

## Seniors Treated to Musical and Culinary Arts

The holiday season got off to a delightful musical start at the Senior Citizens Center. The Prairie Winds Elementary School Hawk Choir, under the direction of music teacher Mrs. Mary Glennan gave a 20 minute musical performance to a full house of senior citizens.

The Hawk Choir, consisting of about 70 4th and 5th graders, presented a program of holiday selections ranging from Australian and African, to the traditional holiday carols. By the end of the concert they had the audience joining in the singing. It was great fun for students and the seniors alike.



Music teacher Mrs. Mary Glennan leads the Prairie Winds Hawk Choir in a performance at the Senior Citizens Center.

Many thanks to the Hawk Choir, and faculty members Mrs. Cole, Mrs. Martinez and Mrs. McNallie who made this event possible by traveling to the Senior Citizens Center on a very cold morning; the Hawk Choir ignited the holiday spirit in all who attended.

Immediately following the concert, the seniors were treated to a free brunch in the Senior Citizens Center, compliments of Liberty Heights and Senior Lifestyle Corporation, served by Mendy Bailey and Scott Abendschein, the Liberty Heights interim executive director..*Continued pg. 2 Seniors*



Scott Abendschein serves brunch to seniors at the Senior Citizens Center.

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***... and much more!***

## Santa Visits Area Kids...Of All Ages

Straight from the North Pole, Santa came to visit kids at the Senior Alliance Thrift Store on Saturday, December 19. A big chair, especially prepared for Santa, awaited his arrival. Santa didn't disappoint, arriving right on schedule at 1 PM. He needed the assistance of a cane, casually explaining, "Rudolph



stepped on my toe."

Santa had a light workload this day, with about eight children taking advantage of personal time with him. This allowed Santa to give more attention to each child, being sure to review carefully each list that was brought to him. A couple of young boys were absolutely speechless in his presence...they just stared and stared. When Santa asked what they wanted for Christmas, "I...don't...know." was all they could manage.

During the visit with Santa each child received a stuffed teddy bear, compliments of the Monument Cops for Kids. Plenty of hot chocolate, cookies and candy kept the occasion warm and festive, thanks to the Senior Alliance.

Santa commented that the children are precious. "Oh, to have the innocence of a child—the magic, the wonder, the pure delight of Christmas!"

Between visits with the younger kids, Santa also entertained the older "kids" as well.

Many thanks go Diane and Leroy Wegley, Thrift Store volunteers, and Mark Ennis, president of Tri-Lakes HAP, who were leaders for putting together this event, plus the many other Thrift Store volunteers who helped decorate and provide support for Santa's visit.

When asked about the event and if it would be repeated again next year, Diane didn't hesitate, saying, "Absolutely, and hopefully on a larger scale.

But let's not forget the real reason for the season: the birth of Jesus, our Savoir, who without Him, we would not be celebrating all this. Thank you, Jesus, and *happy birthday!*"




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### *Seniors (continued from page 1)*

Abendschein explained, "...serving the elder community is at the very core of who we are on a consistent basis; and especially during this Holiday season we wanted to take an opportunity to spread good cheer and meet some new friends. We wish the entire community of Monument and Colorado Springs best wishes for a joyous Holiday Season." Senior Alliance director, Chuck Roberts, expressed the appreciation of the seniors by thanking all at Liberty Heights who were involved in this generous event, including their executive chef, Mark Jobin, and the dining services team.

Liberty Heights and Senior Lifestyle Corporation exist to create opportunities to nurture the spirit of America's elders and celebrate the rhythm of each life, whether on their campus or out in the community.

## 2009 – What a Year for Tri-Lakes Senior Citizens!

by Chuck Roberts, Senior Alliance Director



Chuck Roberts

The Tri-Lakes Senior Citizen Program made giant leaps in 2009 – thanks to the help of many volunteers, School District 38, the Towns of Palmer Lake and Monument, and many, many local businesses, organizations, and individuals. Following is just a

short summary of current program status.

**Senior Citizen Center** In July the Interim Senior Citizen Center was moved from Palmer Ridge High School to a more spacious and permanent center on the campus of Lewis-Palmer High School. On August 12<sup>th</sup>, over 120 attended the grand opening of the new Tri-Lakes Senior Citizens Center. The four spacious rooms at the center are designated as a lounge and reading room, a kitchen and craft room, a game room, and a multipurpose room. Volunteers at the center are Gerry McDuffey, Center Coordinator; Curt & Irene Clark, Supplies; Chuck Roberts, Activity Coordinator; plus two teams of Center Hosts and Activity Hosts.

