look forward to sharing great food and fellowship with you. August is filled with exciting opportunities, including our trips to the Creede plays, Tesuque Casino, and Fort Garland & Old La Veta Pass, along with a fun painting workshop. Be sure to check out the flyer included for our 2027 annual trip—we're excited to start planning another unforgettable adventure. Thank you for being part of our wonderful community, and we look forward to seeing you at the center this month!

Upcoming Watercolor Class

Get ready to explore your creative side! Coming in late October, we'll be offering a fun, multi-week watercolor class for beginners and experienced painters alike. Whether you're picking up a paintbrush for the first time or looking to build your skills, this will be a wonderful opportunity to learn, create, and connect with others. Stay tuned for more details and registration information in the coming weeks!

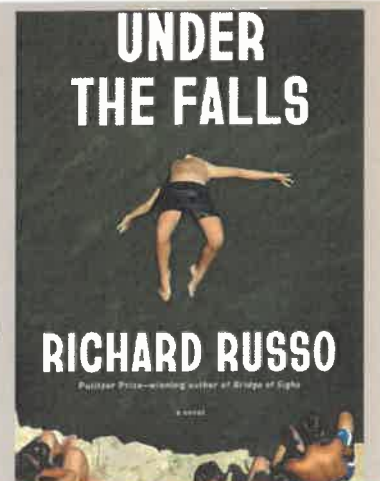


BOOK SUGGESTION FOR AUGUST:

UNDER THE FALLS

BY RICHARD RUSSO

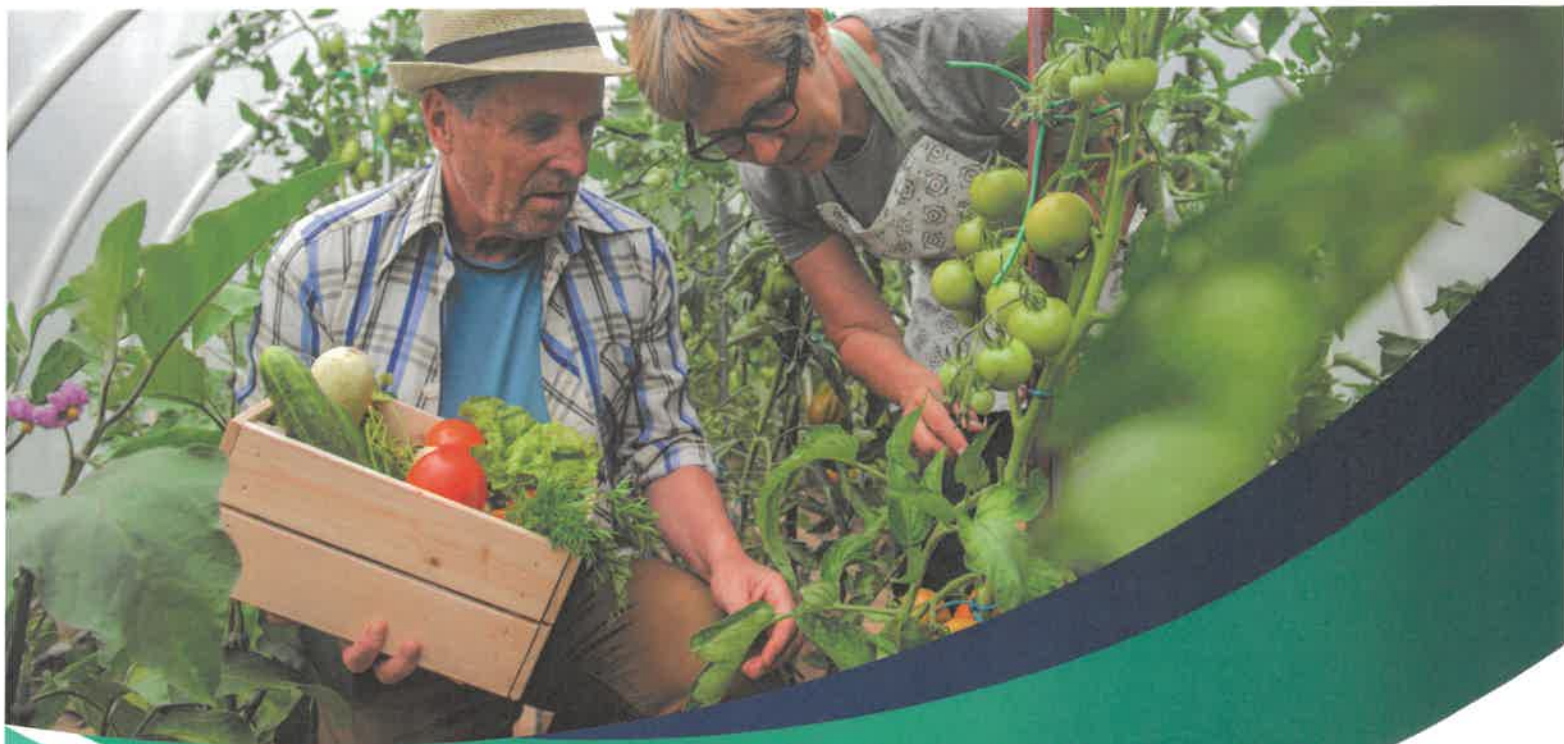
The Pulitzer Prize-winning author of *Empire Falls* returns with a spellbinding page-turner about a crime in a small town that exposes long-held secrets and betrayals among a group of lifelong friends.





