

Tri-Lakes HAP Opens New Thrift Store

After a weather-delayed event caused by a strong winter storm, the grand opening of the Tri-Lakes HAP Thrift Store at its new location on Highway 105 was celebrated on a beautiful, warm, sunny Monday afternoon, March 22.

Tri-Lakes HAP Board President, Mark Ennis, opened the activities by introducing Thrift Store Manager, Diane Wegley, Monument Mayor Travis Easton; Tri-Lakes Chamber of Commerce Executive Director, Dave Van Ness; Chamber Executive Committee Chair, Merlin Prater; and the HAP board members who were present.

In his opening remarks, Mark Ennis explained that the Thrift Store mission is to provide an outlet for low cost goods to the community, to provide an avenue for local senior citizens to easily become involved in helping the community, and to raise funds to support the senior citizen programs sponsored by Tri-Lakes HAP.

Mark acknowledged the generous donations of quality goods by local citizens to the Thrift Store and emphasized that the donations have been extremely important to the success of the store. He added that the contributions of senior citizen labor toward running the store have enabled Tri-Lakes HAP to keep the store a positive revenue generator. This new location will hopefully give much more visibility to

the operation, resulting in increased donations and sales.

The event was well attended by a store-filling crowd of about 40 people. Mountain Community Transportation for Seniors (MCTS), which provides free transportation to local senior citizens, was instrumental in enabling many senior citizens to join

in the celebration immediately following their Monday Senior Luncheon in Monument.

When Thrift Store manager Diane Wegley was asked to identify a few of the contributing seniors, she was quick to praise all who volunteer their time to the store, and she then thanked the efforts of Susie Straubs, Tom Thorpe, Diane Williams, Allan Harshorn, Bill Hardin, Don Swift, Chaz Gordon, Delores Snow, Emma Holm, Grace,
Continued on page 3, Thrift Store.



Thrift Store manager Diane Wegley cuts the ribbon at the grand opening. Assisting, left to right are Chamber board members Ken Valdez and Jack Fry, and HAP director Ted Rinebarger.

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... and more!

2010 Tri-Lakes Health Fair Plans

by Larry Lawrence, Tri-Lakes HAP director-at-large

The Tri-Lakes Health Fair will be held this year at Palmer Ridge High School.

The date will be one of the last two Saturdays in October. We are waiting for the AFA football schedule to be published, so we don't conflict with a home game, before we make a final decision.

This year we are again associating with 9Health. This partnership allows us to continue to be able to offer critical, low cost screenings for those who wish to take advantage of these very beneficial services. Since, this year, we are becoming a full fledged 9Health partner, the low cost screenings and health services offered will be expanded.

Although we were not able to offer flu shots last year due to the Visiting Nurses Association being out of flu vaccine at the time of the Health Fair, we do not expect that to be a problem this year.

Due to space limitations last year, we were not able to include some of the more fun vendors. This year, due to the larger accommodations at Palmer Ridge High School, we should be able to once again include those vendors which many kids and adults found so enjoyable.

In addition to 9Health, the Tri-Lakes Chamber of Commerce is an equal partner for the event. HAP has no paid staff, so the Chamber provides all the administrative support for registration, collection of funds, publicity, printing, providing sponsors and just being a central point for communication and contact. This is an essential component of making the Health Fair a success.

It should be no secret that this event is a fund raiser for both the Chamber and HAP.

HAP has no other event which provides funds to accomplish its basic mission which includes our Community Nurse, Jackie Sward, printing, insurance and other essential expenses which allow HAP to exist. Funds are raised from financial sponsorships, advertising and booth fees from commercial vendors, not from participants.

In addition to your participation, we ask those who are willing to volunteer to work organizing the event



Larry Lawrence

and/or would like to volunteer to help on the day of the event to contact-the Chamber at 481-3282.

Major organizers of the Health Fair include, Larry Lawrence, Site Coordinator, Jackie Sward and Barbara Gritzmaker, Co-Site Medical Coordinators and Mark Ennis, Site Non-medical Coordinator. Any of these individuals may be contacted thru the Chamber.

2010 Census

By now you should have received your 2010 Census questionnaire. And hopefully you have completed it and returned it.

