

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 | *January 16th 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 | *1st Wednesday of the month at 11:00 am*

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

Happy Crafters | *January 10th at 11:00 am*

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

Interfaith Conversations | *January 16th at 6:00 pm*

Join us this month for a conversation on Sorrow & Grief. All religions or no religion welcome! See Nancy Jones for more information.

Away with Words Creative Writing Class | *Jan 18th*

Join resident, Sue Petrovski in her monthly creative writing class!

Avenida Singers | *Fridays at 12:45 pm*

All levels of singers welcome! See Becki Sharp for more info!

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.

BEMER PHYSICAL VASCULAR THERAPY | *Jan 6th*

Improve your life in 16 minutes! BEMER applications boost the blood flow, thus benefiting the body's cardiac system, regenerative abilities and event mental acuity. Join Howard on a introduction about BEMER and demonstrations of the devices.

MINUTE MEMOIRS | *1st Tuesday 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! We will be sharing our holiday memories from December's class! Hope to see you there

DREAMS | AWARENESS | MEDITATION | *Wed. Jan, 8th*

Join Mary for a monthly program based on Dreams, Awareness, & Meditation. We will discuss current events, personal history, nightly dreams, ways to stay positive and keep yourself grounded. This program runs about 2 hours. Hope to see you there!

WISDOM, WEALTH & PURPOSE SERIES | *Jan 16th*

Make good on your New Year's Resolution! Join us in a fast-paced, fun, and purely educational financial literacy class series to help you improve your retirement security. In this popular 4-week series you will learn about the 6 tenets of comprehensive financial planning including tax planning, investments, and estate planning to name a few, and how to recognize and overcome innate emotion-driven behaviors that can lead us astray. Don't miss out!

TECH TUESDAY - BUTTERFLY MX | *Jan 21st at 3:00 pm*

Join Sadie in the Great Room to learn about the Butterfly MX application that allows residents to let guests inside the building after hours!

NUTRITION WORKSHOP - BLOOD SUGAR BALANCE FOR ALL | *Jan 24 at 3:00 pm*

Join registered dietitian, Sally Hammer as she discusses blood sugar! She will discuss diet trips and tricks to help balance your blood sugar as well as share a recipe related to this topic! Hope to see you there!

WELCOME TO YOUR AVENIDA LIFE

AvenidaPartners.com | (720) 705 - 0055 | January 2020
11001 W. 15th Pl. | Lakewood, CO | 80215

Happy New Year! On January 1, millions of people will make New Years resolutions. Here are three tips to help you succeed in 2020!

A new year, a new you. It's a pleasing, hopeful thought that most of us cling to after two months of high-calorie consumption with friends and family.

So we make a New Years resolution. Almost always our resolutions are aligned to improve our physical health in some way: eat healthier, exercise more, get better sleep. We might also make resolutions to benefit our emotional and intellectual needs. According to a study at The University of Scranton, just 40% of people will still be going strong come June. Here are a few tips that will serve you well along the way:

Think Small: It's always tempting to make a resolution that will transform you by the end of next year. But the reality is that it's much easier to say you will get up at 5 a.m. each morning to hit the treadmill than it is to actually do it. Only make a resolution that is attainable!

Give Yourself a Break: If you cheat on your diet or skip a day of exercise, go easy on yourself - keep in mind that this is a personal goal!

Visualize, Focus & Commit: First, visualize yourself doing what you set out to do. More often than not, what might seem like one resolution is actually many resolutions packaged together. Break them down and map them out. Then, focus every day on your behavior and remind yourself why you chose to do this!

From all of us at Avenida Partners, we wish you and your family a wonderful New Year!

Happy NEW Year

“JANUARY,
The first month of the year,
A perfect time to start all over again,
Changing energies and deserting old moods,
New beginnings, new attitudes”
— Charmaine J Forde

You're Invited

CALENDAR EVENTS REQUIRING RSVP

- 1/10: HAPPY CRAFTERS**
- 1/10: LADIES AFTERNOON TEA**
- 1/13: COMPLETE COMPANION MOBILE VET**
- 1/15: PIZZA & WINE HAPPY HOUR**
- 1/17: MEN'S CORNER | LUNCH OUTING**
- 1/19: SUNDAY CHAMPAGNE BRUNCH**
- 1/24: COOKING CLASS | SHEET PAN DINNER \$15ea**
- 1/28: NATIONAL BLUEBERRY PANCAKE BREAKFAST**

Please sign up in RSVP Book located in Mail Room

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

***Breakfast Lasagna Buffet
w/ Biscuits & Gravy
\$20 per person***

Sunday, January 19th

11:00 am - 1:00 pm

Sign up in the Mail Room

RSVP by Tuesday, January 14th

Men's Corner | Lunch Outing
Teller's Taproom & Kitchen

Friday, January 17th
Meet in Lobby at 11:30 am

Limited Space
Sign up in the Mail Room

Ladies Afternoon Tea

The ladies of Avenida Lakewood are invited to a Friday afternoon tea on January 10th at 3:00 pm! Bring your favorite tea cup and cookies and gather in the Great Room. We will provide the hot water, tea sandwiches and the tea bags. Sip on some tea and enjoy an afternoon with the girls!

If you would like to attend, put your name down in the RSVP Book in the Mail Room by Wednesday, January 8th.

We look forward to seeing you there!

National Blueberry Pancake Breakfast

**Tuesday, January 28th
Great Room
8:00 am - 10 am**

**Join us for National Blueberry
Pancake Day! Culinary Wave will be
providing pancakes with all the
fixings & fresh fruit!**

**RSVP in the Mail Room by January 23rd **



Our Good Neighbor, Complete Companion Care will be here out front with their mobile vet **January 13th, from 10:00 am - 12:00 pm for 15-min time increment appointments.** Please sign up in the mail room for a time slot to bring your pet down to the mobile vet. Hannah and Robyn will go up to apartments for those with cats or those who can't make it down with their pet.

Each year, Boys & Girls Clubs partners 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!**