

PIKES PEAK

APRIL - MAY 2023

SENIOR NEWS

SENIOR LIFESTYLE EXPO GUIDE

Thursday, May 11, 2023 at The Antlers Hotel

Senior Expo Schedule
See pages 15-18

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April - May 2023

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Letter from the Editor

Join us at the Senior Lifestyle Expo!

By Trevor Phipps



Dear Readers,

Now that April is officially here, the winter is finally over and the spring season has kicked into full gear. Even though we seemed to have a mild winter season this last year, it is still nice to experience the signs of spring.

During any time when the season changes, it is wise to take some time to reflect on your life and start sculpting a plan to make some changes. Some people do this by using the recently extended hours of daylight to get some spring cleaning accomplished in order to ready their homes for the changes they want to make in their lives for the summer.

Others see April as a good time to start preparing their gardens and yards, and get them ready for the coming growing seasons. New ideas for gardening could be the main driver behind some renovations to the yard this season.

As the weather slowly starts to warm up, people also seem to start thinking more about exercising and getting outdoors. April seems to be the prime time to start preparing for the warm weather seasons by getting out for walks and exercising more often. It is also a good time to start planning those outdoor summer excursions.

And as a bonus to help the new version of yourself you plan to bring about this summer, *Pikes Peak Senior News* is hosting our Second Annual Senior Lifestyle Expo. Our second expo will feature several vendors that will help you make those lifestyle changes for the summer season.

Our first attempt at putting on an event made especially for “older Americans” was such a success last year that we made the decision to bring it back for 2023! For this next time, we plan on improving the event and bringing forth valuable information and resources to help all of our readers improve their lives.

The expo will take place on Thursday, May 11 from 9 a.m. to 3 p.m. at the Antlers Hotel at 4 S. Cascade Ave. in Downtown Colorado Springs. Entry is free and parking will be available free of charge in the hotel’s parking garage.

During the expo, there will be healthcare providers offering free health screenings for attendees. Throughout the day, there will also be informative educational seminars that cover a large variety of topics aimed at the area’s aging population.

There will also be live demonstrations and entertainment playing while you work your way through the over 60 vendors that will be present. There will also be a raffle for attendees where they can win prizes and giveaways.

Senior expos in the last several years have gained popularity for catering to our locals who are in the baby boomer generation and older. Many find these events to be especially satisfying due to the focus on the specific needs of people over 50 and those who take care of them.

However, during the coronavirus pandemic most older people were cautioned to stay home and not go out into public since the more seasoned and wise population of older individuals were seen as being especially at risk to getting seriously ill from the virus. But now even though the threat has not entirely dissipated, I think it is safe to say that everyone can continue to live their lives as they please, which includes the senior citizen crowd being able to get back out and socialize.

Senior expos have been growing in popularity due to the fact that the senior population enjoys getting out and seeing the resources and new technology that is catered specifically to them. The expos also offer a chance for people to get out and socialize with others their same age and possibly some who might be

going through similar life experiences.

Research shows that those who participate in local senior centers have higher levels of health and life satisfaction. Going to senior expos can help people connect with their peers and perhaps find new places to go to socialize with people who think on their same level.

When I attended an event developed to create a plan for the aging population in the region, I met one kind lady who spent most of her life out on a ranch about an hour west of Colorado Springs in a very rural area. She told me that she had recently moved to Colorado Springs because once she became a widow, living out in the country was not as appealing.

She moved to a senior community because she wanted to connect with others her age. Once she made the move, she felt better connected with those in her age group and the community as a whole.

Our upcoming senior expo can be a place to meet new people and learn more about what is being offered in your community. For all of us when we get older, it seems to become much easier to act like a hermit crab and isolate yourself from the others that exist on our planet.

But research has shown time and time again that social interactions are good for your health and it aids in extending your life. Therefore, I advise that everyone who is reading this should take advantage of our free senior expo this spring and stop by to say “hello” to yours truly and the rest of the *Pikes Peak Senior News* crew! Besides we all know that you want that bag full of free stuff!

Sincerely,

Trevor Phipps
Managing Editor
Pikes Peak Senior News

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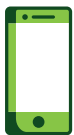
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Tinseltown Talks:

Author Laurie Jacobson on 'Top of the Mountain' with Beatles Book

By Nick Thomas

Producing a book showcasing her favorite band was a dream come true for life-long Beatles fan Laurie Jacobson. A celebrated author of five previous Hollywood books, her latest effort did require the assistance of others.

