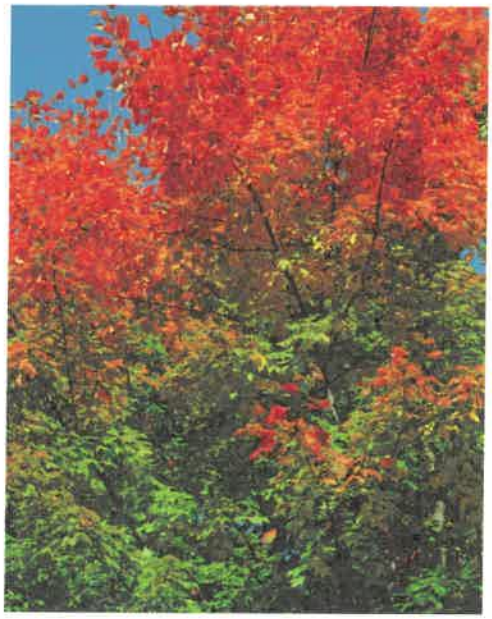
ALAMOSA SENIOR CITIZENS CENTER

NEWSLETTER | OCTOBER 2026



A NOTE FROM OUR DIRECTOR!

Happy October! As the leaves begin to change and the days grow cooler, it's a great time to gather with friends and enjoy everything happening at the center. Whether you're joining us for meals, fitness classes, games, or special events, we appreciate your participation and the sense of community you help create. We look forward to spending another beautiful fall month together!

Join us for our Health Fair on October 20th and stay for our Annual Membership Meeting at 1 p.m. Come to the meeting for cake and ice cream, plus there will be a door prize giveaway!

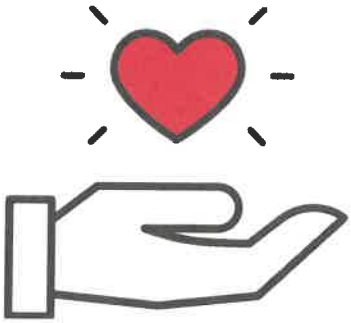
Watercolor Class 10/7/26

Get ready to explore your creativity through watercolor! This fall, local artist Nora McBride will lead a special 6-week watercolor workshop series at the Alamosa Senior Center. Whether you're picking up a paintbrush for the first time or you already have some experience, this class is designed to help you learn, create, and discover your own artistic style.

BOOK SUGGESTION FOR OCTOBER:

WE
BY LAYLI LONG SOLDIER

In We, Layli Long Soldier examines what it means to be in community, to be in relation with family, nation, history, and language. We is the first-person plural, the pronoun of inclusion in English. It is also We, the Lakota word meaning "blood"—what is shared and what is shed.



ALAMOSA SENIOR CITIZENS

ANNUAL HEALTH & WELLNESS FAIR

CHOLESTEROL & GLUCOSE CHECKS
BLOOD PRESSURE

VACCINES, PROVIDED BY SAFEWAY PHARMACY:
RSV, FLU. SHINGLES, PNEUMONIA, COVID

OCTOBER 20, 2026
9 AM - 11 AM
ALAMOSA SENIOR CITIZENS CENTER
92 COLORADO AVE, ALAMOSA

Alamosa Senior Citizens Spotlight:

October Birthdays

2-Alonzo Lopez
10-Tamra Garner
11-Rita Curto
14-Ellen Hansom
15-Robert D Avila
17-Peggy Curto
18-Jim Woodke
18-Daniel Medina
20-Mary Sue Eldredge
20-Jennifer Kelleher
23-Irma Haddox

24-Maripat Gallas
24-Benny Sabin
24-Coleen Johnson
27-Margrett Geist
28-Jean Maddux
28-Barb Espinoza
29-Helen Lester
30-Grace Ann Polon
31-Roger Knapp
31-Roy Silva

Check out Our Website!

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

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!

- **10/01 vs. Antonito - There**
- **10/15 vs. Monte Vista - There**

Thursdays

- 10:00 a.m. – QiGong **(No QiGong 10/22)**
- 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 Starts this month!

- **Wednesdays from 1-3 p.m.**
  This is a 6-week class

Annual Membership Meeting

- **Tuesday, Oct 20th @ 1 pm.**

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.

Creative Side!

6-WEEK WATERCOLOR WORKSHOP SERIES

WITH LOCAL ARTIST NORA McBRIDE

Explore watercolor in a supportive and fun environment! Whether you're a beginner or have some experience, this class is for you.

LEARN.
Build foundational skills and explore watercolor techniques.

