

# Senior Beat

The official newsletter of the Tri-Lakes Senior Citizens Program

July 2009

## HAP Receives \$1,000 Grant

Tri-Lakes Health Advocacy Partnership has received a \$1000 grant from Black Hills Energy. The check was presented by Corey Koca, Black Hills Energy Field Operations Supervisor, to HAP's Board chairman, Mark Ennis during the June HAP Board meeting. Koca announced that Black Hills Energy is also donating all labor to install the gas meter at the new Senior Center at Lewis-Palmer High School.



## Chautauqua Returns to Palmer Lake

The Palmer Lake Community will remember the Chautauqua Assembly of long ago by recreating some events during that colorful period in our Nation.

During the weekend of August 7–9 there will be old fashioned entertainment and cultural events, including a vintage baseball game played under original rules, a vaudeville show, an ice cream social, history and nature walks, dinner-theatre, box lunches on the green accompanied by songs from the early 1900s, Model T and Model A classic cars, re-enactors depicting characters of the time, and much more.

Palmer Lake was the site of the first Chautauqua in Colorado. Many of these events will take place in the same locations they occurred over 100 years ago.

For more about the Chautauqua Movement and a schedule of activities for the August 7-9 "2009 Return of the Rocky Mountain Chautauqua Assembly," visit the Palmer Lake Historical Society website at [www.ci.palmer-lake.co.us/plhs](http://www.ci.palmer-lake.co.us/plhs).

## Cheyenne Mountain Zoo Day Trip



Delores Snow, Diane Wegley and Cynthia Zook relax during the June day trip to Cheyenne Mountain Zoo.

Beautiful weather accommodated Tri-Lakes seniors during the June day trip to Cheyenne Mountain Zoo, where we had a great time. Thanks to Chris Ward and Diane Wegley for making all the arrangements for another enjoyable outing.

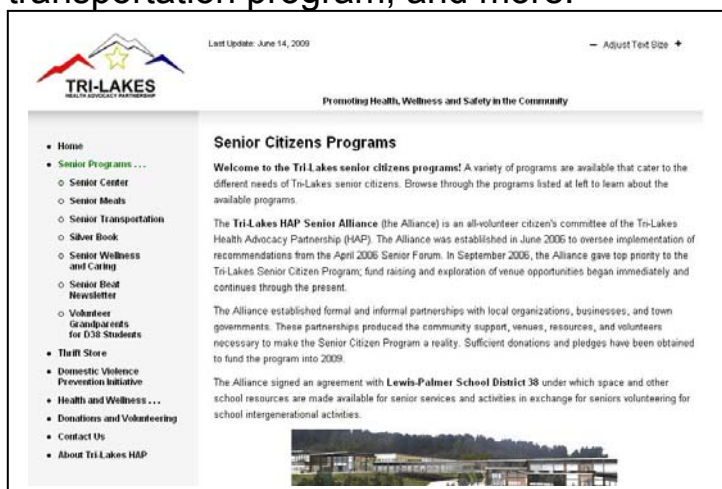
### Also In This Issue...

- ★ Strength Training. Why it is for you!
- ★ Tri-Lakes Seniors On the Internet!
- ★ YMCA Classes for Seniors
- ★ Arbor Mountain Update
- ★ New Senior Citizens Center Update
- ★ ... and more!

## Tri-Lakes Seniors On The Internet

Tri-Lakes seniors now have another information resource available. A new Internet web site provides information about programs and services available to seniors in the Tri-Lakes area.

Visit [www.TriLakesSeniors.org](http://www.TriLakesSeniors.org) to see the latest information about programs sponsored by the Tri-Lakes Senior Alliance. Information is available on the Senior Center, day trips, the senior transportation program, and more.



You can also retrieve an electronic version (Adobe Reader) of the Silver Book, and download the most current and some past Senior Beat newsletters.

The Tri-Lakes Seniors web site is a part of a larger web site hosted by the Tri-Lakes Health Advocacy Partnership. You will find information about health and wellness issues relevant to residents of the Tri-Lakes area.

Visit the web site for the latest about programs for seniors and to learn more about the Tri-Lakes Senior Alliance and Tri-Lakes Health Advocacy Partnership.

If you have ideas for the web site please send your thoughts by email to [webmaster@TriLakesSeniors.org](mailto:webmaster@TriLakesSeniors.org).

## YMCA Classes for Seniors



The YMCA currently offers the Arthritis Foundation Aquatic Program (AFAP), a non-clinical program of gentle exercise in warm water.

