



APRIL - MAY 2026

Pikes Peak

SENIOR NEWS

A non-profit publication of the SOCO Senior Resource Center



Download the NEW
Pikes Peak Senior News
App For Free!

SocoSeniorConnect.com/Download

4th Annual
Senior Lifestyle Expo 2026

Aging Wildly

See page 10



SERVING EL PASO & TELLER COUNTIES | socoseniorconnect.com

Colorado Springs SAVERS: Does Your CD Pay 5.8%?



WHY A "MYGA" INVESTMENT?

- Fixed Rate
- No Downside
- Tax-Deferred
- Guaranteed
- We Make It Easy for You!

EXPERT GUIDANCE TO FIND THE BEST SAVINGS RATES

CONTACT US
Text or call:

(719) 718-8090

www.RETIRE iq.com

**SECURE YOUR FUTURE WITH
FIXED RATES - ACT NOW!**

\$50k minimum for 5.8%

Pikes Peak SENIOR NEWS

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



April - May 2026

- 4 • Staying Active, Staying Connected:
Colorado Senior Games Return in 2026**
- 8 • Aging Wildly: Living with Spirit, Purpose,
and a Little More Adventure**
- 10 • 4th Annual Springs Expo**
- 16 • Benefits of Friendships**
- 21 • Sudoku**



**Download the NEW
Pikes Peak
Senior News
App For Free!**

**and get notified instantly
when new issues come out**

SocoSeniorConnect.com/Download

*Download our app before April 15th for a chance to win
a Gift Basket at the Senior Expo!*

Pikes Peak Senior News Staff

Publisher/Advertising Director
Anne Jensen
anne@pikespeakseniornews.com
(719) 321-1971

Managing Editor
Trevor Phipps

Graphic Design
Mike Biles

Advertising Account Executive
Bruce Schlabaugh

Letters to the Editor
Trevor Phipps
trevor@pikespeakseniornews.com
(719) 761-9489

Contributing Writers
Jessica D. Ayers



**Official PPSN Mascot &
Director of Operations**
Mishka

**31 N. Tejon St. Suite #203
Colorado Springs, CO 80903**
Website
socoseniorconnect.com



pg 4



pg 8

Staying Active, Staying Connected: *Colorado Senior Games Return in 2026*

By  COLORADO SPRINGS
SPORTS CORP

For older adults across the Pikes Peak region, the Colorado Senior Games, presented by Medicare Mentors, has become much more than a sporting event—it is a celebration of healthy aging, community connection, and lifelong vitality. Building on the strong momentum of the 2025 Games, the Colorado Springs Sports Corporation and the YMCA of the Pikes Peak Region are preparing for an exciting 2026 season that aims to reach more than 1,500 athletes across 17+ sports, taking place June 5–7, 2026.

The 2026 Colorado Senior Games will once again invite adults aged 50 and older to compete, connect, and celebrate healthy living. Registration is now open at coloradoseniorgames.org. This year's event will feature enhanced on-site engagement opportunities, athlete celebrations, and increased collaboration with community partners focused on wellness, aging, and lifelong activity. These efforts reflect a continued commitment to making the Games welcoming, supportive, and accessible to participants of all backgrounds and experience levels.

One of the most impactful additions to the 2026 Colorado Senior Games is the launch of the SRC Active Aging Scholarship Fund, made possible through a new partnership with the Senior Resource Council. This program is designed to ensure that financial constraints do not prevent older adults from participating in the Games.

Through this initiative, the Senior Resource Council is providing \$5,000 in scholarship funding to cover the full cost of registration for one sport per eligible athlete. The scholarship is intended for adults aged 50 and older who demonstrate financial need, with awards distributed on a first-come, first-served basis until funds are fully allocated.

The scholarship program is expected to support up to 100 athletes, helping more seniors experience the physical, social, and emotional benefits of participating in the Colorado Senior Games.

As the Colorado Senior Games head into 2026, the message is clear: it's never too late to try something

new, stay active, and be part of a vibrant community. With the added support of the SRC Active Aging Scholarship Fund, even more older adults will have the opportunity to step onto the court, field, or track—often for the very first time.