In "Top of the Mountain: The Beatles at Shea Stadium 1965," released last year, Jacobson meticulously weaves first-person interviews and quotes from dozens of writers, agents, producers, photographers, fans, friends, and celebrities such as Meryl Streep and Whoopi Goldberg who came together to convey the compelling story behind the historic New York Beatles concert.

Jacobson didn't merely recount a day in the life of the Fab Four's milestone 30-minute show that featured a 12-song set before some 56,000 screaming fans from the twist-and-shout generation. She describes the long and winding road leading up to

the Aug. 15 event and, in the end, its influence on music history as the first pop concert performed in a major American sports stadium - shattering attendance records.

"I spent close to seven years gathering information and amazing photos - hundreds never seen before," explained Jacobson from her home in Northern California (see www.lauriejacobson.com).

Laurie was just 10 when the Beatles began consuming her adolescent world.

"Like so many others, I saw them on 'Ed Sullivan' and was immediately hooked," she recalled. "Those smiles, that hair! I ran right out to buy their 45 of 'I Want to Hold Your Hand' and went bonkers with posters and magazines - anything Beatles!"

Although unable to attend the famous Shea event because she lived in St. Louis, almost exactly one year later her parents provided a ticket to ride the wave of Beatlemania still sweeping the country when the group came to town on their final U.S. tour.

"It was threatening rain," she remembered. "So, they dispensed with the opening acts and straight away introduced the Beatles. I watched in silent wonder, teary-eyed, knowing this was my

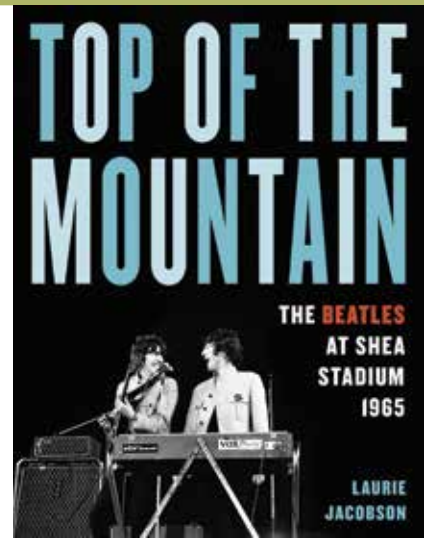
moment with them. I wanted to soak in every detail and memorize every move. I honestly don't remember a thing about the crowd, just them. Nine 3-minute songs and it was over. The rain was falling, and my parents whisked me away."

Barely a teen, Laurie let it be known to all that this girl had joined the ranks of devoted Beatles collectors while embracing their musical revolution that sparked the so-called '60s British invasion. Sure, some disapproving parents across the country were declaring it's all too much - cringing at the group's mop-top hairstyles, their raucous music inciting its liberating social influence, and the near-hypnotic effect on their adoring teenage fans - but her parents were understanding.

"They supported it 100% and often surprised me with Beatles items which I cherished and still have," said Jacobson, who maintains a collection that includes dolls, models, T-shirts, a yellow submarine, rare albums and books, posters, buttons, ticket stubs, and several decades worth of scrapbook clippings.

With the Beatles touring days waning in 1966, the previous year's sellout Shea Stadium concert remained the most memorable, not only for fans but for the band as well.

"Biggest crowd they ever played and biggest paycheck, too," noted



Jacobson. "You can see on their faces when they step onto the field - the moment they became aware of their power."

For her book's title, the author even paraphrased something John Lennon later remarked in 1971 about the Shea concert: "I saw the top of the mountain on that unforgettable night."

For those who lived through the '60s, the Beatles provided musical diversion to help survive the ever-tightening social, cultural, and political chains crushing the country. Today, in a post-Beatles world seemingly also inundated with disturbing national and global issues, baby boomers can still, if only briefly, get back that uplifting spirit their music provoked.

"It was so much more than their music for us - they changed the way we looked, the way we thought, and for many, the paths we chose," explained Jacobson. "Our memories are full of love and emotion, and we have passed that on to our children and their children. I'd like readers to experience the pure joy at the peak of Beatlemania when optimism ruled and anything was possible."

Nick Thomas teaches at Auburn University at Montgomery, in Alabama, and has written features, columns, and interviews for magazines and newspapers here, there, and everywhere. See www.getnickt.org



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When it Comes to Peppers, Some Like it HOT!!!

