

LEWIS-PALMER VOCAL PERFORMANCE STRIKES A CHORD WITH SENIORS

By Mary Lovell Ketels

Fall may be in the air, but the sweet, melodic sounds drifting from Big Red on Wednesday, October 13th, took center stage as the seniors were treated to a combined vocal concert performed by Palmer Lake and Prairie Winds Elementary Schools' 6th grade students, under the direction of Mr. Keith Minnery.

Seniors of the Tri-Lakes area attend luncheons at the District 38 Administration Building, better known as "Big Red", every week. Although they always look forward to a warm meal and socializing with friends, the vocal performance provided an additional opportunity for our seniors to appreciate the fruits of the choirs' labor. "It's interesting to see the latest things they're doing in the schools," Joan Gentile says. "They're learning music and I think that's good."

Mr. Minnery is new to the Colorado area. After growing up in Cincinnati, Ohio, he attended college at Northern Kentucky University where he received a BA in theater. After several jobs in sales, Minnery realized that a desk job was not for him. He returned to NKU earning a degree in music education. "I wanted to share my talents with our youth as I have always enjoyed working with kids," he says. Mr. Minnery currently teaches 6th grade choir at Palmer Lake Elementary and 6th grade choir as well as general music at Prairie Winds Elementary.

Minnery provided a musical collage with songs such as "Kyrie", a Greek word meaning Lord, and a common name of an important prayer in Christian liturgy, and "The Lion Sleeps Tonight", accompanied by 6th grader Reese Pepple on the Djembe drum. This piece was originally written by Solomon Linda as "Mbube", Zulu for "lion", and made famous by the



Reese Pepple on the Djembe drum (left foreground) accompanies the Combined 6th Grade Choir led by music instructor Keith Minnery (right).

Tokens, in 1961. Other selections included "Good Morning Baltimore", from the 2002 Broadway musical, "Hairspray" and the 1981 hit single, "Don't Stop Believin'", by the pop band, Journey. On a lighter note, the choir entertained their audience with "Purple People Eater", a 1958 hit written and performed by Sheb Wooley. After 50 years, this song is still a popular piece among elementary choirs. As the program neared the end, the seniors beamed and proudly joined in as the choir sang "America the Beautiful" by Katharine Lee Bates.

If toe tapping and clapping along with the music were any indication of a job well done, Keith Minnery and the choirs were certainly a huge success. "Anytime there's music I enjoy it!" exclaimed senior Lee Burnett. "I've always enjoyed

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...and more!

YMCA by Lisa Gray

The holidays are quickly approaching and with it comes all of our favorite foods, drinks and unfortunately...calories. We have a plan to fight back the extra pounds with 18 group fitness classes specifically designed for our senior population. If you are not a YMCA member you are invited to attend any of these classes and see how you like them at absolutely no charge as it is the goal of the YMCA is to encourage healthy lifestyles for all ages.

A true healthy lifestyle includes more than just exercise; it envelops things such as friendships, community, adventure and continued opportunities to learn. We offer weekly coffee socials, monthly catered lunches that include speakers discussing topics such as surviving insurance changes, senior nutritional needs, healthy hearts and so much more. We also arrange quarterly outings to places such as the Denver Symphony, plays at the Performing Art Center or even holiday performances like this month's trip to the "Rockettes" at the Colorado Springs World Arena.

In January another 8 week session of our fantastic "Matter of Balance" program will begin. This program is run by the YMCA, but held at the Tri-Lakes Senior Center and is absolutely free to all participants. It is designed for people whose quality of life has been affected either because of a fall or the fear of having a fall. We teach multiple skills on combating these fears and create a strong support network which in turn increases overall life quality. Space for this program is limited to only 12 so be sure to reserve your spot right away.

If you are interested in any of our YMCA programs please contact Lisa Gray at 481-8728 ext. 607 or lgray@ppymca.org.

Palmer Divide Nature Club

A new activity is being proposed for the spring and summer of 2011: monthly walks in our area for nature buffs. Possibly a few monthly get-togethers at the Senior Center, March through May, with topics of interest for "nature lovers."

