

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: 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 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: \$10 adults, \$9 military/AAA, \$8 seniors & students, \$6 children 3-12, free to children under 3 & museum members. Info: 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. To donate furniture, call 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: 630-2604, hbrandon@ppymca.org, www.ppymca.org.
- **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, 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 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, 481-9258.
- **A.A. Big Book Study**, every **Thu.**, 7 p.m., Family of Christ Lutheran Church, 675 W. Baptist Rd. Info: 481-0431.
- **Overeaters Anonymous Big Book Study**, every **Thu.**, 7-8 p.m., Natural Grocers, 1216 W. Baptist Rd., Monument. Info: Beth, 773-682-1223; or Nancy, 640-3343.
- **Take Off Pounds Sensibly (TOPS)**, every **Fri.**, 8 a.m., Monument Chamber of Commerce, 166 2nd St., Monument. Info: Terry, 684-4912, or visit www.TOPs.org.
- **Yin Yoga Classes**, **Mon.**, **Jan. 6**, 6:30-7:45 p.m., Yoga Pathways Studio, 755 Hwy 105, West End Center, Suite A (3/4 mile west of Safeway). A slow yoga practice; all levels welcome. First class always free. Info: Deb Harano, 719-338-8467; DimensionsYoga@gmail.com.
- **Black Forest AARP Potluck Lunch & Meeting**, **Wed.**, **Jan. 8**, noon, 12455 Black Forest Rd. Program: Installation of 200 chapter officers and an update on the 2020 tax law changes. All ages welcome. Meets 2nd Wed. each month. RSVP & Info: Stan, 596-6787, www.aarpchapter-1100blackforest.weebly.com.
- **Foot Care Clinic**, **Wed.**, **Jan. 8**, 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, 577-4448.
- **Senior Bingo**, **Thu.**, **Jan. 9**, 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, 488-3037.
- **Bridge**, **Thu.**, **Jan. 9**, 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.**, **Jan. 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.
- **Silver Center Book Club**, **Fri.**, **Jan. 10**, 11 a.m.-noon, Senior Center located across the street from the Tri-Lakes YMCA, on Lewis-Palmer High School campus. The January book is "The Nightingale" by Kristen Hannah. All are welcome. Meets 2nd Fri. each month. Coffee & snacks served. RSVP & Info: Sue, 330-0241.
- **La Leche League Meeting**, **Fri.**, **Jan. 10**, 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, 440-2477, kdghorashi@gmail.com.
- **NEPCO Meeting**, **Sat.**, **Jan. 11**, 10 a.m.-noon, New Monument Town Hall & Police Building, 645 Beacon Lite Rd., Monument. All are welcome to this meeting of local homeowners associations. Info: 481-2723 or visit www.nepco.org.
- **El Paso County Hazardous Materials & Recycling Collection Facility**, **Sat.**, **Jan. 11**, 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: 520-7878, http://adm.elpasoco.com/Environmental_Services/Solid_Waste_Management.
- **Palmer Lake Art Group**, **Sat.**, **Jan. 11**, 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.
- **Alzheimer's Caregiver Support Group**, **Sat.**, **Jan. 11**, 9:45-11:30 a.m., The First National Bank of Monument, 581 Hwy 105. Meets 2nd Sat. each month. Info: Gail, 481-3711.
- **Faithful Friends**, **Sat.**, **Jan. 11**, 3-4:30 p.m., Wesley Owens Coffee & Cafe, 1744 Lake Woodmoor Dr., Monument. This month's topic: "What bridges are you glad you've burned? Which need to be burned in 2020?" Meets 2nd Sat. each month. RSVP & Info: Ellen, 303-526-5000.
- **Chess Nuts**, **Tue.**, **Jan. 14**, 5-9 p.m., Silver Alliance Senior Center. 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.
- **Tri-Lakes Chamber Monthly Education Series: Basics of Bookkeeping**, **Wed.**, **Jan. 15**, 9 a.m.-noon, 166 Second St., Monument. Free. Register online, www.trilakeschamber.com/events-calendar.htm. Info: 481-3282.
- **Gleneagle Sertoma Luncheon Meeting**, **Wed.**, **Jan. 15**, 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, 433-5396; Duane Gritzmaker, 481-2424; www.gleneaglesertoma.org.
- **Senior Bingo**, **Wed.**, **Jan. 15**, 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.**, **Jan. 15**, 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.**, **Jan. 15**, 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, 488-1902, carlsonmkc@aol.com.
- **Senior Tea**, **Thu.**, **Jan. 16**, 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 Annual Potluck and Membership Meeting**, **Thu.**, **Jan. 16**, 7 p.m., Palmer Lake Town Hall, 28 Valley Crescent. The PLHS furnishes the ham, rolls, coffee and tea. Please bring a salad, side dish, or dessert to share and enjoy local entertainment. All are welcome. Meets 3rd Thu. each month. Info: 559-0837, www.palmerdividehistory.org.
- **Gleneagle Women's Club**, **Fri.**, **Jan. 17**. Come for lunch, book discussions, bridge, and more. Location for lunch varies. Meets every third Fri., Sept.-June. Info: Syble Krafft, 488-2669.
- **Foot Care Clinic**, **Fri.**, **Jan. 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.**, **Jan. 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. Meets 3rd Sat. each month. Info: 303-815-8428, www.TBC-50plus.org.
- **Monument Hill Farmers Market Winter Indoor Market**, **Sat.**, **Jan. 18**, 9 a.m.-1 p.m., Grace Best, 66 Jefferson St., Monument. Shop all your old favorites. Meets every 3rd Sat. through April. Info: 592-9420. See ad on page 5.
- **Pikes Peak Music Teachers Association Meeting**, **Sat.**, **Jan. 18**, 9:30 a.m., Graner Music, 4460 Barnes Rd., Colo. Springs. Chee-Hwa Tan, NCTM presents "What's New in Piano Pedagogy." Music teachers and students meet for coffee, fruit, pastries, a meeting, and presentation. Non-members welcome. Normally meets 2nd Tue. each month. Info: 307-760-6426, deemmoody636@gmail.com, www.ppmta.org.
- **Tri-Lakes Parkinson's Disease Support Group**, **Sat.**, **Jan. 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: Syble Krafft, 488-2669.
- **Covered Treasures Bookstore Booksignings**, **Sat.**, **Jan. 18**, 11 a.m.-1 p.m., 105 Second St., Monument. Sandra Dallas signs her two new books, *Westerling Women* and *Someplace to Call Home*. Refreshments will be served. Info: 481-2665, www.coveredtreasures.com.
- **Monument Essential Tremor Support Group**, **Sat.**, **Jan. 18**, 1-3 p.m. Movement disorder sup-

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