



Senior Beat

October 2009

Tri-Lakes Annual Health Fair: Saturday, Oct 24

Tri-Lakes Health Advocacy Partnership, the Tri-Lakes Chamber of Commerce, and 9Health Fair have teamed up to present the Tri-Lakes community with a significantly expanded level of health services this year.

On Saturday October 24th, the Tri-Lakes Annual Health Fair will offer, in addition to the normal flu shots, blood pressure tests, vision and hearing screenings, a comprehensive blood chemistry screening for only \$30. Several other low cost and free medical screenings will also be available. For a complete list of services offered contact the Tri-Lakes Chamber of Commerce at 481-3282. For best results, fasting is recommended for those doing the blood chemistry screening.



In addition to sending you the blood screening results, the readings will be maintained on a permanent basis and establish baselines for future year comparisons. The results should also be filed with your personal physician. You will be promptly notified should any readings require urgent medical treatment.

An additional partner is the Tri-Lakes YMCA where the Fair will be held from 7:00 AM to 1:00 PM. Parking will be in the northwest Lewis Palmer High School parking lot, across the street from the Y. Shuttle service will be provided to and from the Y.

Numerous financial supporters and volunteers make this event possible. **If you wish to participate and add you name to the list of benefactors contact the Tri-Lakes Chamber at 481-3282.** Your cash gift or volunteer services will be greatly appreciated.

Generous Local Support Helps Furnish Senior Center

It was just over a month ago that the Tri-Lakes Senior Citizen Center had its grand opening on the Lewis Palmer High School Campus. Although open for use, the center was in need of furnishings to fill large empty rooms for the seniors who use it on a regular basis.

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... And more!

Tri-Lakes YMCA Programs for Seniors

The fall season has officially kicked into gear with leaves changing colors, temperatures cooling off and even our first dusting of snow.

Here at the Tri Lakes YMCA we have lots of opportunities to keep you both active and warm. Each week we offer seven **Silver Sneaker** exercise classes, eight **aqua aerobic** classes along with multiple **yoga** and **Pilate's** formats and **Zumba** dance classes at no additional charge from our basic YMCA membership dues.

Beginning October 14th from 11:30 am-12:30 pm we will hold weekly **Line Dancing** classes taught by world champion dancer, Kaye Bryant, every Wednesday for six weeks. This is a specialty class with a small fee of \$18 for YMCA members and \$24 for non members.

Our first **Matter of Balance** workshop has been a great success and a waiting list has



already begun for our second session which will start October 13th. As we age the chance of having a debilitating fall increases, be it because of physical issues, medication or carelessness on our own parts. Out of this knowledge a fear can begin that causes us to change our lives in negative ways, feel as though we don't have control over our circumstances and frequently brings on depression and low quality of life. This workshop

is designed to combat the fear of falling and help individuals to feel empowered to take back the control of their lives. It will run every Tuesday and Thursday over four weeks from October 13th though November 5th from 2 pm until 4 pm. It is completely free to all participants and we will offer delicious, healthy snacks. For more information or to register for this program please contact Lisa Gray at (719) 481-8728.

Senior Center (continued from page 1)

Thanks to All About Home, the center is quickly filling those large rooms previously devoid of wall hangings, seating, shelves and other amenities into a warm, inviting environment. We want to acknowledge and sincerely thank All About Home for their generosity and support. The generous donations of lamps, furniture, shelves, wall hangings and decorative items have warmed the previously Spartan environment into a warm and welcoming atmosphere. Community seniors can now enjoy visiting, playing games, reading books, using computer resources or just plain relaxing in a comfortable "homey" atmosphere.

Only through the generosity of supportive local businesses like All About Home can

community activities such as the Tri-Lakes Senior Citizen Center continue to operate in the Tri-Lakes area.

Please thank them personally next time you visit and please keep them in mind when you need furnishings for your personal home or business. One good turn deserves another.

\$2000 Contribution Received

Tri-Lakes Health Advocacy Partnership Senior Alliance program recently received a generous \$2000 contribution from the Monument trustees.

