



AVENIDALIFE

SHARE THE EXCITEMENT

Spread the word, enjoy the reward!
Refer a friend or family member to our community and you'll receive a special referral reward if they place a deposit during the month of January: a \$1,500 rent credit.

STAY INFORMED

Tuesday, January 12th at 3:00 PM
Virtual Resident Forum

RESIDENT BIRTHDAYS

- Ivy Gillespie

Connie Montero

Susan Ciazza

Pat Gozzola

Bob Ticknor

Betty Lou Sundseth
- Jody Sanchez

Janie Ticknor

Karen Bellafatto

Elaine Nusz

Hilda Coleman

Leona Blanck



From Small Wins To Bigger Goals

The New Year brings a renewed focus and energy for achieving health and fitness goals. While this can be an exciting and inspiring time of year, creating and achieving long-term goals can often feel overwhelming. Therefore, setting short-term goals to work toward small wins can help create sustainable habits that lead to long-term success. Here are some tips for creating a strong foundation focused on preparation and continuous motivation to achieve small wins that progress into bigger goals:

- Initial Reflection:** Prior to setting any goals, take some time to reflect on who you are, what you want to achieve and why, what motivates you and your confidence in your ability to maintain successful habits.

Set long-term SMART goals: Following your reflection, set goals that are Specific, Measureable, Attainable, Relevant to your values and Time-bound.

Create an action plan to achieve your SMART goals: Once you have established your long-term goals, create a plan that consists of smaller short-term goals to help you strive toward long-term success. The short-term goals should consist of two separate aims: (1) to set weekly behavioral objectives (2) to set small biweekly or monthly benchmarks.

Celebrate small wins with rewards: Take the opportunity to celebrate your small wins by rewarding yourself with something you enjoy that does not hinder your progress. The celebration can include a fun activity, or a tangible reward.

Plan for setbacks: There are always challenges and barriers you may face on your road toward achieving your goals. Therefore, during your self-reflection, identify potential barriers and establish ways to overcome these barriers when creating your action plan.

Reflection, preparation and celebration of small wins can be effective tools in helping you tackle your larger long-term health and fitness goals. By taking the time to establish an action plan that leads to positive behavior change, you can have success in achieving small wins that lead to bigger goals to start fresh in the New Year.

YOUR AVENIDA TEAM



Trudy Stephens
Executive Director
Ext. 1001



Shelly Stewart-Girton
Sales & Marketing Director
Ext. 1002



Stephanie Marshall
Residency Counselor
Ext. 1003



Linda Richter
Business Office Director
Ext. 1004



Sadie Kice
Resident Enrichment Director
Ext. 1005



Juan Flores
Maintenance Director
Ext. 1006



Laura Stafford
Concierge
Ext. 1000



Colleen McGlocklin
Concierge
Ext. 1000

COMMUNITY HIGHLIGHTS

NEW YEAR, NEW HOBBY

Welcome to 2021! We want to create a year full of new opportunities and encouragement to find new hobbies. Our 2021 motto at Avenida Lakewood is “New Year, New Hobby” and each month we will provide unique and engaging programs to allow you to enjoy something new!

January Hobbies: Cooking & Tea

Mondays at 11:00 AM | Soup in a Jar

January is national soup month and we want to celebrate with you by making a new soup each week! Avenida will provide mason jars and recipes. Residents are responsible for purchasing ingredients. Space is limited.

National Tea Month

Interested in learning more about tea? Join us in January for a variety of programs based on history, healing attributes and tea drinking customs throughout the world.

VIRTUAL ARMCHAIR TRAVELER

Tuesday, January 12th at 3:45 PM \$ | France

Come travel and experience the world right here from the comfort of Avenida! We will be adventuring in Paris, France. A French dinner will be catered for pick up in Great Room. Space is limited.

Thursday, January 28th at 3:45 PM \$ | China

Come travel and experience the world right here from the comfort of Avenida! Celebrate the Chinese New Year with us, we will have a Chinese dinner catered for pick up in Great Room. Space is limited.

