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

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65-Year-Old Tai Chi Master Strives to Inspire Others

Master Christophe Clarke Competes in Tai Chi at the Olympic Level for the Third Time



By Trevor Phipps

As if mastering the art of Tai Chi to the point where he earned the U.S. National title three times and became a world champion wasn't enough, Colorado resident and Tai Chi Master Christophe Clarke recently received the opportunity of a lifetime when he was invited to join the U.S. team to compete in the sport at the Olympics in Malaysia this July. However, despite his accomplishments being quite impressive, Clarke mainly wants to send a message to his fellow senior citizens that it is never too late to fulfill grandiose goals.

The first time Clarke competed at the Olympic level he was the oldest on the team at 30 years old. He was the eldest again when he competed in South America at 36 years old. And now that he was invited to compete for the third time at 65 years old, Clarke has basically shattered all of the sport's agerelated records.

But, the Tai Chi Master wants everyone to know that he is not the only one who can accomplish great things later in life as he wishes to be living proof that people are never too old to follow their dreams. "I would like to somehow encourage other people to do what it is I am doing," Clarke said. "And what is it that I am doing? I am living life!"

Clarke said that martial arts personally changed his life and has allowed him to stay fit and healthy enough to be invited to compete at the Olympic level in his golden years. And even if martial arts isn't something an Older American did when they were younger, Clarke swears by the fact that it is never too late to learn. In fact, learning martial arts while a senior can provide many benefits and pave the way to living life to its fullest.

"I would like to share with people about how to create the energy and drive in this time in life to do great things," Clarke said. "I can talk about all of the things I do, but I would like to leave these readers with how they can do it."

From Teacher to World Champion to Kung Fu Movie Star

Clarke first grew a passion for martial arts when he was sevenyears-old in 1966 after being inspired by James Bond and



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Bruce Lee movies. From 1966 to 1974 Clarke spent his days learning various martial arts like Kung Fu and Judo when one of his teachers guided him towards his true passion.

In 1974, he was introduced to Tai Chi at 14-years-old and to this day he says it changed his life forever. "I was 14 and I read that with Tai Chi you could live forever," Clarke explained. "That's what corked my attention. Tai Chi offers longevity and integration of the internal organs. If the five main internal organs (the heart, the liver, the spleen, the lungs and the kidneys), are internally massaged on a daily basis you will live longer than some trees. And it's so true I can't even believe it. I do not fit the description of how I thought a 65-year-old would feel when I was growing up. And I know it's from doing Tai Chi."

In 1989, Clarke got his chance to compete at the worldwide level for the first time. A year before the competition, Clarke moved from Maryland to Colorado to utilize the higher altitude in his training regiments. For a year, he never fought, but he spent much of his time preparing.

Since he was competing in South Korea, he changed his sleep schedule so he was on Korean time for 10 months before the competition. He spent his nights while most were asleep riding his bike in the steep, high mountain roads west of Boulder and envisioning himself standing on the podium and receiving a medal.



(719)385-RIDE (7433)



Health and Wellness

While representing the U.S. Team in international competition that year, Master Clarke won the Heavyweight Full Contact division at The Asian Cup, held in Seoul, South Korea, and earned the World Championship title. When he returned to the United States, a newspaper in Colorado put Clarke on the front page with Denver Broncos star quarterback John Elway.

He would then receive yet another opportunity of a lifetime. Former Denver Broncos head coach Dan Reeves read about me and my training and how I won the gold medal, Clarke remembered. He was impressed and he himself called me directly. He said, Hey, can you help us with our defensive line? I was there on that field the next day at 6 a.m."

Once the Tai Chi World Champion started working with the Broncos and the National Football League (NFL), he became world famous. He was then called by movie producers to star in Kung Fu action films. He starred in several movies (some where he was speaking foreign languages) that were shown all across the world.

But after a few years had gone by, Clarke's fame as an ex-world champion slowly turned out not to be as marketable. He dreamed of starring in more movies and



he knew that he had to compete once again to prove that he was still a martial arts star.

In 1996, he joined the U.S. Olympic team to compete at the South American Championship held in Sao Paulo, Brazil. In the end, Clarke completed another successful competition as he brought home two gold medals and three silver medals.

Overall, Clarke is a three-time U.S. National Champion, a World Champion and South American Champion in Tai Chi. During the first two competitions, Clarke competed in fighting, form and weaponry competitions. When he tries to snag the gold again in Malaysia in July, Clarke will only be competing in the weaponry and form categories because of his age.

Clarke Works Towards His True Goal of Teaching Others

During the entire time he was starring in movies and competing, Clarke also focused on teaching Tai Chi to others across the world. "Martial arts is combat and it is self-defense, against yourself," Clarke said. "Martial arts training is to help you to control yourself, your behavior, your ego, your physique, your arrogance and your fears. True martial arts teaches you how to control yourself. When you can defeat you, you can defeat anything."

He said that Tai Chi can benefit anyone, but there are specific reasons on why senior citizens should start studying the art. "Tai Chi will stimulate their internal energy, which is the breath," Clarke said. "The breath itself will inspire them to increase life force which is life direction. Because of the challenges and the hurdles that you will come to, martial arts will give you the audacity to conquer just about anything that your mind can conceive."

Clarke spends much of his time travelling the world and holding Tai Chi workshops and seminars. For the last two years, Clarke has held Tai Chi demonstrations during the annual Pikes Peak Senior News Senior Expo. He said that he wants to do more seminars in the Colorado Springs area in the near future and he wants to focus on his peers: the senior citizen population.

"I am going to give these people the map to their own personal treasure," Clarke said. "They are going to find a higher quality of life, but there are some things that they need to build on during their journey to get there. The goal is to get more incredible stories from seniors."

Farmers' Markets in the Pikes Peak Region

Mondays

Western Museum of Mining and Industry

Dates: TBD for 2024 **Time**: 9 am - 6 pm

Where: 225 North Gate Blvd.

Wednesdays

Briargate Farmers Market

Dates: TBD for 2024 **Time**: 9 am - 2 pm

Where: 7610 N. Union Blvd.

Colorado Farm And Art Market

Dates: TBD for 2024 **Time**: 3-7 p.m.

Where: Pioneers Museum, 215 S. Tejon St

Western Museum of Mining and Industry

Dates: TBD for 2024 **Time**: 9 am - 6 pm

Where: 225 North Gate Blvd.

Thursdays

Backyard Market At Park Union

Dates: June 20 - August 29, 2024

Time: 4:30 pm - 8 pm

Where: The Meanwhile Block. 108 West Cimarron. Park Union

Banning Lewis Ranch At Vista Park

Dates: TBD for 2024 **Time**: 4 pm - 7 pm

Where: 8833 Vista Del Pico Blvd.

Urban Market At The Buffalo Lodge Bicycle Resort

Dates: May-September **Times**: 5:30-8:30 pm **Where**: 2 Fl Paso Blvd

Fridays

Woodland Park

Dates: June 7 - September 27, 2024

Time: 8 am - 1 pm Where: 117 Center Ave.

