

ways to make the invisible visible. Wearing the Sunflower discreetly indicates to people around the wearer including staff, colleagues and health professionals that they need additional support, help or a little more time. However big or small, your help moves us closer to a society where people recognize that an offer of help, understanding and kindness can make a huge difference to the daily experiences that a Sunflower wearer has. For more information: www.flydenver.com/accessibility, www.hdsunflower.com/us/, and www.disabled-world.com/disability/types/invisible/.

Tri-Lakes Cares needs your support

Tri-Lakes Cares is the only food pantry and human services organization serving northern El Paso County through emergency relief and self-sufficiency programs. The community-based, volunteer-supported center is a critical resource for our neighbors in need. The best way to help support Tri-Lakes Cares is to donate. Visit <https://tri-lakescares.org/donate> to learn how to donate money, medical items, personal supplies, or food. Please check the web for current needs in our food pantry at <https://tri-lakescares.org/donate/current-needs>. Donation drop-off hours are Mon.-Thu., 9 am-4 pm. For more information about Tri-Lakes Cares or how you can help, contact Tri-Lakes Cares at 719-481-4864 or info@tri-lakescares.org.

Senior Beat newsletter—subscribe for free
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.

Can you volunteer today?

- **Links to local organizations** with an immediate need for volunteers are listed on the county's website, www.elpasocountyhealth.org/volunteering-and-donations, for groups like Care and Share, Crossfire Ministries, blood donations, Early Connections (volunteer from home opportunity), foster an animal, Medical Reserve Corps of El Paso County, Salvation Army, Silver Key, and United Way (ongoing opportunities).
- **The Colorado State University Extension office** in El Paso County has several opportunities for individuals interested in volunteering. <https://elpaso.extension.colostate.edu/volunteer-opportunities/>
- **El Paso County volunteer-based and nonprofit organizations** are committed to building healthy, caring communities and rely on the hard work of individuals like you. Reach out today and find out how you

can play a part by becoming a volunteer in El Paso County. Get involved in El Paso County volunteering non-profits and organizations! <https://www.americantowns.com/el-paso-county-co/volunteer-organizations/>.

- **The El Paso County Sheriff's Office** Volunteer Program is composed of a collective citizens group with a true and common desire to partner with the El Paso County Sheriff's Office by volunteering their services while learning more about the internal workings of the law enforcement community. <https://www.epc-sheriffsoffice.com/volunteer-program-0>.
- **The El Paso County Volunteer Program** is a wonderful opportunity for citizens to learn about the various functions of county government as well as give back to the community. The County's numerous boards and commissions need your experience, talents and time. <https://bocc.elpasoco.com/volunteer>.
- **Children's Literacy Center** provides free one-on-one literacy tutoring to Tri-Lakes children in grades 1-6 who are reading below grade level! Tutoring is at the Tri-Lakes Senior Center on Tuesdays and Thursdays from 5:30-6:30 pm, and our Summer Session will run through Aug. 14. For more information, to become a volunteer tutor or to enroll your child, visit www.childrensliteracycenter.org or email Christine Jefferson at Christine@childrensliteracycenter.org.

Our Community Calendar

By Janet Sellers

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. Please contact calendar@ocn.me with changes and additions.