"WINTER'S DONE, AND APRIL'S IN
THE SKIES. / EARTH, LOOK UP
WITH LAUGHTER IN YOUR EYES!"
— CHARLES G.D. ROBERTS

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



MERCADILLO SENIOR NIGHT

WEDNESDAY, AUG. 19TH FROM 3PM TO 7 PM

Visiting a farmers market is an excellent way to become acquainted with your local food system, support local businesses, and enjoy fresh, healthy food.

COME FOR:

- **VENDORS**
- **FOOD TRUCKS**
- **FARM TOUR**
- **YOU PICK**
- **SENIOR RESOURCES**
- **LIVE MUSIC**
- **EDUCATION**
- **ARTS & CRAFTS**
- **AND MORE...**

Brought to you by Alamosa Senior Citizens, Spark's Retired & Senior Volunteer Program (RSVP) of Alamosa County, and the Rio Grande Farm Park!



Want to Volunteer? Nancy Harris – (970) 570-9737



Alamosa Senior Citizens Spotlight:

August Birthdays



4-Ruth Dixon
4-Peggy Manzanares
4-Connie Clark
5-Darla Chappell
6-David Hargis
7-Jim Trujillo
7-Judy Ann Mondragon
8-Kathleen Rechambeau
9-Carol Chrysler
10-William Madrill
10-Bill Baker
10-Conrad Markus
12-John Faron
14-Karilyn N Espinosa
16-Darlene Ortega

17-Sarah Stoeber
17-Patrick
Mascarenas
20-Gary Eyser
21-Judy Montoya
23-Barbara Hillin
27-Eva Roybal
27-Kathy Chong
28-Emily Sandoval
28-Lorraine Montoya
28-Geraldine Trujillo
29-Judy McNeilsmith
30-Laura Anderson
30-Delbert Archuleta



Check out Our Website!

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

PAINT WITH
Rich!

