

Tri-Lakes HAP Loses a Community Pioneer

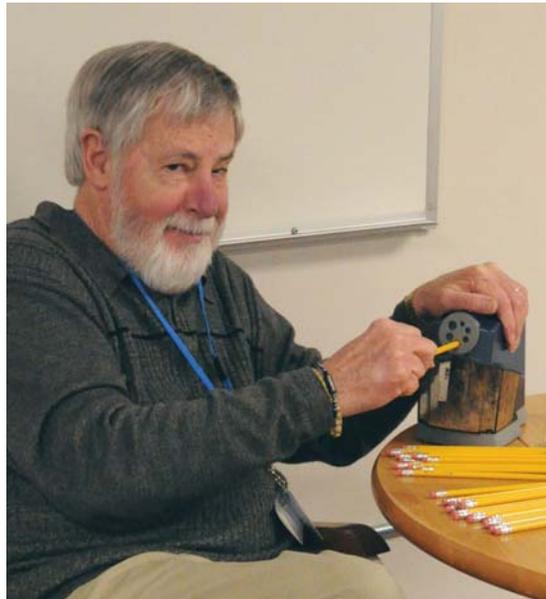
by Mark Ennis, President Tri-Lakes Health Advocacy Partnership Board of Directors

Senior programs, like all other programs of Tri-Lakes Health Advocacy Partnership (HAP), rely entirely on volunteers to be successful. Without volunteers to oversee and run the programs, our valuable services are lost to the community. A sample of services Tri-Lakes HAP provides includes: Immunization Clinics, Annual Health Fair, Wednesday Senior Luncheons at Big Red, free semi-monthly blood pressure screening at the senior luncheons, a Senior Citizens Center, and this free newsletter for senior citizens. Volunteers make it all happen.

One of the most dedicated volunteers for Tri-Lakes HAP recently left the Board of Directors—Chuck Roberts. Chuck has been so deeply involved with Tri-Lakes HAP that his name has become synonymous with our senior programs. For many area seniors, Chuck *was* Tri-Lakes HAP Senior Programs. With his leadership role in the Senior Alliance, Chuck was the driving force behind establishing a partnership with School District 38 to acquire space for the Senior Citizens Center. In addition, Chuck oversaw the weekly luncheons at Big Red, he often organized the popular day tours for seniors, and he published the *Senior Beat* newsletter.

So, it was with great reluctance when I accepted Chuck's resignation from the Tri-Lakes HAP Board of Directors. His departure leaves a gaping void which will take more than one person to fill. It is a tribute to Chuck that the programs he initiated are continuing without his oversight, but that cannot last indefinitely.

Tri-Lakes HAP is in real need of volunteers who are interested in keeping the many programs for our senior citizens alive and well.



Chuck Roberts sharpens some of 3000 pencils for D-38 SAT exams. By purchasing unsharpened pencils and relying on volunteers do the job, D-38 saved \$500. Not shown is Gerry McDuffy who helped Chuck in the marathon effort at the HAP Senior Citizens Center.

Volunteers are also needed to supplement the many HAP health initiatives. We are looking for people who have some time to give to the community, who have a desire to help the community grow, and who are looking for the satisfaction that comes with helping others. The amount of time required is dependent on the amount of time you have available.

If you think you'd be interested in learning more about the volunteer opportunities available with HAP, whether serving in a leadership role or just helping with a specific program, please call 488-1405 and ask for Mark.

For everyone willing to volunteer, we have a way for you to contribute to the community.

Also in this issue ...

- ★ An Evening With Lucretia Vaile
- ★ Social Dancing: 49-90 Dance
- ★ Tai Chi for Arthritis
- ★ Bubba's Killer Grits—Dinner Theater
- ★ Income Tax Assistance With AARP

... and more!

Tai Chi Offered to Tri-Lakes Area Seniors

Relaxing, almost meditative music spills into the hall of the Tri-Lakes HAP Senior Citizens Center, inviting a glance inside the classroom. Inside Maureen Caldwell is conducting her weekly Tai Chi for Arthritis class.

Tai Chi for Arthritis is a gentle exercise program designed for people suffering from various forms of arthritis. The slow, graceful movements that characterize Tai Chi offer a safe way to exercise the body without over-stressing muscles and joints. Regular exercising of Tai Chi reportedly promotes mental clarity and a healthy body.

