

## CLUBS & GROUPS AT AVENIDA LAKEWOOD

**Poker Night** | *Tuesdays at 7:00 pm*

See Herm Trabbic for more information.

**Mahjong** | *Sundays at 2:00 pm, Tuesdays at 7:00 pm & Thursdays at 11:00 am*

See Pat Trabbic for more information.

**Bridge** | *Saturdays at 6:00 pm*

**Book Club** | *5th Thursday of the month at 3:00 pm*

Join your neighbors to discuss the book of the month and be a part of the next book picked!

**Crafts n' Creations** | *Wednesdays at 11:00 am*

Join us every Wednesday of the month to finish projects in good company.

**Movie Club** | *First Monday of the month at 3:00 pm*

Be a part of movie club and share your suggestions.

## CALENDAR EVENTS REQUIRING RSVP

NATIONAL TACO DAY CELEBRATION  
NEW RESIDENT WELCOME PARTY  
CERAMICS ART CLASS  
PAINTED COLLAGE ART CLASS  
DRAWING ART CLASS  
WALKING CHALLENGE CELEBRATION  
OKTOBERFEST BEER TASTING  
SUNDAY CHAMPAGNE BRUNCH  
SOCIAL SECURITY SEMINAR  
CRIME PREVENTION SEMINAR  
COSTUME PARTY

## WALKING CHALLENGE CELEBRATION

**Monday, October 14th**  
**3:00 pm - 4:00 pm**

**Prizes will be awarded to the top 3 people  
who walked the most steps!**

**Food & drinks will be provided**

**Please RSVP with Sadie**

## FEATURED COMMUNITY EVENTS

**8 KEYS TO STRESS, PAIN & YOUR BRAIN** | *Tuesday, September 1st*

Join Sylvia Goroski, Certified Postural Neurologist, in a seminar that will introduce tools you can use to alleviate chronic pain conditions.

**FUNDAMENTALS OF PHOTOGRAPHY** | *Mondays, Thursdays & Fridays*

Designed for people at all levels, these 24 lectures are an engaging guide to how photographs work and how to make them work better for you.

**ACTIVE AGING AT AVENIDA** | *October 8th at 2:00 pm*

Join us in a video call with residents from Avenida Cool Springs in Tennessee! We will be announcing which community walked the most steps during Active Aging Week! The winning community will win a Pizza Party - come cheer for Lakewood!

**MASTERS OF MINDFULNESS** | *Mondays & Thursdays*

Join 11 top researchers of mindfulness as they breakdown what modern science and contemporary research have revealed about this ancient practice and the many ways in which it can benefit your life.

**CRIME PREVENTION SEMINAR** | *Mondays*

Join Cary, from the 1st Judicial District Attorney's Office in Jefferson County for a three-part series on Crime Prevention  
Monday 10/21 - ID Theft Prevention  
Monday 10/28 - The 5 Red Flags of Scams  
Monday 11/4 - Elder Abuse RX

ARE YOU READY FOR  
HALLOWEEN!?

# COSTUME PARTY

**Wednesday, 10.30.2019**  
**2:00 PM - 4:00 PM**

Prizes will be given out for Overall Best Costume, Scariest Costume, and Most Creative Costume. Food and drinks will be provided. See you there!

# WELCOME TO YOUR AVENIDA LIFE

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



"May you Fall in love with October  
and all the beauty it brings,  
May your life be as colorful as  
the turning of the leaves,  
On each blessed autumn day"  
-Charmaine J. F

At Avenida Lakewood, we believe that providing our residents with a rich array of services and programs—along with a great place to call home—is the key to active, healthy, and engaged living. That is why we offer our Five to Thrive™ Resident Enrichment Program, which was developed utilizing findings from a 10-year study on aging. The study found that five key areas have been shown to have a direct impact on healthy aging: Life Activity, Material Security, Physical and Functional Fitness, Cognitive Efficacy, and Social Resources.

Let's explore one of those key areas in more detail: **Material Security**. Retirement is a long-awaited and well-deserved stage in life—a stage in which we step away from the daily demands of career and focus on our self-improvement and spending quality time with friends and family. However, for many seniors entering retirement, the idea of losing a regular paycheck can bring about anxiety and trepidation. With careful planning and guidance from financial professionals, however, we can enter our golden years with a strong sense of Material Security—the peace of mind we feel when we know that we are properly managing our funds to ensure a long and plentiful retirement.

Our Five To Thrive Calendar provides a number of classes and seminars to improve our residents' material security such as: financial planning, long-term care planning, avoiding senior scams, and spending wise in your retirement years.

## ACTIVE AGING WEEK

Active Aging Week (AAW) is upon us, an annual celebration of aging and the benefits of active living at any age; AAW showcases the capabilities of older adults as fully participating members of society.

At Avenida Lakewood we embrace aging and promote active, healthy, and engaged living every day through our Five To Thrive Resident Enrichment Program. In recognition of AAW, (October 1 – 7) we will be hosting events that demonstrate the physical, intellectual, social, and emotional ability of our residents.

During AAW, join Sylvia Goroski, Certified Postural Neurologist, in a seminar discussing strategies that will help restore balance in the central nervous system resulting in a sense of calmness and relaxation. Gather in the Great Room to enjoy a Heart Healthy Happy Hour. Enjoy the fresh air with Chair Yoga in one of our courtyards! Challenge your brain and your neighbors with Brain Teasers and join friends to celebrate National Taco Day!