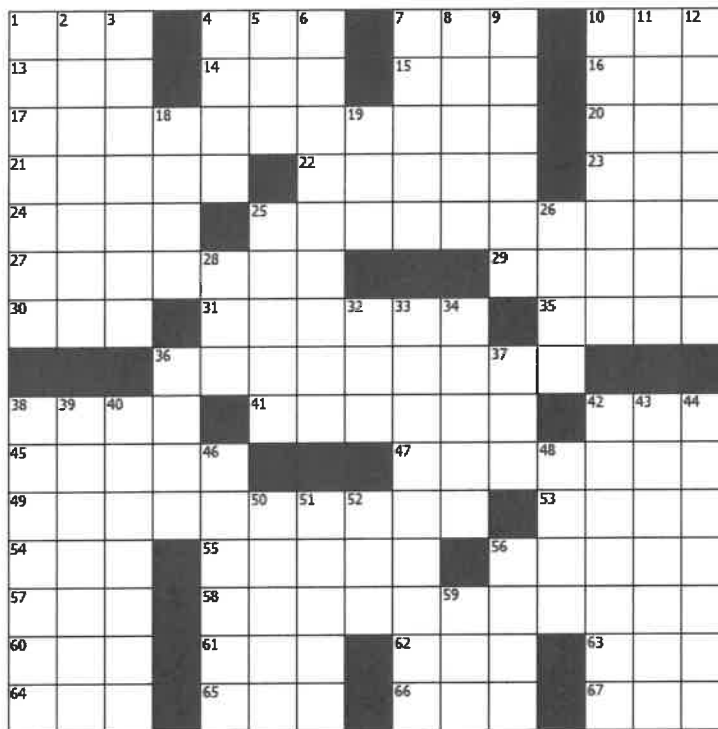
Thursday, August 13th at 10:30 am

Alamosa Senior Citizens - Dining Room

Bring a Friend!

Across

1. Tone ____ ("Funky Cold Medina" rapper)
4. Punched-in-the-solar-plexus reaction
7. Honest guy
10. Ad-Rock cohort
13. Go to hell ____ handbasket
14. Bad citation after leaving the bar
15. Drink in a ceremony
16. Unit represented by an omega
17. Comedian who plays big interviewer Jiminy Glick
20. Stick in the microwave
21. Name associated with a marble sculpture collection
22. Mnemonic used for the Great Lakes
23. Island: Fr.
24. "____ Flux" (2005 Charlize Theron movie)
25. Comedian seen at the end of "Dodgeball" letting himself go in a big way
27. Nightstand companion
29. Actor Nick in a disheveled 2002 mug shot
30. Alien critters
31. Visited
35. It'll make your rearview mirror vibrate
36. Comedian who played Fat Bastard to big acclaim
38. Dos to the tercero power
41. Condescending
42. Subject for EMT training
45. "Fantasia" extra?
47. "Get your butt over (to)," in olden days
49. Monty Python who exploded big-time in "The Meaning of Life"
53. Snuffleupagus's pal, to Snuffy
54. Bust down the castle door
55. Webzine headquartered in San Francisco
56. Bedroom comedy, say
57. Troop troupe
58. Comedian who donned many big costumes in "The Nutty Professor"
60. Opium lounge
61. "She Hate Me" director
62. Simple bed
63. Shoe width
64. -speak
65. Prez known for Fireside Chats
66. Smooth sax player Dave who was in Arsenio's late-night band
67. Deg. that's all about teeth



Down

1. Newman's Own beverage
2. Ready and vigilant
3. Goods transported by ship, say
4. Oslo god
5. Have power over
6. Earners of net profits?
7. Tiny parts
8. Rerun's headwear
9. Skips the restaurant atmosphere
10. Program basis for Netscape browsers
11. Alpine cottages
12. Current units
18. Chesterfield containers
19. Schnookums
25. Aviary parts?
26. Throws a grenade
28. Poli ____
32. Comedian Philips once called "a one-man asylum"
33. How kittens may be transported
34. Horror-inducing Himalayans
36. Boggy area
37. Deli option
38. Offer an opinion without being asked
39. Pants features
40. Androsterone, for one
42. Acted like a finch
43. Acted like a finch
44. Late-night flights
46. First-person figure
48. Ride to the top of the mountain
50. World-weary
51. Not necessarily wiser, it's said
52. "There's ____ in 'T-E-A-M!'"
56. Mess around (with)
59. "What's up, cow?" response



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

Thursdays

- 9:30 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

Painting with Rich!

- **August 13th @ 10:30 am**

Pool Tournaments!

- **8/06 vs. Antonito - There**
- **8/20 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.



Plan Ahead!

