

Rosie's Diner Ignites Community Event

A warm and sunny day added to the culinary treat for more than 60 Tri-Lakes area senior citizens who enjoyed a free turkey dinner at Rosie's Diner on Thanksgiving day.

Rosie's owner, A.B. Tellez, wanted to "... give something back to the community for the many years of support Rosie's has enjoyed in Monument." A.B. suggested to his staff the idea of offering a free Thanksgiving dinner to senior citizens who don't necessarily have other family in the area to share the day. His staff quickly agreed and volunteered some of their day off to support the event.



Tri-Lakes HAP board chairman, Mark Ennis assists guests after their Thanksgiving dinner at Rosie's Diner

Tri-Lakes Health Advocacy Partnership oversaw the organization and coordination of the event to allow A.B. to focus on his goal of providing the free meals. Other local businesses immediately offered their support. Among them were the towns of Monument and Palmer Lake, First National Bank, KRDO, Liberty Heights, Monument Hill SERTOMA, Mountain Community Transportation for Seniors, Nobel Sysco Foods, Rocky Mountain Oil Change, Snippetz, The Tribune, Tri-Lakes Cares, and Tri-Lakes Printing.

Reflecting on the event, A.B. said, "It is amazing how the community quickly came together to make this happen.

The enthusiasm was wonderful and gratifying. We learned a lot from this effort and I look forward to doing more next year."

And so, from one man's idea to thank the supportive Tri-Lakes community, an annual event of thanks and giving appears to have blossomed.

Monument-PP Regional Donation

The Tri-Lakes Health Advocacy Partnership (HAP) received a \$1000 contribution for its many seniors programs from the Town of Monument November 16.

Continued on page 3, Donation

Also in this issue...

- ★ The Best Christmas Pageant Ever
- ★ John Fielder and Chuck Pyle Fundraiser
- ★ District 38 Schools Musical Events
- ★ Acoustic Eidolon in Concert
- ★ Senior Day Tour: Holly and Ivy Concert

... and much more!

Stay Active With the Y



Join our **Christmas Luncheon at Liberty Heights Retirement Community Center** on Dec. 14. The festivities begin at 11:30 and go until 1 pm. Enjoy a lasagna dinner at \$10 per plate. Please call the YMCA membership desk at 481-8728 to register. YMCA membership is not required.

The third “**Matter of Balance**” program was a huge success and we will continue to offer it at no charge to participants. “Matter of Balance” is a research based program that looks at ways to improve the quality of life for seniors. This workshop is designed to combat the fear of falling and help individuals feel empowered to take back the control of their lives. It will run every Tuesday and Thursday over four weeks from January 12 though February 4 from 2 to 4 pm. It is free and we will offer delicious, healthy snacks. For more information or to register contact Lisa Gray at (719) 481-8728 ext. 607.

Each week the Tri-Lakes YMCA offers multiple **yoga/Pilate’s** formats and **Zumba dance** classes, eight **aqua aerobic** classes, and seven **Silver Sneaker** exercise classes, at no additional charge from our basic YMCA membership dues. Free or minimal-charge YMCA membership is offered by many insurance carriers through the Silver Sneaker program. If you are not sure if your insurance offers the Silver Sneaker option contact Lisa Gray at 481-8728 ext. 607.

Native American Pow Wow

Join the Palmer Lake Historical Society on Saturday, December 12th at Palmer Ridge High School for a day of Native American culture, history, exhibits, songs, and dance. This will be fun, entertaining, and a learning experience for the entire family and a wonderful opportunity to experience Native American culture, traditions, and spiritual awareness.

Pow Wows are social gatherings of Native Americans who follow dances started years ago by their ancestors. Pow Wows have deep historical roots and involve feasting, drum music, and dance. This will be a day of celebration for the local Native American community as we enter the Holiday season.

The festivities begin at 10 am. The Grand Entry at noon officially opens the Pow Wow and features Native American dancers in full regalia. A brilliant sea of color is led by a Native American military veteran color guard carrying the American flag and flags of tribal nations. This all-day event includes Native American drummers and dancers, as well as Indian art and artists. Vendors include silversmiths, pueblo potters, basket makers, flute makers, bead workers, Indian art work, and, of course, plenty of Native American music and food. The fun continues to 10 pm.

This program is free, however, donations of new, unwrapped toys or gently used winter coats would be greatly appreciated.

Where's the Color?!

If you received this newsletter by mail as a *Senior Beat* subscriber, you are probably wondering, what happened to the color pages?

They are the victim of publishing expenses.

After reviewing the publishing and mailing costs of the newsletter the Tri-Lakes HAP board of directors concluded that in order to continue to provide a quality free monthly newsletter to the community, expenses must be reduced. Converting to a black and white format to subscribers provides all the same information and at considerably less cost.

