

Rosie's Diner to Treat Seniors to Free Thanksgiving Dinner

Tri-Lakes senior citizens are the invited guests for a free Thanksgiving dinner at Monument's Rosie's Diner.

Rosie's owner, AB Tellez, contacted Tri-Lakes Health Advocacy Partnership to assist in organizing the event. He explained that he has had great support from the Tri-Lakes community over the years, and he and his staff want to give back to the community.

He selected senior citizens for the free offer because of their many years of service, and because he wants to offer seniors who don't have local family a place where they can go to enjoy a special meal and socialize with their peers.

The plans for the event are still being finalized. There will likely be two seatings served, with the first starting at 11 AM and a second beginning about an hour later. Rosie's will be closed the rest of Thanksgiving day.

To maximize the number of people who can be served, and to encourage socializing among diners, there will be "community seating" in the restaurant.

As word of the free dinner spread in the community, other local businesses have also

expressed interest in participating. One of the first was Tri-Lakes Printing who will be funding some of the food expenses.

The Town of Monument offered to be the central contact for making reservations for the Thanksgiving dinner at Rosie's, and Palmer Lake is assisting with community event planning.

As plans develop further, more specific information and invitations for the event will be published in the Tribune, and will be circulated by flyers at the Senior Meals, Senior Citizens Center and elsewhere around the Tri-Lakes area.

Wells Fargo Grant to Seniors

The Wells Fargo Community Assistance Fund awarded \$1500 to Tri-Lakes HAP on October 15.

In a ceremony at Wells Fargo bank in Colorado Springs, Wells Fargo Regional President Steve Helbing presented the check to Tri-Lakes HAP Board President, Mark Ennis.



WELLS
FARGO

Continued on page 2, Wells Fargo



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... And more!

Successful Annual Health Fair

by Mark Ennis, Board President, Tri-Lakes HAP

Months of planning and preparation were rewarded with beautiful weather as the 2009 Tri-Lakes Annual Health Fair opened its door for business to a sunny October Saturday morning. Over 200 participants took advantage of the many free and low-cost health care offerings. The scores of educational exhibits received appreciative comments during the six hour fair.

This year's event was a rebuilding of the concept of a health fair as we partnered with 9Health Fair. There was increased emphasis on health care services and education, and we gained insight for building on this year's success for the future.



Rocky Mountain Sertoma Hearing Test Van

The success of any event of this type is carried by the shoulders of its volunteers and contributors, and we were again well supported this year by the community. The continued partnership with Tri-Lakes Chamber of Commerce provided invaluable administrative assistance. The Serteens really helped make the set-up easy and quick on Friday night. Air Force Academy cadets and airmen took charge of Volunteer Registration and kept people flowing smoothly. The Tri-Lakes YMCA generously opened their facility to the community as the venue for the fair, and many of their staff members volunteered in a variety of duties. School District 38 provided overflow parking at Lewis-Palmer High

School and all of our tables. Several volunteers from Tri-Lakes Health Advocacy Partnership filled a number of roles, as needed. Educational exhibitors and the variety of medical screeners were enthusiastic, and greatly appreciated by the participants.

There are too many people to thank by name, but special recognition must go to Jackie Sward and Larry Lawrence of Tri-Lakes Health Advocacy Partnership for spearheading this entire project. Without their tireless efforts, none of this would have been possible. To them, and to all the volunteers who contributed to make this another success for the Tri-Lakes community, I extend a very warm and heartfelt, "Thank you!"

Wells Fargo (continued from page 1)

In thanking Mr. Helbing and Wells Fargo, Mr. Ennis explained the grant will help sustain and expand HAP's successful Senior Alliance Program by contributing to our Senior Meals service project. It will also help strengthen and expand the Senior Citizens Center programs at Lewis Palmer High School, a partnership between Tri-Lakes HAP and School District 38.

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Afternoon Tea

Enjoy a Lady's Tea at the Senior Center. Bring your own tea cup, invite your neighbors and friends, and come by the Senior Center Tuesday, November 17 at 1 PM for an afternoon of tea and conversation. If weather closes D-38 schools the event will be rescheduled. For more information, call Irene at 484-0517.

