

WEEKLY AND MONTHLY EVENTS

- **Monument Hill Kiwanis Club Breakfast Meeting**, every **Sat.**, 8 a.m., new meeting place, D-38 Administration Building, 146 Jefferson St., Monument. Guests are welcome to the weekly meetings that feature speakers on a variety of topics and a free buffet breakfast. Join the 140+ men and women of the Tri-Lakes area who work together on projects to support our community. Info: Bob Hayes, 481-9693, www.monumenthillkiwanis.org.
- **Free Tai Chi in the Park**, every **Sat.**, 9-10 a.m., D-38 park at the administration building. Come relax, follow, and enjoy. Wear loose-fitting clothing and flat shoes, bring water. Info: 232-1618, Siftimo@whitecranetaichi.com, www.whitecranetaichi.net.
- **Monument Community Yoga**, every **Sat.**, 9 a.m., Woodmoor Community Center, 1691 Woodmoor Dr., Monument. All levels. Cost: cash donation. Info: BePresentYogaLLC@gmail.com.
- **Bingo by the American Legion**, every **Sat.**, game sales start at 6 p.m., games start at 7 p.m., the Depot Restaurant, in Palmer Lake. Proceeds go to scholarships and other community support activities. Info: 481-8668, www.americanlegiontrilakespost911.com/bingo.htm.
- **Watercolor Painting Demo**, with art class afterward, every **Sat.-Sun.**, 3-5 p.m. For watercolor art for fun and good health, join Janet Sellers and get free local scene coloring pages while she demos at local cultural, coffee, and food spots. RSVP & Info: janetsellers10@gmail.com, 357-7454.
- **Tri-Lakes United Methodist Church Worship Hours**, every **Sun.**, 8, 9:30, & 11 a.m., Sunday school, all ages, 9:30 a.m., 20256 Hunting Downs Way, Monument. Info: 488-1365, www.tlumc.org.
- **Tri-Lakes Reformed Church Sunday Worship**, every **Sun.**, 9:45 a.m., Woodmoor Community Center, 1691 Woodmoor Dr., Monument. Info: www.trilakesreformed.org.
- **Cathedral Rock Church Sunday Service**, every **Sun.**, 10 a.m., Tri-Lakes YMCA, 17250 Jackson Creek Pkwy, Monument. Info: www.cathedralrockchurch.org.
- **Tai-Chi Class**, every **Mon.**, 9-10:30 a.m., Palmer Lake Town Hall, 28 Valley Crescent. Cost: \$5. Drop-ins welcome. Info: 481-2953 (then press 0) or www.townofpalmerlake.com.
- **Vinyasa Yoga Class** with Olivia Pennington, every **Mon.**, 11:30 a.m.-1 p.m., Palmer Lake Town Hall, 28 Valley Crescent. All levels. Cost: \$7. Info: 481-2953 (then press 0) or www.townofpalmerlake.com.
- **Tai Chi for Health and Wellness Classes**, every **Mon.**, noon-1 p.m., Dance Art Academy, 13866 Gleneagle Dr. Also meets **Wed.**, 6:15-7:15 p.m. Info: 232-1618, sifumo@whitecranetaichi.net.
- **Seniors Monday Movie Matinee**, every **Mon.**, 1-4 p.m., Tri-Lakes Senior Center located on Lewis-Palmer High School campus. Free movies and snacks. See the schedule of films in Tri-Lakes Silver Alliance *Senior Beat*.
- **Sew Motion Knitting & Crochet Social Group**, every **Mon.**, 3-5 p.m., 862 Hwy 105, Palmer Lake. Info: 481-1565, www.sew-motion.com.
- **Women's A.A. Step Study**, every **Mon.**, 6 p.m. Family of Christ Lutheran Church, 675 W. Baptist Rd. Info: 481-0431.
- **Yin Yoga Classes**, every **Mon.**, 6:30-7:45 p.m., Yoga Pathways Studio, 755 Hwy 105, West End Center, Suite A (3/4 mile west of Safeway). A slow yoga practice; all levels 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. Get 20% off all kitchenware and appliances 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.ppymca.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.
- **NEPCO Meeting**, **Sat., Jan. 7**, 10 a.m.-noon, New Monument Town Hall & Police Building, 645 Beacon Lite Rd., Monument. Craig Dorsey, Director of County Development Services, and Larry Manning, Monument Town Planner, will speak on local development plans and issues. All are welcome to this meeting of local homeowners associations. Info: 481-2723 or visit www.nepco.org.
- **Tri-Lakes Land Use Committee Meeting**, **Mon., Jan. 9**, 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.
- **Foot Care Clinic**, **Wed., Jan. 11**, 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., Jan. 11**, 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., Jan. 11**, 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.
- **Senior Bingo**, **Thu., Jan. 12**, 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., Jan. 12**, 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., Jan. 12**, 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., Jan. 12**, 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.
- **La Leche League Meeting**, **Fri., Jan. 13**, 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.
- **Lifting Spirits Adult/Senior Day Service Open House**, **Fri., Jan. 13**, 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., Jan. 14**, 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.
- **El Paso County Hazardous Materials & Recycling Collection Facility**, **Sat., Jan. 14**, 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., Jan. 14**, 9:45-11:30 a.m., The First National Bank of Monument, 581 Hwy 105. Meets 2nd Sat. each month. Info: Gail, 481-3711.
- **Amateur Radio W0TLM** (Tri-Lakes Monument Radio Association), **Mon., Jan. 16**, 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., Jan. 17**, 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., Jan. 17**, 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., Jan. 17**, 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," and what we, as donors, should look 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., Jan. 17**, 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., Jan. 18**, 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., Jan. 18**, 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., Jan. 18**, 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**, **Wed., Jan. 18**, 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.
- **Mt. Herman 4-H Club**, **Thu., Jan. 19**, 6:30 p.m., Prairie Winds Elementary School, 790 E. Kings Deer Point, Monument. All are welcome. Meets 3rd Thu. each month. Info: Tim O'Grady, 481-1324.