Whether you're a seasoned athlete or simply looking for a fun way to stay moving and meet new people, the 2026 Colorado Senior Games offer an opportunity to celebrate health, resilience, and connection at every age.

For more information about registration, scholarships, and upcoming events, visit www.coloradoseniorgames.org.





15+ SPORTS | ATHLETES AGES 50+ | SCHOLARSHIPS AVAILABLE

2026 SPORTS

Archery | Badminton | Basketball | Basketball Skills |
 Billiards 8 Ball | Bowling | Golf | Pickleball | Power Walk
 | Powerlifting | Race Walk | Racquetball | Softball |
 Swimming | Tennis | Track and Field | Volleyball





TORREGROSSA —INSURANCE—

A  Fidelis Company

Licensed in Colorado, New Mexico, Oklahoma and Florida

We are just a phone call away.



Mario Nevarez
719-623-4773

6455 N Union Blvd., Suite 104
Colorado Springs, CO 80918

mario@torregrossains.com
www.coloradoinsurance.net

Medicare • Health • Life • Annuities
Short-Term Disability • Hospital Indemnity



Your *home.* Your *haven.*

LUXURIOUS LIVING
ENGAGING ACTIVITIES
DELICIOUS MEALS

Find security and comfort in our welcoming independent and assisted living communities. Here, you can stay active, make friends, and embrace the joys of home.

Call today to schedule a visit!



**THE INN AT
GARDEN PLAZA**
A CENTURY PARK COMMUNITY

719.630.1155
2520 International Circle
Colorado Springs, CO 80910
InnAtGardenPlaza.com



**THE BRIDGE
AT COLORADO SPRINGS**
A CENTURY PARK COMMUNITY

719.630.3330
2494 International Circle
Colorado Springs, CO 80910
TheBridgeAtColoradoSprings.com



PIKES PEAK
HOSPICE & PALLIATIVE CARE



Ensuring comfort and dignity
are accessible to all

The only nonprofit, community-based
hospice and palliative providers in the
Colorado Springs region since 1980

Palliative Care | Hospice | Grief Support

719-633-3400 PikesPeakHospice.org

TRANSFORM YOUR BATH
into a beautiful shower

**BATH
FITTER®**

* See design consultant for details.



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
**Senior
Resource
Council**
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

Special financing with
**NO
INTEREST**
UP TO
5 YEARS*
NO MONEY DOWN

OR
**SAVE
UP TO \$1,625***
on a complete Bath Fitter system

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 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.

Aging Wildly:

Living with Spirit, Purpose, and a Little More Adventure

By



There is something refreshing about the phrase Aging Wildly, especially here in Southern Colorado, where so many older adults continue to live with resilience, creativity, generosity, and independence. It does not mean aging recklessly, pretending to be younger, or ignoring the realities that can come with growing older. Instead, it means choosing to live with curiosity, humor, courage, and purpose no matter our age. It means refusing to let life become too small. It means staying engaged, trying new things, nurturing relationships, and recognizing that this season of life can still hold growth, joy, and meaningful adventure.

For many older adults, aging brings change. There may be retirement, health concerns, grief, shifting family roles, or the need to rethink routines that once felt secure. Some of these changes are welcome, while others can be difficult. But the spirit of Aging Wildly asks a different question. Instead of focusing only on what has changed or been lost, it asks, ***What is still possible?***

That question feels especially relevant in a community like



ours. Across Southern Colorado, seniors are mentoring younger generations, volunteering, caring for loved ones, starting over after loss, exploring new interests, and continuing to build meaningful lives. Aging is not one story, and there is no single model for doing it well. What matters most is not keeping up with someone else's definition of successful aging. It is discovering what a meaningful life looks like in this season and having the courage to pursue it.

What It Means to Age Wildly

To age wildly is to stay awake to life.

It means continuing to learn, even in a changing world. It means caring for our bodies while also feeding our minds and spirits. It means staying open to fresh experiences and giving ourselves permission to evolve. Aging wildly may look bold, like taking a pickleball class, learning new technology, joining a walking group, traveling somewhere new, or rediscovering creativity through music, writing, painting, or dance.

But it can also look quiet and deeply practical.