AMERICAN LUNG ASSOCIATION | TAKE THE STAIRS DAY

Wednesday, January 13th

National Take the Stairs Day reminds us all that a healthy lifestyle is achieved just one step at a time. The American Lung Association is calling on all stair-steppers with a new challenge – Fight for Air Climb to support those living with a chronic lung condition! As a community, we want to see how many flights of stairs we can climb. If you would like a tracking form, pick it up from Sadie on 1/11. Please track the number of flights of stairs you take on Wednesday and turn into Sadie!

PET OF THE MONTH | DIZZY

Meet Avenida Pet of the Month, Dizzy! Dizzy was rescued from her life with homeless folks in Arizona. A middle aged “mixed terrier”, she’s feisty with strangers and loyal to friends. She will dance in a circle for treats and hence, the name, Dizzy! You may find Dizzy’s photo on the Sagely TV’s located around the community!

AVENIDA 66-DAY CHALLENGE

January 1st, 2021 – March 7th, 2021

Studies show it takes 66 days to alter or establish habits! We encourage you to challenge yourself to form habits that will have a positive impact on your mind, body or your soul.

If you would like a copy of the 66-Day Calendar to keep track of your new habit (s), please request one from Sadie. We would love to hear from you and your progress throughout the next few months!





LIVE LIFE

Virtual Charity Bingo | Mondays at 4:00 PM

We will host a "Charity Bingo" each month. This month we will be donating to "The Family Tree". We ask for one donation item in exchange for two bingo cards. Please bring donations to Front Desk.

Virtual Mixed Media | Thurs. Jan 7th at 2:00 PM

Join the Red Hen Createry for a once-a-month mixed media class! You will utilize more than one material to create a unique piece. Supply kits will be delivered to residents who RSVP. Space is limited.

Avenida Cooking Class: Home-made Pizza |

Friday, Jan. 15th at 5:00 PM

Join neighbor, Alan, for a virtual cooking class on how to make two home-made pizzas.

LIVE & LEARN

Virtual Teatime & Talk | 2nd & 4th Wednesday at 4:00 PM

Learn the history of tea, its healing attributes and tea drinking customs throughout the world. We will be delivering tea bags and a sweet treat to each apartment. Space is limited.

Healthy Bones | Thursday, January 7th at 2:00 PM

Join Neighbor, Janet, for a class on keeping your bones healthy. Janet will share what calcium rich foods to eat and bone strengthening exercises.

One Day University

Residents receive a free membership to One Day University. See Sadie if you would like to get signed up!

LIVE IN MOTION

Virtual Seated Resistance Band Training

Mondays & Fridays at 2:00 PM

Virtual Stretch Class

Monday and Fridays at 1:00 PM & Tuesday and Thursdays at 10:30 AM

Virtual Tai Chi

Mondays at 3:00 PM

Virtual Mat Yoga

Mondays at 5:00 PM

Virtual Cardio Conditioning

Tuesdays & Thursdays at 9:00 AM

Virtual Full Body Workout

Wednesdays at 11:00 AM

Virtual Chair Yoga

Thursdays at 5:00 PM

Virtual Chair Aerobics

Fridays at 11:00 AM

LIVE CONNECTED

Virtual Red Wine Tasting \$10each| Friday, Jan. 29th at 4:00 PM

Join Nathan, Maverick Wine Distributors, for a virtual red wine tasting. We will be tasting five big, bold red wines. Each resident will receive a 3 oz tasting and a light snack. Space is limited

Happy Hours "On the Go"

Wednesday, January 6th | RSVP Required

Birthday Bash – Celebrate January Birthdays

Wednesday, January 20th | RSVP Required

Hot Chocolate Bar

Musical Entertainment

All entertainment will be live streamed – Sadie will share dates, as determined.

January 2021
Program Calendar



Location Keys

Great Room	GR
Meet in Lobby	LB
Web Based Application	WEB

5 to Thrive

Live Life
Live Confidently
Live in Motion
Live & Learn
Live Connected

January cont'd

11:00 Vinyasa
Chair Yoga
[WEB]

11:00	Vinyasa Chair Yoga [WEB]	3
2:25	Sunday Football	
6:00	Quarantine Cabaret w/ Miners Alley Playhouse: Holiday Edition [WEB]	

11:00	Vinyasa Chair Yoga [WEB]	10
1:00	Passion Herbal Tea Sugar Scrub RSVP Required [WEB]	