Saturdays

Old Colorado City Farmers Market

Dates: June 8 - October 12, 2024

Time: 8 am - 1 pm

Where: W. Colorado Ave. & 24Th St.

Monument Hill Farmers Market

Dates: May 25 - October 5, 2024

Time: 8 am - 2 Pm

Where: 66 S. Jefferson St.

Colorado Farm & Art Market

Dates: TBD For 2024 **Time**: 9 am - 1 pm

Where: Margarita At Pine Creek;

7350 Pine Creek Rd.

Fountain Community Market

Dates: May 25 - September 28, 2024

Time: 8 am - 2 pm **Where**: Metcalfe Park

Backyard Market In Black Forest

Dates: May 25 - October 5, 2024

Time: 9 am - 1 pm

Where: 12530 Black Forest Rd.

Sundays

Cordera

Dates: June 2 - September 1, 2024

Time: 10 am - 2 pm

Where: 11894 Grand Lawn Cir.

Kinship Landing Patio Markets

Dates: TBD for 2024 **Time**: 10 am - 2 pm

Where: Kinship Landing Greenhaus/Patio,

415 S Nevada Ave

Where Are the Happiest

People in the World?

Insights from the 2024 World Happiness Report

By EbeleMogo, DrPH

The International Day of Happiness, celebrated worldwide on March 20th, highlights the importance of happiness and well-being in our lives. This relatively new observance, initiated just over a decade ago, owes its inception to Bhutan. The nation championed the United Nations Resolution 65/309, titled "Happiness: Towards a holistic approach to development," which urged governments around the world to prioritize happiness and well-being in their development agendas. The United Nations General Assembly adopted this resolution on July 19th, 2011.

The World Happiness Report (WHR), published annually to mark the celebration of the International Day of Happiness, offers insights into the global state of happiness and

regional trends and differences. It is a collaborative effort involving the WHR Editorial Board, the Oxford Wellbeing Research Centre, the United Nations Sustainable Development Solutions Network, and Gallup. The report evaluates global happiness using Gallup World Poll data, which gathers life evaluations from approximately 1,000 individuals in each country. Respondents rate their current lives on a scale of 0 (the worst possible life) to 10 (the best possible life). The process generates a ranking of countries based on happiness, thereby influencing the integration of subjective well-being into decision-making.

With more than 20 years of research on the happiest, healthiest people in the world, and a focus on innovative community transformations that foster well-being, Blue Zones is

proud to have been a cosponsor of this year's WHR. The report covers 2021 to 2023 and reveals notable trends in well-being and happiness around the world. Finland maintains its position as the leader in

happiness, while countries in Eastern Europe, including Czechia, Lithuania, and Slovenia, have climbed the rankings to positions 18, 19, and 21 respectively. This upward trajectory has displaced Western nations like the United States and Germany from the top twenty. Conversely, happiness levels have seen a decline in North America, Australia, and New Zealand, particularly among the youth, who have had a steeper decrease compared to older demographics. Notwithstanding, younger individuals reported experiencing positive emotions more frequently than the elderly, although negative emotions have risen significantly over the past decade.

Following the pandemic, there has been a noticeable decline in life satisfaction, with females generally expressing lower satisfaction with their lives than their male counterparts across the world. However, there has also been a surge in benevolent actions, seemingly spurred by the response to the pandemic. This is particularly noticeable among Generation Z and Millennials, who are more likely to help people in need than older generations. Contrary to common assumptions about aging and well-being, older generations born before 1965 had more positive life evaluations than people born after 1980. The report also highlights a



worrying trend of growing well-being inequalities across all age groups globally.

Factors Influencing People's Life Evaluations Around the Globe

The team at WHR conducted surveys and experiments to better understand the factors that affect people's subjective well-being, as measured by their life evaluations. The team identified six variables that significantly impact life evaluations across different countries. These variables include Gross Domestic Product (GDP), healthy life expectancy, having a reliable support system, freedom to make life choices, practicing generosity, and living free from corruption. These insights resonate with the Blue Zones approach, which advocates for community-led transformations to enhance well-being, emphasizing the significance of the Life Radius® — the environment where individuals spend the bulk of their time, as well as the need for strong support systems and a sense of purpose.

Six variables significantly impact life evaluations... GDP, healthy life expectancy, having a reliable support system, freedom to make life choices, practicing generosity, and living free from corruption.

The WHR also identified a consistent pattern: life satisfaction decreases from high-income countries through upper-middle, lower-middle, to lower-income countries. This underscores the importance of material well-being in our happiness. The report also points out that individuals' satisfaction with their standard of living, the quality of their environment, opportunities for social interaction, access to quality healthcare, affordable housing, and public transportation are also linked to people's life satisfaction. Of these factors, standard of living was the most important factor accounting for differences in life satisfaction. Satisfaction with one's body image, one's relationships with parents, school experiences, health status, time use, and neighborhood quality were also related to life satisfaction scores.

Education stands out as a crucial element in people's well-being, especially in regions with limited economic resources. Using India as a case study, researchers noted that education not only serves as a pathway to better economic prospects, but is also integral to broader social benefits. Satisfaction with educational experiences is linked to better healthcare outcomes, lower risks of mental and physical illnesses, and broader social networks, thereby contributing to a more nuanced understanding of well-being.

Education stands out as a crucial element in people's well-being, especially in regions with limited economic resources.

Importantly, the findings underscore the multifaceted nature of happiness and highlight the potential efficacy of targeted



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interventions in improving life evaluations and subjective well-being. Efforts to transform community well-being with Blue Zones interventions include multi-sectoral coalitions of stakeholders across our pillars of People, Places, and Policy. Worksites, civic organizations, schools, restaurants, and grocery stores follow Blue Zones best practice menus to make the healthy choice the easy choice, and key community leaders and Blue Zones experts collaborate to optimize the built environment, food policy, tobacco policy, alcohol policy, integrating community support, rewarding social connections, and healthful living into daily life. As the report notes, inequalities in the distribution of happiness around the world tend to reflect inequalities in access to direct and indirect supports for well-being such as income, education, and healthcare, social acceptance, trust, and supportive social environments in the family, community, and nation.

A Generational Divide in Happiness?

The 2024 WHR reveals a striking generational divide in life evaluations, with older generations born before 1965 reporting higher life evaluations than those born after 1980. In the United States, this contrast is stark: Young people (aged 15-24) rank 62nd out of 143 countries in terms of happiness with Lithuania claiming the top spot for young people's happiness. Conversely, older Americans (aged 60+) are significantly happier, ranking 10th globally, while Denmark leads in happiness for this age group globally.

