

Sue, 464-6873, sue@monumentalfitness.com.

- **Bethesda Gardens Educational Session: All Things Senior**, Thu., **Aug. 16**, 2-4 p.m., 55 Beacon Lite Rd., Monument. Info: 866-958-8771, bethesdagardensmonument.com.
- **Art Hop**, Thu., **Aug. 16**, 5-8 p.m., Downtown Monument west of I-25. The 3rd Thu. each month, May-Sept., the galleries, restaurants, and boutiques of historic downtown Monument stay open until 8 p.m. for a celebration featuring art openings, book signings, great food, live music, and more. Info: 481-3282, www.monumentarthop.org.
- **Art Hop at Covered Treasures Bookstore**, Thu., **Aug. 16**, 5-8 p.m., Tri-Lakes Chamber Building, 166 Second St., Monument. Guest authors are Mike Torreano and David P. Wagner, Diane and Jim Sawatzki, Anna Blake, and Todd Caudle. Refreshments served. Free, open to all. Info: 481-2665, www.coveredtreasures.com.
- **Palmer Lake Historical Society**, No meeting in August. Normally meets 3rd Thu. each month at Palmer Lake Town Hall, 28 Valley Crescent. Info: 559-0837, www.palmerdividehistory.org.
- **Foot Care Clinic**, Fri., **Aug. 17**, Silver Alliance 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.
- **The Breakfast Club**, Sat., **Aug. 18**, 8:30 a.m., The Ridge at Castle Pines North (Ridge Grill and Bar), 1414 Castle Pines Pkwy. Single people 50+ meet new friends and have fun. This active social group enjoys activities ranging from card games to white water rafting, international/domestic travel to bowling and golf. Meets 3rd Sat. each month. Info: 303-815-8428, www.TBC-50plus.org.
- **Tri-Lakes Parkinson's Disease Support Group**, Sat., **Aug. 18**, 10 a.m.-noon, Monument Community Presbyterian Church, 238 Third St, Monument. Come for socializing, discussions on Parkinson's-related issues including available support, and occasional speakers. Meets 3rd Sat. each month. Info: John Farley, 481-2364, robun2good@gmail.com; or Syble Krafft, 488-2669.
- **Monument Essential Tremor Support Group**, Sat., **Aug. 18**, 1-3 p.m. Movement disorder support group. Monument Branch Library, 1706 Lake Woodmoor Dr. Info: Jean: walk2kreddog@gmail.com, or Margaret: lumargaret@aol.com.
- **Amateur Radio W0TLM** (Tri-Lakes Monument Radio Association), Mon., **Aug. 20**. This month the group will have a cookout at the home of a member. Call, email, or visit the website for details. All amateur radio operators or those interested in becoming amateur radio operators are welcome. Meets 3rd Mon. Info: Joyce Witte, 661-9824, Joycewitte@gmail.com; www.W0TLM.com.
- **Drummers!** Mon., **Aug. 20**, 6:30-8 p.m., Limbach Park (next to the band shell on the grass). Free and open to all ages. Bring any kind of drum or other hand percussion instrument. Beginners welcome! Meets 3rd Mon. each month. Info: Nan, 466-1257, nananddon@hotmail.com.
- **Outpouring: TLUMC Supporting our Community**, Tue., **Aug. 21**, 7 p.m., back Barrel Room at Pikes Peak Brewing Company, 1756 Lake Woodmoor Dr., Monument. Everyone is welcome. Meets 3rd Tue. each month. Info: LWeber1971@aol.com; for current speaker info go to http://tlumc.org/outreach/outpouring.
- **Senior Social**, Wed., **Aug. 22**, 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.
- **Foot Care Clinic**, Fri., **Aug. 25**, Silver Alliance 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.
- **Tri-Lakes Chamber Monthly Education Series: Basics of Bookkeeping**, Thu., **Aug. 28**, 9 a.m.-noon, 166 Second St., Monument. Great for people writing business plans, strategic plans, or documenting/describing existing business

models. Free. Register online, www.trilakeschamber.com/events-calendar.htm. Info: 481-3282.

