

## PINZ Welcomes Senior Bowlers Every Tuesday



Left to Right: Joe Ratcliff, Dick Allen, Barbara Brown, Jim Smith, Sharon McCormick, Lou Green, Gus Shiank, Bob Mikulich, Everette McCormick, Travis Coleman, Gary Coleman, Rich Anest, Josef Bertold

Since it's opening in August of 2007, PINZ (in conjunction with the Tri-Lakes HAP Senior Alliance program) has hosted a group of senior bowlers every Tuesday afternoon, starting at noon. Over the past 2½ years, the group has grown from four to six bowlers a week to up to 16 bowlers each week.

Seniors bowling is open to everyone 55 or older. There is no regular commitment involved so anyone can come every week or whenever they wish. The seniors bowl three games each week at a cost of \$1.50 per game. PINZ also offers its daily café special to senior bowlers for a reduced cost of \$4.50 – a \$2.00 savings over the regular price.

If you are interested in bowling as part of the seniors group, just drop in at PINZ (855 Hwy 105) any Tuesday at noon. The group welcomes new members at any time.

For more information, call Deb at PINZ, 719-487-7469.

### ***Also in this issue ...***

- ★ TLCA Events
- ★ History Lecture
- ★ Library Programs

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

## Tri-Lakes Center for the Arts Coming Events

The Tri-Lakes Center for the Arts (TLCA) has a fantastic lineup of concerts, exhibitions and workshops. For more information visit our website at [www.trilakesarts.org](http://www.trilakesarts.org), or call us at 719-481-0475. TLCA is located at 304 Colorado Highway 105, in Palmer Lake.

### Sammy Dee Morton Concert

Saturday, February 13. 7:30 PM

Join us for an evening of blues music at its best when we present the Sammy Dee Blues Band and a celebration of Mardi Gras. Sammy sings the blues like it was meant to be sung—raw and with all the emotion that real blues represents.

In 2005, Sammy was deemed an “Honorary Louisiana Bluesman” by the Louisiana Music Commission and through his music he continues to represent the best of Louisiana blues.

What better way to celebrate Mardi Gras than with a true Louisiana blues band! We will provide the beads and other trappings of Mardi Gras to celebrate this festive event. Since Valentine’s Day is the following day, this is a great way to enjoy another festive day, as well. Don’t miss the chance to get out and join in the festivities while experiencing an extraordinary evening of Louisiana, Texas, and Cajun blues.

Tickets are \$12.00 for TLCA members and \$15.00 for non-members (\$3 more at the door) and are available at Covered Treasures Bookstore (719-481-2665) in Monument, The Wine Seller (719-481-3019), at TLCA (719-481-0475) in Palmer Lake, and through the TLCA website at [www.trilakesarts.org](http://www.trilakesarts.org).

### Wendy Woo Concert with Robin Hoch

Saturday, February 27, 7:30 PM

Back by popular demand, we present Wendy Woo in concert. Wendy will be joined by Robin Hoch.

Wendy and Robin take a catchy upbeat song or a slow, melodic one and get you moving to the beat by way of dancing or simply swaying. Robin on viola, coupled with Wendy on acoustic guitar, give the duo a unique sound as their voices fill in the rest. Wendy has released seven of her own recordings in the past 12 years.

Wendy’s early influences, the folk-rock music of Suzanne Vega and Paul Simon, inspired her to stay primarily with the acoustic guitar, to take from her roots in Boulder, and to add her own style.

In 2009, Wendy, Robin and the rest of the Wendy Woo Band came in second place as part of the Almost Famous Battle of the Bands and made the top 5 of Channel 7’s A-List for Best Local Band in Denver.

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## Chuck Pyle Concert

Friday, March 12, 7:30 PM

Enjoy an evening with Chuck Pyle for old-fashioned horse sense, an upbeat perspective, infectiously humble melodies, and some saddle poetry.

