

PIKES PEAK

OCTOBER - NOVEMBER 2024

SENIOR NEWS

**A NON-PROFIT PUBLICATION OF
THE SOCO SENIOR RESOURCE CENTER**

Guide to Non-Profits in the Pikes Peak Region



Celebrate fall
with us at the
Nonprofit and Small
Business Resource Fair
at Library 21C
(see pgs 4-7)



Our Photo by Terry Agar | Pexels.com

SERVING EL PASO & TELLER COUNTIES | pikespeakseniornews.com

HUZZAH! START EACH WEEK WITH A CLEAN SLATE. AND CLOTHES.



Hemingway Flynn here, your certified Smallfoot tracker for Colorado Springs Utilities. Here's a squeaky-clean piece of advice for you: Do your



laundry on weekends or before 5 p.m. or after 9 p.m. on weekdays. It's a small change, but it can make a big difference when it comes to energy efficiencies. Speaking of small,



have you seen Smallfoot? He's the tiny energy footprint legend and he's been spotted throughout our charmed city of Colorado Springs.



He's here. He's real. And really energy efficient. Be more like Smallfoot. Join the search at InSearchOfSmallfoot.com.

**DO LAUNDRY ON WEEKENDS, OR BEFORE 5 P.M.
AND AFTER 9 P.M. WEEKDAYS**

100 Years of Service
Colorado Springs Utilities



Pikes Peak

SENIOR NEWS



A publication of the Senior Resource Center of Southern Colorado a 501c3 nonprofit

October - November 2024

- 4 • Don't Miss The Pikes Peak Region's First Nonprofit Resource Fair. Learn All About Local Nonprofit Organizations and the Services They Provide**
- 8 • Nonprofit Resources Directory**
- 18 • Eric Elison's, Christmas With Bing**
- 21 • Sudoku**
- 22 • UCCS Holds Special Launch Event to Celebrate Its Age Friendly University Designation. Local College Campus Joins Global Network to Support the Region's Aging Population**
- 24 • Crossword Puzzle**
- 25 • Business Directory**
- 26 • Calendar of Events**
- 30 • Colorado Recipes**

Pikes Peak Senior News Staff

Publisher/Advertising Director

Anne Jensen

anne@pikespeakseniornews.com

(719) 321-1971

Managing Editor

Trevor Phipps

Graphic Design

Mike Biles

Contributing Writer

Sylvia Klueck

Letters to the Editor

Trevor Phipps

trevor@pikespeakseniornews.com

(719) 761-9489



Official PPSN Mascot &

Director of Operations

Mishka

31 N. Tejon St. Suite #203

Colorado Springs, CO 80903

Website

pikespeakseniornews.com



Don't Miss The Pikes Peak Region's First Nonprofit Resource Fair

Learn All About Local Nonprofit Organizations and the Services They Provide

By Trevor Phipps

Just about everyone at one point in their lives has been impacted by a nonprofit organization whether they donated to a good cause or received aid. Just in the greater El Paso County Region, there are over 2,000 nonprofit organizations that provide a wide array of services for people of all ages.

However, sometimes the large number of organizations and the services they offer can be overwhelming. Some may struggle to find the right organization to support or utilize.

In order to better educate the public on what organizations exist locally, the Pikes Peak Senior News Magazine has chosen to sponsor the first of its kind SOCO Non-Profit and Small Business Fair. The event is slated to take place inside the venue on the main level of Library 21C located at 1175 Chapel Hills Dr. in Colorado Springs on October 25 from 11 a.m. to 3 p.m.

"This premier event that is free for all ages, brings together a diverse array of non-profit organizations that are each dedicated to making a positive impact in our community," the SOCO Nonprofit Fair's Sponsorship Coordinator, Anne Jensen said. "Organizations will have the unique opportunity to showcase their commitment to social responsibility while gaining

visibility among a broad audience of community members, volunteers, and other nonprofit leaders. Join us in strengthening the fabric of Southern Colorado by supporting this inspiring event and making a lasting difference in the lives of those we serve."

The event is open to everyone as they will get the chance to explore local nonprofits, small businesses and vendors. At the fair, attendees can discover resources, services and volunteer opportunities that support the entire Southern Colorado Region. There will also be live music and refreshments at the event.

Currently, the event is still looking for nonprofit and small business sponsors to participate in the event and show the world what they offer. Those interested in having a table at the fair can contact Anne Jensen at Anne@pikespeakseniornews.com or 719-321-1971.

Why Are Nonprofits Important to the Community?

In every community across the U.S., nonprofit organizations play a vital role in a wide variety of ways. For one, nonprofits provide a connection between those who have the means to help others and people needing certain types of support. In many cases, nonprofit organizations bridge the gap to provide services that aren't offered by government-

funded agencies.

According to the National Council of Nonprofits, nonprofit organizations enable people to work together for the common good and fulfill their individual dreams. Many organizations provide a means for people with shared beliefs and hopes to put them into action through the power of numbers.

"America's 1.3 million charitable nonprofits feed, heal, shelter, educate, inspire, enlighten, and nurture people of every age, gender, race, and socioeconomic status, from coast to coast, border to border, and beyond," the National Council of Nonprofit's website states. "They foster civic engagement and leadership, drive economic growth, and strengthen the fabric of our communities. Every single day. Every person in the United States benefits from the work of nonprofits in one way or another, whether they realize it or not."

In El Paso County alone, thousands of people rely on the services offered by nonprofits. Whether it is transportation for disabled people or senior citizens, giving assistance to domestic violence victims or preserving a piece of local history, every local nonprofit has an important and special purpose.

The Importance of Volunteering

The bottom line is that many people would not be able to benefit from the services provided by nonprofit organizations if it were not for the hundreds of thousands of volunteers across the country that do the grunt work and make it all happen. Many volunteer because it gives them a good feeling inside when they know they are doing something upright for a good cause they believe in. Others enjoy volunteering as a way to socialize with people that have similar passions and viewpoints.

And once people get to the retirement age, experts say that volunteering is even more important to live a quality life. For one, volunteering can help reduce loneliness which often plagues Older Americans after friends and family members pass away and move out of town.

And according to a press release issued by AmeriCorps, a 2019 independent study provided evidence that suggested that volunteering can improve the health and wellbeing of people age 55 and older.

“I’m thrilled with the release of this independent study because it confirms what we have long believed to be true: Senior Corps volunteers are not only improving the lives of others, they are also improving their own,” Deborah Cox-Roush, director of Senior Corps said in the press release. “These volunteers are feeling healthier and less depressed. What’s also exciting is they say they feel less socially isolated, which we know has important health benefits. Along the way, Senior Corps volunteers found a sense of accomplishment, opportunities for personal growth, and chances to form meaningful relationships.”

And the good news is, with such a wide array of nonprofit organizations locally, there literally is something for everyone. Even those who are disabled can find some way that they can help out an organization of their choice.

By going to the region’s first nonprofit fair later this month, people can have the chance to find the volunteer opportunity for the organization that fits their lifestyle the best. The fair will provide a unique chance to learn about a large number of local organizations that will all be in one spot. To learn more about the fair and sponsorship information visit, www.nonprofitresourcefairs.org.



**GET ON
AND GO**

Learn more:
MMTRANSIT.COM
(719) 385-RIDE (7433)



SOCO Non-Profit & Small Business Fair

COMMUNITY RESOURCE FAIR WITH A FALL TWIST

Join us for a lively gathering dedicated to connecting our community with local nonprofits, small businesses and vendors! Discover resources, services, and volunteer opportunities that support Southern Colorado.

THIS EVENT IS FREE FOR ALL AGES! COME ENJOY REFRESHMENTS, MUSIC, PRIZES AND GIVEAWAYS

HELD INSIDE THE VENUE
ON MAIN LEVEL AT
LIBRARY 21C

1175 CHAPEL HILLS DR
COLORADO SPRINGS, CO 80920

PIKES PEAK LIBRARY DISTRICT



OCTOBER
25
2024



FRANK SINCLAIR
EMCEE

11AM TO 3PM



SPONSORS
AMERICAN
NUMISMATIC
ASSOCIATION



For More Info on Sponsorship Contact:

Anne Jensen • Sponsorship Coordinator • SOCO Nonprofit Fair
719-321-1971 • anne@socoseniorresourcecenter.org

Thank You to Our Generous Sponsors for Supporting the SOCO Nonprofit Resource Fair

The SOCO Senior Resource Center extends its heartfelt thanks to the generous sponsors who have made this event possible. Your contributions not only support our mission but also help provide valuable resources to our community. Together, we are making a difference in the lives of the people and their families. Thank you for being a part of this meaningful initiative!