July Day Trips

08/10: Tesuque Casino

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

08/26: Fort Garland Museum & La Veta Pass

Join us for a fun day trip to Fort Garland Museum to check out the exhibits and Old La Veta Pass! We'll depart at 8:00 AM and return by 5:30 PM for a day of exploration and camaraderie. Our first stop will be the **Fort Garland Museum**. Afterward, we'll head to the church at the top of Old La Veta Pass with time to explore. Cost is \$30 for members and \$40 for non-members. Reserve your spot by stopping by or calling the office to register!

Creede Repertory Theatre

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!



RSVP Speaker Series



LINDA ANDERSON SMITH
& FRANKIE COLTON

Join us for the presentation, “Lies, Rumors, and Family Stories: Dipping Your Toes into Family Lore” by Linda Anderson Smith & Frankie Colton on Tuesday, August 11th at 1pm, 2026 at the Alamosa Citizens Center, and at 6pm the same day at The Bridge in Alamosa. This mother-daughter team co-authored the book *Lies, Rumors, and Family Stories: How to Write Your History*. Frankie Colton is a retired teacher and librarian. Linda Anderson Smith is a former personal historian who now works in public health emergency management. Together, they co-founded the Conejos Writers Circle, which has

been going strong since 2010. This entertaining presentation will walk you through some tips, tricks, and perils of preserving your personal and family stories for those who will come behind you. We will talk about what your loved ones really want to know about you, and how to navigate tricky topics. Presented by Linda Anderson Smith & Frankie Colton.

Before the afternoon presentation, hear a short RSVP nonprofit partner update from Sandra Hostetter with Colorado Welcome Center. 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!

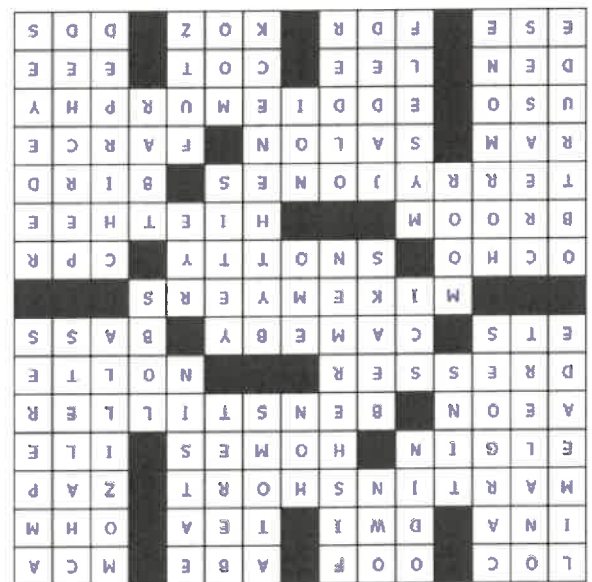
Transportation

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.

Alamosa Public Library Events

Adult Computer & Technology Classes: Friday, August 14, 2026, and Friday, August 21, 2026, from 10:30 AM – 12:00 PM. These sessions assist adults of all skill levels with tasks like filling out job applications or printing pictures. [1]



Puzzle Solution © OnlineCrosswords.net

August

MONTHLY MENU

MEAL COST IS \$7 PER PERSON

AUGUST 4TH

Hamburgers
Potato Salad
Strawberry Shortcake

AUGUST 6TH

Spaghetti & Cheesy Bread
Salad
Cake

AUGUST 11TH

Green Chile Chicken Enchiladas
Spanish Rice
Lemon Cobbler

AUGUST 13TH

BLT
Macaroni Salad
Rootbeer Float & Cookie

AUGUST 18TH

Hobo Packets
Hash Browns
Ice Cream Sundaes

AUGUST 20TH

BBQ Chicken
Potato Salad
Fruit Salad

AUGUST 25TH

Beef Enchiladas
Corn
Cake

AUGUST 27TH

Lasagna & Cheesy Bread
Salad
Apple Crisp

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.

AUGUST 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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Alamosa, CO 81101