



Senior Citizens Center Grand Opening August 12

The grand opening of the *new* Senior Citizens Center is Wednesday, August 12, from 1 to 4 PM.

The Senior Citizens Center is located on the campus of Lewis-Palmer High School. (See a map on page 7 of this newsletter.)

The facility is made possible by a partnership between School District 38 and the Tri-Lakes Health Advocacy Partnership. An adjacent parking area reserved exclusively for senior citizens is being constructed by donations from Access Construction, Munsen Excavation, R Rock Yard, and Schmidt Construction Company.

The grand opening is jointly hosted by Lewis-Palmer School District 38 and the Tri-Lakes HAP. Refreshments will be provided, so come by and enjoy this new community resource.

Volunteers interested in assisting with the event should call Chuck at 661-3432 or email at cwroberts@comcast.net.

More information will be included on flyers available at the Senior Citizens Center, Big Red, the Chamber of Commerce, and on the internet at www.TriLakesSeniors.org.

Also In this Issue...

- ☞ Vaudeville Entertainment
- ☞ Senior Activities at the Y
- ☞ 2009 Rocky Mountain Chautauqua
- ☞ Future Senior Day Trips
- ☞ Family Legacy Workshop
- ...And much more!

Tri-Lakes Annual Health Fair

Mark your calendar! The annual fair is scheduled for Saturday, October 24.

This year Tri-Lakes Health Advocacy Partnership and the Tri-Lakes Chamber of Commerce are partnering with 9Health Fair to provide lab testing.



A 28 panel blood test will be offered that includes cholesterol, blood sugar, kidney and liver function tests, as well as many others. The cost is only \$30.

Other services offered at the fair include flu shots, vision screening, hearing tests, lung function testing, bone density testing, rheumatoid arthritis testing, nutrition counseling, and much more. Many of the services are free.

9Health Fair is a well-known organization throughout Colorado that has offered first class health fairs for more than 20 years. This is their first year serving the Colorado Springs area.

More information about 9Health Fair is available through their web site at www.9HealthFair.org.

Watch for more information about the annual health fair in the next edition of *Senior Beat*, and on the Tri-Lakes HAP web site, www.TriLakesHAP.org.

Vaudeville Entertainment

Ladies and gentlemen, step right this way, the show is about to begin!

I would like to personally invite you to the opening ceremonies of Chautauqua 2009.

The fun begins at the Village Green in Palmer Lake on Friday August 7th at 7 pm. with “Teddy Roosevelt” proclaiming the opening of the Rocky Mountain Chautauqua.

Immediately following the proclamation, a Vaudeville Show of high quality and great rectitude will be held in the Town Hall. A show for all ages! This show includes 13 acts to amaze and delight, featuring such talent as a trick roper, mandolin player, magician and, gasp—a belly dancer! *All for the outrageous 1900’s price of 25 CENTS!*

Don't miss this night of lively entertainment and remember...spittoons not available.

Local businesses that offer Senior Discounts

- Rotelli—15% discount
- Chili’s—10% discount
- Village Inn—Senior Menu
- 3 Margaritas—20% discount
- Arby’s—10% discount
- Big O Tires

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

Senior Activities at the Y

by Lisa Gray, Senior Coordinator

It has been a wonderful and busy summer here at the Tri Lakes YMCA and now it is time to start looking at plans for the fall season as well as ways to collaborate with the new Senior Center.



On Aug 15th we will begin registration for our “Line Dance” classes. This class is taught by world champion line dancer, Kaye Bryant, and will run in sequential four week sessions that will start September 1st. Each four week session will consist of eight classes at a cost of only \$15 for YMCA or Silver Sneaker members and \$20 for non-members.

Our Friday game days will start back on September 4th from 2 to 4 pm. During this time we will have lessons in mahjong, and bridge as well as games of canasta, and such.

There is no cost to participate in our game days and they are open to the entire community.

