

**PIKES PEAK**

FEBRUARY - MARCH 2025

# SENIOR NEWS

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

**A Heart for Aging Well:  
Embracing Love, Wellness, & Community in 2025**  
*see page 6*



Cover Photo by Cottonbro Studio | Pexels.com

**SERVING EL PASO & TELLER COUNTIES | [pikespeakseniornews.com](http://pikespeakseniornews.com)**



With low cost senior rides, RideMMT mobile ticketing and multiple routes, there is no easier way to get around town.



[WWW.MMTRANSIT.COM](http://WWW.MMTRANSIT.COM) (719) 385-RIDE (7433)



# Pikes Peak

## SENIOR NEWS



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

### February - March 2025

- 4 • Tinseltown Talks:**  
*New book outlines career of 97-year-old character actor H.M. Wynant*
- 6 • A Heart for Aging Well: Embracing Love, Wellness, & Community in 2025**
- 9 • Love Letters:**  
*Sponsored by the Senior Resource Center*
- 10 • Questions And Answers**  
*About High Blood Pressure*
- 12 • Boosting Your Immune System**  
*with Indoor Grown Herbs this Winter*
- 16 • Take a Hike! To Palo Duro Canyon, Texas**
- 17 • Sudoku**
- 18 • Colorado Recipes**
- 22 • Calendar of Events**
- 28 • Crossword Puzzle**

### 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 Writers

Nick Thomas  
Mary Smolik Brown  
Alison Hoover  
Anna Michaelson

#### 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

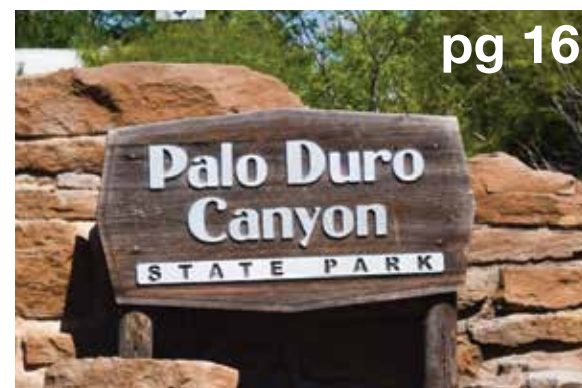
Colorado Springs, CO 80903

Website

pikespeakseniornews.com



pg 6



pg 16

# Tinseltown Talks:

## New book outlines career of 97-year-old character actor H.M. Wynant

By Nick Thomas

As one of the last prolific character actors who launched their film and television careers in the 1950s – and subsequently spanning eight decades with hundreds of roles – it’s no surprise that H.M. Wynant didn’t have instant recall when interviewed by author Steven Peros for his new book, “H.M. Wynant – You Must Believe!”

“I was kind of amazed – he wanted to do a book about me?” said Wynant from his home in Los Angeles. “But Steven did his research and dropped clues about my previous roles and all of a sudden a lot of the past came back which was kind of wonderful. I would film a television episode over a few days, then literally forget about it – just erase it – and move on to the next project. So there are some shows I just don’t have any memory about.”

Nevertheless, the book is full of entertaining anecdotes shared with the author.

“It’s basically an authorized biography with HM contributing quotes as well as photos from his personal collection,” explained Peros from Los Angeles, who’s also a playwright, screenwriter, and director (see [www.stevenperos.com](http://www.stevenperos.com)). “I’ve known HM for 30 years since I cast him in a play. He

appeared in so many iconic TV shows just in the 1960s.”

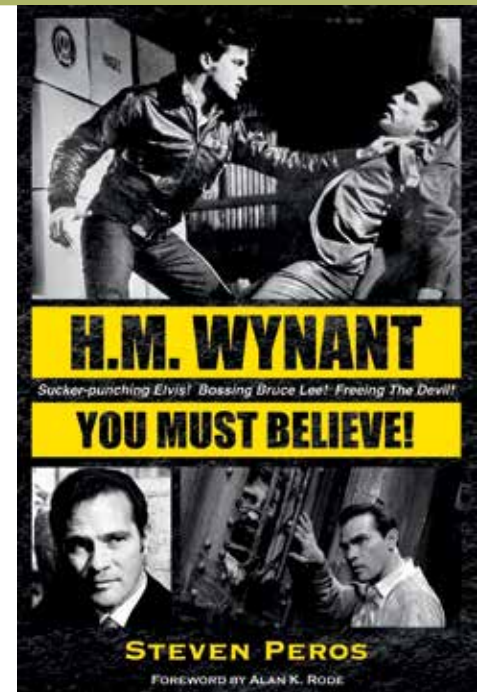
A sampling of Wynant’s credits for that decade includes Batman, Perry Mason, Get Smart, Mission: Impossible, The Man from U.N.C.L.E., Ironside, and westerns such as Wagon Train, Cheyenne, Tales of Wells Fargo, The Wild Wild West, and The Virginian.

“I did everything that was available then, and think I did some of my best work during that period,” said Wynant. “It was my favorite decade.”

For many series, Wynant appeared in multiple episodes usually portraying different characters including ten episodes of Perry Mason where he was cast as a “prosecutor, defendant, murder victim, witness, and murderer.”

“He’s the only actor in the history of that long-running show to play such a variety of characters in different episodes,” said Peros.

It’s a testament to Wynant’s talent and commitment to his craft that he could quickly adapt to new characters as a supporting actor. While he also worked in movies with classic film legends including Katharine Hepburn, Laurence Olivier, Clark Gable, and Rod Steiger, Wynant was satisfied to be largely cast in supporting roles.



“I never wanted to be the big star, but did consider myself a good actor and just as important to the story as anyone,” he said.

He took the lead role in one of the most beloved series of the era, The Twilight Zone. The 1960 episode, “The Howling Man,” is often listed among fan favorites.

Wynant’s character is coerced into releasing a man imprisoned in a monastery who turns out to be the devil. Speaking anxiously to the camera during the opening scene, his character warns them “You must believe,” a phrase lifted for Peros’s book title. Wynant laughed heartily when asked why the episode is still rated so favorably with Twilight Zone fans.

“Honestly, I really don’t know,” he admitted. “But it was beautifully written, beautifully directed and, of course, beautifully cast! They were all good episodes – it was a tremendous show.”

Born in Detroit in 1927 as Hyman Weiner, and later going by Haim, he was a poor student and hung out in a pool room as an underage teen.

“When the cops raided the place,

I would be hidden in the toilet,” recalled Wynant. “One day I picked up a Shakespeare book and for some reason developed an affinity for it.”

Wanting to act, dance, and play music – he played the trumpet in the symphony orchestra in Detroit – at age 19, a one-way train ticket took Wynant to New York. Focusing on acting, numerous theatrical and early East Coast live television roles followed, before heading west in 1956 to Hollywood. After a name change to H.M. Wynant and his first appearance in film (“Run of the Arrow”) the following year, Wynant never looked back.

With television exploding in popularity in the 50s, Wynant was quick to recognize its value for an actor although major movie stars initially scoffed at the new mass media format.

“I didn’t look down on television at all,” he said. “I accepted it, loved it, and it’s been good to me. I accomplished everything I wanted and have no regrets. But after eight decades, I do miss acting a lot.”

Nick Thomas teaches at Auburn University at Montgomery in Alabama and has written features, columns, and interviews for many newspapers and magazines. See [www.getnickt.org](http://www.getnickt.org).



## 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



# A Heart for Aging Well:

## Embracing Love, Wellness, & Community in 2025

By Anna Michaelson

As we step into a new year, February and March offer a special opportunity to reflect on the importance of love, wellness, and community in our lives. For seniors, these elements are not just sentimental ideas but essential components of a happy and healthy life. Whether it's nurturing relationships, prioritizing self-care, or staying connected to a supportive community, the heart of aging well lies in embracing these values wholeheartedly.

### The Power of Connection

Human connection is a fundamental need at every stage of life, but it becomes increasingly significant as we age. Studies consistently show that maintaining close relationships

can improve mental health, reduce feelings of loneliness, and even extend life expectancy. Yet, many seniors face challenges like isolation and loss that make it harder to build or maintain relationships.

