

New Senior Citizens Center Opens

Tri-Lakes senior citizens now have a new facility to enjoy. A modular building located next to the Lewis-Palmer High School stadium is home to the Tri-Lakes Senior Citizens Center.

In the presentations prior to the ribbon cutting at the grand opening, Dr. Raymond



Chuck Roberts for Tri-Lakes HAP and Dr. Raymond Blanch for School District 38 share the honor of officially opening the new Senior Citizens Center.

Blanch, superintendent of Lewis-Palmer School District 38, emphasized the importance of the school district being a part of the community, and by opening this facility to area senior citizens the school district is helping to build stronger bonds between the younger and older generations.

(Continued on page 2)

Private Tour: Glen Eyrie Castle

Saturday, September 26th

Nestled in the foothills near the Garden of the Gods is the castle of Glen Eyrie. It began as the estate of William Jackson Palmer, and was later converted to a castle in the early 1900's.

Join us as we take a trip back in time to explore and learn about this magnificent castle. This is a wheelchair accessible event (elevators available).

Meet at Big Red at 9 AM

Bus departs 9:15 AM

Tour starts at 10:00 AM

Duration: 1.5 hours

This tour costs \$9.00 per person (scholarships available, call Chuck at 661-3432). Sign up and full payment is due not later than September 17th. Take your payment to Access Construction at 835 South Highway 105, Suite B, Palmer Lake. At least 10 people must sign up by September 17 or the trip will be canceled.

Also in this issue...

- ★ Tri-Lakes Annual Health Fair
- ★ Lunch meal menus
- ★ Senior Center Schedule of Events
- ★ Arbor Mountain Update
- ★ Share Your Story With Students
- ★ YMCA Fall Program for Seniors

... **And more!**

Tri-Lakes Annual Health Fair

Mark your calendar! The annual health fair is scheduled for Saturday, October 24, 7 AM to 1 PM at the Tri-Lakes YMCA.

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 October edition of *Senior Beat*, and on the Tri-Lakes HAP web site, www.TriLakesHAP.org.

...Senior Center continued from page 1.

The opening ceremony was attended by more than 100 senior citizens. Also participating in the ceremony were local dignitaries, including Travis Easton, Monument mayor; John Cressman, Palmer Lake mayor;

Dave Van Ness, Tri-Lakes Chamber of Commerce executive director; and Mark Ennis, Tri-Lakes Health Advocacy Partnership board president.

The 4000 square foot facility was officially opened on August 12. Four spacious rooms provide ample space for a lounge, game room, crafts room, lending library, computers and more.

The structure was originally used as overflow classroom space for the crowded high school. After Palmer Ridge High School opened in 2008 the facility became surplus to the school and was offered under a partnership agreement to Tri-Lakes Health Advocacy Partnership for a Senior Citizens Center. The partnership agreement is to encourage inter-generational interaction with students, and encourage volunteering and participation of senior citizens in District activities.



The Center has been developed entirely through donations and contributions from several area businesses and individuals. Major contributors include Access Construction, Black Hills Energy, R Rock Yard, and Recycled Aggregate Products Co.

The center has parking reserved for senior citizens directly in front of the building.

BARN HELP NEEDED

CARE FOR 3 HORSES—feeding, manure, tank, etc. Requires a few hours a week; ideal for a student or senior citizen. Must be able to lift 25 pounds regularly and 50 pounds occasionally. Canterbury subdivision. 488-3263

YMCA Classes for Seniors

Monday & Wednesday

- 9:00 am Aqua Aerobics I
- 10:15 am *Total Body Workout (toning with weights)
- 11:15 am Pilates Matwork (gentle poses)
- 1:00 pm *Silver Sneakers Cardio (cardio & weights)

Wednesday Only

- 5:30 pm *Drums Alive (options offered for high & low cardio)

Tuesday & Thursday

- 8:30 am *Silver Sneakers Cardio (cardio & weights)
- 9:30 am Silver Sneakers MSROM (easier paced; use chair most of class)
- 9:30 am Aqua Aerobics I
- 9:30 am Arthritis Foundation Aqua Program

Thursday Only

- 11:30 am *Pilates Fusion (gentle movements dance, yoga & Pilates)

Friday

- 9:15 am Pilates Fusion
- 9:30 am Aqua Aerobics II (more cardio and weights than level I)
- 10:15 am Strength Training (weight training no cardio)
- 11:15 am *AOA (Active Older Adult combines cardio & weights)

Saturday

- 9:30 am Aqua Aerobics II

Sunday

- 2:30-3:45 pm Gentle Yoga
- 4:00 pm *Zumba Dance

** A more physically advanced program, but still geared for seniors or easily modified to meet most physical conditions.*

Arbor Mountain Update by Max Williams

The Arbor Mountain Senior Living Center is on track and we will submit plans for permit review to Regional Building Department very soon.



