

to help you. Call 488-0076 to leave a message for the dispatcher. If you need grab bars in the bathroom, a ramp to your door, or repair of stairs or railings, please call Cindy Rush, 488-0076, and leave a message or visit www.coloradoseniorhelp.com.

Residence vacation check

The El Paso County Sheriff's Office will conduct vacation checks of homes of county residents who are on vacation. This is a great way to add security to your home when you're away for multiple days. Either a deputy or trained volunteer will visit your home while you're away and check it periodically. To add your home to their schedule, visit www.epcsheriffsoffice.com. Info: 520-7151.

Monthly arts and crafts group forming

The Tri-Lakes Silver Alliance Senior Center is looking for

anyone interested in various types of arts and crafts such as needlework, knitting, beading, coloring, or quilting. If you're interested in any of these activities or have a suggestion of your own, contact Sue, 464-6873.

Senior Center, new expanded hours

The Tri-Lakes Silver Alliance Senior Citizens Center is next to the Lewis-Palmer High School Stadium (across from the YMCA). With the addition of 16 morning exercise classes, the new hours are Monday through Friday, 8 a.m.-4 p.m.; Saturday, 8:45-10 a.m.; and Sunday, 11:45 a.m.-1 p.m. The facility has a lounge, craft room, game room, and multipurpose room. Programs include bridge, pinochle, bingo, national mah-jongg, Zumba, line dancing, yoga, chair yoga, tai chi, Pilates, total body strength, better balance and strength, and many more! There's also ping-pong, Wii video games, puzzles and board games, refreshments, a lending library,

computers with internet connections, and an information table. For information about programs for seniors, visit www.TriLakesSeniors.org or call Sue Walker, 719-330-0241.

Senior Beat newsletter—subscribe for free

Each monthly *Senior Beat* newsletter is full of information for local seniors, including the daily menu of the senior lunches offered Mon.-Fri. at the Mountain Community Mennonite Church, 643 Highway 105, Palmer Lake. It also contains the schedule of the classes and events for the month at the Senior Citizens Center and senior-friendly library programs. To subscribe, send an email with your name and mailing address to SeniorBeat@TriLakesSeniors.org. *Senior Beat* can also be viewed online at www.TriLakesSeniors.org. ■

Our Community Calendar

By Judy Barnes, Community Calendar Editor

Although we strive for accuracy in these listings, dates or times are often changed after publication. Please double-check the time and place of any event you wish to attend by calling the info number for that event.

GOVERNMENTAL BODIES

- **Forest Lakes & Pinon Pines Metropolitan Districts Board Meeting**, Mon., May 7, 10:30 a.m., 6385 Corporate Dr., Suite 200, Colo. Springs. Meets 1st Mon. each month. Info: 327-5810.
- **Monument Board of Trustees Meeting**, Mon., May 7, 6:30 p.m., Town Hall Board Room, 645 Beacon Lite Rd., Monument. Meets 1st and 3rd Mon. each month. Info: 884-8017, www.townofmonument.org.
- **Tri-Lakes Wastewater Facility Joint Use Committee Meeting**, Tue., May 8, 10 a.m., 16510 Mitchell Ave. Meets 2nd Tue. each month. Info: Bill Burks, 481-4053.
- **Palmer Lake Sanitation District Board Meeting**, Wed., May 9, 9 a.m., 120 Middle Glenway. Meets 2nd Wed. each month. Info: 481-2732. www.plsd.org.
- **Woodmoor Water & Sanitation District Board Meeting**, Thu., May 10, 1 p.m., 1845 Woodmoor Dr., Monument. Meets 2nd Thu. each month. Info: 488-2525, www.woodmoorwater.com.
- **Monument Academy School Board Meeting**, Thu., May 10, 6 p.m., school library, 1150 Village Ridge Point, Monument. Meets 2nd Thu. each month. Info: 481-1950, www.monumentacademy.net/school-board.
- **Palmer Lake Town Council Meeting**, Thu., May 10, 7 p.m., Palmer Lake Town Hall, 28 Valley Crescent. Meets 2nd Thu. each month. Info: 481-2953, www.townofpalmerlake.com.
- **El Paso County Planning Commission Meeting**, Tue., May 15, 9 a.m., 2880 International Circle (off Union Blvd & Printers Pkwy). Meets 1st & 3rd Tue. (if required) each month. Info: 520-6300, <http://adm2.elpasoco.com/planning/agendas/pc/pc-agn.asp>.
- **Triview Metropolitan District Board Meeting**, Tue., May 15, 5 p.m., Fairfield Inn (Mt. Herman Conference Room), 15275 Struthers Rd., Monument. Meets 2nd Tue. each month. Info: 488-6868, <https://triview-metro.com>.
- **Wescott Fire Protection District Board Meeting**, Tue., May 15, 7 p.m., Station 1, 15415 Gleneagle Dr. Normally meets 3rd Tue. each month. Info: 488-8680.
- **Monument Sanitation District Board Meeting**, Wed., May 16, 9 a.m., 130 2nd St. Meets 3rd Wed. each month. Info: 481-4886.
- **Academy Water and Sanitation District Board Meeting**, Wed., May 16, 6 p.m., Wescott Fire Station 1, 15415 Gleneagle Dr. Meets 3rd Wed. each month. Info: 481-0711.
- **Donala Water & Sanitation District Board Meeting**, Thu., May 17, 1:30 p.m., 15850 Holbein Dr. Meets 3rd Thu. each month. Info: 488-3603, www.donalawater.org.
- **Lewis-Palmer School District 38 Board Meeting**, Thu., May 17, 6 p.m., Learning Center, 146 Jefferson St., Monument. Meets 3rd Thu. each month. Info: 488-4700, www.lewispalmer.org.
- **Monument Board of Trustees Meeting**, Mon., May 21, 6:30 p.m., Town Hall Board Room, 645 Beacon Lite Rd., Monument. Normally meets 1st and 3rd Mon. each month. Info: 884-8017, www.townofmonument.org.
- **Forest View Acres Water District Board Meeting**, Wed., May 23, 6 p.m., Monument Sanitation District board room, 130 Second St. Meets 4th Wed. each month. Info: 488-2110, www.fvawd.com.
- **Tri-Lakes Monument Fire Protection District Board Meeting**, Wed., May 23, 6:30 p.m., TLMFPD Station 1, 18650 Hwy 105. Meets 4th Wed. each month. Info: Jennifer Martin, 484-0911, www.tlmfire.org.
- **Woodmoor Improvement Association Board Meeting**, Thu., May 24, 7 p.m., Woodmoor Barn, 1691 Woodmoor Dr. Normally meets 4th Wed. each month. Info: 488-2693, www.woodmoor.org.