So, how can seniors prioritize connection in 2025? The first step is to recognize that relationships come in many forms. Romantic love is wonderful, but friendships, family bonds, and community ties are equally vital. Here are some ways to foster meaningful connections:

- **Rekindle old friendships:** Reach out to friends you haven't spoken to in a while. A simple phone call, email, or even a handwritten note can reopen lines of communication.
- **Join local groups or clubs:** Many communities offer senior-friendly activities like book clubs, gardening groups, or fitness classes. These gatherings provide an excellent way to meet like-minded individuals.
- **Volunteer:** Helping others not only supports your community but also introduces you to people who share your values and interests. Nonprofits, schools, and hospitals often have volunteer opportunities tailored to seniors.
- **Embrace technology:** If in-person connections are challenging, platforms like Zoom, FaceTime, or senior-focused apps can bridge

the gap. Virtual meetups, online classes, and social media can keep you connected from the comfort of your home.

### Love Knows No Age

Romantic love often takes center stage in February, and for good reason. Love—whether found in a lifelong partner, a new relationship, or within oneself—is a powerful force that enriches our lives. For seniors, romance may look different than it did in earlier years, but it can be just as meaningful.

- **For those in long-term relationships:** Nurture your bond by trying new activities together, setting aside time for meaningful conversations, or revisiting shared memories through photo albums or storytelling.
- **For those seeking love:** Dating at any age can feel daunting, but it's never too late to find a special connection. Consider joining a local senior dating group or exploring online dating platforms designed for older adults. Remember, confidence and openness are key.
- **For those embracing self-love:** Celebrate yourself this February by practicing self-care. Take yourself out for a special treat, start a gratitude journal, or indulge in hobbies that bring you joy. Loving yourself is a gift that radiates outward.



## Wellness for the Body and Mind

Wellness is another cornerstone of aging well. Physical and mental health are deeply interconnected, and focusing on both can significantly enhance your quality of life.

### Physical Wellness

As we age, maintaining an active lifestyle is critical. Regular physical activity helps keep your heart healthy, strengthens bones and muscles, and improves balance and coordination. It's never too late to start a fitness routine tailored to your abilities and preferences:

- Explore low-impact exercises: Activities like walking, swimming, yoga, and tai chi are gentle on the joints and promote flexibility, strength, and relaxation.
- Participate in group classes: Many gyms and community centers offer senior-friendly classes that combine exercise with social interaction.
- Set achievable goals: Whether it's taking 5,000 steps a day or stretching for 10 minutes each morning, small, consistent efforts add up over time.

### Mental Wellness

Mental health deserves just as much attention as physical health. Aging can bring challenges like stress, anxiety, or depression, but proactive steps can help maintain a positive mindset:

- Practice mindfulness: Techniques like meditation, deep breathing, or simply taking time to enjoy the present moment can reduce stress and enhance mental clarity.
- Stay mentally active: Keep your brain sharp by learning something new, such as a language, instrument, or craft. Puzzles, reading, and games also provide great mental stimulation.
- Seek support: If you're feeling overwhelmed, don't hesitate to reach out to a counselor, therapist, or support group. Mental health resources are increasingly accessible, and seeking help is a sign of strength.

### The Role of Community

Community plays a vital role in aging well. Being part of a supportive network of neighbors, friends, and organizations fosters a sense of belonging and purpose. In 2025, take advantage of the many resources available to seniors in Southern Colorado:

- SOCO Senior Resource Center: Our organization is here to connect you with events, resources, and



opportunities tailored to your needs. From expos to wellness fairs, there's always something happening.

- Local libraries and senior centers: These hubs often host workshops, lectures, and recreational activities designed to bring people together.
- Faith-based groups: Religious organizations often offer community-building activities and outreach programs that provide spiritual and emotional support.
- Advocacy and activism: Many seniors find fulfillment in advocating for causes they care about. Joining a local advocacy group can give you a voice and a platform to make a difference.

### Seasonal Opportunities

February and March bring unique opportunities to celebrate love and community while embracing wellness:

- Valentine's Day celebrations: Look for local events geared toward seniors, such as dances, potlucks, or

# Senior Lifestyle

themed workshops. These gatherings are a great way to have fun and connect with others.

- Spring preparation: As the weather warms, plan for outdoor activities like gardening, walking in nature, or participating in community clean-ups. The fresh air and sunlight are great for your health and mood.
- Health fairs and expos: Many communities host springtime health events where you can learn about resources, try new activities, and meet health professionals. Mark your calendar for the 3rd annual Senior Lifestyle Expo, which will take place at the Antlers Hotel in Colorado Springs on April 10th. This event will honor veterans and feature a wide range of health and wellness resources, classes, and workshops tailored for seniors.

## Looking Ahead

As we move through 2025, remember that aging well is a journey, not a destination. Each day offers an opportunity to nurture your relationships, prioritize your wellness, and engage with your community. By embracing love in all its forms, taking care of your body and mind, and staying



connected, you can make this year—and the years to come—your best yet.

*At Pikes Peak Senior News, we're here to support and celebrate you every step of the way. Let's make 2025 a year of thriving together. After all, the heart of aging well begins with a heart full of love and connection.*



**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.





# Love Letters:

## Sponsored by the Senior Resource Center



**By Chris Medina**

Producing Artistic Director | Funky Little Theater Company

Funky Little Theater Company is kicking off their eighth season with a limited engagement of LOVE LETTERS by AR Gurney. One weekend! Five shows only! In one of the most beautiful places on earth, Palmer Lake.

What begins as frivolous note sharing between childhood friends, unfolds into a lifelong love affair via the art of letter writing.

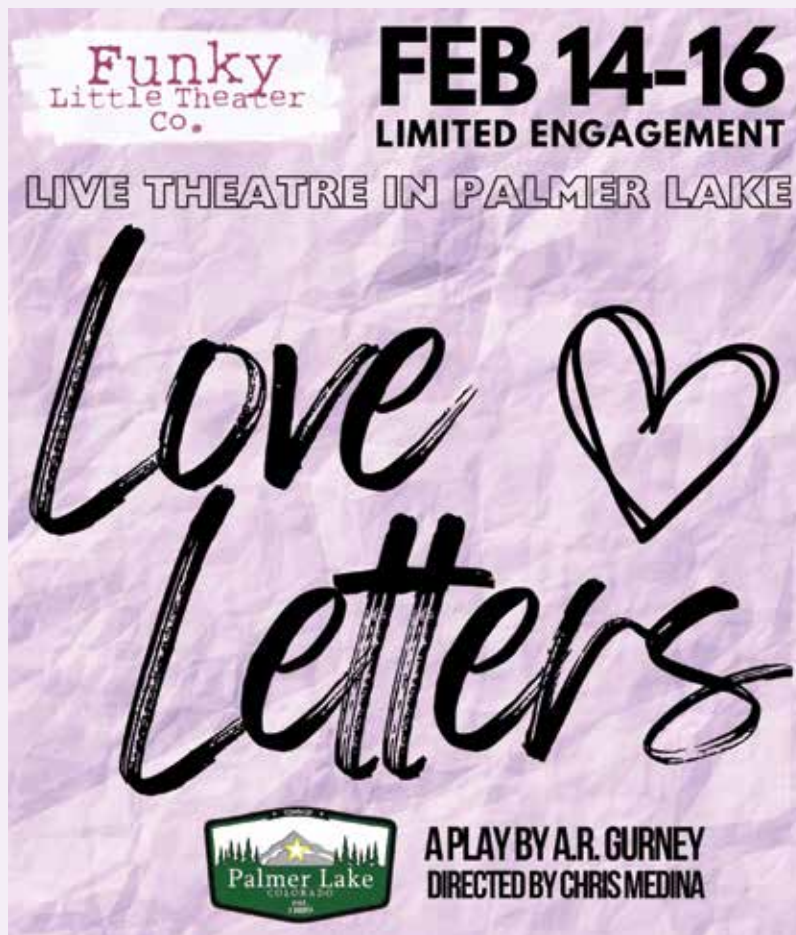
Rebellious Melissa and straitlaced Andrew pour their hearts on to the page bonding over experiences of angst-ridden boarding schools, travel adventures, career ambitions and failed relationships. Young infatuation transforms into a complicated romance, as

fate is not on their side.

A.R. Gurney's Pulitzer Prize nominated LOVE LETTERS envelopes the audience in an air of shared nostalgia. Erin Howard and Patrick Rogers deliver an evocative, heart-warming story of star-crossed lovers, stamped with moments of tender humor.