This disparity in happiness rankings within the United States reflects a broader trend observed from 2006 to 2010: happiness among North American youth has sharply declined. It also offers a nuanced view of the quality of our lives as we age. How is it that older individuals report a higher level of happiness despite an increase in physical limitations as they age? Researchers attribute this to a reduction in the pressures of balancing work and family life, as is evidenced by the elderly's higher scores on the freedom to make life choices. Moreover, there appears to be a perceptible shift in perspective as people age, with older generations tending to adopt a more positive framing of their lives. The data reviewed for the WHR also found that older people reported a greater sense of community belonging, more social support, and less loneliness than the younger generations, despite younger generations engaging in a higher quantity of social interactions. These findings suggest that it may be the quality of social interactions rather than their frequency that are crucial in shaping our sense of well-being.

Happiness among North American youth has sharply declined...

To enhance the quality of social interactions among younger populations, it is important to create

environments and organize events that encourage more meaningful support and connections. The Blue Zones model emphasizes the value of purposeful, meaningful interactions, which can be instrumental in addressing the happiness divide between the young and old. For instance, community activities in shared spaces such as parks and libraries can encourage the social participation of younger individuals alongside the elderly, fostering mutual learning and support, and enriching the lives of both groups. Partnerships with worksites, schools, restaurants, grocery stores, faith-based organizations, homeowners associations, and community groups can catalyze the creation of new community parks and gardens, safer walking routes, and foster stronger social connections, community pride, and a revitalized sense of purpose.

Finally, it was surprising to note that despite the upheaval caused by the pandemic, life evaluations did not change significantly. According to the WHR team, this may be due to the rise in benevolence, which is connected to a more positive life evaluation, as well as a sense of trust and purpose. This illustrates the value of a sense of purpose and networks of mutual support, such through 'moais,' small networks providing mutual support and community participation, even during times of difficulty. Such groups can also be an avenue to cater to the needs of girls as they transition into adulthood, helping to bridge the gender gap in happiness evaluations.

The 2024 World Happiness Report not only provides a global snapshot of happiness but also underscores the pressing need for community-focused well-being interventions. Whether it is through the establishment of walking groups that increase physical activity and social interactions or the transformation of urban spaces into community parks and gardens to promote physical activity, mental well-being, and environmental stewardship, strategic changes in our Life Radius can contribute to a happier, healthier world. Embracing these insights can help not only close the happiness divide but also improve living standards and foster a global culture of well-being, regardless of age, gender, or socioeconomic status.

EbeleMogo, DrPH has a wealth of experience in global health including work with policymakers, venture-funded start-ups, international organizations, and grassroots organizations. She has worked in a wide range of contexts including Canada, Nigeria, Cameroon, Kenya, South Africa, the United States, England, Scotland, and Japan. She is well-versed in the thematic areas of urban health, behavior change, young people's health, technology-enabled health promotion, non-communicable disease prevention, and planetary health.

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Senior Care Workers Get Honored During Special Ceremony

Annual Joe Henjum Senior Accolades Awards Heroes Who Go Above and Beyond

By Trevor Phipps

On a rainy Tuesday night in mid-May over a hundred people packed the building of the Whiskey Baron Dancing Hall and Saloon in Colorado Springs for a night of celebration. The ceremony's purpose was to honor all of those who take on the often underappreciated task of caring for the city's Older Americans.

Every year, the Senior Resource Council puts on the Joe Henjum Accolades to honor those who local senior citizens say have gone above and beyond in their role in the senior care field. The award ceremony was named after Joe Henjum who dedicated much of his life towards helping the city's senior citizens. He was also one of the co-founders of the local Senior Resource Council which was launched in the late 1980s to promote senior resources in the Pikes Peak Region.

After Henjum's death in 2010, the senior accolades have been held in

his name to do what he used to do: honor others. The ceremony started with a delicious meal of barbecue food before the event's Masters of Ceremony Frank Sinclair and Lisa Sinnott took some time to recognize the late co-founder of the Senior Resource Council.

Then to give some background to Henjum, his daughter Colorado Springs City Councilmember Nancy Henjum took the floor to talk about her late father who spent much of his life serving senior citizens. "Accolade means to bestow recognition upon and that is what my dad did with every single person he met," Henjum said to kick off the awards ceremony. "He acknowledged people for who they were and appreciated them whether it was the janitor of the building who he was riding the elevator with. He would thank them for what they had done. That is who Joe Henjum was. He was someone who would be cheering every single one of you on for what you do in serving the senior community in Colorado Springs."

During the year, the Senior Resource Council takes nominations from the public for the best volunteer, professional worker, small business/nonprofit, large business/



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nonprofit and the lifetime achievement award. After the organization received a handful of nominees for each category, they let a panel of senior citizens decide on the winners.

Accolade Winners

For the volunteer category, the winner was Steve Johnson with Liberty Heights. Johnson has been the community house pastor at Liberty Heights for 14 years. His sermons have resonated so well with the community his church services started with 10 residents and have since grown to 50.

Penny Whitney with Aponi Partners then received the top prize for the best senior service professional worker. Whitney leads the vision of the Jumpstart Aging Workforce Solutions (JAWS) whose mission is to bring community support to provide a potential for youth to be of service to the elderly.

The award for the best senior service small business or nonprofit organization went to the local nonprofit, Community Dental Health. The organization was recognized for providing dental services to all low-income uninsured and under-insured people who need assistance at little or no cost. The organization has a major emphasis on senior citizens as their Senior Mobile Dental Program provides regular, preventative care to nursing homes and assisted living facilities.

The top accolade for the best large business or nonprofit organization that provides services to senior



citizens went to Springs Ranch Memory Care. The business specializes in caring for those who struggle with dementia or have some other need for a memory care unit.

The last award was saved for one person in the community who has gone above and beyond during a good part of their lifetime to serve the senior community. This year, the Lifetime Achievement Award went to Sandy Clarke who has served a vital role in the Colorado Springs senior care community for over 40 years.

Clarke started her career in senior care in 1984

when she worked as a CNA for the Cheyenne Mountain Nursing Center. She went on to become the activity assistant and then was the Memory Director for 13 years.

She also has volunteered for the Alzheimer's Association for over 30 years where she (among several other things) provided education in underserved areas and led a support group in Calhan. She also was the chair of the Walk to End Alzheimer's for over three decades, which prompted the community to refer to the event as "Sandy's Walk."

After Clarke was honored by the cheering crowd, the event ended, but the saloon stayed open for drinks, networking and dancing.



Funky Little Theater Company Presents Four Old Broads

By Leslie Kimbell

Funky Little Theater Company is celebrating its 51st production with Four Old Broads! The award-winning little theater with a big heart is BACK HOME at the Westside Community Center. Four Old Broads is a sassy, campy comedy told from four women of a certain age longing for a vacation... much to the dismay of the new administration.