The AFAP is a friendly and supportive atmosphere where participants can make new friends and try new activities without fear of failure. The social interaction can help decrease depression and isolation while leading to independence and improved self-esteem.

Anyone with arthritis may join the AFAP. People with multiple or severe joint problems, or who have had joint surgery, should check with their doctors about the need for special precautions.

The program is taught by Maureen Caldwell who is certified in the AFAP.

AFAP is held in an indoor pool with a water temperature of 83 to 88 degrees where the depth allows participants to stand comfortably with shoulders submerged when doing upper extremity exercises.

Classes are Tuesday and Thursday mornings, 10:30 – 11:30. Participants do not have to stay the whole hour.

We hope to begin square dance classes and Tai Chi at either the Senior Center or Tri-Lakes YMCA in September.

The Tri-Lakes YMCA offers a large variety of activities and exercise programs designed for people of all fitness levels and abilities. Stop by, take a tour and pick up a class schedule, or call Lisa Gray 481-8728 ext. 607 for more information.

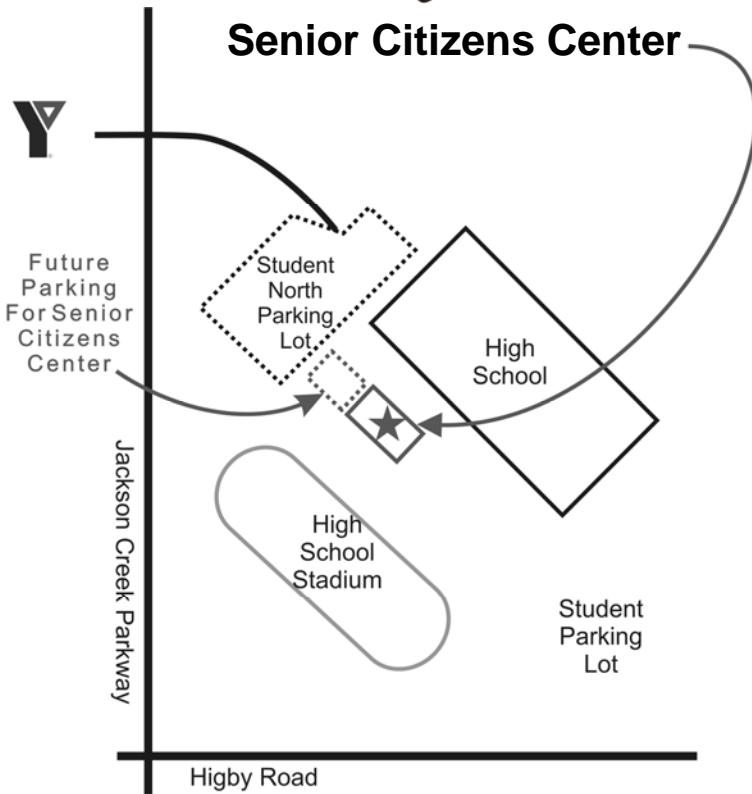
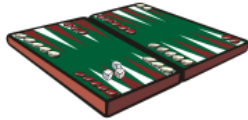
Visit us on the web at  
<http://www.TriLakesSeniors.org>

# The new Tri-Lakes Senior Citizens Center Lewis Palmer High School Modular Building Jackson Creek Parkway across from the YMCA



## IS NOW OPEN!

Initial hours: Monday – Friday, 1:00 – 4:00 pm



A preliminary schedule of events at the new center is listed below. Check our web site [www.TriLakesSeniors.org](http://www.TriLakesSeniors.org) for up-dates.

**Mondays** Bible Study is moving to the new center. Call Diane @ 488-0878

**4th Monday** 2 – 4 PM Bingo will restart hosted by Leroy - Prizes galore

**Tuesdays** 1 – 4 PM Pinochle hosted by Gerry

**Wednesdays** Open for suggestions - (YMCA class?) need host

**Thursdays** 1 – 4 PM Bridge hosted by Hope

**1st and 3rd Thursday** 2 – 4 PM Cribbage hosted by Richard

**Fridays** 1– 4 PM Poker hosted by Debbie

**3rd Friday** 1 – 3 PM Crafts by Irene

### And more to come!



**Also available anytime the Center is open:**

- ❖ Wii Video Games
- ❖ Refreshments

- ❖ PC w/ Internet Connection

- ❖ Lending Library
- ❖ Information Table

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.

Visit our website at [www.TriLakesSeniors.org](http://www.TriLakesSeniors.org).

