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Physical Activity Guide for Seniors

San Luis Valley

Summer 2004

TABLE OF CONTENTS

TABLE OF CONTENTS	<i>i</i>
INTRODUCTION	<i>ii</i>
ABOUT THIS GUIDE	<i>iii</i>
SATISFACTION SURVEY	<i>iv</i>
SENIOR FACILITIES.....	1
COMMUNITY FACILITIES	2
FITNESS FACILITIES	3
BOWLING	4
DANCING	5
GOLF COURSES	5
SWIMMING	6
OTHER ACTIVITIES.....	6
INDEX BY COUNTY.....	7



INTRODUCTION

Welcome to the Physical Activity Guide for San Luis Valley Seniors!

Physical activity is **vital** for maintaining a high quality of life and independence. The many experts who recommend becoming more physically active include:

- U.S. Surgeon General
- American Heart Association
- American Diabetes Association
- Centers for Disease Control and Prevention

Even small increases in physical activity can improve health.

Moderate physical activity, 30 minutes a day, at least 10 minutes at a time, 5 days a week can reduce your risk for developing disease and disability. This guide is intended to help older adults and service providers quickly identify available programs and special-needs activities located in your community. We hope that this guide will help you become more active!

Be healthy. Be active.

30 minutes a day
at least **10** minutes at a time
5 days a week

Who are we?

Information in this guide comes from a 2003 survey conducted in the San Luis Valley by researchers at the University of Colorado Health Sciences Center. This effort is part of broader national efforts to learn more about physical activity programming for older adults by the Healthy Aging Research Network, sponsored by the Centers for Disease Control and Prevention, Prevention Research Centers Program and the Health Care and Aging Studies Branch, and supported by the National Council on the Aging.

Thanks

We acknowledge contributions from Get in SHAPE Chicago, the researchers at the University of Illinois, Chicago, and the National Council on the Aging, whose ongoing support, consultation, and direction greatly informed the development of this guide. We also thank our colleagues at the University of Washington and the University of South Carolina for their valuable assistance with the design of the guide. Our partners in the Valley, including those who participated in the survey that allowed us to gather the information, have contributed far beyond our ability to thank them.

ABOUT THIS GUIDE

You should discuss physical activity with a health care provider *before* using the information in this guide. None of the material is intended to replace specific recommendations by your health care provider.

The guide includes addresses, phone numbers, websites or email addresses, and program information from organizations that provide physical activity programs or facilities for seniors (as well as for the general community, in many cases). The guide is arranged by type of organization (for example, senior facility, golf course, fitness facility). An index at the end of the guide lists organizations by county.

All program information is subject to change. Please contact program sites directly for the most current and detailed information.

Inclusion of an organization or facility in this guide does not imply endorsement. We have not intentionally omitted any organization or facility, but we realize we may have missed some. If you want more information, or if you are a program provider and would like to update or include program information in future versions of this guide, please contact:

Healthy Aging Research Network
Rocky Mountain Prevention Research Center
University of Colorado Health Sciences Center
4200 East Ninth Avenue, Campus Box C245
Denver CO 80262
or email lucinda.bryant@uchsc.edu

What Do You Think?

After you have had a chance to read and use this guide, we would like to hear from you about what you like and don't like. Please take a few minutes to answer the following questions, tear out the page, and return it to us at one of these locations:

Alamosa Senior Citizens Inc. (office), Alamosa

La Hacienda Del Norte Senior Housing (office), Del Norte

Northerner Senior Citizens, La Jara

or fold it, staple or tape it, add a stamp, and mail it to the address on the next page.

1. What one thing do you like best about this guide?
2. What do you like least?
3. If you could change one thing about the guide, what would it be?
4. Do you find the guide useful? In what ways?
5. Would you tell someone else about the guide?
6. What have we missed?
7. Where should we put copies of the guide for seniors to find and use it?

