



Black Forest Chapter of AARP #1100

"To serve, not to be served"

Chapter Website:

<http://aarpchapter1100blackforest.weebly.com>

March 6th, 2025

MARCH LUNCHEON

King Buffet

801 N. Academy at the Citadel Crossing

Wednesday March 12th, 2025

@ 11:30am - 1:30pm

The easiest way to drive to King Buffet:
South on Powers Blvd to Platte Ave. Right
exit up onto Platte; then Right exit from
Platte up onto Academy Blvd; and then
Right turn into the shopping center. The
King Buffet is by the big Lowes store.
See y'all there in Wednesday the 12th,
11:30am!



2025 DUES

A note from Jim Belk, your friendly Chapter 1100 Treasurer: Yearly Dues are normally due no later than February, but this year has presented some difficulties. I was not able to be at the January meeting and the February meeting had to be cancelled because of weather. I'll be collecting the \$10 Dues (per person) from everyone at the March luncheon who hasn't already paid. Dues will need to be paid by the end of April or you will be dropped from the membership roster. You can also mail the Dues if that is more convenient. We have a mail cubbyhole inside the church.

Black Forest Lutheran Church
Attn: AARP Chapter 1100
12455 Black Forest Road
Colorado Springs, CO 80908-4044

March Events

Board Meeting
7th March Friday
@11:30 iHop

Daylight Savings
9th March Sunday
Spring Forward!

Monthly Luncheon
12th March Wednesday
Luncheon
@ 11:30am-1:30pm
King Buffet at Citadel
Crossing

St. Patrick's Day
17th March Monday

Senior Social
26th March Wednesday
@ 1pm-4pm
BF Lutheran Church

Upcoming Events

04/09/2025 - Luncheon

04/20/2025 - Easter

04/23/2025 - Senior Social

05/05/2025 - Cinco De Mayo

05/11/2025 - Mother's Day

05/14/2025 - Luncheon

05/26/2025 - Memorial Day

05/28/2025 - Senior Social

06/14/2025 - Flag Day

06/11/2025 - Luncheon

06/15/2025 - Father's Day

06/25/2025 - Senior Social

**MARCH LUNCHEON
PREVIEW**

Host/Hostess: Bev and
Jackie Schaab

**Location: BF Lutheran
Church** March 12th, 2025
@ 11:30am - 1:30pm

What's Happening This Month**Committees**

We want all our members involved. If you have interest in a committee, let us know and we'll discuss open opportunities. Detailed descriptions are found in the Handbook.

Audit Committee
Award Committee
Community Services
Finance Committee
Luncheon & Catering
Membership Committee

Nominating Committee
Notification Committee
Programs Committee
Public Relations
Sunshine Committee



Consumer Protection Month: Top Scams of 2025

Recognize, Refuse, Report!

**Call us
Monday-
Friday,
9 a.m.-4
p.m.**

**800-222-
4444
Option 2**



March 2nd-8th is National Consumer Protection Week! This is a time when local, state, and national organizations concentrate our efforts on ensuring that consumers have up-to-date information, resources, and education to help them stay safe and recognize fraud and scams.

The ElderWatch helpline works all year to support Coloradans – regardless of age or AARP membership – in the fight against fraud. This volunteer-staffed resource provides support and next steps through a trauma-informed lens to help victims protect their identities, report fraud to the appropriate authorities, and to remind them that they are not alone.

Though 2025 has just begun, the top 5 scams in terms of call volume that we have received are:

- 1) *Identity Theft (including non-stranger exploitation)*
- 2) *Impostor Business*
- 3) *Impostor Government*
- 4) *Sweepstakes and Lottery*
- 5) *Virus and Tech Support Scams*

When it comes to scams and fraud, we have some tried and true measures to protect yourself, regardless of scam type:

- 1) *Run an annual credit report*
- 2) *Place a credit freeze with each of the 3 credit bureaus*
- 3) *Regularly check your bank and credit card transactions, and remember to look out for unfamiliar transactions, big and small*
- 4) *Never carry your physical social security card with you unless it is absolutely necessary*
- 5) *Recognize that government entities and legitimate corporations will not ask for payment with unconventional payment methods, such as cryptocurrency or gift cards*

If you have questions about fraud or a potential scam, call AARP ElderWatch to speak with a trained specialist who can help.

