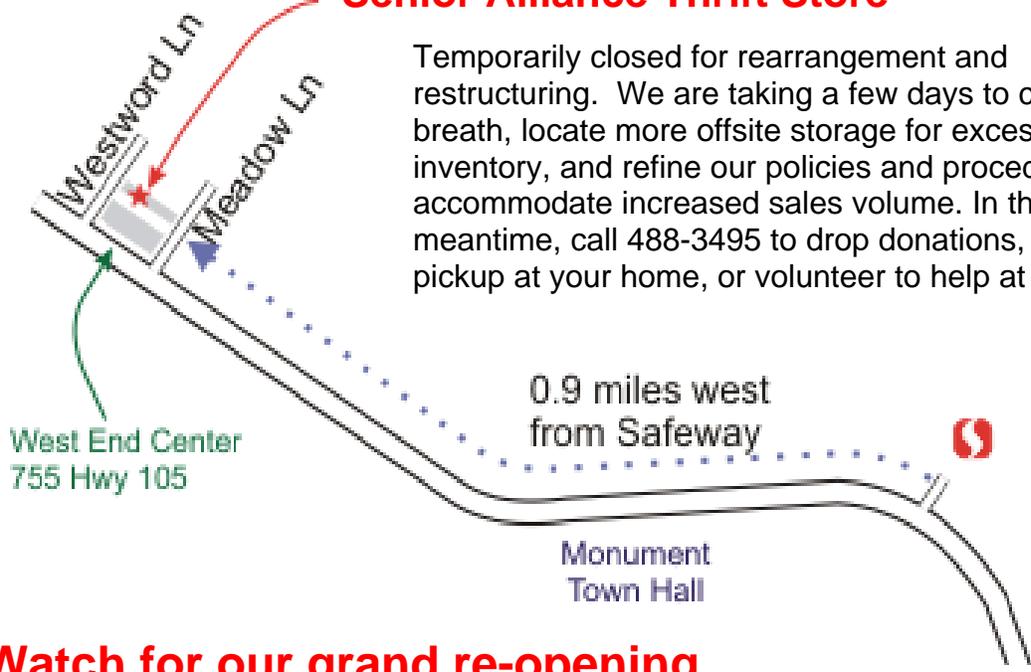


## Senior Alliance Thrift Store

Temporarily closed for rearrangement and restructuring. We are taking a few days to catch our breath, locate more offsite storage for excess inventory, and refine our policies and procedures to accommodate increased sales volume. In the meantime, call 488-3495 to drop donations, schedule pickup at your home, or volunteer to help at the store.



**Watch for our grand re-opening.**

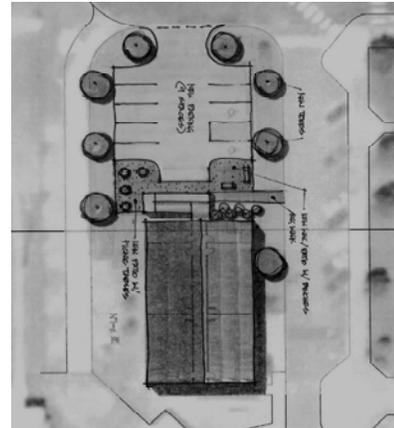


3245 Doolittle Road  
Monument CO 80132

**Tri-Lakes Senior Citizens Center  
Lewis Palmer High School Modular Building  
Jackson Creek Parkway**



**OPENING THIS SUMMER**



**SEE BACK PAGE FOR PRELIMINARY FLOOR PLAN**

*Architectural renderings courtesy of Fisher Architecture, Palmer Lake  
Modular building courtesy of School District 38*

Help make this an even better Senior Citizens Center.

- Give us comments on the preliminary center layout on the back page
- Suggest activities and/or furnishings you would like to see in the center
- Join the team planning, furnishing, setting up, and hosting the center

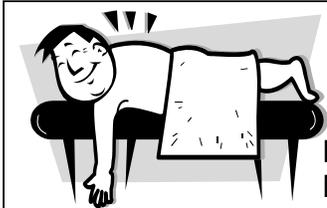
Contact Chuck at 661-3432 or [cwroberts@comcast.net](mailto:cwroberts@comcast.net).

