



Meetings 2nd Wednesdays of month, 9:30 am

February 2024

Broadmoor Community Church, 315 Lake Avenue

President's Notes

Executive Board

President

Mary Kervick 719-649-3658

Karen Cacy has graciously accepted the position of Nominating Chair. The nominating committee will be making calls over the next couple of weeks. Please consider joining the Executive Board next year, your input and ideas are always welcome & needed for the club's continued success.

Vice Presidents

Membership

Liz Burnett 719-368-9488

Activities

Cheryl Eaton 719-331-5554

Thank you to Decorating Divas for the wonderful January meeting food and treats.

Treasurer

Lisa Lucke 719-306-3185

February Program: Happy Valentines Day! Barb Zarish and her band of helpers will be giving a presentation on the history of Valentines Day followed by cookie decorating for everyone to participate in.

Secretary

Wendy Wolfswinkel 719-332-7957

Communication Director

Sharon Wallace 719-482-6298

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Webpage: cmnccos.org

Webmaster: Linda Ewton webmastercmnc@gmail.com Email: cmnewcomers@gmail.com

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Policies : Prospective members shall be required to pay membership dues after attending two club functions or meetings. Former members must rejoin the club to attend any activity or meeting.

CMNC general meetings will be canceled if D-12 schools have a delay or cancellation.

## *February 14th Meeting*

**Lunch Bunch:** Chair: Gini Dugan 507-319-1700  
Wednesday, right after the general meeting

It's been quite awhile since we've visited our nice folks at ***Miguel's Mexican restaurant***, so we'll enjoy their delicious lunches after the February meeting!  
Call GINI at 507-319-1700 cell to sign up before the meeting or be sure to sign up before 10:00 that day! See you soon!!

**Gleaners:** Chair: Barbara Coons 719-375-3231 / 219-973-9555

**Gleaning:** Harvesting for free distribution to the needy, or donation to a non-profit organization for ultimate distribution to the needy.

### FEBRUARY NONPROFIT: SILVER KEY

Vision: The value, worth & needs of all seniors are identified. For over 50 years, Silver Key has served thousands of seniors in the Pikes Peak region. They offer a variety of resources to help them maintain their independence, safety and quality of life, and are a well-known source for the area's older citizens. Notably, they provide Transportation, Nutrition and Senior Assistance programs in addition to providing an emergency food pantry and dispensing diet-specific food boxes for those with medical needs. Silver Key uses donated food to add to commodity boxes, giving clients a more nutritious and varied diet, allowing them to stretch their food budgets even further. They also stock dog & cat food (canned & dry) for pet companions of their clients.

### CURRENT NEEDS:

Shelf-stable protein sources (tuna, peanut butter, canned ham, salmon), fruit, soup/stew, jarred spaghetti sauce, rice and jelly. Low sugar items are also really appreciated. Please make sure none are beyond freshness date.

**Donations may be put in the open trunk of my car, directly next to our entrance at Broadmoor Community Church.**

**Because We Care:** Chair: Lynda DeAngelis 719-440-4643

Please be sure to contact Lynda when you know of any member experiencing any health or life changing experiences. She will send out the appropriate card and in some cases contact the member directly for any follow up. Thank you for your support on this, it really does make a difference.

## *Activities:*

**Decorating Divas.** Chairs: Nancy Price - Weddle 719-332-2644  
Mary Beth Shively 719-527-0612, 520-631-8522

Meets 2nd Tuesday of the month, 1pm to 3pm

February 13th at the wonderful home of Penny Loving, 1655 Rockview Trail

The Divas will be meeting at the unique home of Penny Loving who lives in Kissing Camels. She designed and had it built a few years ago. She will be showing us the many different and amazing features that she has added to her home. If you would like to join us please rsvp to MB. We are limited to the first 15 people!

**Ladies Gourmet.** Chairs: Susan Jones 719-963-5262 Liz Burnett 719-368-9488  
Meets 3rd Wednesday of the month, 11:30am

### *February - two luncheons are being hosted!*

Members can choose one or the other to attend and since the total capacity for the two lunches combined is over 40, we will dispense with the lottery in February.

*February 21, 2024* we will have a *Soups and Salads* lunch. MB Shively has generously provided recipes from her personal collection. Jackie Whipple will host(capacity=26). Lunch is \$20.

*February 23, 2024* our guest chef and soon to be member, Melody Essendrop, presents a *Savory Italian* cooking class. Sharon Cotter will host(capacity=20). Lunch is \$20.

### *March - attend a Cooking Class*

*March 20, 2024* we will feature guest chef, Barbara Santos-McAllister. She will be holding a *Mexican Delights* cooking class. Jackie Whipple will host(capacity=26). The class is \$50 and **we will need payment in February at the CMNC General Meeting.**

**Wine & Friends.** Chairs: Barb Zarish 719-960-6117 Elaine Claussen 719-447-5771  
Meets 3rd Friday of the month, 6pm to 8:30pm.



