

ALAMOSA SENIOR CITIZENS CENTER

NEWSLETTER | SEPTEMBER 2026



A NOTE FROM OUR DIRECTOR!

A Note From the Director

As autumn begins to arrive, we're looking forward to another wonderful season at Alamosa Senior Citizens. Our Tuesday and Thursday meals continue to bring friends together, and we have plenty of activities, classes, and special events planned for the months ahead. Thank you for making our center such a welcoming place—we encourage you to stay active, invite a friend, and enjoy all that fall has to offer with us! Check out our flyers for special events happening this season.

Safeway Pharmacy will be here on the 15th for a Vaccine Clinic!

Watercolor Class 10/7/26

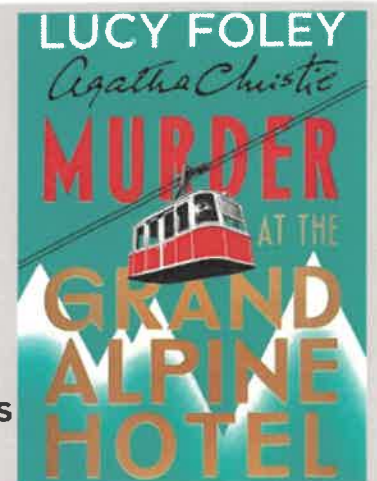
Get ready to explore your creativity through watercolor! This fall, local artist Nora McBride will lead a special 6-week watercolor workshop series at the Alamosa Senior Center. Whether you're picking up a paintbrush for the first time or you already have some experience, this class is designed to help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



BOOK SUGGESTION FOR SEPTEMBER:

**MURDER AT THE GRAND ALPINE HOTEL:
AN AGATHA CHRISTIE MISS MARPLE MYSTERY
BY LUCY FOLEY**

High in the Swiss Alps, accessible only by a single, winding railway, stands the luxurious Grand Alpine Hotel. With glorious mountain views and exclusive access to powdery slopes, it draws guests from far and wide.





"AUTUMN IS THE ANTIDOTE TO
STIFLING SUMMER." – TERRI
GUILLEMETS

In case of emergency dial.....	911
Alamosa Police.....	719-589-2548
Police Dispatch.....	719-589-5807
Alamosa Fire.....	719-587-2533
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

THE RETIRED AND SENIOR VOLUNTEER PROGRAM (RSVP) OF ALAMOSA COUNTY



**AmeriCorps
Seniors**

Produced and published at taxpayer expense.

FALL 2026 SPEAKER SERIES

Empowering Aging
in Alamosa



PERSONAL EMERGENCY PREPAREDNESS FOR SENIORS

SEPT. 8TH @ 1PM

Presented by Linda Smith & Stephen Cline



WHEN SUFFERING BECOMES TOO GREAT: MEDICAL AID IN END-OF-LIFE

OCT. 13TH @ 1PM

Presented by Sue Mackey, CT



HEALTHY SMILES FOR A LIFETIME

NOV. 10TH @ 1PM & 6PM

Presented by Carly Santi Lozoya, MS, RHD



FALL PREVENTION

DEC. 8TH @ 1PM & 6PM

Presented by Dr. Kristina Steinberg

Coffee Hours

with Nancy & Mike

Friday, Sept. 25th

Friday, Oct. 30th

Thursday, Nov. 19th

No Coffee in Dec.

9:00AM-10:30AM

Milagros

Coffee House



Empowering Aging in Alamosa.
sparkchange.org/rsvp

TUESDAY,
SEPT. 8TH

2:00PM

Kynd Kit Build - Emergency Kits

Help assemble emergency kits for seniors at the Alamosa Senior Center, following the talk on emergency preparedness at 1:00pm

TUESDAY,
SEPT. 15TH

11:30AM-
2:00PM

AmeriCorps Seniors Nationwide Celebration

Join us at the Alamosa Senior Center for this uplifting livestreamed event. Lunch provided to enrolled Volunteers and stations who RSVP by Sept. 8th

THURSDAY,
DEC. 10TH

1:00PM

RSVP Appreciation Celebration: Holiday Edition!

Gift exchange, games, and refreshments for RSVP Volunteers and stations, at the Alamosa Senior Center.



Scan QR Code to
visit our website

do good. feel good.
sparkchange.org/rsvp

IN THE KNOW

WHAT'S HAPPENING WITH RSVP SEPT. - DEC. 2026



Plan Ahead!

September Day Trips

09/09: Santa Claran Casino

Try your luck and enjoy a fun day out at Santa Claran 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!