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.

## Want Ads

**Free rent/share mobile home** in Monument Meadows in exchange for assisting elderly lady with medication, meals, and occasional transportation/medical appointments. She needs a friend to live with her. Call Marty (son) at 719-221-8292.



### 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.

**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@concast.net](mailto:cwroberts@concast.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.

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



YESTERDAY is history  
TOMORROW is a mystery  
TODAY is a gift

## Local Businesses that offer Senior Discounts:

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

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

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



## Excitement at the Y this summer

By Lisa Gray

The Tri-Lakes YMCA and the Tri-Lakes Senior Alliance are combining forces to take advantage of the new Senior Center being opened this summer across Jackson Creek Parkway from the Y.

Chuck and I have come up with some ideas we think would be great and would very much like to know what you think about them. Please give us your thoughts activities like:

- Senior Line Dance Classes
- Weekly or bi-weekly Square Dancing events
- Tai Chi Classes
- Monthly Healthy Cooking Classes
- Your ideas??

Call Chuck at 661-3432 or Lisa at 481-8728, ext 607.



## What is “HAP”?

By Dave Betzler

Member, HAP Board of Directors

The Tri-Lakes Health Advocacy Partnership (HAP) was established in 1996 as a 501(c)(3) community organization serving Monument, Palmer Lake, Woodmoor, Gleneagle and the unincorporated areas of northern El Paso County. The HAP mission is to address Tri-Lakes community health issues through: a) a comprehensive volunteer-driven approach focused broadly on citizen and community health needs; b) a maturing portfolio of specific programs targeted to meet identified citizen health needs; and c) development of the necessary, sustainable community resource base of participants, volunteers and leaders. In order to fulfill its mission, Tri-Lakes HAP:

- Serves as a health and wellness information and resource clearinghouse for the Tri-Lakes community.
- Develops and supports community programs contributing to the health and well-being of the Tri-Lakes residents.
- Serves as a pro-active community forum for identification, assessment and prioritization of community health needs and capabilities (physical, mental, wellness, social, economic/financial).
- Develops active and inclusive health-related collaborative partnerships with community groups and organizations as well as citizens to harness and optimize all available community resources.
- Provides Tri-Lakes residents and community leaders with extensive volunteer opportunities in administrative, technical and program/project leadership roles.

The portfolio of HAP community services encompasses various community education and awareness efforts, specific programs and projects, and extensive collaboration with other

community agencies and organizations. The following lists current initiatives and projects:

- *Tri-Lakes Senior Center*
- *Tri-Lakes Meals for Seniors (Wednesday lunches)*
- *Tri-Lakes Annual Health and Wellness Fair*
- *Domestic Violence Prevention Initiative*
- *Senior Foot Clinic*
- *Faith Community Nurse (w/Penrose-St. Francis Mission Outreach, Community Network of Caring)*
- *Tri-Lakes Senior Thrift Store*
- *Tri-Lakes Senior Alliance*
- *Transportation for Seniors*
- *Volunteer Grandparents for D38 Students*
- *Senior Day Tours*
- *Senior Beat Newsletter*

For questions or additional information, please contact Mark Ennis, President, Tri-Lakes Health Advocacy Partnership at (719) 481-1405.



*I tried to be a chef – figured it would add a little spice to my life but I just didn't have the thyme.*

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

## Diane's Barter Corner

Call 488-0878

### Barter:

- 40 gallon fish tank
- Air pot for drinks-glass liner

### Wanted:

- Old jukebox, must work
- Used camping trailer in good condition
- Rake, shovel, planting tools
- Rocks, bricks
- Plants, bulbs, bushes
- 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.

## Saturday at the Denver Aquarium

Yes, that's Curt Clark staring at a snake through a viewing bubble in one of the Denver Aquariums gigantic tanks. Some 15 folks had an enjoyable outing at aquarium Saturday May 23<sup>rd</sup>. Thanks to



Chris Ward and Diane Wegley for making all the arrangements and making this another enjoyable outing. If you have suggestions for future day trips, call Chris at 351-7641

## HAP receives \$5,000 Grant

The Tri-Lakes Health Advocacy Partnership (HAP), an established non-profit organization, has been awarded a grant of \$5,000 from the Mountain View Electric's Round-Up Fund. The Round-Up Grant will fund a major portion of HAP's established Senior Meals program that provides weekly nutritious meals for seniors in the Tri-Lakes area.