The struggle right now is getting the financial side put together. Investors are difficult to find in this financial climate and we are diligently contacting as many as possible. If you are interested in investing with the project, please call Max Williams at 719-481-3215.



Lunch and Learn

Tuesday September 22, Tri-Lakes YMCA

Come join wellness expert Dr. Brandon Livingood for an informative discussion on topics including pain management, healthy aging and affects of lifestyle. During this open discussion Dr. Livingood will show you simple, effective techniques to help change your health and change your life!

Share Your Story With Students A Call for Volunteers

Lewis-Palmer School District is looking for senior citizens and other volunteers who would like to share their knowledge of history with students in a discussion series called, "I Witness History".

Adults with first-hand knowledge of historical, cultural, and social issues of the past are encouraged to submit their interest areas to the District. They'll be included in discussions with students about those turning points in our history. Examples of discussion areas that are part of student studies include but are not limited to:

- ★ The Great Depression
- ★ World War II
- ★ Korean War
- ★ Civil Rights Movement
- ★ Tri-Lakes Region History
- ★ World Cultures

Volunteers won't be expected to lead a class, just answer student questions and offer a unique perspective from an eyewitness viewpoint. Sign-up sheets are available at the Tri-Lakes Senior Center, online at the D-38 web site, lewispalmer.org, by sending an email request to info@lewispalmer.org, or by calling 785-4224.



Transportation

Transportation for Tri-Lakes & surrounding area seniors 60+ is provided free by the 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 (mileage reimbursement provided) - 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 488-0076.

FOR SALE

3 Herman Miller chairs (Charles Eames, designer) priced separately or all 3 for \$300; sturdy 6 foot dining table; chicken-theme items; limited edition Lowell Davis Plate \$25; rooster-hen figurines; fabric chair covers; dishes for 4; Christmas decorations; lamps; table clothes, men's overcoat; plaques and miscellaneous; 25¢-50¢ basket of items.

Antiques: Mill Stream Johnson Bros. dishes made in England – 2 sets: one set of 8, and one set of 4. \$750 for both (same pattern); four hand painted Staffordshire plates \$35 each; very old phonograph records; many books, some in 1890's; ladies hats and aprons; linens; fabric; wall hanging, comforter, kitchenware, tin ware; picture frames \$1 each; much miscellaneous.

Choose a free item with a purchase from: 1980's sports magazines and books of that era, vacation brochure and maps from 1960's through 1990's, various old news ads and articles.

Seen by appointment only; weekday afternoons. Phone 488-0649. Location 235 South Valley Road, Palmer Lake. (Cash or cashiers checks only; no personal checks)

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

YMCA Fall Programs *by Lisa Gray*

September is the start of our fall programs at the YMCA as well as a new schedule with some exciting classes designed to meet a large variety of interests.



Registration for our “**Line Dance**” classes begins Sept 1st with the actual classes running every Tuesday and Thursday from 2-3 pm for 4 weeks beginning Sept 22nd. This class is taught by world line dance champion, Kaye Bryant, and has a small fee of \$2 per class (\$16 for entire 4 week session) for YMCA members and \$3.50 per class (\$28 for entire program) for non members.

The YMCA has won a contract to provide a brand new program in Colorado called “**Matter of Balance**”. This program is designed to help bring quality of life back to people who have either had a fall or have a great fear of falling. Falling is one of the principle precursors of death for people 65 and

over which makes this an enormous concern for most of our seniors. The Matter of Balance program is completely free and all personal information is confidential. Classes will run on Tuesdays and Thursdays from 2-4 pm for four weeks beginning Sept. 15th and completing Oct. 8th. In order to keep the intimacy of the group it is limited to not more than 12 people. For more information or to register for this program please contact Lisa Gray at 481-8728 ext. 607.

Upcoming events: October 7th is our second annual “**Ladies Celebration Day**” and like last year this day is meant to be a day of complete and total pampering for the busy women of our community. Hair, nails, brow waxing, massage, reflexology, chiropractic services, clothing, financial advice, candles, jewelry, holiday ideas and so much more are all part of this *free* event that is open to both members and non-YMCA members, so make sure you put it on your calendar!

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 3rd Wednesday each month, 1–3 PM.

Arts & Crafts: At the Senior Citizens Center 3rd Friday each month, 1–3 PM.

Learning Points Classes: At Lewis Palmer High School. See a class listing and register on the web site at <http://learningpoints.lewispalmer.org>

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

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: Sept. 2 and 16, at Big Red, 11:30 – 12:30.

Immunization Clinic for Children: Tuesday, October 6th 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, September 17th 1 to 2 PM at Tri-Lakes Cares.

September 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

Thursday, September 3 – No meal.

Monday, September 7 – No meal.

Thursday, September 10 – Baked chicken, mashed potatoes, California blend vegetables, fresh fruit, cookie, roll, skim milk. Bingo follows lunch.

