

FEATURED COMMUNITY EVENTS

GYM ORIENTATION | *Mondays*

If you are interested in using the Fitness Center, join the Resident Enrichment Director on Mondays to learn all about the equipment offered!

COLORADO PAINTING NIGHT | *Thursday, August 1st*

Come celebrate Colorado Day with the Little Red Hen Painting Studio! We will be painting a well-known Colorado landscape on canvas. Join us in the Creative Arts Studio from 6:00-8:00 pm.

ROOT BEER FLOAT POOL PARTY | *Tuesday, August 6th*

Grab your suit, sunscreen and floatie & join us at the pool! We will be having root beer floats while enjoying the warm summer weather!

LINE DANCING | *Friday, August 9th*

Want to learn line dance but afraid to try? Or perhaps you learned some time ago and your boots have gotten rusty? Join us at 1:30 pm to learn the basics of line dancing, with an emphasis on fun!

NUTRITION WORKSHOP 101 | *Monday, August 19th*

Join us for a session with Sally Hammer, registered dietitian and functional medicine nutritionist, to dive deeper into the foods that fuel your body. In this session we will break down the roles of carbohydrates, fats and proteins. This workshop will highlight an easy and healthy recipe that you can try at home!

THE FUNDAMENTALS OF ART I | *Thursday, August 22nd & Thursday, August 29th*

This class will focus on basic composition of art and working on a personal art piece! Join art teacher, Kelly on Thursday, August 22nd & Thursday, August 29th from 9-11 am.

"WHAT HAPPENS WHEN THE PAYCHECKS STOP?"

| *Tuesday, August 27th*

Join us at 3:00 pm as local financial advisor, John Prichard, provides sight into what happens when the paychecks stop upon retirement. We'll examine how to budget for retirement expenses and your potential sources of retirement income.

FEATURED OFF-SITE COMMUNITY EVENTS

LAKEWOOD FARMERS' MARKET

Mile High Church | 9077 W Alameda Ave | Lakewood 80215
Saturdays | July 6th – September 28th
10:00 am – 2:00 pm

CITY PARK JAZZ

City Park | 700 Colorado Blvd | Denver 80206
Sundays | July 7th – August 4th
5:00 pm – 8:00 pm

JEFFCO FAIR & FESTIVAL

Jeffco Fairgrounds | 15200 W 6th Ave Frontage Rd | Golden 80401
Friday - Sunday | August 9th - August 11th

FORT COLLINS PEACH FESTIVAL

Civic Center Park | Fort Collins 80521
Saturday | August 17th
9:00 am - 5:00 pm

SPENDING 20 MINUTES IN A PARK MAKES YOU HAPPIER

Spending time outdoors, especially in green spaces, is one of the fastest ways to improve your health and happiness. It's been shown to lower stress, blood pressure and heart rate, while encouraging physical activity and buoying mood and mental health.

Here are five good reasons to get outdoors:

YOUR VITAMIN D LEVELS WILL RISE

YOU'LL BE HAPPIER

YOU'LL GET MORE EXERCISE

YOUR CONCENTRATION WILL IMPROVE

YOU MAY HEAL FASTER

Join us on August 1st for a short hike through Red Rocks Park as well as Thursdays & Fridays to take a leisure walk through Lakewood's local parks!

WELCOME TO YOUR AVENIDA LIFE

AvenidaPartners.com | (720) 705 - 0055 | August 2019
11001 W 15th Pl. | Lakewood, CO | 80215



Trudy J. Stephens, Executive Director

Welcome to your Avenida Life! What a whirlwind of fun and challenges we experienced in July. It is so exciting to know we have 39 apartments occupied and that residents are already enjoying the amenities and programs.

The month of August will bring us a round of "Firsts" - Our first Town Hall meeting will be held in the Great Room and I look forward sharing community ideas. Make sure you sign-up for the first off-site hike with Sadie. If you recently moved in, plan to attend your first Happy Hour, it's a great way to meet your neighbors. Our Concierge, Laura, begins her day with the set-up of the Continental Breakfast and has shared how nice it is to see residents gathering to start their day with new friends.

We are appreciating your patience as the staff responds to your questions, we are learning this beautiful community with you. Did you know August is National Wellness Month? Let's have fun with all the events Sadie has planned!

WAYS TO CELEBRATE NATIONAL WELLNESS MONTH

Drink more water

Water lubricates joints (especially as we age!) and transports nutrients for energy and health. Try adding fruit and veggies to your water for flavor and vitamins!

Get outside and exercise

Enjoy a nice walk around the neighborhood or if it's too hot, enjoy a workout in the fitness center. Remember, that any exercise is better than none.

Practice deep breathing

Stress has a way of hurting your health -- and interfering with your breathing. Try the 4-4-8 technique for breathing. Breath in through your nose for a count of four, hold your breath for a count of four, breath out your mouth for a count of eight.

Cut back on Sugar

Sugar can make you feel tired and grumpy and it's found in almost everything. The American Heart Association recommends aiming for 6 teaspoons per day. Try drinking water instead of soda, using cinnamon instead of sugar, put fruit in your yogurt or oatmeal.

Slow down

When you spend your days in a feverish rush, you miss out on special subtleties and nuances that speed by. Try slow walking for a way of actively meditating and enjoy your surroundings.

Kraft, S. (2018, August 16). *15 Ways to Celebrate National Wellness Month*. Retrieved from www.healthywomen.org