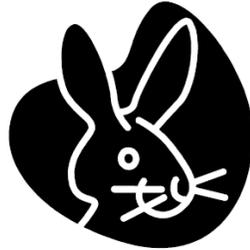
Tri-Lakes HAP board president, Mark Ennis, said this donation will help HAP meet the increasing demands on the many senior programs offered to the area seniors.

Lewis-Palmer School District 38



Harvey

Mark your calendar for *Harvey* on October 22, 23, and 24, and discover why *Harvey* is one of America's most popular and beloved plays!



Palmer Ridge Drama presents the 1945 Pulitzer Prize-winning story of the affable Elwood P. Dowd and his invisible friend, a 6-foot-tall rabbit.

The presentation will be at 7 PM each night in the school auditorium.

Tickets will be sold at the door prior to the show; or you can purchase advance tickets by calling 1-866-967-8167, or order tickets through the Palmer Ridge High School web site, <http://prhs.lewispalmer.org> (Select the "Announcements" tab in the left margin, then look for the link to purchase advance tickets for *Harvey*.)

Come laugh with us and enjoy one of the most successful comedies ever written!

A Witness to History

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 later 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

Volunteers won't be expected to lead a class, just answer student questions and offer a unique perspective from an eye witness viewpoint.

Sign-up sheets are available at the Tri-Lakes Senior Center, or send an email request to info@lewispalmer.org, or call 785-4224.

Community Movies

Join D-38 for community movie nights at Palmer Ridge High School! Shows run every first Friday and second Saturday of the month at 7:00 in the PRHS auditorium.

The first Friday is a general family movie, and the second Saturday movie is chosen by public vote. It's a great chance to see your favorites on the big screen or entertain grandchildren without a long drive! Donation of \$3 per person at the door.

To see what's showing and to vote for the next feature, visit the Palmer Ridge High School web site (prhs.lewispalmer.org) then select the Community tab at the top of the page and click Movie Nights; or call 785-4224.

Pikes Peak Library District Adult Programs



All Pikes Peak Reads Rocket Boys

Every year the Pikes Peak Library District chooses a book and encourages the entire community to read it and participate in the related activities going on at the library. This year the selection is Rocket Boys by Homer Hickam, Jr.

This is a memoir about a young man growing up in a small coal mining community during the late 1950's when Russia launched "Sputnik" and sparked a nationwide race into space. Come to the library and check out this book—everyone is reading it!

The movie, "October Sky," was inspired by the book. Mark your calendars for Friday, October 9 at 2 p.m. to enjoy the showing of this excellent film.

Socrates Café

This adult group discusses philosophy, religions, spirituality, and the common threads among humanity. Call 488-2370 for more information. Tuesdays at 1 p.m. at the Monument Branch.

Senior Synergy

All seniors are welcome to share conversation and a cup of coffee in this casual discussion group. Wednesdays at 10 a.m. at the Monument Branch.

Life Circles

Are you are interested in preserving your family stories, but lack a starting point? A supportive writing group can provide the discipline, inspiration, and structure you may need to accomplish such an invaluable contribution to your family archives. To participate, register at the desk or call 488-2370. First and third Mondays from 10:30 - 11:30 a.m.

History Buffs

Every month this group picks a period of history and members read any book of their choice from that time period. Expect a lively discussion about the era. Wednesday, Oct. 28 at 1 p.m. at the Monument Branch.

Monumental Readers

New members are welcome and no registration is required at the monthly book club. This month's selection is People of the Book, by Geraldine Brooks. Friday, October 16 at 10 a.m. at the Monument Branch.

AARP Mature Safe Driving Program

A driver refresher course specially designed for motorists age 50 and older. Graduates may present their course completion certificate to their insurance agents for a discount. Charge for the eight-hour course is \$12 for AARP members and \$14 for non-members. Class size is limited and registration is required. Saturday, Oct. 17 from 9:30 p.m. - 5:30 p.m. at the Monument Branch.