Beginning April 1, census takers will be visiting homes of individuals whose questionnaire has not been returned. If you are visited by a census worker, all census workers carry official government badges marked with just their name. You may also ask them for a picture ID from another source to confirm their identity. If you are still not certain about their identity, please call the Regional Census Center toll-free numbers, 1 303 264-0202 or 1 800 852-6159, to confirm they are employed by the Census Bureau.

Tri-Lakes HAP Health Programs

Free Blood Pressure Screening

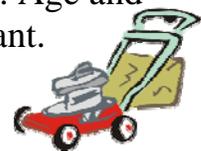
Wed, Apr. 7 and 21 at Senior Luncheon

Blood Drive

Tues. May 18, 3-7 PM at Tri-Lakes Cares

**For more information call Jackie
481-4864 ext 23**

WANTED Small to medium size power lawnmower. Must be in good running condition. Age and appearance less important.
Call 488-2462



Thrift Store *continued from page 1*

Lou Green, Marj Kline, Marie West, Nancy Selders, Georgia, Lois Flynn, Sharon Marnier, Red Stevens "... and others who I have probably forgotten but who are all extremely helpful to keeping the store operating professionally." She then added that more volunteers are needed to help run the store and encouraged anyone interested to please stop by the store to visit, or call the store at 719 488-3495. Diane then repeated Mark's remarks, "We need more donations of goods to sell."

The Tri-Lakes HAP Thrift Store is now located at 790 Highway 105 Suite D, which is at the corner of Peak View Lane and Hwy 105 between Monument and Palmer Lake. The store is open Monday through Saturday, from 10 AM to 4 PM. As Diane says, "Stop by often to browse our constantly changing inventory."

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.

Evolution of the Denver & New Orleans Railroad



Join the Palmer Lake Historical Society for a fascinating evening and learn about early railroading in the Front Range Region. Mr. Howard Noble of the Pikes Peak Historical Street Railway Foundation will present an informative discussion of some of the notable early railroads in Eastern Colorado.

The Denver & New Orleans Railroad was started in 1881. The original charter was to build a railroad connection from Denver to the Gulf of Mexico. The charter was later changed to instead building a connection with the Fort Worth and Denver City Railway, which was building northwest from Fort Worth, Texas. The railroad was built from Denver to Pueblo, Colorado. The Denver, Texas and Fort Worth Railroad was organized to build south from the Denver & New Orleans at Pueblo. Eventually, these railroad lines were merged into the Colorado Central Railroad and the Cheyenne and Northern Railway to form the Union Pacific, Denver and Gulf Railroad. For local railroad buffs, Mr. Noble will also discuss the interesting history of how the Santa Fe Railroad came to Palmer Lake.

This program is free to the public. Thursday, April 15, 7 to 8 pm. Doors open at 6:30. Palmer Lake Town Hall, 66 Lower Glenway Street. Refreshments will be served.

All of the programs offered to senior citizens depend on volunteers, and all of the programs are in need of volunteers. If you have a couple hours a week you could spare to help keep our valuable programs active, please send us an email (SeniorBeat@TriLakesSeniors.org) telling how you'd like to help and how to contact you.



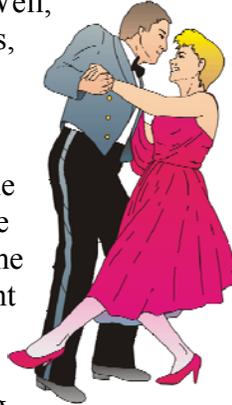
You can receive this free monthly newsletter in full color by subscribing to the electronic version of the newsletter.

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.

Seniors' Senior Prom

Remember your senior prom? Well, here's a chance to relive those times, complements of the Serteens.

Serteens are planning a Senior Prom for senior citizens! Although still in the initial planning stages, the event will probably be held on some date in April or May. So here is some *tentative* information about the event so senior citizens can start planning to attend.



A Seniors' Senior Prom is being planned at Palmer Ridge High School. It is projected to be an event starting at 4 PM and running to 7 PM. The anticipated theme is "A Walk Down Memory Lane" and music will be predominately from the fifties and sixties. Refreshments will be provided. The date for the event is not yet set, but is expected to be either the second half of April or sometime in May.

Because firm details are not available for this Senior Beat newsletter, we will post information about the prom on the Senior Programs page of the Tri-Lakes HAP web site; you can find that page at www.TriLakesSeniors.org. Also, information about the event will be posted on the bulletin board in the Senior Citizens Center at Lewis-Palmer High School, when available.