LOCAL LIBRARY EVENTS

For additional information on library events, see the library events column on page 25 and visit www.ppld.org.

- **The Palmer Lake Library hours** are Tue.-Fri., 10 a.m.-6 p.m., and Sat., 10 a.m.-2 p.m. 66 Lower Glen-

way. Info: 481-2587, www.ppld.org.

- **The Monument Branch Library hours** are Mon.-Thu., 9 a.m.-9 p.m., Fri. & Sat, 10 a.m.-6 p.m., Sun., 1-5 p.m. 1706 Lake Woodmoor Dr. Info: 488-2370, www.ppld.org.

WEEKLY & MONTHLY EVENTS

- **Monument Hill Kiwanis Club Breakfast Meeting**, every Sat., 8 a.m., 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.
- **The Wine Seller Free Wine Tastings**, every Sat., 1-4 p.m., 2805 Roberts Dr., Monument. Info: 488-3019, www.thewineseller.net. See ad on page 3.
- **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.
- **Fuel Church Sunday Service**, every Sun., 9:30 a.m. fellowship with free donuts and coffee, 10 a.m. main service; 14960 Woodcarver Rd. (just west of I-25 off Baptist Road). Non-denominational, spirit-led. Info: info@fuel.org, www.fuelchurch.org. See ad on page 11.
- **Tri-Lakes United Methodist Church Worship Hours**, every Sun., traditional services 8 & 11 a.m., contemporary service 9:30 a.m., Sunday school, all ages, 9:30 a.m., 20256 Hunting Downs Way, Monument. Info: 488-1365, www.tlumc.org. See ad on page 3.
- **Cathedral Rock Church Sunday Service**, every Sun., 10 a.m., Tri-Lakes YMCA, 17250 Jackson Creek Pkwy, Monument. Info: www.cathedralrockchurch.org. See ad on page 11.
- **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, www.townofpalmerlake.com.
- **Seniors: Tai Chi Classes**, every Mon., 11-noon, Silver Alliance Senior Center at Lewis-Palmer High School (across from the YMCA). This soft, slow, and gentle form of exercise has many benefits. Registration required. \$3 suggested donation. RSVP & Info: 464-6873.
- **Seniors Monday Movie Matinee**, every Mon., 1-4 p.m., Silver Alliance 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.
- **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.
- **Adult Literacy Class**, every Mon. & Wed., 6-7:30 p.m., D-38 Admin. Building, 146 Jefferson St., Monument. Open to the public. Info: 488-4700.
- **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., 225 North Gate Blvd. (I-25 Exit 156 A). Daily guided tours at 10 a.m. and 1 p.m. Cost: \$10 adults, \$9 military/AAA, \$8 seniors &

students, \$6 children 3-12, free to children under 3 & museum members. 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. Seniors 62+ get a 20% discount on Wednesdays. Military & Teacher Appreciation Day, 20% off regular priced items on Saturdays. All proceeds support Tri-Lakes Senior Programs. To donate furniture, 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.
- **Act II Thrift Shop**, open Tue.-Fri., 10 a.m.-5 p.m.; Sat., 10 a.m.-2 p.m. Proceeds benefit Tri-Lakes area nonprofits. Info: 487-3268, car@mynorthlandchurch.org, www.mynorthlandchurch.org/act-ii.
- **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.
- **Group of Artists (GOA) Meetings** at Tri-Lakes Center for the Arts, Sat., May 5, 10 a.m.-noon, 304 Hwy 105, Palmer Lake. Lively discussions about art topics, general studies on creativity. Meets 1st Sat. each month. Info: 481-0475, info@trilakesarts.org, www.trilakesarts.org.
- **Chess Nuts**, Tue., May 8, 5-9 p.m., Silver Alliance 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 Tue. each month. Info: www.TriLakesSeniors.org/chess.
- **Pikes Peak Music Teachers Association Meeting**, Tue., May 8, 9 a.m., Graner Music, 4460 Barnes Rd., Colo. Springs. Music teachers and students, meet for coffee, a meeting, and program presentation. Meets 2nd Tue. each month. Info: Susan Marten, 231-9272, www.ppmta.org.
- **Black Forest AARP Potluck Lunch & Meeting**, Wed., May 9, noon, Black Forest Lutheran Church, 12455 Black Forest Rd. All ages welcome. Meets 2nd Wed. each month. Info: Stan, 596-6787, or www.aarpchapter1100blackforest.weebly.com.
- **Foot Care Clinic**, Wed., May 9, Silver Alliance 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,

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