

Monument. Tri-Lakes Health Advocacy Partnership (HAP) invites area seniors for lunch & activities. Free blood pressure screening 1st & 3rd Wed. \$3 donation requested. Info: 484-0517.

- **Gleneagle Sertoma**, every **Wed.**, 11:45 a.m., Liberty Heights, 12015 Ambassador Dr. (off Voyager Blvd.) Interesting speakers and programs; all are welcome. Info: Sherry Edwards, 488-1044; or Bill Nance, 488-2312.
- **Networking in Christ**, every **Thu.**, 8-9 a.m., Wisdom Tea House, 65 Second St., downtown Monument. Come for coffee or breakfast and learn about this different kind of business networking through prayer, praise, participation, and sharing prospects. Info: Alice Sweatman, 200-5258 or 2asweatman@comcast.net.
- **Al-anon Meeting: Letting Go**, every **Thu.**, 9-10:10 a.m., Tri-Lakes Chapel, room 209, 1750 Deer Creek Rd., Monument. Info: visit www.al-anon-co.org or www.al-anon-alateen.org or call the 24-hour answering service at 719-632-0063 (locally) or 8 a.m.-6 p.m. weekdays at 1-888-425-2666 (nationwide).
- **Delivered through Christ Recovery Group**, every **Thu.**, 6:30-8 p.m., 14960 Woodcarver Rd. (just west of I-25 and Baptist Rd.) Bible-based support group for all addictions. Info: 930-1954.
- **Alateen**, every **Thu.**, 7 p.m., Family of Christ Lutheran Church, 675 E. Baptist Rd., southwest corner room, door will be ajar. Info: Jean, 487-8781.
- **Alcoholics Anonymous meeting: Recovery in Action Group—Open, Big Book Study**, every **Thu.**, 7 p.m., Family of Christ Lutheran Church, 675 E. Baptist Rd. Info: 487-7781.
- **Myasthenia Gravis Association of Colorado Support Group**. Location varies. For information, call Carolyn, 488-3620, or contact the MGA: www.4mga.org, phone 303-360-7080, or email 4mga@4mga.org.
- **Fibromyalgia Support Group**, Mon., **Aug. 13**, 5 p.m., College Pharmacy, 3505 Austin Bluffs Pkwy (downstairs), Colorado Springs. A DVD on the disease and treatments will play 5-6 p.m.; the meeting starts at 6 p.m. Share concerns and success stories and address your questions to a D.O. Learn how you can become pain-free. No charge, no products sold. Meets 2nd Mon. each month. Info: Lorna Searle, 481-3735.
- **Tri-Lakes Home Educators' Support Group**, Mon., **Aug. 13**. Meets 2nd Mon. each month for

support, information, field trips, and special events. Info: email TLHESG@gmail.com.

- **HAP-py Feet Foot Care Clinic**, Tue., **Aug. 14**, Senior Center located across the street from the Tri-Lakes YMCA, on the Lewis-Palmer High School campus. A registered nurse examines your feet, provides proper toenail trimming, and tests both feet for pulse, nerve sensations, and blood circulation. Cost: \$25 for a 30-min. visit; limited financial assistance is available for qualifying applicants. 2nd Tue. each month. Info & appointments: call Bob or Debbie, Tue.-Thu., 9 a.m.-4 p.m., at 577-4448.
- **Black Forest Chapter of AARP Potluck Luncheon**, Wed., **Aug. 8**, 11:30 a.m., Black Forest Lutheran Church, Shoup and Black Forest Road. Meets 2nd Wed. each month. Info: Chuck Karlstrum, 749-9227, or Stan Beckner, 596-6787.
- **Senior Bingo at Old Monument Town Hall**, Thu., **Aug. 9**, Tri-Lakes Monument Fire Protection District Administration Complex, 166 Second St., Monument, after the noontime senior lunch. Come for lunch at 11:30 a.m., then stay and play. Free! Win prizes! Meets 2nd Thu. each month. Info: Maggie Nealon, 488-3037.
- **Legacy Sertoma Dinner meeting**, Thu., **Aug. 9**, 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., **Aug. 9**, 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.
- **Palmer Lake Art Group, Sat., Jul. 14, 9 a.m.**, Vaile Hill Gallery, 118 Hillside Rd., Palmer Lake. A variety of art programs are offered after the business meeting. Guests welcome. Meets 2nd Sat. each month. Info: 487-1329, or visit www.palmerlakeartgroup.com.
- **El Paso County Hazardous Materials & Recycling Collection Facility**, Sat., **Aug. 11**, 9 a.m.-1 p.m., 3255 Akers Dr., Colorado Springs. Open the 2nd Saturday each month as well as Mon.-Thu., 7 a.m.-5 p.m., and now accepts porcelain fixtures in addition to common recyclable items and household hazardous waste such as paint and related products, lawn and garden chemicals, household cleaners, old batteries, fire extinguishers, fireworks, flares, ammunition, automotive products (no tires), various electronics, and TVs up to 19-inch diagonal. Bring a nonperishable food item for Care and Share. Info: 520-7878, or http://adm.elpasoco.com/Environmental_Services/Solid_Waste_Management.
- **Alzheimer's Support Group**, Sat., **Aug. 11**, 10-11:30 a.m., Church at Woodmoor, 18125 Furrow Rd. Meets 2nd Sat. each month. Info: LaVonne Putman,

488-2557.