By Larry Stebbins

Author, educator and life-long organic gardener. AKA: The Garden Father

So you want to grow peppers and maybe try your hand at hot peppers. There are so many to choose from. Even if you are just buying peppers at the store or at the farmers market it is good to know, "how hot is too hot". The answer is not easy since most individual varieties will vary in their heat content (amount of capsaicin), depending on a little bit of genetics, soil, and growing conditions. We do know that within that degree of variation we can make some good decisions. For example, green bell peppers are always very mild with no detection of heat. While on the other end of the spectrum, the Carolina Reaper will always be extremely high in heat to the point of pain! But what about all the ones in between? Let's take a look at the chart below for comparison. Keep in mind, that some Jalapeño peppers can be mildly hot and some will be moderately hot. The chart will give you some guidelines but how they are grown and where they are grown can make a big difference. Colorado Springs has a hard time growing really hot peppers, but Pueblo finds it quite easy (different location, different growing conditions). Reference the Scoville Scale below.

So what is the Scoville Scale? Here is the back story and some scientific

information. The Scoville Scale was named after the American pharmacist, Wilbur Scoville, in the early 1900's. He wanted to measure the heat level of peppers. He ground up dried chilies, mixed them with sugar water and a group of testers tasted the solution. The solution was diluted until the tasters could no longer detect any heat. For example, let's say you have a chili rated at 10,000 Scoville Heat Units (SHU's). This means that you would have to combine a tablespoon of dried pepper with 10,000 tablespoons of sugar water to dilute the concentration until you no longer taste any heat (so a Scoville rating of 10,000). Today it is done with more precision. The quantitative analysis uses high performance liquid chromatography. This method measures the exact amount of capsaicinoid. Green peppers are given the lowest rating and Carolina Reaper one of the highest ratings. All those in between are given a relative ranking on the Scoville Scale.



A little personal disclosure here. I can usually eat most Jalapeño peppers, and enjoy a sprinkle of cayenne on some dishes but that is my level of comfort. For those Ghost and Carolina Reaper eaters...well, you are just tougher than tough in my opinion. Another word of caution, always wear gloves when working around hot peppers and never touch your eyes until you have thoroughly washed your hands. OK now who is in the mood for some hot salsa?

SCOVILLE SCALE FOR PEPPERS

Carolina Reaper	- up to 2,200,000
Ghost Pepper	- up to 1,000,000
Habanero	- 150,000 - 325,000
Thai Pepper	- 50,000 - 100,000
Cayenne	- 30,000 - 50,000
Serrano	- 10,000 - 25,000
Jalapeño	- 2,500 - 8,000
Anaheim Pepper	- 500 - 2,500
Poblano	- 1,000 - 1,500
Banana Pepper	- 0 - 500
Green or Red Bell Pepper	- 0



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Common Ailments of Your Feet

The Foundation Of All Your Body's Upright Accomplishments

By Mary Smolik Brown RN, MSN

Rupert saw the park bench twenty feet away and shuffled closer to sit down. Searing pain from his left great toe stabbed like a red-hot knife. "Lois, you'll have to push me home on that young boy's skateboard with this foot acting up". Foot ailments are common as we age. It might be difficult to identify a corn from a callus, a bunion from a bone spur. What we do know is-- if it hurts and does not go away, it's time to see a provider. Common foot ailments are described below with some home remedies and reasons to see a physician.

Our soles, or plantarapedis, medical speak for bottom of feet, carry the burden of our skeletal system. Whether pain sneaks in, or shows up hastily, a myriad of diagnosis can be found. From corns to callouses, hammertoes to bunions, fungus to gout, at some point everyone seems to claim a foot ailment. When is it time to make a call to a medical doctor? A podiatrist? An orthopedic specialist? Ankle and foot pain is not supposed to be normal or tolerated. Pain is indicative of an underlying issue involving skin, tendons, ligaments, nerves, and of course bones. Pain that does not resolve with basic home treatments such as anti-inflammatories, rest, elevation, and heat, needs a medical opinion. Often medical offices will see and treat a foot ailment, but a referral is made when the first round of treatment is not effective, surgery is needed (some bunions) or the foot condition is advanced. It is safe to start with your primary care office for basic foot problems. Read below for most common foot conditions, some you may know, some may surprise you.

- Corns or calluses- thickened areas of dead skin which become very painful. The cause is skin thickening to protect itself from friction or pressure. Removal of pressure and friction are often the solution.
- Heel pain- two reasons for this are 1. plantar fasciitis, which is an inflammation of a thick band of tissue across bottom of foot, usually stabbing pain occurs with first steps out of bed, then eases 2. Achilles tendonitis is an overuse injury of the band of

connective tissue that runs from back of calf to heel-- usually resolves with self-care at home and rest.

