

## **Senior Alliance Thrift Store**

Open Tuesday through Saturday, 10am-4pm

### **Location**

755 Highway 105 Unit #9  
Behind West End Center  
¼ miles West of Pinz Bowling Alley

Call 488-3495 during business hours for donations and pickups (no clothing).

The Senior Alliance Thrift Store is another project of the Tri-Lakes Senior Alliance in cooperation with the Tri-Lakes community.

The store's mission is to raise funds and resources for the Tri-Lakes Senior Citizen Program and to provide affordable merchandise to Tri-Lakes residents.

Volunteers are needed to help run the store.

Please contact Chuck 661-3432

The logo for 'Tri-Lakes Senior Beat' is set against a background of a blue sky with white clouds. The words 'Tri-Lakes' are in a smaller, blue, sans-serif font with a red outline. Below it, the words 'Senior Beat' are in a much larger, bold, blue, sans-serif font with a red outline.

# **Tri-Lakes Senior Beat**

**The official newsletter of the Tri Lakes Senior Citizens Program**

**May 2009**

3245 Doolittle Road  
Monument CO 80132

**Interim Senior Citizens Center  
Palmer Ridge High School room A1102**



**Activities**



**Mon - Bible Study hosted by Diane has moved. Call Diane @ 488-0878**  
Studying the Book of John-chapter by chapter

**2:00 p.m. – 4:00 p.m. 2<sup>nd</sup> & 3<sup>rd</sup> Mondays – Computer classes**  
Host by BJ (questions? Call 488-0971 or [bjrugg@hotmail.com](mailto:bjrugg@hotmail.com))

**2:00 p.m. – 4:00 p.m. – 4th Monday- Bingo hosted by Leroy**



**Tue - 1:00 p.m. – 4:00 p.m. – Pinochle hosted by Gerry**



**Wed- Open for suggestions – (non impact aerobics?) need host**

**Thu - 1:00 p.m. – 4:00 p.m. – 1<sup>st</sup> & 3<sup>rd</sup> Thurs. - Bridge hosted by Hope**  
**2:00 p.m. – 4:00 p.m. – Cribbage hosted by Richard**

**Fri - 1:00 p.m. – 4:00 p.m. – Poker hosted by Debbie**  
**1:00 p.m. – 3:00 p.m. – 3<sup>rd</sup> Friday of each month- Crafts by Irene**

*Coming this fall:*

*A bigger and even better Senior Citizens Center*

*Join the team that's planning the new center. Call Chuck at 661-3432.*

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

Subscribe to the Senior Beat – a free monthly newsletter provided by the Tri-Lakes Senior Citizens Program. Call Carolyn at 488-1078.

**The Senior Alliance Thrift Store** is maintaining a want list for our customers. If that item comes into the Thrift Store, the person who wants that item is contacted and given the first opportunity to purchase said item.

**Here is the list:**

Skil Saw	Sleeping bags
Back packs	Juicer
2-30" book shelves	Van Briggie pottery
Polish pottery	Play pen
Lawn mower	Wheel barrow
Sectional sofa	2 med gear bikes
SawZall	African violet pots

If you have any of these items, donate them to help someone in need and the **Senior Alliance Thrift Store!**

### An Apology

Over the past few months the Senior Beat mailing list has gotten corrupted during updates. Consequently, many of you have not been receiving your copy. We in the midst of correcting the problem. If you are not receiving your copy, receiving multiple copies, or the address is incorrect in any way, please contact Carolyn at 488-1078. We are sorry for any inconvenience.

### Free Ads in the "Beat"

If you have something you want to sell or buy, looking for a job, searching for a friend, or anything else you would like to advertise for, send a draft of your ad to Chuck at [cwroberts@comcast.net](mailto:cwroberts@comcast.net). We will run your ad for free in one issue of the Senior Beat. The Beat currently goes to 280 Tri-Lakes senior households. If you want to run your ad in multiple issues, you will have to e-mail in to Chuck each month.

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### Local Restaurants that offer Senior Discounts:

- Texas Roadhouse- 10% discount
- Rotelli- 15% discount
- Chili's- 10% discount
- Village Inn- Senior Menu
- Arby's- 10% discount

If anyone knows of other establishments, let us know so we can list them. Chuck 661-3432 or [cwroberts@comcast.net](mailto:cwroberts@comcast.net)

AND, don't forget to ask for your senior discount anyplace you go!

### What causes Brain Freeze?

Most people have experienced the dreaded "Brain Freeze" headache at some point. You are minding your own business, eating something like an ice cream cone, milk shake, a Slurpee, a snow cone... Then, suddenly you are hit with the most excruciating headache! Fortunately it only lasts about 30 seconds. So where does this headache come from?



