

February 2010 Lunch-N-Learn

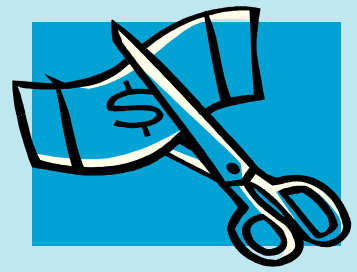
"Retirement 101: Back to Basics"

Wed, February 10th

**SFMC/Northcare Building, 2nd Fl
Julie Penrose Center, Breakout Room
PH/E-Tower Basement Gala Room**

Thurs, February 11th

Time: 12:05-12:35PM



Want to save for retirement, but not sure how? Are you already saving and have questions about the features of the Centura retirement plan? Clueless, but know you need to save? This is the Lunch 'N' Learn for YOU! Presented by Marula Blue, Great West Retirement Representative.

Key points covered:

- Features and benefits of your Centura Retirement Plan
- Investment options
- Internal revenue code basics
- Withdrawal requirements
- Eligibility requirement and how to enroll
- Rollover

Club HIIP's February Hiking Club!!!



Where? Spruce Mountain

When? Saturday, February 13, 2010

What Time? 9:00AM meet at Park & Ride at Woodmen & I-25, carpool available or follow the pack to the park. Dogs are welcome; no stroller access.

DIRECTIONS:

Preferred method- meet at the park and ride.

From I-25, take the Greenland Exit (167) to the west and travel ¼ mile west and ½ mile south.

Bypass the Greenland Trailhead and continue right on the main gravel road (Noe Road) over two sets of railroad tracks and continue another mile to Spruce Mountain Road. Take a left and head south for about one mile to the parking area on your right. Remember, cars and light trucks only.

For more information on the mountain you can view the website below:

http://www.douglas.co.us/openspace/Spruce_Mountain_Trail.html



Questions?
Contact Hike Leader: Lynette Reagan at 448-9905



Park Information
Spruce Mountain Trail ascends Spruce Mountain through a ponderosa pine and Douglas fir forest. The first lookout offers breathtaking views of Greenland Open Space, surrounding buttes, Pikes Peak, the Palmer Divide, Carpenter Creek and thousands of acres of protected open space. There will be plenty of opportunities to gaze off rocky lookouts in all directions. Bring your camera.

Trail is 4.5 miles