Next get together is February 16th, a Valentines theme, at the home of Sharon Cotter, 4440 Star Ranch Rd, 80906  
Couples are welcome and should bring a bottle of wine and an hors d'oeuvre to share. Singles please bring your choice of either. RSVP to Barb or Elaine

## *Activities:*

**Reel Deal.** Chair: Chelley Gardner-Smith 719-640-0069  
Meets 3rd Tuesday or 3rd Sunday of the month

We meet at Tinsletown Theater and, for those who are interested, gather for refreshments or dinner after the movie. Tuesday meetings are ladies only; spouses/partners are welcome to attend on Sundays.

**Walkie/Talkies.** Chair: Cheryl Eaton 719-331-5554  
Meets Tuesday mornings. Location TBA

Meets once a week for a moderate 40 minute to 1 hour adventure. Sign up at the meeting and receive a weekly email giving location and time. Join us for fun hikes, friendship and fellowship.

**Inner Strength Tribe.** Chair: Janis Cross 719-294-2371  
Date: TBA Location: TBA

Do you want to step up your mental health and be able to grow your relationships with peace and satisfaction in your life? Are you struggling with how life is sometimes difficult to handle? Come and learn new tools that will teach you to see the world through a new lens. In group sessions, we will explore self-care practices like mindfulness exercises, journaling, or creative expression. **Limit 10 people.**

**UFOs.** Chair: Barbara Nisar 719-394-5499  
Meets 1st Monday of the month, 1:00 pm. Location TBA by email.

A low key group of women who like to chat while finishing their unfinished projects.

**Invest In Yourself.** Chair: Ann Ries 719-577-6333  
Meets 4th Wednesday of the month, 10:00 am. Location TBA.

Group will provide education on various wealth planning topics to include investment, retirement, financial, estate and tax planning as well as ways to manage cash flow, budgeting and funding college savings programs to name a few.

## *Activities:*

**Mah Jongg.** Chair: Maria Polelli Contact: Lu McCoy 719-540-8681  
Meets 1st Tuesday of the month, 1pm to 4pm, home of Maria Polelli.

This is an exciting and challenging Chinese tile game. Everyone on the sign up list will be sent an email with upcoming month's date and time. Reservations will be accepted on a first-come, first-serve basis.

**Pickleball.** Chair: Lu McCoy 719-540-8681  
Meets on Fridays 10am - 12pm. Location: Springs Pickleball, 780 Vondelpark Dr, 80907

Pickleball is the fastest growing sport in America! Join this new group and see what all the fuss is about-I mean fun!

We will play inside (out of the hot sun, cold air or wind), on brand new courts. Try it once and you will be hooked –I mean sold! A paddle, a whiffle-ball thingamajig, and some good sturdy court shoes, and you are on your way!

The nicest people play pickleball – you will have a ball, literally!

**Canasta Hand & Foot.** Chairs: Edna Clark 719-527-1519 Karen Vlasak 719-375-4692  
Lu McCoy 719-540-8681  
Meets 2nd and 4th Thursday of the month, 10am-2/3pm.

Country Club of Colorado, Gates Grille, Cheyenne Mountain Resort (downstairs)

We will teach you if you have never played or are a little rusty. Join us for a few hours, have fun and make friends! We break for lunch around noon.

**Pokeno.** Chairs: Sharon Wallace 719-482-6298  
Tami Dickinson 623-670-8298  
Meets 2nd Monday of the month, 1pm. Location TBA

This game is very similar to Bingo, fun and very easy to learn. We meet at different homes, each player brings an unsigned \$5 gift bag for the gift stash and contributes \$1 towards the grand prize.

	<b>Week 1</b>	<b>Week 2</b>	<b>Week 3</b>	<b>Week 4</b>	
Monday	1:00 pm UFOs	1:00pm Pokeno			Invest in Yourself Date & Time TBA
Tuesday	Walkie Talkie  1:00 pm Mah Jongg	Walkie Talkie  1-3pm Decorating Divas	Walkie Talkie	Walkie Talkie  6:30pm Lets Get Lit	Inner Strength Tribe Date & Time TBA
Wednesday	10:00am Literary Ladies	9:30am General Meeting  11:30am Lunch Bunch	11:30am Ladies Gourmet		
Thursday	2-4pm Nurturing Yourself	10-2pm Canasta Hand and Foot	10am Readers Choice	10-2pm Canasta Hand and Foot	
Friday	10:00 am Pickleball	10:00 am Pickleball	10:00 am Pickleball  6:00pm Wine & Friends	10:00 am Pickleball	
Saturday					
Sunday			Reel Deal		