

- 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*.
  - **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., new location, 755 Hwy 105, Suite N, in the West End Center. Nov., 20% off for veterans. 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 Happy Hour**, every evening 5-6 p.m., 75 Hwy 105, Palmer Lake. 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., Nov. 7**, 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.
  - **Lifting Spirits Adult/Senior Day Service Open House**, **Wed., Nov. 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., Nov. 12**, 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.
  - **Foot Care Clinic**, **Wed., Nov. 9**, 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., Nov. 9**, noon, Black Forest Lutheran Church, 12455 Black Forest Rd. All ages welcome. Meets 2nd Wed. each month. Info: Chuck, 749-9227, or aarpchapter1100blackforest.weebly.com.
  - **Chess Nuts**, **Wed., Nov. 9**, 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**, New Location, **Thu., Nov. 10**, 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., Nov. 10**, 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., Nov. 10**, 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., Nov. 10**, 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., Nov. 11**, 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., Nov. 12**, 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., Nov. 12**, 9:45-11:30 a.m., The First National Bank of Monument, 581 Hwy 105. Meets 2nd Sat. each month. Info: Gail, 481-3711.
  - **Little Log Kitchen Free Meal**, **Sat., Nov. 19**, noon, 133 High St., Palmer Lake. Sponsored by Little Log Church every 3rd Sat. Info: 481-2409.
  - **Senior Tea**, **Tue., Nov. 15**, 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., Nov. 15**, 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.
  - **Veterans of Foreign Wars Post 7829**, **Tue., Nov. 15**, 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, jearlson@vfw7829.org, 488-1902, www.vfw7829.org.
  - **Gleneagle Sertoma Luncheon Meeting**, **Wed., Nov. 16**, 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. Nov. 16**, 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., Nov. 16**, 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., Nov. 16**, 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, carlsonmkc@aol.com.
  - **Tri-Lakes Lions Club**, **Thu., Nov. 17**, 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: "A Tale of Two Hustedts,"** **Thu., Nov. 17**, 7 p.m., Palmer Lake Town Hall, 28 Valley Crescent. Jack Anthony discusses the Hustedts, two former "tank town" communities between Palmer Lake and Colorado Springs that were much more than railroad towns. Meets 3rd Thu. each month. Info: 559-0837, www.palmerdividehistory.org.
  - **Foot Care Clinic**, **Fri., Nov. 18**, 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.
  - **NEPCO Meeting**, **Sat., Nov. 19**, 10 a.m.-noon, New Monument Town Hall & Police Building, 645 Beacon Lite Rd., Monument. County Engineer Jennifer Irvine and Executive Director of Planning Craig Dorsey will speak about county issues, projects and future plans. All are welcome to this meeting of local homeowners associations. Info: 481-2723 or visit www.nepco.org.
  - **Amateur Radio W0TLM** (Tri-Lakes Monument Radio Association), **Mon., Nov. 21**, 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 Social**, **Wed., Nov. 23**, 1-4 p.m., Fellowship Hall of the Black Forest Lutheran Church, 12455 Black Forest Rd. Meets 4th Wed. each month. Info: aarpchapter1100blackforest.weebly.com.
  - **Chess Nuts**, **Wed., Nov. 23**, 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.
  - **Foot Care Clinic**, **Fri., Nov. 25**, 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.
  - **Monument Homemakers Club Monthly Potluck Lunch & Meeting**, **Thu., Dec. 1**, 11:30 a.m., Tri-Lakes Chamber of Commerce, 166 Second St., Monument. Meets 1st Thu. each month except Jan. and unless D-38 is delayed or closed. Newcomers welcome. For a ride to the meeting, call Faye Breneman, 488-0076. RSVP & info: Irene Walters, 481-1188, or Bev Wells, 488-3327.
  - **Palmer Divide Quiltmakers**, **Thu., Dec. 1**, 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.
  - **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.americanlegiontrilakespost911.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.
  - **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. For information, call Carolyn, 488-3620, www.4-mga.org, 303-360-7080, 4mga@4-mga.org.

### SPECIAL EVENTS

- **Black Forest Arts and Craft Guild Fall Show and Sale**, **Thu.-Sun., Nov. 3-6**, 9 a.m.-8 p.m. **Thu.-Sat.**, 10 a.m.-2 p.m. **Sun.**, Black Forest Community Center, 12530 Black Forest Rd. Shop unique, hand-crafted items. Info: dellacarlson.bfacg@gmail.com, www.bfacg.org.
- **Tri-Lakes Center for the Arts Member & Resident Artist Exhibition Opening Reception**, **Fri., Nov. 4**, 6-8 p.m., 304 Hwy 105, Palmer Lake. Celebrate with food, music,