

Essentrics Comes To Senior Center

The Tri-Lakes Silver Alliance Senior Center now offers Essentrics, a classical stretch fitness program that has aired on PBS for many years. It is designed to prevent injury and improve posture and flexibility, and can be done by all fitness levels. Classes will be held on Tuesdays at 12:30 p.m. and Thursdays at 8 a.m. at the Lewis-Palmer High School modular building across from the YMCA, on Jackson Creek Pkwy. Contact Sue Walker for more information and to register, 719-330-0241.

MVEA Christmas Light Roundup, ends Jan. 30

Mountain View Electric Association (MVEA) wants to help you make the energy efficiency switch this holiday season! Drop off your incandescent C7 and C9 light strands at an MVEA office and receive a \$5 per strand bill credit. The Monument MVEA office is at 15706 Jackson Creek Parkway, Ste. 100. For more information, phone 800-388-9881.

MVEA scholarships, apply by Jan. 15

Each year, MVEA awards \$1,000 scholarships to 14 graduating high school seniors. Applications are due by **Jan. 15, 2020**. Apply online at www.mvea.coop/scholarships.

Free income tax help, Jan. 15 to Apr. 15

The Volunteer Income Tax Assistance program provides free income tax preparation assistance to individuals and families with a household income of \$56,000 a year or less. To find out if you qualify or to schedule an appointment, call 2-1-1 or text VITANOW to 85511 Mon. through Fri., 8 a.m.-5 p.m., starting **Jan. 15**.

Call for artists, enter by Jan. 17

Palmer Lake Art Group's winter show exhibition dates are **Jan. 29-Feb. 22** at Tri-Lakes Center for the Arts. See eligibility criteria and terms of submission at www.palmerlakeartgroup.com.

FOMP seeks board members

Friends of Monument Preserve (FOMP) manages a 1,000-acre hiking/biking/equestrian trail area. The group is recruiting new board members. For more information, visit www.fomp.org.

Become a CASA volunteer

Court Appointed Special Advocate (CASA) offers a volunteer opportunity like no other. As appointed represen-

tatives of the court, CASA volunteers are empowered to make a lifelong difference in the lives of abused and neglected children. To learn more, contact Uriko Stout, 447-9898 ext. 1060, urikos@casappr.org; or visit www.casappr.org.

Officiate high school basketball

Make the right call and become a high school basketball official. Email the Colorado Springs Basketball Officials Association, csboa.areadirector@gmail.com, for information on training and certification.

St. Peter Catholic School now enrolling

The school offers academics, athletics, and faith formation for preschool-eighth grade. Call or visit: 124 First St., Monument; 481-1855; www.petertherock.org. See ad on page 2.

Master Plan Survey now online

El Paso County continues to seek citizen input in an online survey as it creates the new county master plan. To complete the survey, go online to planningdevelopment.elpasoco.com. For more information, phone 719-520-6300.

Sisters' Thrift & Boutique

The Sisters of Benet Hill Monastery have a shop full of gently used treasures at 8674 N. Union Blvd., Colorado Springs. Store hours are Mon.-Fri., 10 a.m.-5:30 p.m., and Saturdays, 10 a.m.-4 p.m. The phone number is 719-282-0316.

Volunteer drivers needed

Mountain Community Senior Services is a nonprofit, grant-funded organization that provides free transportation to Tri-Lakes seniors 60 and older. The program needs volunteer drivers. For more information, visit the website, coloradoseniorhelp.com, email info@coloradoseniorhelp.com, or call the hotline, 488-0076.

Thrift Store needs volunteers

Volunteers are needed for various tasks. The store is located at 755 Highway 105, Suite N, in the West End Center and is open Monday through Saturday, 10 a.m.-4 p.m. To volunteer, call 488-3495.

Free services for seniors

Mountain Community Senior Services offers free transportation and handyman services to Tri-Lakes seniors. If you need a ride to a medical appointment, grocery shopping, or the local senior lunches, a volunteer driver will be happy to help you. Call 488-0076 to

leave a message for the dispatcher. If you need grab bars in the bathroom, a ramp to your door, or repair of stairs or railings, please call Cindy Rush, 488-0076, and leave a message or visit www.coloradoseniorhelp.com.

