

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 | *Thursdays at 6:00 pm*

Book Club | *December 19th 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 for future movie showings.

Happy Crafters | *Dec 1st at 4:00 pm & Fridays at 11:00 am*

Join us in the Creative Arts Room to work on holiday crafts!

Interfaith Conversations | *December 19th at 6:00 pm*

Join us for the first month of conversation about Happiness. All religions or no religion welcome! See Nancy Jones for more information.

Want to set up a new club or group, see Sadie to set it up!

You're Invited

CALENDAR EVENTS
REQUIRING RSVP

12/4:

GINGERBREAD HOUSE
DECORATING HAPPY HOUR

12/10:

SALAD IN A JAR

12/11:

HOLIDAY GIFT MAKING

12/15:

SUNDAY CHAMPAGNE BRUNCH

12/18:

UGLY SWEATER
COOKIE EXCHANGE PARTY

*Please sign up in RSVP Book located
in Mail Room*

FEATURED COMMUNITY EVENTS

RESIDENT FORUM | *2nd Tuesday of the month at 3:00 pm*

The Resident Forum meets monthly in the Great Room to receive information from Trudy and to discuss issues of interest.

MINUTE MEMOIRS - GIFT GIVING | *Dec. 3rd at 3:00 pm*

Join Fran Myers for a Minute Memoir writing class. Minute memoirs are "literary snapshots" of your life's story. They are gifts in the making and in the giving! Hope to see you there!

INTRODUCTION TO ACUPUNCTURE | *Dec. 6th at 11:30*

Join Corine for talk about acupuncture and how to support your body through the winter. We will learn about specific foods and self protocols that you can do to get the most out of winter.

NUTRITION WORKSHOP: GUT & JOINT HEALTH
December, 6th at 3:00 pm

Join Sally Hammer, Registered Dietitian as she dives into the importance of gut & joint health. She will discuss foods that benefit our gut & joints as well as share a recipe to encourage health in those areas!

SALAD IN A JAR | *December 10th at 11:00 am*

Join Shakti Whole Health Studio for another round of Salad in a Jar! If you participated last month - please bring your jars! **If you would like to help prep vegetables please arrive at 11:00 am. If you want to just fill your jars, please arrive at 11:30 am.**

CHALLENGER CPR EDUCATION | *Dec. 14th at 12 - 3 pm*

Attend this 3 hour course to become certified in CPR, learn for the first time or refresh your skills. Course is taught by Rich Pacerelli from Challenger CPR in the Yoga Room. **The course is \$40 per person.**

PROFILE BY SANFORD DISCOVERY | *Dec. 18th at 3:00*

Come learn about Profile & how they can help you. Profile offers the most complete solution for healthy weight loss and healthy lifestyle change! Nutrition, activity, and lifestyle coaching tailored to your DNA.

INTERFAITH CONVERSATIONS | *Dec. 19th at 6:00 pm*

Join resident, Nancy Jones once a month for a discussion group. This month we will be discussing Happiness and how this topic is explained through different religions. All religions or no religions welcome!

WELCOME TO YOUR
AVENIDA LIFE

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

The holidays are here! This time of year should be a festive and celebratory season filled with joy, happiness, and special gatherings that allow you to spend quality time with your family and friends. However, the holidays can easily become a stressful and overwhelming ordeal. Here are a few helpful tips to ensure your holiday season is a merry one!

Weather: As you make your way out for a holiday party or shopping excursion, be aware of the icy or wet walkways that you might come across. Make sure to bundle up in the proper attire and footwear.

Make Healthy Choices: One of the most enjoyable parts of the holiday season is indulging in all the delicious meals and endless sweet treats. Treat yourself, but make sure to keep portion control in mind. Estimate a serving size, add vegetables and salad to your plate, and limit your dessert intake.

Stay Hydrated: Drink plenty of water this holiday season. Lack of hydration will leave you feeling drained and fatigued. Toss a water bottle into your purse or bag when running errands. If you enjoy holiday cocktails, be sure to enjoy them in moderation.

Take Time for Yourself: In between the shopping trips, cooking, and social gatherings, make sure to carve out some time for yourself. Relax, take a nap, curl up on the sofa and read a book, or watch a Christmas classic while sipping on some hot coco. Amid all the ongoing celebrations, it is important to dial things back for a moment and unwind.

From all of us at Avenida Partners, we wish you and your family a safe and happy holiday season!

happy
HOLIDAYS

"Winter is the time for comfort, for good food and warmth, for the touch of a friendly hand and for a talk beside the fire: it is time for home."
- Edith Sitwell

*Join us for brunch the third
Sunday of the month!*

*Omelet Station w/ onsite chef
\$20 per person*

Sunday, December 15th
11:00 am - 1:00 pm

Sign up in the Mail Room
RSVP by Wednesday, December 11th

UGLY SWEATER COOKIE EXCHANGE PARTY

Wednesday, December 18th

4:00 pm - 5:00 pm

Great Room

Entertainment by Gregg Green

Please bring 2 dozen cookies & recipes to
exchange!

Appetizers & drinks will be provided

Sign up in the Mail Room

RSVP by Monday, December 16th

Challenger CPR/First Aid Class



CPR & First Aid
Training Class

Join Rich from Challenger CPR Education to
become certified!

This class will run from 12 pm - 3 pm

\$40 per person

Jan's Happy Tappers Holiday Show

Monday, December 9th

2:00 pm

Great Room

Enjoy a holiday show performed by Jan and her
tap dancers!



Each year, Boys & Girls Clubs partner with CBS4, King Soopers and 97.3 KBCO to collect new and unwrapped toys
to ensure every child & teen is able to open a gift this holiday season! Consider donating gifts like art supplies,
games, books, clothes, or gift cards. **We will have a box in the Mail Room from December 9th until December
23rd for donations!**

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