Come to an organizational meeting on Wednesday, November 17 at 2:00 with your questions and ideas. For more information prior to the meeting, call Sally at 488-2462.

2nd Annual Thanksgiving Coming Together

Thanksgiving Day, Thursday, Nov 25th, Rosie's Diner, Monument.

Rosie's Diner is again offering a free Thanksgiving Dinner for Tri-Lakes residents who otherwise have no access to a traditional Thanksgiving meal. The management and staff of Rosie's offers this as a way of giving thanks to the community and honoring local residents in these difficult economic times.

This Second Annual Thanksgiving Coming Together event is sponsored by a collaboration of many Tri-Lakes organizations, including Rosie's Diner, Lewis-Palmer School District 38, Tri-Lakes Cares, Tri-Lakes Women's Club, Tri-Lakes Printing, the towns of Monument and Palmer Lake, local churches, and many more.

Reservations are not required to attend the event, however diners are asked to help the Organizing Committee provide the best possible service by calling before Thursday, Nov. 18 to indicate the number of people in your dinner party; please call either 884-8017 or 484-0911.

Transportation to and from Rosie's is available on request by calling 640-8442. Please schedule your transportation needs in advance of Thanksgiving day.



The Palmer Lake Historical Society Presents

Women Miners in Colorado

Thursday, November 18, at 7:00PM,
Palmer Lake Town Hall, 66 Lower Glenway St.

Enjoy an informative and entertaining evening as Bridget Hollingsworth relates the factual roles played by women in the mining camps of Colorado.

The popular conception of the American woman in 19th century mining camps runs counter to actual history. Just as every male miner was not the short, grey-haired man with a Walter Brennan accent, not every woman in a mining camp was engaged in entertaining the male miners. Most were housewives, some ran successful businesses, and some were even miners with extensive claims in their own right.

Learn what real women actually did in the mining camps of Colorado, which is often contradictory to how they are portrayed by popular history.

See and Hear Distant Loved Ones

Are you still calling your distant loved ones on the phone to stay in touch? The Internet has pushed aside the phone and provided a free and easy way to stay in touch, both by sound and by sight. Skype is a simple computer program that lets you see and talk to others using computers instead of the phone.

Girl Scout Sabrina Macneir will provide an introduction and demonstration to Skype for senior citizens at the Senior Citizens Center. Using the Senior Center's computer, Sabrina will show how you can easily communicate with loved ones this same way, and explain how to use your own computer to enjoy seeing as well as hearing your distant family and friends.

Sabrina's free *Introduction to Skype* class is Monday, December 6th at 1:15 PM in the Multi-Purpose Room; alternate date is Saturday, December 11th if snow intervenes. Stop by and learn how easy it is to improve your communication experience with loved ones.



Choir *Continued from page 1*

music, especially the patriotic songs. When I hear the music, my feet and hands just have to move!"

Bringing music to our seniors is an important service. The benefits of such events are multi-faceted. Minnery believes that it's not only an opportunity for seniors to hear music that they might not otherwise

experience, but it's also a chance for kids to play an important role as active members of the community in which they live. Prairie Winds Elementary School principal, Aileen Finnegan, agrees. She sees this as a perfect means for kids to perform, as well as a way of saying thanks and recognizing how important

seniors are to us and our community. Interim Superintendent of District 38, Mr. Ted Bauman, is a strong advocate of such events. "Seniors are our most important clientele. When it comes to school issues, they make up part of the 75% of our voters who don't have kids in school," he explains. "It's a chance for us to support and thank our seniors in appreciation for their support of us."

Long time resident Dortheal Stanley provides yet another perspective. "I like music and I like kids," she shares. "It's important to take the time to listen to the children and for them to take the time to be with seniors, because someday they too will be seniors."

As the days grow shorter and the temperatures dip, it was heartwarming to have the combined choirs from both elementary schools perform for our seniors. There's such satisfaction when music can make connections with a variety of people and reach out to multiple generations. These connections help create the wonderful community we all enjoy living in. Choir member, Larry Diaz, summed it up perfectly. "It feels good to do good things for others."