So, plan now to attend and don't miss this fun opportunity to relive the memories of the past.

Senior Safety Program

Tri-Lakes Monument Fire Protection District, in conjunction with Tri-Lakes Health Advocacy Partnership, developed a senior safety program. The program is designed to assess, educate, and improve the safety, as well as wellness of, the senior population in the Tri-Lakes region. The Senior Safety Program is offered at no cost to seniors. Included in the program is smoke detector evaluations, home safety assessment, fire prevention, and vial of life which is information made available to emergency responders about the senior citizen.

For more information, or to schedule a free home evaluation, please contact the Tri-Lakes Monument Fire Protection District at 719 484-0911.

Free Transportation for Senior Citizens

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, including YMCA, Senior Meals, Senior Citizens Center, groceries, banks, appointments, etc.
- **Seniors requesting rides - call 488-0076**
Please schedule at least two days in advance.
- **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
- 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

Pikes Peak Library District (Monument Branch) Events

Frequent Flyer Goldmine!

Saturday April 24, 10 AM - Noon, Monument Branch
Why pay for travel when you can fly and stay for free? Explore the exciting world of points, awards and miles. You will learn where to find the best mileage programs, how to easily start accumulating points for free hotel stays, the importance of credit reporting and more. Frequent flyers know how to get special deals, perks, and upgrades that the general public knows nothing about. Learn to travel like a VIP!

AARP Mature Safe Driving Program

Saturday April 17, 9:30 AM - 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.

Federal Census Fundamentals

Friday, April 9, 10:30 - Noon – Monument Branch
Search the census from home! Learn how to use this resource effectively with the guidance of experiences Special Collections staff.

History Buffs

Wednesday, April 28, 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.

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
This supportive writing group provides discipline, inspiration, and structure during the process of writing one's memories or history.

Monumental Readers

Friday, April 16 at 10 AM, Monument Branch
New members are welcome and no registration is required at this monthly book club. This month's selection is Doctor at Timberline: True Tales of a Pioneer Colorado Physician by Charles Fox Gardner.

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

Pine Forest Antiques Show

Sat, Apr 24 10-5 and Sun, Apr 25 10-4 at Lewis Palmer High School. Featuring select dealers, geraniums and embroidered apron sales, bake sale, country café with steak soup, glass repairs and book signings with local authors. Appraisers will be present Sunday (3 item limit) 1 - 3 pm. Sky Sox mascot, Sox the Fox, Saturday Noon to 2 pm. Admission \$6.00 per person. Snow date: May 15-16.

Voice, Verse, and Vision 2010

Colorado Vocal Arts Ensemble, Deborah Jenkins Teske, conductor
Friday, April 9, AND Saturday, April 10. 7:30 p.m.
304 Highway 105; Palmer Lake

A collaborative concert, poetry reading, and gallery show featuring original works by poets, composers, and visual artists from around the Pikes Peak Region. This award-winning event returns to the Tri-Lakes Center for the Arts (TLCA) and initiates a new partnership with the Pikes Peak Poet Laureate Project. Twelve original poems were selected from over 150 submissions to serve as inspiration for composers and visual artists. Performances include poetry recitation by the poets themselves, the performance by CVAE of five new choral compositions, and a gallery show featuring the work of numerous painters, photographers, sculptors, and fabric artists. A great event for the whole family! Tickets: \$12 adults, \$5 students. On sale in advance at TLCA, by phone 719-481-0475, or online at www.trilakesarts.org. Also available at the door. For more information, or visit www.cvae.org or www.trilakesarts.org.

Sweet Sunny South Concert

Saturday, April 24, 7:30PM

They are an acoustic, old-timey, string band featuring fiddle tunes, soulful ballads, and tight vocal harmonies. You'll love their unique blend of new and traditional music that's delivered with roars of humor. The group is featured in Westward as one of Colorado's 'movers and shakers' and are winners of the New Belgium Brewery's 'What's Your Folly?'. Tickets for Sweet Sunny South are \$12.00 for TLCA members and \$15.00 for non-members (\$15 and \$18 at the door) and are available at Covered Treasures Bookstore (719-481-2665), The Wine Seller (719-481-3019), TLCA (719-481-0475) in Palmer Lake, and thru PayPal at www.trilakesarts.org. Doors open one hour prior to the performance. For more information call 719 481-0475 or visit www.trilakesarts.org.