Funky will be in the Historic Palmer Lake Town Hall for one weekend only. Performances are Friday, Feb 14 at 7pm, Saturday, Feb 15 at 1pm and 7pm, and Sunday, Feb 16 at 1pm and 6pm. Doors and box office open 30 minutes prior to each performance.

*SHOW IS RATED A MILD PG-13 for COLORFUL LANGUAGE.*



# Questions And Answers About High Blood Pressure

By Mary Smolik Brown, RN MSN

## **INTRODUCTION:**

**What does it do to arteries? Or heart?**

**What happens if you miss a dose of medicine?**

**When to go to the ER for high blood pressure?**

**Why is it called the silent killer?**

**Let's start** with what we know about high blood pressure. It affects all walks of life including all ethnicities, income levels, exercisers vs couch potatoes, young, old, thin, overweight, salt abusers and ultra healthy eaters. This disease plagues an estimated 51% of people, most are dependent on blood pressure (BP) medications. Both genetics and lifestyle can be to blame. The CDC (2024) defines hypertension as a **blood pressure at or above 130/80 mmHg**. Stage 2 hypertension is defined as blood pressure at **or above 140/90 mmHg**. Both top and bottom numbers are important. Tracking/trending BP in a diary for your doctor gives the best overall picture of your numbers. The best time to take your blood pressure is in the morning, before breakfast, caffeine, exercise,

or medication. Home monitors run from \$20--\$120. Choose a monitor that appears on the U.S. Blood Pressure Validated Device Listing ([validatebp.org](http://validatebp.org)) or false results may appear.

Kidneys are the primary organ that controls blood pressure. Kidneys regulate the diameter of blood vessels; how much fluid is excreted and also control the hormones responsible for BP regulation. Other factors and variables come in to play, such as vasomotor tone (a fancy word for how fast blood vessels dilate or contract with change in position or exercise). Vasomotor tone becomes less efficient as we age, which is why so many adults over 60 need blood pressure medications.

**What about my heart?** The heart is affected due to the force it has to work against, meaning the force of blood pumping against the arteries. The heart works much harder against high pressure in the blood vessels and over time, it wears the heart down. Both arteries and veins wear down at faster rates when subjected to high pressure. Think high pressure washer or sprayer against

a wall – how long would it take to wear down drywall or concrete with repeated spraying against a surface at high pressures? months? years? With every heartbeat and over time, the blood vessels are damaged/worn down. In addition, blood slams into organs at high pressure, irreparable wear and tear is placed on; brain, heart, kidneys. The ones we hear about—heart attacks, strokes, kidney failure, aneurysms (torn or bulging vascular walls) can often be directly correlated to uncontrolled high blood pressure. Besides organs, blood vessels damaged by too much strain, burden, (the physiologic stress of high BP) are all consistent with long term or ignored numbers.



**Why is high blood pressure called the silent killer?** People don't feel elevated BP. It is often asymptomatic and part of other health issues. The body often provides subtle cues to things that need attention. Cues not to ignore are: headaches with or without blurry vision, chest pain, and chest fluttering: all can be warning signs of BP related life-threatening issues. With that, many people go to the ER for elevated BP and are frustrated when ER doctors are seemingly not concerned and do not immediately treat their numbers. Must not be a big deal, right? Wrong. As an ER nurse for 30 years, I can attest that keeping BP within a normal range IS hugely important.

What we do in the ER is rule out life threatening situations -- determine if the heart or brain is losing blood flow, AKA heart attack or stroke. In the ER, blood tests to check kidney function are performed, an EKG is completed to rule out heart issues, or a CT scan of the brain is taken to rule out stroke. Because blood pressure management is often not treated by the magic of a pill only, ED doctors recommend primary care doctors manage high blood

pressure. Management includes weight loss, sodium regulation, exercise, as well as a probe into the many reasons for high blood pressure, like kidney or adrenal disease. It is normal to start with one BP medicine and tweak the dosage or add additional medication. Finding the correct recipe for each person can take time.

**Basic concepts of high blood pressure chemistry:** Water follows salt. High salt diets mean fluid stays in the bloodstream and expands, making it harder to expel as kidneys are a complex system of fluid/hormone/chemical regulation. Excess fluid means BP is harder to keep down. Bottom line---keep sodium intake less than 2300 mg a day. The American Heart Association recommends sodium intake between 1500mg to 2300mg as part of BP management and a healthy diet. Foods highest in sodium include processed meats and cheeses, soup, seasonings, pizza, and frozen shrimp!

**Missing a dose of BP medication** is not life threatening. Long term elevation of numbers is the issue. Take BP medication as soon as

you remember. Do not double up on medication. If after 7 pm and normally taken in the morning, take it first thing in the morning. Signs of too much BP medication can be dizziness, lightheadedness, feeling weak, or confused. These are also symptoms of stroke. Sit down, feet flat and take BP on both arms. Call a nurse line to discuss the results of the numbers if they are widely different. Or if **any** symptom of a stroke is present, call 911! This is used by emergency services to decide if stroke is a possibility, even without high blood pressure.

**BEFAST:**

- **Balance:** loss of balance or dizziness
- **Eyes:** blurred vision, double vision, loss of vision one eye
- **Face:** drooping or numbness one side of face
- **Arm:** weakness or numbness in one arm
- **Speech:** slurred speech, difficulty speaking,
- **Time to treatment** is crucial if any stroke symptoms are present. Don't second guess, CALL 911.



# Your Care Matters.

Every patient deserves expert care. We are available **24/7, 365 days a year.**

**719-633-3400 | PikesPeakHospice.org**



**PALLIATIVE CARE | HOSPICE | GRIEF SUPPORT**

# Boosting Your Immune System with Indoor Grown Herbs this Winter

By Alison Hoover



As winter approaches, thoughts of gardening and farm-fresh produce may be fleeting. However, cultivating an indoor herb garden is an excellent way to bring greenery into your home, enhance your cooking, and even boost your immune system during the colder months. Herbs are particularly easy to grow and incorporate into your diet.

## **The Benefits of an Indoor Herb Garden in Winter**

### **Immune System Boost**

Winter is the season for colds and flu, making it essential to support your immune system during this time of year. Many herbs are packed with vitamins and antioxidants that can help fortify your body's defenses against illness. By incorporating herbs into your cooking, you can enhance your health while also enjoying a variety of delicious, dish-

enhancing flavors.

### **Enhanced Air Quality**

Indoor plants, including herbs, improve air quality by filtering out toxins and releasing oxygen. During the winter, when we often spend more time indoors with the windows closed, having plants can help maintain a

healthier atmosphere. Herbs like mint, rosemary, and thyme can significantly enhance indoor air quality.

### **Mental Well-Being**

Gardening has therapeutic benefits that can help combat the winter blues. Nurturing plants fosters a sense of responsibility and achievement, and the act of caring for them can be meditative. Working in soil has also been proven to boost your immune system and support brain health. Even the sight of lush green herbs can brighten your mood and add a splash of life to your home.

### **Fresh Ingredients at Your Fingertips**

Winter can make it challenging to find fresh produce, especially herbs, which are essential for flavoring dishes. The herbs still available in stores are likely to be expensive and of poor quality. An indoor herb garden allows you to harvest fresh herbs year-round, whenever you need them.

### **Indoor Herb Garden**

#### **Tips on Cultivating an Indoor Herb Garden**

#### **Choose the Right Location**

Find a bright spot in your home where the herbs can receive at least six hours of sunlight a day. South-facing windows are ideal, but if natural light in your space is limited, consider using grow lights to supplement. Indoor herb garden kits can be purchased at many big





box stores. These kits typically include grow lights and specially balanced seed pods to turn any space into an herb garden.

## **Boost Your Immune System**

### **Select Containers**

Choose pots with good drainage to prevent waterlogging. Herbs don't like to sit in wet soil, so ensure each pot has holes at the bottom. You can use traditional pots, recycled containers, or even mason jars for a charming look. If you have the right tools, you can drill holes into the bottom of just about any container and turn it into a planter.

### **Use Quality Potting Soil**

Opt for a lightweight, well-draining potting mix. You can also add perlite or vermiculite to improve aeration. Avoid using garden soil as it can be too dense and may contain pests or diseases. A potting mix specifically designed for herbs will help ensure your plants receive the necessary nutrients.