**Senior Meals** We continue to serve Wednesday lunches to 30 to 40 seniors at the D-38 Administration building (Big Red). The meals are provided by Pinecrest Catering. A volunteer team does the plating, serving, and cleanup. The room is provided by the school as a part of the Alliance/D38 agreement. Volunteers include Red Stephens & Chuck Roberts, Hosts; Judy Hufford and volunteers from the United Methodist Church.

**Senior Alliance Thrift Store** Our Thrift Store opened last March 3<sup>rd</sup> in the West End Center. As of November 30<sup>th</sup>, the store has grossed a total of over \$16,000. Net proceeds from sale of donated items go to the Alliance for the senior program. Volunteers are Diane Wegley and a team of clerks, stock handlers, and truck drivers.

**Senior Open Bowling** The Tuesday seniors open bowling at Pinz Bowling Alley continues to be very popular as a result of the Pinz senior discount. We average 10 to 20 bowlers each Tuesday.

**Senior Beat Newsletter** Early this year, Allen Alchian volunteered to take over publication of our monthly newsletter, the *Tri-Lakes Senior Beat*. Allen produced a tremendous upgrade of the “Beat” and as a result the current circulation is over 300 Tri-Lakes senior households. It is printed and mailed by Tri-Lakes Printing for a discounted price. Volunteers are Allen Alchian, Publisher/Editor; plus a team of article contributors.

**Senior Alliance Website** Allen also created our new website, [www.TriLakesSeniors.org](http://www.TriLakesSeniors.org). Cost of the website is covered by an individual donation.

**Intergenerational Activities** One project is called “I Witness History” in which senior citizens share with students their personal first hand experiences regarding major historical events such as the Great Depression, World War II, Civil Rights, Hurricane Katrina, and the Apollo moon landing. Another project has senior citizens helping D-38 with various office and administrative chores. These projects are part of the Alliance/D38 agreement and are how we repay D38 for use of school resources. Volunteers are a fast growing team of senior citizens.

**Tri-Lakes Silver Book** A revision to the popular Tri-Lakes Silver Book, a directory of local senior information and assistance sources, was issued last January, funded by a grant from MVEA. Volunteer was Carolyn Adair, Publisher/Editor for 2009 issue.

**Senior Day Trips** Recent trips included the Butterfly Pavilion in Aurora, the Denver Downtown Aquarium, the Cheyenne Mountain Zoo, a private tour of Glen Eyrie Castle, and the USAFA Christmas concert at the Pikes Peak Center. D38 provides a school bus and driver for most trips. Previous day trip coordinators were Diane Wegley and Chris Ward. Our current Day Trip Coordinator is Jonathan Day.

The support provided by the entire Tri-Lakes community to this program has been incredible. It has been an honor to have been a part of it all.

God bless the Tri-Lakes.

## Tri-Lakes Center for the Arts

The new year starts with a great selection of live performances scheduled to please most every musical taste. For more information on any of these, or other, events, contact TLCA at (719) 481-0475 or visit their web site at [www.trilakesarts.org](http://www.trilakesarts.org).

### Jeremy Facknitz Concert

Friday, January 8. 7:30 pm. Appearing with his back-up band, "The Charlie Milo Trio," Jeremy has developed a reputation as a charismatic performer. *The Gazette's* Bill Reed says, "Facknitz clearly developed a driving rhythm style on the acoustic to propel his music."

### Rob Drabkin Concert

Saturday, January 23. 7:30 pm. Rob returns one year after his sold-out performance at TLCA, winning fans and recognition everywhere he plays.

### Sammy Dee Morton Concert

Saturday, February 13. 7:30 pm. Get a taste of New Orleans Mardi Gras with a festive night of Louisiana-Texas-Cajun Blues, with all the trimmings

### Wendy Woo Concert with Robin Hoch

Saturday, February 27. 7:30 pm. Back by popular demand, Robin on viola coupled with Wendy on acoustic guitar give the duo a unique sound.

### Chuck Pyle Concert

Friday, March 12. 7:30 pm. Enjoy an evening of upbeat perspective, old-fashioned horse sense, infectiously humble melodies, and some saddle poetry. Chuck has attained local fame, writing the theme for PBS series, "Spirit of Colorado" and singing for the opening of the State Legislature.