HAP's Senior Alliance, supported by community volunteer servers from the Tri-Lakes United Methodist Church, deeply discounted meals from Pinecrest Catering in Palmer Lake, and with the cooperation of School District 38, hosts the Wednesday lunches at Lewis Palmer's Big Red administration building.



*Front row L to R - Judy Keller, Margaret Pasolli, and Judy Hufford, Tri-Lakes United Methodist Church volunteer lunch servers; Back row L to R - Wanda Patrick, MVEA Round-Up Director, Dave Betzler, HAP Board Member, & Mark Ennis, HAP President.*

## So, why aren't YOU ready?

By Chuck Roberts

In last month's Senior Beat, we asked you to volunteer to help expand the Tri-Lakes Senior Citizens Program. We need your help to make it happen. Be a part of the excitement! Volunteer for one of the following positions. Contact Andy Barton at 481-8728.

Job	Job Description	Time Req'd.
<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



## Transportation

Transportation for Tri-Lakes & surrounding area seniors 60+ provided free 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 receive a mileage reimbursement - 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.

*I tried working in a muffler factory, but it was too exhausting.*



## THIS 'N' THAT

**Bingo** on the 2<sup>nd</sup> Thursday of the month at **Monument Town Hall** after lunch. Held 3<sup>rd</sup> Thursday if lunch isn't served on 2<sup>nd</sup> Thursday.

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

**Day Trips** Contact Chris Ward 351-7641 to make suggestions for day trips.

**Arts & Crafts** at the **Interim Senior Citizens Center** 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** Wednesdays at **Monument Library** 10:00 am to noon. Come and meet with friends dedicated to empowering individual growth.

**Palmer Lake Historical Society** on 3<sup>rd</sup> Thursday of the month 7:00 pm at the Palmer Lake Town Hall.

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

**Senior Alliance Thrift Store** – The Thrift Store is temporarily closed. Watch for the grand reopening.

**Macular Degeneration Support Group** at **Tri-Lake Cares**, 3<sup>rd</sup> Thursday of each month, 1:00-2:00 pm.

## Tri-Lakes Cares

Call 481-4864

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

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.

# June 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



## Wednesdays

\$3.00 voluntary donation

11:30 a.m. at Big Red

Gluten-free available.

**June 1** – Turkey ala king, mixed vegetables, biscuit, fresh fruit

**June 4** – No lunch

**June 8** – Beef stroganoff, mashed potatoes, peas & carrots, fresh fruit

**June 11** – Roast beef, mashed potatoes, spinach, fresh fruit

**June 15** – Beef tips over mashed potatoes, lima beans, fresh fruit

**June 18** – Turkey Roast, mashed potatoes & gravy, brussel sprouts, fresh fruit

**June 22** – Sweet & sour pork, rice, tossed salad, fresh fruit

**June 25** – Baked chicken, mashed potatoes & gravy, broccoli, fresh fruit

**June 29** – Chicken noodle casserole, tossed salad, fresh fruit

**June 3** – Tuna salad with sliced avocados on a croissant with fruit



**June 10** – Chicken enchilada, refried beans and rice



**June 17** – Beef brisket with garlic mashed potatoes and tossed salad



**June 24** – Ham, scalloped potatoes and vegetable du jour



*I attempted to be a deli worker,  
but any way I sliced it, I  
couldn't cut the mustard.*