A recent study by the George Institute of International Health, as reported on June 17, 2009 by ScienceDaily.com, found "...Tai Chi to have positive

health benefits for musculoskeletal pain. The results of the first comprehensive analysis of Tai Chi suggest that it produces positive effects for improving pain and disability among arthritis sufferers."

"Tai Chi relieves the symptoms of chronic pain, anxiety, and depression," explains Maureen Caldwell who teaches the Tai Chi for Arthritis classes at the Tri-Lakes HAP Senior Citizens Center located on the Lewis-Palmer High School campus. "It also helps boost the immune system, and improves coordination and everyday physical functions, which promotes independent living."

Attending a Tai Chi class offers other benefits beyond just the exercise. The individuals participate with peers who share similar mobility challenges. They tend to motivate each other and often learn from each other as well.

Participating in a Tai Chi program such as the one offered by Maureen allows the instructor to tailor the Tai Chi movements to the needs and limits of each individual. Also, individuals gain support and encouragement from their peers in the social setting of a weekly class.

Maureen has been involved in teaching physical therapy for over 13 years and she recently received certification in Tai Chi for Arthritis/Health through the Denver Arthritis Foundation. She teaches the

"Sun" form of Tai Chi.

Maureen explains that although her program is ideal for those who have arthritis, Tai Chi is also excellent for promoting balance in seniors, and she welcomes all seniors into the class.

The Tai Chi for Arthritis class is a six week series of workouts, one hour on Friday mornings beginning at 10:30 AM at the Senior Citizens Center. Some participate the full hour, and others stop early depending on their abilities. Maureen adds, "We even have some folks who exercise while

sitting in a chair; they all benefit."

Maureen expects to start another six week Tai Chi session beginning in late March. The classes are free, but donations are appreciated and are used to acquire additional materials, such as brochures and exercise music, to assist the Tai Chi classes. The schedule of the next sequence of classes will be posted in the Senior Citizens Center in early March. For more information contact Maureen at 719 271-9616.



Maureen Caldwell demonstrates a proper Tai Chi movement during a recent class at the Senior Center.

Seniors Health Programs

Free Blood Pressure Screening

Wed, Mar. 3 and 17 at Senior Luncheon

Blood Drive

Wed, Mar. 17, 3-7 PM at Tri-Lakes Cares

Low Vision Support Group/Macular Degeneration

Thurs, Mar. 18, 1-2 PM at Liberty Heights

For more information call Jackie

481-4864 ext 23

Bubba's Killer Grits

A Dinner Murder Mystery

It's time for the annual Gilliam Family Reunion and family members have come from far and doublewide to get updated on family business, and more importantly, to fill themselves with some Gut Bustin' Grits!



Grandma Irene's recipe was so famous that when she succumbed to a fatal squirrel attack, everyone wondered who would inherit her fabled recipe. It was her grandson Bubba who got the recipe from her cold, dead hands, and he won't sell it, share it, or give it away over his own dead body. But when it comes to enjoying his very own inheritance, he only gets one mouthful before he drops over dead.

Who could kill their own family member out of such greed? You figure out who killed Bubba during the Murder Mystery production of "Bubba's Killer Grits".

Come to this dinner melodrama and win the prize for guessing *who dun it*.

Tri-Lakes Center for the Arts (304 Hwy 105, Palmer Lake), March 27, 6 PM. \$40 for dinner, murder mystery, and *lots of fun!*

Free Income Tax Assistance by **AARP**

The American Association of Retired Persons (AARP) offers free income tax filing assistance in the Tri-Lakes area. Trained AARP volunteers will be available to answer questions and to assist filers in completing their federal and state income tax returns every Monday and Thursday, 1 to 7 PM at Tri-Lakes Cares, 235 Jefferson St., Monument, until April 15.

Free e-filing of both federal and state returns is available. Taxpayers with more complicated returns should seek the advice of a paid professional. Filers are asked to bring their W-2s, 1099-INT, 1099-DIV, etc, needed to complete their 2009 tax return, plus a copy of last year's (2008) tax return.

Appointments are recommended. For more information or to schedule an appointment, call Jim Taylor at 488-1317.

Social Dance With 49-90 Dance Club

A group of devoted dancers from the south Denver metro area recently started the 49-90 Dance Club for all who like to dance and have a good time. They're bringing their event to the Tri-Lakes area, and you're invited!

The 49-90 Dance Club and Tri-Lakes Center for the Arts are teaming up to have a St. Patrick's Day Dance, so put on your dancin' shoes and get ready for East and West Coast Swing, Fox Trot, Cha Cha, Cowboy Cha Cha, Waltz, Night Club 2-Step, Tango, and much much more.