EVENTS HAPPENING IN YOUR COMMUNITY

**Lakewood Symphony Orchestra presents Fall Concert** | Lakewood Cultural Center | 470 S Allison Pkwy | Lakewood 80226  
Join the Lakewood Cultural Center for a Fall Concert on Thursday, October 3rd at 7:30 pm. Tickets start at \$12. You can purchase tickets online at **lakewood.showare.com**

**Cider Days** | Lakewood Heritage Center | 801 S. Yarrow St. | Lakewood 80226  
Join us for the 44th annual Cider Days Festival on Saturday, October 5th to Sunday, October 6th from 10:00 am to 5:00 pm. Cider Days celebrates the area's agricultural heritage with an entertaining mix of live performances, activities and tasty harvest treats. You can purchase tickets in advance for \$6 at **lakewood.showare.com** or the day of for \$8. Avenida will not be providing transportation.

**Active Minds Lecture Series: Zimbabwe** | Applewood Place | 2800 Youngfield St. | Lakewood 80215  
Join Active Minds on Thursday, October 3rd as we review Zimbabwe's history as a former British Colony, the nominally independent country of Rhodesia, and a 15 year civil war involving complicated race relations. Call **303-233-4343** to RSVP.

**First Friday at 40 West Art District** | 1560 Teller St | Lakewood 80214  
Want to see the District in action? Join us on the First Friday of every month when all of our galleries and creative business are open to the public. Things kick off at 5:00 pm with slightly varying hours. There's always something to do on First Friday at 40 West Arts District including tons of artwork on display, beer & wine, light bites, live music, and much much more!

**50th Anniversary Artwork Community Reception** | Addenbrooke Park | 600 S Kipling Pkwy | Lakewood 80226  
You are cordially invited to celebrate Lakewood's past, present and future at a 50th Anniversary Artwork reception. The reception will take place at Addenbrooke Park near the Garrison St. entrance on Saturday, October 12th from 1:00 - 3:00 pm. Guests can view the new public artwork "Echoes and Reflections," meet hometown artist Collin Parson and hear remarks from Mayor Adam Paul.

**Illuminar Aerial presents Sleepy Hollow** | Lakewood Cultural Center | 470 S Allison Pkwy | Lakewood 80226  
Journey back to the 1700's on Friday, October 25th at 7:00 pm and Saturday, October 26th at 5:00 pm, where the ghost of the Headless Horseman haunts the town of Sleepy Hollow, New York looking for his long lost head. Watch as aerialists, dancers, and circus artists take you on the tale of this classic story of mystery, murder and mischief. Tickets start at \$22 and can be purchased at **lakewood.showare.com**

**Golden City Historic Ghost Tour & Pub Crawl** | 1209 Washington Ave | Golden 80401  
Stories come to life as you learn about the ghosts who haunt the streets of Old Golden City, all while enjoying the many pubs in downtown Golden! Tours are offered on the 2nd & 4th Saturday of the month beginning at 8:00 pm at Oh Susanna Vintage Photo at 1209 Washington Ave. Tickets are \$25 and can be purchased at **www.goldenghosttour.com**

MOVIES AT AVENIDA

**Saturday, October 5th at 7:00 pm: Night at the Museum**  
Fantasy/Comedy PG | Starring: Robin Williams, Amy Adams & Ben Stiller | Based on the book Night at the Museum by Milan Trenc, a newly recruited night security guard at the Museum of Natural History discovers that an ancient curse causes the animals and exhibits on display to come to life and wreak havoc.

**Saturday, October 12th at 7:00 pm: Inception**  
Sci-fi/Adventure PG-13 | Starring: Leonardo DiCaprio, Joseph Gordon-Levitt & Ellen Page | Nominated for "Best Picture" at the Academy Awards, Dom Cobb is a skilled thief, the absolute best in the dangerous art of extraction, stealing valuable secrets from deep within the subconscious, during the dream state when the mind is at its most vulnerable.

**Saturday, October 19th at 7:00 pm: Sherlock Holmes**  
Action/Adventure PG-13 | Starring: Robert Downey Jr, Jude Law & Rachel McAdams | Detective Sherlock Holmes and his stalwart partner Watson engage in a battle of wits and brawn with a nemesis whose plot is a threat to all of England.

**Saturday, October 26th at 7:00 pm: Clue**  
Drama/Mystery PG | Starring: Eileen Brennan, Tim Curry & Madeline Kahn | Based on the popular board game, this comedy begins at a dinner party hosted by Mr. Boddy, where he admits to blackmailing his visitors. These guests, who have been give aliases, are Mrs. Peacock, Miss Scarlet, Mr. Green, professor Plum, Mrs. White and Col. Mustard. When Boddy turns up murdered, all suspects, and together they try to figure out who is the killer.

SOCIAL HOUR & ENTERTAINMENT

**Thursday, October 3rd at 3:00 pm**  
Dean  
Cello Player

**Wednesday, October 9th at 4:00 pm**  
Larry O'Connor  
Piano Bar Happy Hour

**Friday, October 18th at 4:30 pm - 6:00 pm**  
Oktoberfest show  
Hal and Evelyn Rutenberg Duo - Piano & Accordion

**Thursday, October 24th at 6:30 pm**  
David Potter  
Country & Bluegrass

**Wednesday, October 30th at 5:30 pm**  
Miguel Espinoza  
Flamenco Guitar