- Ingrown toenails- edge of toenail is buried in the skin, skin reacts by redness, pain, and may become infected. Common cause is cutting toenails too short, or footwear that is too tight.
- Stone bruises- area between toes and arch of foot may be numb or sharp pain (as if there is a rock in your shoe) may be from wearing poor fitting shoes.
- Heel Spurs- caused by long term strain on muscles and ligaments, arthritis and even excess body weight.
- Plantar warts- highly contagious, caused by human papillomavirus HPV. Those appearing on soles of feet are plantar warts. This virus thrives in warm, moist environments and can be picked up walking barefoot, think gyms and pools.
- Athletes foot- contagious infection caused by a fungus. Red, scaly, itchy, dry patches, blisters, or ulcers usually appears first between toes or soles of feet. See a doctor if occurs for more than two weeks without resolution using over the counter medications. Can spread to the nails, other body parts and even other people.

More Severe Types of Foot Conditions

- Goutarthritis- caused by excessive buildup of uric acid in bloodstream, settles in joints, commonly toes, extremely painful, often requiring prescription medication and pain relievers.
- Diabetic foot- elevated glucose levels wreak havoc in a diabetic's foot, as the sugar acts as an irritant to small blood vessels in the feet, and poor circulation combined with high sugar levels can cause severe irreversible damage. Changes in skin color from red, white, blue, grey or black, loss of sensation, pain-- changes in skin integrity, scaly, patchy, sores that won't heal, inability to walk due to lack of sensation

of feet. All of these require medical attention ASAP, as diabetics, Type 1 or Type 2, may have glucose levels that aren't being regulated properly, and foot symptoms may be a late sign or an early sign of worsening foot problems. Remember, diabetics with any of the following: red or black skin, skin looking infected, open areas that don't heal, pain, numbness, tingling, ANY change in color compared to other foot skin color should be seen by their PCP.

- **Bunion** A bony bump that develops on the outside of the big toe or joint. It occurs when some of the bones in the front part of your foot move out of place, causing the tip of your big toe to get pulled toward the smaller toes and forces the side joint of big toe to stick out. The skin over the bunion might be red and sore. Most can be treated at home with anti-inflammatory like an NSAID, ice, heat, and no ill-fitting shoes. At worst, bunions may require surgery.

Over the counter treatments may help basic ailments, but significant pain, discomfort, numbness, tingling and changes in skin color are reasons to see your primary care, with a possible referral to a podiatrist. It is not wrong to see a podiatrist first. They are highly specialized and can assist with any type of foot ailment. In fact, they see and treat many bone related foot and ankle issues, the same as an orthopedic doctor. Injury to feet are best treated by an orthopedic doctor. Check with your insurance provider to see if you need a referral to see either type of specialist.



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Monday Farmers Markets

- **Western Museum of Mining and Industry**
225 North Gate Blvd; **9am - 4pm**, June - Sept
- **Acacia Park** 115 E. Platte St; **10am-3pm**, June to Oct

Tuesday Farmers Markets

- **Cañon City Farmer's Market**
211 S. 3rd St. Cañon City; **8am-1pm**, June - Oct
- **Fountain City Hall** 116 S. Main St.; **3-7pm**, June - Sept

Wednesday Farmers Markets

- **Briargate Farmers Market** 7610 N. Union Blvd.;
9am-2pm, May 24 - Oct 4
- **The Well** 315 E. Pikes Peak Ave.; **3-7pm**, June 7 - Oct 18
- **Colorado Farm & Art Market at The Pioneer's Museum**
215 S. Tejon; **3-7pm**, June 7 - Oct 18

Thursday Farmers Markets

- **First & Main Town Center Mall Farmers Market**
3650 New Center Point; **9:00am-3pm**, June - Oct

Friday Farmers Markets

- **Woodland Park**, 117 Center Ave, Memorial Park on
Henrietta Ave and Center St.; **8am-1pm**, June-Sept

Saturday Farmers Markets

- **Old Colorado City Farmers Market** Bancroft Park,
24th Street between Colorado Ave. and Pikes Peak Ave;
7am-1pm, June 10-Oct 14
- **Monument Hill Farmers Market** 66 S. Jefferson St.;
8am-2pm, May 20-Oct 14
- **Colorado Farm & Art Market - Margarita at Pine Creek**
7350 Pine Creek Rd.; **9am-1pm**, June 10-Oct 21
- **Backyard Market in Black Forest** 12530 Black Forest Rd.;
9am-1pm, May 27-Oct 28

Sunday Farmers Markets

- **Cordera** 11894 Grandlawn Circle Community Center Parking
Lot; **10am-3pm**, May 21-Sept 3
- **Colorado Springs Flea Market** 5225 E. Platte Ave;
8am-4pm Open weekends all year round.
- **Backyard Market at Ridgeline** 11631 Ridgeline Drive
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SENIOR NEWS