AMERICAN
NUMISMATIC
ASSOCIATION

American Numismatic Assoc
719-482-9864
www.money.org



Bath Fitter of Colorado
303-788-0200
www.bathfitter.com



The Independence Center
719-471-8181
www.theindependencecenter.org

**PILLAR
INSTITUTE**



Pillar Institute
719-633-4991
www.pillarinstitute.org



Porchlight and Friends
719-204-3604
www.porchlightfriends.org



Raising Canes
719-548-4404
www.raisingcanes.com



SCORE
719-249-1711
www.score.org/southerncolorado

TRADER JOE'S
Trader Joe's
719-264-0123
www.traderjoes.com

TRAVEL LEADERS

Travel Leaders
719-597-0004
www.travelleaders.com

Choice Hospice
719-226-7733
www.choicehealthathome.com

Community Cultural Collective
719-424-1000
communityculturalcollective.org

Connect for Health CO
(720) 527-8052
ConnectforHealthCO.com

Dream Centers of CS
Mary's Home. - (719) 301-5411
Women's Clinic - (719) 388-1594

Floirbel Merced Insurance
720-363-7705
info@floribelmercedinsurance.com

Anthony Garperio - Photographer
garperioanthony@gmail.com

Goodwill Colorado
719-635-4483
www.goodwillcolorado.org

Harleys Hope
719-495-6083
Harleys-hopefoundation.org

Illuminate ABA Therapy
719-257-4002 ext. 701
www.illumtherapy.com

Oak Street Health
719-259-0980
www.oakstreethealth.com

Pikes Peak Habitat for Humanity
719-475-7800
www.pikespeakhabitat.org

Renewal by Andersen
720-805-2238
Offers.renewalbyandersen.com

Space Foundation
719-576-8000
www.spacefoundation.org

Thrive of Colorado Springs
719-357-9581
www.thethrivenetworks.org

Thrivent-Brian Berg
701-430-9697
connect.thrivent.com/Brian-berg

UCCS Aging Center
719-255-8002
Healthcircle.uccs.edu

Voices of Grief
719-286-0612
www.voicesofgrief.org

Food Assistance Resources

Aspen Mine Center

166 E Bennett Ave Cripple Creek, CO 80813
719-689-3584
Monday - Friday 9am to 5pm
www.aspenminecenter.org/index.htm

Black Forest Cares

12455 Black Forest Road Colorado Springs, CO 80908
(In the Black Forest Community (Lutheran) Church)
719-495-2221 Fridays 1pm - 3pm
www.bflchurch.org/black-forest-food-pantry.html

Care and Share Food Bank

2605 Preamble Pt Colorado Springs, CO 80915
719-528-1247
Monday - Friday 8am to 5pm
www.careandshare.org

Care and Share Food Bank

100 Greenhorn Drive Pueblo, CO 81004
719-296-6995
Monday - Thursday 8am to 4pm; Friday 8am to 12pm
www.careandshare.org

Catholic Charities/Marian House

14 W Bijou St Colorado Springs, CO 80903
719-229-9942
Monday - Friday 10:30am to 1pm
www.ccharitiescc.org

Church in the Wildwood

10585 Ute Pass Ave Green Mountain Falls, CO 80819
719-684-9427
Tuesday (2nd, 4th & 5th of each month) 6pm to 8pm
www.church-in-the-wildwood.org

Community Congregational Church of Manitou Springs

103 Pawnee Ave Manitou Springs, CO 80829
719-685-5255 Friday 1pm - 3pm
www.manitouchurch.org

Colorado Springs Food Rescue

719 470-2737 #70
www.foodtopowerco.org
1090 S. Institute St Colorado Springs 80903

Crossfire Ministries

2120 E LaSalle St Colorado Springs, CO 80909
719-447-1806
Tuesday 10am to 7pm;
Wednesday & Thursday 10am to 4pm
www.crossfireministries.com

Ellicott Helping Hands

23355 Hwy 94 Ellicott, CO 80808
719-683-4724
Tuesday 9am to 12pm

Fishes and Loaves Food Pantry

2221 N Wahsatch Ave Colorado Springs, CO 80907
(Located in Redemer Luthern Church)
817-966-7939
Saturday 9am to 12pm
fishespantry.org

God's Pantry Ministry

102 N Main St Fountain, CO 80817
719-382-0643
Monday - Saturday 10am to 2pm
godspantryco.org

Good News Foundation

125 N Parkside #105 Colorado Springs, CO 80909
719-638-8985
Tuesday & Thursday 10 am to 2 pm N

Good Shepherd United Methodist Church

1201 Leta Drive Colorado Springs, CO 80911
719-392-5782
Monday - Friday 9am to 1pm
www.gsumc-cs.org/

High Plains Helping Hands

7375 Adventure Way Colorado Springs, CO 80923
719-495-3123 Tuesday & Thursday 10am to 4pm
hphh.org

Mercy's Gate

4360 Montebello Drive #300 Colo Spgs, CO 80918
719-277-7470
Monday 4pm to 7pm; Wednesday 9am to 12pm;
Thursday 9am to 12pm & 1pm to 4pm;
Friday 4pm to 7pm
www.mercysgatecs.org

REACH Pikes Peak - Calhan Office

701 4th St Calhan, CO 80808
719-347-2976
Monday - Friday 8am - 4:30pm
www.reachpikespeak.org

Pikes Peak United Way

518 N Nevada Ave Colorado Springs 80903
719 632-1543
www.ppunitedway.org

Sacred Heart Church

2021 W Pikes Peak Colorado Springs, CO 80904
719-633-8711
Monday & Thursday 1pm - 3pm
www.tricommunity.org

Salvation Army - El Paso County

908 Yuma St Colorado Springs, CO 80908
719-636-3891
Tuesday, Wednesday, Thursday
& Friday 9am to 3pm (closed 12pm to 1pm)

Silver Key Senior Services

719-884-2300
www.silverkey.org
1625 S. Murray Blvd Colorado Springs 80916

Springs Rescue Mission

25 W Las Vegas St Colorado Springs, CO 80903
719-632-1822
Monday - Thursday 1pm to 3pm
www.springsrescuemission.org

Springs Rescue Mission - Samaritan's Kitchen

5 W Las Vegas St Colorado Springs, CO 80903
719-632-1822
Monday - Sunday 4pm, 4:30pm & 5pm
www.springsrescuemission.org

St. John's Food Bank Ministry

902 S Prospect St Colorado Springs, CO 80903
719-634-5388 Tuesday & Thursday 10am to 4pm
www.sjbchurch.co/

Stratmoor Hills Community Food Pantry

2027 B Street Colorado Springs, CO 80906
719-576-0005 Wednesday 1pm - 3pm
www.stratmoorhillsumc.org

The Salvation Army of Fountain Valley

208 Cunningham Dr. Colorado Springs, CO 80911
719-382-1182
Monday - Friday 9am to 5:30pm; Sunday 10am to 12pm
fountainvalley.salvationarmy.org

Tri Lakes Cares

235 Jefferson St #B Monument, CO 80132
719-481-4864
Monday & Thursday 12pm to 3pm & 6pm to 8pm
<https://tri-lakescares.org>

Trinity United Methodist Church

701 N 20th St Colorado Springs, CO 80904
719-633-9295
Tuesday 1pm - 3pm
<https://trinityumccsp.com/>

Westside Cares

2808 W Colorado Ave Colorado Springs, CO 80904
719-389-0759
Monday - Thursday 8:30am - 12:30pm;
Thursday Evening 4:30pm - 6:30pm
www.westsidecares.org

Westside Community Center Pantry

1628 W Bijou St Colorado Springs, CO 80904
719-385-7920 Wednesday 1pm to 3pm;
Thursday 5pm to 6:30pm
www.ourwestside.org

Holiday Help Resources

2Hands.org

2hands.org/online-christmas-help/in-colorado.php

Be An Elf - Operation Letters to Santa

beanelf.org

Catholic Charities Marian House - Soup Kitchen

14 West Bijou St Colorado Springs, CO 80903
719-475-7314
www.ccharitiescc.org

Christmas Unlimited, Inc.

2204 E. Boulder St Colorado Springs, CO 80909
719-597-1821
www.christmasunlimited.org

Crossfire Ministries

2120 East La Salle Street Colorado Springs, CO 80909
719-447-1806
www.crossfireministries.org

A WORLD OF HISTORY AWAITS!

Step into a world where history comes alive at the Money Museum in Colorado Springs. Whether you're a lifelong collector or simply love learning, the exhibits will captivate and inspire you. Uncover history's hidden treasures and enrich your knowledge—all with **\$2 off *admission for seniors (55+).**

*Regular admission is \$8



FEATURED EXHIBIT:

AMERICANA GALLERY

Trace America's story through gold, silver, copper, and paper. Unravel the deep ties between our national money and our nation's history. It's a narrative as diverse, resilient and progressive as the land it represents.



CAN'T VISIT IN PERSON?

Explore online virtual exhibits from the comfort of home! Experience the Money Museum wherever you are, at your own pace.
money.org/money-museum



AMERICAN NUMISMATIC ASSOCIATION
MONEY MUSEUM

EAGER FOR MORE? Join the American Numismatic Association for additional benefits, including the monthly hobby magazine, *The Numismatist*. Learn more at MONEY.ORG/JOIN

Nonprofit Resources Directory

Dolls for Daughters and Toys for Boys

730 Colorado Boulevard, Suite 200 Denver, CO 80206 720-330-2804

<https://kenziscauses.org>

High Plans Helping Hands

7375 Adeventure Way Colorado Springs, CO 80923

719-495-3123

www.freshstartcenter.com

Hillside Community Center Food Pantry

925 South Institute Street Colorado Springs, CO 80903

719-385-7900

www.facebook.com/hillsidecenter/

Mercy's Gate - Thanksgiving Baskets

4360 Montebello Drive #300 Colo Spgs, CO 80918

719-277-7470

<https://mercygatecs.org/direct-services/seasonal-services-program>

One Nation Walking Together

3150 N Nevada Ave Colorado Springs, CO 80907

719-329-0251

www.onenationwt.org

Salvation Army Colorado Springs Corps

908 Yuma Street Colorado Springs, CO 80909

1-800-SAL-ARMY

coloradosprings.salvationarmy.org

Springs Rescue Mission

5 W Las Vegas Street Colorado Springs, CO 80903

719-632-1822

www.springsrescuemission.org

TESSA

435 Gold Pass Heights Colorado Springs, CO 80906

719-633-1462

www.tessacs.org/holiday-shoppe

The Bob Telmosse Foundation

PO Box 449 Colorado Springs, CO 80901

719-646-0896

www.santa-bob.org

The Christmas Tree Project

4575 Galley Road Colorado Springs, CO 80915

719-799-6070

thechristmastreeproject.org

Toys For Tots

PO Box 10536 Colorado Springs, CO 80932

719-235-1058

<https://colorado-springs-co.toysfortots.org>

Tri-Lakes Cares

235 N Jefferson St Monument, CO 80132

719-481-4864

<https://tri-lakescares.org/holidayprograms>

Westside Cares

2808 West Colorado Ave Colorado Springs, CO 80904

719-389-0759 ext 108

westsidecares.org/what-we-do/special-seasonal-programs/

Woodland Park Church of the Nazarene

750 N. Hwy 67 Woodland Park, CO 80863

719-636-3891

www.woodlandparkchurch.com

PIKES PEAK SENIOR NEWS • 10

Housing Assistance

Apartment Assoc of South CO

719-264-9195

www.aacshq.org

545 E. Pikes Peak Ave #105 80903

Beth Haven Inc

719-632-5920

www.bethhaveninc.org

Catholic Charities Central CO

719-636-2345

ccharitiescc.org

228 N. Cascade Ave 80903

Catholic Charities Pueblo

719-544-4233

pueblocharities.org

429 W 10th St, Pueblo 81003

CO Vet Res. Coalition

719-477-1639

www.cvrforvets.org

415 S. Weber St. 80903

Colorado Springs Housing Au.

