

- els welcome. First class always free. Info: Deb Harano, 338-8467; DimensionsYoga@gmail.com.
- **Monument Hill Kiwanis Bingo**, every **Mon.**, 7:30 pm, Carefree Bingo, 3440 N. Carefree Circle, Colo. Springs. All proceeds benefit those in need in the Tri-Lakes Community. Info: mark.zeiger@gmail.com.
 - **Colorado's Best Coffee, Tea & Sandwich E-Cafe Happy Hour**, every **Mon.-Thu.**, 3-5 p.m., 2730 North Gate Blvd. 20% off drinks and merchandise. Info: 844-460-3791, www.cbcecafe.com
 - **Senior Citizen Luncheons**, every **Mon.-Fri.**, 12-12:30 p.m., Mountain Community Mennonite Church, 643 Hwy 105, Palmer Lake. See the menu for the month in the Senior Beat newsletter. A \$2.25 donation is requested. Stay for bingo the 2nd Thu. each month. Reservations are requested, phone 884-2304.
 - **Western Museum of Mining & Industry (WMMI)**, open **Mon.-Sat.**, 9 a.m.-4 p.m., daily guided tours at 10 a.m. and 1 p.m. Cost: \$8 adults, \$7 military/AAA, \$6 seniors & students, \$4 children 3-12, free to children under 3 & museum members. WMMI is located at 225 North Gate Blvd. (I-25 Exit 156 A). Info: 488-0880, info@wmmi.org, www.wmmi.org.
 - **Tri-Lakes Silver Alliance Thrift Store**, open **Mon.-Sat.**, 10 a.m.-4 p.m., 755 Hwy 105, Suite N, in the West End Center. All Christmas items half price this month. Seniors 62+ get a 20% discount on Wednesdays. All proceeds support Tri-Lakes Senior Programs. If you have furniture to donate, call 488-3495 for a pickup. Info: www.TriLakesSeniors.org.
 - **Tri-Lakes YMCA Senior Coffee**, every **Tue.**, 9:30-11:30 a.m., 17250 Jackson Creek Pkwy, Monument. Members and non-members are welcome. Socialize, have coffee and snacks in the front lobby. Free. Info: 630-2604, hbrandon@ppymca.org, www.ppyymca.org.
 - **Al-anon Meeting: Monument Serenity**, every **Tue.**, 7:30-8:30 p.m., Ascent Church, (formerly the Tri-Lakes Chapel) 1750 Deer Creek Rd., Monument. Info: Kay, 481-9258.
 - **The Villa Palmer Lake**, 75 Hwy 105, Palmer Lake. Happy Hour every evening 5-6 p.m., 1/2 price bottles of wine (select wines, with entrée purchase) every Tue. See the Facebook page for live music listings. RSVP & Info: 481-2222, www.theVillaPalmerLake.com.
 - **Gentle Hatha Yoga Class** with Olivia Pennington, every **Wed.**, 9:30-11 a.m., Palmer Lake Town Hall, 28 Valley Crescent. All levels. Cost: \$7. Info: 481-2953 (then press 0) or www.townofpalmerlake.com.
 - **Palmer Divide Run Club Social Run**, every **Wed.**, 6 p.m., Palmer Divide Run Co., 84-4 Hwy 105, Palmer Lake (next to Speed Trap). All levels are welcome; the routes are usually 3-4 miles which can be run or walked. Info: PalmerDivideRunClub@gmail.com, www.facebook.com/PalmerDivideRunClub/
 - **Tri-Lakes Church of Christ Wednesday Night Fellowship Meal (Free) & Classes**, every **Wed.**, 6-7:30 p.m., 20450 Beacon Lite Road, Monument (Corner of Beacon Lite & County Line Roads). Info: 488-9613, gregsmith@trilakeschurch.org, www.trilakeschurch.org.
 - **Tai Chi for Health and Wellness Classes**, every **Wed.**, 6:15-7:15 p.m., Dance Art Academy, 13866 Gleneagle Dr. Info: 232-1618, sifumo@whitecranetaichi.net.
 - **Al-anon Meeting: Letting Go**, every **Thu.**, 9-10:10 a.m., Tri-Lakes Chapel, room 209, 1750 Deer Creek Rd., Monument. Info: Kay, 481-9258.
 - **A.A. Big Book Study**, every **Thu.**, 7 p.m., Family of Christ Lutheran Church, 675 W. Baptist Rd. Info: 481-0431.
 - **Tri-Lakes Land Use Committee Meeting**, **Mon.**, **Dec. 5**, 6:30-8:30 p.m., 166 2nd St., Monument. Get involved: give input on proposed developments in the Tri-Lakes area to influence the direction of growth. All are welcome. Info: Jerry Hannigan, Hannigan.and.assoc@gmail.com.