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Senior Lifestyle Expo Speaker Schedule

Carson Room

9:00-10:00 **Benefits Check-up.** Do you think you have all the benefits you are eligible for?
Michele Meredith, Community Outreach Coordinator *Aetna CO.*



10:00-11:00 **An Introduction to the Pace program**
Carolyn Wilson, PR Specialist *PACE*



11:00-12:00 **Solutions to Pay for the High Cost of Long-Term Care** Beneficent knows that applying for long-term care financial programs can feel like you are in a maze. We quickly navigate seniors and disabled adults to the best financial program to help pay for assisted living, adult day care, home care, or skilled nursing homes. Kim Searles, (CSA)® *Beneficent*



12:00-12:30 **How to make your dollars stretch in today's economy**
Money Coach Bill



1:00-2:00 **An Introduction to the Pace Program**
Carolyn Wilson, PR Specialist *PACE*



2:00-2:30 **TBD**

Hayden Room

9:00-10:00 **"ABCs of Medicare"** This class will cover the basics of Medicare, how to enroll, and what's important for you to know when choosing the right Medicare plan for you.
Chris Schweiger *Humana*



10:00-11:00 **How Implants can change your life**
Dr. Scott Hill, DMD *North End Dental*



11:00-12:00 **Social Security and Medicare Basics**
William Scott Haley, Financial Services Specialist *AAA*



12:00-1:00 **Long Term Care Insurance.** Come and find out how to make it work for you!
Ken Jenson *Amada Senior Care*



1:00-2:00 **How Implants can change your life**
Dr. Scott Hill, DMD *North End Dental*



2:00-2:30 **The benefits of lifelong learning as you age.**
Sandy Halby *PILLAR Institute*



**Classes sponsored by Mt. Carmel will be held
in the Learning Center every hour from 9:00am to 2:00pm**

Demo Class Schedule

**Each class runs for approximately 25 minutes*



10:00am **Tai Chi Dance** - *Through the spiritual movements of Tai Chi which is poetry in motion.*

Instructor: **Master Christophe J Clarke** · 2 time US team member
· Gold medalist Seoul Korea, São Paulo Brazil · Kung fu film star · Motivational speaker

10:30am **Tribal Belly Dance Fusion**- *A graceful and exotic style of dance.*

Instructor: **Adriana Jones Rincon**



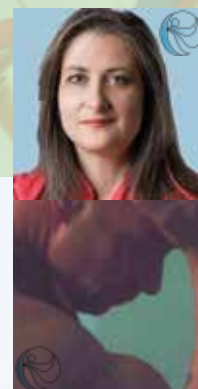
11:15am **Move with Ease**- *Our bodies are meant to move, often and in multiple ways. Bring joy, play and freedom back to your life in this 25 minute class.*

Instructor: **Katrina Rogers**, the owner of Move with Ease in Denver. As a Body Movement Educator and International Dance Instructor who loves to help people develop confidence and control in their body.



12:30pm **Dancing the Blues with Katrina**- *"Let's cut a rug" as they say. Learn how to connect to the music, your body and have a grand time dancing and celebrating life. Learn a few moves that you can put in your back pocket next the music going.*

1:00pm **Lower Impact Sample Class** - *In this class we will do a variety of moves from several of our existing classes, and may include low intensity interval training, indoor walking workout with light dumbbells, standing moves for abs and glutes, and stretching.*
Instructors: **Stevie and Will Winsborrow** of Khronology Functional Fitness and Nutrition



1:30pm **Mudras**- *Learn the hand gestures of Indian Classical Dance with Aurotejas Hemsell*