719-387-6700

831 S. Nevada Ave 80903

Dream Centers of CS

719-247-2007

www.dreamcenters.com

11025 Voyager Pkwy Colorado Spgs CO 80921

CS Comm. Dev. Division

719-385-5912

coloradosprings.gov

30 S. Nevada Ave Suite 604

Energy Resource Center

719-591-0772

www.er-co.org

114 W. Rio Grande St. 80903

Family Life Services

719-632-4661

www.flscs.org

1880 S. Cascade Ave 80905

Family Promise

719-329-1244

www.familypromisecos.org

PO Box 682 Colorado Springs 80901

Gospel Shelter for Women

719-633-5079

www.gospelhomesforwomen.org

30 Lawrence Ave 80909

Greccio Housing

719 475-1422

www.greccio.org

1015 E. Pikes Peak Ave Suite 110 Colo Spgs 80903

HBA Cares INC

719-592-1800

www.cshba.com

4585 Hilton Pkwy Suite 100 Colorado Springs 80907

Homefront Cares

719-577-7417

<https://homefrontmilitarynetwork.org>

1120 N. Circle Dr. Suite 230 Colo Spgs, CO 80909

Homeward Pikes Peak

719-473-5557

www.homewardpp.org

2010 E. Bijou St. Colorado Springs 80909

Housing Authority

719 387-6700

www.cshas.us

831 S. Nevada Ave suite 2, Colorado Springs, 80903

Housing Rehab Program

719-385-5912

www.coloradosprings.gov

30. S. Nevada Ave 80903

Hybrook Townhomes

www.hybrooktownhomes.com

11115 W. US Hwy 24 80814

Infinite Hope Rest. Ministries

707 712-7082

www.ihrministries.org

4115 Jericho Loop Colorado Spgs CO 80916

Ithaka Land Trust

719-578-1629

www.ithakaland.org

321 Mesa Rd 80905

LEAP

866-432-8435

111 S. Cascade Ave 80903

Mount Carmel

719-772-7000

www.veteranscenter.org

530 Communication Circle Colorado Springs 80905

Partner's in Housing INC

719-473-8890

www.partnersinhousing.org

455 Gold Pass Heights Colorado Springs CO 80906

PP Habitat for Humanity

719.475.7800

www.pikespeakhabitat.org

2802 N. Prospect St. Colorado Springs, 80907

Southern CO AIDS project

719-578-9092

www.coloradohealthnetwork.org

1301 S. 8th St. suite 200 80906

Rocky Mountain Community Land Trust

719-44-79300 ext. 5

www.rmclt.org

1212 W. Colorado Ave, Colorado Springs 80904

The Salvation Army

719-664-3481

www.salvationarmyusa.org

117 W. Rio Grande St Colorado Springs 80903

TRANSFORM YOUR BATH into a beautiful shower

BATH FITTER®



* See design consultant for details.

Special financing with

NO INTEREST
UP TO
5 YEARS*
NO MONEY DOWN

OR

SAVE
UP TO **\$1,625***

on a complete Bath Fitter system



Order by
12/31 for a

**FREE PAN
UPGRADE**

(\$1000.00 additional savings!)

**Upgrade To A Low
Threshold Shower**
That Increases
Safety & Accessibility**

with a purchase of a
complete Bath Fitter system*

**Standard shower pan height is 6";
FREE upgrade to low threshold 3" pan.
*See design consultant for details. Valid
offer for Pikes Peak SENIOR NEWS readers
and Non-profit Resource Fair attendees
only. Upgrade can be combined with monthly
promo offer. Offer good through 12/31/2024.

Proud Member Of



Sharing Strengths & Supporting Seniors

Which transformation
option *Just Fits* your life?



**TUB-TO-SHOWER
CONVERSIONS**

Transform your existing bathtub
into a practical walk-in shower



**SHOWER
REPLACEMENTS**

Customize your bathroom with a
full tub or shower replacement,
soaker tub or free-standing shower

BathFitter.com

Book your **FREE**, no obligation design **CONSULTATION** today!

719-781-3304

Bath Fitter Franchise. Independently owned and operated by Bath Solutions, LLC.

*Save 25% up to \$1625, OR *special financing issued by Wells Fargo Bank, N.A., an Equal Housing Lender. No money down offer applies to special financing, same day purchases only. Special financing terms for up to 5 years (60 months) apply to qualifying purchases of \$8300 or more charged with approved credit.

The special term 0% APR will continue to apply until all qualifying purchases are paid in full. The monthly payment for this purchase will be the amount that will pay for the purchase in full in equal payments during the promotional (special terms) period. This information is accurate as of 09/01/2024 and is subject to change. Special offer good on the purchase of a shower or conversion, wall and SYMMONS faucet kit. One offer per customer. Free shower pan upgrade from 6" to a lower threshold 3" shower pan height for easier access. This free upgrade can be combined with current monthly promotional offer. Offer must be presented at the time of estimate. Discount applies to same day purchases only. Previous orders and estimates excluded. Offer valid only at the above location. *Subject to certain limitations. +Most Bath Fitter conversion installations are typically completed in 1-3 days. Some exceptions apply. See location and/or design consultant for full offer details. Offer good through 12/31/2024.

Nonprofit Resources Directory

SA RJ Montgomery Center

719-578-9190

www.coloradosprings.salvationarmy.org

709 S. Sierra Madre 80903

Rocky Mountain HmnSvs

719-323-2600

www.rmhumanservices.org

17 S. Weber St 80903

Springs Rescue Mission

719-632-1822

www.springsrescuemission.org

5. W. Las Vegas St. Colorado Springs 80903

The PLACE

719.630.3223

www.theplacecos.org

423 E. Cucharras St Colorado Springs 80903

Ronald McDonald House

719-755-4076

rmhcsoutherncolorado.org

4223 Royal Pine Dr. Colorado Springs 80920

Non-Emergency Telephone Numbers

Colorado Springs Police Department (719) 444-7000

El Paso County Sheriff's Office (719) 390-5555

Teller County Sheriff's Office (719) 687-9652

Woodland Park Police Department (719) 687-9262

City of Cripple Creek Police Department (719) 689-2655

Hotlines and Services

Colorado Springs Code Enforcement (719) 444-7891

Colorado Crisis Services 1 (844) 493-TALK1

National Suicide Prevention Lifeline 988

Colorado Child Abuse Hotline 1 (844) CO-4-KIDS1

Adult Protective Services (719) 444-5755

Pikes Peak Area Council of Governments

Agency on Aging (719) 471-2096

CSPD - Homelessness Outreach Team (719) 444-7666

CSPD - Victim Advocacy (719) 444-7777

TESSA Crisis Line (719) 633-3819

National Runaway Safeline 1 (800) 786-2929

CSFD - Community & Public Health (719) 385-2273

Poison Control 1 (800) 222-1222

Animal Law Enforcement (719) 302-8798

Pikes Peak Humane Society (719) 473-1741

Pikes Peak Area Crime Stoppers (719) 634-STOP

Safe2Tell Colorado 1 (877) 542-7233

Colorado State Patrol (719) 544-242

El Paso County Department of Human Services (719) 636-0000

Colorado Springs Utilities (719) 448-4800

CDOT - Road Reports 1 (877) 315-7632

Nonprofit Organizations Directory

American Numismatic Assoc.

719-482-9864

www.money.org

818 N. Cascade Ave, Colorado Springs 80903

Angels of America's Fallen

719 377-7352

www.aofallen.org

10010 DevonwodCtColorado Springs CO80920

Autism Vision of Colorado

719 210 5895

www.autismvisionco.org

Benefits in Action

720-221-8354

benefitsinaction.org

12157 W. Cedar Dr. suite 100, Lakewood 80228

Big Brothers Big Sisters

719-633-2443

www.biglittlecolorado.org

111 S. Tejon St. #302 Colorado Springs, 80903

Boys and Girls Club PP Region

719 570 7077

www.bgcppr.org

1307 AeroplaazaDrColoradoSpgsCO 80916

BSCS Science Learning

719-531-5550

<https://bscs.org>

5415 Mark Dabling Blvd, Colorado Springs 80918



Companionship Services for Older Adults!

- We help older adults stay independent at home, wherever they may call home!
- We assist with projects in the home.
- We provide transportation for doctor appointments and errands.

Let us help you or your loved one live their best life at home! We're changing lives one visit at a time!

www.PorchlightFriends.org
719-204-3604

Care and Share Food Banks

719-528-1247

www.careandshare.org

2605 Preamble Point Colorado Springs 80915

CASA of the PP Region

719-447-9898

www.casappr.org

418 S. Weber Street Colorado Spring CO 80903

Catholic Charities

719-636-2345

www.ccharitiescc.org

228 N. Cascade Ave Colorado Springs, 80903

Children's Literacy Center

719-471-8672

<https://childreosliteracycenter.org>

2928 Straus Lane Suite 100, Colorado Springs, 80907

Colorado Crisis Svcs

844-493-8255

www.coloradocrisiservices.org

115 S. Parkside Dr. Colorado Springs 80910

Colorado Legal Services

719-471-0380

www.coloradolegalservices.org

102 S. Tejon St suite 240, Colorado Springs 80903

Colorado Springs Senior Center

719-955-3400

ppymca.org

207 N. Nevada Ave Colorado Springs 80903

Headstart Child Dev.