### Hausmusik Quartet Chamber Music

Sunday, March 21. 2:30 pm. The Hausmusik Quartet is comprised of members of the Colorado Springs Philharmonic. They will be performing works from Beethoven and Mendelssohn. Enjoy chamber music as it was meant to be played: in an intimate setting.

## SENIOR CITIZENS SOUGHT FOR *I Witness* PROGRAM

School District 38 asks for help of senior citizens to share some life experiences with the students. Some of the topics include sharing a pivotal event of our nation's history.

Everyone has a story to tell; whether you were directly or indirectly involved, your life was affected by the events. Topics can range from the Great Depression, World War II, or the Korean War, to the US space program, Civil Rights marches, or explaining career paths in a variety of professions. If you are interested in helping to educate today's students, please contact Lisa at (719) 785-4228.

## Pikes Peak Library District Programs

### Senior Synergy

Seniors are welcome to share conversation and a cup of coffee in this casual discussion group. Every Wednesday, 10 AM at the Monument Branch.

### Socrates Café

This adult group discusses philosophy, religions, spirituality, and the common threads among humanity. Call 488-2370 for more information. Every Tuesday, 1 PM at the Monument Branch.

### Life Circles

Meeting the first and third Mondays of the month, this supportive writing group provides discipline, inspiration, and structure during the process of writing one's memories or history. First and third Mondays at 10:30 a.m. – Monument Branch

### History Buffs

Every month this group picks a period of history and members read any book of their choice from that time period. Expect a lively discussion about the era. Wednesday, Jan. 27 at 1 p.m. – Monument Branch

### Monumental Readers

New members are welcome and no registration is required at the monthly book club. This month's selection is The Samurai's Garden by Gail Tsukuyama. Friday, January 15, 10 a.m., Monument Branch.

### AARP Mature Safe Driving Program

A driver refresher course specially designed for motorists age 50 and older. Graduates may present their course completion certificate to their insurance agents for a discount. Charge for the eight-hour course is \$12 for AARP members and \$14 for non-members. Class size is limited and registration is required. (Participants must attend both days). Saturday, Jan. 16 from 9:30 p.m. - 5:30 p.m. – Monument Branch



## Transportation for Seniors

Transportation for Tri-Lakes and surrounding area seniors 60+ is provided free by the Mountain Community Transportation for Seniors (MCTS) program, funded by the Pikes Peak Area Agency on Aging. Donations are gratefully accepted.

- MCTS transports seniors to medical appointments in Colorado Springs Mondays through Thursdays.
- In the Tri-Lakes and surrounding areas transport is provided for any need, YMCA, Senior Meals, Senior Citizens Center, groceries, banks, appointments, etc.
- **Seniors requesting rides - call 488-0076.**
- **Interested volunteer drivers - call 488-0076** (mileage reimbursement provided).

### Van Schedule

- **First Tuesday of every month** the van transports to Chapel Hills and King Soopers.
- **Third Tuesday of the month** transport is to Village Inn and Wal-Mart.
- **Passenger pickup** begins at 9:30 a.m. at your home. Call 488-0076.

## Information Security Awareness Class

This free class for Tri-Lakes senior citizens explains trends of Internet crimes, email phishing, scams, social engineering and tools the attacker might use to steal your information. Learn how to protect yourself when on the Internet. The class is rescheduled from December due to adverse weather.

The class will be conducted on: Wednesday, January 13, 1 – 2:30 PM at the Monument Branch Library Community Room. Space is limited so arrive early. For information, call Patricia Garlick at (719) 488-9418.



## Historical Society Annual Potluck Dinner

Bring a side dish or dessert and join the Palmer Lake Historical Society for its annual potluck dinner on Thursday, January 21, at the Palmer Lake Town Hall, from 6:30 to 8 pm. The Historical Society will provide the meat dish, coffee and tea. Don't miss this opportunity to learn about the Historical Society and local history. Visit their web site for more information: [www.ci.palmer-lake.co.us/plhs](http://www.ci.palmer-lake.co.us/plhs).

## Senior Day Tours—2010

Last year we offered five day trips for area seniors to a variety of locations along the Front Range. We started the year with a trip to the Denver Butterfly Pavilion in March, followed in May by a fun trip to the Denver Downtown Aquarium. We enjoyed the start of summer with a June outing to the Cheyenne Mountain Zoo, and then closed out the summer with a special tour of the Glen Eyrie Castle in Colorado Springs, which included a delightful afternoon tea. The year was capped by the popular Holly and Ivy concert at the Pikes Peak Center presented by the Air Force Academy Concert Band.

