

- Dr., Monument. All levels. Cost: cash donation. Info: BePresentYogaLLC@gmail.com.
- **Free Workshop at Monument Natural Grocers**, every **Sat.**, 10-11:30 a.m., 655 W Hwy 105, Monument. Patty Moore, MNT, presents various health-related topics. Info: 487-0448.
  - **Bingo by the American Legion**, every **Sat.**, game sales start at 6 p.m., games start at 7 p.m., the Depot Restaurant, in Palmer Lake. Proceeds go to scholarships and other community support activities. Info: 481-8668, [www.americanlegiontrilakespost911.com/bingo.htm](http://www.americanlegiontrilakespost911.com/bingo.htm).
  - **Watercolor Painting Demo, with art class afterward**, every **Sat.-Sun.**, 3-5 p.m. For watercolor art for fun and good health, join Janet Sellers and get free local scene coloring pages while she demos at local cultural, coffee, and food spots. RSVP & Info: [janetsellers10@gmail.com](mailto:janetsellers10@gmail.com), 357-7454.
  - **Holy Trinity Anglican Church Sunday Worship**, every **Sun.**, 8:30 a.m.; teaching & community time (preschool-adult), 10 a.m.; family service with children's church, 10:45 a.m. 13990 Gleneagle Dr. Nursery available all morning. Info: 505-8021, [www.HolyTrinityAnglicanChurch.org](http://www.HolyTrinityAnglicanChurch.org).
  - **Tri-Lakes Reformed Church Sunday Worship**, every **Sun.**, 9:45 a.m., Woodmoor Community Center, 1691 Woodmoor Dr., Monument. Info: [www.trilakes-reformed.org](http://www.trilakes-reformed.org).
  - **Catriona Cellars Sunday Brunch**, every **Sun.**, 9:30-noon, 243 Washington St., Monument. Lunch and dinner Tue.-Sat. 11 a.m.-9 p.m. RSVP & Info: 481-3477.
  - **Cathedral Rock Church Sunday Service**, every **Sun.**, 10 a.m., Tri-Lakes YMCA, 17250 Jackson Creek Pkwy, Monument. Info: [www.cathedralrockchurch.org](http://www.cathedralrockchurch.org).
  - **Best Dog Free Puppy Socialization Sessions**, Monument Plaza, 481 W. Hwy 105, #203, Monument. Find out about the full range of classes offered. Info: 648-9122, [www.bestdogltd.com](http://www.bestdogltd.com).
  - **Women's A.A. Step Study**, every **Mon.**, 6 p.m. Family of Christ Lutheran Church, 675 W. Baptist Rd. Info: 481-0431.
  - **Yin Yoga Classes**, every **Mon.**, 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, 338-8467; [DimensionsYoga@gmail.com](mailto:DimensionsYoga@gmail.com).
  - **Monument Hill Kiwanis Bingo**, every **Mon.**, 7:30 pm, Carefree Bingo, 3440 N. Carefree Circle, Colo. Springs. All proceeds benefit those in need in the Tri-Lakes Community. Info: [mark.zeiger@gmail.com](mailto:mark.zeiger@gmail.com).
  - **Senior Lunches**, every **Mon. & Thu.**, except the 1st Thu. each month and holidays, Tri-Lakes Monument Fire Protection District Administration Complex, 166 Second St., Monument. Arrive 11:30 a.m., dine at noon. Stay for free bingo the 2nd Thu. each month. Cost: \$2. Info: Dorothy Myers, 481-4189; Maggie Nealon, 488-3037.
  - **Transmission Meditation: Group Meditations** every **Mon. & Thu.**, 7 p.m., in Palmer Lake. The simplest, most potent way to serve humanity and help transform our world. Dynamic aid to personal growth. Info: 303-494-4462, [TransmissionMeditation.org](http://TransmissionMeditation.org).
  - **Western Museum of Mining & Industry (WMMI)**, open **Mon.-Sat.**, 9 a.m.-4 p.m., daily guided tours at 10 a.m. and 1 p.m. (included in admission). Cost: \$8 adults, \$7 military/AAA, \$6 seniors & students, \$4 children 3-12, free to children under 3 & museum members. WMMI is located at 225 North Gate Blvd. (I-25 Exit 156 A). Info: 488-0880, [info@wmmi.org](mailto:info@wmmi.org), [www.wmmi.org](http://www.wmmi.org).
  - **HAP Thrift Store**, open **Mon.-Sat.**, 10 a.m.-4 p.m., 790 Suite D, Hwy 105 (between Palmer Lake and Monument). Dec. specials: 20% off all toys, 50% off all books. Periodic 1/2 price sale on selected items. Every Wednesday, Every Month Senior Discounts: 20% off everything for 62 years or older. All proceeds support Tri-Lakes Senior Programs. If you have furniture to donate, call 488-3495 for a pickup. Info: [www.trilakeshap.org](http://www.trilakeshap.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. Seniors, come socialize and have coffee and snacks in the front lobby. Sign up to bring snacks. Free. Info: 630-2604, [hbrandon@ppymca.org](mailto:hbrandon@ppymca.org), [www.ppymca.org](http://www.ppymca.org).
  - **Yarny Birds Stitch Group**, every **Tue.**, 10 a.m. & 6 p.m., 790 Hwy 105, #C, Palmer Lake. An open group for knitters, crocheters, and fiber arts of any type. Classes starting soon. Info: 377-0403, [yarnbirdfibers@gmail.com](mailto:yarnbirdfibers@gmail.com).