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

April 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

Thursday, April 1 – Baked chicken, mashed potatoes w/gravy, broccoli, apricots, roll.

Monday, April 5 – Hungarian goulash, brown rice, broccoli, apricots, bread.

Thursday, April 8 – Pork chop w/gravy, mashed potatoes, California blend vegetables, applesauce, roll, cookie. **Bingo follows lunch.**

Monday, April 12 – Swedish meatballs, pasta, Brussels spouts, apricots, bread.

Thursday, April 15 – Baked ham, sweet potatoes, broccoli, apple, roll, cookie.

Monday, April 19 – Pepper steak, mashed potatoes, lima beans, orange, bread, cookie.

Thursday, April 22 – Roast beef, mashed potatoes w/gravy, spinach, fruit cocktail, roll, cookie, skim milk.

Monday, April 26 – Stuffed pepper, brown rice, carrots, cookie, orange, bread, skim milk.

Thursday, April 29 – Pork roast, mashed potatoes w/gravy, Harvard beets, orange, biscuit, cookie.

Skim milk is served with every meal

Wednesdays

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

April 7 – Meat loaf with twice baked potato and tossed salad

Free blood pressure screening today.

April 14 – Pork tenderloin w/applesauce and roasted potatoes.

April 21 – Pulled barbeque chicken sandwich w/coleslaw.

Free blood pressure screening today.

April 28 – Beef brisket w/garlic mashed potatoes and tossed 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*

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.

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 all D-38 snow days, snow-delay days, and legal holidays.

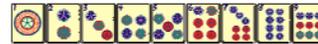
Senior Citizens Center

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
April 20 Tea Time is a spring theme. Bring a dessert to share. Tea sandwiches and/or salads, tea cups and tea all provided. Spring hat contest with prizes for categories. 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.

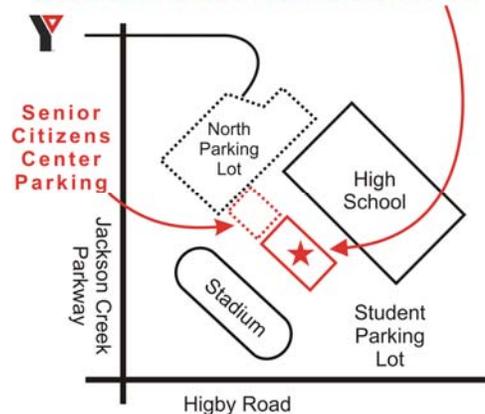
Fridays 1– 4 PM No Cash/No Host Poker



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

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.

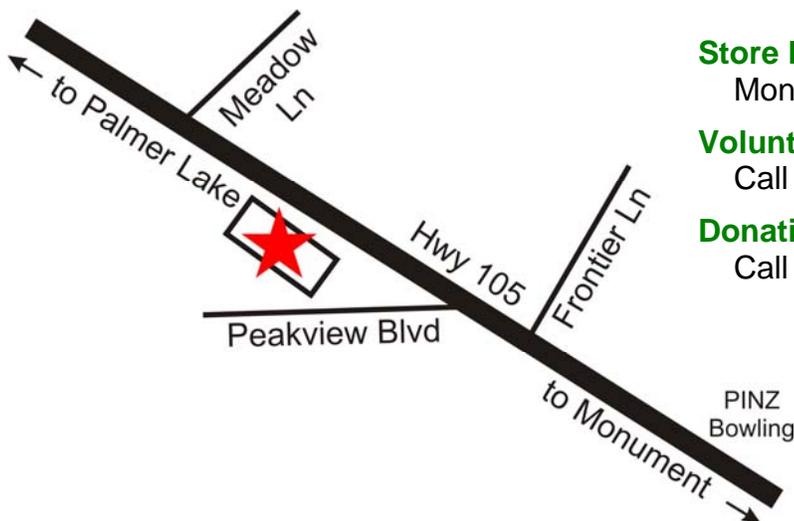


April 2010 Tri-Lakes Senior Beat
c/o Tri-Lakes Health Advocacy Partnership
PO Box 2931
Monument, CO 80132

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

790 D Highway 105



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.

All Thrift Store proceeds are used to support programs for senior citizens in the Tri-Lakes area.