The 49-90 Dance Club meets once a month, and provides singles and couples a place to get out on the floor and dance to all kinds of music.



The philosophy of the club emphasizes the health benefits and fun of social dancing, regardless of experience or ability. More than 150 excited people attended the first dance in January, where they danced the night away. Dancers of all abilities, from beginner to expert, joined in the fun.

Attendance at the 49-90 Dance Club has been a mix of singles and couples looking for an evening of good dance music. Dancers come from as far away as Colorado Springs to the south and Boulder and Brighton to the north, including many communities in between.

If you're a dancer or just want to learn and have fun, come by the Tri-Lakes Center for the Arts (304 Hwy 105, Palmer Lake), Saturday, March 20. The dance begins at 7 PM, and lessons in the Cowboy Cha Cha start at 6 PM. \$10 at the door, and a cash-bar and snacks are available.

For more information about the 49/90 Dance Club, visit their web site at 49-90dances.org

An Evening With Lucretia Vaile

Join the Palmer Lake Historical Society for an entertaining and informative evening about the life of one of Palmer Lake's most influential citizens.

Ms. Cathleen Norman, a member of the Historical Society, will portray Lucretia Vaile as she presents the life and contributions of Ms. Vaile through pictures and "recollections."



Lucretia Vaile's name has been associated with Palmer Lake since the 1880's when, as a small child, she came with her parents to spend the summers here. Throughout her lifetime she was interested in the cultural development of this mountain community. She suggested having the annual Yule Log ceremony. In 1968 she donated her home to Palmer Lake for an art gallery and was a charter member of the Palmer Lake Historical Society. She died in California in 1977.

Her bequest to the town, along with additional funds from El Paso County, made it possible to build the Lucretia Vaile Library/Museum, a memorial of her contribution to the cultural heritage of Palmer Lake.

This program will be presented in the Palmer Lake Town Hall, 66 Lower Glenway Street on Thursday, March 18, 2010, from 7 to 8 pm. Doors open at 6:30 and the program is free to the public. Refreshments will be served. For more information, visit the website at www.palmerdividehistory.org.

Local Businesses Offering Senior Discounts

- Rosie's Diner—15% discount
- Chili's—10% discount
- Village Inn—Senior Menu
- 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

Grand Opening

TRI-LAKES HEALTH ADVOCACY PARTNERSHIP

Thrift Store

1 PM, Friday March 19

In its new location at 790 D Hwy 105

Join us for the celebration, refreshments,
and Grand Opening bargains!

Door Prizes

← to Palmer Lake

to Monument

to Monument

All Thrift Store proceeds support the Senior Citizens programs of Tri-Lakes Health Advocacy Partnership, such as the Senior Citizens Center, free Senior Beat newsletter, Senior Luncheons and Senior Day Tours.

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.

Pikes Peak Library District (Monument Branch) Events

Note: PPLD is closed Monday, March 1

AARP Mature Safe Driving Program

Thurs & Fri, March 18-19 1 - 5 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 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, March 1

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.

TALK English!

Mondays 7 PM – Monument Branch

Note: PPLD is closed on Monday, March 1

Join this informal conversation circle for adults who want to improve their skill and comfort speaking English. No registration is required.

Monumental Readers

Friday, March 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 The Art of Racing in the Rain by Garth Stein.

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.

Tri-Lakes Center for the Arts

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.

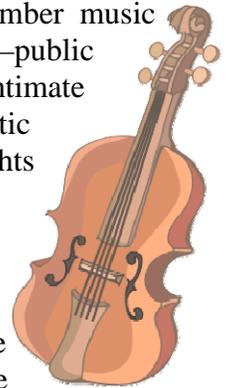
Hausmusik Chamber Music

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 eighth 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 for either event:

\$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.

You can receive this free monthly newsletter in full color by subscribing to the electronic version of the newsletter.

Just send an email to SeniorBeat@TriLakesSeniors.org and tell us you want to start receiving the newsletter by email. Each month you'll receive an email with the newsletter attached in a format that will open in Adobe Reader (pdf format). You will be saving Tri-Lakes HAP the cost of printing and mailing newsletters, and those savings go right back into supporting other Seniors Programs.

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

March Lunch Menu

Mondays and Thursdays

11:30 AM at 166 Second Street, Monument
Old town hall, now the Tri-Lakes Monument
Fire Protection District Administration Complex
\$2 voluntary donation

Monday, March 1 – Cabbage casserole, mashed potatoes, lima beans, applesauce, bread.