Sometimes aging wildly means setting better boundaries. Letting go of obligations that drain you. Choosing friendships that bring life rather than stress. Downsizing into a home that better fits your needs. Taking your health more seriously. Spending more time outdoors, more time with loved ones, or more time doing things that bring real joy.

In that sense, Aging Wildly is more than a theme for an event. It can become a way of moving through life with greater intention.

“Aging wildly is not about resisting the years, but meeting them with curiosity, courage, and a full heart.”

Growing Older Does Not Mean Growing Smaller

Too often, aging is described in narrow and discouraging ways. Older adults are sometimes made to feel invisible, less relevant, or as if their best years are behind them. Yet anyone who knows active, thoughtful, resilient seniors

understands that this simply is not true. Later life often brings gifts that younger years cannot: perspective, wisdom, patience, strength, and a clearer sense of what really matters. Many seniors are less concerned with impressing others and more interested in living honestly and well. They know the value of meaningful relationships, purposeful choices, and protecting their peace.

That is its own kind of freedom.

To age wildly is to reject the idea that aging must become dull, disconnected, or small. It is to say: I am still learning. I still have something to offer. I can still contribute, laugh, explore, serve, and grow. This chapter may look different, but it can still be rich with meaning, vitality, and discovery.

Everyday Ways to Age Wildly

The beauty of this theme is that anyone can begin living it right now. Aging wildly does not require a large budget, perfect health, or a dramatic life change. It begins with attitude, then grows through small choices made over time.

You can age wildly by making room in your schedule for what energizes you instead of only what obligates you. You can age wildly by trying

something new, even if it feels awkward at first. You can age wildly by being willing to ask for help when needed and offer help when you are able. You can age wildly by choosing movement over stagnation, curiosity over fear, and purpose over passivity.

For one person, that may mean joining a club, attending a class, or making new friends. For another, it may mean finally cleaning out a room, organizing important paperwork, taking long-delayed steps toward better health, or saying yes to a volunteer opportunity that brings fresh meaning.

Wild living in later life is often less about noise and more about aliveness. It is found in the decision to remain engaged with the world, to keep reaching outward, and to keep believing that growth is still possible.

“The later years are not meant to be smaller years, but deeper ones—rich with wisdom, purpose, and renewed life.”

Gatherings that celebrate active aging help reinforce a healthier and more hopeful view of later life. They remind seniors that they are not alone, that support exists, and that there is still so much life to be lived. Aging wildly is not about denying age. It is about embracing life fully within it.

A Celebration of Possibility, Community, and Resources

That spirit will be on full display at the Aging Wildly Senior Lifestyle Expo on Saturday, April 18th at the Peak Pickleball Center inside Chapel Hills Mall. The event will bring together local resources, services, and opportunities that support older adults in living with confidence, connection, and purpose.

Attendees will find information related to health, wellness, caregiving, housing, finances, and everyday senior living, along with a broad range of community connections and helpful services. There will also be some resources available for Veterans, adding one more layer of support for those who have served. In keeping with this year’s theme, the expo will also celebrate the 100th birthday of the world-renowned Cheyenne Mountain Zoo, adding a fun and fitting touch to a day centered on vitality, discovery, and community.

Whether you come for practical information, encouragement, local connections, or simply to enjoy the energy of the day, the expo is a meaningful reminder that this chapter of life can still be vibrant, engaged, and full of possibility.

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



4th Annual Senior Lifestyle Expo 2026

Aging Wildly

Event Highlights:

- **Free Admission** for all attendees
- **Over 100 Business Sponsors, Nonprofits, and Veteran Resources** on site
- **Fun and Educational Classes** throughout the day
- **Health Screenings and Fitness Demonstrations**
- **Full-Sized Pickleball Courts & Demos**
- **Golf Simulator** experience



Be Encouraged
with Frank Sinclair & Lisa Sinnott

Frank and Lisa will be your Emcees

- **Cheyenne Mountain Zoo Mobile** interactive exhibit
- **Live Music** and entertainment
- **Free Food and Beverages**
- **Door Prizes, Drawings, and Giveaways** all day long
- **Resources for Veterans.**

Registration recommended, but not necessary to attend.