09/30: Cumbres Pass

Join us for a beautiful fall drive over Cumbres Pass into Chama, New Mexico! Enjoy the stunning autumn colors, a delicious lunch, and a little time for shopping in Chama before we head back over the pass to Alamosa.

Cost: \$20 members | \$30 non-members
Bus leaves at 9:00 AM

Relax, enjoy the scenery, and let us do the driving! Call or stop by the office to register.

Creede Repertory Theatre

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!

Vaccine Clinic*



Date: Tuesday, September 15th, 2026

Time: 1:00 p.m.

Location:

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

Additional information:

**Shots administered by the Pharmacy
Team from your neighborhood**



*Free with most insurance.

**10% off your next \$40 or more grocery purchase;
max savings of \$20. See [safeway.com/offer](https://www.safeway.com/offer) for details.



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

Pool Tournaments!

- **9/03 vs. Antonito - Here**
- **9/17 vs. Monte Vista - Here**

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!

- **September 15th @ 10:30 am**

Medicare 101!

- **September 29th @ 10:30 am**

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.



PAINT WITH *Rich!*

Tuesday, September 15th at 10:30 am

Alamosa Senior Citizens - Dining Room



Bring a Friend!





Alamosa Senior Citizens Spotlight:

September Birthdays

3-Lucy Archuleta
3-Keth Calkin
3-Julie Shepherd
4-Rudy Archuleta
4-Patricia Mestas
5-Will Krebs
5-Jim Gilmore
6-Charlotte Hefner
6-Mary Ann Malberg
8-Margaret Faron
9-Neil Henderson



10-Lisa Absmeier
12-Michele Kritner
15-Mike Reisinger
18-John Kurys
18-Anthony Diaz
20-James Jenkins
23-Barbara Stewart
23-Becky Bender
28-Jim Hensley
30-David Young
30-Maria C White



Check out Our Website!

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



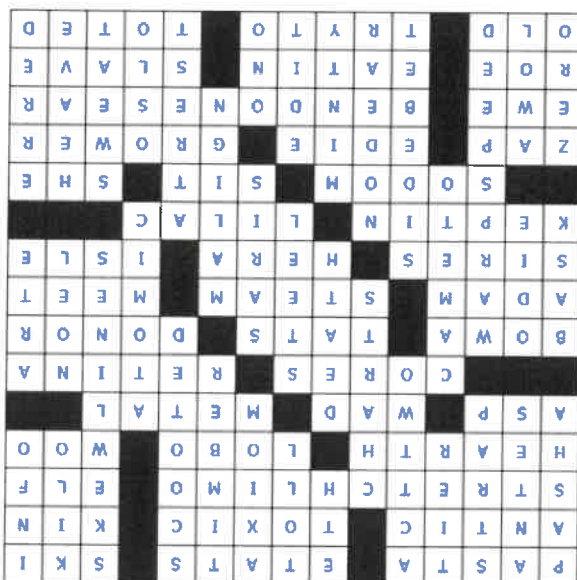
Things to Note...

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*

Lunch 'n Learn Series

Presented in partnership with SLV Health, the CSU Extension Office, and Mountain Valley Mortuary

Location

SLV Health Education and Conference Center
1921 Main Street
Alamosa, CO 81101
Noon to 1 pm

Free light lunch included with attendance

Reserve Your Spot Today

<https://www.signupgenius.com/go/4090B45AEA723A0F58-64247001-slvhealth>

We are now able to host the lunch 'n learns virtually

Microsoft Teams meeting

<https://teams.microsoft.com/meet/298475403215674?p=0BMOiSVuD8vKL268Sr>

Meeting ID: 298 475 403 215 674

Passcode: Nv9Ei2CS

2026–2027 Session Schedule

~~June 16, 2026 — Stephen Hunzeker: Planning Ahead — Peace of Mind for You and Your Loved Ones~~

~~July 21, 2026 — Mary Benavidez, LPCC: Laughter Is the Best Medicine (But Don't Forget Your Ibuprofen!)~~

August 18, 2026 — Margaret White, RN, BSN: Medication Management

September 15, 2026 — Adam Daniels, NRP: EMS – Use As You Age

November 17, 2026 — Janae Naranjo: Who Gets Grandma's Yellow Pie Plate?

January 19, 2027 — Margaret White, RN, BSN: What Happens to My Remains After I Die and What Choices Can I Make?