Volunteers Needed!

Do you have a few hours a month to spare? Why not consider giving those extra hours of your time to help the Tri-Lakes area seniors?

Tri-Lakes Senior Alliance needs a volunteer to run our Day Tour program. A volunteer is also needed to support the new Senior Center.

If you're interested in either of these programs or would like more information about these opportunities, please contact Chuck at 661-3432.

Glen Eyrie Castle Tour

Following Jerome's trip safety brief, our 24 member senior group left "Big Red" promptly at 9:15 AM on our journey to tour the renowned Glen Eyrie Castle.

On this beautiful autumn day we arrived mid morning at the nondescript, immaculately maintained grounds of the Castle. Mr. Upton, our tour guide, greeted us immediately upon arrival and escorted us to the 3rd floor briefing room for a short introduction and 15 minute video featuring a history of General Palmer, his family, and the Glen Eyrie Castle and grounds. Mr. Upton then gave us a most informative and interesting tour of the Castle depicting special points of interest throughout the tour.

Our grand tour ended at the Carriage House, which houses a refreshment center, bookstore and Glen Eyrie mementos available to visitors.

Kudos to Chris Ward and Tri Lakes HAP's sponsorship of this delightful tour.

It's A Halloween Party!

Tri-Lakes Center for the Arts is presenting a Halloween party featuring the music of **Latigo**, a rockin' country band that plays all your favorite hits. Bring your dancing shoes and wear your best Halloween costume. Great prizes will be awarded for the best costumes. Watch for more news of this awesome event in the days ahead.

17th Avenue Allstars

This group of talented performers has been recognized as one of the bright stars of contemporary a cappella since their beginnings in Denver over a decade ago. Whether they are performing their award winning Pop Music Show at a family concert, a large scale music festival, or a corporate party, the Allstars go the distance to create a completely entertaining and astounding musical experience for their audience!



The 17th Avenue Allstars are three time Western Regional A Cappella winners and achieved top honors in 1993 as National A Cappella Champions at the Harmony Sweepstakes, the "super bowl" of a cappella competition. The group's soulful renditions of popular music cover a wide variety of musical styles and span five decades of hits.

Their one performance is Saturday, October 24, 2009, at 7:30 pm at the Tri-Lakes Center for the Arts, located at 304 Colorado Hwy 105, Palmer Lake. Doors open at 7:00 pm. Tickets are \$12 for TLCA members and \$15 for non-members (\$15 and \$18 at the door) and are available at Covered Treasures Bookstore (719-481-2665) in Monument and The Wine Seller (719-481-3019) and TLCA (719-481-0475) in Palmer Lake.

October Lunches

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

Mondays and Thursdays

11:30 AM at Monument's old town hall
\$2 voluntary donation

Thursday, October 1 – Roast turkey, mashed potatoes & gravy, harvard beets, fresh fruit-banana, roll.

Monday, October 5 – Goulash, lima beans, fresh fruit-apple, bread.

Thursday, October 8 – Baked chicken, stuffing w/gravy, spinach, fresh fruit-orange, roll. ***Bingo following lunch.***

Monday, October 12 – Beef tips w/gravy, rice, broccoli, fresh fruit-pear, bread.

Thursday, October 15 – Swiss steak, mashed potatoes, peas and carrots, fresh fruit-apple, biscuit.

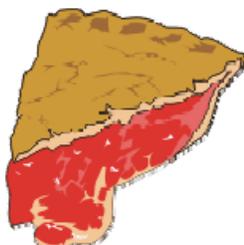
Monday, October 19 – Beef chow mein, rice, mixed vegetables, fresh fruit-orange, bread.

Thursday, October 22 – Roast beef, mashed potatoes w/gravy, green beans, fresh fruit-apple, roll.

Monday, October 26 – Cabbage casserole, biscuit, carrots, fresh fruit-pear.

Thursday, October 29 – Pork roast, gravy, mashed potatoes, spinach, fresh fruit-orange, biscuit.

Each meal includes a cookie and skim milk.