HISTORY LECTURE

The Palmer Lake Historical Society presents an evening with local writer-historian Jack Anthony. Enjoy an entertaining evening of insight into the explorers, pioneers, homesteaders and entrepreneurs of the Air Force Academy area.

Jack's research and exploration, combined with his discussions with many pioneer family descendants, provides a unique perspective into settlements and life of the early pioneers of this area.

Included will be a close examination of citizens and businesses of the faded-away communities of Husted and Edgerton, and the efforts by the Academy to honor and preserve the pioneer spirit.

This is a free program, and refreshments will be served. Don't miss this opportunity to learn more about the history of this area. Come to the **Palmer Lake Town Hall** (66 Lower Glenway Street) **Thursday, November 19**. Doors open at 6:30 PM and the **one hour presentation begins at 7 PM**.

Local Businesses Offering Senior Discounts

- Rosie's Diner—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

Palmer Divide Bluegrass Band

Don't miss an entertaining evening of acoustic bluegrass music by the Palmer Divide Bluegrass Band at the Tri-Lakes Center for the Arts.

The band was created from several other successful bands: Black Rose, Mountain Heritage, Lost Creek, and White Lightning. With their own approach to acoustic music Palmer Divide offers well crafted lyrics, innovative and rock solid instrumentation, and tight three-part harmonies. Their unique yet hauntingly familiar sound pulls from their deep respect of traditional bluegrass music as well as their desire to create a modern acoustic sound that is all their own.



The concert, presented by **Tri-Lakes Center for the Arts**, will be **Saturday, November 21** at 304 Highway 105 in Palmer Lake. **Doors open at 7:00 PM**. Advance 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.

Pikes Peak Library District Adult Programs



Pillar Players Present "My Favorite Husband"

Remember the days of radio entertainment? This is your opportunity to "watch" the radio show! Laugh as the Pillar Players reenact this hilarious performance using all the typical sound effects from times gone by. Light lunch will be served.



Wednesday, November 11, Noon – 1 PM at the Monument Branch

Senior Synergy

All seniors are welcome to share conversation and a cup of coffee in this casual discussion group. Every Wednesday, 10 AM at the Monument Branch.

Socrates Café

This adult group discusses philosophy, religions, spirituality, and the common threads among humanity. Call 488-2370 for more information. Every Tuesday at 1 PM 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, November 21 from 9:30 AM to 5:30 PM at the Monument Branch

Basic Internet Genealogy

Learn more about accessing the many free genealogy websites the library links you to. Friday, November 13, 10:30 AM to Noon at the Monument Branch.

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, Nov. 25, 1 PM, 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 Ethan Frome by Edith Wharton.. Friday, November 20, at 10 AM, at the Monument Branch.



Do you have a few hours a month to spare?

Why not consider giving those extra hours to help the Tri-Lakes area

seniors? Positions available:

Senior Day Tour: Program coordinator to identify and organize tours, and accompany groups on tour. Contact Chuck at 661-3432.

Senior Center Host: Host opens and closes the facility, monitors activity and greets visitors. Call Chuck at 661-3432.

Thrift Store: Handyman (or woman) to repair items for resale. Contact the Hope at the Thrift Store at 488-3495.

Transportation for Seniors

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 is provided for any need, YMCA, Senior Meals, Senior Center, groceries, banks, appointments, etc.
- **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.

Holiday Schedule

- Nov. 26 Service only in support of Rosie's Diner event for seniors if scheduled by Nov 19.
- 27: No transportation.
- Dec. 25–Jan. 1: No transportation.

HEALTH AND WELLNESS

Tri Lakes Community Blood Drive

Tuesday, November 17, 2009, 3-7 PM

At Tri-Lakes Cares, 235 Jefferson Street, Monument. No appointment necessary. For additional information call Jackie Sward, 481-4864, ext 23.

Immunization Clinic (*Under 22 years old*)

Wednesday, November 11, 2009, 1–5 PM

Tuesday, December 1, 2009

Tuesday, February 2, 2010

At Tri-Lakes Cares, 235 Jefferson Street, Monument. Immunizations are free for those with Medicaid or CHP+, uninsured, Alaskans, or Native Americans. Some insurances can be billed. Call for an appointment: Jackie Sward 481-2864 ext 23.