11:00 **Vinyasa
Chair Yoga
[WEB]**

1:00 **One Day University:
The Remarkable
Genius & Inventions
of Benjamin Franklin
| RSVP Required
[WEB]**

11:00 **Vinyasa
Chair Yoga
[WEB]**

1:00 Green Tea Sugar
Scrub | RSVP
Required [WEB]

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Monday Mile Challenge | City of Lakewood

4

8:00

Grab and Go Continental Breakfast [GR]

11:00

New Year, New Hobby | Soup in a Jar
Chicken Noodle [WEB]

1:00

Stretch Class | RSVP Required [WEB]

2:00

Active Minds: Mount Everest | RSVP
Required [WEB]

2:00

Seated Resistance Band Training |
RSVP Required [WEB]

3:00

Tai Chi | RSVP Required [WEB]

4:00

Virtual Charity Bingo | RSVP Required
[WEB]

5:00

Mat Yoga [WEB]

Monday Mile Challenge | City of Lakewood

8:00 Grab and Go Continental Breakfast [GR]

11:00 New Year, New Hobby | Soup in a Jar: Italian Barley [WEB]

1:00 **Stretch Class | RSVP Required [WEB]**

2:00 **LIVE One Day University: The National Parks in American History | RSVP Required [WEB]**

2:00 **Seated Resistance Band Training | RSVP Required [WEB]**

3:00 **Tai Chi | RSVP Required [WEB]**

4:00 Virtual Charity Bingo | RSVP Required [WEB]

5:00 **Mat Yoga [WEB]**

Martin Luther King, Jr. Day
Monday Mile Challenge | City of
Lakewood

8:00 Grab and Go Continental
Breakfast [GR]

11:00 New Year, New Hobby | Soup in a Jar: Split
Pea [WEB]

1:00 **Stretch Class | RSVP Required [WEB]**

2:00 **LIVE One Day University: Martin Luther**
King | A Legacy Revisited [WEB]

2:00 **Seated Resistance Band Training | RSVP**
Required [WEB]

3:00 **Tai Chi | RSVP Required [WEB]**

4:00 **Virtual Charity Bingo | RSVP Required**
[WEB]

5:00 **Mat Yoga [WEB]**

Monday Mile Challenge City of Lakewood	
8:00	Grab and Go Continental Breakfast [GR]
11:00	New Year, New Hobby Soup in a Jar: Spicy Black Bean [WEB]
1:00	Stretch Class RSVP Required [WEB]
2:00	New Year, New Hobby: Active Minds: The History of Tea RSVP Required [WEB]
2:00	Seated Resistance Band Training RSVP Required [WEB]
3:00	Tai Chi RSVP Required [WEB]
4:00	Virtual Charity Bingo RSVP Required [WEB]
5:00	Mat Yoga [WEB]

100

8:00	Grab and Go Continental Breakfast [GR]
9:00	Cardio Conditioning RSVP Required [WEB]
10:30	Stretch Class RSVP Required [WEB]
11:00	Good Morning Sunshine Walking Group Outside Only RSVP Required [LB]
1:00	One Day University: Powerful Money RSVP Required [WEB]
3:00	Avenida Bar Trivia RSVP Required [WEB]

8:00	Grab and Go Continental Breakfast [GR]	12
9:00	Cardio Conditioning RSVP Required [WEB]	
10:00	Moments in Time Writing Group RSVP Required [WEB]	
10:30	Stretch Class RSVP Required [WEB]	
11:00	Good Morning Sunshine Walking Group Outside Only RSVP Required [LB]	
3:00	Avenida Bar Trivia RSVP Required [WEB]	
3:00	Virtual Resident Forum [WEB]	
3:45	Armchair Traveler: France \$ RSVP Required [WEB]	

8:00 Grab and Go Continental Breakfast [GR]

9:00 Cardio Conditioning | RSVP Required [WEB]

10:30 Stretch Class | RSVP Required [WEB]

11:00 Good Morning Sunshine Walking Group | Outside Only | RSVP Required [LB]

2:30 National Popcorn Day: Home-Made Popcorn Balls | RSVP Required [WEB]

3:00 Avenida Bar Trivia | RSVP Required [WEB]

5:30 Blue Zone Nutrition & Cooking Class Okinawa, Japan | RSVP Required [WEB]