### **Watering and Maintenance**

Water your herbs when the top inch of soil feels dry. To determine when that is, poke your finger gently into the soil every few days to assess moisture levels. Most people who say they're bad at plant care are guilty of overwatering. Too much water will cause root rot and lead to the plant's demise. You should also check your plants regularly for pests and trim dead leaves to encourage healthy growth.

### **Fertilize Sparingly**

With the right soil, indoor herbs require less fertilizer than outdoor plants. If desired, use a balanced, water-soluble fertilizer every few weeks, following the package instructions for dilution. Be sure you choose a

fertilizer designed for edible plants. If you have finished winterizing your vegetable garden and have leftover compost, you can use small amounts to improve your indoor herb yield.

## **Best Immune-Boosting Herbs for Indoor Gardening**

All herbs will give you the benefits of plant life and greenery in your home, but some are especially good for boosting the immune system. Many herbs are also anti-inflammatory, which can help mitigate a host of health concerns.

### **Basil**

Easy to grow and cook with, basil is a great starting point for a hesitant indoor gardener. Basil is a flavorful herb that supports overall health due to its high antioxidant content. Use fresh basil in salads, pesto, and pasta dishes for a vibrant kick.

### **Herb Garden**

#### **Thyme**

Thyme is easy to grow indoors and has antiviral and antibacterial properties. It's perfect for seasoning meats, vegetables, and soups. Thyme's essential oils can also help support respiratory health.

#### **Oregano**

Oregano is a powerhouse of antioxidants and has strong antimicrobial properties. It is also great for fighting infections and boosting the immune system thanks to its high vitamin C content. It can be used in a variety of dishes, including soups, sauces, and marinades.

#### **Garlic**

Though often classified as a vegetable, garlic can be grown indoors and is renowned for its immune-boosting properties. It can be used in countless recipes, adding flavor and health benefits. Garlic contains compounds that enhance the immune response.



## Sage

Sage is known for its antiseptic properties and can help combat respiratory infections. It also has anti-inflammatory and antimicrobial properties. Sage is best suited to savory dishes, such as stuffing, and as a flavoring for meats.

## Rosemary

Rosemary not only adds a fragrant touch to your cooking but also has anti-inflammatory and antioxidant properties. It pairs well with roasted dishes, marinades, and breads.

## Mint, Echinacea, and Lemon Balm

Echinacea is known for its immune-boosting properties, and lemon balm is known for its calming effects which can reduce stress. Mint helps with digestion, which can be helpful all year round. Each of these herbs can be steeped into delicious, homemade herbal teas.

## Fresh Herbs

### Tips on Cooking with Herbs

Increasing your consumption of fresh herbs can have myriad positive effects on your overall health. American cuisine doesn't typically rely on spices and herbs as often as others, but it's not hard to incorporate fresh herbs into the recipes you're already making regularly.

### Swap out dried herbs for fresh ones

Generally speaking, you want to use three times the amount of fresh herbs as you would with dried herbs. So if a recipe calls for one teaspoon of dried sage, you would add about three teaspoons of fresh sage. It's also usually best to add fresh herbs later in the cooking process to preserve their flavor.



## Make marinades

You can find countless marinade recipes on the internet, but for the most part they are all comprised of one part acid, two parts oil, and one part flavoring. The flavoring element includes herbs and spices, and the acid element could be something like red wine, lemon juice, or balsamic vinegar.

## Elevate soups and stews

Fresh herbs can deepen the flavor of soups and stews significantly. Add thyme or oregano early in the cooking process to infuse the broth, and finish with fresh basil or parsley before serving for a fresh touch.

## Enhance all flavors

Use fresh herbs to add depth and flavor to your dishes. For example, sprinkle chopped thyme over roasted vegetables or stir fresh basil into your pasta sauce just before serving. Adding chopped cilantro to tacos can turn the average Taco Tuesday meal into something extra special.

## Infuse oils with flavor

Create your own herb-infused oils by steeping fresh herbs in quality olive oil. This not only preserves the flavor but also adds a gourmet touch to salads and dipping sauces.

If you're new to indoor gardening (or gardening altogether), start with two or three herbs that you think will fit easily into your current cooking routine, and then consider expanding your garden over time. Starting a container garden is a great way to ease into the art of gardening.

In addition to all of the proven benefits of gardening and fresh herbs, there are many intangible benefits, as well. There's a sense of pride associated with growing your own food, and there's often an excitement to utilize a given ingredient because you grew it yourself. Start small and watch how gardening blooms into a fulfilling and rewarding experience.

*Alison Hoover is a world traveler who loves to spend her time writing and reading. When she's home, you can find her playing with her pet rabbit and baking.*



# 3rd Annual Senior Lifestyle Expo 2025

## *Spring Into Wellness & Community Connection*

### What to Expect:

**Admission: Free and open to the public!**

*Bring your friends and family to enjoy a day full of learning, connection, and spring festivities.*

### Full Size Pickleball Court & Live Demonstrations

### A Variety of Fun and Educational Classes

From wellness tips to creative hobbies, explore new skills tailored for seniors.

### Health Screenings

Receive essential health check-ups and expert advice from medical professionals.

### Over 100 Business Sponsors, Nonprofits, and Resources for Veterans

Connect with organizations dedicated to supporting seniors & veterans.

### Prizes, Raffles, and Spring Giveaways!

Celebrate the season with fun activities and great rewards.

### Special Features:

#### Presentations by the UCCS Aging Center

Gain valuable insights from leading experts in Geropsychology & senior care.

#### Honoring Our Veterans:

Unique sessions and resources designed just for them.

#### Live Music

**Thursday, April 10th 2025 • The Antlers**

9am to 2pm

4 S. Cascade Ave. • Parking available in the hotel garage.

Contact **Anne Jensen** • 719-321-1971 • [anne@socoseniorresourcecenter.org](mailto:anne@socoseniorresourcecenter.org)  
**For information on sponsorship go to [pikespeakseniornews.com](http://pikespeakseniornews.com)**

# Take a Hike!

## To Palo Duro Canyon, Texas

By Nick Thomas



Considering its vast area, it might be surprising that Texas is home to just two National Parks. If the U.S. National Park Service ever expressed interest in adding a third, Palo Duro Canyon could be a compelling candidate – assuming the Feds could pry it away from the Texas State Park system. As the second largest canyon system in the United States, it's no surprise this spectacular natural wonder is nicknamed the Grand Canyon of the Lone Star State.

About a half hour drive south from Amarillo in the Texas panhandle, the summers are predictably shadeless and brutally hot, so take the obvious precautions if hiking during those months. Winter, early spring, and

late fall are the best times to hike any scorching trail, and there are plenty of them here – more than 15 spread over some 30 miles around the 30,000-acre State Park.

Our first stop was the Visitor Center just as it was closing, but the manager kindly invited us to look around, use the restrooms, and answered a few questions. It's a great place to begin and to appreciate the canyon rim view from the car park.

Turning right on Park Road 5 from the Visitor Center, the road winds around a bit for about a mile to a small parking area on the right and the "C.C.C. Trail ¼ mile" sign. This is the entrance to the short Triassic Trail which, in about a quarter mile,

intersects with the longer CCC trail at its approximate midpoint (a map of Palo Duro Canyon State Park trails can be downloaded from the park website).

CCC stands for the Civilian Conservation Corps, a New Deal program developed during the President Franklin D. Roosevelt administration to provide jobs for the unemployed during the Great Depression of the 1930s. The CCC built a road to the canyon floor, trails, picnic areas, small foot bridges, cabins, and the Visitor Center.

The Triassic Trail is an easy half mile to the bluff and back over a few rocks and some uneven surfaces, but affords breathtaking views of the canyon. Since the trail hugs the canyon rim, hikers can watch as cars wind down the canyon basin road below where the Pioneer Amphitheater hosts popular outdoor events throughout the year.

Pets are welcome at Palo Duro Canyon State Park, but must be leashed if taken on a hike. Aside from obviously protecting the park's resources, cactuses dot the Triassic Trail. Dogs off a leash may regret attempting to leave their scent on prickly plants! The park also has an all-terrain wheelchair for use on some trails that may be reserved by contacting the park in advance. It can also be very gusty in the region – nearby Amarillo is one of the windiest cities in the U.S.







## Community Dental Health

Don't let bad breath ruin your Valentine's Day! Come see us!