Thursday, March 4 – Pork chop, mashed potatoes w/gravy, winter blend vegetables, orange, cookie, roll.

Monday, March 8 – Beef chow mien, brown rice, asparagus, apple, cookie, bread.

Thursday, March 11 – Roast beef, boiled potatoes w/gravy, spinach, pear, cookie, roll.
Bingo follows lunch.

Monday, March 15 – Beef stroganoff, pasta, lima beans, orange, bread.

Thursday, March 18 – Baked chicken, mashed potatoes w/gravy, broccoli, banana, roll.

Monday, March 22 – Chicken parmesan, pasta, peas, grapefruit, breadstick.

Thursday, March 25 – Roast turkey, mashed potatoes w/gravy, spinach, cookie, banana, roll.
Each town hall meal includes skim milk.

Wednesdays

11:30 AM at 146 Jefferson St, Monument
School District 38 Admin Building—“Big Red”
\$3 voluntary donation

March 3 – Roast turkey breast with gravy, cranberries, and mixed vegetables.
Free blood pressure screening today.

March 10 – Chicken with a cranberry tomato sauce, mashed potatoes and tossed salad.

March 17 – **Corned beef, boiled cabbage and vegetables.** 
Free blood pressure screening today.

March 24 – Meat loaf with twice baked potato and tossed salad.

March 31 – Ham, scalloped potatoes and million dollar salad.

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

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

*Meals at Big Red 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!*



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 16th 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.

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

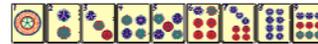
Senior Citizens Center

Lewis Palmer High School Modular Building across from the YMCA

Open Monday through Friday 1 to 4 PM, or earlier to accommodate a scheduled activity

Program Schedule

Check our web site
www.TriLakesSeniors.org
 for schedule updates.



Monday open for events.

Tuesday Noon – 4 PM Pinochle hosted by Gerry

3rd Tuesday 1 – 3 PM Tea Time hosted by Irene
March 16 Tea Time is a St. Patrick's Day theme. Tea sandwiches and/or salads, tea cups and tea all provided. Bring a dessert to share. Call Irene C. (484-0517), Irene W. (481-1188) or Mary Frances (481-2360) for more info.

1st & 2nd Wednesday 1 – 2 PM

Line Dancing hosted by Kay

3rd Wednesday 12:30 – 3 PM

Bingo hosted by Curt. Prizes galore!

4th Wednesday 12:30 – 3 PM

Name That Tune and Sing Along hosted by Mary

2nd & 4th Thursdays 1 – 4 PM

Bridge hosted by Joy.

Thursdays 1 – 4 PM Pinochle hosted by Gerry.

3rd Thursdays 1 – 3 PM Crafts hosted by Mary

Fridays 10:30 – 11:30 AM

Tai Chi for Arthritis hosted by Maureen

2nd & 4th Fridays 1 – 4 PM

National Mahjong hosted by Jo Ann.

Fridays 1 – 4 PM No Cash/No Host Poker

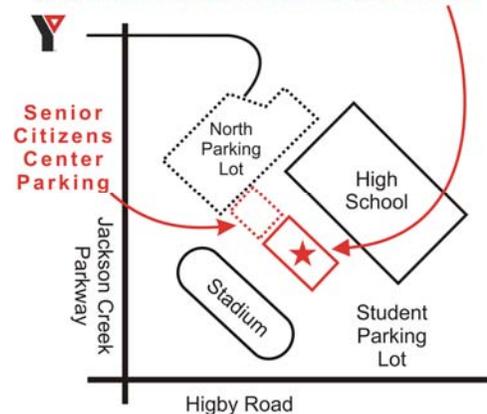
If you have an event you would like to schedule, even if outside the advertised operating hours of the Senior Citizens Center, please contact Gerry (SeniorBeat@TriLakesSeniors.org) for scheduling information.



Also available:

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

Senior Citizens Center



The Tri-Lakes Senior Citizens Program is a collaboration of the Tri-Lakes HAP, 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, send your name and mailing address by email to SeniorBeat@TriLakesSeniors.org or call Chuck at 661-3432.

New and Improved Thrift Store

Grand Opening!
790 D Highway 105

Friday, March 19, 1 PM
Door prizes and refreshments.
Join us for Grand Opening specials!



Expanded Store Hours: Monday thru Saturday
10:00 AM – 4:00 PM.

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

Donations Needed. Call 488-3495 to donate goods.