719-635-1536

cpcdheadstart.org

2330 Robinson St. Colorado Springs, 80904

Community Cultural Collective

719.424.1000

www.communityculturalcollective.org

Community Dental Health

719-310-3315

<https://communitydentalhealth.org>

3650 Rebecca Lane, Colorado Springs 80917

COSI loveyou

719 428 5988

www.cosiloveyou.com

310 S. 14th St. Colorado Spgs CO 80904

Crossfire Ministries

719-447-1806

www.crossfireministries.org

3975 N. Academy Blvd Colorado Springs 80917

CS Conservatory

719-577-4556

www.coloradospringsconservatory.org

415 Sahwatch St. Colorado Springs 80903

Dare Ministries

719.301.5821

www.dareministries.com

2399 Merlot Drive, Colorado Springs 80921

Diakonia

719 249- 0123

3595 E Fountain Blvd Unit 200, Fountain 80910

Discover Goodwill

719-635-4483

www.goodwillcolorado.org

1460 Garden of the Gods Rd 80907

Dumyon Martial Arts

719-232-7766

www.dumyonmartialarts.org

2660 Vickers Dr, Colorado Springs

Early Connections

719 632-1754

www.nfo@earlyconnections.org

104 E. Rio Grande St Colorado Springs 80903

Fountain Valley Senior Center

719.600.2644

fvscenr.org

5745 Southmoor Dr. Fountain 80917

Friends of Cheyenne Canon

www.cheyennecanon.org

2120 S. Cheyenne Canyon Rd, Colorado Springs 80906

Gold Star Gamers Limited

719-205-1409

<https://goldstargamers.org/>

9125 Lookout Mountain Ct Colorado Spgs CO 80924

DID YOU KNOW?

You could qualify to be a **PAID** caregiver for the senior in your life.

THE
INDEPENDENCE
CENTER

Where do I start?

719-471-8181 | the-ic.org

Are you a veteran with a disability who wants to live more independently?

Veteran-Directed Care (VDC)
at The Independence Center

Nonprofit Resources Directory

High Place Ministries

719 233-3207

www.highplaceministries.org

5475 Mark Dabling Blvd Suite 101, Colorado Springs 80918

Home Front Military Network

719-434-1407 577-7417

www.homefrontmilitarynetwork.org

1120 N. Circle Dr. Suite 230 Colorado Springs 80909

The Independence Center

719 471 8181

www.theindependencecenter.org

729 S. Tejon St. Colorado Springs 80903

International Students Inc

800 474-8326

www.internationalstudents.org

12325 Oracle Blvd Suite 200 Colorado Springs 80921

joys of the season

www.joysoftheseasonht.org

PO Box 669 Monument 80132

Justin Cowboy Crisis Fund

719 528-4726

www.justinrodeocrisisfund.org

101 Prorodeo Drive Colorado Springs 80919

KCME and Jazz 93.5 FM Radio

719 578-5263

www.kcme.org

1921 N Weber Street Colorado Springs CO80907

Kidpower

719-520-1311

www.kidpowercs.org

2335 Robinson St Colorado Springs 80904

Life Network

719 591-2609

www.elifenetwork.com

3700 Galley Rd Colorado Spgs CO 80909

Marion House

719-475-7314

www.ccharitiescc.org

14 W. Bijou St 80903

Mercy's Gate

719-277-7470

www.mercysgatecs.org

4360 Montebello Dr. #300 80918

Monster Motors

www.monstermotorshrg.org

3320 Capital Drive Colorado Springs 80939

Officers' Christian Fellowship

303 761-1984

www.ofcusa.org

4050 Lee Vance Dr. Colorado Springs, 80918

One World Quest

954.225.2044

www.oneworldquest.org

102 S. Tejon St. Suite 105-a Colorado Springs 80903

Peaceful Warriors

719 649-0411

www.peaceful-warriors.org

603 W. Colorado Ave, Colorado Springs 80905

PikeRide Elect. Bike Share

719-235-5862

www.pikeride.org

739 E. Pikes Peak Ave 80903

Pikes Peak United Way

719 632-1543

www.ppunitedway.org

518 N Nevada Ave Colorado Spgs CO 80903

Pikes Peak Workforce Center

719-667-3700

www.ppwfc.org

1675 Garden of the Gods Rd 80907

Playdate Behavioral Interventions

719-465-3989

www.myplaydate.org

6050 Erin Park Drive Colorado Springs CO80918

PP Small Business Dev Ctr

719-667-3803

www.pikespeaksbdc.org

559 E. Pikes Peak Ave, Sutie 101, Colorado Springs 80903

PPLD

719-531-6333

www.ppld.org

5550 N. Union Blvd, Colorado Springs

CELEBRATING **25** YEARS

PILLAR INSTITUTE



LEARNING FOR THE FUN OF IT

NOW AT A NEW LOCATION!

@NEW ALTITUDE

6385 CORPORATE DRIVE • SUITE 200
COLORADO SPRINGS, CO 80919

719-633-4991



CHECK OUT OUR UPCOMING ADULT
LIFELONG LEARNING CLASSES AT:

PILLARINSTITUTE.ORG

ProFootball Camp

719-266-9308

www.profootballcamp.com

10159 Hillgrass Circle Colorado Springs

Project Angel Heart

719 323-0084

www.projectangelheart.org

1625 W. Uintah St. suite 1, Colo Spgs 80904

Relationship Resources

719 266-9515

www.relationshipresources.org

8585 Cirterion Dr. Colorado Springs 80920

Rock Family Church Shuttle

719-531-6600

www.rockfamilychurch.com

4005 Lee Vance Dr. Colorado Springs 80918

Rocky Mountain Field inst.

719 471 7736

www.rmfi.org

1485 Garden of the Gods Rd, Colo Spgs 80907

Rocky Mountain PACE at PP

719-314-2327

www.rmpace.org

2502 E. Pikes Peak Ste 100, 80909

Safe Landing TB

www.safelandinghorserescue.com

7005 Cooper Grove, Colorado Springs, 80908

Save the Storks

866-639-0479

www.savethestorks.com

4050 Lee Vance View Drive, Suite 300 80918

SCORE

719-249-1711

www.score.org/southerncolorado

13395 Voyager Pkwy Ste 130-PMB353 80921

Sheild 616

719-345-2442

www.sheild616.org

13395 Voyager Pkwy Ste 130 #516CO 80921

ShyAnn's Hope

719-424-0654

www.shyannshope.com

8220 Chancellor Dr Colorado Spgs CO 80920

Silver Key Senior Services

719-884-2300

www.silverkey.org

1625 S. Murray Blvd Colorado Springs 80916

Smiles for a Lifetime

719 535-2777

www.s4l.org

6547 N Academy Blvd #304 Colo Spgs CO 80918

Solid Rock Comm Dev. Corp

719-393-7625

www.solidrockcdc.com

2520 Arlington Dr. Colorado Springs 80910

Space Foundation

719-576-8000

www.discoverspace.org

4425 Arrowswest Dr Colorado Springs 80907

Special Kids Special Families

719-447-8983

www.sksfcolorado.org

1915 Aerotech Dr. Colorado Springs 80916

Sponsor a Space

719-445-9877

joyfulspaces.co

Status Code 4

719-822-3387

The Becky Baker Foundation

8083334756

www.beckybakerafoundation.org

7175 Silver Ponds Heights Colorado Springs CO 80908

The Catamount Institute

719-471-0910

catamountinstitute.org

740 W. Camarillo St Colorado Springs 80907

The Exodus Road

719-941-9755

www.theexodusroad.com

PO Box 64063, Colorado Springs 80962



Share your expertise.

Volunteer with SCORE and help local business owners.