"Seniors are our most important clientele. ... It's a chance for us to support and thank our seniors in appreciation for their support of us."

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Fall Back, November 7th.

Daylight savings time ends 2 AM Sunday November 7th. Remember to turn your clocks *back* one hour on Saturday night.



D-38 Holiday Performances

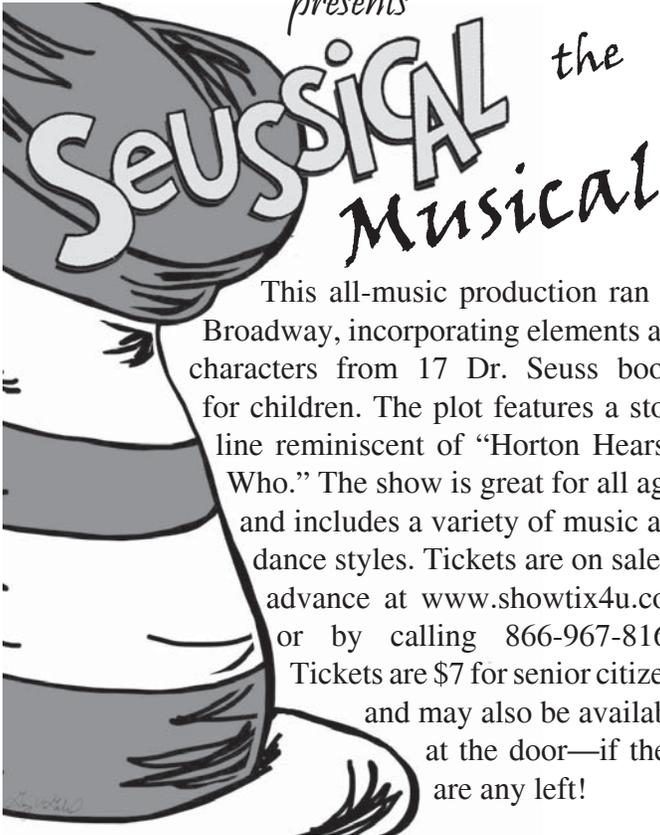
Great Entertainment for All Ages in November and December!

Palmer Ridge High School

Lewis-Palmer High School

presents

presents



Once Upon A Mattress

This all-music production ran on Broadway, incorporating elements and characters from 17 Dr. Seuss books for children. The plot features a story line reminiscent of "Horton Hears a Who." The show is great for all ages and includes a variety of music and dance styles. Tickets are on sale in advance at www.showtix4u.com or by calling 866-967-8167. Tickets are \$7 for senior citizens and may also be available at the door—if there are any left!

A musical comedy very loosely based on the ageless fairy tale, "Princess and the Pea".

Shows, at the LPHS Auditorium, are Thursday through Saturday nights, November 18-20 at 7 PM and a matinee Saturday at 2 PM.

Advance tickets are \$6 for seniors and are available at Lewis-Palmer High School main office weekdays from 7:15 AM to 4 PM.

LPHS shows typically sell out also, but if any tickets are remaining they'll be available for sale at the door.



Once Upon A Mattress is presented through special arrangements with R&H Theatricals (rhtheatricals.com).

Show times: Thursday and Friday, November 11 and 12: 7 PM
Saturday, November 13: 2 PM and 7 PM.

Holiday Music Lovers!

December is the height of the high school musical holiday performance season. Enjoy the following great concerts, *open and free to the public.*

All concerts begin at 7 PM.

Lewis-Palmer High School

Choir holiday concert December 7th
Band holiday concert December 9th

Palmer Ridge High School

Band holiday concert December 6th
Choir holiday concert December 8th



Pikes Peak Library District Monument Branch Events



Tri-Lakes Knitters and Crafters

First, third, and fifth Fridays, 3:30 – 6 PM
Everyone is invited to bring and work on their own project while enjoying company and conversation.

Monumental Readers

Friday, November 12, 10 AM
New members are welcome and no registration is required at this monthly book club. This month's selection is *Big Stone Gap* by Adriana Trigiani.