- **Chess Nuts**, Tue., **Aug. 28**, 5-9 p.m., Silver Alliance 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 Tue. each month. Info: www.TriLakesSeniors.org/chess.
- **Group of Artists (GOA) Meetings** at Tri-Lakes Center for the Arts (TLCA), Sat., **Sep. 1**, 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.
- **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

- **Sundance Studio Annual Open House**, Sat. **Aug. 4**, 1-3 p.m., 1450 Cipriani Loop, Monument. Free and open to all. Ninja course and activities for kids. Tumbling & trampoline exhibition 4 p.m., dance performance 4:30 p.m. Info: 481-8208, info@thesundancestudio.com, www.thesundancestudio.com.
- **Tri-Lakes Cruisers 16th Annual Benefit Car Show**, Sun., **Aug. 5**, 10 a.m.-3 p.m., Historic Downtown Monument, 2nd and Front Streets. Public invited free of charge to look around. Food vendors, door prizes, music by a DJ, USAFA Falcons, and much more. Proceeds benefit Tri-Lakes Cares. Info: Lois Button-Gonzalez 481-1643; www.tl-cruisers.weebly.com.
- **35th Annual National Night Out**, Tue., **Aug. 7**. Turn on your porch light and go outside to join your neighbors to make a show of solidarity and strength. Plan a block party, barbecue, neighborhood walk or other activity and let Brent Ambuehl know about it. Contact Brent at 719-208-5924, brentambuehl@elpasoco.com. Find tips at www.natw.org.
- **D-38 Home School Enrichment Academy Open House**, Tue., **Aug. 7**, 5-7 p.m., Grace Best Education Center, 66 Jefferson St., Monument. Use east entrance on Adams Street. Staff will be present to answer questions, tour. Repeats Aug. 13, 10 a.m.; Aug. 16 & 22, 6 p.m. Info: 640-6392, RDunphey@lewispalmer.org, www.lewispalmer.org/hsea.
- **Friends of Monument Preserve (FOMP) Trail Work Night**, Tue., **Aug. 7**, 6-8:30 p.m. Help maintain our area trails. Bring leather gloves, water, and bug repellent. Park at the main parking lot at the trailhead on Mt. Herman Road. Meets 2nd Tue., Apr.-Oct. Info: Bill Normile, 303-619-2156, info@fomp.org, www.fomp.org.
- **Neighborhood Meeting: Ramada Inn Change of Use**, Wed., **Aug. 8**, 6-8 p.m., 166 Second St. Find out about the plan for the change of use from a hotel to a drug and alcohol rehabilitation facility that has been submitted on behalf of Sunshine Behavioral Health. This is not a methadone clinic nor an outpatient clinic. It is high end, voluntary inpatient only. It does not require rezoning; it meets the current zone. Info: Katie Whitford, 471-0073, kwhitford@nescolorado.com.
- **Northern El Paso County Non-Profit Council**, Thu., **Aug. 9**, 8 a.m., Tri-Lakes Chamber of Commerce, 166 Second St., Monument. Non-profits, schools, churches, government entities, businesses, other organizations, and anyone else interested in serving the community are invited. RSVP & Info: Rich Strom, 719-963-4464.
- **Lang 20th Annual Pig Roast & Client Appreciation Event**, Fri., **Aug. 10**, 5:30-7:30 p.m., 236 Washington St., Monument. Free, all ages are welcome for fresh roast pig, sides, drinks, and a bounce house for the kids. Info: 481-0887. See ad on page 7.
- **Summer Concert Series at Forest Lakes**, Fri., **Aug. 10**, 6-9 p.m., Pavilion at Waterfront Park on Forest Lake Drive., Monument. Free concerts 2nd and 4th Fri., Jun.-Aug. Three food trucks scheduled. Bring chairs, blankets. No pets. Info: www.forestlakescolorado.com/events.html.
- **King's Deer Community Garage Sale**, Fri.-Sun., **Aug. 10-12**, Highway 105 and Roller Coaster Road. For details and map visit www.KingsDeer.org and click Garage Sale. See ad on page 5.