*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

Other easy trails include the Pioneer Nature Trail, a short 0.4-mile loop leading to the river, and the scenic 2-mile out-and-back Paseo Del Rio Trail that follows the riverbank. Many more challenging trails await the adventurous, including the CCC Trail that offers a rugged descent into the valley. This historic path, carved into the canyon nearly 90 years ago by the Civilian Conservation Corps, stands as a testament to the men whose efforts helped shape this less-traveled gem of the Texas State Park System.



## PLAY SUDUKO

Key on page 30.

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

Nick Thomas teaches at Auburn University at Montgomery in Alabama and has written features, columns, and interviews for many newspapers and magazines. His hiking column describes short trails, hikes, and walks from around the country that seniors might enjoy while traveling.

See [www.ItsAWonderfulHike.com](http://www.ItsAWonderfulHike.com).

## 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.

**WE WON!**  
THANK YOU FOR YOUR SUPPORT  
[thebestofthesprings.com](http://thebestofthesprings.com)



921 Green Star Dr., Colorado Springs, CO 80905 • 719 - 633 - 2121 • [www.regencytowersllc.com](http://www.regencytowersllc.com)

## Crock Pot Marry Me Chicken

Crock Pot Marry Me Chicken is proposal worthy! Tender chicken breasts in a rich and creamy sundried tomato sauce. This easy slow cooker chicken recipe is delicious served with pasta, rice or mashed potatoes.

### Ingredients

- 4 chicken breasts , skin on or skinless
- 2 tsp Italian seasoning
- Salt and pepper
- 1 tbsp unsalted butter
- 1 tsp olive oil (can omit if preferred)
- ½ cup (120ml) white wine + ½ cup water OR 1 cup (240) chicken broth
- 4 tbsp diced sun-dried tomatoes (drained)
- 1 tsp sweet paprika
- 1 tsp garlic granules
- 1 tsp chicken bouillon (if you have used wine)
- 1 cup (225g) sour cream or heavy cream
- 1 tbsp cornstarch diluted in 2 tbsp cold water (optional)
- 2-3 tbsp grated Parmesan cheese
- 2 tbsp flat leaf parsley or fresh basil, chopped



### Directions

1. Season the chicken breasts with salt and pepper and sprinkle with the dried Italian herbs.  
4 chicken breasts, 2 tsp Italian seasoning, Salt and pepper
2. Heat the butter and oil in a pan or directly in the slow cooker if it has a browning function.  
Pan fry, skin side down, until golden.  
1 tbsp unsalted butter, 1 tsp olive oil
3. Turn the chicken breasts over (transfer to the slow cooker if not already using) and pour in the wine or chicken broth.  
Season with paprika, garlic granules and add the sun-dried tomatoes.  
½ cup (120ml) white wine + ½ cup water OR 1 cup (240) chicken broth, 4 tbsp diced sun-dried tomatoes, 1 tsp sweet paprika, 1 tsp garlic granules, 1 tsp chicken bouillon
4. Cover and cook on the LOW setting for 90 mins - 2 hours or until the chicken registers internal temperature of 165°F (75°C).
5. Optional: make a cornstarch slurry by mixing it with a little cold water and stir into the sauce ten minutes before cooking time is over. The cornstarch will need to be heated through to activate and thicken the sauce. If you are using sour cream you can leave this out.  
1 tbsp cornstarch diluted in 2 tbsp cold water
6. Pile the chicken to one side and stir in the sour cream or heavy cream until incorporated. Stir in the grated Parmesan cheese and fresh parsley.  
1 cup (225g) sour cream or heavy cream, 2-3 tbsp grated Parmesan cheese, 2 tbsp flat leaf parsley
7. Serve the chicken over rice or noodles, with mashed potatoes or however you like!

# ST. Patrick's Day Cabbage and Sausage

- Ingredients**
- 2 Tbsp. olive oil
  - 1 Tbsp. butter
  - 1 lb. smoked sausage, such as kielbasa, sliced into coins, 1/2" thick
  - 1/2 yellow onion, sliced
  - 8 cups chopped green cabbage (about half of 1 medium cabbage)
  - 3 cloves garlic, chopped
  - 1 tsp. salt, plus more to taste
  - 1/2 tsp. ground black pepper, plus more to taste
  - 1/2 cup chicken stock
  - 2 Tbsp. chopped fresh parsley, optional
  - Grainy mustard and/or sour cream, for serving (optional)



**Directions**

1. Heat a large skillet (with a tight fitting lid) over medium-high heat. Heat the olive oil and butter until melted. Add the sausage and cook, stirring occasionally, until golden brown on both sides, about 5 minutes. Remove the sausage with a slotted spoon, leaving the oil in the pan and set aside on a plate.
2. Add the onion to the skillet and cook until slightly softened, about 5 minutes. Add the cabbage, garlic, salt, and pepper, and cook until the cabbage is wilted, about 8 minutes more. Return the sausage to the skillet and stir all together. Add the chicken stock. Cover and reduce the heat to medium low. Let cook for 20 minutes. (Do not uncover or stir.)
3. Stir in the parsley, if using, and season with more salt and pepper to taste. Serve with grainy mustard or a dollop of sour cream.

## Story in 100 Words

### Between the Earth and Sun • by Kalyn RoseAnne

The moon hung low above the mountains and in the almost-dark it resembled a thumbnail puncturing the skin of a plum. It was August, sweltering, and heat lightning illuminated the peaks and valleys as she drove.

She recalled unpacking her suitcase at the last hotel and unfolding the now-weathered note: "See everything! Can't wait to hear about it. Love, Mom." She had packed and repacked that paper for ages, reflecting on grief and how it ebbs and flows, waxes and wanes, is sometimes veiled but never gone. Going home would never feel good. But it finally felt right.

# Million Dollar Pie

**Ingredients**

- Cooking spray
- 14 graham crackers, finely crushed (about 2 c.)
- 1/2 cup (1 stick) unsalted butter, melted
- 1/3 cup (66 g.) granulated sugar
- Kosher salt
- 1 1/2 cups sweetened coconut flakes
- 1 cup chopped raw pecans
- 4 oz. cream cheese
- 1 (14-oz.) can sweetened condensed milk
- 1/4 cup fresh lemon juice
- 1 (20-oz.) can crushed pineapple, drained
- 1 (8-oz.) container Cool Whip
- Reddi-Wip and maraschino cherries, for serving



**Directions**

1. Place racks in upper and lower thirds of oven; preheat to 325°. Grease a 9"-diameter deep pie dish with cooking spray.
2. In a large bowl, mix graham cracker crumbs, butter, granulated sugar, and 1/4 teaspoon salt until combined (mixture should resemble wet sand). Using the bottom of a measuring cup, press cracker mixture into bottom and up sides of prepared dish.
3. Toss coconut and pecans on a large baking sheet and spread in an even layer.
4. Bake coconut and nuts on top rack, tossing halfway through, and pie crust on bottom rack until crust is golden brown and coconut and nuts are lightly toasted, 15 to 20 minutes. Let cool 15 minutes.
5. In a large bowl, using a handheld mixer on medium-high speed, beat cream cheese until smooth. Add milk, lemon juice, and 1/4 teaspoon salt and beat until well combined. Stir in pineapple and all but 1/2 cup of the toasted coconut and pecans. Fold in Cool Whip.
6. Pile high in cooled crust. Create swirls with Reddi-Wip around edge of pie, then top each swirl with a maraschino cherry. Sprinkle remaining toasted coconut and pecans in center of pie. Freeze until frozen, at least 4 hours or, wrapped, up to 1 month.
7. Let pie come to room temperature before slicing.

**Advertise your Business or Service here.  
Contact Anne for rates today!**

**Anne Jensen (719) 321-1971 [anne@pikespeakseniornews.com](mailto:anne@pikespeakseniornews.com)**

# Strawberry Mousse

## Ingredients

- 1 tablespoon whipping cream
- 1/2 teaspoon unflavored gelatin
- 1 1/4 cup sliced fresh strawberries
- 1/2 cup icing sugar
- 1/2 cup whipping cream
- 1 teaspoon vanilla
- 6 mini chocolate covered waffle bowls

## Directions

1. In a small bowl, sprinkle gelatin over 1 tablespoon whipping cream; set aside to soften gelatin.
2. In a food processor, place strawberries and icing sugar. Process until smooth. You may need to open the processor and use a rubber spatula to scrape the strawberries back into the mixture and process until well blended.
3. Pour mixture into a small saucepan, then add in the gelatin/whipping cream mixture. Stir occasionally over medium heat and watch for the mixture to simmer. When the gelatin melts into the mixture completely, remove from heat. Transfer the mixture into a bowl and allow to cool (not in the refrigerator) for at least 30 minutes.
4. In a mixing bowl, using an electric mixer, beat whipping cream on high speed until stiff peaks form. Then add in the strawberry mixture and beat on low speed or stir by hand until well blended.
5. Place mousse in piping bag with a decorative tip. Pipe into serving bowls and serve – or put in the refrigerator for up to 2 hours before serving.