Chuck has won praise from both fans and peers alike throughout an inspired performance career of over 40 years. When reviews first gave him the “Zen Cowboy” moniker, he decided to, as he says, “Always ride the horse in the direction it’s going,” and took the nickname to heart, shaving his head and blending his upbeat perspective with an old-fashioned horse sense. He mixes infectiously humble melodies with straight-from-the-saddle poetry, quoting bumper stickers, proverbs, world leaders and old cowboys.

Chuck has attained local fame, writing the theme for PBS series, “Spirit of Colorado” and singing for the opening of the State Legislature.

Tickets are \$12.00 for TLCA members and \$15.00 for non-members (\$3 more at the door) and are available at Covered Treasures Bookstore (719-481-2665) in Monument, The Wine Seller (719-481-3019), TLCA (719-481-0475) in Palmer Lake, and thru PayPal at [www.trilakesarts.org](http://www.trilakesarts.org).

## Hausmusik Chamber Music

Sunday, March 21, 2:30 PM

Hausmusik was created to play chamber music the way it was meant to be played—public concerts in private homes. In this intimate setting with the loyal and enthusiastic audience, Hausmusik Quartet delights to bring chamber music to life.

Now in their 8<sup>th</sup> season, Hausmusik Quartet, comprised of members of the

Colorado Springs Philharmonic, is the recipient of the Pikes Peak Arts Council Excellence in Arts Award. The quartet will be performing works from Beethoven and Mendelssohn for this performance.

While TLCA is not a private home, it provides an intimate setting with music in the round. Don’t miss this unique experience to enjoy great chamber music.

Tickets are \$12.00 for TLCA members and \$15.00 for non-members (\$3 more at the door) and are available at Covered Treasures Bookstore (719-481-2665) in Monument, The Wine Seller (719-481-3019), TLCA (719-481-0475) in Palmer Lake, and thru PayPal at [www.trilakesarts.org](http://www.trilakesarts.org).

## Visions of Light

*by Collaboration of Photographers*  
Now through Saturday, February 27.

Visions of Light is an exciting, new exhibit at Tri-Lakes Center for the Arts consisting of works of both amateur and professional photographers from across the Front Range. Sponsored by the Collaboration of Photographers, the exhibition presents a wide variety of subjects, in color and black and white. Pieces will be available for purchase including prints.

The Opening Reception will be Friday, February 5, from 5:30 to 7:30 PM where you will be able to meet the talented photographers whose work is on display; hors d’oeuvres and refreshments will be served.

Photographers are encouraged to join Collaboration of Photographers. For information about the group, contact the Arts Center (719 481-0475) or inquire at the Visions of Light Opening Reception.

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**TLCA ...continued from page 3**

## **In-Depth Study of Values**

with John DeFrancesco

Saturday March 20, 10 AM–3 PM; \$55

This workshop will help you control one of the most important elements in painting – VALUE. The focus will be how to apply colors in their proper values to accurately establish shape and mood. This will be a quick-paced and fun class. Emphasis will be on doing painting exercises to develop your skills. While the instructor will demonstrate in oils, you may work in any medium you wish as the principles apply to all. Open to all levels - beginning, intermediate, and advanced.

Come join this award-winning artist. John paints plein air and in his home studio. John's original art can be purchased in the TLCA Gift Shop.

## **Art of Eggery**

with Shirley Hawkins

Sat. Mar. 20 and 27, 9 AM–3 PM, \$60 +\$30 materials fee

During two consecutive Saturdays in March learn techniques for drawing, cutting, decorating and creating the art of eggery.

### **For Sale**

**Yamaha 42 inch oak piano.** Like new. Nice touch, beautiful tone.

**Yamaha EL60 electronic organ.** Nice voices.

**Electric guitar, strap, case.** Like new.

Phone 719-487-9607.

*The Palmer Lake Historical Society presents...*

## **The Rebirth of Old Colorado City**

Join the Palmer Lake Historical Society for an entertaining and informative evening about the grit and determination of those Coloradans that would not let a part of Colorado Springs die - leading to the rebirth of Old Colorado City. Colonel David Hughes (US Army Retired) will discuss the birth, decline and rebirth of the area now known as Old Colorado City.