**It's now official at 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. The building has been leased to the Tri-Lakes Fire Protection District for offices. Battalion Chief Bryan Jack recently said the District will have little need for the general purpose room, Additionally, he said the District would be making repairs and other improvements to the building.

**Want Ads**

**Free Ads in the "Beat"** for Tri-Lakes senior citizens. If you have something you want to sell or buy, looking for a job, 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.

**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.

**Local Businesses that offer Senior Discounts:**

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

**So, are YOU ready now?**

By Chuck Roberts

Many thanks to those of you who have volunteered to help expand the Tri-Lakes Senior Citizens Program. 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

## Strength Training: Why it is for you!

By Wendy Venturella

Strength training can conjure up pictures of heavy weights and bulging muscles, but that's not what I'm talking about here. Every physical move we make requires muscle power so it is logical that if we want to keep moving, we need to maintain muscle strength. Strength training should be a part of everyone's fitness plan.

Research has proven that older adults can derive many benefits from strength training. Research aside, I have personally seen numerous older adults gain strength, lose weight and increase their energy through regular strength conditioning. Being healthy just plain feels good! According to the American Senior Fitness Association, other benefits of strength training include decreases in lower back pain, decreases in arthritis pain, decreases in resting blood pressure, increases in bone mineral density, improved glucose metabolism and increased lean muscle mass. Those are just a few of the benefits that can have a major impact on our overall health. So, if I can decrease or prevent pain, lower my blood pressure, prevent osteoporosis and diabetes along with losing some fat, why not try it? The best news is that there is no age limit on when a person can begin strength training. What is important is that one learns to properly and safely perform the exercises.

Strength training can be done in many ways. You can strengthen your muscles by using just your body weight. Squats and leg lifts are good examples of this. You can use weights, but they do not need to be heavy weights. one pound dumbbells are a great place to start. If you don't have dumbbells, grab a couple cans of soup! Exercise tubes with handles or bands are great for strength training. You do not need to buy expensive equipment. If you prefer to use weight machines you can get a gym

membership but make sure you join one that will teach you how to use the machines safely.

Many gyms offer fitness classes that are designed to provide safe, effective and comprehensive exercises specifically for older adults and they include strength training. These classes are great for those new to exercise as well as those that have experience. Everyone is made to feel welcome and you just might make some great new friends!

You may remember from a previous article that some Medicare supplement insurances will pay for your gym membership if they offer the SilverSneakers™ program. If the gym is not for you, never fear – you can workout at home.

A good strength exercise video is *Safe and Strong*, by Cindy Kozack, that can be purchased from [www.maturefitness.com](http://www.maturefitness.com) (1-877-262-1525). They have a number of good fitness videos so browse through the different types.

The National Institute on Aging offers a free exercise guide and a 48-minute exercise video for just \$7. It is available at their web site: [www.nia.nih.gov/HealthInformation/Publications/exercise.htm](http://www.nia.nih.gov/HealthInformation/Publications/exercise.htm).

To get stronger, perform strength exercises a minimum of two times per week with 48 hours of rest between sessions. If you are currently doing some type of strength training – keep it up! If you haven't started yet, what have you got to lose? Think about what you could lose if you don't maintain muscle strength!

### Diane's Barter Corner

Call 488-0878

**Barter:** 40 gallon fish tank

**Wanted:** rake, shovel, planting tools, rocks, bricks, camping trailer good condition, plants, bulbs, bushes, planters, patio furniture, small utility trailer, camping equipment

## July Lunches

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

### Mondays and Thursdays

\$2 voluntary donation

11:30 AM at Monument Town Hall  
 No lunch served on first Thursdays.  
 Fresh fruit, cookie and skim milk included with every meal.



### Wednesdays

\$3 voluntary donation  
 11:30 AM at Big Red.

**July 2** – Barbeque pork chop, scalloped potatoes, corn, fresh fruit, cookie, bread

**July 6** – Beef burgundy, mashed potatoes, cauliflower, bread

**July 9** – Chicken cordon bleu, mashed potatoes with gravy, green beans, roll

**July 13** – Goulash, biscuit, winter blend

**July 16** – Baked ham, black-eyed peas, spinach, roll

**July 20** – Chicken pot pie, biscuit, asparagus

**July 23** – Roast beef, mashed potatoes and gravy, broccoli, roll

**July 27** – Pepper steak, mashed potatoes, mixed vegetables, bread

**July 30** – Baked chicken, mashed potatoes and gravy, spinach corn bread

**July 1** – Tuna salad w/sliced avocados on a croissant, plus fruit.

**July 8** – Pulled barbeque chicken sandwich and coleslaw.

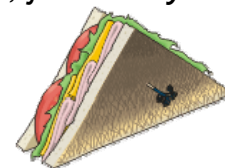
**July 15** – Meat loaf with twice baked potato and tossed salad.