Monday, September 14 – Bratwurst, boiled potatoes, red cabbage and apples, fresh fruit, cookie, rye bread, skim milk.

Thursday, September 17 – Baked ham, sweet potatoes, broccoli, cookie, fresh fruit, roll, skim milk.

Monday, September 21 – Sweet & sour pork, rice, broccoli, egg roll, fresh fruit, skim milk.

Thursday, September 24 – Roast beef, mashed potatoes with gravy, mixed vegetables, fresh fruit, cookie, roll, skim milk.

Monday, September 28 – Beef & noodle casserole, broccoli, fresh fruit, cookie, bread, skim milk.

Are you receiving the *Senior Beat* in the mail each month? This monthly publication of the Tri-Lakes Health Advocacy Partnership is free to Tri-Lakes area senior citizens. Don't miss future issues; to subscribe, call Chuck at 661-3432, or send an email with your name and mailing address to: SeniorBeat@TriLakesSeniors.org

Current and past issues are available electronically, in pdf format, from our web site at www.TriLakesSeniors.org.



Wednesdays

11:30 AM at Big Red

\$3 voluntary donation

September 2 – Ham, scalloped potatoes and million dollar salad

September 9 – Beef brisket with garlic mashed potatoes and tossed salad

September 16 – Meat loaf with twice baked potato and tossed salad

September 23 – Roast turkey breast with gravy, cranberries and mixed veggies

September 30 – Pork tenderloin with applesauce and roasted potatoes

Rolls and butter served with each meal except sandwiches; dessert included.

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

*Big Red meals are provided by
Pinecrest Catering, Palmer Lake.
Nikki McDonald, Executive Chef.
481-330*

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!*



Senior Citizens Center

Lewis Palmer High School Modular Building across from the YMCA

Open Tuesday Noon to 4 PM; Other weekdays 1 to 4 PM; Closed weekends and holidays



Program Schedule

Check our web site
www.TriLakesSeniors.org
 for schedule updates.

Mondays 1 – 4 PM Bridge (*tentative*) hosted by Hope

Tuesdays Noon – 4 PM Pinochle hosted by Gerry

Tuesdays 2 – 4 PM (*starting September 15*) Matter of Balance hosted by Lisa

Wednesdays 1– 3 PM Jazzercise Lite hosted by Julie

3rd Wednesday 1 – 3 PM Bingo hosted by Leroy. Prizes galore!

4th Wednesday 1 – 3 PM Name That Tune and Sing Along hosted by Mary. Prizes galore!

Thursdays 1 – 4 PM Bridge hosted by Hope

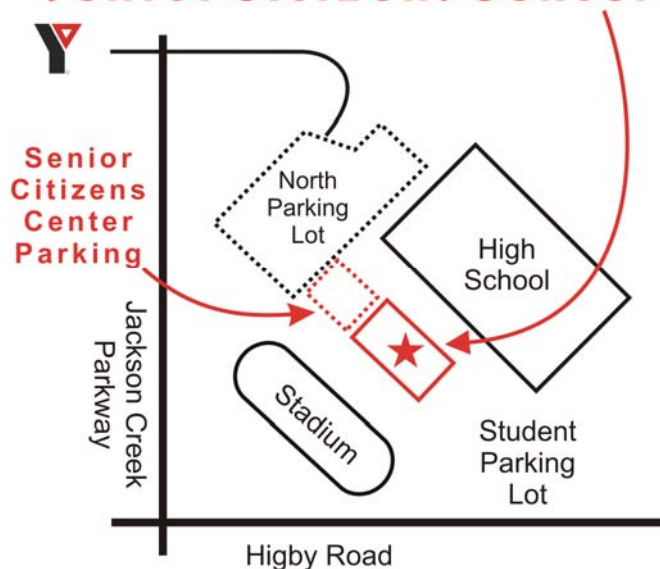
Thursdays 1 – 4 PM Pinochle hosted by Gerry

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

Fridays 1– 4 PM Poker (*need host*)

3rd Friday 1 – 3 PM Crafts by Irene and Mary

Senior Citizens Center



Also available when the Center is open:

- ❖ Wii Video Games
- ❖ Refreshments
- ❖ PC w/ Internet connection
- ❖ Lending library
- ❖ Information table
- ❖ TV's with cable connection



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.

Free Ads for Senior Citizens

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, send a draft 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 almost 300 Tri-Lakes households. If you want your ad in multiple issues, just send us email with your ad in advance of each month it is to run.



The Senior Beat is a free monthly newsletter provided by the Tri-Lakes Health Advocacy Partnership. To subscribe, call Chuck at 661-3432 or send your name and mailing address by email to SeniorBeat@TriLakesSeniors.org



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c/o Tri-Lakes Health Advocacy Partnership
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