Senior Alliance thanks our volunteers, Chris Ward, Diane Wegley, and Jonathan Day who have put in many hours to arrange and coordinate these very interesting and enjoyable trips.

Now we are putting together the 2010 schedule, and we'd like to have your suggestions for senior day tours. If you have ideas for an interesting day tour, please contact Jonathan Day at (719) 491-7599, or by email at [jday@ardentindustries.com](mailto:jday@ardentindustries.com). Or send an email to the *Senior Beat*: [SeniorBeat@TriLakesSeniors.org](mailto:SeniorBeat@TriLakesSeniors.org) and we'll pass your suggestion on to Jonathan.

Help make 2010 an exciting year for the Senior Day Tour program!

## January Blood Drive

Tuesday, January 19, Tri-Lakes Health Advocacy Partnership (HAP) hosts a blood drive from 3- 7pm at Tri-Lakes Cares in Monument. For more information contact Jackie Sward at (719) 481-4864, ext 23.

### Local Businesses Offering Senior Discounts

- Rosie's Diner—15% discount
- Chili's—10% discount
- Village Inn—Senior Menu
- 3 Margaritas—20% discount
- Arby's—10% discount
- Big O Tires
- Bright Meadow Dog Grooming
- REPS Personal Training and Fitness—10% discount

If you know of other local businesses offering senior discounts, please help us get the word out by sending an email to [SeniorBeat@TriLakesSeniors.org](mailto:SeniorBeat@TriLakesSeniors.org)

*Lunches are not served on D-38 snow days, snow-delay days, or legal holidays.*

## January Lunch Menu

### **Mondays and Thursdays**

**11:30 AM at Monument old town hall**

\$2 voluntary donation

**Monday, January 4** – Stuffed pepper, brown rice, carrots, orange, cookie, bread.

**Thursday, January 7** – Orange glazed chicken, rice pilaf, spinach, banana, roll.

**Monday, January 11** – Beef burgundy, mashed potatoes, lima beans, apple, bread.

**Thursday, January 14** – Roast beef, boiled potatoes, gravy, spinach, orange, cookie, roll. **Bingo follows lunch.**

**Monday, January 18** – *Legal holiday; no meal served.*

**Thursday, January 21** – Chicken cordon bleu, mashed potatoes, gravy, spinach, pear, roll.

**Monday, January 25** – Cabbage casserole, mashed potatoes, lima beans, applesauce, bread.

**Thursday, January 28** – Pork chop, mashed potato with gravy, spinach, orange cookie, roll.

*Each town hall meal includes skim milk.*

### **Free Ads for Seniors**

Ads are free in the *Senior Beat* for Tri-Lakes senior citizens. If you have something to sell or want to buy, are looking for a job, or anything else you would like to advertise, just send the text of your ad by email to SeniorBeat@TriLakesSeniors.org by the 16<sup>th</sup> of the month and your ad will be in the next issue of the *Senior Beat*. The *Senior Beat* goes to over 300 households. If you want your ad in multiple issues, send an email with your ad in advance of each month it is to run.

### **Wednesdays**

**11:30 AM at Big Red**

\$3 voluntary donation

**January 6** – Spaghetti with meat sauce, garlic bread and Caesar salad (Nikki's specialty with a Greek accent!)

**January 13** – Pulled barbeque chicken sandwich with coleslaw.

**January 20** – Pork tenderloin with applesauce and roasted potatoes.

**January 27** – Sausage brats with sauerkraut.

*Rolls and butter served with each meal except sandwiches. Desert also included.*

Gluten free portions available for each entree. Ask your server.

*Big Red meals are provided by Pinecrest Catering, Palmer Lake. Nikki McDonald, Executive Chef 481-3307*

## **PINZ Bowling Alley**

### **Tuesday Senior Luncheon Special:**

\$4 soup and sandwich with open bowling for \$1.50/line.

### **Tuesdays Texas Hold'em**

7 PM and 10 PM. *Free!*

### **Sundays Texas Hold'em**

3 PM and 6 PM. *Free!*



*The Center is closed on all D-38 snow days, snow-delay days, and legal holidays.*

## Senior Citizens Center

Lewis Palmer High School Modular Building across from the YMCA

Open Tuesday Noon to 4 PM; other weekdays 1 to 4 PM.

