



Meetings 2nd Wednesdays of month, 9:30 am

March 2024

Broadmoor Community Church, 315 Lake Avenue

### Spring Luncheon

#### Executive Board

##### President

Mary Kervick 719-649-3658

##### Directors

##### Membership

Liz Burnett 719-368-9488

##### Activities

Cheyl Eaton 719-331-5554

##### Treasurer

Lisa Lucke 719-306-3185

##### Secretary

Wendy Wolfswinkel

##### Communication Director

Sharon Wallace 719-482-6298

\*\*\*\*\*

Webpage: [cmnccos.org](http://cmnccos.org)

Webmaster: Linda Ewton

[webmastercmnc@gmail.com](mailto:webmastercmnc@gmail.com)

Email: [cmnewcomers@gmail.com](mailto:cmnewcomers@gmail.com)

\*\*\*\*\*

**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.

Thursday, May 9th, 11 AM- **NOTE CHANGE OF DAY**  
Cheyenne Mountain Country Club, 9 Lake Ave, 80906

#### *Fashion is Fun*

Join us for lunch and fashion show presented by Chicos.

**Cost \$35 per person, payment due by May 1st.**

Cash, check, zelle online, no credit card payments.

Pay at the March or April meeting or mail a check made out to CMNC to: CMNC, PO Box 60001, Cos 80960

Thank you Barb Zarish & Elaine Claussen for baking all those cookies to decorate and for the Valentines Day history lesson. A fun Valentines Day meeting.

We will be presenting the slate of candidates for the 2024/2025 Executive Board at the March 13th meeting. Candidate bios will be sent out prior to Board elections at the April 10th meeting.

**New Newsletter Editor.** Elaine Claussen will be bringing her creative expertise to the newsletter next month. Thank you Elaine, I am very grateful!

## *March 13th Meeting*

### **Program: The Alzheimer's Association**

Wendy Wolfswinkel and Lisa Dowis, a community educator for The Alzheimer's Association, will present Alzheimer's Awareness and answer questions and concerns that members may have with family and friends that have the disease.

**Lunch Bunch.** Coordinator: Gini Dugan 507-319-1700

Wednesday, right after the general meeting

It's been quite awhile since we've visited our nice folks at ***Miquel's Mexican Restaurant***, so we'll enjoy their delicious lunches after the March meeting!

Call GINI at 507-319-1700 cell to sign up before the meeting or be sure to sign up before 10:30 at the March meeting to be a part of the fun group. See you soon!!

**Gleaners.** Coordinator: 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.

### MARCH 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 to 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.**

### *Welcome New Members*

Kathy Houck, Melody Essendrop, Mariah Nicholson, Robin Depies

*Activities:*

*New Activity!*

**Happy Hour Get Togethers.** Coordinator: Peggy Dolinich 719-964-8778

Meets 3rd Monday of the month, 3pm to 4:30pm

Join friends at different breweries for some fun; buy your own food and beers. Just show up, have a beer and great conversation with your community of CMNC women. No previous signups needed. See you there!!

Schedule for next 4 months:

March 18 - Ivywild

April 15 - Mash Mechanics

May 20 - Goat Patch

June 17 - Red Leg

**Decorating Divas.** Coordinators: Nancy Price - Weddle 719-332-2644

Mary Beth Shively 719-527-0612, 520-631-8522

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

The Divas will be meeting at the **Cottonwood Center for the Arts** to participate in a Watercolor Bird Workshop taught by Kris Gideon.

This class, tailored for beginners, will begin to teach you watercolor techniques and skills that you will be able to use immediately on your in-class project. Kris will walk you through each step of the way and go around giving individual guidance. This is another fun and creative event we can learn about and perhaps continue with on our own!

Please rsvp to MB to be included! Hope to see you there!

**Ladies Gourmet.** Coordinators: Susan Jones 719-963-5262 Liz Burnett 719-368-9488

Meets 3rd Wednesday of the month, 11:30am

Watch for future activities in next month's newsletter.

**Wine & Friends.** Coordinators: Barb Zarish 719-960-6117 Elaine Claussen 719-447-5771

Meets 3rd Friday of the month, 6pm to 8:30pm.



Next get together is March 15th at the home of Kim Kacewicz, 535 Bewick Point, 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.

*Look for the email invite!*

## *Activities:*

**Because We Care.** Coordinator: 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.

**Reel Deal.** Coordinator: 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.** Coordinator: 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.** Coordinator: 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.** Coordinator: 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.** Coordinator: 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.** Coordinator: 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.** Coordinator: 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.** Coordinators: 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.

**Pokeeno.** Coordinators: 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 \$8 or more gift bag for the gift stash and contributes \$2 for the blackout round.

	<b>Week 1</b>	<b>Week 2</b>	<b>Week 3</b>	<b>Week 4</b>	
Monday	1:00 pm UFOs	1:00pm Pokeeno	3:00pm Happy Hour Get togethers		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		