## Story in 100 Words

### A Friend Like Coyote • by Shane Riczu

Every cowboy needs a friend like Coyote. I give so many gifts.

I gave this one the dream of gold out west. Made it grow until he ran off to chase it.

The \$500 he won playing dice. Me. The bullet that went clean through his shirt, missing him. Me. The night he danced drunk with the mayor's daughter. That was all me.

But getting snakebit's on him-I even made it rattle. Now he lies dying by the creek, watching the setting sun gleam on the water like gold.

My God, he cries out.

No. That was also me.

## February Calendar of Events (Colorado Spring Vicinity)

### Falcon Senior Services Chair Yoga

**When:** Every Thursday, 10 a.m.

**Where:** Perfect Fit Wellness Center, 9480 Curtis Rd., Falcon

**Phone:** For more information, call Lynne Bliss at 719-641-9893 or see our Facebook page by searching for Falcon Senior Services

**Cost:** All exercise programs are free for members. Membership dues for 2025 are \$20, payable at the luncheon.

### Falcon Senior Services General Exercise Classes

**When:** Mondays and Fridays, 11 a.m.

**Where:** Grace Community Church, 9475 Grace Church View, Falcon.

**Phone:** For more information, call Lynne Bliss at 719-641-9893 or see our Facebook page by searching for Falcon Senior Services

**Cost:** All exercise programs are free for members. Membership dues for 2025 are \$20, payable at the luncheon.

### First Friday Art Walks, Downtown Colorado Springs

**What:** First Friday Downtown features new art, live music, and special events on the first Friday of every month from 5-9 p.m. at dozens of galleries, retailers and nonprofits throughout Downtown Colorado Spring

**When:** February 7th, March 7th, April 4th 5:00 pm-9pm

**Cost:** Free and open to the public



### First Friday in Old Colorado City

**When:** February 7th, March 7th, April 4th 4:00 pm-8pm

### Commonwheel Artists Co-op 'Happy Little Trees'

**What:** A Commonwheel Member show celebrating the magic of trees!

**When:** February 7, 2025, 10:00 AM –6:00 PM

**Where:** 102 Cañon Ave | Manitou Springs, CO | 80829

**Phone:** (719) 685-1008

**Cost:** FREE

### Nature Hike in North Cheyenne Canon Park

**What:** These nature hikes are a great way to experience winter in the woods and learn about the unique ecosystems that make up North Cheyenne Canon Park. Please be prepared for icy trail conditions by bringing traction devices, i.e. Yak Trax, hiking poles, dress in layers and of course water and snacks.

**When:** February 8th, 15th, and 22nd 2025 9:00 AM –11:30 PM

**Where:** 2120 S. Cheyenne Canyon Rd | Colorado Springs, 80906

**Phone:** Please preregister by calling Starsmore Visitor and Nature Center at (719) 385-6086.



### Lecture Series: Black History Live - Harriet Tubman

**What:** Now in its 16th year, Colorado Humanities' Black History Live tour is an annual recognition each February of the significant contributions African Americans have made and continue to make to art, culture, economic development, education, human rights, medicine, public services, politics, and sports. This year's statewide tour will feature the living-history portrayal of Harriet Tubman by nationally acclaimed scholar/actor Becky Stone.

**When:** February 8, 5:30 PM –7:00 PM

**Where:** 215 S. Tejon Street | Colorado Springs, CO | 80903

**Cost:** Admission is free, but registration is required.

**Phone:** (719) 385-5990

### Lyle Lovett and His Acoustic Group

**What:** A singer, composer and actor, Lyle Lovett has broadened the definition of American music in a career that spans 14 albums. Coupled with his gift for storytelling, the Texas-based musician fuses elements of country, swing, jazz, folk, gospel and blues in a convention-defying manner that breaks down barriers.

**When:** February 11, 7:30 PM –9:30 PM

**Where:** 190 South Cascade Avenue | Colorado Springs

**Web:** Purchase tickets at [lylelovet.com](http://lylelovet.com)



### Cheyenne Mountain Newcomers Club

- What:** Women's Social Club -Refreshments, Mix & Mingle, Activities sign-up, and short program
- When:** Wednesday, February 12th and March 12th, Meeting 9:30am
- Where:** Broadmoor Community Church, 315 Lake Avenue
- Cost:** Annual Membership Dues \$40.
- Web:** www.cmncos.org

### Repair Cafe

- What:** Repair Trainers will offer a diagnosis and suggested remedies for broken items, repairing items when possible and otherwise explaining what parts the patron may need to obtain to complete the repair. Repair Trainers offer no guarantee of items being repaired by them or with their assistance and are not liable if objects repaired do not work properly at home. Repair Trainers are not obliged to reassemble disassembled appliances that cannot be repaired. Acceptable Items to Bring: Bikes, Clothing, Small Appliances, Small Electronics, Jewelry Our Guidelines: Carry-in items only (no stoves, refrigerators, or other large items)
- When:** February 13, 5:00 PM –7:00 PM
- Where:** 1175 Chapel Hills Drive | Colorado Springs 80920(719) 531-6333
- Cost:** Free admission - registration recommended (but not required) Registration Links: January 9, 2025, 5-7pm @ Library 21c CreateSpace February 13, 2025 5-7pm @ Library 21c CreateSpace March 13, 2025 5-7pm @ Library 21c

### The Broadmoor Winter Polo Classic

- What:** The Broadmoor Winter Polo Classic brings winter polo to residents across the Pikes Peak region on February 22, 2025 at the Norris Penrose Event Center – brought to you by Los Hermanos Ranch and Colorado Springs Sports Corporation. The match will once again feature top polo players from around the country. The Broadmoor Winter Polo Classic will adhere to most of the standard, traditional polo regulations with the exception of the tournament taking place in a dirt arena instead of a grass field. Teams will be comprised of three players and play will consist of four 7-min chukkers (periods).
- When:** February 22nd, 02:30 PM
- Where:** Norris Penrose Event Center,1045 Lower Gold Camp Road
- Web:** Purchase tickets at: <https://www.showclix.com/event/the-broadmoor-winter-polo-classic-2025>



## Valentines Day Events

### Sinatra Serenade- A Jazzy Valentines Dinner & Show

- When:** February 14, 6:30 PM –9:30 PM
- Where:** 817 W Colorado Ave | Colorado Springs, CO | 80904
- Cost:** Choose bar seating for \$10 jazz only. Choose a night with a special person and full dinner including a shared app, main course (your choice of chicken, beef or vegetarian, shared dessert and 2 special cocktails) for \$90. Choose a more casual night with a large, shared appetizer and 2 special cocktails for \$60.
- Phone:** Call for reservations. Limited seating. Available first come, first serve. Limited walk-in service. Please call Summa for more details at the Upstairs Bar and Jazz Room. (719) 444-8487



