

- **Black Forest Community Church** Sunday Worship, every **Sun.**, 10 a.m., 6845 Shoup Rd. All are welcome to the family friendly services. Info: www.blackforestcommunitychurch.org.
- **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.**, 10 a.m., Palmer Lake Town Hall, 28 Valley Crescent. Cost: \$5. Drop-ins welcome. Info: 719-481-2953, www.townofpalmerlake.com.
- **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.
- **Artfully Speaking Toastmasters**, every **Mon.**, 5:45 p.m., 4452 North Chestnut St., room 252, Colo. Springs. Info: Glenn, 719-260-6551; www.artfullyspeaking.toastmastersclubs.org.
- **Women's A.A. Step Study**, every **Mon.**, 6:30 p.m., Family of Christ Lutheran Church, 675 Baptist Rd. Park in west lot. Info: 719-360-4306.
- **Monument Life Recovery Group**, every **Mon.**, 6:30-8 p.m., The Ascent Church, 1750 Deer Creek Rd. This faith-based support group is for those seeking freedom from all hurts, habits, and hang ups. Find support seeking freedom from addictions and family members with practical tools for change. Daycare provided for children under age 11. Info: 719-481-3600.
- **Monument Hill Kiwanis Bingo**, every **Mon.**, 7:30 p.m., Carefree Bingo, 3440 N. Carefree Circle, Colo. Springs. All proceeds benefit those in need in the Tri-Lakes Community. Info: mark.zeiger@gmail.com.
- **Blue Wave Taekwondo Club**, every **Mon. & Fri.**, 4:30 p.m., Woodmoor Barn, 1691 Woodmoor Dr. New members welcome. Cost: \$15 ea. to cover rental, first class FREE! Info: Alex Ratcliff, TaekwondoBlueWave@gmail.com, 817-962-8044.
- **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 719-884-2304.
- **Western Museum of Mining & Industry (WMMI)**, open **Mon.-Sat.**, 9 a.m.-4 p.m., 225 North Gate Blvd. (I-25 Exit 156 A). Free child admission with a paid adult during April. Daily guided tours at 10 a.m. and 1 p.m. Cost: \$11 adults, \$10 military/AAA, \$9 seniors & students, \$6 children 3-12, free to children under 3 & museum members. Info: 719-488-0880, 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. Volunteers needed, phone 716-464-6873. To donate furniture, call 719-488-3495 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: 719-630-2604, hbrandon@ppymca.org, www.ppymca.org.
- **Adult Children of Alcoholics/Dysfunctional Families Meeting: ACA Promises**, every **Tue.**, 6:30-7:30 p.m., Natural Grocers meeting room, 1216 W. Baptist Rd., Monument. As a child, did you develop a False Self in order to survive? The solution is learning to re-parent ourselves with gentleness, humor, love, and respect. Info: Call/text Stacey, 206-384-8285, www.adultchildren.org (click on Newcomer).
- **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, 719-481-9258.
- **Essentrics Fitness Program at Senior Center**, every **Tue.** at 12:30 p.m. & **Thu.** at 8 a.m., Lewis-Palmer High School modular building across from the YMCA, on Jackson Creek Pkwy. All fitness levels can prevent injury and improve posture and flexibility. Registration & Info: Sue Walker, 719-330-0241.
- **Peak Reader Children's Literacy Program**, every **Tue. & Thu.**, 5:30-6:30 p.m., Monument Branch Library, 1706 Lake Woodmoor Dr. Free one-to-one tutoring for children reading below grade level. To enroll your child or volunteer as a tutor, visit www.childrensliteracycenter.org or call 719-471-8672.
- **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.
- **Al-anon Meeting: Letting Go**, every **Thu.**, 9-10:10 a.m., Tri-Lakes Chapel, room 209, 1750 Deer Creek Rd., Monument. Info: Kay, 719-481-9258.
- **A.A. Big Book Study**, every **Thu.**, 7 p.m., Family of Christ Lutheran Church, 675 W. Baptist Rd. Info: 719-481-0431.
- **Overeaters Anonymous Big Book Study**, every **Thu.**, 7-8 p.m., Natural Grocers, 1216 W. Baptist Rd., Monu-

- ment. Info: Beth, 773-682-1223; or Nancy, 719-640-3343.
- **Live Music at the Speedtrap**, every **Thu.** open mic 7-9:30 p.m., musicians every **Fri. & Sat.**, 8-11 p.m., 84 Hwy 105, Palmer Lake. Info: 719-488-2007, www.speedtrapbistro.com.