An article by Joseph Hulihan contains some great information. Here's a summary: When something cold touches the **roof of your mouth** on a hot day, it triggers a cold headache. The cause is a **dilation of blood vessels in the head**. The dilation may be caused by a nerve center located above the roof of your mouth -- when this nerve center gets cold, it seems to over-react and tries to heat your brain.

Therefore, the easy way to avoid "brain freeze" is to keep cold things away from the roof of your mouth!

*Editors Note: In the interest of accurate reporting, I did extensive research using Mango-Strawberry FruTista Freezes from our local Taco Bell. **It worked!***

## Diane's Barter Corner

Call 488-0878

### Barter:

- 40 gallon fish tank
- Air pot for drinks-glass liner
- Tree cut down, you keep 2/3 the wood plus some scrub oak

### Wanted:

- Old jukebox, must work
- Used camping trailer in good condition
- Pink flamingos, yard ornaments and planters
- strawberry plants and others bulbs
- Small greenhouse to trade or sell?

We need more things to list. Please call Diane with your unwanted things you would like to trade. Clean out those closets, you may have a gem someone could use.

## Palmer Lake Historical Society

Join the Palmer Lake Historical Society at 7:00 pm on May 21, 2009, at the Palmer Lake Town Hall for an informational and fun evening. The Rev. John Snyder will discuss two famous preachers that brought religion to the mining camps and settlements in Colorado. Father John Dyer, a Methodist minister known as the "Snowshoe Itinerant," used snowshoes to travel through deep mountain snows to reach high country mining camps. In 1874 he came to Monument, where he built a house and held Methodist services there and at outlying settlements for two years. The Reverend Sheldon Jackson, a Presbyterian Missionary, spent several years in the west, before traveling north to minister to miners and settlers in the Alaskan wilderness. In 1874, the same year that Dyer moved to Monument, Jackson stopped briefly and ordained four elders to begin the Monument Community Presbyterian Church. The original building, completed in 1881, still stands at the corner of Third and Jefferson and is now called the Sheldon Jackson Chapel. This program is free to the public. Refreshments will be served.

## USE IT OR LOSE IT

By Wendy Venturella

We have all heard that saying before but it really hits home as we get older and start to experience age-related changes. It is well known that exercise is important to maintain physical health, but exercise is also important for mental fitness.

We all joke about memory loss associated with aging but declining mental ability is not something we want to experience. The good news is that mental decline is not inevitable if we exercise our brain! Just as a daily walk is beneficial for our muscles, daily mental exercise can strengthen and enhance our cognitive abilities. Just as there is a variety of physical exercises to choose from, there are many things you can do to keep the brain fit.

1. **Play games.** All games involve logical activity which is great for the brain. They can also involve word and math skills. Play card games, electronic games or Sudoku and crossword puzzles in the newspaper. They can improve brain speed and memory. The Tri-Lakes Senior Citizens Center offers Bingo, Pinochle, Bridge, Cribbage, & Poker.

2. **Read.** Books are portable so you can take them anywhere and fit in a little reading while you wait at the doctor's office, etc. Read different kinds of books. If you normally read novels, try a history book. Your brain will get a workout by imagining different settings, cultures and people. You will also have interesting stories to tell other people. Inexpensive books are available at the Senior Alliance Thrift Store.

3. **Talk with other people.** Join a book club or a discussion group. The Monument Library has Senior Synergy from 10:00 a.m. – noon on Wednesdays. This group gets together for coffee and casual discussion. You might want to try the Socrates Café at the same branch on Tuesday afternoon from 1:00 – 3:00 p.m. They discuss 'philosophy, religions, spirituality and the common threads among humanity. Go and see if it's for you.

4. **Try something new.** Get out of your comfort zone and take up a hobby, learn a new card game

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**USE IT OR LOSE IT** *Cont'd from previous page*

or take a class. The Tri-Lakes Senior Citizens Program offers monthly day trips to interesting Colorado Locations. The Monument Library and the Senior Center offer computer classes. Take an online class at a college or university, or audit a class at one of the local institutions. I have a friend well into his eighties that regularly audits classes at the University of Colorado at Colorado Springs. This semester he is auditing 5 classes! Contact the Springs Senior Center on N. Hancock for details.

**5. Eat healthy foods and exercise your body.** The brain needs healthy fats. Fish oils, nuts, seeds, flax seed and olive oil are beneficial. Lower your intake of saturated fats and eliminate transfats completely. When you perform physical exercise your brain has to learn new muscle movements, estimate distance and practice balance.