GOVERNMENTAL BODIES

- Forest Lakes Metropolitan District, Pinon Pines Metropolitan District 1, 2 & 3 board meeting. Typically meets quarterly on the first Mon., 4 pm Meetings are held via teleconference. For virtual joining instructions and updates see www.forestlakesmetro-district.com.
- Monument Town Council meeting, Mon., Oct. 2 & 16, 18, 6:30 pm, Town Hall Board Room, 645 Beacon Lite Rd., Monument. Normally meets first and third Mon. Info: 719-884-801, www.townofmonument.org/260/Board-of-Trustees for remote attendance links.
- El Paso Board of County Commissioners (BOCC) regular meeting, usually every Tue., 9 am. There is an additional regular meeting scheduled for Thu., Oct. 19, 9 am. BOCC land use meetings in Oct. are being held on Thu. Oct. 12 & 26, 1 pm. View agendas and meetings at www.agendasuite.org/iip/elpaso. Meetings are held at Centennial Hall, 200 S. Cascade Ave., Suite 150, Colo. Springs. Info: 719-520-643.
- El Paso County Planning Commission meeting, Thu., Oct. 5 & 19, 9 am Regional Development Center, 2880 International Circle, Colo. Springs. Meetings are live-streamed on the El Paso County News & Information Channel at <https://www.elpasoco.com/news-information-channel>. Normally meets first & third Thu. (as required). Info: 719-520-6300, <https://planningdevelopment.elpasoco.com/2023-meetings/>
- Woodmoor Water & Sanitation District board meeting, Mon., Oct. 9, 1 pm (one-time date change), 1845 Woodmoor Dr., Monument. Normally meets second Mon. Info: 719-488-2525, www.woodmoorwater.com.
- Tri-Lakes Wastewater Facility Joint Use Committee meeting, Tue., Oct. 10, 10 am 16510 Mitchell Ave. Meets second Tue. Info: See <https://tlwastewater.com/index.html> Bill Burks, 719-481-4053.
- Palmer Lake Board of Adjustments, Tue., Oct. 10, 5 pm, 28 Valley Crescent St., Palmer Lake. Normally meets first Tues., as needed.
- Lewis-Palmer School District 38 Parent and Community Advisory Committee (formerly DAAC), Tue., Oct. 10, Palmer Lake Elementary School, 115 Upper Glenway Palmer Lake. Meets six times a year. Usually meets monthly on second Tue., 6-8 pm, Monument. Contact info: tmckee@lewispalmer.org.
- Palmer Lake Sanitation District board meeting, Wed., Oct. 11, 9 am, call-in only: 650-479-3208, Access Code 76439078, 120 Middle Glenway. Meets second Wed. Info: 719-481-2732. www.plsd.org.
- Monument Planning Commission meeting, Wed., Oct. 11, 6 pm Town Hall Board Room, 645 Beacon Lite Rd., Monument. Meets second Wed. To see the options for remote public participation in each meeting, visit www.townofmonument.org/263/Planning-Commission-Board-of-Adjustment. Info: 719-884-8028. www.townofmonument.org.
- Monument Academy School Board, Thu., Oct. 12, 6:30 pm, East Campus gym, 4303 Pinehurst Circle. The MA board usually meets the second Thu. of the month. Info: 719-431-8001, www.monumentacademy.net/school-board
- Palmer Lake Board of Trustees meeting, Thu., Oct. 12 & 26, 5 pm, Palmer Lake Town Hall, 28 Valley Crescent, Usually meets second and fourth Thu. Info: 719-481-2953. www.townofpalmerlake.com.
- Monument Sanitation District board meeting, Wed., Oct. 18, 9 am, 130 Second St. Zoom meeting. Find joining instructions on the website. Meets third Wed. Info: 719-481-4886, www.colorado.gov/msd.
- Palmer Lake Town Planning Commission meeting, Wed., Oct. 18, 6 pm, Palmer Lake Town Hall, 28 Valley Crescent. Meets third Wed. Info: 719-481-2953, www.townofpalmerlake.com.
- Academy Water and Sanitation District board meeting, Wed., Oct. 18, 6 pm. Usually meets third Wed. Public can join the Skype meeting: <https://join.skype.com/PACujK7n7Nrh>. Check the website for a link: <https://academywsd.colorado.gov/notices-and-alerts>. Meets third Wed. Info: 719-481-0711, <https://academywsd.colorado.gov>.
- Black Forest Fire/Rescue Protection District board meeting, in person or via Zoom, Wed., Oct. 18, 7 pm, Station 1, 11445 Teachout Road, Colorado Springs. Find updates and Zoom meeting joining instructions at www.bffire.org or contact Administrative Officer Rachel Dunn at 719-495-4300. Meetings are usually held on the third Wednesday.
- El Paso County Regional Loop Water Authority meeting, Thu., Oct. 19, 9 am Monument Town Hall Boardroom, 645 Beacon Lite Rd. Meets third Thu. Info: 719-488-3603. www.loopwater.org.
- Donala Water & Sanitation District board meeting,

Thu., Oct. 19, 1:30 pm, 15850 Holbein Dr. In 2023, meets third Thu., Check the website for the access code for the electronic meeting. Info: 719-488-3603, www.donalawater.org.