**Closed Monday, January 18 for Martin Luther King Day.**



### Program Schedule

Check our web site  
[www.TriLakesSeniors.org](http://www.TriLakesSeniors.org)  
for schedule updates.



**Monday Special events.** Contact Gerry to schedule your event ([papaduffy@msn.com](mailto:papaduffy@msn.com))

**Tuesday Noon – 4 PM Pinochle** hosted by Gerry

**3<sup>rd</sup> Tuesday 1 – 3 PM Tea Time** hosted by Irene

**Tuesday 2 – 4 PM Matter of Balance** hosted by Lisa

**1<sup>st</sup> & 2<sup>nd</sup> Wednesday 1– 2 PM Line Dancing**  
hosted by Kay

**3<sup>rd</sup> Wednesday 12:30 – 3 PM Bingo** hosted by Curt.  
Prizes galore!

**4<sup>th</sup> Wednesday 12:30 – 3 PM Name That Tune and Sing Along** hosted by Mary

**Thursdays 1 – 4 PM Bridge** hosted by Hope.

**Thursdays 1 – 4 PM Pinochle** hosted by Gerry.

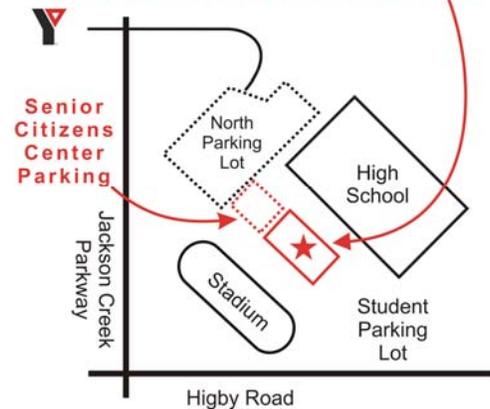
**Thursdays 1 – 3 PM Crafts** hosted by Irene, Mary & Jan

**Thursdays 2 – 4 PM Matter of Balance** hosted by Lisa

**Fridays 1– 3 PM Jazzercise Lite** hosted by Lisa

**Fridays 1– 4 PM No Cash/No Host Poker**

### Senior Citizens Center



#### Also available:

- ❖ Ping pong (new addition!)
- ❖ Wii Video Games
- ❖ Refreshments
- ❖ PC w/ Internet connection
- ❖ Lending library
- ❖ Information table
- ❖ TV's with cable connection

The Tri-Lakes Senior Citizens Program is a collaboration of the Tri-Lakes Senior Alliance, Tri-Lakes YMCA, Lewis-Palmer School District 38, the towns of Monument and Palmer Lake, Tri-Lakes Cares, and local businesses.

### Have You Wondered? ...

**Question:** I've heard a lot of positive news about the new Senior Citizens Center. What is the minimum age for a person to use the facility?

**Answer:** We're pleased the word is getting around about this great asset for the Tri-Lakes community. We don't check the age of people using the facility. **Anybody who is looking for the fellowship, hospitality and new friends that the Center has to offer, is welcome. We only ask that all guests sign in upon arrival. So, drop in and enjoy it!**

Tri-Lakes Senior Beat  
c/o Tri-Lakes Health Advocacy Partnership  
PO Box 2931  
Monument, CO 80132

The *Senior Beat* is a free monthly newsletter provided by the Tri-Lakes Health Advocacy Partnership. To subscribe, call Chuck at 661-3432 or send your name and mailing address by email to [SeniorBeat@TriLakesSeniors.org](mailto:SeniorBeat@TriLakesSeniors.org)

**Senior Alliance Thrift Store**

*Happy New Year!!  
There will be daily specials throughout January so, stop by often to take advantage of the many savings!*

**Store Hours:** Tuesday thru Saturday 10:00 am – 4:00 pm  
Call 488-3495 to volunteer to help at the store.

0.9 miles west from Safeway

West End Center  
755 Hwy 105

Westword Lane

Meadow Lane

Monument Town Hall

The map shows a road layout starting from the West End Center at 755 Hwy 105. A green arrow points to this location. The road goes north and then east, passing Westword Lane and Meadow Lane. A red star marks the location of the Senior Alliance Thrift Store. A blue dotted line indicates a route 0.9 miles west from Safeway. A red Safeway logo is shown at the end of the road. Monument Town Hall is also marked on the road.