Funky is continuing its 2024
Westside Season with Four Old
Broads and will have performances
June 7th – June 22nd, 2024
(Thursdays, Fridays and Saturdays
at 7pmwith one special matinee on
Saturday, June 8th at 1pm). Tickets
are \$15-\$24, can be purchased
online at www.funkylittletheater.
orgor at the door. Funky Little
Theater Company accepts cash,

check or most major credit cards. All performances will be at Westside Community Center located at 1628 W. Bijou St, 80904.Funky's entrance into the WCC is on the west side of the building off 17th St. Street parking and parking lots available. Also tickets may be purchased at the WCC Main Office with cash or check (no cards) with no fees during the center's business hours.



FOUR OLD BROADS

A COMEDY BY LESLIE KIMBELL DIRECTED BY KAREN KENNEDY

FEATURING
GAYLE ABE
LESLIE O'NEIL
MARTY RAPP
MARY SPRUNGER-FROESE
SUZANNE LUCAS
DAYNA WEBB

JOHN LONGO

JUNE 7-JUNE 22, 2024



SPECIAL DATES: Friday, June 7 (Opening Night), Saturday, June 8 (Only 1pm Matinee of the production), Saturday, June 15 (STAY+PLAY date, details below), and June 22 (Closing Night).

Eight performances total:

6/7, 6/8, 6/8 matinee, 6/13, 6/14, 6/15, 6/21, 6/22.

THE STORY: Retired burlesque queen Beatrice Shelton desperately needs a vacation – and NOT another trip up to Helen, Georgia to see that "precious little German village for the umpteenth time." A Sassy Seniors' Cruise through the Caribbean may be just the ticket if she can only convince her best friend, Eaddy Mae Clayton, to stop praying and go with her.

Unfortunately, things have not been very pleasant at Magnolia Place Assisted Living since Nurse Pat Jones began working there. The newest resident,Imogene Fletcher, is suddenly losing her memory. Maude Jenkins is obsessed with her favorite soap opera and planning her own funeral. Sam Smith, retired Elvis impersonator, keeps trying to bed every woman inthe building.

A mystery unfolds with laughter as the gals try to outsmart the evil Nurse Pat Jones and figure out why so many residents have been moved to "the dark side," what exactly IS that mysterious pill, and what happened to Doctor Head? Hilarity ensues as Imogene goes undercover and Maude enters the Miss Magnolia Senior Citizen Pageant to throw Pat off their trail. If they can solve the mystery, they may make it to the cruise ship after all.

STAY+PLAY: Funky is partnering with United Hearts Community School to offer the opportunity to let children play while their parents see a play. Organized activities, free play and perhaps a music instrument experiment might be possible for the S+P kiddos.

TICKETS: \$15 each child. SIBLING DISCOUNT: \$5each additional.

United Hearts and Funky's performances of Four Old Broads are in the same building at the Westside Community Center. Drop off right before the show and pick up after. More details available on our website.

This Funky production is being directed by Funky Guest Director Karen Kennedy and features Gayle Abe, Leslie O'Neil, Marty Rapp, Mary Sprunger-Froese, John Longo, Suzanne Lucas and Dayna Webb.

Visit www.funkylittletheater.org and like us on Facebook at www.facebook.com/funkylittletheatercompany.



Contact

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Location

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



SSWOrd

ACROSS -

- 1) In need of mental stimulation 39) Talk-show host Kelly
- Pack overhead
- Highlands miss
- 14) Be mad for
- 15) Hatcher of "Desperate Housewives"
- 16) "Yeah, sure"
- 17) Oscar and Tony winner for his role as Cyrano de Bergerac
- 19) Kilauca outflow
- 20) " longa, vita brevis"
- 21) 1980s war country
- 22) One end of a No. 2
- 24) Tear to shreds
- 25) BBQ equipment
- 26) Light touch
- 29) Singer MacGowan of the Pogues
- 30) One of the Van Halens
- 31) Creator of Sawyer
- 33) Place for a spy's message
- Dance recklessly
- 38) Tribute in rhyme

DOUBLE CROWN

- Anti-fur org.
- 41) Out of kilter
- Anita, "the Jezebel of Jazz"
- Zellweger of "Cinderella Man"
- 46) Is honest
- 48) Hardly luxurious
- 51) Fey of "30 Rock"
- 52) "Rabbit ears"
- 53) Canal dividing Africa and Asia
- 54) Excite, with "up"
- 57) "Get Smart" baddies
- 58) Oscar and Tony winner for his role as King Mongkut
- 61) Flying A competitor, once
- 62) Hoskins role in "Hook"
- 63) Suffix with "Beatle"
- 64) In the public eye
- 65) Little shavers
- 66) Manicurist's material

DOWN

- 1) Tijuana's locale, for short
- Febreze target
- Antarctica's Sea
- 4) Bard's "before"
- 5) Flies in the face of
- 6) Cremona collectible, for short
- 7) Gull-like bird
- 8) Vein yield
- 9) Utility company worker
- Tony and Oscar winner for her role as Madame Hortense
- 11) Lower in rank
- 12) Break off
- 13) Milky Way units
- 18) Consulting firm & Young
- Rand's politico father
- 24) Oscar and Tony winner for his role as Henry Higgins
- Draws back, with "away"
- 26) Like the style of TV's "Batman"
- 27) Lip balm additive
- 28) Chill, so to speak
- Sexy lady in a Beatles tune
- 32) All of the Bangles' members
- Something to "thumb"
- Australian mine yield
- 36) Is worth it

By Fred Piscop

- 41) Sports show figure
- 42) More foxy
- 45) Seventh Greek letter
- 47) Biological catalyst
- 48) "__ alive!"
- Porridge type, in rhyme
- 50) Sprang up
- Subway tunnel parts
- 53) Hill toy
- 54) Heche of "Wag the Dog"
- "The Iron Lady" of Israel
- Recite the rosary
- Thurman of "Gattaca"
- Swift boat setting, for short

12 15 16 22 25 38 39 43 45 61 62 63 65 66

Key on page 21.







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.

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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 alwaysavailable 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.





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

Summer Concert in the Pikes Peak Region

What: Join First & Main Town Center for live music, drinks and a good time! A long list of local bands will

play, including The SofaKillers, Martini Shot and Wirewood Station.

When: Every Friday, June 7th through July 26thTime: 5-7pm

Where: First & Main Town Center

Classic Tuesdays Summer Concerts In Old Colorado City 2024

What: Outdoor concerts in Bancroft Park from6:00-8:00pm! Upcoming performances include Tidal Breeze Hot Club Trio,

The Moldy Figs, The 719 Band, Manitou Strings, and more.

When: Tuesday Nights, June-October

Cost: FREE

Summer Music Festival 40th Season: Colorado College

Where: Colorado College- Packard Hall 14 E. Cache La Poudre St. Colorado Springs 80903

Web: https://www.coloradocollege.edu/other/summermusicfestival/

Jazz in the Gardens (June-August)

What: For 15 years, Jazz in the Garden at Grace and St. Stephen's has offered the perfect place for families and friends

to gather over picnics and listen to some of the best jazz musicians in Colorado Springs and are 100% free to all. Bring a picnic, lawn chairs and blankets. We'll provide beverages (for donation). Concerts take place rain or shine

(we move indoors in the case of weather).