CREATE.
Work on individual projects tailored to your interests with guidance from Nora.

CONNECT.
Share idleas, be inspired, and enjoy the creative process together.

No experience required—just a curiosity and desire to create!

All for FREE!

- ✓ FREE to attend
- ✓ All art materials provided
- ✓ Limited to 20 participants

WHEN:
Wednesdays
October 7 – November 11

TIME:
1:00 – 3:00 PM

WHERE:
Alamosa Senior Center
92 Colorado Ave
Alamosa, CO 81101

Celebrate Creativity!

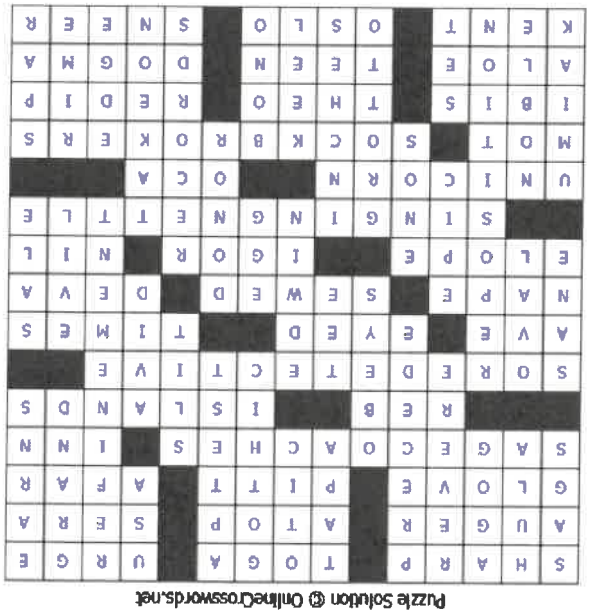
The series will culminate with an ART SHOW & RECEPTION
Saturday, November 14 • 1:00 – 3:00 PM

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

Fall is in the air

Plan Ahead!

Day Trips

10/14: Ohkay Casino

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

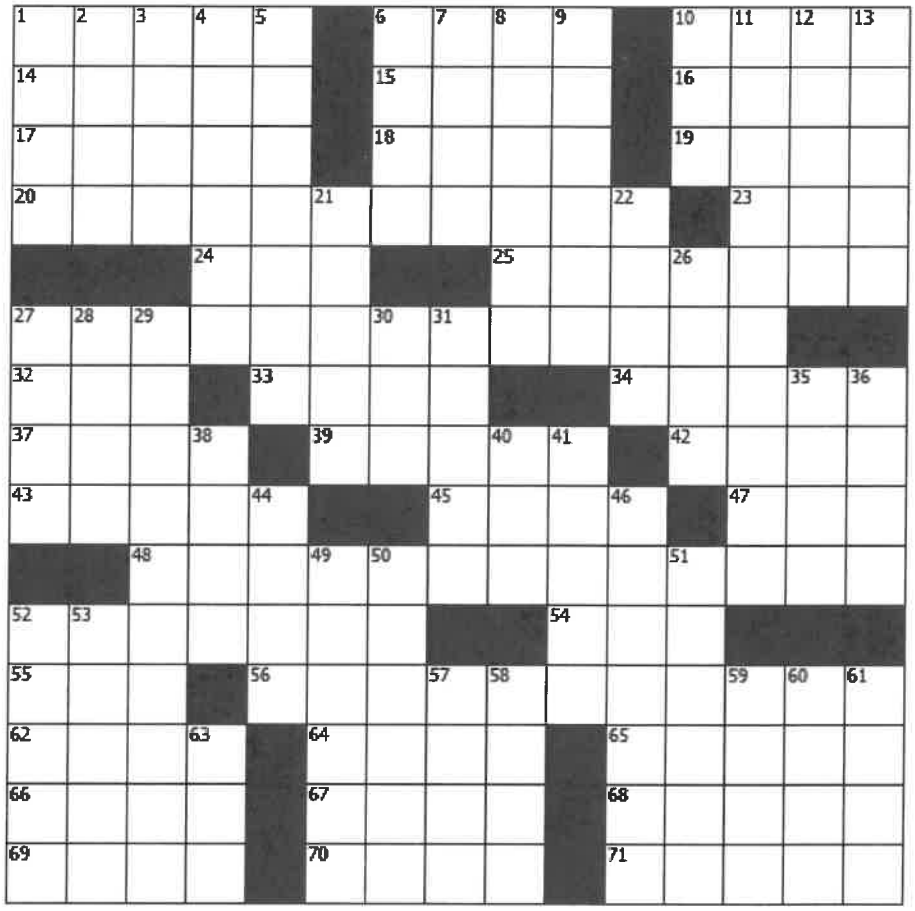
Cost is just $20 for members and $30 for non-members. Call the office to register!