The sky is the limit on activities one can do to maintain and improve mental function. Art is another wonderful activity along with anything that uses your creativity. Check with the Tri-Lakes Senior Center for craft classes. *The Longevity Bible* by Gary Small, M.D., is a great resource. It has activities to sharpen the mind, tips to maintain a positive attitude, advice on cultivating healthy relationships and instructions for stress-free living. Give yourself a gift and do something new and challenging. Once you start, you won't be able to stop!

**Are you ready?**

By Chuck Roberts

In last month's Senior Beat, we told you all about volunteering and our plans to greatly expand the Tri-Lakes Senior Citizens Program this year. Now's your chance to be a part of the excitement by volunteering for one of the following positions. If you interested, contact Andy Barton at 481-8728.

<b>Job</b>	<b>Job Description</b>	<b>Time Req'd.</b>
<b>Volunteer Coordinator</b>	Recruit & interview applicants, maintain applicant files, assign and schedule volunteers.	20 hours per week
<b>Thrift Store Clerk</b>	Perform store tasks as assigned by Coordinator, including receiving & pricing donated items, displays, check-out, and closing process. See Thrift Store Volunteer Handbook	6 hours per week
<b>Senior Center Coordinator</b>	Oversee center operations, organize and promote center activities, replenish supplies, train and schedule Host volunteers, coordinate center activities w/ YMCA and D-38.	10 hours per week
<b>Senior Center Host</b>	Welcome & register visitors, give center tours, manage center activities, keep center clean, neat, & inviting.	6 hours per week

**ANNOUNCEMENTS**

**Blood Pressure Screening** - 1<sup>st</sup> & 3<sup>rd</sup>  
Wed. each month at Big Red, 11:30-12:30.

**Bingo** - 1:00 pm 4<sup>th</sup> Monday each month at the Interim Senior Citizens Center, PRHS Room A1102

**Palmer Lake Historical Society** May 21<sup>st</sup>, 7p.m. Free historical presentation by Rev. John Snyder. See article in this issue for details.

**Senior Alliance Thrift Store** –Due to a business closure, the store has access to a full complement of office furniture at a steal! Behind West End Center.

**Macular Degeneration Support Grp** - May 21<sup>st</sup> 1-2 at Tri-Lake Cares



*I tried to be a tailor, but I just wasn't suited for it... mainly because it was a so-so job.*



## Transportation

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

- MCTS transports seniors to medical appointments in Colorado Springs Mondays through Thursdays.
- In the Tri-Lakes and surrounding areas transport also is provided to doctors, stores, banks, prescription pick-up, groceries, and appointments of any kind.
- Interested volunteer drivers, who will receive a mileage reimbursement, can call **488-0076**.
- Seniors requesting rides - call **488-0076**.

## 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 WalMart.
- Passenger pickup begins at 9:30 a.m. at your home. Call 481-3540 or 488-0076.

## Tri-Lakes Cares

Call 481-4864

Open - Mondays noon to 3 p.m.  
Thursdays noon to 3 and 6 to 8 p.m.

## Low Vision Support Group

3<sup>rd</sup> Thursdays from 1-2 p.m.  
at Tri-Lakes Cares

## Entertainment and Social

**Bingo** for seniors 60+ on the second Thursday of the month at **Monument Town Hall** following lunch. Held 3<sup>rd</sup> Thursday of the month if no lunch is served on the second Thursday.

Also **Bingo** at the Interim Senior Citizens Center the 4<sup>th</sup> Monday each month, 2 p.m. – 4:00 p.m.

**On Tap Players** Drama Group. Anne Krill - 487-7456.

**Day Trips** The May day trip will be to the **Denver Downtown Aquarium** on the 23<sup>rd</sup>. Contact Chris Ward 351-7641 for details.

**Arts & Crafts** Ceramics-pottery club beginner classes at 2-Watts Creative. Paul Durbin at 481-2541.

**Also** at the Interim Senior Citizens Center the 3<sup>rd</sup> Friday each month, 1 p.m. – 4: p.m.

## Learning Points Classes at Lewis

**Palmer High School** Pick up a brochure at the Wednesday lunch or Call Maria – 785-4224

**Senior Synergy** Every Wednesday at Monument Library from 10:00 a.m. until noon, you are invited to come and meet with a group of friends who are dedicated to empowering individual growth through life-long learning and positive relationships.

**Recreation and Exercise** Open bowling \$1.50/line donation and senior special soup and sandwich lunch \$4.00 donation every Tuesday at noon at Pinz Bowling Alley. Call Dave 487-8218.