THANK YOU FOR HELPING US MAKE A BETTER GUIDE!

stamp
if mailing

Physical Activity Guide
Healthy Aging Research Network
Rocky Mountain Prevention Research Center
University of Colorado Health Sciences Center
4200 East Ninth Avenue, Campus Box C245
Denver CO 80262

SENIOR FACILITIES

ALAMOSA SENIOR CITIZENS, INC.

Address: 92 Colorado Avenue
Alamosa CO 81101
Phone: (719) 589-3277
Email: sandrablevins@hotmail.com

Activities

- ***PACE exercise classes***
- ***dancing***
- ***stationary bikes and treadmill, free weights***
- ***walking and swimming at other sites***

Older adults only (50+); no charge but membership encouraged

ANTONITO SENIOR CITIZENS

Address: P.O. Box 296
Antonito CO 81120
Phone: (719) 376-2294
Email: seniors1@fone.net

Activities

- ***dancing***

CASA DE ORO ADULT DAY SERVICES

Address: 413 Main Street
La Jara CO 81140
Phone: (719) 274-4350
Email: trujilloja@vwhs.org

Activities

- ***chair-based exercise and flexibility classes***
- ***dancing***
- ***treadmill***
- ***walking***

Medicaid beneficiaries, primarily older adults (65+); no charge

COLORADO STATE VETERANS CENTER AT HOMELAKE

Address: P.O. Box 97
Homelake CO 81135
Phone: (719) 852-5118
Email: cynthia.bostic@state.co.us

Activities

- ***chair-based exercise classes***
- ***stationary bikes and treadmills***
- ***universal weights***
- ***walking***

Activities for residents only; no charge

COSTILLA COUNTY SENIORS

Address: 503 N. Church Place
San Luis CO 81152
Phone: (719) 672-3376

Activities

- ***stationary equipment***
- ***pool table***
- ***fitness video class***

Older adults only (60+)



SENIOR FACILITIES

AT LEAST 30 MINUTES A DAY
10 MINUTES AT A TIME
5 DAYS A WEEK

LA HACIENDA DEL NORTE SENIOR HOUSING

Address: 1025 Spruce A-11
Del Norte CO 81132
Phone: (719) 657-3737
Email: elainet@amigo.net

Activities

- *dancing*
- *walking*
- *stationary equipment*

Activities for residents only

NORTHERNER SENIOR CITIZENS

Address: 413 Main Street
La Jara CO 81148
Phone: (719) 274-4029

Activities

- *chair-based exercise classes*
- *dancing at Casa de Oro*
- *walking*

Older adults only (65+); nurse & pharmacist visits

COMMUNITY FACILITIES

ALAMOSA FAMILY RECREATION CENTER

Address: 2222 Old Sanford Road
Alamosa CO 81101
Phone: (719) 589-2105

Activities

- *aerobics/fitness classes*
- *lap swimming*
- *water aerobics*
- *yoga*
- *walking program*
- *tennis*

Senior discount (55+)

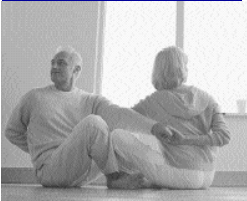
BLANCA/FORT GARLAND COMMUNITY CENTER

Address: P.O. Box 310
Blanca CO 81123
Phone: (719) 379-3450

Activities

- *water aerobics classes*
- *open swim*
- *stationary bikes and elliptical machines*
- *walking (trail)*
- *basketball*
- *billiards*

No charge for seniors (60+)



“You don’t stop exercising because you grow old. You grow old because you stop exercising.”