2:15pm **Hawaiian Hula** with **Valerie Malia**



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Crossword Puzzle

ACROSS

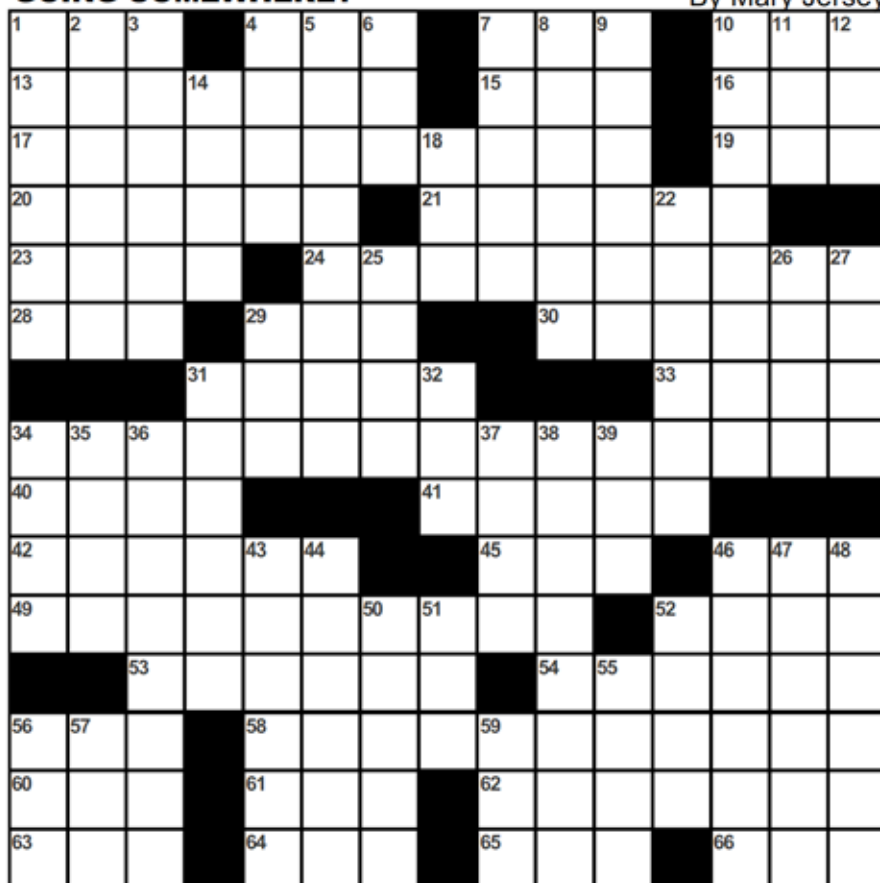
- | | |
|-------------------------------------|---|
| 1) Teamwork inhibitor | 40) First word in a Springsteen title |
| 4) Good old boy | 41) Mongolian tents |
| 7) Beard grown by a farmer | 42) Sudden thrusts, in fencing |
| 10) Cold blocks | 45) Wagon wheel groove |
| 13) Beat it | 46) Word before "blonde" or "Wednesday" |
| 15) Jeans brand | 49) Group of larks |
| 16) Convent dweller | 52) Scam victim |
| 17) ___ one's welcome | 53) Person of German origin |
| 19) Like a debtor's ink | 54) It can come after a shot |
| 20) Papal emissary | 56) Barnyard bleater |
| 21) Mansion and its land | 58) Worked a manual transmission |
| 23) Small container for liquids | 60) Wiggly fish |
| 24) Restored to a better condition | 61) Before, before |
| 28) Naval rank (Abbr.) | 62) It has two or more amino acids |
| 29) One ___ customer | 63) Crucial |
| 30) Small cloud | 64) Knightly title |
| 31) Beam in the attic | 65) Word with "want" or "personal" |
| 33) Highlands tongue | 66) Wordless yes |
| 34) Pretty much in the neighborhood | |

DOWN

- 1) Develop gradually
- 2) Knuckled under
- 3) Alphas' opposites
- 4) Military station
- 5) Small celestial body
- 6) Where cows graze
- 7) "He's making ___, checking it twice"
- 8) Entered
- 9) Render ineffective
- 10) As payment (for)
- 11) Stick on a table?
- 12) Conclusion
- 14) Like some advanced exams
- 18) Word of acceptance
- 22) Potatoes and yams
- 25) ___ Orange, N.J.
- 26) "If all ___ fails ..."
- 27) White-tailed quadruped
- 29) 32K ounces
- 31) Tropical forest
- 32) "Honor ___ father . . ."
- 34) Up to the task
- 35) Flour-and-fat sauce thickener
- 36) In an elaborate manner
- 37) Bond or mart start
- 38) Chewed a carrot, say
- 39) Polo Grounds legend Mel
- 43) Piano school assignments
- 44) Buddhist enlightenment
- 46) A state capital
- 47) Skimpy bathing suit brand
- 48) Did a sheepdog's job
- 50) Babel construction
- 51) Keeper's place
- 52) Not really all there
- 55) Rose plant fruits
- 56) Comic book scream
- 57) Very small
- 59) Place for a nice steam

GOING SOMEWHERE?

By Mary Jersey



Key on page 23.