MVEA tree-trimming services

Tree trimming helps prevent storm-related power outages. For more information, call 800-388-9881 or 719-495-2283, or visit www.mvea.coop/tree-trimming.

Tri-Lakes Talks

There is now a website, www.TLtalks.com, for local articles, podcasts, and much more. TLtalks.com is dedicated to providing a platform where you can write about what is important to you and where the Tri-Lakes community can exchange ideas, thoughts, and information. Visit www.TLtalks.com to see the mission statement, submission guidelines, and terms and conditions.

I-25 MyWay commuting options website

Visit www.i25myway.org and enter starting and ending ZIP codes for personalized I-25 commuting solutions and savings estimates. The website will help you arrange the details and free test commutes, including carpools, van pools, and the Bustang South Line. The site will run through the end of construction in 2022.

County launches Citizen Connect

Citizen Connect is a new tool that allows citizens to report problems and put in service requests with the click of a mouse or touch of a button. Citizens can download this app, EPC Citizen Connect, for iPhone or Android phone. For more information, visit www.elpasoco.com/county-launches-citizen-connect.

Sign up for "Reverse 9-1-1"

The Emergency Notification System (powered by Everbridge), commonly referred to as Reverse 9-1-1, is a tool that can make rapid notifications to specific geographic areas to alert you to emergency situations including manmade disasters, evacuations, hazardous materials incidents, missing persons, and more. Reverse 9-1-1 is not the same as Amber Alerts, which are generated by a different system. You must register to receive emergency notifications on any phone other than your landline. You can list up to five locations and up to eight points of contact. Sign up at www.elpasoteller911.org.

County assessor launches enhanced website

The newly redesigned site with the Property Record Card and Citizen Comper (value comparisons) makes parcel and property searches more informative, easier to use, and accessible on mobile devices as well as desktops. Find the enhanced website at <https://property.spatalest.com/co/elpaso/>.

Residence vacation check

The El Paso County Sheriff's Office will conduct vacation checks of homes of county residents who are on vacation. This is a great way to add security to your home when you're away for multiple days. Either a deputy or trained volunteer will visit your home while you're away and check it periodically. To add your home to their schedule, visit www.epcsheriffsoffice.com. Info: 520-7151.

Monument text alerts

Text "Monument" to 41411 to receive updates and news of meetings, weather alerts, openings and closings, as well as other important town information to your phone or personal mobile device.

FREE Senior Beat newsletter

Each monthly *Senior Beat* newsletter is full of information for local seniors, including the daily menu of the senior lunches offered Monday through Friday at the Mountain Community Mennonite Church, 643 Highway 105, Palmer Lake. It also contains the schedule of the classes and events for the month at the Senior Citizens Center and senior-friendly library programs. To subscribe, send an email with your name and mailing address to SeniorBeat@TriLakesSeniors.org. *Senior Beat* can also be viewed online at www.TriLakesSeniors.org.

El Paso County services for vets

Three county agencies providing services to veterans now have satellite offices at the Mount Carmel Center of Excellence, 530 Communications Circle, Colorado Springs. The Veterans Service office at Mount Carmel is open Mon. through Fri., 8 a.m.-5 p.m.. Call 719-309-4729 for an appointment. The Pikes Peak Workforce Center Mount Carmel office is open and is staffed with Workforce Center employees who help veterans with their employment needs. Call 719-772-7000 for an appointment. The county Department of Human Services also has a Mount Carmel office open 8 a.m.-5 p.m. Monday through Friday. For more information, visit www.veteranscenter.org. ■

Our Community Calendar

By Judy Barnes,

Community Calendar Editor

Although we strive for accuracy in these listings, dates or times are often changed after publication. Please double-check the time and place of any event you wish to attend by calling the info number for that event.

