

- **Weekly Meditation at Yoga Pathways**, every **Wed.**, 11:15 a.m.-noon, 755 Hwy. 105 (3/4 mile west of Monument Safeway). Led by Raleigh Dove, Certified Yoga Therapist. Info: 481-4137, www.YogaPathwaysStudio.com.
- **Gleneagle Sertoma**, every **Wed.**, luncheon meeting at Liberty Heights, 12105 Ambassador Dr., (off Voyager Blvd in Colorado Springs). Interesting speakers and programs; all are welcome. Info: Call Garrett Barton, 433-5396, Bill Bristol, 481-3366, www.gleneglesertoma.org.
- **Senior Citizen Luncheons**, every **Wed.**, noon-1 p.m., D-38 Learning Center, 146 Jefferson St., 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.
- **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, 481-9258.
- **A.A. Big Book Study**, every **Thu.**, 7 p.m., Family of Christ Lutheran Church, 675 W. Baptist Rd. Info: 481-0431.
- **Free Tai Chi**, **Sat., Aug. 1**, 9-10 a.m., D-38 park at the administration building. Meets every 1st & 3rd Sat. Info: 232-1618 or 232-1619.
- **Lifting Spirits Adult/Senior Day Service Open House**, **Mon., Aug. 3**, 1-4 p.m., 755 Hwy. 105 Unit C, Palmer Lake. Caregivers, find out how to make your lives easier. Refreshments served. Meets 1st Mon. each month. Info: Linda, (303) 579-8114.
- **Caregivers Support and Brainstorming Open House**, **Tue., Aug. 4**, 2-4 p.m., Lifting Spirits Adult Day Center, 755 Hwy. 105 Unit C, Palmer Lake. Meets 1st and 3rd Tue. each month. Info: Linda, (303) 579-8114.
- **American Legion Tri-Lakes Post 9-11**, **Tue., Aug. 4**, 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.
- **Monument Homemakers Club Monthly Potluck Lunch & Meeting**, **Thu., Aug. 6**, 11:30 a.m., Tri-Lakes Fire Department Administrative Building, 166 Second St., Monument. Meets 1st Thu. each month except Jan. and unless D-38 is delayed or closed due to bad weather. Newcomers welcome. For a ride to the meeting, call Faye Brenneman, 488-0076. RSVP & info: Irene Walters, 481-1188, or Bev Wells, 488-3327.
- **Palmer Divide Quiltmakers**, **Thu., Aug. 6**, 7 p.m., Church at Woodmoor, 18125 Furrow Rd. Meets 1st Thu. each month. Info: Barb Broshous, 999-5447.
- **Volunteers needed for weed removal**, **Sat., Aug. 8**, 8-11 a.m., Palmer Lake Town Hall, 28 Valley Crescent, Palmer Lake. Bring gloves and wear long pants, long sleeves, sturdy shoes, and a hat. Meets 2nd & 4th Sat. each month, 8-11 a.m. Info: 481-2953 (then press 0) or www.townofpalmerlake.com.
- **Palmer Lake Art Group**, **Sat., Aug. 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: 487-1329, www.palmerlakeartgroup.com.
- **El Paso County Hazardous Materials & Recycling Collection Facility**, **Sat., Aug. 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. Accepts documents for shredding, up to two legal paper-sized boxes, from private households. Bring a nonperishable food item for Care and Share. Info: 520-7878, http://adm.elpasoco.com/Environmental_Services/Solid_Waste_Management
- **Alzheimer's Support Group**, **Sat., Aug. 8**, 10-11:30 a.m., Church at Woodmoor, 18125 Furrow Rd. Meets 2nd Sat. each month. Info: LaVonne Putman, 488-2557.
- **Foot Care Clinic**, **Wed., Aug. 12**, 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., Aug. 12**, 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.
- **Senior Bingo at Old Monument Town Hall**, **Thu., Aug. 13**, 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! Prizes! Meets 2nd Thu. each month. Info: Maggie Nealon, 488-3037.
- **Bridge**, **Thu., Aug. 13**, 12:30-3:30. Tri-Lakes Senior Center located on Lewis-Palmer High School campus. Walk-ins are welcome. Meets 2nd and 4th Thu. each month. Reservation suggested: call Roger and Syble, 488-2669.
- **Legacy Sertoma Dinner Meeting**, **Thu., Aug. 13**, 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. 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: 481-3364.
- **Free Tai Chi**, **Sat., Aug. 15**, 9-10 a.m., D-38 park at the administration building. Meets every 1st & 3rd Sat. Info: 232-1618 or 232-1619.
- **Little Log Kitchen Free Meal**, **Sat., Aug. 15**, noon, 133 High St., Palmer Lake. Sponsored by Little Log Church every 3rd Sat. Info: 481-2409.
- **Drummers!** **Mon., Aug. 17**, 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 Mon. each month. Verify date & time: Char, 488-3138.
- **Amateur Radio W0TLM (Tri-Lakes Monument Radio Association)**, **Mon., Aug. 17**, 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.