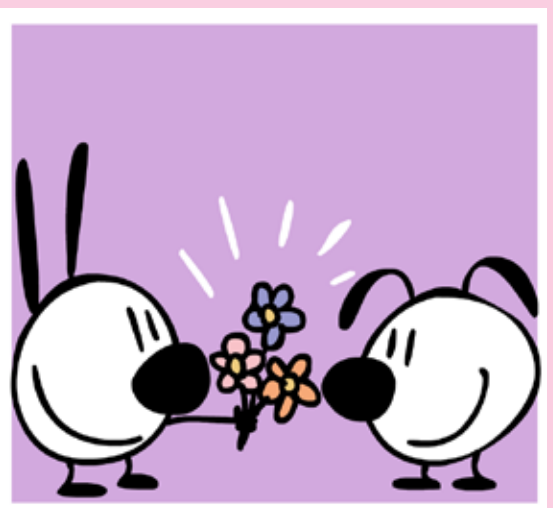
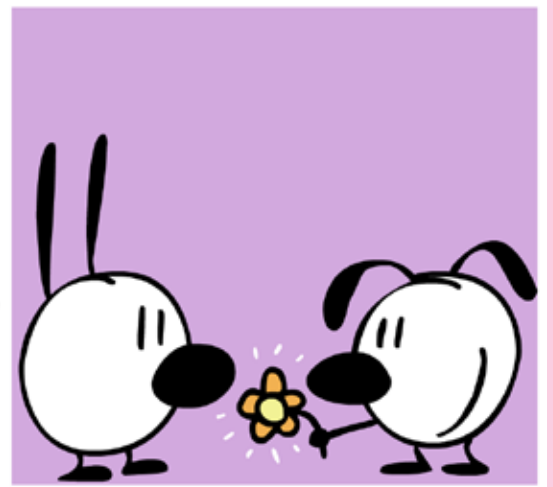
### 'Love Letters' (Sponsored by The Senior Resource Center of Southern Colorado)

- What:** A.R. Gurney's Pulitzer Prize nominated "Love Letters" envelopes the audience in an air of shared nostalgia. Erin Howard and Patrick Rogers deliver an evocative, heart-warming story of star-crossed lovers, stamped with moments of tender humor. This Funky production is being directed by Funky Artistic Director Chris Medina.
- When:** February 14, 7:00 PM –9:00 PM
- Where:** 42 Valley Crescent Street | Palmer Lake, CO | 80133
- Phone:** (719) 654-3312



### Curiosity Unlimited Lecture Series

- What:** Speaker Crystal VanderZanden Ph.D., Assistant Professor, Department of Chemistry and Biochemistry will present "Sugar Coding in Cell Signaling".
- When:** February 14, coffee at 9:30, lecture at 10:00
- Where:** Chapman Recital Hall, Ent Center for the Arts, 5225 N. Nevada Ave
- Phone:** 719-210-8168
- Web:** curiosity-unlimited.org





**The Western Horse**

**What:** What would the west have been without horses? How did they come to the area? Who brought them? What part did they actually play in settling this big country? Find the answers and more at this presentation.

**When:** February 14th, 11:00 AM –12:00 PM (719) 636-1225

**Where:** 1 South 24th Street | Colorado Springs, CO | 80904

**Cost:** Society members attend FREE, and non-members pay \$5.

**Haute Chocolate Hop, Downtown Colorado Springs**

**What:** Treat yourself to a progressive dessert tasting Downtown during the annual Haute Chocolate Hop! From 2 to 5 p.m. on Saturday, Feb 15, sample chocolatey confections, drinks, cookies and other treats at a dozen Downtown venues. Plus, visit every participating venue to be entered to win a \$100 Downtown gift card! Tickets for this event go on sale on Monday, Jan. 27.

**When:** February 15, 2:00 pm

**Web:** <https://downtowncs.com/event/haute-chocolate-hop/>



**March Calendar of Events (Colorado Spring Vicinity)**

**Colorado Springs Reptile Expo**

**When:** Saturday, March 1, 09:00 AM - Sunday, March 2, 03:30 PM

**Where:** Colorado Springs Event Canter 3960 Palmer Park Blvd, Colorado Springs 80909

**Cost:** \$10.95 Adults

**Falcon Senior Services March Luncheon in Falcon**

**What:** Falcon Senior Services invites all seniors 55+ to our March luncheon The meal will be corned beef with cabbage, boiled potatoes and carrots, Irish soda bread, baked apple crumb cake, coffee / banana leprechauns (drink).

**When:** Wednesday, March 12, 11 a.m.

**Where:** Patriot Learning Center, 11990 Swingline Rd in Falcon.

**Cost:** The cost is \$5 for members and \$7 for non-members.

**Colorado Springs Remodeling Expo**

**What:** See the latest innovations and design trends! Experts will be showcasing everything for the home including, but not limited to, the latest in cabinetry and countertops, flooring, sunrooms and additions, basement finishing, waterproofing, smart home automation, energy efficient windows and exterior products, as well as the newest ideas pertaining to landscape installations. Be inspired by the feature gardens built right inside the exhibit hall - a great precursor to spring!

**When:** March 14-16, Friday 2-7pm, Saturday 10-7pm, Sunday 10-5pm

**Where:** Norris Penrose Event Center, 1045 Lower Gold Camp Road

**Cost:** \$5 Admission



**Motorcycle Super Show & Swap 2025**

**What:** Based in Colorado Springs, the Colorado Super Show celebrates over 34 years with the biggest motorcycle show in Southern Colorado! Join us for a huge motorcycle show, food, beer garden, tattoo competition, live music, kids coloring contest, and more! Looking to vend at this show?

**When:** 3/23/2025 10:00 AM - 3/23/2025 05:00 PM

**Where:** Norris Penrose Event Center, 1045 Lower Gold Camp Road

**What:** Admission \$15

**Spring Wonderland Festival**

**What:** Step into a whimsical world of wonder as Old Colorado City transforms into an Alice in Wonderland dreamscape for The Mad Hatter Saturday! Discover three enchanting, themed realms along Colorado Ave.:

- Mad Hatter Tea Party: Held at Bancroft Park at 2408 W. Colorado Ave.
- Alice's Wonderland: Situated in the Clock Tower lot at 2501 W. Colorado Ave.
- The Queen's Court: Located on 2611 W. Colorado Ave in the lot next to Edenology.

Capture magical moments at the photo booths, enjoy bubbles and interactive games, and groove to live music performances throughout the day. Embrace the wonder of Wonderland and join us for an unforgettable day of fun, creativity, and adventure in Old Colorado City!

**When:** Saturday, March 29, 2025 Time: 1:00 PM - 6:00 PM

**Where:** Old Colorado City



## Winter Festivals 2025

### High Plains Snow Goose Festival, Lamar

- What:** Held in February during the annual migration, this festival is the perfect place to brush up on your birding knowledge with fellow enthusiasts.
- When:** Fri-Sun, February 6-9th, 2025
- Web:** [www.highplainssnowgoose.com](http://www.highplainssnowgoose.com)

### Audi Power of Four Ski Mountaineering Race, Aspen

- What:** Winter edition of the Power of Four series, featuring a team of two mountaineers conquering more than 25 miles and 11,000 feet of vertical climb to traverse Buttermilk, Aspen Highlands, Highland Bowl, and Aspen Mountain. Purchase tickets online.
- When:** Saturday, February 22nd, 2025
- Web:** <https://www.aspensnowmass.com/visit/events/audi-power-of-four-ski-mountaineering>



### Colorado Pond Hockey Tournament

- What:** All are welcome to enter this ice hockey tournament sponsored by Pabst Blue Ribbon, with over \$10,000 in cash prizes. It's followed by the Après Ice Party.
- When:** Fri-Sun, February 14th-16th 2025
- Where:** Lake Dillon, Silverthorne
- Web:** <https://www.coloradopondhockey.com/>



### Carnivale & Mumbo Jumbo Gumbo Cook-Off, Manitou Springs

- What:** Carnivale kicks off with the Cajun Gumbo Cook-Off followed by a parade downtown.
- When:** Saturday, March 1st 2025 (Soda Springs Park)
- Web:** <https://manitousprings.org/mumbo-jumbo-gumbo-cook-off/>

### Silverton Skijoring, Silverton

- What:** The annual Silverton Skijoring event touts itself as the city's biggest winter party. A lesser-known Nordic sport that combines water skiing, horse racing, and snow skiing, Skijoring is when a horse (or motorcycle) tows a person on skis through a set of obstacles while the clock ticks down.
- When:** Sat-Sun, February 15-16th, 2025
- Web:** <https://www.silvertonskijoring.com/>



### Cripple Creek Ice Fest, Cripple Creek

- What:** Annual ice sculpture carving challenge in casino-friendly Wild West Cripple Creek.
- When:** Sat-Sun, February 15-23rd, 2025
- Where:** Cripple Creek, CO
- Web:** <https://www.visitcripplecreek.com/event/2024-ice-festival/>



### Boulder International Film Festival, Boulder

- What:** Film fanatics won't want to miss the 20th annual Boulder International Film Festival. Quickly becoming an internationally acknowledged talent hub for theater, this soiree features film screenings, panels, workshops, and theme afterparties.
- When:** March 13th-16th, 2025
- Web:** [www.BIFF1.com](http://www.BIFF1.com)