### So, whazup with the old town hall?

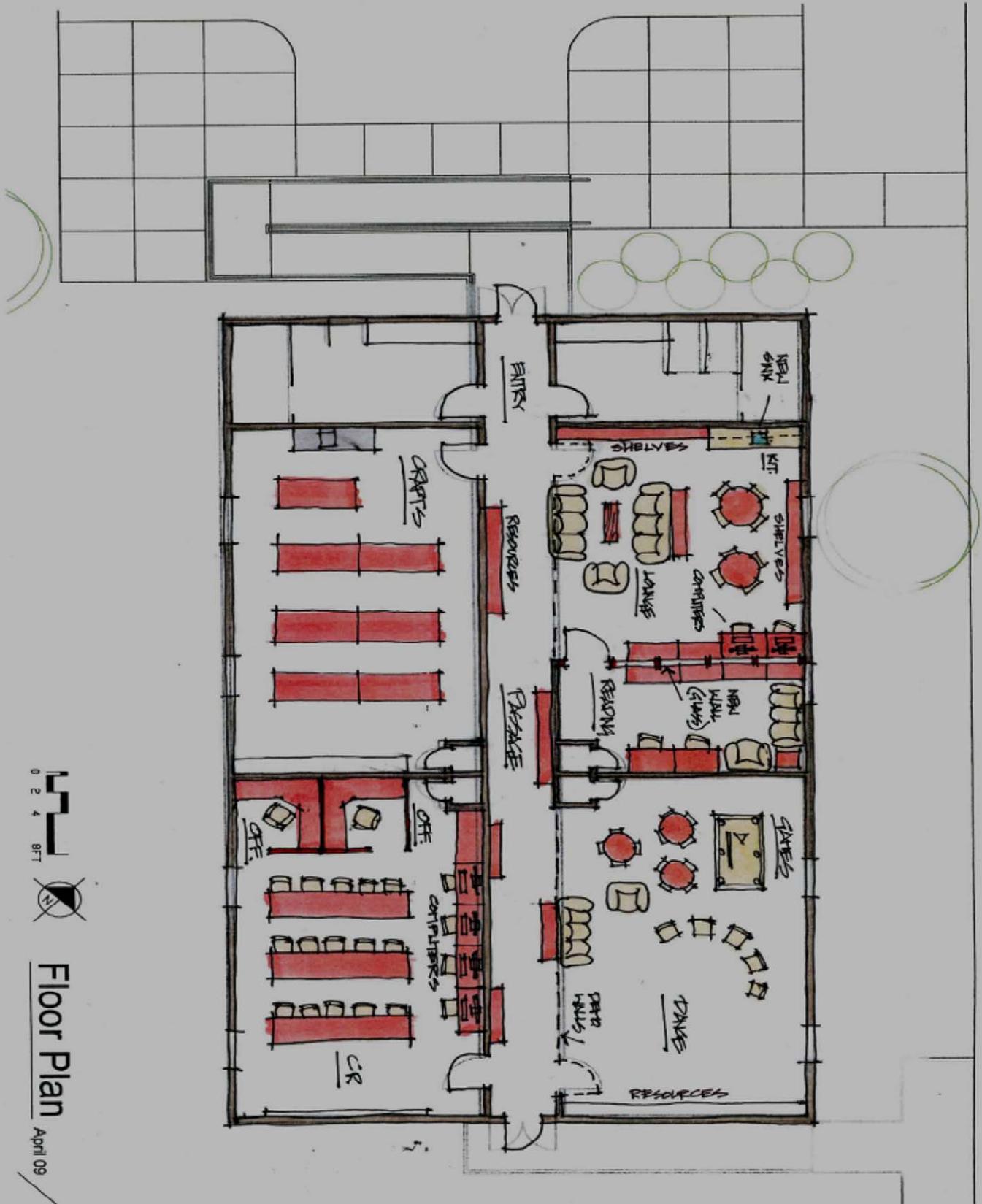
At the May Monument Board of Trustees meeting, the town repeated its commitment to keeping the town hall multi-purpose room available for senior lunches and community activities indefinitely. A potential use for the rest of the building is to lease it to the Tri-Lakes Fire Protection District for offices. A representative of the District indicated they would have little need for the general purpose room, Additionally, the representative said the District would make repairs and other improvements.



### Pinz Bowling Alley

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

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



**Floor Plan**

April 09

**Tri-Lakes Senior Citizen Center**  
 a community collaboration

fisher architecture po box 1395 palmer lake, co 80133 719.660.4356