Col Hughes played a leading role in reversing the decline of the "Westside" of Colorado Springs and the creation of a thriving business and historical community.

The Westside began its decline in the 1940s, and in the 1970s was declared "a slum and blight" by the City Council. Banks ceased lending to businesses and many buildings, some with historical significance, became vacant and were demolished. Residents and business owners were outraged at the condition of the Westside and the treatment of the area by the City Council. In 1982, under the leadership of Col Hughes and other community leaders, locals applied for National Historic District status, which was eventually granted.

As they say, the rest is history. Old Colorado City has experienced an amazing rebirth, and in 2009 celebrated its Sesqui-centennial—its first 150 years.

This program is free to the public, and refreshments will be served.

**Thursday, February 18, 2010, from 7 PM to 8 PM.** Palmer Lake Town Hall, 66 Lower Glenway Street, Palmer Lake. Doors open at 6:30 PM.

## Pikes Peak Library District (Monument Branch) Events

### HOORAY FOR HOLLYWOOD!

#### Winter Festival Weekend

Friday, Feb. 26 at 7 PM

Palmer Ridge High School Auditorium

#### Opening Night: A Red Carpet Affair

Featuring the Colorado Springs Children's Chorale

Dress up, smile for the paparazzi, and walk the red carpet in grand style prior to this *free* performance of Broadway and Disney tunes by the Colorado Springs Children's Chorale.

### Valentine Tea for Adults and Seniors

Sunday, Feb. 14 2:00 – 3:00 PM – Monument Library

Nancy Stern acts as hostess for a delightful afternoon tea on Valentine's Day. Light refreshments are served as Nancy provides background information about the culture of social tea. *Registration is required and space limited to 30 participants.* Call 488-2370, or drop by the Monument Branch Library

### AARP Mature Safe Driving Program

Saturday, Feb. 20, 9:30 AM. - 5:30 PM, Monument Branch

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).

### Socrates Café

Tuesdays at 1 PM – Monument Branch

This adult group discusses philosophy, religions, spirituality, and the common threads among humanity. Call 488-2370 for more information.

### Life Circles

First and third Mondays, 10:30 AM, Monument Branch

*Note: PPLD is closed on Monday, February 15<sup>th</sup>*

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.

### History Buffs

Wednesday, Feb. 24 at 1 PM – Monument Branch

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.

### Monumental Readers

Friday, Feb. 19 at 10 AM, Monument Branch

New members are welcome and no registration is required at the monthly book club. This month's selection is A Prayer for Owen Meany by John Irving.

### Senior Synergy

Wednesdays at 10 AM, Monument Branch

All seniors are welcome to share conversation and a cup of coffee in this casual discussion group.

## 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.

### 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.**

## February Lunch Menu

### Mondays and Thursdays

11:30 AM at Monument old town hall

*\$2 voluntary donation*

**Monday, February 1** – Swedish meatballs, brown rice, winter blend vegetables, apple, bread.

**Thursday, February 4** – Baked chicken, mashed potatoes with gravy, broccoli, pear, cookie, roll.

**Monday, February 8** – Stuffed pepper, brown rice, carrots, orange, cookie, bread.

**Thursday, February 11** – Pork roast, mashed potatoes with gravy, spinach, orange, biscuit, cookie.

**Bingo follows lunch.**

**Monday, February 15** – *Legal holiday; no meal served.*

**Thursday, February 18** – Baked ham, sweet potato, spinach, banana, roll, cookie.

**Monday, February 22** – Chicken pot pie, biscuit, lima beans, pineapple, cookie.

**Thursday, February 25** – Roast beef, mashed potatoes with gravy, peas, banana, 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*

**February 3** – Ham, scalloped potatoes, vegetable du jour.

**February 10** – Beef brisket, garlic mashed potatoes, tossed salad.

**February 17** – Stuffed pork chop, green beans, applesauce.

**February 24** – Pork tenderloin, applesauce, roasted potatoes.

*Rolls and butter served with each meal except sandwiches.  
Dessert 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:**  
\$4.50 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 Monday through Friday. Tuesday Noon to 4 PM; other weekdays 1 to 4 PM