Don't hesitate.
Get in touch today

719-249-1711
score.org/southerncolorado

SCORE
FOR THE LIFE OF YOUR BUSINESS

PRESENTED BY
SBA
U.S. Small Business Administration

Nonprofit Resources Directory

The Justice Center

719-473-6212

www.justicecentercos.org

PO Box 429 Colorado Springs 80901

The Resource Exchange

719 380-1100

www.tre.org

6385 Corporate Dr. suite 100 Colorado Springs 80919

Thrive of Colorado Springs

719-357-9581

www.thethrivenetworks.org

1520 Verde Dr. Colorado Springs 80910

Tri-Lakes Cares

719-481-4864

www.tri-lakescares.org

235 Jefferson St. Monument 80132

Unifrmnd Svs Justice & Advocacy

719-243-0341

www.usjag.org

924 N Wahsatch Ave. 80903

UpaDowna

719-429-9006

www.upadowna.org

335 Manitou ave suite 5 , Manitou Springs 80829

Valor Box

www.valorbox.com

2922 W Platte AveColoradoSpgsCO 80904

Velvet Hills Chorus

719.630.2525

www.velvethills.org

3815 N. Academy Blvd Colorado Springs 80917

Westside Cares

719-389-0759

www.westsidecares.org

2808 W. Colorado Ave Colorado Springs 80904

Women Partnering Programs

719-577-9404

www.stfrancis.org

961 E. Colorado Ave 80903

Woodlank Park Comm Church

719-687-9444

www.woodlandparkcommunitychurch.com

800 Valley View Dr WP 80863

Mental Health Resources

Colorado Crisis Svs

844-493-8255

www.coloradocrisisservices.org

115 S. Parkside Dr. Colorado Springs 80910

Another Life Foundation

719-216-7238

www.anotherlifefoundation.com

5050 Edison St. Suite 217, Colorado Springs 80915

DBSA

719-477-1515

www.dbsacoloradosprings.org

1586 S 21st St #13eColorado SpringsCO 80904

PIKES PEAK SENIOR NEWS • 16

Diversus

844-493-8255

www.coloradocrisisservices.org

115 S. Parkside Dr. Colorado Springs 80910

NAMI

719-473-8477

www.namicoloradosprings.org

1516 S. Murray Blvd Colorado Springs 80916

Pikes Peak Suicide Prevention

719-573-7447

www.pikespeaksuicideprevention.org

704 N. Tejon St. 80903

Mount Carmel

719-772-7000

www.veteranscenter.org

530 Communication Circle Colorado Springs 80905

Griffith Center for Children

719-636-2122

www.griffithcenters.org

17 Farragut Ave, 80909

Sandstone Recovery Cntr

719-445-3260

www.sandstonecare.com

5731 N. Academy Blvd 80918

Sandstone Recovery Cntr

202-804-8468

www.sandstonecare.com

2102 University Park Blvd 80918

Next Chapter

888-719-8387

www.nextchapterco.org

530 Communication Circle, Colorado Springs 80905

SC4I

719 822-3348

www.SC4I.org

5585 Erindale Dr., Ste 107Colorado Springs 80918

UCCS Aging Center

719-255-8002

www.healthcircle.UCCS.edu

4863 N Nevada Ave Suite 321

Animal Rescue and Training Svs

All Breed Rescue and Training

7192646460

<http://haveanicedog.org>

410 1/2 E. Fillmore St. Colorado Springs CO80907

Cloud Foundation

719 633-3842

www.thecloudfoundation.org

107 S 7TH St Colorado Spgs CO 80905

Cheyenne Mountain Zoo

719-424-7810

www.cmzoo.org

4250 Cheyenne Mountain Zoo Rd Colorado Springs 80906

Elicott Wildlife Rehab Center

719-683-8152

www.ellicottwildlife.com

PO Box 75069 Colorado Springs CO 80970 USA

Elite Equine Rescue

719-306-5933

www.eliteequinerescued.com

1670 Spring Valley Dr. 80921

Feline Rescue Network INC

719 331-6852

www.lookwhattthecatbroughtin.org

2129 E. Boulder St Colorado Springs 80909

Guardian Service Dogs

719 465-7219

www.guardianservicedogs.com

Happy Cats Haven

719-362-4600

www.happycatshaven.org

327 Manitou Ave, Manitou Springs 80829

Harley's Hope Foundation

719 495-6083

www.harleys-hopefoundation.org

13453 Highline Drive 80908

RePawz Academy

719-418-9353

www.repawzacademy2022.org

CS Therapeutic Riding Center

719-634-4173

www.cstrc.org

3254 Paseo Road, Colorado Springs 80909

Dream Power Animal Rescue

www.dreampower.org

PO Box 62923 Colorado Springs CO 80962

Destinacions Therapy

719 428-8967

www.destinacionsequinetherapy.com

8315 Lakeview Dr, Black Forest 80918

Victory Service Dogs

719 651-8559

www.victorysd.org

770 Wooten Rd., Ste 103 Colorado Spgs CO 80915

Teller County Regional Animal Shelter

719-686-7707

www.tcrascolorado.org

308 Weaverville Rd Divide, CO 8814

Domestic Violence Resources

Tessa- Black Forest

719-243-4833

www.tessacs.org

11445 Teachout Rd 80908

Tessa- Calhan

719-243-4833

www.tessacs.org

328 10th St. Calhan 80908

Tessa- Colorado Springs

719-633-1462

www.tessacs.org

435 Gold Pass Hghts 80906

Tessa of Colorado Springs

719-633-1462

www.tessacs.org

435 Gold Pass Heights, Colorado Springs 80906

Tessa-DHS

719-444-5615

www.tessacs.org

1675 W. Garden of the Gods Rd

Tessa-Peyton

719-243-4833

www.tessacs.org

17050 S. Peyton Hwy 80928

Tessa-Teller County

719-822-3033

www.tessacs.org

166 E. Bennett Ave 80813

Break the Silence

719-309-4751

www.breakthesilencedv.org

530 Communication Circle Colorado Springs 80905

Colorado Crisis Svcs

844-493-8255

www.coloradocrisiservices.org

115 S. Parkside Dr. Colorado Springs 80910



HOSPICE • PALLIATIVE CARE • GRIEF SUPPORT

We help seriously and terminally ill people focus on moments of joy.

- Leading hospice & palliative care provider since 1980.
- Only nonprofit hospice in El Paso & Teller counties.
- Inpatient unit at Penrose Hospital to manage acute symptoms that accompany a terminal illness.
- Palliating physical and emotional pain and other symptoms that accompany a serious or terminal illness.
- Complementary therapies include Music Therapy, Pet Therapy, Aromatherapy, Reiki and Massage.

2550 Tenderfoot Hill Street, Colorado Springs, CO 80906
www.pikespeakhospice.org
719.633.3400

Eric Elison's, Christmas With Bing



By Sylvia Klueck

Aries Media

You can almost hear the sleigh bells ringing and catch the scent of Gingerbread!

Colorado Entertainer, and Navy Veteran, Eric Elison, announces a new Show: Eric Elison's Christmas With Bing! Elison, who is known in the US and Canada for entertaining theater audiences with the songs of Canadian Troubadour, Gordon Lightfoot, is presenting a new show featuring the Christmas songs of America's favorite Crooner, Bing Crosby.

"Bing has been a part of my life since I was knee high to a duck, and I want to share my love of his best-selling Christmas albums with my audiences," says Elison in a recent interview at his residence in Colorado Springs. "In March of 2024 I put the idea for the Show on paper, and began reaching out to theaters to gauge interest. I was amazed by the positive response!"

Elison has been a full time entertainer since 2017 when he quit his day job as an aerospace executive. "When I was a kid I loved to sing and perform. I got my voice from my Mom who was trained to sing opera. All throughout school I performed in various productions. My greatest singing influences were: Bing Crosby, Nelson Eddy, Frank Sinatra, Andy Williams and Gordon

Lightfoot. I got the idea to put on the Show during last St. Patrick's Day, when I performed "The Irish Lullaby." Singing that song reminded me of when Bing Crosby sang it in "Going My Way". Bing won a Best Actor Oscar for that movie. "At any rate, I enjoyed performing the song so much it got me to thinking about producing a Christmas Show. Everything is now on track to present the Show".

The first performance of the Show is 4 p.m. Sunday, November 24 at The Ute Pass Cultural Center in Woodland Park. Tickets purchased in advance are \$40. Tickets are an additional \$5 at the door. The show will feature Bing Crosby's Christmas hits including "White Christmas," "Jingle Bells," "I'll Be Home For Christmas," "Sleigh Bells" and "Silent Night. O Holy Night and many more.

Of the songs planned for the Show, Elison said, "These are songs that are deep in my heart. I grew up singing them in Church, school productions, and around the Christmas tree with my family." Reminiscing about the movie "White Christmas," Elison also sang many of these songs to fellow squadron mates while deployed with the Navy. "Whenever I sing, I'll Be Home For Christmas, I think about the many

Christmases I was far away from home. That song often puts a tear in my eye, especially when I think about all our Servicemen and women who are on deployments during the holidays. The Show will feature a nice variety of music, upbeat Jazzy numbers like the version of Jingle Bells that Bing recorded with the Andrews Sisters, crowd favorites like White Christmas, and sacred songs that will take audience members to Church."

Pikes Peak Senior News Publisher, Anne Jensen, first met Eric Elison when he was performing his Tribute to Gordon Lightfoot at Stargazers Theatre in Colorado Springs last June. She was so impressed she made an immediate decision to book him for her Fall Senior Event. "When I heard that Eric would be performing "Christmas With Bing," I knew that was the right Show for my readership." Pikes Peak Senior News is presenting the Show in Woodland Park at The Ute Pass Cultural Center because it provides the perfect venue for reaching Seniors located in the Woodland Park and Divide Communities.

About the Venue, Eric Elison said, "I love performing at the Ute Pass Cultural Center. It has an intimate, small town feeling that will go very nicely with the Show.

I have no doubt that Bing Crosby himself, would approve of this Hall for the premiere of a Show that celebrates his music. Also the stage is the perfect size for the ensemble that will be backing me. Led by Music Director and Keyboardist, Matt Podschweit, the Ensemble will include other musicians who regularly support my Lightfoot Concerts. Frank Sanchez will be trading in his electric Bass Guitar for a Stand Up Bass, and Dina Hollingsworth will be entertaining audiences with her flute and clarinet solos. These musicians are sure to please listeners of Bing Crosby's music with their Swing, Jazz, and Sacred Music arrangements. Audiences are also in for a special treat because of the vocal backing planned for the Show. We will be giving audiences the opportunity to experience what it must have been like in the 40's, and 50's to hear Bing's beloved Christmas show, performed live".

"These are songs that are deep in my heart. I grew up singing them in Church, School Productions, and around the Christmas tree with my family." Reminiscent of the Movie "White Christmas," Elison also sang many of these songs to fellow Squadron mates while deployed with the Navy. "Whenever I sing, I'll Be Home For Christmas, I think about the many Christmases I was far away from home." Elison will perform a show featuring the music of America's favorite crooner, Bing Crosby.

The Christmas With Bing Orchestra is composed of professional musicians and vocalists, led by Music Director, Matt Podschweit. The Orchestra has a broad range of training and experience. Members are graduates from the musical programs of leading Colleges Universities. Many have extensive performance experience with major acts including: The Nelson Riddle Orchestra, Little Anthony, The Drifters,

Chicago, "Weird" Al Yankovic, and the Four Lads.

The Show called "Christmas With Bing" will be performed at 4 p.m. Sunday, November 24th at the Ute Pass Cultural Center at 210 E Midland Ave, Woodland Park, CO 80863. Advance tickets are \$40 (inclusive of online service fees) or \$45 on the day of the show. Tickets can be purchased online at <https://www.pikespeakseniornews.com/christmas-with-bing/>.

For those who can't make the first show in Woodland Park, there will be two more opportunities to catch the holiday performance. "Christmas with Bing" will take place on November 23 from 2 to 4 p.m. at the Tri-Lakes Center for the Arts located at 304 Hwy 105 in Palmer Lake. Tickets can be purchased in advance for \$35 by visiting <https://www.pikespeakseniornews.com/christmas-with-bing-tri-lakes/>.

On December 14, the third show will take place at the Black Forest Community Club located at 12530 Black Forest Road in Black Forest from 7 to 9 p.m. Tickets can be purchased in advance for \$35 by visiting <https://www.pikespeakseniornews.com/christmas-with-bing-black-forest/>.