- **Macular Degeneration Support Group for the Visually Impaired**, Thu., **Aug. 16**, 1-2 p.m. Meets 3rd Thu. Location varies. Info: Tri-Lakes Cares, 481-4864 x103.
- **Art Hop**, Thu., **Aug. 16**, 5-8 p.m., historic downtown Monument. The 3rd Thu. each month through Sep. 20, the galleries, restaurants, and boutiques of downtown Monument stay open until 8 p.m. for a celebration featuring art openings, great food, live music, and more. Info: www.monumentmerchants.com or call 481-3282.
- **Tri-Lakes Lions Club**, Thu., **Aug. 16**, 6:30 p.m. social, 7-8 p.m. meeting, Sundance Mountain Lodge, 1865 Woodmoor Dr., Monument. The world's largest service club organization is now in Tri-Lakes! Meets 3rd Thu. each month. Info: David Prejean, 434-7031.
- **Ladies Auxiliary to V.F.W. Post 7829**, Thu., **Aug. 16**, 7-8:30 p.m., Monument Library, 1706 Lake Woodmoor Dr., Monument. New members welcome. If you are a female relative of a veteran who served on foreign soil during war or other military action, you may be eligible. Meets 3rd Thu. each month. Info: Martine Arndt, 231-5323 or email: Martine.Arndt@yahoo.com.
- **Palmer Lake Historical Society: "Recreating A Fully Operational Forge At Prairie Canyon Ranch,"** Thu., **Aug. 16**, 7 p.m., Palmer Lake Town Hall, 28 Valley Crescent. Johnny Mulligan and Jerry Wlodarek relate the results of their efforts to recreate a fully operational forge at Prairie Canyon Ranch. Free and open to all. Refreshments served after the one-hour program. Meets 3rd Thu. Info: Sarah, 481-4278, or visit palmerdividehistory.org.
- **Poetry Night**, Fri., **Aug. 17**, 5-8 p.m., Wesley Owens Coffee, 1773 Lake Woodmoor Dr. (next to Papa John's). The staff of Ink Magazine, the student-run literary publication of Palmer Ridge High School, invites the community to drop in for a lively evening of poetry. Come to listen, read some poetry of your own, join in an improvisational rap battle, or simply to support the arts. Homemade soup, salad, and desserts available for purchase. Meets 3rd Fri. each month. Info: email inkmagazineprhs@gmail.com.
- **Juvenile Diabetes Support Group**, Sat., **Aug. 18**, 9 a.m., It's a Grind Coffee House, 15954D Jackson Creek Pkwy, Monument. Meets 3rd Sat. each month. Info: Dawn, 719-466-7551 or email dawnweb@q.com.
- **Amateur Radio W0TLM (Tri-Lakes Monument Fire Radio Association)**, Mon., **Aug. 20**, 6:30 p.m., Tri-Lakes Monument Fire Protection District Station 1, 18650 Hwy 105 (next to Pinz bowling alley). All amateur radio operators or those interested in becoming amateur radio operators are welcome. Meets 3rd Mon. each month. Info: Joyce Witte, 488-0859.
- **Djembe Drum Lessons**, Mon., **Aug. 20**, 6:30-8 p.m., Yoga Pathways, Suite A, West End Center, 755 Hwy 105, Palmer Lake. Great brain exercise. Ages 18 to 80+ welcome! Meets 3rd Mon. each month. Info: Char, 488-3138.
- **Senior Tea**, Tue., **Aug. 21**, 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. Be prepared to have fun! Voluntary donations welcome. Meets 3rd Tue. each month. Info: Irene C., 484-0517.
- **Cancer Support Group for Women**, Tue., **Aug. 21**, 7 p.m., St. Matthias Episcopal Church, 18320 Furrow Rd., Woodmoor. Meets 3rd Tue. each month. Info: Lindsay, 487-9362.
- **Veterans of Foreign Wars Post 7829**, Tue., **Aug. 21**, 7 p.m., Sundance Mountain Lodge, 1865 Woodmoor Dr., Monument. New members welcome. Meets 3rd Tue. each month. Info: Tony Wolusky, post commander, 481-4419, or twolusky@aol.com.
- **Senior Social**, Wed., **Aug. 22**, 1-4 p.m., Fellowship Hall of the Black Forest Lutheran Church, 12455 Black Forest Rd. The Black Forest Lutheran Church and the Black Forest AARP Chapter 1100 invite area seniors for an afternoon of socializing. All are welcome; bring a friend and enjoy chatting, doing handwork, or playing Mexican train dominoes. Light refreshments will be served. Meets 4th Wed. each month. Info: Lavonne, 495-4021.
- **Tri-Lakes Incubator Workshop: Building Alliances Part I**, Thu., **Aug. 23**, 1-3 p.m., 14960 Woodcarver Rd., Colorado Springs. Learn the who, what, where, how, and when to building powerful

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We need additional reporters to help cover meetings of local governmental bodies. The reporting assignment is "What did they talk about and what did they decide?" If you get down the facts, *OCN's* skilled copy editors will help you refine your article for publication.

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