- **Tri-Lakes Home Educators' Support Group**, **Mon., Aug. 17**. Meets 3rd Mon. each month for support, information, field trips, and special events. Info: http://groups.yahoo.com/group/TLHESGmembers or tlhesgmembers-owner@yahoo.com.
- **Senior Tea**, **Tue., Aug. 18**, 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.
- **Caregivers Support and Brainstorming Open House**, **Tue., Aug. 18**, 2-4 p.m., Lifting Spirits Adult Day Center, 755 Hwy. 105 Unit C, Palmer Lake. Meets 1st and 3rd Tue. each month. Info: Linda, (303) 579-8114.
- **Fibromyalgia Support Group**, **Tue., Aug. 18**, 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., Aug. 18**, 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, jcarlson@vfw7829.org, 488-1902, www.vfw7829.org.
- **Ladies Auxiliary to V.F.W. Post 7829**, **Wed., Aug. 19**, 7 p.m., Monument Hill Country Club, 18945 Pebble Beach Way, 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 Wed. each month. Info: Kathy Carlson, 488-1902, carlsonmk@aol.com.
- **Tri-Lakes Lions Club**, **Thu., Aug. 20**, 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: Monument Tree Nursery**, **Thu., Aug. 20**, 7 p.m., Palmer Lake Town Hall, 28 Valley Crescent. Presenter: Eric Swab. This program is free to the public. Meets 3rd Thu. each month, 7 p.m. Info: Pat McCarthy, 659-1363; www.palmerdividehistory.org.
- **Art Hop**, **Thu., Aug. 20**, 5-8 p.m., historic downtown Monument. The 3rd Thu. each month, May-Sept, the galleries, restaurants, and boutiques of 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 Book Signing at Covered Treasures Bookstore**, **Thu., Aug. 20**, 5-8 p.m., 105 Second St., Monument. Guests are Laura Pritchett, author of *Red Lightning* and *Great Colorado Bear Stories*; and Carol Fenster, author of *101 Best Quick Gluten-Free Recipes*. Info 481-2665, www.coveredtreasures.com.
- **Art Hop at Wisdom Tea House: Lorraine Watry**, **Watercolor Reactions**, **Thu., Aug. 20**, 5-8 p.m., 65 Second St., Monument. Watry's exhibit runs through Aug. 29. Coffee, tea, & desserts. Info: 481-8822, www.wisdomteahouse.com.
- **Volunteers needed for weed removal**, **Sat., Aug. 22**, 8-11 a.m., Palmer Lake Town Hall, 28 Valley Crescent, Palmer Lake. Bring gloves and wear long pants, long sleeves, sturdy shoes, and a hat. Meets 2nd & 4th Sat. each month, 8-11 a.m. Info: 481-2953 (then press 0) or www.townofpalmerlake.com.
- **Senior Social**, **Wed., Aug. 26**, 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.
- **Bridge**, **Thu., Aug. 27**, 12:30-3:30. Tri-Lakes Senior Center located on Lewis-Palmer High School campus. Walk-ins are welcome. Meets 2nd and 4th Thu. each month. Reservation suggested: call Roger and Syble, 488-2669.
- **Legacy Sertoma Dinner Meeting**, **Thu., Aug. 27**, 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.
- **Foot Care Clinic**, **Fri., Aug. 28**, 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.
- **Caregivers Support and Brainstorming Open House**, **Tue., Sep. 1**, 2-4 p.m., Lifting Spirits Adult Day Center, 755 Hwy. 105 Unit C, Palmer Lake. Meets 1st and 3rd Tue. each month. Info: Linda, (303) 579-8114.
- **Free Tai Chi**, **Sat., Sep. 5**, 9-10 a.m., D-38 park at the administration building. Meets every 1st & 3rd Sat. Info: 232-1618 or 232-1619.
- **Lupus Support Group**. If you suffer with an autoimmune disease and want to connect with others, you are welcome to join this group. Info: dmbundle@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

- **Village Center Estates Community Yard Sale**, **Sat., Aug. 1**, 8 a.m.-3 p.m., White Marble Way - Water Flume - Quarry Way in Monument. Info: Julie, 359-7299.
- **Monument Hill Kiwanis Annual Peach Sale Pickup Day**, **Sat., Aug. 1**, 10 a.m.-2 p.m., Lewis-Palmer High School, 1300 Higby Rd., Monument. Pick up your orders of Palisades peaches. Orders & Info: 418-6623, www.monumenthillkiwanis.org.
- **Return of the Rocky Mountain Chautauqua**, **Sat., Aug. 1**, 10 a.m.-5 p.m., Palmer Lake Town Hall, 28 Valley Crescent. Relive Palmer Lake as it was over 100 years ago through portrayals, re-enactments, demonstrations, and exhibits. Bus tours of the Glen, an ice cream social, and old time music are also featured. Info: Pat McCarthy, 659-1363; www.palmerdividehistory.org.
- **Ice Cream Social**, **Sat., Aug. 1**, 1-2:30 p.m., Palmer Lake Village Green. Bring the family, including your elders, for bluegrass music by The CountyLine Ram-