Featured performers include:

Matt Podschweit - Director, Piano and Synthesizer

Frank Sanchez - Stand Up Bass

Dina Hollingsworth - Flute, and Saxophone

Dewey Steele - Percussion and Drums

Michael Miller - Jazz Guitar

Natalie Jensen - Vocal Accompaniment

Evelyn Valentine - Vocal Accompaniment

Regency Tower *apartment living for the Young at Heart!*

**Beautifully Designed
apartment homes and
luxurious accommodations.**



Friendly Management,
Outstanding Features, and
Prompt, Efficient Service.

Newly remodeled
apartments available.

Regency Towers offers Clean,
Relaxing, Comfortable
Lifestyle for the 55+ Crowd.



921 Green Star Dr., Colorado Springs, CO 80905 • 719 - 633 - 2121 • www.regencytowersllc.com



Christmas with Bing

*to benefit SOCO Senior Resource Center
Featuring Eric Elison & Friends*



November 23rd, 2-4pm at the Tri-Lakes Center for the Arts
304 Hwy 105, Palmer Lake, 80133

Individual Tickets priced at \$35 each when purchased in advance or \$40 at door.

November 24th, 2-4pm at the Ute Pass Cultural Center

210 E. Midland Ave, Woodland Park 80863

Individual Tickets priced at \$40 each when purchased in advance or \$45 at door.

December 14th, 7-9pm at the Black Forest Community Club

12530 Black Forest Rd, Black Forest 80908

Individual Tickets priced at \$35 each when purchased in advance or \$40 at door.

Tickets available online at: www.pikespeakseniornews.com/christmas-with-bing

For More Information Contact:

Anne Jensen, Event Coordinator

Phone: 719-321-1971 | Email: anne@socoseniorresourcecenter.org





EXPERIENCE SENIOR LIVING AT ITS PEAK.

Legend of Colorado Springs provides resort-style amenities, gives you the opportunities to make new friends, an independent lifestyle with just the right amount of assistance from our experts in senior living. Visit us today and watch us meet your high expectations

CALL OUR SENIOR LIVING EXPERTS TO LEARN MORE

(719) 309-0070

Broomfield • Greeley • Colorado Springs



2368 Research Parkway
Colorado Springs, CO 80920
A Residence of Legend Senior Living®
LegendSeniorLiving.com



PLAY SUDUKO

Key on page 28.

6	7	2						
	9	4		1	5	2		
							3	
	6							
			3		7	9		1
		5						3
8						3	4	
	2				3	7		
		6	4		9			8



Iron Springs Chateau
Colorado's Fun Melodrama

444 Ruxton Ave, Manitou Spgs, CO
(719) 685-5104

JOIN US FOR THE HOLIDAYS!

LARGE GROUPS / OFFICE PARTIES

A delicious three course meal followed
by our musical comedy melodrama
FUN FOR THE WHOLE FAMILY!

Tickets available at:
<http://ironspringschateau.com>



Senior, Military &
Group Rates
Available



UCCS Holds Special Launch Event to Celebrate Its Age Friendly University Designation

Local College Campus Joins Global Network to Support the Region's Aging Population



By Trevor Phipps

As the population of the U.S. ages, many educational institutions have recognized the need to expand all parts of their culture and educational environment to people of all ages. In fact, major universities across the world have been realizing the need to cater to older adults outside of the typical college student age who want opportunities to learn.

Last year, the University of Colorado Colorado Springs (UCCS) announced its official designation as an Age Friendly University (AFU). The Colorado Springs university joined other Colorado campuses like CU Anschutz and CU Denver and now belong to the AFU Global Network.

"The designation is bestowed by the Age-Friendly University Global Network, an organization of higher education institutions that is 'committed to promoting positive and healthy aging and enhancing the lives of older members of the global community,'" an article published by the UCCS news publication *Communique* stated.

Now that UCCS officially belongs to the AFU Global Network, the university is planning an official AFU Launch event on October 1 to celebrate becoming a member. The event takes place from 4 to

7 p.m. at Berger Hall inside the University Center on the UCCS campus. Snacks and refreshments will be available during the event as members of the community can learn about the AFU principles and ask questions about the age-friendly work being done on campus.

"Receiving the AFU designation is not an endpoint but rather a beginning," Amy Silva-Smith, Director of the Gerontology Center said, according to *Communique*. "Being an Age-Friendly University means that we, the UCCS community, are committed to considering what it means to support an aging population as we go about our day-to-day work with students, co-workers, volunteers, and community members. The campus can look forward to events and activities that promote age-friendliness at UCCS!"

Since its inception, UCCS has always had a significantly large non-traditional student population which consists of students outside of the traditional college student ages of 18 to 22. The recent designation serves as the university's most recent answer in a time where Colorado ranks as one of the nation's top fastest-aging states.

"UCCS has a strong presence

of evening classes to meet the needs of working students and we focus on recruitment from local industry as well as high schools," Silva-Smith continued. "Our first Ph.D. program was aligned with local industry need (engineering) and enrolled working adults primarily. Our second Ph.D. in Geropsychology focused on the aging population's need for mental health services, positioning us with national prominence as a leader in preparing professionals to address the needs of an aging population."

The UCCS Gerontology Center led the charge of joining the AFU Global network with support of others in the university including the Division of Diversity, Equity and Inclusion. The process did not come overnight as according to the AFU Global Network website, the university applying to join must meet several criteria and go through an application process that can take three months to a year.

"Collaboration within the AFU Global Network on research, service, and educational innovations will be possible in a way that was not before receiving the AFU designation," Silva-Smith said. "The Center for Gerontology, housed within the Office of Research, has a tripartite mission for research,



education, and community engagement. We welcome new affiliates at any time and invite anyone interested to contact us and join us for our events, such as our first speaking engagement this fall.”

Age Friendly University Principles

All of the universities across the world that receive the official AFU designation must follow the AFU Global Network’s following 10 Principles:

1. To encourage the participation of older adults in all the core activities of the University, including educational and research programs.
2. To promote personal and career development in the second half of life and to support those who wish to pursue second careers.
3. To recognize the range of educational needs of older adults (from those who were early school-leavers through to those who wish to pursue Master’s or Ph.D. qualifications).
4. To promote intergenerational learning in order to facilitate the reciprocal sharing of expertise between learners of all ages.
5. To widen access to online educational opportunities for older adults to ensure a diversity of routes to participation.
6. To ensure that the university’s research agenda is informed by the needs of an aging society and to promote public discourse on how higher education can better respond to the varied interests and needs of older adults.
7. To increase the understanding of students of the longevity dividend and the increasing complexity and richness that aging brings to our society.
8. To enhance access for older adults to the university’s range of health and wellness programs and its arts and cultural activities.
9. To engage actively with the university’s own retired community.
10. To ensure regular dialogue with organizations representing the interests of the aging population.

According to the AFU Launch Event flyer, the evening will include a part that overviews the 10 principles and a community conversation and question/answer session. “There will be EN-Lightning talks about age-friendly work being done on campus, research posters about current projects being done at UCCS, and more,” the event flyer states.

The event is open to the public and all attendees receive free parking. For more information about the event e-mail geron@uccs.edu.

A flyer for the UCCS Age-Friendly University (AFU) Launch Event. The top section features a photograph of a building with a clock tower against a blue sky with clouds. In the top right corner of the flyer is the AFU logo. The main title is 'UCCS Age-Friendly University (AFU) Launch Event!' in large, bold, black serif font. Below the title, the date and time are listed: 'Tuesday, October 1, 4:00 - 7:00 pm in Berger Hall'. A schedule of activities follows: '4:00: Welcome', '4:20: AFU Principles Overview', '4:30 - 5:30: EN-Lightning Talks', '5:30 - 5:50: Q&A and Community Conversation', and '5:30: Research/Scholarship Posters and Resource Tables'. Below the schedule, it says 'Snacks and refreshments available. Free parking.' and 'Proudly sponsored by the UCCS Gerontology Center, Academic Outreach, and the Division of Inclusive Culture and Belonging.' It also includes the instruction 'Register with the link below and reach out to us with any questions!' and 'We look forward to seeing you there!'. At the bottom, there are three columns: 'Reigster:' with the link 'https://bit.ly/10-1-AFU', 'Email:' with 'geron@uccs.edu', and 'Website:' with 'geron.uccs.edu'.

Crossword Puzzle

ACROSS

- | | |
|------------------------------------|------------------------------------|
| 1) Winery refuse | 39) Camping equipment |
| 5) "If I've told you ___ ..." | 40) Certain line-crosser |
| 9) The bounding main | 41) DNA element |
| 14) Mixed bag | 42) Chop finely |
| 15) Word with "elbow" or "rumpus" | 43) 11,000-foot mount in Europe |
| 16) Beatniks beat it | 44) Make the tach needle move |
| 17) Cool as a cucumber | 45) Taser target |
| 18) Credos | 46) "___ circumstances beyond ..." |
| 19) Provide, as with some quality | 48) Overnight site |
| 20) Embroiled, as in controversy | 49) Great Plains river |
| 22) Isn't polite to | 52) Court denizen |
| 23) Lie on the beach | 57) Comptroller's task |
| 24) However, to poets | 58) Adviser of a sort |
| 26) Scholastic exhibitionist | 59) Say confidently |
| 29) Equine vote? | 60) Diminutive being of folklore |
| 30) Arctic Circle inhabitant | 61) Jane's Ms. Woodhouse |
| 34) Make one body | 62) Boggy earth |
| 35) Half of an argument | 63) Alleviating agent |
| 36) "The Morning Watch" author | 64) Grace follower |
| 37) Volcano's discharge | 65) Water whirl |
| 38) Words that often follow "grab" | |

DOWN

- 1) Ridicule
- 2) Hale who played the Skipper
- 3) Really anger
- 4) Isn't exactly opportune
- 5) Christie's Express
- 6) It's plainly on your face
- 7) A workbook could be one
- 8) Abbr. on an ambulance
- 9) West Indies witchcraft
- 10) Contest for also-rans
- 11) Pigskin receivers
- 12) Chills and fever fit
- 13) Regretful RSVPs
- 21) Sandy beach feature
- 22) Pinned up, as pigs
- 25) Spoon-shaped vessel
- 26) It's quickened by fear
- 27) Bring into law
- 28) Parlor piece
- 31) Acting ambassador?
- 32) Coins for Churchill
- 33) One of the "Brady Bunch" kids
- 35) Ghost-costume need
- 38) What nouns and verbs must do
- 42) Above-the-knee skirt
- 45) Ceremonial doings
- 47) Absolute, as nonsense
- 49) Calendar unit
- 50) ___ moth (pale-green insect)
- 51) Commotions of Shakespearian proportions?
- 53) "My Friend ___" (Martin-Lewis film of '49)
- 54) Close to fanatical
- 55) Taped eyeglasses wearer
- 56) Deuce follower, in cards
- 58) Glittering valuable

COME OUTSIDE

By Hank Casem

1	2	3	4		5	6	7	8		9	10	11	12	13
14					15					16				
17					18					19				
20				21					22					
		23					24	25						
26	27	28					29			30	31	32	33	
34						35				36				
37						38				39				
40						41				42				
43						44				45				
			46	47						48				
49	50	51					52	53				54	55	56
57							58				59			
60							61				62			
63							64				65			

Key on page 28.