- **Take Off Pounds Sensibly (TOPS)**, every **Fri.**, 8 a.m., Monument Chamber of Commerce, 166 2nd St., Monument. Info: Terry, 719-684-4912, or visit www.TOPs.org.
- **Wildfire Preparedness Meeting**, **Tue., Feb. 4**, 10 a.m., Woodmoor Barn, 1691 Woodmoor Dr., Monument. Learn about resources and training for homeowners and owners associations for wildfire mitigation and Firewise communities. Meets 1st **Tue.** each month. Info: Matthew Nelson 719-488-2693 ext 4, matthew@woodmoor.org.
- **Tri-Lakes Chamber Monthly Education Series: Search Engine Optimization**, **Tue., Feb. 4**, 11:30 a.m.-1:30 p.m., 166 Second St., Monument. Free. Register online, www.trilakeschamber.com/events-calendar.htm. Info: 719-481-3282.
- **Gleneagle Sertoma Luncheon Meeting**, **Wed., Feb. 5**, 11:30 a.m., Liberty Heights, 12105 Ambassador Dr., Colo. Springs. Interesting speakers and programs; all are welcome. Meets 1st & 3rd **Wed.** each month. Info: Garrett Barton, 719-433-5396; Duane Gritzmak-er, 719-481-2424; www.gleneaglesertoma.org.
- **Tri-Lakes Lions Club Meeting**, **Thu., Feb. 6**, 6:30 p.m., Country Club of Woodmoor, 18945 Pebble Beach Way, Monument. Membership open to the public. Join Lions or the Leo Youth Club to help support the Tri-Lakes Community. Meets first **Thu.** each month. Info: Jim Naylor, 719-481-8741; www.trilakeslionsclub.org
- **Palmer Divide Quiltmakers**, **Thu., Feb. 6**, 6:45 p.m., Monument Hill Church, 18725 Monument Hill Rd., Unit 18, Monument. Meets 1st **Thu.** each month. Info: PDQ504@gmail.com.
- **El Paso County Hazardous Materials & Recycling Collection Facility**, **Sat., Feb. 8**, 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. Bring a nonperishable food item for Care and Share. Info: 719-520-7878, http://adm.elpasoco.com/Environmental_Services/Solid_Waste_Management.
- **Palmer Lake Art Group**, **Sat., Feb. 8**, 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: 719-487-1329, www.palmerlakeartgroup.com.
- **Alzheimer's Caregiver Support Group**, **Sat., Feb. 8**, 9:45-11:30 a.m., The First National Bank of Monument, 581 Hwy 105. Meets 2nd **Sat.** each month. Info: Gail, 719-481-3711.
- **Faithful Friends**, **Sat., Feb. 8**, 3-4:30 p.m., Wesley Owens Coffee & Cafe, 1744 Lake Woodmoor Dr., Monument. This month's topic: "You Can't Make This Stuff Up! (tall tales that aren't)." Meets 2nd **Sat.** each month. RSVP & Info: Ellen, 303-526-5000.
- **Pikes Peak Music Teachers Association Meeting**, **Tue., Feb. 11**, 9:30 a.m., Graner Music, 4460 Barnes Rd., Colo. Springs. Jamie Shaak presents Memorization Tips & 20 Variations on Practicing Hanon. Music teachers and students meet for coffee, fruit, pastries, a meeting, and presentation. Non-members welcome. Meets 2nd **Tue.** each month. Info: 307-760-6426, deemody636@gmail.com, www.ppmta.org.
- **Black Forest AARP Potluck Lunch & Meeting**, **Wed., Feb. 12**, noon, 12455 Black Forest Rd. Program: Fire safety in the home. All ages welcome. Meets 2nd **Wed.** each month. RSVP & Info: Stan, 719-596-6787, www.aarpchapter1100blackforest.weebly.com.
- **Foot Care Clinic**, **Wed., Feb. 12**, 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, by appointment only. Info & appointments: call the Visiting Nurse Association, 719-577-4448.
- **Senior Bingo**, **Thu., Feb. 13**, 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, 719-488-3037.
- **Bridge**, **Thu., Feb. 13**, 1-4 p.m., Silver Alliance Senior Center, 1300 Higby Road, Monument. Meets 2nd **Thu.** each month, Sept.-June. Info: www.trilakeseniors.org/programs/events.html.