10/15: DaVinci Museum

Join us for a day trip to Pueblo to see the Leonardo DaVinci Museum and STEAM Center, where we'll enjoy interactive exhibits and see some of DaVinci's innovation, art, and science. Afterward, we'll head to the Riverwalk for lunch, shopping, and time to explore. This is a perfect trip for those who missed it during the summer.

Cost is $35 for members and $45 for non-members.

Reserve your spot by stopping by or calling the office to register!



Across

1. Like a tack
6. "Animal House" attire
10. Craving
14. Boring thing
15. At the summit of
16. Blood fluids
17. Surgeon's requirement
18. Brad of "Fight Club"
19. Miles away
20. Wise trainers?
23. Country getaway
24. Yank's foe
25. Easter and Christmas
27. Mad PI?
32. "___ Maria"
33. Took a look at
34. X
37. Back of the neck
39. Worked for Hilfiger
42. Hindu deity
43. Flee to unite
45. Borodin's prince
47. Zip
48. An operatic plant?
52. Beast on a coat of arms
54. South American tuber
55. Bon follower
56. Dealers with the sole of discretion?
62. It was sacred to Tut
64. Logical beginning?
65. Put more paint on a brush
66. Balm ingredient, perhaps
67. New driver, typically
68. Church doctrine
69. Jekyll : Hyde :: Superman : ___
70. Nobel Institute city
71. Express contempt

Down

1. Succumbs to gravity
2. Sinuous dance
3. Wide-eyed with expectation
4. Look up to
5. Come before
6. Spanish appetizer
7. Concerning the ear
8. Like some romances
9. Most fitting
10. Dos Passos opus
11. Elegance of manner
12. Ten C-notes
13. Deserves
21. Toes the line
22. Skirt feature, sometimes
26. Dyed-in-the-wool
27. All there
28. Roundish
29. Change the locale
30. Driving gadget
31. Track legend Moses
35. Satanic pursuit
36. Garage activity
38. "The Ten Commandments," e.g.
40. Quiche ingredient
41. Supporter of the arts, perhaps
44. Eve's grandson
46. 33s and 78s
49. Isle of Capri attraction
50. Rulers contain them
51. Assume, as a task
52. Inuit vessel
53. Aristocratic
57. Nautical centerpiece
58. "The Beat Goes On" singer
59. Sidle
60. Hoarfrost
61. Practice for the fight
63. Complete collection

RSVP Speaker Series

Join us for the presentation, "When Suffering Becomes Too Great: Understanding Medical Aid in Dying and Other End-of-Life Choices" by Sue Mackey on Tuesday, October 13th at 1pm, at the Alamosa Citizens Center in Alamosa.

Learn about the legal, medical, and ethical options that may be available to people experiencing unbearable suffering at the end of life. This educational presentation explores Medical Aid in Dying (MAiD), voluntary stopping eating and drinking (VSED), hospice care, and other approaches to relieving suffering. The goal is not to persuade, but to provide clear, balanced information so individuals and families can make informed decisions consistent with their own values. Presented by Sue Mackey, CT, President of the Board for the Funeral Consumer Society of Colorado and Owner of Out of the Box End-of-Life Planning. Presented via Zoom on October 13th at 1:00 PM @ Alamosa Senior Center.

Before the presentation, hear a short RSVP Nonprofit Partner Update from Ali Pavletic with SLV Museum. 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 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.

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!

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: Christmas Carols Quilt made and donated by Rhonda Borders

October

MONTHLY MENU

MEAL COST IS $7 PER PERSON

OCT. 1ST
Chili & Cheese Baked Potato
Steamed Broccoli
Cookie

OCT. 6TH
Sloppy Joe
Roasted Veggies
Cake

OCT. 8TH
Irish Vegetable Soup
Grilled Sandwich
Pie

OCT. 13TH
Chili Colorado
Mexican Cornbread
Cookie

OCT. 15TH
BBQ Pork Chop
Campfire Potatoes & Salad
Cookie

OCT. 20TH
Beef Stew w/ Roll
Salad
Ice Cream Sundae

OCT. 22ND
Hawaiian Baked Chicken
Macaroni Salad
Pineapple & Coconut Pie

OCT. 27TH
Ham/Turkey Wrap
Tots
Cake

OCT. 29TH
Lasagna w/ Garlic Bread
Salad
Pie

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.

OCTOBER 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. 1971 EST

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

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