Business Directory



Community Dental Health

Dental Service for Seniors, Vets, Adults

Providing quality dental care based on your true dental needs.

Grant Funding support for low-income, uninsured people of all ages to make dental care affordable.

Medicare, Medicaid & various insurance also accepted.

719-310-3315
3650 Rebecca Lane
Colorado Springs, CO

VOLUNTEERS NEEDED!

Everyone has a special talent or interest—put it to work for a great cause in a pet-friendly environment!

Join us for four (or more) rewarding hours per week at our non-profit resale store.

Interested? Visit us on Friday or Saturday to meet our volunteer coordinator and fill out an application.

100% of our proceeds go to local animal rescues.



Rescued Hearts Unique Boutique.
3314 Austin Bluffs Parkway.
719-466-9797



One Stop Shop For Medical Professionals & Your Homecare Needs
Affordable Medical Supply
LOCALLY OWNED & OPERATED

- Blood Pressure Units
- PPE Supplies Masks
- Compression Socks
- Pedifix FootCare
- Bathroom Safety
- Stethoscopes
- Sombra Topical Pain Reliever
- Wrist & Elbow Braces
- Knee & Back Braces
- First Aid Products
- Hot & Cold Packs
- CBD Products

Rentals Available

AffordableMedMart.com
719-632-4036
1833 N CIRCLE
COLORADO SPRINGS, CO 80909



Advertise your Business or Service here.

Contact Anne for rates today!

Anne Jensen (719) 321-1971 anne@pikespeakseniornews.com



Looking for a Colorado Springs Dentist?

Pinnacle Dentistry is a preventative, cosmetic and restorative dental clinic that offers an advanced perspective to patient care in Colorado Springs. Our doctors and staff are always striving to elevate our service and provide excellent dental care to each and every person who visits our practice.

CALL OR VISIT US ONLINE TO REQUEST AN APPOINTMENT TODAY!

Contact

Info@PinnacleDentistryCO.com
719.590.7100
PinnacleDentistryCO.com

Location

Briargate Business Center
2430 Research Pkwy · Suite 200
Colorado Springs, CO 80920





Black Forest Arts and Crafts

Guild Fall Show and Sale

What: Join us for our popular holiday fall show. Many new and unique gifts, fine art and decor for your home and of course, our huge selection of culinary delights.

When: October 30 th through November 3 rd
Wed 4-7 pm, Thu-Sat 9 am-7 pm, Sun 10 am-2 pm

Where: Black Forest Community Center,
12530 Black Forest Rd., Black Forest, CO 80908

Contact: 719-330-7443 | www.bfacg.org

The Fourth Annual Joys

of the Season Holiday Home Tour

When: Friday and Saturday, November 22 & 23, 2024
10:00 a.m. to 4:00 p.m.

Where: 5 Locations in Northern El Paso County
beginning at Woodmoor Barn
1691 Woodmoor Dr, Monument, CO 80132

Web: www.joysoftheseasonht.org

Cheyenne Mountain Newcomers Club (CMNC)

What: We welcome all ladies to join us at the Broadmoor Community Church for meetings, to socialize, and sign up for special interest groups.

When: This Ladies Social Club meets monthly on the second Wednesday of the month, September through April.

Where: 315 Lake Avenue - Colorado Springs, CO 80906.

Cost: Annual dues are \$40.

Web: cmnccos.org

Curiosity Unlimited UCCS Free Lecture Series

What: "Contemplating the Complexities of Climate Change, Migration, Energy and Intervention" presented by Dylan Harris, Ph.D., Professor Department of Geography and Environmental Studies

When: November 22, 2025, Coffee at 9:30, Lecture at 10:00 a.m.

Where: Chapman Recital Hall, Ent Center for the Arts
5225 N. Nevada Ave.

Contact: 719-210-8168 | curiosity-unlimited.org



Colorado Springs Restaurants Open on Thanksgiving Day



The Broadmoor

Gather with family and friends and kick off the holiday season with a reservation at any of their dining venues all Thanksgiving weekend.

The Cliff House

Located in Manitou Springs, CO, this boutique beauty is open on Thanksgiving Day where diners will enjoy a gourmet feast. Reservations are strongly recommended. Operating hours 11:00 a.m. - 3:00 p.m.

Cheyenne Mountain Resort

The Mountain View Restaurant at Cheyenne Mountain Resort will offer a Thanksgiving day buffet at 12:00 p.m. and 3:00p.m. Reservations are required. Call 719-538-4000.

Edelweiss Restaurant

If you want to switch it up this year and try traditional German cuisine for this year's feast, Edelweiss has got you covered with hours open from 11:00 a.m. to 8:00 p.m.

The Famous Steakhouse

Call 719-227-7333 for reservations.

Joseph's Fine Dining

Joseph's has you covered from 11:30 a.m. to 3:00 p.m. Call ahead for reservations 719-630-3631.

Homa Cafe at Kinship Landing

Pick up everything you need for a scrumptious Thanksgiving feast at HOMA Café, except the turkey, on November 21st and 22nd from 10:00 a.m. to 7:00 p.m.

Mackenzie's Chop House

Mackenzie's has a special Thanksgiving menu prepared just for you! Hours of operation 12:00 p.m. to 6:30p.m., call ahead for reservations 719-635-3536.

Patty Jewett Clubhouse

From roasted turkey with herb gravy to prime rib au jus, Patty Jewett is a brunch lover's dream. Reservations required. Served from 8:00 a.m. to 4:00 p.m. Call ahead for reservations 719-385-6934.

Prime25

Forget the turkey, bring on the steak! Prime25 will be open for Thanksgiving serving up delicious entrees and savory goodness. Hours 4:00 p.m. to 9:00 p.m. Call ahead for reservations 719-358-9822.

Springs Orleans

If classic Creole cuisine is your style head over to Springs Orleans open on Thanksgiving day from 3:00 p.m. to 9:00 p.m. Call ahead for reservations 719-520-0123.

Romano's

Hours 11:00 a.m to 10:00 p.m. Call ahead for reservations 719-540-8933.

The View House

Join the View House for a Thanksgiving Brunch Buffet from 10am-4pm! Call ahead for reservations 719-394-4137 or make reservations online.

Rediscover Retirement

Now's the time to make your move
into worry-free living.

Redefine your golden years in a community that seamlessly blends comfort, elegance, and vibrant social living. Chef-inspired cuisine, all-inclusive services, and a wealth of enriching activities are specially designed to curate a fulfilling retirement lifestyle without the worry of long term leases, hidden fees, or unpleasant surprises.

Tour Today!

Experience our **Signature *Freedom Dining*** program for yourself!
Schedule a private tour and be our guest for a fabulous meal.



RLC
RESORT LIFESTYLE
COMMUNITIES®
Aspen Trail

Call today to plan your visit!

719-387-4308



5455 New Car Drive ♦ Colorado Springs, CO 80923
AspenTrailRetirement.com



SUPPORT FOR ALL OUR SENIORS

- Reserve & Ride
- Companionship
- Thrift Stores
- Affordable Housing
- Food Pantry
- Connections Café
- Meals on Wheels

Call or drop by anytime!



1625 S. Murray Blvd, Colorado Springs and 66 Jefferson St, Monument
Silver Line (719) 884-2300 | www.silverkey.org

SUDUKO KEY

6	7	2	8	3	4	1	9	5
3	9	4	6	1	5	2	8	7
5	8	1	7	9	2	6	3	4
7	6	3	9	4	1	8	5	2
2	4	8	3	5	7	9	6	1
9	1	5	2	6	8	4	7	3
8	5	7	1	2	6	3	4	9
4	2	9	5	8	3	7	1	6
1	3	6	4	7	9	5	2	8

Crossword Puzzle Solution

1	M	A	R	C		5	O	N	C	E		9	O	C	E	A	N
14	O	L	I	O		15	R	O	O	M		16	B	O	N	G	O
17	C	A	L	M		18	I	S	M	S		19	E	N	D	U	E
20	K	N	E	E	21	D	E	E	P		22	S	A	S	S	E	S
				23	S	U	N		24	A	L	T	H	O			
26	P	E	D	A	N	T		29	N	A	Y		30	L	A	P	P
34	U	N	I	T	E		35	S	I	D	E		36	A	G	E	E
37	L	A	V	A		38	A	H	O	L	D		39	T	E	N	T
40	S	C	A	B		41	G	E	N	E		42	M	I	N	C	E
43	E	T	N	A		44	R	E	V		45	R	I	O	T	E	R
				46	D	U	E	T	O		48	I	N	N			
49	P	L	A	T	T	E		52	L	I	T	I	G	A	N	T	
57	A	U	D	I	T		58	G	U	R	U		59	A	V	E	R
60	G	N	O	M	E		61	E	M	M	A		62	M	I	R	E
63	E	A	S	E	R		64	M	E	A	L		65	E	D	D	Y



The Palisades
at Broadmoor Park
MBK SENIOR LIVING

We Put You First in Everything We Do

Everything we offer at The Palisades at Broadmoor Park is geared toward creating a place our residents are happy to call home. We enhance the everyday experience of our residents with signature programs, exceptional food, warm and inviting community spaces, and spacious apartment homes where they can relax and live well.