AARP Mature Safe Driving Course

Saturday, November 20, 9:30 – 5:30 (Bring your lunch).
The nation's first and largest classroom driver refresher course specially designed for motorists ages 50 and older. Upon successfully completing the course, graduates may present their course completion certificate to their insurance agent for a discount. A minimum of 10 students is required for the class to be held; class size is limited and registration is required. Charge for the eight-hour course is \$12 for AARP members, \$14 for non-members.

Senior Synergy

Wednesdays, 10 AM
All seniors are welcome to share conversation and a cup of coffee in this casual discussion group.

Socrates Café

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

History Buffs

Wednesday November 24, 1 PM
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.

Life Circles

First and third Mondays at 10:30 AM
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.

Tri-Lakes Center for the Arts
presents

Haunted Windchimes Concert

November 13, 7:30 PM
at Tri-Lakes Center for the Arts



The sound of Haunted Windchimes is very traditional folk and blues and the songs have a vintage quality, as if they might have been written yesterday or 75 years ago. It's the vocal harmonies that really set them apart, a three-headed juggernaut of Desirae Garcia (ukulele), Chela Lujan (banjo) and Inaiah Lujan (guitar.) When their voices blend, it is nothing short of beautiful.

Their sound is often moody and melancholy, but it is always deeply affecting. That sound is embroidered by the instrumental mastery of Mike Clark (harmonica, guitar, and mandolin) and the standup bass foundation of Sean Fanning.

Don't miss this incredible concert at Tri-Lakes Center for the Arts.

Tickets are \$15. To purchase, call TLCA at 481-0475 or visit the website at www.trilakesarts.org.

Senior Citizens Center Holiday Schedule

Nov 11, Veteran's Day: Open

Nov 22-26 Thanksgiving week: CLOSED

Dec 20-24 CLOSED

Dec 27-31 Open

Jan 3, 2011 CLOSED

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

November Lunch Menu

Mondays and Thursdays

11:30 AM at 166 Second Street, Monument
Tri-Lakes Monument Fire Protection District
Administration Complex (former town hall)
\$2 voluntary donation suggested

Monday, November 1 – Cabbage casserole, mashed potatoes, lima beans and tomatoes, bread, applesauce.

Thursday, November 4 – **No lunch served on the first Thursday of each month.**

Monday, November 8 – Beef burgundy, mashed potatoes, navy beans, bread, orange, cookie.

Thursday, November 11 – **No lunch served; Veteran’s Day holiday.**

Monday, November 15 – Sweet & sour pork, brown rice, cauliflower, egg roll, prunes.

Thursday, November 18 – Baked chicken, mashed potatoes with gravy, broccoli with cheese sauce, roll, banana. **Bingo follows lunch.**

Monday, November 22 – Beef stroganoff, pasta, succotash, bread, orange, cookie.

Thursday, November 25 – **No lunch served; Thanksgiving holiday.**

Monday, November 29 – Stuffed cabbage rolls, mashed potatoes, asparagus, bread, apple, cookie.

Skim milk is served with every meal

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 more than 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 146 Jefferson St. Monument
School District 38 Admin Building, “Big Red”
\$3 voluntary donation suggested

November 3 – Pork tenderloin with applesauce and roasted potatoes.
Free blood pressure screening.

November 10 – Beef brisket with garlic mashed potatoes and tossed salad.

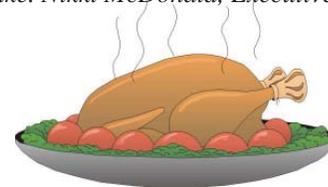
November 17 – Ham, scalloped potatoes and million dollar salad.
Free blood pressure screening.

November 24 – **No lunch served; Thanksgiving holiday.**

Rolls and butter served with each meal except sandwiches.

Dessert included.

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



855 Hwy. 105 • Palmer Lake • CO 80133
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Weekly Seniors Bowling Mixer!

Every Tuesday at Noon
(No Weekly Commitment—Come When You Can)

\$1.50/game, 1 to 3 games/person

Get our daily lunch special for \$4.50/person

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

Senior Citizens Center

Located in the Lewis-Palmer High School modular building across from the YMCA, on Jackson Creek Pkwy.