When: The 2024 season begins on May 31 at 7 pm, alternate Fridays through August 23.

Where: In the garden at the corner of N. Tejon and Monument Streets, just blocks north of downtown.

Email: For questions, please contact us at jazz@gssepiscopal.org

Look'ee Here

What: The new band from Mango fan Django founder Archtop Eddy, LOOK'EE HERE explores the roots of jazz and blues, featuring a stroll

from Piedmont blues to Gypsy jazz to New Orleans swing. With Eddy as our guide we'll connect the dots in an adventure for your ears.

When: Fri., June 14 7pm

Tony Exum, Junior

What: Join us for some of the best smooth jazz in Colorado Springs or anywhere as we host saxophonist Tony Exum, Junior. Exum's

musical skill and sense of humor effortlessly connects him with his audience. He exudes the unique chemistry of passionately

seductive soul, flirtatious solos reminiscent of old school R&B.

When: Fri., June 28 7pm

Web: See more at http://www.tonyexumjr.com/

Trēo

What: TREO is a jazz-fusion trio that blurs the styles of traditional jazz, fusion, rock, blues, and progressive funk. With eclectic arrangements

of classic rock tunes, TREO pushes the boundaries into a new genre of jazz. Performing compositions unlike anything in Colorado

Springs, these instrumentalists will undoubtedly surprise the average listener and the ultimate jazz gurus alike.

When: Fri., July 12 7pm

USAFA Falconaires

What: The professional Airmen-musicians in the Falconaires follow a long blue line of talented Air Force Academy bandsmen, dedicated to

serving our great nation. They represent the young men and women at the United States Air Force Academy training to be officers of character who will lead our Air Force and Space Force. The USAFA Falconaires play a major role in cultivating our national heritage

through American jazz!

When: Fri., July 267pm



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Feast of Saint Arnold

What: "Colorado's Family Friendly Beer Festival" showcases the best of Colorado's craft brewers, winemakers, and emerging distilleries.

It is located on the historic grounds of the Chapel of our Saviour Episcopal Church in the heart of the Broadmoor Neighborhood

at the foot of Cheyenne Mountain.

When: June 8, 2024 | 12 pm - 4:30 pm

Where: Chapel of Our Saviour Episcopal Church8 4th St, Colorado Springs, 80906

Web: feastofsaintarnold.com

Stranger Side of Victor & Spirits of Sunnyside Walking Tours

What: Downtown Victor: Local historian, Alicia Petri, will lead a walking tour of downtown Victor, highlighting some of the stranger,

little-known history of the town – from the Labor wars to gunfights and shootouts and more. In addition, learn about the historic

buildings that line the streets, and discover stories about some of the town's citizens.

Sunnyside Cemetery: Local historian Alicia Petri will guide you through the cemetery telling stories of grave robbers, insurance fraud,

-- WOR

and unusual characters.

When: 1st and 3rd Saturdays, June-October 2024

Web: https://victormuseum.com/

Top of the World Rodeo

What: The Cripple Creek Rodeo has fun for the entire family, with special events like the Western Street Dance and the

Chuckwagon Cook-Off. The Top of the World Rodeo includes bareback riding, bull riding, ladies' barrel racing and many

more rodeo events. It's packed with live western entertainment, mutton busting, a street dance, tasty food and lots of fun.

When: June 7-9, 2024

Where: Teller County Fairgrounds, 500 W. Carr Ave., Cripple Creek, CO 80813

Cost: \$5-\$10

Web: https://www.visitcripplecreek.com/event/top-of-the-world-rodeo/

Summer Living History Program

What: Experience Colorado history in style at Rock Ledge Ranch Historic Site. Learn about Native American trade at the American

Indian Area. Make a cornhusk doll at the Homestead Cabin. Discover the hard-working and ingenuous spirit of early pioneer homesteaders and farmers in the 1880s Garden. Perfect your skills at Victorian games and tour the 1870s Rock Ledge House. Listen to the rhythmic 'clink, clink' of the blacksmith's hammer hitting the anvil as you immerse yourself in the life of an 1890s blacksmith. Explore the 1907 Orchard House while you learn about life for Edwardian servants and upper-class citizens of Colorado Springs.

When: June 9, 2024 | 1 pm - 5 pm

Southern Colorado Juneteenth Festival

What: Southern Colorado Juneteenth Festival is the biggest celebration of inclusion to ever be held at America the

Beautiful Park in Colorado Springs. The mission is to bring together people from every background and

community for a time of celebration, music and family fun.

When: June 14 - 16, 2024

Victor Gem & Mineral Show

What: The annual Victor Gem & Mineral Show will be held June 16-18. The event will be held in downtown historic Victor and is free to

the public. The show will include vendors from across the state selling Colorado dug minerals. Items for sale will include polished gems, hand-crafted jewelry, rough slabs, specimens, cabochons, geodes, Cripple Creek turquoise, and more. There will also be gold

and gem panning at the Victor Lowell Thomas Museum.

When: June 14-16, 2024 - Show hours are from 9:00 am to 5:00 pm Friday and Saturday and 9:00 am to 4:00 pm on Sunday.

Web: https://stcfg.com/gem-and-mineral-show/

SUDUKO KEY

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

Crossword Puzzle Solution





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Colorado Springs Western Street Breakfast

When: June 20, 2024 5:30 AM -9:00 AM Where: Downtown Colorado Springs on Tejon St.

Cost: Entry is free and breakfast is just \$5 per person for pancakes, eggs and sausage & coffee, milk or juice.

You may purchase tickets ahead of time at EventBrite and exchange them for a token at the event. Tokens are also available for sale

at the event (cash only). One token gets you one breakfast. If you will not be eating breakfast, entry to the event is free.

Kids 5 and under eat free.

Web: https://www.cswesternstreetbreakfast.com

Pikes Peak International Hill Climb Fan Fest

What: Join the Pikes Peak International Hill Climb on Friday, June 21, in Downtown Colorado Springs and experience this

10-block street party - a celebration of all things automotive! Meet the drivers, see the cars, catch the autograph session

with the Fast 15 qualifiers, visit top sponsors and witness the jaw-dropping, high flying FMX show!

Fan Fest will take place rain or shine! When: June 21, 2024 5:00 PM -9:00 PM

Where: 1 N Tejon St Downtown Colorado Springs

Cost: REE to attend! **Phone:** (719) 685-4400 Web:ppihc.org/fan-fest

Front Range Makers Market

What: Our markets offer a wide variety of 100+ vendors for different styles and budgets. This year marks

our 28th year in Monument. We're thrilled to share our summer market will be bigger and better than ever.