Saturday, April 18 at

9am to 2pm

Chapel Hills Mall • 1730 Briargate Blvd, Colorado Springs 80920

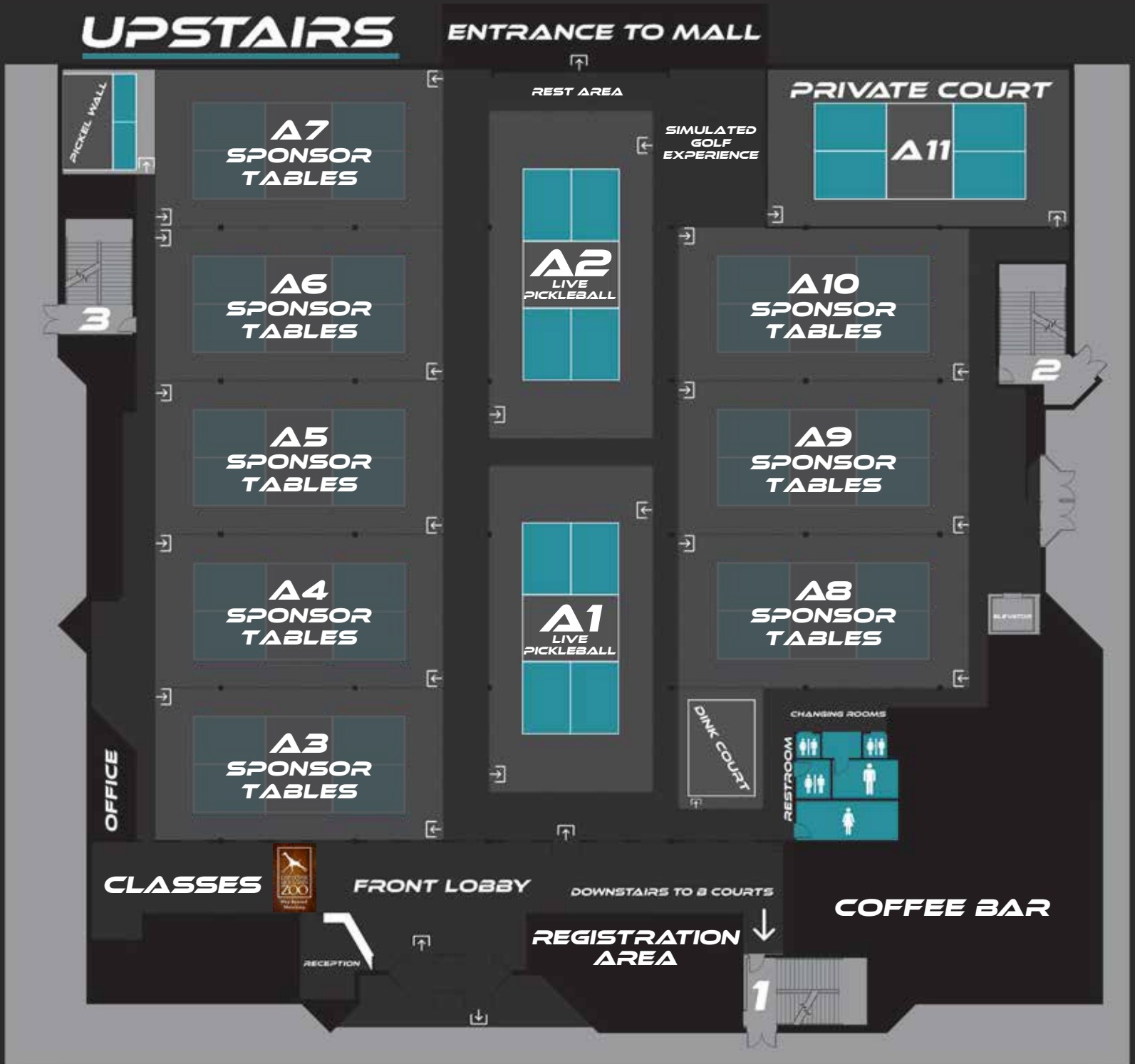


Contact **Anne Jensen** • 719-321-1971 • anne@pikespeakseniornews.com

Register now at www.socoseniorconnect.com/register



THE PEAK SITE MAP



Classes and Speaker Presentations

Aging Wildly

10:00 am Smarter Travel: An Insider's Guide to Cruising

Discover how to cruise smarter with insights from a former cruise line shipboard professional. This talk will break down the differences between ocean and river cruising, including mainstream, premium, luxury, and expedition-style experiences, while also sharing money-saving tips for solo travelers and strategies for using miles and points to make cruise travel more affordable. You'll also leave with helpful planning tools, trusted resources, and ideas for making your next cruise a better fit for your travel style and budget. (Speaker-Brad Newberger)