- **Ben Lomond Gun Club**, Tri-Lakes Chapter, **Thu., Feb. 13**, 7 p.m., Tri-Lakes Fire Station 1, 18650 Hwy 105 west of Monument near the bowling alley. Meets 2nd **Thu.** each month. Info: 719-481-3364.
- **Silver Center Book Club**, **Fri., Feb. 14**, 11 a.m.-noon, Senior Center located across the street from the Tri-Lakes YMCA, on Lewis-Palmer High School campus. All are welcome. Meets 2nd **Fri.** each month. Coffee & snacks served. RSVP & Info: Sue, 719-330-0241.
- **La Leche League Meeting**, **Fri., Feb. 14**, noon-1 p.m., Monument Branch Library, 1706 Lake Woodmoor Dr. Mothers, babies, and mothers-to-be are all invited. Meets 2nd **Fri.** each month. Info: Kelley, 719-440-


- 2477, kdghorashi@gmail.com.
- **The Breakfast Club**, **Sat., Feb. 15**, 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. Meets 3rd **Sat.** each month. Info: 303-815-8428, www.TBC50plus.org.
- **Monument Hill Farmers Market Winter Indoor Market**, **Sat., Feb. 15**, 9 a.m.-1 p.m., Grace Best, 66 Jefferson St., Monument. Shop all your old favorites. Meets every 3rd **Sat.** through April. Info: 719-592-9420. See ad on page 5.
- **Tri-Lakes Parkinson's Disease Support Group**, **Sat., Feb. 15**, 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: Syble Krafft, 488-2669.
- **Amateur Radio W0TLM (Tri-Lakes Monument Radio Association)**, **Mon., Feb. 17**. All amateur radio operators or those interested in becoming amateur radio operators are welcome. Meets 3rd **Mon.** Check the website for details. Info: Joyce Witte, 719-661-9824, Joycewitte@gmail.com; www.W0TLM.com.
- **Outpouring: TLUMC Supporting our Community**, **Tue., Feb. 18**, 7 p.m., 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.
- **Gleneagle Sertoma Luncheon Meeting**, **Wed., Feb. 19**, 11:30 a.m., Liberty Heights, 12105 Ambassador Dr., Colo. Springs. Interesting speakers and programs; all are welcome. Meets 1st & 3rd **Wed.** each month. Info: Garrett Barton, 719-433-5396; Duane Gritzmak-er, 719-481-2424; www.gleneaglesertoma.org.
- **Senior Bingo**, **Wed., Feb. 19**, 1-2 p.m., Silver Alliance Senior Center, Lewis-Palmer High School campus. Meets 3rd **Wed.** each month. Info: Sue Walker, 464-6873.
- **Veterans of Foreign Wars Post 7829**, **Wed., Feb. 19**, 7 p.m., The Country Club at Woodmoor, 18945 Pebble Beach Way, Monument. New members welcome. Meets 3rd **Wed.** each month. Info: Post Commander Joe Carlson, 405-326-2588, jcarlson@vfw7829.org, www.vfw7829.org.
- **VFW Auxiliary to Post 7829**, **Wed., Feb. 19**, 7 p.m., The Country Club at Woodmoor, 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, 719-488-1902, carlsonmkc@aol.com.
- **Senior Tea**, **Thu., Feb. 20**, 12-1:30 p.m., Silver Alliance Senior Center at Lewis-Palmer High School (across from the YMCA). Come early to socialize. Volunteers needed. Meets 3rd **Thu.** each month. Reservations required: contact Sue, 464-6873, sue@monumentalfitness.com.
- **Palmer Lake Historical Society Meeting**, **Thu., Feb. 20**, 7 p.m., Palmer Lake Town Hall, 28 Valley Crescent. Wayne Russert presents "Radio and Its Unknown Pioneers." All are welcome. Meets 3rd **Thu.** each month. Info: 719-559-0837, www.palmerdividehistory.org.
- **Gleneagle Women's Club**, **Fri., Feb. 21**. Come for lunch, book discussions, bridge, and more. Location for lunch varies. Meets every third **Fri.**, Sept.-June. Info: Syble Krafft, 719-488-2669.
- **Foot Care Clinic**, **Fri., Feb. 21**, 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, 719-577-4448.
- **Chess Nuts**, **Tue., Feb. 25**, 5-9 p.m., Silver Alliance Senior Center, across the street from the YMCA. Any age, any skill. Learners welcome. Drop in and leave

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