On October 7th from 9 am to 1 pm we will host our “Ladies Celebration Day” where we celebrate all the women in our community by having our gym filled with booths designed to inform and pamper. The booths will include haircuts, massage, eye brow waxing, acupuncture, chiropractic services, financial planning, handyman services, jewelry, candles, Christmas ideas and so much more!

Our Senior Program is continuously evolving and we sincerely want your input on how to make it fit your needs. Please contact Lisa Gray, Group Fitness and Senior Coordinator at 481-8728 ext 607 with any comments or ideas you may have.

Palmer Lake Historical Society Sponsors the 2009 Return of the Rocky Mountain Chautauqua Assembly



he Palmer Lake Historical Society is sponsoring a three-day return of the Chautauqua Movement to the Palmer Divide. The Chautauqua Movement, which came to Palmer Lake in 1886, was the first mass educational and cultural movement in the Nation's history. During the Chautauqua Movement (1874-1930), educators, speakers, and entertainers brought educational, cultural, and recreational programs to ordinary people in the Nation's non-urban areas. Nationwide, an estimated 45 million Americans attended Chautauqua Assemblies.

The "2009 Return of the Rocky Mountain Chautauqua Assembly" is a celebration of these important events in history. During the weekend of August 7-9, 2009, the Palmer Lake Community will remember the Chautauqua Assembly of long ago by recreating some of the events that may have taken place during that colorful period in our Nation's history.

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, an old-time church service, a dinner-theatre, box lunches accompanied by songs from the early 1900s, Model T and Model A classic cars, re-enactors depicting characters of the time, and much more.

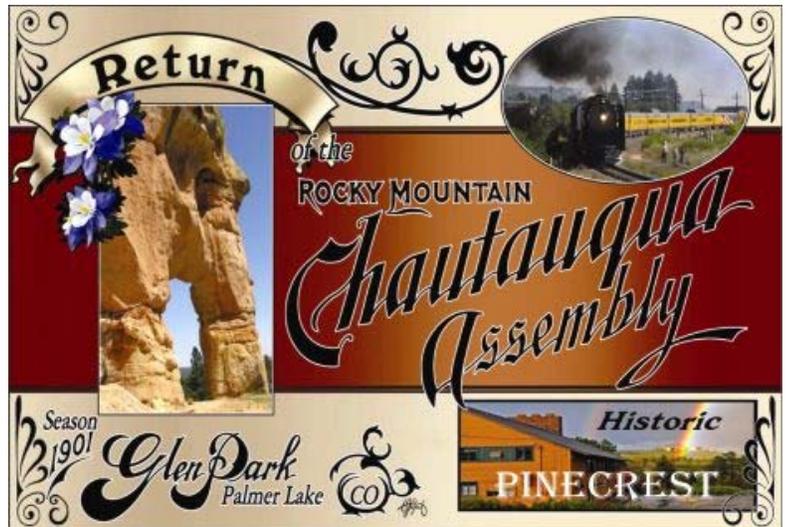
Many of these events will take place in the same locations they occurred over 100 years ago. The historic town of Palmer Lake was the site of the first Rocky Mountain Chautauqua Assembly in Colorado. Many of the Chautauqua participants from Colorado and around the country arrived at the railroad depot at the lake to join in the annual Assemblies. Nearby, in The Glen, remnants remain today from the time when the hillsides of Glen Park were covered with tents and small cabins of the Chautauqua participants.

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 www.palmerlakechautauqua.org.

WHEN & WHERE:

Opening Ceremonies: 7:00 pm, Friday, August 7 at the Palmer Lake Town Hall located off Highway 105 in Palmer Lake, Colorado.

Closing Ceremonies: 3:00 pm, Sunday, August 9 at the Pinecrest Event Center in The Glen at Palmer Lake.



Family Legacy Workshop

What is a *Family Legacy*?

Each of us has a story from our ancestors or even our own story to tell. If these stories are unwritten, then how are your children going to know of their heritage? It's up to us to write these experiences down.