11:00 am Smarter Travel Part II: How to Finally Make Sense of Your Miles and Points—And Actually Use Them!

Discover how to travel smarter by learning how miles, points, and travel rewards really work. This session breaks down the basics of frequent flyer miles, credit card points, and loyalty programs in a clear, approachable way, while also sharing strategies for earning, redeeming, and avoiding common mistakes. You'll leave with simple planning tools, real-world examples, and actionable tips to help you unlock real value from your miles and points.

Brad Newberger is the founder of Blue Sky Journeys, a professional travel speaker, and a highly regarded specialist in luxury ocean and river cruising. Brad has worked onboard Celebrity Cruises in luxury hotel operations, gaining rare behind-the-scenes insight into what truly distinguishes each cruise line, which itineraries deliver, and which ports are worth your time. Today, he uses that firsthand expertise—along with more than 20 million redeemed miles and points and travel across 70+ countries—to help clients plan extraordinary journeys around the world.



1:00 pm Bathroom Fall Prevention: Protecting Independence Through Safer Design

Falls are the leading cause of injury among adults age 65 and older, and many of these falls occur inside the home — particularly in the bathroom.

This educational class focuses on understanding why bathrooms are one of the highest-risk areas for seniors and how thoughtful design and remodeling can significantly reduce fall risk. *Sponsored by BathHound*





GRAB ON, HAVE A SEAT

Aging in place should feel confident.



Slip-Resistant
Flooring



Curbless
Walk-In



ADA-Friendly
Designs

Schedule Your Free Design & Safety Consultation Today
Visit www.bathound.com or call 720-807-5716

Use Promo Code: SENIOR50 for 50% Off Installation



Senior Expo Sponsors

Gold



Silver



Senior Expo Sponsors



Thank you to all our sponsors for making this event possible!

Benefits of Friendships

By Jessica D. Ayers

Assistant Professor of Psychological Science, Boise State University.

The benefits of friendship go far beyond having someone to confide in or spend time with – it can also protect you from physical and mental health problems. For example, people with good friends recover more quickly from illnesses and surgeries. They report higher well-being and feel like they live up to their full potential. Additionally, people with good friends report being less lonely across many life stages, including adolescence, becoming a parent, and old age.

The benefits of friendship go far beyond having someone to confide in or spend time with – it can also protect you from physical and mental health problems. In fact, friendships are so powerful that the social pain of rejection activates the same neural pathways that physical pain does.

Behavioral scientists like me have tended to focus our research about friendships on their benefits. How to cultivate these powerful relationships hasn't been as deeply researched yet. Understanding more about what people look for in a friend and how to make and sustain good friendships could help fight the loneliness epidemic.

Traditional conceptions of friendship

Previous generations of behavioral scientists traditionally focused on the notion that people form friendships with those who are similar, familiar, and in close proximity to them.



When you look at all the friendships you've had over your life, these three factors probably make intuitive sense. You're more likely to have things in common with your friends than not. You feel an increased sense of familiarity with friends the longer you know them – what psychologists call the mere exposure effect. And your friends are more likely to live or work near you.

Researchers in this field have also typically divided friendship preferences based on gender. The dichotomy suggests that women prefer one-on-one, emotionally close and face-to-face friendships, while men prefer multi-person, task-oriented and side-by-side friendships, with the focus on a shared activity.

Again, when looking at your own friendships, these findings may seem intuitive. Women, on average, prefer to engage in activities that allow for self-disclosure and sharing secrets, such as spending time one-on-one talking about their lives. Men, on the other hand, tend to prefer to engage in activities that are group-based and have a clearly defined outcome, such as playing sports together. Findings such as these show that gender and preferences on how to connect are important in friendships.