The color version is still printed for distribution at local businesses because the color cover page helps attract potential readers. We also offer a color version of the newsletter—all 8 pages in color—for download at our web site. Recent past editions are there now!

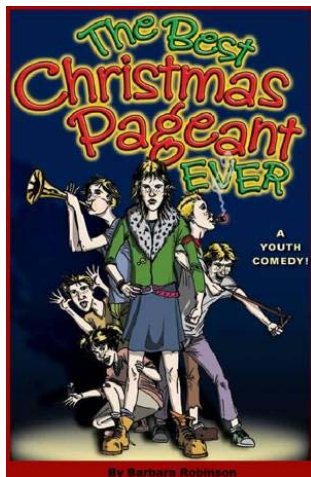
Help your HAP reduce costs, and help save a tree: subscribe to the digital newsletter. Just send an email to SeniorBeat@TriLakesSeniors.org and request your subscription be changed to email. We will then send you a monthly email when the newsletter is published; you can then retrieve it directly from our web site (www.TriLakesSeniors.org) by selecting “Senior Beat Newsletter” on the web site menu.

Our digital newsletter is available on the web site a week *before* the printed version arrives in mail boxes, giving you early notice of all senior events.

The money saved by changing to email notification (one dollar per subscription each month) goes directly toward supporting other senior program activities.

The Best Christmas Pageant Ever

If you're wondering where the spirit of Christmas has gone, join the Herdman family on a journey to find the reason behind the season. This family holiday comedy by Barbara Robinson will be playing at the Tri-Lakes Center for the Arts in Palmer Lake on December 10–12 (7 pm) and December 12–13 (2 pm). Seniors (65+) tickets are \$9. For information or tickets, call (719) 481-0475.



Information Security Awareness Class

This **FREE** class for Tri-Lakes senior citizens explains trends of Internet crimes, email phishing, scams, social engineering and tools the attacker might use to steal your information. Learn how to protect yourself when on the Internet.

This is part 1 of a 2-part series and will be offered

twice: Wednesday, Dec. 9, and Thursday, Dec. 10, 1 – 2:30 PM at the Monument Branch Library Community Room. Space is limited so arrive early to one of the two sessions. For information, call



Patricia Garlick at (719) 488-9418.

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
- Bright Meadow Dog Grooming

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

JOHN FIELDER AND CHUCK PYLE

Spend an evening with celebrated Colorado photographer John Fielder and singer song-writer Chuck Pyle as they showcase the best of Colorado landscape and song. These two artists are appearing together to assist a fund-raiser to support the Palmer Lake Historical Society and the Tri-Lakes Center for the Arts. This is a “one-of-a-kind” event that you won't want to miss—a pure Colorado evening!!

John Fielder has published 38 books in the past 20 years, many depicting the beauty and magnificence of the Colorado mountains, prairies, and wilderness. Chuck Pyle, the “Zen Cowboy,” has won high praise from both fans and peers throughout his performing career spanning 40 years. His songs have been recorded by such well-known artists as John Denver, The Nitty Gritty Dirt Band, Suzy Bogguss, Chris LeDoux, and Jerry Jeff Walker.

Plan now to attend this event on Tuesday, December 15, 7 pm at Tri-Lakes Center for the Arts in Palmer Lake. All tickets are \$15. For information or tickets call 719-481-0475.

Donation *(continued from page 1)*

The money was received by the Town of Monument from the Pikes Peak Regional Building Department for the purpose of supporting seniors programs in the local community. Monument chose to donate the money directly to Tri-Lakes HAP.

Upon receiving the contribution, HAP Board Chairman, Mark Ennis expressed the gratitude of the entire Board, saying that every dollar will go directly to the area seniors for senior programs such as the senior lunches, Senior Citizens Center programs, and the popular senior day tours.

This is the second cash contribution received by HAP from the town of Monument in two months. On September 28, 2009 the Monument trustees contributed \$2000 to HAP for support of its many community programs.



Acoustic Eidolon in Concert

Every once in a while a musical group comes along with a unique sound that leads to the development of an entirely new type of instrument. This is the case with Acoustic Eidolon, comprised of guitarist Joe Scott and cellist Hannah Alkire. This instrument, the guitjo (pronounced "git-jo"), resembles a double-necked guitar, but with 14 strings it has an incredible tonal range that would be impossible with a traditional guitar. This range allows Acoustic Eidolon to continually discover unique sounds, especially when both necks are played simultaneously.



Acoustic Eidolon has enchanted audiences around the world with their signature acoustic music that blends Celtic, folk, and classical genres. Their concerts have been described as "a sumptuous instrumental feast." The duo has performed worldwide and has been featured on award-winning television specials and nationally syndicated radio programs.