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17	O	V	E	R	S	T	A	Y	I	N	G		R	E	D
20	L	E	G	A	T	E		E	S	T	A	T	E		
23	V	I	A	L		R	E	S	T	I	T	U	T	E	D
28	E	N	S		T	O	A		N	E	B	U	L	E	
				31	J	O	I	S	32				33	E	R
34	A	R	O	U	N	D	T	H	E	C	O	R	N	E	R
40	B	O	R	N				41	Y	U	R	T	S		
42	L	U	N	G	E	S				R	U	T		A	S
49	E	X	A	L	T	A	T	I	O	N			D	U	P
				53	T	E	U	T	O	N			54	C	H
56	E	W	E					58	D	O	W	N		59	S
60	E	E	L					61	E	R	E			62	P
63	K	E	Y					64	S	I	R			65	A
														66	N



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April 2023 Events

(visit their website for any last-minute scheduling changes)

First Friday ArtWalk

- What:** Browse the local art galleries, open artist studios, boutiques and eateries with this self-guided tour in Old Colorado City every First Friday evening. Meet the artists during this free event. Enjoy special offers, complimentary refreshments, live artist demonstrations and more. Best of all, the beautiful art pieces are available for purchase! Make it a night out in Old Colorado City. Come join us on the First Friday of every month in Old Colorado City.
- When:** Every First Friday 5pm - 8pm
- Where:** West Colorado Ave between 17th Street and 31st Street
- Cost:** FREE

Earl Klugh's Weekend of Jazz 2023

- When:** Apr 13–Sat, Apr 15
- Where:** The Broadmoor 1 Lake Ave
- Web:** <https://tinyurl.com/yck2d9c5>

Fun Opportunity For Continuous Learning “Living Constitutionalism or Originalism: Contemporary Debates over Constitutional Interpretation”

- What:** Lecture by UCCS Professor Joshua Dunn, Ph.D., Political Science,
- When:** April 14, 2023, 10am (Friday)
- Where:** ENT Center for the Arts, 5225 N. Nevada Ave., Chapman Foundations, Recital Hall (free parking)
- Cost:** Free, guests & non-members welcome
- Web:** www.uccs.edu/curiosity
- Phone:** 719-755--5082 for info; reservation not required

4th Annual Springs Craft and Gift Show

- What:** One of Colorado Springs largest events of the year. Meet over 170+ local and national vendors during our big three day event at Norris Penrose Event. Live Music Food Family Fun for Everyone
- When:** Fri, Apr 21, 3–7 PM, Sat, Apr 22, 2023, 9:00am-4:00pm
Sun, Apr 23, 2023, 10:00am-4:00pm
- Where:** Norris Penrose Event Center 1045 Lower Gold Camp Rd

Colorado Springs Pet Expo

- What:** The Colorado Springs Pet Expo features 165+ top pet exhibitors from across the state, along with lots of activities for animal lovers. The show will also host non-stop events throughout the weekend!
- When:** April 29-30, 2023, Saturday, April 29 - 9am to 6pm,
Sunday, April 30 - 10am to 4pm
- Where:** Colorado Springs Event Center, 3960 Palmer Park Blvd

The Springs Home Show

- What:** Save BIG on all your home improvement projects and meet face to face with local and national vendors!
- When:** Fri, Apr 21, 12 PM–Sun, Apr 23, 4 PM
- Where:** Colorado Springs Event Center 3960 Palmer Park Blvd

Beethoven and Mahler

- What:** “Eroica,” the third symphony of Ludwig van Beethoven deserves its heroic nickname. In this performance, Eva Vogel joins JosepCaballé-Domenech and the Philharmonic for Gustav Mahler’s Kindertotenlieder, wrapping the listener in beautiful grief and worshipful hope.
- When:** Sunday, Apr 23, at 2:30pm
- Where:** Ent Center for the Arts 5225 N Nevada Ave

Colorado Crossroads Youth Orchestra Concert

- What:** Concert Featuring works from Bach, Brahms, Vivaldi, and more!
- When:** Sat, Apr 29, 4:30–7:30 PM
- Where:** St Gabriel the Archangel 8755 Scarborough Dr,
- Cost:** Free

Colorado Springs Philharmonic: JosepCaballe-Domenech - The Ring Without Words

- What:** The Philharmonic’s principal oboe Noah Kay takes center stage in Strauss’ Oboe Concerto, among the composer’s final and most elegiac works. This is followed by Richard Wagner’s “The Ring Without Words,” which condenses his four-opera “Ring of the Nibelung” into a singular outpouring of emotion and excitement.
- When:** Sun 30 APR 2023
- Where:** Pikes Peak Center, 190 S. Cascade Ave.
- Web:** <https://tinyurl.com/r7rh7uh7>

May 2023 Events

(visit their website for any last-minute scheduling changes)

Cañon City Music & Blossom Festival

- What:** The Cañon City Blossom Festival provides nationally recognized competitions for elementary, junior high and high school bands in marching, jazz band, and orchestral music. Enjoy a two-hour parade on Saturday through downtown Cañon City. Experience a variety of other activities to include a carnival, craft fairs, rodeo, free concerts and many more community events.
- When:** May 3 – 7th, 2023
- Cost:** Free