 - **American Legion Tri-Lakes Post 9-11**, **Tue.**, **Dec. 6**, 6:30 p.m., Depot Restaurant, Hwy 105 & Primrose St., Palmer Lake. New members welcome. Meets 1st Tue. each month. Info: 481-8668, www.americanlegion-trilakespost911.com.
 - **Gleneagle Sertoma Luncheon Meeting**, **Wed.**, **Dec. 7**, 11:45 a.m.-1 p.m., Liberty Heights, 12105 Ambassador Dr., Colo. Interesting speakers and programs; all are welcome. Meets 1st & 3rd Wed. each month. Info: Garrett Barton, 433-5396; Duane Gritzmaker, 481-2424; www.gleneaglesertoma.org.
 - **Senior Bingo**, **Thu.**, **Dec. 8**, Mountain Community Mennonite Church, 643 Hwy 105, Palmer Lake, after the senior lunch. Come for lunch at noon, then stay and play. Free! Prizes! Meets 2nd Thu. each month. Info: Maggie Nealon, 488-3037.
 - **Bridge**, **Thu.**, **Dec. 8**, 1-4 p.m., Tri-Lakes Senior Center located on Lewis-Palmer High School campus. Walk-ins are welcome. Meets 2nd Thu. each month. Reservation suggested: call Judy, 626-399-2733.
 - **Legacy Sertoma Dinner Meeting**, **Thu.**, **Dec. 8**, 6:30 p.m., Monument Hill Country Club, 18945 Pebble Beach Way, Monument. New members and visitors welcome. Meets 2nd & 4th Thu. each month. Info: Ed Kinney, 481-2750.
 - **Ben Lomond Gun Club**, Tri-Lakes Chapter, **Thu.**, **Dec. 8**, 7 p.m., Tri-Lakes Fire Station 1, 18650 Hwy 105 west of Monument near the bowling alley. Meets 2nd Thu. each month. Info: 481-3364.
 - **Lifting Spirits Adult/Senior Day Service Open House**, **Fri.**, **Dec. 9**, 11 a.m.-4 p.m., 755 Hwy. 105 Unit C, Palmer Lake. Caregivers, find out how to make your lives easier. Refreshments served. Info: Sonja, 488-1415, liftingspirits@qwestoffice.net, www.LiftingSpiritsCare.net.
 - **Palmer Lake Art Group**, **Sat.**, **Dec. 10**, 9 a.m., Mountain Community Mennonite Church, 643 Hwy 105, Palmer Lake. A variety of art programs are offered after the social gathering and business meeting. Guests welcome. Meets 2nd Sat. each month. Info: 487-1329, www.palmerlakeartgroup.com.
 - **La Leche League Meeting**, **Fri.**, **Dec. 10**, 10 a.m., Monument Branch Library, 1706 Lake Woodmoor Dr. Mothers, babies, and mothers-to-be are all invited. Meets 2nd Fri. each month. Info: Kelley, 440-2477, kdghorashi@gmail.com.
 - **El Paso County Hazardous Materials & Recycling Collection Facility**, **Sat.**, **Dec. 10**, 9 a.m.-1 p.m., 3255 Akers Dr., Colorado Springs. Open the 2nd Sat. each month as well as Mon.-Thu., 7 a.m.-5 p.m., accepts porcelain fixtures, common recyclable items, household hazardous waste, various electronics, and TVs up to 19-inch diagonal. Accepts documents from private households for shredding, up to two legal paper-sized boxes. Bring a nonperishable food item for Care and Share. Info: 520-7878, http://adm.elpasoco.com/Environmental_Services/Solid_Waste_Management.
 - **Alzheimer's Caregiver Support Group**, **Sat.**, **Dec. 10**, 9:45-11:30 a.m., The First National Bank of Monument, 581 Hwy 105. Meets 2nd Sat. each month. Info: Gail, 481-3711.
 - **Foot Care Clinic**, **Wed.**, **Dec. 14**, Senior Center located across the street from the Tri-Lakes YMCA, on the Lewis-Palmer High School campus. A registered nurse examines your feet and provides foot care advice, toenail trimming. Cost: \$30 for a 30-min. visit. Meets 2nd Wed. and last Fri. each month, by appointment only. Info & appointments: call the Visiting Nurse Association, 577-4448.
 - **Black Forest AARP Potluck Lunch & Meeting**, **Wed.**, **Dec. 14**, noon, Black Forest Lutheran Church, 12455 Black Forest Rd. All ages welcome. Meets 2nd Wed. each month. Info: Chuck, 749-9227, or www.aarpchapter1100blackforest.weebly.com.
 - **Chess Nuts**, **Wed.**, **Dec. 14**, 5-9 p.m., Tri-Lakes Senior Center. Any age, any skill. Learners welcome. Drop in and leave when you want. Bring your own board and pieces if you have them. Meets 2nd & 4th Wed. each month. Info: www.TriLakesSeniors.org/chess.