You can enjoy an evening with Acoustic Eidolon on Saturday, December 19 at the Tri-Lakes Center for the Arts in Palmer Lake, starting at 7:30 pm. Tickets purchased in advance are \$12 for TCLA membrs, \$15 for non-members. Call (719) 481-3019.

Pikes Peak Library District Programs



Senior Synergy

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, 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 Life & Times of the Thunderbolt Kid by Bill Bryson. Friday, Dec. 18, 10 a.m., Monument Branch.

Colossal Cookies! – Family Fun

Enjoy the simple pleasure of combining cookies with icing and sprinkles. Patrons may taste their treats or carry them home. The holiday goodies are provided by our generous Tri-Lakes Friends of the Library. Saturday, Dec. 12, 11 – 3 p.m., Monument Branch.

Heavenly Harps

Bask in the pleasure of holiday harp music by teenage musicians during your Sunday afternoon at the library. Sunday, Dec. 13, 2 p.m., Monument Branch.



Seniors Ads...

For Sale: Bradford Exchange Porcelain Plates; Goebels, Hummel; old books; Walrus Ivory Eskimo Carvings; Paintings. Call Chuck 719-488-2180

Musical Christmas: For Sale: 42" Yamaha oak piano, like new, beautiful tone, touch, \$2,500. Yamaha EL 60 electronic organ, variety of nice voices, \$900. Dean "Sunburst" stratocaster electric guitar, perfect condition, with strap, stand and case for \$90. Call 719-487-9607.

For Sale: Tire New 225/60R17 - Sumitomo Touring LST 99T with only 400 miles on it. Bought new at Big O tires for \$125 plus tax . Selling for \$75 cash Replaced after short trip with tire that matches others on car. Great tire, 640 treadwear rating, Traction A, Temperature B. These fit GM vans & other vehicles. Call Vern at 719-559-0628

Professional Wedding Photographer: Richard Ice will take Wedding or Family pictures for a minimal charge. Call 719-487-0275.

Holly and Ivy Concert December Senior Day Tour

Senior Day Tours resume in December with a trip to Pikes Peak Center in Colorado Springs for the free “Holly and Ivy” concert by the Air Force Academy Concert Band.

The concert is on Tuesday evening, December 15. Participants meet at the Senior Citizens Center at 5:30 for hot chocolate and cookies, and the bus will depart not later than 6 PM. Estimated return time to the Senior Center is 9:30 – 10 PM. Learn more at our web site: www.TriLakesSeniors.org.

This event is open to a limited number of seniors on a first-come, first-served basis. Sign up sheets are available at the Senior Citizens Center and at the senior luncheons until the available seats are filled.

Transportation for Seniors

Transportation for Tri-Lakes and 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 Citizens Center, groceries, banks, appointments, etc.
- **Seniors requesting rides - call 488-0076.**
- **Interested volunteer drivers - call 488-0076** (mileage reimbursement provided).

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

- Dec. 25–Jan. 1: No transportation.

Schools Offer Musical Events

Monday, December 7, 7 PM. Band Holiday Concert at Palmer Ridge High School.

Tuesday, December 8, 7 PM. Holiday Choir Concert at Lewis-Palmer High School.
7 PM Holiday Choir Concert at Palmer Ridge High School.

Thursday, December 10, 7 PM. Band Holiday Concert at Lewis-Palmer High School

Friday, December 11, at Big Red, enjoy lunch and a holiday concert presented by Creekside Middle School Band.

Lewis-Palmer School District 38 Community Meeting

The Lewis-Palmer School District wants to hear what you think about the values that should be preserved in local education, and what ideas you may have to reduce spending or increase revenues. The District is facing significant budget reductions next year, and has begun the process of gathering community input before deciding what cuts need to be made. The public may attend one of two meetings to discuss ideas, or submit suggestions in writing.



The meetings are set for Tuesday, December 8th at 6:30 p.m. at the D-38 administration building and Thursday, December 10th at 6:30 p.m. at Creekside Middle School. Written input may be sent via email to info@lewispalmer.org or mailed to Budget Ideas – Superintendent’s Office P.O. Box 40 Monument, CO 80132. Seniors are encouraged to participate in this process to help set priorities in education.



December Lunch Menu



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

Mondays and Thursdays

11:30 AM at Monument old town hall

\$2 voluntary donation



Wednesdays

11:30 AM at Big Red

\$3 voluntary donation

Thursday, December 3 – Roast beef, mashed potatoes and gravy, California blend vegetables, roll.

Monday, December 7 – Beef noodle casserole, mixed vegetables, bread.