Call us at **719-355-3200**
to schedule your tour today!

INDEPENDENT • ASSISTED LIVING • MEMORY CARE

4547 Palisades Park View,
Colorado Springs, CO 80906
PalisadesatBroadmoorPark.com



MBK Mind + Body Wellness

At MBK Senior Living, we believe what is good for the body is good for the mind. Building on the Substantial body of scientific research illuminating the mind-body connection to health and well-being, our MBK Mind + Body Wellness approach provides residents the opportunity to choose from a number of activities, programs and classes that enrich the whole person.



MBK Cuisine

MBK Cuisine is our signature dining experience created to enrich daily living. We start with nutritionally balanced seasonal menus and a variety of always-available favorites, adding specific options for special dietary needs as needed. Our experienced Executive Chefs meet with residents on a regular basis to work on menu selections and share ideas. Best of all, 7pm—so dining is always on your time.



Connections for Living by MBK™

Connections for Living by MBK™ supports those living with Alzheimer's or dementia by offering an avenue for physical wellness, a secure environment, enriching activities and meaningful involvement for families. By acknowledging needs that may not be voiced as dementia progressed, our program goes beyond care to reconnect residents with the world around them—preserving each individual's uniqueness and enhancing the quality of life for residents, families and caregivers alike.



2024-2025 Tours

Womanly Ways
Travel Exclusives For Women



TRAVEL LEADERS

Colorado Springs • Castle Rock

www.travelleaderscos.com

imtravel
International Ministry Travel



Saadani Farms - Tanzania, Africa -Saturday to SaturdayTravel

Land Tour

Land only | \$3000 per person | Tax Deductible!

We invite you to join us in learning first hand how to transform this native land into a productive and sustainable farm. Plant seeds, deliver food, swim in the Indian Ocean. All-inclusive Meals, Accommodations, Old Spice Route, Safari in Saadani NationalPark and more. **To register:** <https://cvent.me/YWZqYY>



Panama Canal Cruise- Feb 22 - Mar 9, 2024

Cruise - Norwegian Cruise Line

Cruise Only | Starting from \$3440.11 per person (Balcony Type)!

Set sail on February 22, 2025, for a 15-day adventure from Miami to Cartagena, Colombia.

To register: <https://cvent.me/BwqEDb>



The Shades of the English Countryside Apr 24 - May 2, 2025

Land Tour

Includes air from DEN/COS | Starting from \$4899 per person (Double Occupancy)!

Embark on a journey of discovery in London, Stonehenge, Cornwall, the luxurious Bovey Castle Hotel, Dartmoor National Park, and The Cotswolds. **To register:** <https://cvent.me/vX9gq9>



Lisbon to Barcelona - June 7-14, 2025

Cruise - Atlas Ocean Voyages

Price - starting at \$3249 per person (dbl occ)

Journey from Portimão to historic Cádiz, Tangier, Granada and Alhambra Palace. **To register:** <https://cvent.me/DBBQ4q>



Spotlight on Tuscany - October 1-9, 2025

Land Tour

Includes air from DEN/COS | Starting from \$4399 per person (Double Occupancy)!

Journey through Tuscany. From Montecatini Terme to Lucca, Mozzano, Florence, Siena, Montecatini or Cinque Terre. QSan Gimignano's medieval streets. **To register:** <https://cvent.me/vX9gq9>



Porto to Vega de Terrón - Oct. 4 - 11, 2025

Cruise - Amawaterways

Price - starting at \$3999 per person (dbl occ)

Set sail from Porto, and experience historic places, unspoiled beauty and distinctive wines as you savor the flavors of Spain and Portugal. **To register:** <https://cvent.me/d0oXV0>



Spains Classics - October 17-28, 2025

Land Tour

Includes air from DEN/COS | Starting from \$5399 per person (Double Occupancy)!

Explore the Madrid, Toledo, Cordoba, Seville, and Barcelona. **To register:** <https://cvent.me/vX9gq9>



Reflection of History - October 14 - 21, 2025

Cruise - Avalon Waterways

Price - starting at \$4575 per person (dbl occ)

Explore Paris and enjoy a luxurious journey along the Seine, visiting sites like Monet's Giverny, Normandy's WWII beaches, and Rouen. Guided tours, bike rides, and a pastry demonstration, with optional excursions to Honfleur and the Palace of Versailles. The trip concludes with a final day in Paris. **Call for more info, or to register:** <https://cvent.me/oNd9AL>



Christmas on the Danube - Nov. 29 - Dec. 5, 2025

Land and Cruise

Includes air from DEN/COS | Starting from \$3698 per person (dbl occ)

Join us for an enchanting journey through the heart of Germany and Austria! Explore Würzburg, Rothenburg, and Nuremberg. Cruise the Danube for 6 nights, visiting Regensburg, Passau, and the scenic Wachau Valley.

To register: <https://cvent.me/vX9gq9>

For more info and help with Registration

Invite your friends & family from afar!

- Cancellation Insurance Offered
- \$500 Deposit holds your seat

719-597-0004

Travel Leaders COS and CSR
 5051 N Academy Blvd
 Colorado Springs, CO 80918
 719-597-0004 • 800-273-0793
 Groups@TravelLeadersCOS.com



Salted Caramel Chocolate Chip Cookies

Ingredients

- 3 cups all-purpose flour
- 1 teaspoon baking soda
- 1 teaspoon coarse salt
- 1 ¾ cups brown sugar
- 1 cup unsalted butter, softened
- ¼ cup white sugar
- 2 eggs
- 2 teaspoons vanilla extract
- 2 cups chocolate chips
- 18 unwrapped caramel candies (such as Werther's®), each cut into 6 pieces

Directions

1. Preheat oven to 350 degrees F (175 degrees C).
2. Whisk flour, baking soda, and salt together in a bowl.
3. Beat brown sugar, butter, and white sugar together in a bowl using an electric mixer until creamy.
4. Beat eggs, 1 at a time into butter mixture until blended.
5. Beat in vanilla extract.
6. Stir flour mixture into butter mixture until dough is just combined; fold in chocolate chips.
7. Divide dough into thirty six 2 tablespoon-size balls; arrange on a baking sheet.
8. Press 3 caramel pieces into each dough ball.
9. Bake in the preheated oven until edges are golden brown, 13 to 15 minutes. Transfer cookies to a wire rack to cool.



Tuscan Style Chicken Soup

Ingredients

- 1 onion peeled and chopped
- 2 cloves garlic peeled and minced
- 2 sprigs fresh thyme or ½ tsp dried thyme
- 1 stick of celery sliced
- 2 medium carrots peeled and chopped
- 2 medium potatoes peeled and diced
- 1 liter (4 cups) good-quality chicken stock ideally homemade, but water with stock cubes will work too. Use water plus bouillon for gluten-free
- ½ tsp salt
- ½ tsp black pepper
- 400 g (14 oz) cooked cannellini beans washed and drained
- 2 skinless cooked chicken breasts shredded
- 100 g (3.5 oz) chopped kale
- small bunch fresh parsley chopped
- 2 tbsp finely grated Parmesan
- To Serve: Fresh thyme, toasted granary bread

Directions

1. Heat the oil in a large saucepan. Add the onion and cook for 10 minutes on a low-medium heat, stirring occasionally until softened.
2. Add the garlic and thyme and cook for a further 2 minutes.
3. Add the celery, carrots, and potatoes, stir, then add in the chicken stock, salt and pepper. Bring to the boil, then simmer for 20 minutes.
4. Add in the drained cannellini beans and cook for a further 5 minutes
5. Add the shredded chicken and heat through for 2-3 minutes, then add the kale. Stir and simmer for 1-2 minutes until the kale has wilted. Test and season with more salt and pepper if needed.
6. Divide between four bowls, topped with fresh parsley, grated parmesan and a couple of sprigs of fresh thyme. Serve with some toasted granary bread.





All-inclusive health care service that makes it easy to access qualified doctors, nurses, and specialists.



Transportation to and from home to medical appointments and our adult day center.



A wide variety of exciting activities and events hosted at our day centers to stay active and engaged.



Our staff and other seniors create a caring community that will help you or your loved one thrive.



Rocky Mountain **PACE**

Rocky Mountain PACE (Program of All-inclusive Care for the Elderly) is here to provide innovative, coordinated healthcare, socialization opportunities, and support for older adults in the Pikes Peak region.

Contact Us Today for Lunch and a Tour:
(833) 401-PACE(7223) or RMPace.org

Have You Stress Tested Your Retirement?

WHEN WOULD YOU WANT TO KNOW if there was something going on with your retirement, investments or taxes, that you were unaware of?

*We are YOUR Retirement Resource!
All SERVICES (Tax, Legal, and Financial) under one
roof working together meeting your RETIREMENT NEEDS!*

- Safe Money Planning
- Retirement Income Solutions
- Advanced Tax Planning
- Annuities
- Life Insurance
- Long-Term Care Insurance and Alternatives
- 401(k)/IRA Rollovers
- Tax Preparation
- Estate Planning
- Income Planning
- Retirement Planning
- Social Security Planning
- Advisory Services



The dedicated staff at Senior Tax Advisory Group

**IDENTIFY ALL THE NECESSARY FACTS IN 5 KEY AREAS:
MARKET RISK, INFLATION, TAXES, LONGEVITY AND SURVIVORSHIP
CALL TODAY TO SCHEDULE YOUR
FREE RETIREMENT STRESS TEST!**



SENIORTAX
ADVISORY GROUP

719-596-4844

6775 Rangewood Drive | Colorado Springs, CO

www.SpringsTax.com

Investment advisory services offered through Senior Tax Advisory Group, a SEC Registered Investment Advisor.
Subadvisory services may be provided by unaffiliated Registered Investment Advisors.