GOVERNMENTAL BODIES

- **Woodmoor Water & Sanitation District Board Meeting**, Mon., **Jan. 6**, 1 p.m., 1845 Woodmoor Dr., Monument. Meets 2nd Mon. each month. Info: 488-2525, www.woodmoorwater.com.
- **Monument Board of Trustees Meeting**, Mon., **Jan. 6**, 6:30 p.m., Town Hall Board Room, 645 Beacon Lite Rd., Monument. Meets 1st and 3rd Mon. each month at 6:30 p.m. Info: 884-8017, www.townofmonument.org.
- **El Paso Board of County Commissioners Meeting**, Tue., **Jan. 7**, 9 a.m. Centennial Hall, 200 South Cascade Ave., Suite 150, Colo.

Spring. Meets every Tue. and Thu. Info: 520-6430, www.agenda-suite.org/iip/elpaso.

- **El Paso County Planning Commission Meeting**, Tue., **Jan. 7**, 9 a.m., 2880 International Circle (off Union Blvd & Printers Pkwy). Meets 1st & 3rd Tue. (if required) each month. Find agendas: <https://planningdevelopment.elpasoco.com/el-paso-county-planning-commission/2019-meetings/>. Info: 520-6300.
- **Palmer Lake Sanitation District Board Meeting**, Wed., **Jan. 8**, 9 a.m., 120 Middle Glenway. Meets 2nd Wed. each month. Info: 481-2732. www.plsd.org.
- **El Paso County Park Advisory Board Meeting**, Wed., **Jan. 8**, 1:30 p.m., Centennial Hall, 200 S. Cascade. Info: 520-7529.
- **Monument Planning Commission Meeting**, Wed., **Jan. 8**, 6:30 p.m. Town Hall Board Room, 645 Beacon Lite Rd., Monument. Meets 2nd Wed. each month. Live-streamed at <http://bit.ly/2uZxjfa>.

Info: 884-8017, www.townofmonument.org.

- **Monument Academy School Board Meeting**, Thu., **Jan. 9**, 6 p.m., Lab 312, 1150 Village Ridge Point, Monument. Meets 2nd Thu. each month. Info: 481-1950, www.monumentacademy.net/school-board.
- **Palmer Lake Town Council Meeting**, Thu., **Jan. 9**, 6 p.m., Palmer Lake Town Hall, 28 Valley Crescent. Meets 2nd Thu. each month. Info: 481-2953, www.townofpalmerlake.com.
- **Tri-Lakes Wastewater Facility Joint Use Committee Meeting**, Tue., **Jan. 14**, 10 a.m., 16510 Mitchell Ave. Meets 2nd Tue. each month. Info: Bill Burks, 481-4053.
- **D-38 Accountability Advisory Committee (DAAC) Meeting**, Tue., **Jan. 14**, Campus Tour 6:30-7 p.m., meeting 7-8:30 p.m., Bear Creek Elementary School Library, 1330 Creekside Dr., Monument. Meets 2nd Tue. each month, location varies. Info: Cheri McLean, 719-785-4210, cmclean@lewis-palmer.org, www.lewispalmer.org.
- **Monument Sanitation District Board Meeting**, Wed., **Jan. 15**, 9 a.m., 130 2nd St. Meets 3rd Wed. each month. Info: 481-4886.
- **Triview Metropolitan District Board Meeting**, Wed., **Jan. 15**, 5:30 p.m., 16055 Old Forest Point, Suite 300, Monument. Meets 3rd Wed. each month. Info: 488-6868, www.triviewmetro.com.
- **Academy Water and Sanitation District Board Meeting**, Wed., **Jan. 15**, 6 p.m., Wescott Fire Station 1, 15415 Gleneagle Dr. Meets 3rd Wed. each month. Info: 481-0711.
- **Palmer Lake Planning Commission Meeting**, Wed., **Jan. 15**, 6 p.m., Palmer Lake Town Hall, 28 Valley Crescent. Meets 3rd Wed. each month. Info: 481-2953, www.townofpalmerlake.com.
- **Black Forest Fire/Rescue Protection District Board Meeting**, Wed., **Jan. 15**, 7 p.m., Station 1,