  - **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.
  - **The Villa Palmer Lake**, 1/2 price bottles of wine (select wines, with entrée purchase) every **Tue.**, open mic on **Thu.** Nights, 8-10 p.m. 75 Hwy 105, Palmer Lake. Now accepting reservations for Christmas Eve and New Years Eve dinner. RSVP & Info: 481-2222, [www.theVillaPalmerLake.com](http://www.theVillaPalmerLake.com).
  - **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](mailto:gregsmith@trilakeschurch.org), [www.trilakeschurch.org](http://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.
  - **Lifting Spirits Adult/Senior Day Service Open House**, **Mon.**, **Dec. 7**, 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.
  - **Foot Care Clinic**, **Wed.**, **Dec. 9**, 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.**, **Dec. 9**, noon, Black Forest Lutheran Church, 12455 Black Forest Rd. Christmas meal and choral group sing-along. All ages welcome. Meets 2nd Wed. each month. Info: Chuck, 749-9227, or [aarpchapter-1100blackforest.weebly.com](http://aarpchapter-1100blackforest.weebly.com).
  - **Senior Bingo at Old Monument Town Hall**, **Thu.**, **Dec. 10**, 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.**, **Dec. 10**, 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.**, **Dec. 10**, 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.**, **Dec. 10**, 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.**, **Dec. 12**, 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](http://www.palmerlakeartgroup.com).
  - **El Paso County Hazardous Materials & Recycling Collection Facility**, **Sat.**, **Dec. 12**, 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 from private households for shredding, up to two legal paper-sized boxes. Bring a nonperishable food item for Care and Share. Info: 520-7878, [http://adm.elpasoco.com/Environmental\\_Services/Solid\\_Waste\\_Management](http://adm.elpasoco.com/Environmental_Services/Solid_Waste_Management)
  - **Monument Alzheimer's Caregiver Group**, **Sat.**, **Dec. 12**, 9:45-11:30 a.m., board room of First National Bank of Monument, 581 Hwy 105. Meets 2nd Sat. each month. Info: 266-8773.
  - **Alzheimer's Support Group**, **Sat.**, **Dec. 12**, 10-11:30 a.m., Church at Woodmoor, 18125 Furrow Rd. Meets 2nd Sat. each month. Info: LaVonne Putman, 488-2557. <http://groups.yahoo.com/group/TLHESGmembers> or [tlhesgmembers-owner@yahoo.com](mailto:tlhesgmembers-owner@yahoo.com).
  - **Senior Tea**, **Tue.**, **Dec. 15**, 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.
  - **Tri-Lakes Land Use Committee Meeting**, **Mon.**, **Dec. 14**, 6:30-8:30 p.m., YMCA business meeting room, 17250 Jackson Creek Pkwy, Monument. The Tri-Lakes Land Use Committee was established by the 2000 Tri-Lakes Comprehensive Plan. The committee receives a copy of development applications submitted to the town and county and then has the opportunity to provide comments while it is still early enough in the process to have a chance at influencing the direction of growth. Volunteers are needed from all parts of the Tri-Lakes area. Info: Jerry Hannigan, [hannigan.and.assoc@gmail.com](mailto:hannigan.and.assoc@gmail.com).
  - **Caregivers Support and Brainstorming Open House**, **Tue.**, **Dec. 15**, 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.**, **Dec. 15**, 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.**, **Dec. 15**, 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](mailto:jcarlson@vfw7829.org), 488-1902, [www.vfw7829.org](http://www.vfw7829.org).
  - **Gleneagle Sertoma Luncheon Meeting**, **Wed.**, **Dec. 16**, 11:45 a.m.-1 p.m., Liberty Heights, 12105 Ambassador Dr., (off Voyager Blvd in Colorado 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](http://www.gleneaglesertoma.org).
  - **Drummers!** **Wed.**, **Dec. 16**, 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 Wed. each month. Verify date & time: Char, 488-3138.
  - **Tri-Lakes Lions Club**, **Thu.**, **Dec. 16**, 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**, no meeting in December. Normally meets 3rd Thu. each month (except December), 7 p.m., Palmer Lake Town Hall, 28 Valley Crescent. The program is free to the public. Info: Pat McCarthy, 659-1363; [www.palmerdividehistory.org](http://www.palmerdividehistory.org).
  - **Monument Hill Farmers Market Winter Indoor Market**, **Sat.**, **Dec. 19**, 9 a.m.-1 p.m., Grace Best, 66 Jefferson St., Monument. Many new vendors plus all your old favorites! Local honey, jams, pastries, cheese. Meets every third Sat. through April. Info: 592-9420.
  - **Little Log Kitchen Free Meal**, **Sat.**, **Dec. 19**, noon, 133 High St., Palmer Lake. Sponsored by Little Log Church every 3rd Sat. Info: 481-2409.
  - **Amateur Radio W0TLM (Tri-Lakes Monument Radio Association)**, **Mon.**, **Dec. 21**, 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](mailto:Joycewitte@gmail.com); or visit [www.W0TLM.com](http://www.W0TLM.com).
  - **Tri-Lakes Home Educators' Support Group**, **Mon.**, **Dec. 21**. Meets 3rd Mon. each month for support, information, field trips, and special events. Info:
  - **Senior Social**, no meeting in December. Normally meets 4th Wed. each month, 1-4 p.m., at Fellowship Hall of the Black Forest Lutheran Church, 12455