8:00	Grab and Go Continental Breakfast [GR]	26
9:00	Cardio Conditioning RSVP Required [WEB]	
10:30	Stretch Class RSVP Required [WEB]	
11:00	Good Morning Sunshine Walking Group Outside Only RSVP Required [LB]	
1:00	One Day University: The Stock Market & the Economy RSVP Required [WEB]	
2:30	Teacup Terrariums RSVP Required [WEB]	
3:00	Avenida Bar Trivia RSVP Required [WEB]	

100

8:00	Grab and Go Continental Breakfast [GR]	
11:15	Full Body Workout RSVP Required [WEB]	
2:00	LIVE One Day University: The Music of Frederic Chopin RSVP Required [WEB]	
3:00	Birthday Bash Happy Hour RSVP Required [GF]	
3:00	Virtual Birthday Bash Happy Hour RSVP Required [WEB]	
3:30	Birthday Bash Happy Hour RSVP Required [GF]	
4:00	Birthday Bash Happy Hour RSVP Required [GF]	
4:30	Birthday Bash Happy Hour RSVP Required [GF]	
5:00	Birthday Bash Happy Hour RSVP Required [GF]	

American Lung Association
| Take the Stairs Day

- 8:00 Grab and Go Continental Breakfast [GR]
- 11:15 **Full Body Workout | RSVP Required [WEB]**
- 1:00 **One Day University: Art in Times of Crisis | RSVP Required [WEB]**
- 3:00 Mindfulness Meditation | RSVP Required [WEB]
- 4:00 **New Year, New Hobby | Tea Time & Talk | RSVP Required [WEB]**

8:00	Grab and Go Continental Breakfast [GR]	20
11:15	Full Body Workout RSVP Required [WEB]	
1:00	One Day University: Ancient Female Rulers RSVP Required [WEB]	
2:00	Mask Decorating RSVP Required [WEB]	
3:00	Hot Chocolate Bar Happy Hour RSVP Required [GR]	
3:50	Virtual Happy Hour [WEB]	
3:30	Hot Chocolate Bar Happy Hour RSVP Required [GR]	
4:00	Hot Chocolate Bar Happy Hour RSVP Required [GR]	20
4:30	Hot Chocolate Bar Happy Hour RSVP Required [GR]	
5:00	Hot Chocolate Bar Happy Hour RSVP Required [GR]	
5:00	Hot Chocolate Bar Happy Hour RSVP Required [GR]	

8:00	Grab and Go Continental Breakfast [GR]	27
11:15	Full Body Workout RSVP Required [WEB]	
1:00	One Day University: Drive-Thru America: A Culinary History RSVP Required [WEB]	
3:00	Mindfulness Meditation RSVP Required [WEB]	
4:00	New Year, New Hobby Tea Time & Talk RSVP Required [WEB]	

100

8:00	Grab and Go Continental Breakfast [GR]
9:00	Cardio Conditioning RSVP Required [WEB]
10:30	Stretch Class RSVP Required [WEB]
2:00	Healthy Bones RSVP Required [WEB]
2:00	Mixed Media RSVP Required [WEB]
3:00	Avenida Bar Trivia RSVP Required [WEB]
5:00	Chair Yoga RSVP Required [WEB]

8:00	Grab and Go Continental Breakfast [GR]	14
9:00	Cardio Conditioning RSVP Required [WEB]	
10:30	Stretch Class RSVP Required [WEB]	
3:00	Avenida Bar Trivia RSVP Required [WEB]	
3:00	DIY Book Marks RSVP Required [WEB]	
5:00	Chair Yoga RSVP Required [WEB]	
6:00	At the Table with Dr. King RSVP Required [WEB]	
7:00	Empowered by Place: The Brown Palace Hotel RSVP Required [WEB]	

8:00	Grab and Go Continental Breakfast [GR]	21
9:00	Cardio Conditioning RSVP Required [WEB]	
10:30	Stretch Class RSVP Required [WEB]	
2:00	Art Class with Red Hen Createry \$1 RSVP Required [WEB]	
3:00	Avenida Bar Trivia RSVP Required [WEB]	
3:00	Book Club RSVP Required [WEB]	
5:00	Chair Yoga RSVP Required [WEB]	
6:00	Interfaith Conversations: Spiritual Transformation RSVP Required [WEB]	