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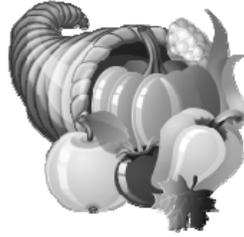
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# May Lunches

Lunches are not served on snow/snow delay days or legal holidays.

## Mondays and Thursdays

\$2 Voluntary donation  
11:30 a.m. at Monument Town Hall  
No lunch 1<sup>st</sup> Thursdays  
Lunches served on school holidays  
Skim milk with all meals



## Wednesdays

Lunch served at 11:30 a.m. at Big Red.  
\$3.00 voluntary donation. Rolls and butter served with each meal except sandwiches. Desert provided.  
Gluten-free available.

Due to reorganization at Golden Circle, the Town Hall lunch menus are not available prior to Senior Beat press time. Those menus can be obtained at the Town Hall during the month.

## A Special Message from School District 38

By Maria Capp

OUR COMMUNITY NEEDS YOU AND YOUR SPECIAL GIFTS OF WISDOM AND EXPERIENCE!!

The Lewis-Palmer Community Schools Program so appreciates your interest in volunteering with our schools! We have been working hard to develop our Volunteer Program to serve our students and our community in an efficient and meaningful way... thanks to you. We are ready to take the next step! Here is an area of need that might be just what you're looking for!

Would you like to be a "Building Helper?"

Help out with simple office work in an elementary school!

With the school year coming to a close, much work needs to be done over the next several weeks. This opportunity would include going to a specific school and helping out with easy projects.

This kind of work is SO appreciated!!

If you are interested, please call Lisa at 785-4228 or Maria at 785-4224.

*Editors Note: As many of you know, our senior program receives many benefits through the generosity of School District 38, including the place where we have our Wednesday lunches, buses and drivers for our day trips, our Interim Senior Center at PRHS, and, this summer, a bigger and better permanent center at PRHS. I urge you to show your appreciation by paying back this generosity with volunteering. Try it, you'll like it!*

**May 6 – Big Red unavailable – no lunch**

**May 13 - Big Red unavailable – no lunch**

**May 20 - Sausage brats with sauerkraut**

**May 27 - Chicken with a cranberry tomato sauce, mashed potatoes and tossed salad**

*My first job was working in an orange juice factory, but I got canned...couldn't concentrate.*



## Pinz Bowling Alley

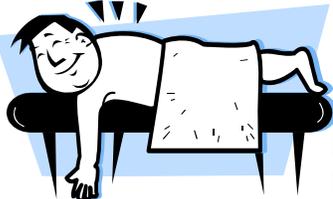
**Tuesdays, \$4.00 Senior Special** of soup and sandwich with open bowling for \$1.50 line including shoes.

**Texas Hold 'em**- Free  
Tuesdays - 7 pm & 10 pm  
Sundays - 3 pm & 6 pm



## Senior Fitness Classes

**Silver Sneakers** classes and more at the **Tri-Lakes YMCA**. Stop by and pick up a current schedule or call Lisa Gray, group fitness and Older Adult Event Coordinator at 481-8728.



**Knead to Relax?**  
Lori Burke, a certified Massage Therapist, makes house calls with her relaxing massage techniques. She charges only \$40 per hour. If you would like to give this a try, give her a call at 719-271-2938.



*I worked in the woods as a lumberjack, but I couldn't hack it, so they gave me the ax.*



## Day Trips

### March - Butterfly Pavilion

On March 20<sup>th</sup> about 20 folks enjoyed the butterfly Pavilion in Aurora. All were amazed at how fearless all the critters were. Many would fly right up to you and light somewhere on you. See white arrows on accompanying photographs.



### April - The Thorn

In spite of terrible weather, over twenty gathered at Big Red on April 4<sup>th</sup> to board the big yellow bus provided by School District 38 for a safe comfortable ride to the door of New Life Church. There we were enthralled by the incredible production of "The Thorn", a beautiful presentation of the life, death and resurrection of Jesus Christ. Words alone can not describe it.

### May - Denver Downtown Aquarium



The day trip for May will be to the Denver Downtown Aquarium on Saturday, May 23<sup>rd</sup>. Cost will be approximately \$9.00. Scholarships are available. "Trippers" will gather at Big Red at 8:45am for a 9:00am departure. Return to Big Red at approximately 1:00pm. Although there are eating facilities at the aquarium, you may want to bring a sack lunch. For details and to reserve your spot, contact Chris at 351-7641. (P.S. Please leave your fishing gear at home!)