COMMUNITY FACILITIES

CITY OF MONTE VISTA PARKS AND RECREATION DEPARTMENT/SKI HI POOL

Address: 4 Chico Comino
Monte Vista CO 81144
Phone: (719) 852-2692
Email: lorenw@amigo.net

Activities

- *water aerobics classes*
- *arthritis class*
- *open swim*
- *tennis and softball*
- *golf (separate site)*

Senior discount for punch pass; Pro Rodeo-Stampede in July

MINERAL COUNTY YOUTH RECREATION AND EDUCATION COMMITTEE

Address: P.O. Box 271
Creede CO 81130
Phone: (719) 658-2430

Activities

- *aerobics and flexibility*
- *stationary equipment*
- *free weights, weight machines*
- *Pilates and yoga*
- *walking*

Weight room in mine tunnel

FITNESS FACILITIES

CURVES FOR WOMEN--ALAMOSA COUNTY

Address: 1123 West Avenue
Alamosa CO 81101
Phone: (719) 587-7384
Website: curvesinternational.com

Activities

- *30-minute circuit training including strength training and cardiovascular activity*

Designed for women

CURVES FOR WOMEN--RIO GRANDE COUNTY

Address: 110 Adams Street
Monte Vista CO 81144
Phone: (719) 852-3020
Website: curvesinternational.com

Activities

- *30-minute circuit training including strength training and cardiovascular activity*

Designed for women



“Walking is good for what ails you.”

FITNESS FACILITIES

AT
LEAST

30 MINUTES A DAY
10 MINUTES AT A TIME
5 DAYS A WEEK



THE CLUB OF ALAMOSA, INC. (NEW VALLEY ATHLETICS)

Address: 1561 W. 12th Street
Alamosa CO 81101

Phone: (719) 589-3288

Website: theclubofalamosa.com

Email: getfit@theclubofalamosa.com

Activities

- **aerobics and Pilates**
- **water aerobics classes**
- **weight room**
- **cardiovascular equipment, cycling classes**
- **ball courts**
- **pool and hot tub**
- **sauna and steam rooms**
- **massage therapy**

Senior discount; fitness assessments;
free nursery

MONTE VISTA ATHLETIC CLUB

Address: 2360 Sherman Avenue
Monte Vista CO 81144

Phone: (719) 852-0786

Email: bhrs@amigo.net

Activities

- **aerobics, Pilates, yoga classes**
- **stationary equipment, free weights, weight machines**
- **circuit training**
- **basketball, racquetball courts**
- **indoor walking track**

Senior memberships



*“And also,
the people
... who you
exercise
with. You
learn to
know them
and like
their
company.”*

BOWLING

ABC PROBOWL/ CROCODILE ROCK

Address: 2069 1st Street
Alamosa CO 81101

Phone: (719) 589-2240

Activities

- **bowling**

S.L.V. SUPERBOWL

Address: 1020 2nd Avenue
Monte Vista CO 81144

Phone: (719) 852-0155

Activities

- **bowling**

Senior (55+) discount Wed-Fri 1-3
p.m.

DANCING

HI VALLI SWINGERS SQUARE DANCE CLUB--METZ ELE- MENTARY SCHOOL

Address: 5024 County Road 8 South
Alamosa CO 81144
Phone: (719) 852-0121
Email: dalerue@fone.net

Activities

square dancing

See also SENIOR FACILITIES

HI VALLI SWINGERS SQUARE DANCE CLUB--SARGENT SCHOOL

Address: 5024 County Road 8 South
Alamosa CO 81144
Phone: (719) 852-0121
Email: dalerue@fone.net

Activities

square dancing



*"It [dance]
cures every
disease."*

GOLF COURSES

CATTAILS GOLF COURSE (CITY OF ALAMOSA)

Address: P.O. Box 1334
Alamosa CO 81101
Phone: (719) 589-9515
Website: alamosagolf.com

Activities

- *golf and golf lessons*

Special promotions for seniors

CHALLENGER GOLF CLUB

Address: P.O. Box 1211
Crestone CO 81131
Phone: (719) 256-4856

Activities

- *golf (9-hole)*
- *driving range*

Walk in and walk onto course;
relaxed atmosphere

MONTE VISTA GOLF CLUB

Address: 101 Country Club Drive
Monte Vista CO 81144
Phone: (719) 852-4906
Email: mvgolf@amigo.net