Wednesdays

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

October 7 – Ham, scalloped potatoes and million dollar salad.

October 14 – Pork tenderloin with applesauce & roasted potatoes.

October 21 – Roast turkey breast with gravy, cranberries and mixed vegetables.

October 28 – Beef brisket w/ garlic mashed potatoes and tossed salad.

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

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

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

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!*



Senior Citizens Center

Lewis Palmer High School Modular Building across from the YMCA

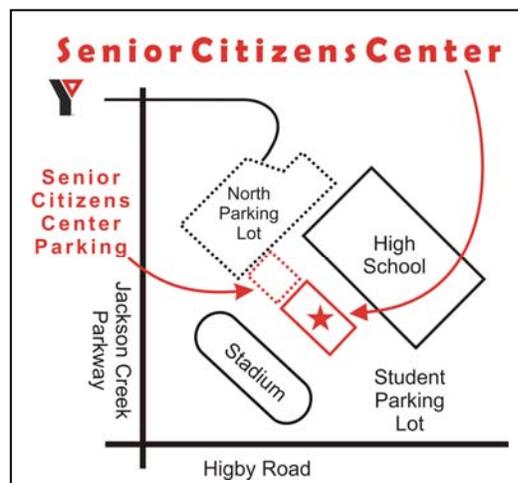
Open Tuesday Noon to 4 PM; other weekdays 1 to 4 PM. Closed weekends and holidays.

Program Schedule

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



- Mondays** 1 – 4 PM Bridge (*tentative*) hosted by Hope
Mondays 1 – 4 PM Crafts (*starts Oct 12*) hosted by Jan
Tuesdays Noon – 4 PM Pinochle hosted by Gerry
Tuesdays 2 – 4 PM Matter of Balance hosted by Lisa
Wednesdays 1– 2 PM Line Dancing hosted by Kay
3rd Wednesday 1 – 3 PM Bingo hosted by Curt. Prizes!
4th Wednesday 1 – 3 PM Name That Tune and Sing Along hosted by Mary. Prizes!
Thursdays 1 – 4 PM Bridge hosted by Hope
Thursdays 1 – 4 PM Pinochle hosted by Gerry
Thursday 2 – 4 PM Matter of Balance hosted by Lisa
Fridays 1– 4 PM Poker (*Sign up now! Need host*)
3rd Friday 1 – 3 PM Crafts hosted by Irene and Mary



Also available:

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

Free *Senior Beat* subscriptions

Don't miss another issue of the *Senior Beat*. Sign up now to receive your free subscription to the *Senior Beat*. Just call Carolyn at 488-1078, or send an email with your name and mailing address to SeniorBeat@TriLakesSeniors.org. Each issue will then be delivered right to your mailbox. And why not sign up a friend, too?

Interested in Mahjong National? If so, please contact Joann Temkin at 487-8732

The Tri-Lakes Senior Citizens Program is a collaboration of the Tri-Lakes Senior Alliance, Lewis-Palmer School District 38, Tri-Lakes YMCA, the towns of Monument and Palmer Lake, Tri-Lakes Cares, and local businesses.

Free Advertising 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, just 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 an email with your ad in advance of each month it is to run.

Senior Beat

Tri-Lakes Senior Beat
c/o Tri-Lakes Health Advocacy Partnership
PO Box 2931
Monument, CO 80132

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

Senior Alliance Thrift Store

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

Visit the store often to take advantage of the daily in-store specials.

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

0.9 miles west from Safeway

West End Center
755 Hwy 105

Westword Lane

Meadow Lane

Monument Town Hall

The map shows a road layout starting from the West End Center at 755 Hwy 105. A green arrow points to this location. The road then turns north and is labeled Westword Lane and Meadow Lane. A red arrow points to a building icon on Westword Lane, which is the Senior Alliance Thrift Store. A blue dotted line indicates a route west from the store, passing Monument Town Hall, and ending at a Safeway store (marked with a red 'S' logo). The distance from Safeway to the store is noted as 0.9 miles west.