- Triview Metropolitan District board meeting, Thu., Oct. 19, 5:30 pm, 16055 Old Forest Point, Suite 302, Monument. Normally meets third Thu. Info: 719-488-6868, www.triviewmetro.com.
- Lewis-Palmer School District 38 board meeting, Mon., Oct. 23, 6-10 pm. Normally meets third Mon. The Board of Education meeting will be live-streamed on the district's YouTube channel: www.youtube.com/user/LPSDCCommunity, agenda, and supporting documents at <https://go.boarddocs.com/co/lewispalmer/Board.nsf/vpublic>. Contact Vicki Wood. Phone: 719.481.9546 Email: vwood@lewispalmer.org Website: <https://www.lewispalmer.org>.
- Woodmoor Improvement Association Board Meeting, Wed., Oct. 25, 7 pm, Woodmoor Barn, 1691 Woodmoor Dr. The WIA Board usually meets fourth Wed. Info: 719-488-2693, www.woodmoor.org.
- Monument Fire District board meeting, in person or via Zoom, Wed., Oct. 25, 6:30 pm., Station 1, 18650 Highway 105, Monument. Meetings are usually held on the fourth Wednesday. Find updates and Zoom meeting joining instructions at <http://www.monumentfire.org>, or contact Director of Administration Jennifer Martin, at 719-484-0911.
- Donald Wescott Fire Protection District meeting, Meets every other month on the fourth Wed. The next meeting is Wed., Nov. 15, 4:30 pm, at Station 1, 18650 Highway 105 Monument. Find updates and Zoom meeting joining instructions at <http://www.monumentfire.org> or contact Jennifer Martin, at 719-484-0911.

WEEKLY & MONTHLY EVENTS

- AARP Local Senior Social, fourth Wed., 12455 Black Forest Rd. Info: www.aarpchapter100blackforest.weekly.com.
- A.A. Big Book Study, every Thu., 7 pm, Family of Christ Lutheran Church, 675 W. Baptist Rd. Call 425-436-6200, access code 575176#.
- Alcoholics Anonymous, every Tue. & Thu., 7:30 p.m. Black Forest Lutheran Church, 12455 Black Forest Road, Colorado Springs, Colorado 80908. AA is a fellowship of people who share their experience, strength and hope with each other that they may solve their common problem and help others to recover from alcoholism. The only requirement for membership is a desire to stop drinking. Join us with your questions. Info: bfbc@bflchurch.org,
- Al-Anon for family and friends of alcoholics every Tue. & Thu., 7:30 p.m. Black Forest Lutheran Church, 12455 Black Forest Road, Colorado Springs, Colorado 80908. Al-Anon members are people, just like you, who are worried about someone with a drinking problem. Join us with your questions. Info: bfbc@bflchurch.org
- Al-Anon Zoom Meeting, Just for Today Online, every Mon., 9-10 am Zoom Meeting ID: 889 4142 7446, Password 349309.
- Al-anon Meeting: Monument, every Thu., 7-8 pm, Ascent Church (formerly the Tri-Lakes Chapel), 1750 Deer Creek Rd., Monument. Info: MonumentSerenity@gmail.com.
- Al-Anon meeting: Letting Go, every Thu., 9-10:15 am at Ascent Church, 1750 Deer Creek Rd., Monument. For additional information go to www.al-anon-co.org.
- Amateur ham radio W0TLM (Tri-Lakes Monument ham radio Association), third Mon. All amateur ham radio operators or those interested in becoming one are welcome. Info: www.W0TLM.com.
- Benet Hill Monastery, Let us pray with you, walk in the forest, come up and visit prayer sites, every Sun. worship is 10:15 am, 3190 Benet Lane, 80921. See ad on page 3.
- Benet Hill Monastery, Half Day Prayer Group, first Sat., 9 am-12 pm. All vaccinated guests are welcome. Contact Sister Therese at (719) 355-1638 or (719) 355-1650 or stherese@benethillmonastery.org. See ad on page 3.
- Benet Hill Monastery Centering Prayer Group, every Tue., 10-11 am. All vaccinated guests are welcome. Contact Sister Therese at (719) 355-1638 or (719) 355-1650 or stherese@benethillmonastery.org. See ad on page 3.
- AARP Black Forest #1100, second Wed., noon. All ages welcome. In-person, Black Forest Lutheran Church, 12455 Black Forest Rd.
- Black Forest Community Church - Centering Prayer Group, first Sat., 8:30-10 am The Old Log Church. Centering prayer opens and closes the meetings with discussion and fellowship in between; open to all. Contact Rev. Roger Butts, at 719-433-3135, for information.
- Children's Literacy Center, every Mon. & Wed., 5:30-6:30 pm. Provides free one-on-one literacy tutoring to Tri-Lakes children in grades 1-6 who are reading below grade level. Tutoring is at Grace Best Educa-

tion Center, 66 Jefferson St. Monument. For more information, to become a volunteer tutor, or to enroll your child, visit www.childrensliteracycenter.org or contact Rachel Morin, Tri-Lakes Senior Center Coordinator, CLC 610-246-1047 (cell).