- **Black Forest Festival**, Sat., **Aug. 11**, 6:30 a.m.-9 p.m., 12530 Black Forest Rd. Pancake breakfast by R&R Café 6:30-9:30 a.m., festival activities 8 a.m.-3 p.m. include booths, farm-themed children's activities/games/crafts and demos, music, expanded food venues, and more. Parade at 10:30 a.m.; outhouse races around 11:40 a.m. To volunteer, call 495-2718. Info: www.bfcommunityclub.org.
- **Return of the Rocky Mountain Chautauqua**, Sat., **Aug. 11**, 11 a.m.-4 p.m., in the Palmer Lake Town Hall, 28 Valley Crescent, and on the Village Green. A full day of vintage arts, crafts, portrayals of historic men and women, wildlife displays, walking tours of the area, live music, screenings of Summer Sojourn--a movie on the history of Colorado Chautauqua, gold panning and other activities for kids. The Friends of the Tri-Lakes Library will hold their annual ice cream social after lunch. Free and open to all. Info: www.palmerdividehistory.org.
- **Native American Traditional Powwow**, Sat., **Aug. 11**, 10 a.m.-6 p.m., doors open 9:30 a.m., Norris Penrose Event Center, 1045 Lower Gold Camp Rd., Colo. Springs. Native drums and dancers, Native art and artisans, birds of prey and live wolf exhibits, Aztec Dancers, Native vendors, Native food and kid's activities. Cost: \$5, free for Native Americans in full regalia and children 12 and under. Please bring donations of non-perishable food. No drugs, alcohol or pets (except service animals). Cash prizes for dancers. Drums by invitation only. All proceeds support One Nation Walking Together. Info: www.coloradospringpowwow.org.
- **Gleneagle Sertoma 17th Annual Patriot Golf Benefit**, Mon., **Aug. 13**, noon check-in, 1:30 p.m. tee-off, USAFA Eisenhower Golf Course, Blue Course. This tournament honors local patriots representing the military and first responders. Proceeds go to El Paso County Sheriff's Office Foundation and other local charities. Register at www.gleneaglepatriotgolf.com or use the form attached to the ad. Info: John Coyle, 494-4284; Joe Gray, 203-4526, www.gleneaglepatriotgolf.com. See ad on page 14.
- **Park Party at Pikes Peak Brewing Company**, Thu., **Aug. 16**, 6-8 p.m., 1756 Lake Woodmoor Dr, Monument. Come for free food, drinks, and fun. Mingle with the different Friends Groups that support El Paso County Parks and find out what's new in your local parks. Light refreshments provided. Info: 520-6983, dananordstrom@elpasoco.com.
- **Bethesda Gardens: Pancakes for Purpose**, Sat., **Aug. 18**, 8:30-10:30 a.m., 55 Beacon Lite Rd., Monument. This event is a fundraiser for the Alzheimer's Walk. Cost: \$15 for all you can eat pancakes. Info: 866-958-8771, bethesdagardensmonument.com.
- **Pickin' on the Divide**, Sat., **Aug. 18**, 11 a.m.-6:30 p.m., Limbach Park, 151 Front St., Monument. Colorado bluegrass bands perform all day. Beer garden, food trucks, and more, rain or shine. Please, no smoking or pets except service animals. Info: www.pickinonthedivide.com. See ad on page 13.
- **Monument Library: AARP Drive Smart**, Sat., **Aug. 18**, noon-5:45 p.m. Any aged person may attend, but the insurance discount only applies to those age 55 and older. Court-directed persons are welcomed; instructors are authorized to sign off related court documents. Cost: \$15 AARP members, \$20 for non-members. Pre-class reservations are requested; a few walk-ins might be accepted. Monument Branch Library, 1706 Lake Woodmoor Dr. RSVP & Info: 685-2242.
- **Free Chipper/Slash Day for Palmer Lake residents**, Sun., **Aug. 19**, 9 a.m.-3 p.m., Glen Park. Please, no root balls, trash, pine needles, slash with rocks or glass, nor lumber. Please do not drop your slash to be chipped early. Please orient your slash so that the cut end is toward the back of your truck or trailer. If you have a large amount of slash you can contact CUSP at adrian@cusps to arrange for them to do the chipping at your property. Info: 719-208-5826.
- **Billy Bob Thornton & the Boxmasters at Tri-Lakes Center for the Arts**, Tue.-Wed., **Aug. 21-22**, 7 p.m., doors open 6:15 p.m., 304 Hwy 105, Palmer Lake. The Boxmasters' only Colorado shows! Tickets & Info: 481-0475, www.trilakesarts.org.
- **National Alliance on Mental Illness (NAMI) Free Mental Health First Aid Training**, Fri., **Aug.**