But these explanations of friendship do not address the most important aspect of making friends – choosing the individual people you want to turn into your pals. Friendship decisions are not random. There are many people who are similar, familiar, in close proximity and have similar preferences to you. Yet few of these individuals end up being your friends.

So, in a world full of possibilities, how do people pick those who will become their friends?

New ways to think about friendship

Within the last decade, researchers have begun investigating the roots of friendship preferences beyond classic descriptions.

For example, social scientists see there are strong preferences for friends to be loyal, trustworthy, and warm. Additionally, researchers find there are preferences for friends who help you solve specific kinds of problems and are generous and caring with you

instead of others. These preferences help people navigate making friends, given limited reserves of time and effort. In short, they help you find the best possible friends you can in a world full of friendship possibilities.

Social scientists have also learned that, while there are some important gender differences in what people want in friends, it is not accurate to say that men and women want one kind of friendship over another. In fact, when we take a more holistic approach and consider broader categorizations of emotional closeness and tasks, the gender differences in these preferences are reduced. And of course, people don't exclusively pick between face-to-face and side-by-side friendships. Instead, it is more likely that they focus on what they want from their friends and let these needs guide how friendships form.

Ultimately, it's your individual

preferences that guide you toward the people who will best meet your particular social needs. With a little luck, you'll find buddies who can lend a hand when you need one and support you in reaching your goals. In all, your preferences are the key to finding friends who can buffer against feeling lonely and provide you with the social, emotional, and health benefits of friendship.

When you're looking for friends

It's hard to provide clear guidelines for improving friendships because the research about friendship preferences is still developing.

But there are some clear points for consideration:

Research suggests that it takes 30 hours of interaction to make a casual friend, 140 hours to make a good friend, and 300 hours to make a best friend.

1. Determine what you value in friends. Do you want one-

on-one, emotionally close friendships or multi-person, task-oriented friendships? Depending on your preference, different kinds of activities will be helpful for finding others who fit the bill and cultivating these friendships.

2. Know that it will take time to make close friendships. Research suggests that it takes 30 hours of interaction to make a casual friend, 140 hours to make a good friend, and 300 hours to make a best friend.
3. Consider what you bring to the table. Everyone has unique strengths they bring to their friendships. Research shows that when you're able to demonstrate that you have characteristics people want in friends, you're able to make more satisfying friendships.



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






Taking care of each other is what community is all about.

We're proud to serve our community with personal, compassionate care.

We have four locations in the Colorado Springs area to serve you. To find the one nearest you, visit DignityMemorial.com.

Every Detail Remembered® | **Dignity**
MEMORIAL

Memorial Gardens Funeral, Cremation & Cemetery

Skilled Nursing



Long-term Care



Dementia Care



Who We Are?

Pikes Peak Post Acute is more than a nursing home — we're a place where compassionate care meets comfort. Our team provides high-quality, personalized care in a safe, welcoming environment that truly feels like home.

Our Services

- Skilled Therapy Programs (PT,OT,SLP,RT)
- Advantage Wound Care
- Respite Stays
- Dementia Care
- Robust Activities
- Social Services



**Your
Choice for
Rehab and
Long-term
Care**



2719 N Union BLVD, Colorado Springs, CO 80909



719-653-2839



Social@PikesPeakPA.com



www.PikesPeakPA.com



5820 Flintridge Dr,
Colorado Springs, CO 80918



Solista
COLORADO SPRINGS
by COGIR

**OFFERING INDEPENDENT
SENIOR LIVING**

**CALL TO RESERVE YOUR
PERSONAL TOUR TODAY!**

(719) 350-4747

SolistaColoradoSprings.com

Do you have **UNNECESSARY RETIREMENT RISK?**

If there is Unnecessary Risk in your Retirement, Investments or Taxes -
HOW MUCH IS IT COSTING YOU?

We are YOUR Complete Retirement Resource!

**Our Financial, Tax and Legal Experts work together
to Solve Unnecessary Retirement Risk!**

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



The dedicated team at Senior Tax Advisory Group



SENIORTAX
ADVISORY GROUP

CALL TODAY TO SCHEDULE YOUR FREE RETIREMENT RISK EVALUATION!