 - **Tri-Lakes Lions Club**, **Thu.**, **Dec. 15**, 6:30 p.m. social, 7-8 p.m. meeting, Sundance Mountain Lodge, 1865 Woodmoor Dr., Monument. Meets 3rd Thu. each month. Info: David Prejean, 434-7031.
 - **Palmer Lake Historical Society: NO MEETING THIS MONTH**. Normally meets 3rd Thu. each month, 7 p.m. Info: 559-0837, www.palmerdividehistory.org.
 - **Foot Care Clinic**, **Fri.**, **Dec. 16**, Senior Center located across the street from the Tri-Lakes YMCA, on the Lewis-Palmer High School campus. A registered nurse examines your feet and provides foot care advice, toenail trimming. Cost: \$35 for a 30-min. visit. Meets 2nd Wed., 3rd and last Fri. each month, by appointment only. Info & appointments: call the Visiting Nurse Association, 577-4448.
 - **Little Log Kitchen Free Meal**, **Sat.**, **Dec. 17**, noon, 133 High St., Palmer Lake. Sponsored by Little Log Church every 3rd Sat. Info: 481-2409.
 - **Amateur Radio W0TLM** (Tri-Lakes Monument Radio Association), **Mon.**, **Dec. 19**, 7 p.m. All amateur radio operators or those interested in becoming amateur radio operators are welcome. Meets 3rd Mon. For meeting place and info contact Joyce Witte, 488-0859, Joycewitte@gmail.com; or visit www.W0TLM.com.
 - **Senior Tea**, **Tue.**, **Dec. 20**, 1-3 p.m., Senior Center at Lewis-Palmer High School (across from the YMCA). Come early to socialize, bring a salad or dessert to share. Meat dishes and tea provided. Voluntary donations welcome. Meets 3rd Tue. each month. Info: Irene C., 484-0517.
 - **Fibromyalgia Support Group**, **Tue.**, **Dec. 20**, 5 p.m., Police Station, 7850 Goddard (1 block off Academy on Kelly Johnson near Chapel Hills Mall), Community Room just inside main entrance. A DVD will play 5-6 p.m.; meeting starts at 6 p.m. Share concerns and success stories and talk to a D.O. Learn how you can become pain-free. No charge, no products sold. Meets 3rd Tue. each month. Info: 481-2230.
 - **Outpouring: TLUMC Supporting our Community**, **Tue.**, **Dec. 20**, 7 p.m., back Barrel Room at Pikes Peak Brewing Company, 1756 Lake Woodmoor Dr., Monument. Haley Chapin, Executive Director of Tri-Lakes Cares, will speak about the "Overhead Myth," what it really means, what is acceptable, and what we, as donors, should be looking for when deciding which non-profits to support. Everyone is welcome. Meets 3rd Tue. each month. Info: Mr. Lynn Weber 488-2832, LWeber1971@aol.com.
 - **Veterans of Foreign Wars Post 7829**, **Tue.**, **Dec. 20**, 7 p.m., Monument Hill Country Club 18945 Pebble Beach Way, Monument. New members welcome. Meets 3rd Tue. each month. Info: Post Commander Joe Carlson, jcarlson@vfw7829.org, 488-1902, www.vfw7829.org.
 - **Gleneagle Sertoma Luncheon Meeting**, **Wed.**, **Dec. 21**, 11:45 a.m.-1 p.m., Liberty Heights, 12105 Ambassador Dr., (off Voyager Blvd in Colorado Springs). Interesting speakers and programs; all are welcome. Meets 1st & 3rd Wed. each month. Info: Garrett Barton, 433-5396; Duane Gritzmaker, 481-2424; www.gleneaglesertoma.org.
 - **Senior Bingo**, **Wed.**, **Dec. 21**, 1-2 p.m., Tri-Lakes Senior Center, Lewis-Palmer High School campus. Meets 3rd Wed. each month. Info: Sue Walker, 464-6873.
 - **Drummers!** **Wed.**, **Dec. 21**, 6:30-8 p.m., Yoga Pathways, Suite A, West End Center, 755 Hwy 105, Palmer Lake. Free and open to the public. Bring any kind of drum or other hand percussion instrument. Beginners welcome! Usually meets 3rd Wed. each month. Verify date & time: Nan, 481-3256.
 - **VFW Auxiliary to Post 7829**, **Monument**, **Wed.**, **Dec. 21**, 7 p.m., Monument Hill Country Club, 18945 Pebble Beach Way, Monument. New members welcome. If you are a male or female relative of a veteran who served on foreign soil during war or other military action, you may be eligible. Meets 3rd Wed. each month. Info: Kathy Carlson, 488-1902, carlsonmk@aol.com.