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

Closed Thanksgiving Week, November 22–26



November Program Schedule

Please check our web site www.TriLakesSeniors.org for schedule updates.

Tuesday Noon - 4 PM Pinochle hosted by Gerry

3rd Tuesday 1 - 3 PM Tea Time Thanksgiving dinner. Bring salad or dessert to pass, or voluntary donations accepted. The main dish is generously provided by Liberty Heights. Call Mary Frances (488-2360) or Irene (481-1188) for more information.

Wednesdays 1 - 2 PM Line Dancing hosted by Kay

3rd Wednesday 12:30 - 3 PM Bingo hosted by Curt

2nd & 4th Thursday 1 - 4 PM Bridge hosted by Joy

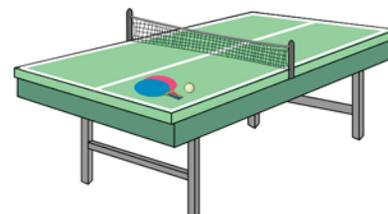
Thursdays 1 - 4 PM Pinochle hosted by Gerry

Note: The Senior Center will be open on Veteran's Day, November 11th.

Fridays 11:30 - 12:15 AM Tai Chi for Arthritis (beginner level) hosted by Maureen

Fridays 1 - 4 PM National Mahjong hosted by Jo Ann

Friday 1 - 4 PM No Cash/No Host Poker



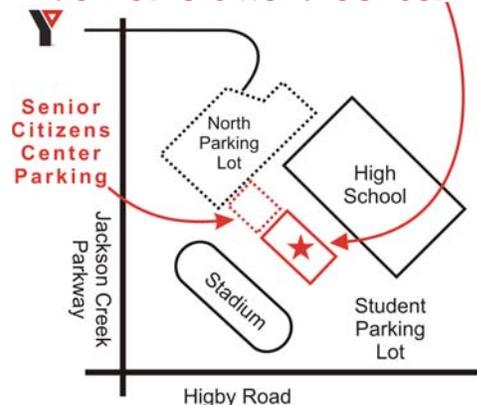
Also available

- Ping pong
- Wii video games
- Board games
- Refreshments
- PC w/Internet connection
- Lending library
- Information table
- TV w/cable service



The 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.

Senior Citizens 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 by email (papaduffy@msn.com) for scheduling information.

November 2010 Tri-Lakes HAP Senior Beat
c/o Tri-Lakes Health Advocacy Partnership
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TRI-LAKES
HEALTH ADVOCACY PARTNERSHIP

Thrift Store

Open Monday-Saturday, 10-4

Books
Antiques
Vintage Items

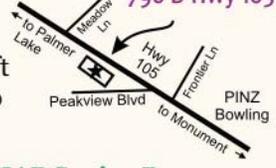
A wide variety of non-clothing items.

**Specials each week
25 to 50% off!**

Call 488-3495 to donate your garage sale leftovers. Donations are tax-deductable.

Have some free time and want to make new friends? Become a Thrift Store volunteer. Join a great group of folks. Call 488-3495 today!

Thrift Store
790 D Hwy 105



All proceeds support Tri-Lakes HAP Senior Programs.

Be a Thrift Store Volunteer

The Thrift Store needs volunteers to succeed. Only an hour a week would be a tremendous help. Currently the Thrift Store needs a couple of people who are capable of lifting and moving bulky items, to keep the inventory circulating. Just one hour a week will get the job done. If you want to contribute a little time to help alot, call 488-3495.

Local Businesses Offering Senior Discounts

- ◆ Rosie's Diner—15% discount
- ◆ Chili's—10% discount
- ◆ Village Inn—10% discount
- ◆ Arby's—10% discount
- ◆ REPS Personal Training and Fitness—10% discount
- ◆ Carnival Cat & Canine Care—15% discount
- ◆ Bright Meadow Dog Grooming
- ◆ Big O Tires
- ◆ Tri-Lakes Disposal