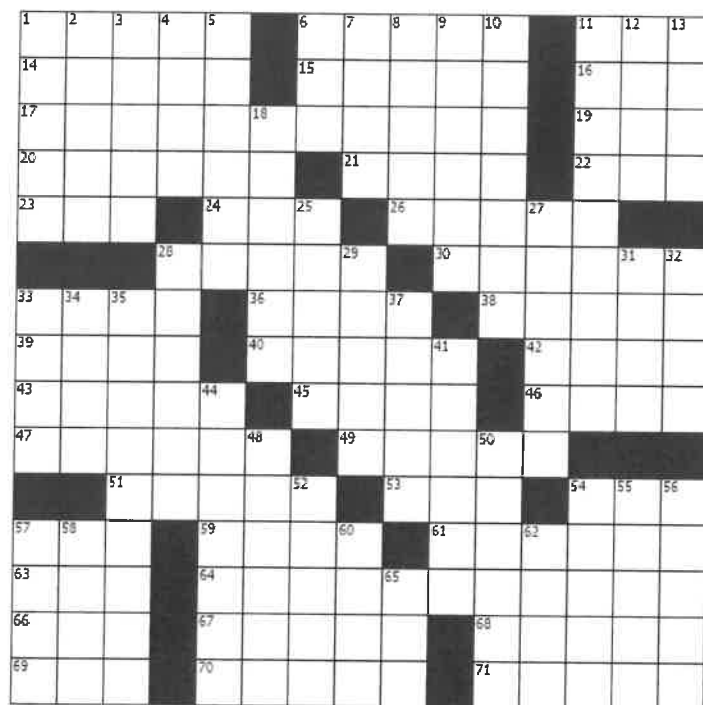
March 16, 2027 — Curtis Ramsay: Wills & Trusts

May 2027 – 3rd Annual Celebrating Aging Conference

Questions? Contact Helen Ross at 719-274-6058 or helen.ross@slvrmc.org.

Across

1. Carbo-loader's fare
6. Les ___-Unis
11. Handle moguls?
14. Bit of high jinks
15. Poisonous
16. Blood, so to speak
17. Star transport
19. Pointy-eared sprite
20. Fireside setting
21. Gray wolf
22. Court
23. Scary slitherer
24. Bunch of moola
26. Rock genre
28. Prepares an apple, perhaps
30. It has a blind spot
33. Major League manager Larry
36. Uses a shuttle
38. Word with blood or organ
39. Sixth day creation
40. Iron output
42. Chance upon
43. Stable fathers
45. Juno, to the Greeks
46. Man, but not Woman
47. Repressed
49. Cousin of lavender
51. Sinful city
53. Don't just stand there
54. Doe or heifer, e.g.
57. Reheat, nowadays
59. Peter Gunn's girlfriend
61. Farmer, essentially
63. Woolly mama
64. Talk and talk and talk
66. School of tomorrow?
67. Have pizza delivered
68. Toil
69. Word with hat or hand
70. "___ Remember" (1960 song)
71. Lugged



Down

1. Former Turkish title
2. Starts the pot
3. Harness part
4. Stadium section
5. When Romeo says "Juliet is the sun"
6. Biblical or ordinal suffix
7. Car payment
8. Self-evident principle
9. Woodcutter's cry
10. Went hastily
11. They never intersect in geometry
12. Pusher's purchase, perhaps
13. Facts, briefly
18. Maps out
25. One of Franklin's two certainties
27. Type of power or clock
28. Regained consciousness
29. Pittsburgh product
31. Holiday song
32. Jocular Johnson
33. Enjoy the limelight
34. Jon Arbuckle's pooch
35. Sci-fi travel term
37. Delhi wraps
41. Bad-mouth
44. Extra wager
48. Affectionate denial
50. Idle
52. Like many a mouthwash
54. It pours from pores
55. Laborious throw
56. Committed a faux pas
57. Round number
58. MP's concern
60. Better copy
62. Capital on a fjord
65. Beatle bride

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 ideas, be inspired, and enjoy the creative process together.

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



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



September

MONTHLY MENU

MEAL COST IS \$7 PER PERSON

SEPT. 1ST

Chicken Salad Sandwich
Tots
Peach Cobbler

SEPT. 8TH

Ham
Scalloped Potatoes
Cake

SEPT. 15TH

Cowboy Sandwiches
Baked Beans
Cake

SEPT. 22ND

Tomato Soup w/ Sandwich
Salad
Pie

SEPT. 29TH

Maid Rite
Baked Beans
Cake

SEPT. 3RD

Picadillo
Spanish Rice
Fruit

SEPT. 10TH

Frito Pie w/
Lettuce/Tomato
Coconut & Pineapple Pie

SEPT. 17TH

Polish Hot Pot
Dinner Roll
Cookies

SEPT. 24TH

Green Chile Posole
Mexican Cornbread
Biscochitos

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.

SEPTEMBER 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.



NON-PROFIT ORG.
U.S. POSTAGE PAID
ALAMOSA, CO 81101
Permit No. 145

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