When: June 22-23, 2024 Saturday 9am-4pm & Sunday 10am-3pm

Where: Northwest parking lot Lewis Palmer HS

1300 Higby Rd. Monument, CO 80132

June Jubilee

What: This event is a celebration of fine visual arts and handcrafted goods. It will feature original works of more than

70 juried artists in a wide array of media including sculptures, glasswork, photography, paintings, ceramics, and

woodwork. Also enjoy live music, and community fun. Free admission.

When: June 22nd-23rd 2024 - 11am-6pm both days

Where: Acacia Park in Downtown Colorado Springs - 115 E Platte Ave,

Pikes Peak International Hill Climb

What: The Broadmoor Pikes Peak International Hill Climb is the second oldest motorsports race in America and has been a long-standing tradition in Colorado Springs and the Pikes Peak Region. The Broadmoor Pikes Peak International Hill

Climb encompasses a 12.42-mile trek up Pikes Peak Highway with 156 turns that begins at 9,390 feet and finishes at the 14,115-foot summit. It is truly like no other race. What takes an average person around 1-3 hours to drive, takes these professional daredevils around ten minutes. The current record is an astonishing 07:57.148 and was set by Romain

Dumas in the all-electric Volkswagen I.D. R Pikes Peak in 2018.

This year's race will feature 6 divisions including Unlimited, an exciting all-Porsche group, Time Attack, and Open Wheel

When: Sunday June 25th, Time: 7:30 a.m. (Gates open at 2:30 a.m. on race day)

Where: 5089 Pikes Peak Hwy, Cascade 8099

Parade of Ponds & Waterfalls

What: Purely Ponds & Waterfalls is proud to announce the 18th Annual Purely Ponds Parade of Ponds and

Waterfalls. This self-guided charity pond and waterfall tour will be held from 9am-5pm on Saturday and Sunday, June 29th - 30th, 2024. The Parade of Ponds and Waterfalls will tour several water feature exhibits throughout Colorado Springs, Monument, and the surrounding area. Proceeds from ticket sales benefit the Boys & Girls Club of the Pikes Peak Region with a matching donation from Purely Ponds & Waterfalls.

Event tickets, complete with tour map, addresses, driving directions and descriptions.

Cost: Tickets are just five dollars per ticket and will be available online by June 1st.

This is a self-guided tour; attendees are responsible for their own transportation.

Web: For Tickets: https://purelyponds.com/parade-of-ponds/

Phone: 719.896.0026







Donkey Derby Days

What: For more than 80 years, Donkey Derby Days has topped the list of favorite Cripple Creek events. People

from all over the world descend on downtown, drawn by a chance to watch a race inspired by the town's resident donkey herd, believed to be distant relatives of the original donkeys from the town's Gold Rush days.

When: June 28-30, 2024

Web: https://www.visitcripplecreek.com/event/donkey-derby-days/

Green Box Arts Festival

What: Green Box is thrilled to announce the much-anticipated 16th Annual Green Box Arts Festival. With an impressive lineup featuring

multiple dance companies, esteemed musicians, Pulitzer Prize-winning authors, captivating art installations, and a wealth of community-minded events and health & wellness offerings, along with a comprehensive array of exciting classes, we eagerly

anticipate celebrating the pinnacle of contemporary arts this summer.

When: July 1 to July 14, 2024, in Green Mountain Falls, Colorado. Where: 6990 Lake Street | Green Mountain Falls, CO | 80819

Cost: Make sure to visit our website for the full schedule of events, with specific dates, times, and costs for event.

Some events are free while others have tickets associated with a cost; all events require registration!

Web: https://greenboxarts.org/events/

Phone: (719) 465-3065

Pikes Peak or Bust Rodeo

What: The Pikes Peak or Bust Rodeo 2024 events include bareback riding, breakaway roping, steer wrestling, team roping,

saddle bronc riding, tie-down roping, barrel racing, and bull riding. Over 200 of the best competitors in the business will bring edge-of-your-seat thrills to this year's crowd at the Norris Penrose Event Center. Tuesday through Saturday, evening performances begin at 7 pm, with Matinee performances at noon on Friday and Saturday. There's a ton to do

before the Rodeo begins with grounds opening at 4 pm for evening performances and at 10 am for matinee performances.

Tickets are on sale now and are selling fast! To secure your spot at this unforgettable event, purchase your tickets online directly.

When: July 9-13, 2024

Where: 1045 Lower Gold Camp Rd, Norris-Penrose Event Center Colorado Springs, 80905

Web: PikesPeakorBust.org.

Phone: (719) 635-1101

Taste of Pikes Peak

What: Taste of Pikes Peak brings together restaurants, beverage and industry suppliers to promote the Pikes Peak Region's food and beverage scene while raising funds to support Colorado Restaurant Association - Pikes

Peak Chapter and ProStart programs in regional high schools. Join us in 2023 for a brand new event format on the evening of Thursday, July 27 in Downtown Colorado Springs. This year's event features tastes from more than 60 local restaurants, breweries and distilleries with a concert from the Colorado Springs favorites,

the SofaKillers.

When: July 18, 2024 | 5:00 pm – 9:00 pm Web: https://www.tasteofpikespeak.com/

Rocky Mountain Flower Fest

What: Gather Mountain Blooms is combining a music festival with a farm full of flowers! There will be flower installations for photos, flower

crowns to wear, food trucks to enjoy, lavender lemonade, beer, whiskey tasting, an artisan fair and more! Come enjoy a day with music and flowers at the farm.

When: July 27, 2024 | 4:00 - 9:30 PM

Web: https://www.gathermountainblooms.com/flower-fest

Cost: Festival Pricing- until sold out: \$35 General Admission \$55 General Admission + You-Pick Flowers**







4th of July Celebrations 2024
Colorado Springs celebrates America's Independence Day with a wide array of free community

Colorado Springs celebrates America's Independence Day with a wide array of free community events across the neighborhoods and towns. Festive decorations, fireworks, picnics, and lots of patriotic music make this day so special. From symphonic performances to culinary tours and historic reenactments, the city has something for everyone to celebrate the nation's birthday in style.



What: The Colorado Springs Philharmonic and Colorado Springs Sports Corporation are excited to present the Star-Spangled Symphony & Fourth of July fireworks — a free concert at the Pikes Peak Center in Downtown Colorado Springs, followed by a firework show. In addition to the live concert, there will be a second chance for residents across the county to enjoy the patriotic concert. The performance will be broadcast on several local radio stations in conjunction with 10 fireworks shows and streamed on kktv.com



Cost: FREE

Web: https://www.coloradospringssports.org/events/4th-of-july/

Tri-Lakes 4th of July Celebration 2024

What: The Tri-Lakes 4th of July is a full-day celebration. Partake in the pancake breakfast, annual fun run,

children's parade, main parade, street fair, beer garden and live music.



Pancake Breakfast - Hosted by St Peter's Knights of Columbus Council 11514

When: 7 am - 10 am tickets at the door. Proceeds support local charities.

Where: St. Peter Catholic Church 55 Jefferson St.