**July 22** – Pulled barbeque pork sandwich and potato salad.

**July 29** – Spaghetti with meat sauce, garlic bread and Caesar salad (Nikki's specialty with a Greek accent!)

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

*Gluten-free available; just ask your server.*



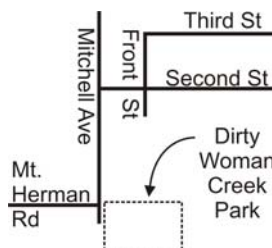
## Tri Lakes Senior Citizens Summer Picnic: Saturday July 25

*FREE sodas, hamburgers and hot dogs with all the fixins'!*



### Things to bring:

- ✓ Your potluck side dish
- ✓ Camping chairs
- ✓ Outdoor games
- ✓ Sunscreen, etc.



Dirty Woman Creek Park  
 11 - 3 PM

Please RSVP to Diane 488-0878  
 by Friday, July 17

## Arbor Mountain Update

Where in the world is Arbor Mountain? The active senior living community will be located east of I-25, between Highway 105 and Gold Canyon Road.

The project will consist of 42 apartments having two bedrooms, two baths, full kitchens and laundry facilities within 1,380 square feet. There will be nine 1,080 square foot apartments that have one large bedroom, 1½ baths, a full kitchen and laundry facilities. Six units will have 850 square feet, one bedroom, one bath, full kitchen and laundry facilities. All units will offer private patio or balcony space.

The building will offer a beauty and barber shop, a small self-serve grocery, chapel/movie theater, two story dining and gathering area, library, coffee shop with a large fireplace, trash service, and common laundry facilities for large items. An activity/exercise room and craft room will also be available, and the facility will be open to the public for reserved events.

Arbor Mountain also plans to offer a medical clinic within the building for residents and the public.

Reservations are now being accepted and a model unit will be available once construction begins. Informational meetings will begin soon in Monument.

Anyone interested in investment opportunities or wanting to reserve an apartment may contact Tim Irish at 402-680-2748 or Greg Wallace at 785-452-0313.

### Pinz Bowling Alley

**Tuesdays**, \$4 Senior Special of soup and sandwich with open bowling for \$1.50/line

**Texas Hold 'em** - Free

**Tuesdays** - 7 PM and 10 PM

**Sundays** - 3 PM and 6 PM



## THIS 'N' THAT

**Bingo:** Second Thursday of the month at Monument Town Hall after lunch. Held third Thursday if lunch isn't served on second Thursday. At the new Senior Citizens Center 4<sup>th</sup> Monday each month, 2 – 4 PM

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

**Arts & Crafts:** At the Senior Citizens Center 3<sup>rd</sup> Friday each month, 1 – 4 PM

**Learning Points Classes:** At Lewis Palmer High School. Pick up a brochure at the Wednesday lunch or Call Maria at 785-4224

**Senior Synergy:** Wednesdays at Monument Library 10 AM to noon. Come and meet with friends dedicated to empowering individual growth.

**Palmer Lake Historical Society:** Third Thursday of the month 7 PM at the Palmer Lake Town Hall.

**Blood Pressure Screening:** July 1<sup>st</sup> and 15<sup>th</sup> at Big Red, 11:30 – 12:30.

**Senior Alliance Thrift Store:** Open once again! Tuesday through Saturday, 10 AM – 4 PM. See map on the last page of this newsletter.

**Immunization Clinic for Children:** July 7<sup>th</sup> 1 – 5 PM at Tri-Lakes Cares. All ages under 21.

**Community Blood Drive:** July 21<sup>st</sup> at Tri-Lakes Cares; 3 – 7 PM.

**NO Low Vision/Macular Degeneration Support Group** in July.

**Tri-Lakes Senior Alliance Thrift Store**

...has re-opened! Everything you need (or want) at super prices.

Tuesday thru Saturday 10:00 am – 4:00 pm

Call 488-3495 to drop donations, schedule pickup at your home, or volunteer to help at the store.

West End Center  
755 Hwy 105

0.9 miles west  
from Safeway

Monument  
Town Hall

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

Tri-Lakes Senior Beat  
3245 Doolittle Road  
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