**Closed Monday, February 15 for Presidents Day.**



### Program Schedule

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



**Monday open for events.**

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

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

**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 Pam.

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

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

**NEW** **Fridays 10:30 – 11:30 Tai Chi Arthritis** hosted  
by Maureen

**NEW** **Fridays 1– 4 PM National Mahjong** hosted by  
Jo Ann.

**2<sup>nd</sup> & 4<sup>th</sup> Fridays 1– 4 PM No Cash/No Host Poker**

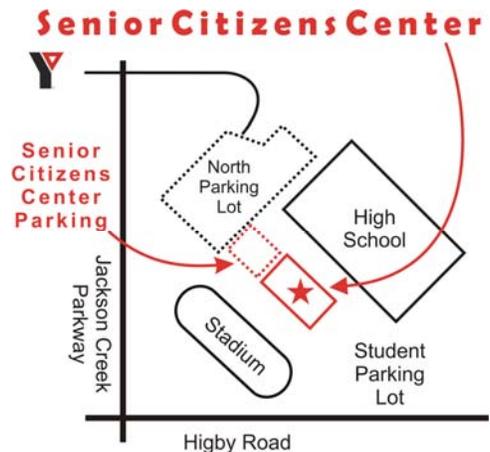
**Jazzercise Lite** and **Matter of Balance** are temporarily suspended. Watch our web site, or notices in the Senior Center for updates.

### 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 the Center!**

*If you have an event you would like to schedule, even if outside the advertised operating hours of the Senior Citizens Center, please contact Gerry ([papaduffy@msn.com](mailto:papaduffy@msn.com)) for scheduling information.*



### Also available:

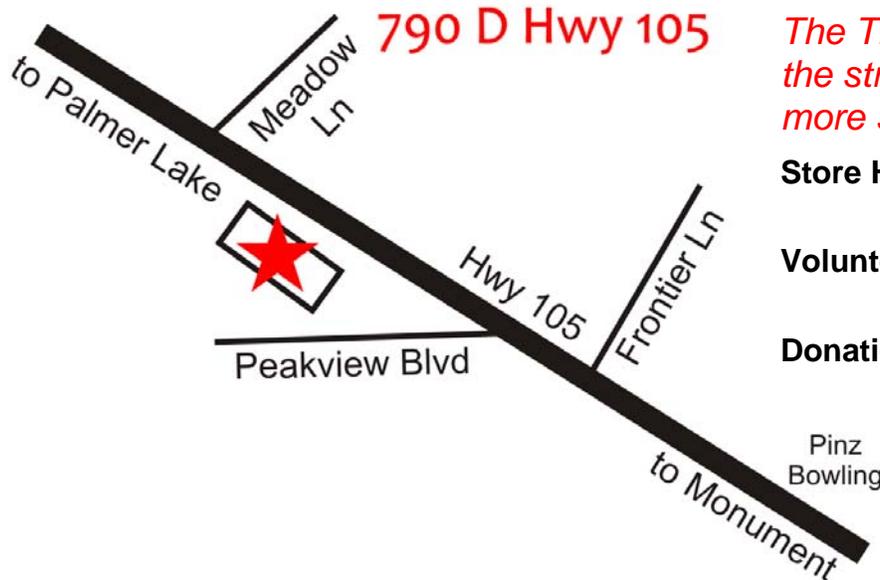
- ❖ Ping pong
- ❖ Wii Video Games
- ❖ Refreshments
- ❖ PC w/ Internet connection
- ❖ Lending library
- ❖ Information table
- ❖ TV's with cable connection

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.

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



*The Thrift Store is moving across the street! More space means more selections.*

**Store Hours:** Tuesday thru Saturday  
10:00 AM – 4:00 PM

**Volunteers Needed!** Call 488-3495 to volunteer at the store.

**Donations Needed.** Call 488-2495 to donate goods.