 - **Senior Social**, **Wed.**, **NO MEETING THIS MONTH**, Fellowship Hall of the Black Forest Lutheran Church, 12455 Black Forest Rd. Normally meets 4th Wed. each month, 1-4 p.m. Info: aarpchapter1100blackforest.weebly.com.
 - **Chess Nuts**, **Wed.**, **Dec. 28**, 5-9 p.m., Tri-Lakes Senior Center, across the street from the YMCA. Any age, any skill. Learners welcome. Drop in and leave when you want. Bring your own board and pieces if you have them. Meets 2nd & 4th Wed. each month. Info: www.TriLakesSeniors.org/chess.
 - **Foot Care Clinic**, **Fri.**, **Dec. 30**, Senior Center located across the street from the Tri-Lakes YMCA, on the Lewis-Palmer High School campus. A registered nurse examines feet and provides foot care advice, toenail trimming. Cost: \$35 for a 30-min. visit. Meets 2nd Wed., 3rd and last Fri. each month, by appointment only. Info & appointments: call the Visiting Nurse Association, 577-4448.
 - **American Legion Tri-Lakes Post 9-11**, **Tue.**, **Jan. 3**, 6:30 p.m., Depot Restaurant, Hwy 105 & Primrose St., Palmer Lake. New members welcome. Meets 1st Tue. each month. Info: 481-8668, www.americanlegion-trilakespost911.com.
 - **Gleneagle Sertoma Luncheon Meeting**, **Wed.**, **Jan. 4**, 11:45 a.m.-1 p.m., Liberty Heights, 12105 Ambassador Dr., Colo. Interesting speakers and programs; all are welcome. Meets 1st & 3rd Wed. each month. Info: Garrett Barton, 433-5396; Duane Gritzmaker, 481-2424; www.gleneaglesertoma.org.
 - **Palmer Divide Quiltmakers**, **Thu.**, **Jan. 5**, 7 p.m. (6:30 p.m. for social time), Trinity Lutheran Church 17750 Knollwood Dr., Monument. Meets 1st Thu. each month. Info: pdq504@gmail.com.
 - **Lupus Support Group**. If you suffer with an autoimmune disease and want to connect with others, you are welcome to join this group. Info: dmbandle@hotmail.com.
 - **Myasthenia Gravis Association** of Colorado Support Group. Location varies. Info: Carolyn, 488-3620, www.4-mga.org, 303-360-7080, 4mga@4-mga.org.
- ### SPECIAL EVENTS
- **Downtown Monument's Small Town Christmas**, **Sat.**, **Dec. 3**, 9 a.m.-6 p.m. Santa and Mrs. Claus and their reindeer, kids' activities and crafts, hayrides, open houses, and more. Ice skating at Limbach Park 1-5 p.m., tree-lighting 5 p.m. Info: 481-2954.
 - **Small Town Christmas at Covered Treasures Bookstore**, **Sat.**, **Dec. 3**, 9 a.m.-5 p.m., 105 Second St., Monument. Stop in for refreshments and meet the authors. Nancy Oswald and Kristin Miller will sign their children's books 11 a.m.-1 p.m. Carmela LaVigna Coyle will sign her latest book 1:30-3 p.m. Info: 481-2665, www.coveredtreasures.com.
 - **Monument Hill Kiwanis Club's 11th Annual North Pole at Tri-Lakes Arts and Crafts Fair**, **Sat.**, **Dec. 3**, 9 a.m.-6 p.m., Grace Best Education Center, 66 Jefferson St., Monument. Browse hundreds of handcrafted items, the Tri-Lakes United Methodist Church Cookie Walk, and holiday music by D-38 school groups. Free with nonperishable food items, toys, or cash donations for Tri-Lakes Cares. Info: www.monumenthillkiwanis.org, Bob Nissen, 304-8705.
 - **Darlene Armstrong Trunk Show at Santa Fe Trail Jewelry**, **Sat.**, **Dec. 3**, 10 a.m.-4 p.m., 106-A Second St., Monument. Info: 481-0250.
 - **A Dickens Christmas at the Church at Woodmoor**, **Sun.**, **Dec. 4**, 10 a.m., 18125 Furrow Rd. All are welcome to Advent lessons inspired by A Christmas Carol. Info: 488-3200, www.thechurchatwoodmoor.com.
 - **Palmer Lake Yule Log Pot Luck Dinner**, **Tue.**, **Dec. 6**, 6 p.m., Palmer Lake Town Hall, 28 Valley Circle. Please bring a potluck dish to share and place settings for your family. Info: 481-2953.
 - **Stress Reduction Workshop**, **Tue.**, **Dec. 6**, 6:30-8 p.m., Tri-Lakes Chamber Community Room, 166 Second St., Monument. Free. Bring your yoga mat if you have one. Info: Jordan, 602-315-6744, www.mindsetforstrength.