The Monument Branch of the Pikes Peak Library District is sponsoring a Family Legacy Workshop, taught by author Linda Weaver Clarke, to teach how to turn your family history into a variety of interesting stories. She is an author of several books and short stories; and she tours the country teaching the importance of Family Legacy.



Make your ancestors come alive on paper while learning the most important elements of writing.

This *free* workshop will be offered at the Monument Branch Library, Friday, August 28, 3 to 5 PM. Advance registration, by calling 488-2370, is recommended.



Future Senior Day Trips

We're currently planning some future day trips and need your feedback on what might interest you. The following ideas have already surfaced.

- Theaterworks' *Return to the Forbidden Planet*. A "goofy musical with Shakespearean overtones" by Bob Carlton. It will play in a club-like setting where drinks will be served and dancing very much encouraged. Friday, Aug 14, 8 PM.

**An Old Fashioned
Ice Cream Social
and
Barbershop Chorus**

**Saturday, August 8
1:30 - 3:00
Village Green in Palmer Lake**

**Free Rock House
Ice Cream!**

**Made possible by
Tri-Lakes
Friends of the Library**

- Open house of the Pikes Peak Historical Street Railway Foundation at the Pikes Peak Trolley Museum on Saturday, August 22.
 - Fire and Ice Magic Show. A magical journey of a martial arts master who struggles with his corrupted student through a twisted web of illusions, combining mind reading, predictions and martial arts exhibitions weaved into a great story line of a magical play. Saturday, August 22, 6-8 PM.
 - Tour Glen Eyrie. A wheelchair-accessible 90 minute tour of the castle (\$6) on a Saturday afternoon, followed by an optional (\$15) afternoon tea, including scones, assorted cheeses, truffles, and other fresh fruit snacks.
- Please provide your feedback on these, or other ideas, to Chris Ward, (719) 351-7641 or by email at chris.wardb@gmail.com.

August Lunches

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

Mondays and Thursdays

11:30 AM at Monument Town Hall.

\$2 voluntary donation

No lunch served on the first Thursday or on Thursday, August 27.

Tuesday, August 4 – Polish sausage, scalloped potatoes, cabbage and carrots, apricots, rye-bread, skim milk.

Thursday, August 6 – No meal served.

Tuesday, August 11 – Broccoli cheese soup, chicken salad sandwich on bread, tossed salad with lite dressing, fresh orange, and skim milk.

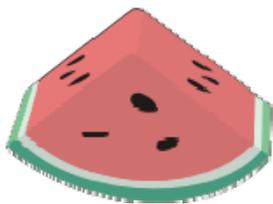
Thursday, August 13 – Roast beef, mashed potatoes, spinach, fresh apple, cookie, roll, and skim milk. Bingo follows lunch.

Tuesday, August 18 – Bean soup, chefs salad with chicken and cheese, lite dressing, mandarin oranges, breadstick, skim milk.

Thursday, August 20 – BBQ chicken, pinto beans, green beans, fresh pear, cookie, roll, and skim milk.

Tuesday, August 25 – Chicken ala king, rice, lima beans, pineapple, bread, and skim milk.

Thursday, August 27 – No meal served.



Wednesdays

11:30 AM at Big Red

\$3 voluntary donation



August 5 – Pork tenderloin w/applesauce and roasted potatoes

August 12 – Roast Turkey

August 19 – Sweet Italian sausage with peppers and onions in a tomato sauce with coleslaw and chips.

August 26 – Stuffed pork chop with green beans and applesauce.

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

Gluten-free portions available for each entree. Ask your server.

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

Pinz Bowling Alley

Tuesday Senior Luncheon Special:
\$4 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!*



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 Senior Citizens Center 4th Monday of each month, 2–4 PM.

Arts & Crafts: At the Senior Citizens Center 3rd 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

Community Blood Drive: Tuesday, September 15th at Tri-Lakes Cares; 3–7 PM.