- Colorado Springs Philharmonic Guild Listening Club, third Wed. Free virtual event. Maestro Wilson will conduct monthly hour-long programs. RSVP at www.cspguild.org.
- Essentrics Fitness Program at Senior Center, every Tue., 9 am & Thu., 10 am, Grace Best Education Center, 66 Jefferson St, Monument, CO 80132. Registration & info: Sue Walker, 719-330-0241, www.trilakes-seniors.org.
- Fellowship of Christ Church, every Sun., 9 am. 4303 Pinehurst Circle. See ad on page 6.
- Friends of Fox Run Park, fourth Thu. Zoom meeting, 7 pm, email friendsoffoxrunpark@gmail.com, they will email you the link the day of the meeting. Join the growing group to learn about volunteering and supporting the park for forest safety, trails, trees, education, special events, and more. Info: friendsoffoxrunpark@gmail.com.
- Friends of Monument Preserve (FOMP) Trail Repair monthly Work Days, second Tue. Apr.-Oct. Next meeting: Tue., Oct. 10, 5 pm. Meet at Mt Herman Trailhead at the corner of Mt Herman Rd and Nursery Rd, bring gloves. FOMP needs volunteers to help repair the trails in the National Forest Open Space surrounding the Monument Fire Center. The Forest Service recently completed the second phase of Fire Mitigation work and many of the social trails have been damaged. The Forest Service relies on FOMP to maintain these trails. Tools will be provided.
- Fuel Church Griefshare, every Thu., 5:30-7:30 pm, 643 State Highway 105, Palmer Lake. Email info@fuel.org. 643 Hwy 105, Palmer Lake.
- Fuel Church Sunday Service, every Sun. Service times, 11:00 am Live service streaming at www.fuelchurch.org at 11:40 am on www.fuelchurch.org. Mountain Community Mennonite Church, 643 Hwy 105, Palmer Lake. Nursery and kids' service. Non-denominational, spirit-filled. Need prayer? Email us at info@fuel.org. See ad on page 5.
- German Conversation Group, every Mon., 1:30 pm, Monument Library, 1706 Woodmoor Drive. Public welcome with Intermediate to Advanced German speaking skills.
- Geneagle Sertoma, first and third Wed., 11:45 am to 1 pm at Beasts and Brews, 7 Spectrum Loop, Colorado Springs. The longest continuously serving civic service organization in northern El Paso County features a program speaker addressing local topics of interest. Info: Duane Gritzmaker, dwgritz@gmail.com or 719-649-9220.
- Geneagle Women's Club, membership luncheon, third Fri., Sep.-June, various venues, 12 activity groups, i.e., hiking, bridge, etc. Guests welcome. For information contact Susan Owen, 719-886-7110.
- GriefShare Support Group, last Tue. of the month, 10:30 am-noon. NEW LOCATION: Tri-Lakes Senior Center, 66 Jefferson St. in the Grace Best Elementary School building. The Tri-Lakes Silver Alliance has partnered with Colorado Palliative and Hospice Care to host a 13-session grief support group in Monument. RSVP, info: Sue Walker, 719-330-0241.
- La Leche League breastfeeding support group, second Mon., 7 pm. Partners and helpers welcome (and babies and kids, too) so we can meet our breastfeeding goals together. Black Forest Community Center 12530 Black Forest Rd, Colorado Springs, CO 80908. For more information, contact RachelKLangley@gmail.com.
- Lions Club Bingo, every Sat. (except the first Sat.), 8:30 am-1 pm and first Mon., 5:30-10 pm Tri-Lakes Lions Club's portion of the proceeds benefit those in need in the Tri-Lakes community. Updated info and location: Jim Naylor, 719-481-8741 or www.trilakeslionsclub.org.
- Monument Dementia Caregiver Support Group, second Sat., 9:45-11:15 am. Meets in Person, First National Bank Monument (581 Highway 105, Monument, CO 80132). Meets monthly, 2nd Sat. Contact: Registration is required, call 800-272-3900 or email khare@alz.org to register.
- Monument Hill Kiwanis Club meeting, every Sat., 8 am. www.MHKiwanis.org, MonumentHillKiwanis@gmail.com for details, guests are welcome. Service leadership clubs, Key clubs, Builders Club, and K-kids at D38 schools. Memberships are open to the public. Info: RF Smith, 719-210-4987, www.MHKiwanis.org.
- Monument Life Recovery Group, every Mon., 6:30-7:30 pm, The Ascent Church, 1750 Deer Creek Rd. This faith-based support group is for those seeking freedom from all hurts, habits, and hang-ups. Daycare for children under age 11. Info: 303-946-2659, www.liferecoverygroups.com/meetings/life-recovery-group-3/.
- Neighborhood Net Ham Radio, every Sat., 10 am Amateur ham radio operators practice for emergency on weakly repeater nets so neighbors can help