### Winter WonderGrass, Steamboat Springs

- What:** Festival showcasing national, regional, and local bluegrass and acoustic roots music.
- When:** February 28th-March 2nd
- Web:** <https://winterwondergrass.com/>

### 303 Day, Denver

- What:** Every March, Denverites celebrate the town's original area code, also known as 303 Day. While there's no official organized celebration, various vendors around the city host events to observe the day each year. Radio stations like 102.3 and 93.3 frequently host concerts that showcase local bands, beers, and provisions.
- When:** February 28th and March 3rd, 2025
- Web:** <https://ktcl.iheart.com/calendar/content/2025-02-28-3oh3/>

## Leadville Ski Joring, Leadville

**When:** March 1st-2nd

**What:** Annual winter sports event on Harrison Ave that involves a cowboy and horse pulling a skier through obstacles.

**Web:** <https://www.leadvilletwinlakes.com/calendar#!event/2025/3/1/leadville-ski-joring-2025>

## Denver Restaurant Week, Denver

**What:** You'll find plenty of fine dining options at chef-owned eateries, along with cuisine from around the globe at our gourmet food halls and markets, and fresh, local ingredients like green Chile and Colorado beef and lamb. Denver Restaurant Week will showcase the creative, exciting menus that diners have come to expect – with both to-go and in-person options.

**When:** March 7th-16th, 2025

**Web:** <https://denverrestaurantweek.com/>

**Cost:** Denver Restaurant Week will include four price points: \$25, \$35, \$45, and \$55 for a multi-course meal.



## Monte Vista Crane Festival, Monte Vista

**What:** Come and experience the charm of this welcoming rural community while enjoying thousands of Sandhill Cranes, ducks, and geese against the backdrop of the towering peaks of the San Luis Valley. Enjoy exceptional wildlife viewing, a full slate of talks, tours, and workshops, PLUS the annual Craft and Nature Fair organized by the Monte Vista Chamber of Commerce.

**When:** Fri-Sun, March 7th-9th, 2025

**Web:** <https://mvcranefest.org/festival/>



## Bud Light Rocks the Boat

**What:** Free concert series that is held at the base of the mountain. Enjoy several concerts over the course of the ski season. The series features a mix of music genres with many big-name acts.

**When:** Saturdays, March 15th, 22nd, and 29th 2025

**Where:** Steamboat Springs-Gondola Square

**Web:** <https://www.steamboat.com>

## Denver's St. Patrick's Day Parade

**What:** Denver's St. Patrick's Day Parade is one of the largest in the country. Running for over 60 years, you can expect to see floats, dancing, live bands, charities, and local celebrities.

**When:** Saturday, March 15, 2025 - 9:30 AM

**Where:** Step Off at 20th & Blake St., Denver

**Web:** <https://www.denverstpatricksdaysparade.com/>



## Colorado Springs St. Patrick's Day Parade

**What:** Grab your kilts and get ready for a day full of fun at the Colorado Springs' St. Patrick's Day Parade. Starting at noon, you can watch the floats, bands, dancers, and performers drive by in celebration of St. Paddy.

**When:** Saturday, March 15th, 2025- Parade Starts at Noon.

**Where:** along Tejon Street, Downtown Colorado Springs.

**Web:** <https://csstpats.com/parade-information/>

## Frozen Dead Guy Days, Estes Park

**What:** After 20 years of FDGD in Nederland, the event has relocated its coffin races, competitions, live music, great food, parades, and parties to Estes Park.

**When:** March 15th, 2025

**Where:** Estes Park

**Web:** <https://frozendeadguydays.com/>





# 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
- Investment Advisory Services
- Long-Term Care Insurance and Alternatives
- 401(k)/IRA Rollovers
- Tax Preparation
- Estate Planning
- Income Planning
- Retirement Planning
- Social Security Planning
- Life Insurance

**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!**

*The dedicated team at Senior Tax Advisory Group*



**SENIORTAX**  
ADVISORY GROUP

**719-596-4844 | [www.SpringsTax.com](http://www.SpringsTax.com)**

6775 Rangewood Drive | Colorado Springs, CO

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



 **Silver Key**<sup>TM</sup>  
Senior Services

## 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](http://www.silverkey.org)

# SUDUKO KEY

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

# Crossword Puzzle Solution

1	A	2	L	3	T	4	A	5	R	6	T	7	S	8	A	9	R	10	L	11	A	12	B
13	P	E	A	S	E	14	R	O	L	E	S	15		16	E	L	L						
17	R	I	G	H	T	S	I	D	E	18	U	P	19	F	O	E							
			20	Y	U	C	C	A			21	T	R	22	U	T	H	S					
23	U	24	R	L		25		26	R	O	E		27	G	E	I	S	H	A	S			
28	N	E	E	D	N	T			30	C	O	R	N	E	A								
31	I	F	F	Y			32	33	T	H	I	R	S	T		34	N	B	C				
37	T	I	T	E	R		38		39	A	G	E		40	S	41	U	G	A	R			
42	E	T	H			43	O	C	T	A	D	S		45		46	S	I	N	E			
			47	A	D	O	R	E	R			49	U	G	A	N	D	A					
51	U	N	N	A	M	E	D		53	P	T	A		54	G	Y	M						
55	N	O	D	D	E	D			56	C	U	R	I	A									
58	I	V	E			59	R	I	G	H	T	A	N	G	L	E	S		61	62	63		
64	F	A	R			65	S	T	O	A	T			66	E	R	A	S	E				
67	Y	E	S			68	S	P	R	Y			69	D	A	N	T	E					

Interested in education, history, and museums?



**VOLUNTEER AS A MUSEUM DOCENT AT**  
**The MONEY MUSEUM**

Docents help preserve and share history by guiding museum tours. You don't need to be an expert, you only need a passion for sharing stories, information, and history with others.

Interested participants should contact Money Museum Assistant Curator Caroline Turco at [cturco@money.org](mailto:cturco@money.org) for more information.



Docents can expect to work about two hours per month.

AMERICAN NUMISMATIC ASSOCIATION



**Iron Springs Chateau**  
 Colorado's Fun Melodrama  
 444 Ruxton Ave, Manitou Spgs, CO  
 (719) 685-5104

**JOIN US FOR VALENTINE'S DAY**



**Three Incredibly Fun Evenings!**  
 Friday, Saturday & Sunday  
 2/14/2025 - 2/16/2025

**OPENING FRIDAY MARCH 28<sup>TH</sup>**  
**Disturbance at the Delta**  
 ...Or  
**Here Fishy, Fishy Fishy**



Prices Include: Dinner, Show, Tax & Gratuity  
**Tickets available at:**  
<http://ironspringschateau.com>  
 Check our website for upcoming shows and auditions





## Rocky Mountain **PACE**

*A Program of Rocky Mountain Health Care Services*  
(833) 401- PACE (7223) or [RMPace.org](http://RMPace.org)

**Rocky Mountain PACE (Program of All-Inclusive Care for the Elderly) meets the healthcare needs of qualifying older adults in El Paso County. Since 1976, we have delivered exceptional, tailored programs that enrich and empower people to remain independent. Together, we can ensure you or your loved one receives the comprehensive support they deserve to Live Better!**

**Contact Us Today for Lunch and a Tour at (833) 401-7223.**



## SMART THERMOSTATS. THAT SMALLFOOT IS AN INGENIUS GENIUS OF GENIUSES.



Well, well, lookie here—they don't call these things “smart” for nothing.

Hemingway Flynn here, your certified Smallfoot tracker for Colorado

Springs Utilities. It appears Smallfoot snuck in and installed a

smart thermostat. Just a little low. That

little rascal! His energy efficiencies are

everywhere! From heating and

cooling to appliances and even lighting, there are so many

ways to reduce your energy footprint. Aha! Did an Energy

Star® qualified LED light bulb just go off in your head?

Let's try to be more like Smallfoot, shall we? For even more

energy efficiency tips, just go to [InSearchOfSmallfoot.com](http://InSearchOfSmallfoot.com) (binoculars not necessary).



**REDUCE YOUR ENERGY FOOTPRINT WITH A SMART THERMOSTAT AND OTHER ENERGY STAR APPLIANCES**

**100** Years of Service  
Colorado Springs Utilities