Thursday, December 10 – Roast turkey, mashed potatoes and gravy, spinach, roll.
Bingo following lunch.

Monday, December 14 – Swedish meatballs, rice, Brussels sprouts, bread.

Thursday, December 17 – Baked chicken, mashed potatoes and gravy, broccoli, cornbread.

Monday, December 21 – Sweet and sour chicken, rice, mixed vegetables, bread.

Thursday, December 24 – *Crab cake, macaroni and cheese, spinach, bread.*

Monday, December 28 – Pepper steak, mashed potatoes, lima beans, bread.

Thursday, December 31 – *Chicken cordon bleu, mashed potatoes with gravy, green beans, roll.*

Each meal includes fresh fruit, cookie, skim milk.

December 2 – Ham, scalloped potatoes and million dollar salad.

December 9 – Roast turkey breast with gravy, cranberries, and mixed vegetables.

December 16 – Spaghetti with meat sauce, garlic bread and Caesar salad. (Nikki's specialty with a Greek accent)

December 23 – No lunch, school holiday.

December 30 – No lunch, school holiday.

Rolls and butter served with each meal except sandwiches. Desert also 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 481-3307

Free Ads for Seniors

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 the text 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 households. If you want your ad in multiple issues, send an email with your ad in advance of each month it is to run.

PINZ Bowling Alley

Tuesday Senior Luncheon Special:

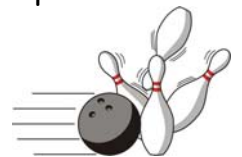
\$4 soup and sandwich with open bowling for \$1.50/line.

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 December 19 – January 3.



Program Schedule

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



Monday Special events. Contact Gerry to schedule your event (papaduffy@msn.com)

Tuesday Noon – 4 PM **Pinochle** hosted by Gerry

1st & 2nd Wednesday 1– 2 PM **Line Dancing**
 hosted by Kay

3rd Wednesday 12:30 – 3 PM **Bingo** hosted by Curt.
 Prizes galore!

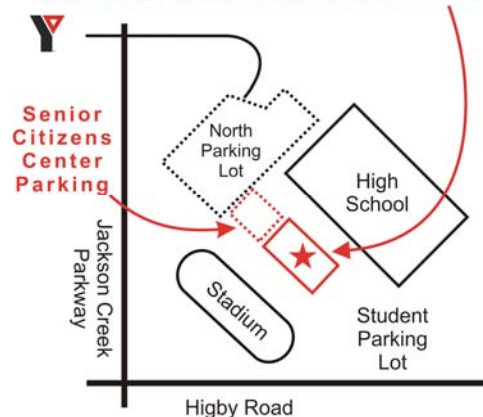
Thursdays 1 – 4 PM **Bridge** hosted by Hope.

Thursdays 1 – 4 PM **Pinochle** hosted by Gerry.

Thursdays 1 – 3 PM **Crafts** hosted by Irene, Mary & Jan.

Fridays 1– 4 PM **No Cash Poker**

Senior Citizens Center



Also available:

- ❖ Ping pong (new addition!)
- ❖ 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, Tri-Lakes YMCA, Lewis-Palmer School District 38, the towns of Monument and Palmer Lake, Tri-Lakes Cares, and local businesses.

On vacation and to resume in 2010:

Jazzercise Lite
 Matter of Balance
 Name That Tune and Sing Along
 Tea Time

Tri-Lakes



Thank you Tri-Lakes Printing

As Tri-Lakes Printing begins the transition to its new facility in Monument Marketplace on Jackson Creek Parkway, Tri-Lakes Health Advocacy Partnership (HAP) thanks Tri-Lakes Printing for their continuing and long-term support of the HAP mission. Tri-Lakes Printing has been a key partner for HAP, helping to communicate our increasing variety of health and wellness programs to the Tri-Lakes community. *Thank you Tri-Lakes Printing, and best wishes for continued long-term success at your beautiful new facility in Monument Marketplace!*

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

December Sale: 10% off everything!

Saturday, Dec 19, 1–3 PM

Santa will be at the Thrift Store!

Store Hours: Tuesday thru Saturday 10:00 am – 4:00 pm
Call 488-3495 to volunteer to help at the store.

0.9 miles west
from Safeway

Monument
Town Hall

West End Center
755 Hwy 105

December 4, 11 and 18, 10 AM – 4 PM Giant "Garage Sale" at the Thrift Store STORAGE UNIT.

Directions: From the intersection of Hwy 105 and Woodmoor Drive, drive north on Woodmoor Drive. Turn left onto Deer Creek Road (immediately after Lewis-Palmer Middle School on the left). Turn right onto Base Camp Road. The Storage Unit is at **18965 Base Camp Road, Unit A6.**
Don't miss this event!