Pikes Peak Senior Lifestyle and Learning Expo

- What:** Fun filled day with raffles, prizes, drawings, live entertainment, and exercise demos in an elegant venue.
- When:** May 11th 9am-3pm
- Where:** The Antlers 4 S. Cascade Ave, Colorado Springs 80903

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100 word story Greatest Mechanic

by John M. Carlson

"I was so worried about paying for this car repair!" Sharon said. "I'm so relieved it didn't cost much!"
"Fortunately, it wasn't an expensive repair!" I said. Actually, truth be told, I should have charged her more. Much, much more. I'd only barely break even on this job. But her means were limited, and I knew she needed her car to get to her minimum wage job. I wasn't rich, but I could afford to do a few no profit jobs for worthy customers.
"I really appreciate all you do!" she said. "You are the greatest mechanic!"

Total Joint Replacement Class

What: This complementary class is for patients scheduled or thinking about scheduling a total or partial joint replacement surgery. This class will help you prepare for shoulder, knee or hip replacement surgery. During this class we will review how to prepare your home and yourself, equipment needed, pain management, diet, expectations while you are in the hospital and recovery. We highly encourage you to have your support person present.

When: May 5th, 12th, 19th and 26th. 11:00 AM–12:30 PM,
Where: UCHealth Grandview Hospital 5623 Pulpit Peak View
Web: <https://tinyurl.com/3pkjy2u8>

Fun Opportunity For Continuous Learning “The Future of Educational Technology: Learning for All”

When: May 12, 2023, 11am (Friday)
Where: Colorado Springs Country Club
Cost: \$55/person;
Phone: 719-755-5082 for reservation;
 guests & non-members welcome,
Web: www.uccs.edu/curiosity

8th Annual Pikes Peak Birding & Nature Festival

What: Fountain creek offers essential rest areas for resident birds and for ones who are migrating through the Rockies. Learn how to identify many local species.

When: May 18-21st, 2023
Where: 320 Peppergrass Lane Fountain, CO
Phone: Reservations required (719) 520-6981
Web: <https://pikespeakbirdingandnaturefestival.org/>

3-Hour Original Colorado Springs Food Tour

What: This popular walking tour features tastings at five surprise destinations within walking distance. You'll visit some of the most loved restaurants in downtown Colorado Springs while hearing local history and fun facts along the way! Surprise itinerary featuring generous tastings from four to five local restaurants, hole-in-the-walls, and artisan food shops.

When: Thu, May 18, to Sun, May 21, (2:00 PM - 5:00 PM)
 Thu, May 25, to Sun, May 28, (2:00 PM - 5:00 PM)
 Thu, June 1, to Sun, June 4, (12:00 AM - 12:00 AM)

Where: 1 Tejon Street
Cost: \$59-\$84
Web: <https://tinyurl.com/mpw66cay>

Walk MS

What: Walk MS brings together passionate people for a powerful purpose: to end MS forever. Feel the support that can only come from a community whose steps fuel breakthroughs, solutions, and a cure.

When: Sat, May 20, 8 AM–12 PM
Where: Acacia Park 115 E. Platte Ave
Email: Contact: Beverly Baker beverly.baker@nmss.org
Phone: (307) 421-3878
Web: <https://tinyurl.com/3w5p7mz5>

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Colorado Springs Water Lantern Festival

When: Sat, May 20, 3:30 PM
What: Water Lantern Festival. Experience the magic of thousands of lanterns as they reflect upon on the water.
Web: <https://www.waterlanternfestival.com/coloradosprings.php>
Where: Memorial Park 1605 E. Pikes Peak Ave

Territory Days

What: The event is held every Memorial Day Weekend in the historic Old Colorado City, located on the west side of Colorado Springs. Enjoy over 180 food and craft booths, live music, a kids' play area, a petting zoo, and so much more. See live performances by Native American dancers, Wild West gunfight re-enactments, and incredible blacksmith demonstrations.

When: May 27-29th, All Day Long
Cost: Admission is FREE

Jazz in the Garden

What: The 2023 season begins as we welcome back local favorite and national recording artist Tony Exum, Junior. We're thrilled to host this saxophonist, songwriter and performer with a sultry and soulful sound. Join us for a special evening filled with his signature sound of contemporary jazz, R&B and funk.

When: Fri., May 26 at 7 pm
Where: Grace and St. Stephen's Episcopal Church

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Key on page 30.

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

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739105 JM

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