719-596-4844

6775 Rangewood Drive | Colorado Springs, CO

SpringTax.com

THINGS ARE CHANGING FAST!
**Do you Need to Stress Test your Retirement
and Avoid Unnecessary Risk?**

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

I speak Medicare.

Meet Your Expert Guide For

Lifelong Peace of Mind

Kathleen Graberg is a distinguished professional in the financial services industry, whose extensive experience and client-centered approach make Kathleen the ideal choice for guiding your financial decisions.



**Expert in
Retirement
Planning**



**Featured
Advisor
Annuity.com**



**Leader in
Financial
Education**



**Trusted
Local
Advisor**

I can help answer your Medicare questions, so you can find the Medicare Advantage plan that fits your needs.

Give me a call to:

- **Take the confusion out of Medicare**
- **Get help comparing plans**
- **Receive one-on-one service**
- **Make switching plans easier**



***I offer Veteran
Specific plans!***



Kathleen Graberg

Licensed Sales Representative

719-460-7580, TTY 711

kgraberginsurance@gmail.com



Community Dental Health

In 2026, we proudly celebrate
20 years serving our community!

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

SPECIAL RATES FOR SENIORS



Can answer all your property questions! I'm here when you need my help.

Call or Text Chad (719) 217-8175

PLAY SUDUKO

Key on page 22.

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

Aspen Trail Retirement

Could you be getting more out of your retirement?

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

All-Inclusive Amenities

- ◆ Live-In Managers
- ◆ Signature *Freedom Dining* Program
- ◆ 24-Hour Emergency Alert System
- ◆ Weekly Housekeeping
- ◆ Robust Social Calendar
- ◆ Health & Wellness Programs
- ◆ And Many More!



RLC
RESORT LIFESTYLE
COMMUNITIES[®]
Aspen Trail

Tour today. Love where you live tomorrow.

719-387-4308



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

COLORADO SPRINGS:
**HOME TO AMERICA'S
 LARGEST MONEY MUSEUM**



Across cultures and continents, money unites us all. At the Edward C. Rochette Money Museum, explore 5,000 square-feet of gallery space filled with rare treasures that reveal how coins and currency connect humanity.

MONEY MUSEUM
money.org/money-museum

Open Tues-Sat, 10:30 AM to 5 PM
 On-site parking, \$8 admission (\$6 seniors, 55+)
 818 N. Cascade Ave., Colorado Springs

SUDUKO KEY

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



Iron Springs Chateau
 Colorado's Fun Melodrama

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

CHEER THE HERO! BOO THE VILLAIN!
 Join us for Dinner and a Show!



An old fashioned melodrama
 where the good guys always win!

**FUN FOR THE
 WHOLE FAMILY!**



\$5.00 Off each Regular Admission Dinner & Show
 Use code PPSN-26 when booking



<http://ironspringschateau.com> (719) 685-5104

The Pantry Restaurant



Open 7 days a week from 7:00 am to 2:30 pm
 Breakfast or Lunch All Day!



*Fantastic Food ~ Homestyle Scratch Cooking,
 We even bake our own bread!*

*Super Service ~ Our Servers are genuinely friendly and
 happy to take care of you!*

*Awesome Atmosphere ~ Beautiful Mountain Village on the
 shore of Gazebo Lake at the foot of Pikes Peak!*

6980 Lake St., Green Mtn. Falls, CO 80819 * 719-684-9018



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.



Silver Key™

"Aging is all of us!"

Support for all older adults

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

Call or drop by anytime!



1625 S. Murray Blvd, Colorado Springs and 238 Third St, Monument
(719) 884-2300 | silverkey.org | info@silverkey.org



**Rocky Mountain
PACE**

***Enriching Lives,
Elevating Care***

Rocky Mountain PACE (Program of All-Inclusive Care for the Elderly) provides innovative, coordinated healthcare for older adults, assisting participants so they can live enjoyable and independent lives.



Medical Transportation



Caring Community



Coordinated Care Plans



Adult Day Center

**To learn more or to schedule a lunch and tour, reach us at
RMPace.org or (719) 314-2327.**