Palmer Lake 4th of July Virtual and In-Person Fun Run

What: Run, skip, gallop, walk, shuffle or hustle on July 4th with your friends and family to support Palmer Lake Elementary School

at the 36th Annual July 4th Fun Run! Registration Open!

Monument Hill Kiwanis 4th of July Parade

What: Children's parade and main parade throughout Downtown Monument. Access the Monument Hill Kiwanis Webpage.

When: 9:30 AM

Tri-Lakes Chamber of Commerce Street Fair

What: The Chamber of Commerce will showcase a variety of vendors on Second and Washington Streets, to include festival foods,

arts, local businesses and non-profits. Vendor registration is now open for the street fair.

When: 10:00 AM

Family Friendly Beer Garden in Limbach Park

When: 10:00 am - 5:00 pm - Open to all ages; must be 21 and older to purchase/consume alcohol.

No outside alcoholic beverages will be allowed into Limbach Park.

Live at Limbach! Live Bands at Limbach Park

When: 11:30 am - 5:00 pm -

What: Enjoy live music from Colorado musicians at the Limbach Park Bandshell.

Check out the lineup on our 4th of July Bands and Sponsorship page.

Fireworks Spectacular Night at Weidner Field

What: The Switchbacks FC take on FC Tulsa on the 4th of July FIREWORKS SPECTACULAR NIGHT!

When: Thursday, July 4, 2024 - 7:00 p.m.

Cost: Varies

CHILD

Green Box Arts 4th of July

What: This event features yoga, a pie contest, hikes poetry, dance and music performances. Located in Green Mountain Falls, Colorado at the Green Box Farm Stand. Following the concert, join us around Gazebo Lake as we celebrate the 4th of July, the Green Box Arts Festival and the power of light – as we launch water lanterns designed throughout the festival. A fitting end to Independence Day and the Green Box Arts Festival.

When: Activities all day.; Water lantern launch at 9:30 p.m.

Where: Green Box Farm Stand on Lake Street in Green Mountain Falls

Cost: Free; Water lantern kits available for \$10

Web: https://greenboxarts.org/events/4th-of-july-block-party-stillhouse



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Kick Ledge Ranch Historic Site Family Fourth

Bring your family and celebrate the Fourth of July Rock Ledge style! Experience what life in a Civil War encampment would have been like and enjoy some watermelon. Listen to the Pikes Peak Brass Band or the "Strings and Things" dulcimer band and play carnival games with your kids and learn how to play "Chicken Bingo." Watch the Seven Falls

Indian Dancers perform and go on a wagon ride around the Ranch. Enjoy some delicious ice cream and participate in a pie-eating contest. Hear historic speeches by General Palmer, President Theodore Roosevelt, Susan B. Anthony and Katharine Lee Bates.

Refresh yourselves with old-fashioned soda and popcorn from the Pop Shed and grab a souvenir from the General Store.

When: Thursday, July 4, 2024 Time: 10:00 a.m. - 5:00 p.m.

Where: Rock Ledge Ranch Historic Site Cost: \$4-8; Free for kids 3 and under

Web: https://rockledgeranch.ticketspice.com/family-fourth-2024

Rocky Mountain Vibes vs. Northern Colorado Owlz: 4th of July Fireworks

What: Vibes Baseball is the place to be on the 4th of July! Enjoy a baseball game as we take on the Ogden Raptors

then finish out the night with an amazing post-game fireworks display. We can't wait to see you there!

Sponsored by Vectra Bank.

When: Thursday, July 4, 2024 Time: 6:35 p.m.

When: UC Health Park

When: \$7-18

Web: https://www.vibesbaseball.com/sports/bsb/2024/boxscores/20240704 zkra.xml

Rocky Mountain Food Tours (Original Colorado Springs Food Tour)

What: This popular walking tour features tastings at four to five surprise destinations within walking distance. You'll visit approachable

and one-of-a-kind restaurants in downtown Colorado Springs while hearing local history and fun facts along the way!

When: Thursday, July 4, 2024, Time: 2:00pm, 3-hour tour

Where: Downtown Colorado Springs. Exact location varies on tour choice.

Cost: \$78

Web: https://www.rockymountainfoodtours.com/tour/original-colorado-springs-food-tour/

Dragonfly Paddle Yoga Live Sound bath & Lunch

What: This unique, SUP experience boasts a beautiful backdrop of Cheyenne Mountain and the Rocky Mountain

Front Range. We'll be joined by native birds and dragonflies whizzing by. Led by Dragonfly Paddle Yoga, class will be a blend of gentle flowing postures followed by a live sound bath of Native American flutes during

Savasana. Next we'll savor a yummy brunch served to you on the lake.

When: Thursday, July 4, 2024Time: 8:30 am-10:30 am

Where: Quail Lake Cost: \$55

Web: https://www.dragonflypaddleyoga.com/calendar.html

Banning Lewis Ranch Summer Concert Series

What: Banning Lewis Ranch invites everyone to its summer concert series, promising evenings filled with music, community, and fun. Held at Vista Park, these concerts are free and open to the public. On July 4 from 7 to 9 pm, attendees can enjoy the award-winning sounds of WireWood Station, an Americana group renowned for their Rocky Mountain Acoustic Variety. Alongside the tunes, visitors can explore the vibrant Community Market and indulge in delicious offerings from various food trucks. Organizers kindly request that attendees refrain from bringing pets to ensure a comfortable environment for all.





The Colorado Phoenix Project

4th of July Symphony Above the Clouds

What: Join us for The Colorado Phoenix Project, where we attend this year's Symphony Above the Clouds

which will take place in Memorial Park. Our amazing Team will be onsite to rally with you for the Phoenix Project at this year's Symphony Above the Clouds which will be held in the Memorial Park,

following an old fashioned 4th of July celebration. Plan to join us for a fun event with vendors, food trucks,

and a beer garden. All accompanied by patriotic live music and our favorite annual performance by the Woodland Park Wind

Symphony. Weather depending, there will be LIVE fireworks at dark!

When: Thu Jul 04 2024 at 11:00 am to 08:00 pm

Where: Woodland Park

Old Fashioned 4th of July Celebration

What: The Old Fashioned 4th of July Celebration is a family focused activity which has been happening in Woodland Park for a very

long time. On the 4th, vendors set up and entertainment happens at Memorial Park next to City Hall. There's food, games, patriotic music by Woodland Park Wind Symphony, beer and cocktails. This is a time for visiting with people you know and celebrating

Independence Day.

When: 9:00 AM - 3:00 PM Mountain

Where: Memorial Park 200 North Park Street Woodland Park, CO 80863

Phone: Reach out if you'd like to learn more: 719-233-9902 (Gayle Gross)

Annual Symphony Above the Clouds - July 4th Concert

What: A live symphony music concert. Symphony Above the Clouds is about providing family friendly, cost free entertainment, which

brings business to Teller County and connects residents of the Ute Pass region in a very positive environment.

This delightful event has truly become a community project.

The admission-free public concert is held each July 4th at Memorial Park!