7	8:00	Grab and Go Continental Breakfast [GR]	28
	9:00	Cardio Conditioning RSVP Required [WEB]	
	10:30	Stretch Class RSVP Required [WEB]	
	3:00	Avenida Bar Trivia RSVP Required [WEB]	
ne	3:45	Armchair Traveler: Chinese New Year \$ RSVP Required [WEB]	
ne	5:00	Chair Yoga RSVP Required [WEB]	

**Avenida 66-Day
Challenge Starts
New Year's Day**

11:00 Low-Impact Cardio
RSVP Required [WE]

2:00 Rose Parade [WEB]

7:00 Denver Nuggets

8:00	Grab and Go Continental Breakfast [GR]
10:00	Meditation RSVP Required [WEB]
11:00	Chair Aerobics RSVP Required [WEB]
1:00	Stretch Class RSVP Required [WEB]
2:00	LIVE One Day University: Hamilton vs. Jefferson RSVP Required [WEB]
2:00	Seated Resistance Band Training RSVP Required [WEB]
3:30	Drawing RSVP Required [WEB]

8:00	Grab and Go Continental Breakfast [GR]
10:00	Meditation RSVP Required [WEB]
11:00	Chair Aerobics RSVP Required [WEB]
1:00	Stretch Class RSVP Required [WEB]
2:00	Seated Resistance Band Training RSVP Required [WEB]
3:30	Drawing RSVP Required [WEB]
5:00	New Year, New Hobby Avenida Cooking Class: Home-made Pizza RSVP Required [WEB]

8:00	Grab and Go Continental Breakfast [GR]	22
10:00	Meditation RSVP Required [WEB]	
11:00	Chair Aerobics RSVP Required [WEB]	
1:00	Nutrition Workshop: Gut Health & Supporting Your Immune System RSVP Required [WEB]	
1:00	Stretch Class RSVP Required [WEB]	
2:00	Seated Resistance Band Training RSVP Required [WEB]	
3:30	Drawing RSVP Required [WEB]	
8:00	Denver Nuggets	

8:00	Grab and Go Continental Breakfast [GR]	29
10:00	Meditation RSVP Required [WEB]	
11:00	Chair Aerobics RSVP Required [WEB]	
1:00	Stretch Class RSVP Required [WEB]	
2:00	Seated Resistance Band Training RSVP Required [WEB]	
3:30	Drawing RSVP Required [WEB]	
4:00	Virtual Red Wine Tasting \$10 RSVP Required [WEB]	
6:30	Denver Nuggets [WEB]	

1 B]	9:00	Chair Yoga RSVP Required [WEB]	2
	9:00	Grab and Go Continental Breakfast [GR]	
	10:00	Good Morning Sunshine Walking Group Outside Only RSVP Required [LB]	
	2:00	Core and Balance Class w/ YMCA [WEB]	
	6:00	Quarantine Cabaret w/ Miners Alley Playhouse: Holiday Edition [WEB]	

8	9:00	Chair Yoga RSVP Required [WEB]	9
[B]	9:00	Grab and Go Continental Breakfast [GR]	
[B]	11:00	Good Morning Sunshine Walking Group Outside Only RSVP Required [LB]	
	2:00	Core and Balance Class w/ YMCA [WEB]	

5	9:00	Chair Yoga RSVP Required [WEB]	16
	9:00	Grab and Go Continental Breakfast [GR]	
[B]	11:00	Good Morning Sunshine Walking Group Outside Only RSVP Required [LB]	
	11:00	Natural Grocers Nutrition: Muscle Mass RSVP Required [WEB]	
I	2:00	Core and Balance Class w/ YMCA [WEB]	

2	9:00	Chair Yoga RSVP Required [WEB]	23
	9:00	Grab and Go Continental Breakfast [GR]	
[B]	11:00	Good Morning Sunshine Walking Group Outside Only RSVP Required [LB]	
	2:00	Core and Balance Class w/ YMCA [WEB]	

9:00	Chair Yoga RSVP Required [WEB]	30
9:00	Grab and Go Continental Breakfast [GR]	
11:00	Good Morning Sunshine Walking Group Outside Only RSVP Required [LB]	
2:00	Core and Balance Class w/ YMCA [WEB]	
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