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

Dental Clinic: Friday, September 18, 8 AM to 5 PM, by appointment. Call Jackie at (719) 488-4864 ext. 23.

Blood Pressure Screening: August 19th only, at Big Red, 11:30 – 12:30. *(No screening Wednesday, August 5.)*

Immunization Clinic for Children: July 7th 1–5 PM at Tri-Lakes Cares. All ages under 21. Please remember to bring the child's shot record.

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

Low Vision/Macular Degeneration Support Group Thursday, August 20th at Tri-Lakes Cares.

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.
- Seniors requesting rides - call **488-0076**.
- Interested volunteer drivers, who receive a mileage reimbursement - 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 Wal-Mart.
- Passenger pickup begins at 9:30 a.m. at your home. Call 481-3540 or 488-0076.

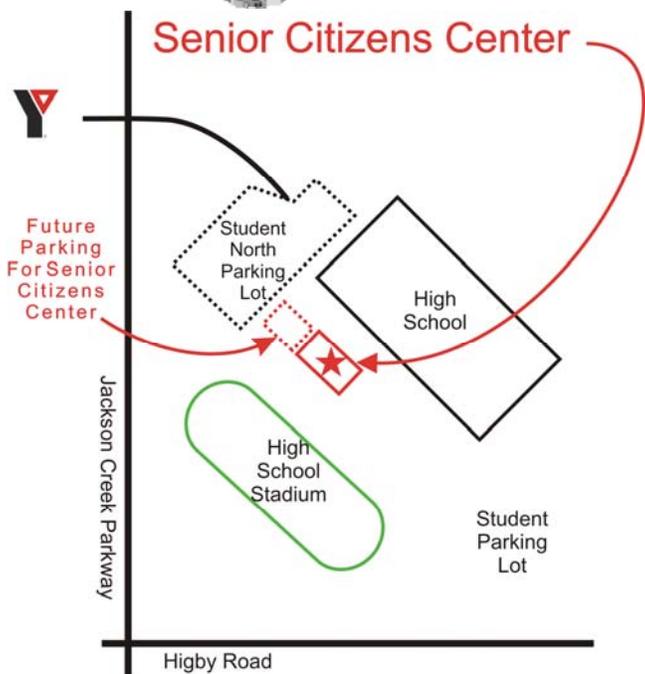
Program Volunteers Needed

Tri-Lakes HAP is seeking a volunteer registered nurse to oversee the popular Foot Clinic program. A volunteer is also needed to oversee the Domestic Violence Prevention Initiative. If interested, please contact Jackie at (719) 481-4864, ext. 23.

The new Tri-Lakes Senior Citizens Center

Lewis Palmer High School Modular Building

Jackson Creek Parkway across from the YMCA



A preliminary schedule of events at the new center is listed below. Check our web site www.TriLakesSeniors.org for updates.

Mondays 1 – 4 PM Bridge hosted by Hope

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

Tuesdays Noon – 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 when 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.

Want Ads

Free Ads in the “Beat” for Tri-Lakes senior citizens. If you have something to sell or buy, are looking for a job, or anything else you would like to advertise, send a draft of your ad to Chuck at cwroberts@comcast.net. We will run your ad for free in one issue of the Senior Beat. The Beat currently goes to almost 300 Tri-Lakes senior households. If you want to run your ad in multiple issues, email the ad to Chuck each month.

Tri-Lakes Senior Alliance Thrift Store

August Specials
 August 4 - 8: "Man Stuff"—25% off tools, hardware, power equipment, camping items, etc.
 August 11 - 15: "Middle Stuff"— 50% off furniture, tables, dressers, small appliances, china cabinets, etc.
 August 18 - 22: "Glassware"—50% off dishes, cups, glasses, trinkets, etc.
 August 25 - 29: "BIG END OF SUMMER SALE"— 25% off everything!

0.9 miles west from Safeway

West End Center
755 Hwy 105

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

Monument Town Hall

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

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
 Monument, CO 80132