Activities

- *golf*
- *walking*
- *tennis next door*

Senior memberships; open April-
November; handicap accessibility

RIO GRANDE CLUB

Address: 285 Rio Grande Trail
South Fork CO 81154
Phone: (719) 873-1995
Email: info@riograndeclub.com

Activities

- *golf*
- *fishing*
- *open swim*
- *fitness*

Golf open to public; membership
required for other activities

SWIMMING

AT
LEAST

30 MINUTES A DAY
10 MINUTES AT A TIME
5 DAYS A WEEK

SAND DUNES SWIMMING POOL

Address: 1991 County Road 63
Hooper CO 81136

Phone: (719) 378-2807

Website: www.sanddunespool.com

Activities

- *water aerobics classes*
- *open swim*

Senior discount for admission and aerobics classes; heated pool (natural hot artesian water)

SPLASHLAND HOT SPRINGS SWIMMING POOL

Address: 5895 State Highway 17
Alamosa CO 81101

Phone: (719) 589-6307

Activities

- *water aerobics classes, including yoga*
- *open swim*

Senior (60+) discount; heated pool



See also **COMMUNITY FACILITIES,**
GOLF COURSES

OTHER ACTIVITIES

GRAY WOLF SKI CLUB

Address: P.O. Box 2394
Pagosa Springs CO 81147

Activities

- *cross-country and downhill skiing*

Older adults only (50+)

YOGA

Address: Annie Pace
Box 125
Crestone CO 81131
Phone: (719) 256-4660

Activities

- *Ashtanga Yoga Instruction*

By appointment; donations requested

INDEX BY COUNTY

PAGE

ALAMOSA COUNTY

ABC Probowl/Crocodile Rock (Alamosa)	4
Alamosa Family Recreation Center	2
Alamosa Senior Citizens, Inc.	1
Cattails Golf Course (Alamosa)	5
The Club of Alamosa, Inc. (formerly New Valley Athletics)	4
Curves for Women, Alamosa County (Alamosa)	3
Hi Valli Swingers Square Dance Club (Alamosa)	5
Sand Dunes Swimming Pool (Hooper)	6
Splashland Hot Springs Swimming Pool (Alamosa)	6

CONEJOS COUNTY

Antonito Senior Citizens	1
Capulin Community Center	2
Casa de Oro Adult Day Services (La Jara)	1
Northerner Senior Citizens (La Jara)	2

COSTILLA COUNTY

Blanca/Ft. Garland Community Center	2
Costilla County Seniors (San Luis)	1

MINERAL COUNTY/ARCHULETA COUNTY

Gray Wolf Ski Club (Pagosa Springs)	6
Mineral County Youth Recreation & Education Committee (Creede)	3

RIO GRANDE COUNTY

City of Monte Vista Parks and Recreation/Ski Hi Pool	3
Colorado State Veterans Center at Homelake	1
Curves for Women, Rio Grande County (Monte Vista)	3
La Hacienda Del Norte Senior Housing (Del Norte)	2
Monte Vista Athletic Club	4
Monte Vista Golf Club	5
Rio Grande Club (South Fork)	5
S.L.V. Superbowl (Monte Vista)	4

SAGUACHE COUNTY

Challenger Golf Club (Crestone)	5
Yoga (Crestone)	6

Be healthy. Be active.

30 minutes a day
at least 10 minutes at a time
5 days a week



For information and to suggest improvements:
Healthy Aging Research Network
Rocky Mountain Prevention Research Center
Alamosa phone number (719) 589-5801
or Denver mailing address on page *iii*

The Centers for Disease Control and Prevention (CDC), Prevention Research Centers Program (U48CCU815787) and the Health Care and Aging Studies Branch; the National Council on the Aging; and our Healthy Aging Research Network colleagues have supported the research for and production of this guide. Our partners in the Valley, including those who participated in the survey that allowed us to gather the information, have contributed far beyond our ability to thank them.