The open-air venue encourages families and friends to come early and bring picnics and/or purchase food from the main fundraising

event of the Panther Pride Booster Club's booth.

When: 5:00 PM - 8:00 PM Mountain

Where: Memorial Park, 200 N. Park Street, Woodland Park, CO 80863

Music at the Depot

What: Bands, vendors and beverages at the Cripple Creek District Museum

Bands:

July 4th, 3:00-7:00 PM – Exit West July 5th, 2:00-6:00 PM – Slope Side July 6th, 2:00-6:00 PM – Jason Lee Band

When: July 4 - July 6

Phone: For more details or contact the Cripple Creek District Museum at 719-689-9540

4th of July Fireworks

What: Come and see the most spectacular fire works display in the Pikes Peak region!! The City of Cripple Creek

will be hosting the 2023 4th of July Fireworks on July 4th starting about 20 minutes after dusk.

The fireworks will be set off from the south side of town, south of Myers Ave.

Help us celebrate our nation's birthday with a bang!

When: July 4 @ 9:30 pm - 10:00 pm

Where: Cripple Creek

Fireworks

Fireworks displays are scheduled starting at 9:15 p.m. on the Fourth.

The following locations will be presenting firework displays, weather permitting:

Banning Lewis Ranch

- The Club at Flying Horse (not open to the public)
- The Country Club of Colorado at Cheyenne Mountain Resort (not open to the public)
- Garden of the Gods Resort & Club (not open to the public)
- Patty Jewett Golf Course (not open to the public)
- Rocky Mountain Vibes at UCHealth Park (ticketed event)
- Valley Hi Golf Course (not open to the public)
- Cripple Creek approx. 9:30 p.m.

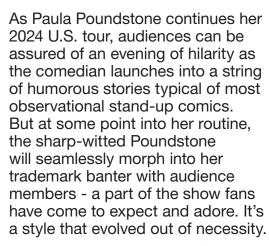




Tinseltown Talks:

Paula Poundstone Loves To Work An Audience

By Nick Thomas



"I've been doing stand-up for over 40 years, but have a terrible memory," said Poundstone by phone from Florida recently, while preparing for an evening event. "I started out doing the five-minute open mic thing and spent years trying to memorize an act. Then I just began talking with the audience. My first thought was that it might be a liability, but one night I realized it was kind of the heart and soul of the whole show. Now it's my favorite part of the evening."

How she selects audience members to engage varies from venue to venue as the blinding house lights will often obscure distant individual faces. Sometimes she'll spot a guest arriving late, or perhaps someone getting up to leave temporarily, while others grab

her attention by yelling out answers to her rhetorical questions - and Poundstone pounces.

"I'll often start with the time-honored question of asking what they do for a living," she explained. "In this way, little biographies of audience members come up and I use that to set my sails! Their profession might remind me of a piece of material I have stored away in my mind and I'll run with it."

A memorable interaction occurred in 2006 during a show recorded for the Bravo cable network. About a half-hour into her performance, Poundstone began questioning an engaged couple who revealed the woman worked for an insurance company and the man was in banking. A seemingly innocuous inquiry about who proposed to whom brought a response from the gentleman, "What kind of a question is that?" prompting immediate gasps from the audience - an opening for the comedian to fire off her frequently heard laugh-inducing response to the crowd's reaction: "I'll handle it!"

And she did, brilliantly, with lightning-fast improvisational skills during a sidesplitting 6-minute interaction with the pair.



"People still come up to me and ask about that one and to this day I wonder whatever happened to the couple and if they did get married," said Poundstone. "And every now and then, someone will ask me if it's all planned - that the people somehow know they will be picked. That always makes me laugh and my response is how would that even be possible? It would require a lot of effort and I wouldn't even know how to begin. This is why my shows are never exactly the same wherever I go."

Like many entertainers with a busy tour schedule, Poundstone has little time for sightseeing (see www. paulapoundstone.com for cities and tour dates).

"I don't get a chance to look around much since the touring only allows me to fly in for a show and then I'm off again," she says. "But I still think it's the best job in the world."

Nick Thomas teaches at Auburn University at Montgomery, in Alabama, and writes about classic film, television, and music for numerous magazines and newspapers. See www.getnickt.org.



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PLAY SUDUKO Key on page 21.

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Garlic Brown Sugar Chicken

The best and easiest chicken ever, baked to crisp-tender perfection along with the most amazing sweet garlic sauce! PREP TIME: 10 min | COOK TIME: 40 min | TOTAL TIME: 50min | SERVINGS: 8

8 bone-in, skin-on chicken thighs

Kosher salt and freshly ground black pepper, to taste

3 tablespoons unsalted butter, divided

4 cloves garlic, minced

1/4 cup brown sugar, packed

1 tablespoon honey

1/2 teaspoon dried oregano

1/4 teaspoon dried thyme

1/4 teaspoon dried basil

2 tablespoons chopped fresh parsley leaves



- 1. Preheat oven to 400 degrees F.
- 2. Season chicken thighs with salt and pepper, to taste.
- 3. Melt 2 tablespoons butter in a Dutch oven over medium heat. Add chicken, skin-side down, and sear both sides until golden brown, about 2-3 minutes per side; set aside.
- Melt remaining tablespoon butter in the skillet. Add garlic, and cook, stirring frequently, until fragrant, about 1-2 minutes. Remove from heat.
- 5. Stir in brown sugar, honey, oregano, thyme and basil until well combined. Return chicken to the skillet.
- 6. Place into oven and roast until completely cooked through, reaching an internal temperature of 175 degrees F, about 25-30 minutes.
- 7. Serve immediately, garnished with parsley, if desired.



This Red White and Blue Poke Cake is filled with strawberry Jello and topped with fresh strawberries and blueberries. It's an easy summer dessert that's perfect for the Fourth of July, Memorial Day or any patriotic holidays! PREP TIME: 10 min | COOK TIME: 30 min | COOLING TIME: 2 hr 30 min | TOTAL TIME: 3 hr 10 min | SERVINGS: 12

1 box yellow cake mix

3 eggs

1 cup water

1/2 cup vegetable oil

1 3-ounce box strawberry Jello

1 cup boiling water

1/2 cup cold water

1 8-ounce tub whipped topping,

like Cool Whip

Fresh strawberries, rinsed,

dried and sliced

Fresh blueberries, rinsed and dried

1. Prepare cake according to directions on box, bake in a lightly greased 13 x 9-inch baking dish, and allow to cool down slightly.

2. Using the end of a wooden spoon handle or a large drinking straw, poke holes all over cake.

3. In a mixing bowl, mix the strawberry Jello powder with the hot water until it dissolves. Then stir in the cold water, and mix well.

- Pour the Jello mixture all over the cake and into the holes. Place in fridge to cool for 2 hours or until set
- Spread whipped topping evenly over cake, then top with rows of strawberries and blueberries. Refrigerate until ready to serve.





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