Blood Pressure Screening

Wednesday, November 4 11:30–12:30

Wednesday, November 18 11:30–12:30

At the Senior Meal in Big Red. No appointment necessary. For more information call Jackie Sward, 481-4864, ext 23.

Low Vision and Macular Degeneration Support Group:

November 19 1–2 PM

At Tri-Lakes Cares, 235 Jefferson Street, Monument.

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.

November 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

Monday, November 2 – Beef stew, lima beans, fresh apple, biscuit, pudding.

Thursday, November 5 – Baked ham, scalloped potatoes, spinach, roll, fresh orange, cookie.

Monday, November 9 – Chicken pot pie, lima beans, fresh pear, biscuit, cookie.

Thursday, November 12 – Pork chops, mashed potatoes and gravy, spinach, roll, fresh apple, cookie.

Bingo following lunch.

Monday, November 16 – Sweet & sour pork, brown rice, egg roll, mixed vegetables, fresh apple, cookie.

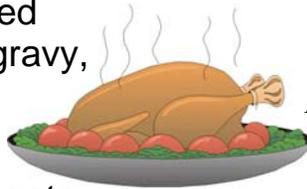
Thursday, November 19 – Baked chicken, mashed potatoes with gravy, broccoli, roll, fresh pear, cookie.

Monday, November 23 – Beef stroganoff, brown rice, harvard beets, bread, fresh orange, cookie.

Thursday, November 26 – *Happy Thanksgiving! No meal served*

Monday, November 30 – Stuffed cabbage rolls, mashed potatoes, lima beans, bread, fresh apple, cookie.

Each meal includes skim milk.



Wednesdays

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

November 4 – Beef brisket with garlic mashed potatoes and tossed salad.

November 11 – Meat loaf with twice baked potato and tossed salad.

November 18 – Chicken with cranberry tomato sauce, mashed potatoes and tossed salad.

November 25 – *No meal served; school closed for Thanksgiving holiday.*

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.

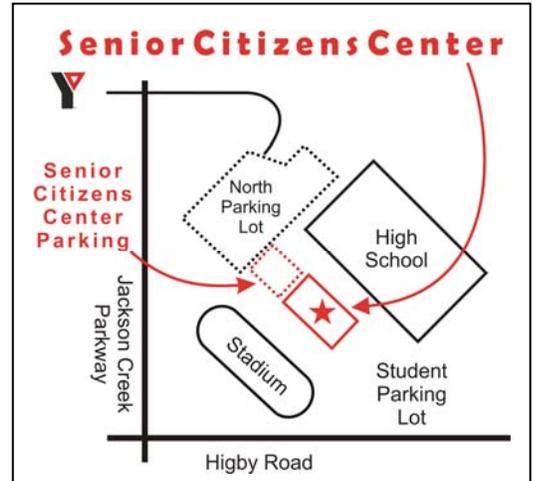


Program Schedule

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



- Mondays** 1 – 4 PM Bridge *(tentative) hosted by Hope*
- 3rd Tuesday** 1 – 3 PM Tea Time hosted by Irene
- 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*
- 1st Wednesday** 1 – 3 PM Name That Tune and Sing Along *hosted by Mary. Prizes!*
- 3rd Wednesday** 1 – 3 PM Bingo *hosted by Curt. Prizes!*
- Thursdays** 1 – 4 PM Bridge *hosted by Hope*
- Thursdays** 1 – 4 PM Pinochle *hosted by Gerry*
- Thursdays** 1 – 3 PM Crafts *hosted by Irene, Mary & Jan*
- Thursday** 2 – 4 PM Matter of Balance *hosted by Lisa*
- Fridays** 1– 4 PM Poker *hosted by Chuck*
- Fridays** 1 – 3 PM Jazzercise Lite *hosted by Julie*



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 Chuck at 661-3432, 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

November Sale: 20% off everything!

Think Christmas! Lovely crystal, marble trinkets, skis, decorations, tools, lamps and much, much more!

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

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

0.9 miles west
from Safeway



Westword Lane

Meadow Lane

West End Center
755 Hwy 105

Monument
Town Hall