800-222-4444

Denver Metro Area

303-222-4444

www.aarpelderwatch.org

Health Tips as we close out the Winter season

As we enter a season where communicable diseases such as colds, flu, and other illnesses become more prevalent, we want to share the best ways to help prevent their spread within our community.

Here are some simple yet effective steps we can all take to stay healthy:

Practice Good Hand Hygiene – Wash your hands frequently with soap and water for at least 20 seconds, or use hand sanitizer when soap isn't available.

Stay Home if Feeling Unwell – If you or a loved one are experiencing symptoms such as fever, cough, sore throat, or fatigue, we kindly ask that you avoid visiting until you are symptom-free

Follow Proper Cough Etiquette – Cover coughs and sneezes with a tissue or your elbow to prevent the spread of germs.

Maintain Cleanliness – Frequently disinfect high-touch surfaces like doorknobs, phones, and shared spaces.

Stay Up to Date on Vaccinations – Flu shots and other recommended vaccines are essential in reducing the risk of severe illness.

Wear a Mask if Necessary – If experiencing mild symptoms or during periods of high illness transmission, wearing a mask can help protect others.

If you have any questions or concerns, please feel free to reach out to our team. Thank you for your continued support!

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<p>Black Forest Brewing Co. <i>Craft Beer, Local Food, Event Space Available</i> 11590 Black Forest Road, 80908 (719) 396-2011 www.blackforestbrewingco.com</p>	<p>Black Forest East Tap Room <i>Craft Beer, Food Trucks, Event Space Available</i> 10610 Maltese Point, Peyton, 80831 (719) 888-9501 www.blackforestbrewingco.com</p>
<p>J&B Landscape, LLC Residential & Commercial 11426 Black Forest Road, 80908 (719) 201-7370 Martin Morelos, Owner j.b.landscape@live.com</p>	<p>The Original Black Forest Pies & Grinders <i>Pies, Wings, & More, Dine-In or Take-Out</i> 11470 Black Forest Road, 80908 (719) 495-8555 https://blackforestpiesandgrinders.com</p>
<p>A Quaint Market <i>Home Decor/Craft Supplies/Gifts</i> 12655 Black Forest Road, Ste 124, 80908 (719) 357-5656 www.aquaintmarket.com</p>	<p>Colorado Springs Pies & Grinders <i>Pies, Wings, & More, Dine-In or Take-Out</i> 5490 Powers Center Point, #180, 80920 (719) 282-6888 https://blackforestpiesandgrinders.com</p>
<p>Black Forest Nursery 11420 Black Forest Road, 80908 (719) 424-8175 blackforestnurseryco@gmail.com</p>	<p>Monument Pies & Grinders <i>Pies, Wings, & More, Dine-In or Take-Out</i> 15910 Jackson Creek Pkwy, #120, 80132 (719) 481-8444 https://blackforestpiesandgrinders.com</p>

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<p>Black Forest Fashion Womens Apparel, Accessories, & Gifts (719) 445-2420 black-forest-fashion.com</p>	<p>Great Value Pet Clinic 11580 Black Forest Road, 80908 (719) 646-3580 www.greatvaluepet.com</p>
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<p>Honey Tea & Me 12490 Black Forest Road, 80908 (719) 493-5882 coloradohoneylady@gmail.com</p>	<p>Black Forest Liquor 11450 Black Forest Road, 80908 (719) 495-4106 blackforestliquorusa@gmail.com</p>
<p>The Chicken Coop <i>Darts, Pool, Live Music</i> <i>It's a clucking good time</i> 11627 Black Forest Road, 80908 (719) 495-3189</p>	<p>Rail Stop Fitness Prime Strength & Conditioning 50+ Class 10620 Maltese Point, Falcon 80831 (719) 396-2013</p>

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