



We hope this newsletter finds you well and provides you with some valuable insights and ideas to enhance the quality of care you provide as caregivers. As we transition into September, let's explore some engaging activities that can create meaningful experiences for both you and your care recipients:

- Nature Walks and Outdoor Exploration
- Art and Craft Therapy
- Music Therapy
- Cooking and Baking
- Memory Lane Scrapbooking
- Virtual Tours and Cultural Experiences
- Mindfulness and Relations Practices
- Book Clubs and Storytelling

Surely, these suggestions can inspire you to create meaningful experiences with your care recipients throughout the month of September. Remember, the key is to tailor activities to their interests and capabilities, ensuring a positive and enjoyable experience for all.

Remember, taking care of yourself is just as important as taking care of your loved ones. In the midst of all the back-to-school preparations. Remember to set aside time for self-care, as your well-being is just as important as the care you provide. Whether it's reading a book, going for a walk, or practicing mindfulness, find activities that rejuvenate you.

Thank you for your dedication to caregiving. We hope this newsletter empowers you with valuable insights and resources to make your journey a bit smoother.

Thank you for your dedication to caregiving!  
PPRS

# September 2023

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						2. World Beard Day 🧔
3. National Skyscraper Day 🏢	4. National Wildlife Day 🦋🐼🐻🦉	5. International Day of Charity	6. Read a Book Day 📖		8. Literacy Day 📄	
10. World Suicide Prevention Day	11. Patriot Day (USA) us	12. National Video Games Day 🎮	13. Programmer's Day 🖥️		15. International Day of Democracy	16. Oktoberfest 🍺 (16 Sept - 3 Oct)
	18. National Cheeseburger Day 🍔			21. International Day of Peace 🕊️	22. Autumn Starts 🍂	23. Celebrate Bisexuality Day 🏳️‍🌈
24. Heritage Day (SA) ZA	25. National Cooking Day 🍳	26. European Day of Languages	27. World Tourism Day 🗺️		29. World Heart Day ❤️	30. International Podcast Day 🎙️

# 2023 COLORADO FREE DAYS

**Denver Zoo**  
2300 Steele St., Denver  
720.337.1400  
denverzoo.org

Jan. 6	Oct. 7
Jan. 22	Nov. 7
Feb. 5	Nov. 12
Apr. 9	

**Denver Botanic Gardens at York St.**  
1007 York St., Denver  
720.865.3500  
botanicgardens.org

Jan. 16	Apr. 22	Aug. 15
Feb. 16	Jun. 6	Nov. 24
Mar. 15	Jul. 5	

**Children's Museum**  
2121 Children's Museum Dr., Denver  
303.433.7444  
mychildsmuseum.org

May 19	Jul. 21	Sep. 15
Jun. 16	Aug. 18	

*Joy Park free 4pm -8pm*

**Denver Art Museum**  
100 W. 14th Avenue Pkwy., Denver  
720.865.5000  
denverartmuseum.org

Jan. 10	Apr. 11	Sep.
Jan. 28	May 9	12
Feb. 14	Jun. 13	Oct. 1
Mar. 14	Jul. 11	Nov. 4
	Aug. 8	Dec.

**Denver Museum of Nature and Science**  
2001 Colorado Blvd., Denver  
303.370.6000  
dmns.org

Jan. 9	Apr. 30	Sep. 6*
Jan. 29	Jun.	Sep. 18
Feb. 6	28*	Oct. 15
Feb. 26	Aug. 16*	Dec. 4

*\*free 5pm - 10pm*

**Denver Botanic Gardens at Chatfield Farms**  
8500 W. Deer Creek Canyon Rd., Littleton  
720.865.3500  
botanicgardens.org

Jan. 16	Apr. 22	Aug. 15
Feb. 16	Jun. 6	Nov. 24
Mar. 15	Jul. 5	

**Plains Conservation Center**  
21901 E. Hampden Ave., Aurora  
303.326.8380  
botanicgardens.org

Jan. 19	Jun. 15	Nov. 18
Feb. 23	Jul. 15	Dec. 7
Mar. 11	Aug. 17	

**Broomfield Veterans Memorial Museum**  
12 Garden Center, Broomfield  
303.460.6801  
broomfieldveterans.org

*free Thursdays & Saturdays*

**Longmont Museum and Cultural Center**  
400 Quail Rd, Longmont  
303.651.8374 longmontcolorado.  
free second Saturdays

**ALWAYS FREE!**

**Arvada Center Galleries**  
arvadacenter.org

**Garden of the Gods Visitor Center**  
gardenofgods.com

**Colorado Springs Pioneers Museum**  
cspm.org

**US Air Force Academy Visitor Center**  
usafa.af.mil

**United States Mint**  
usmint.gov

**Hudson Gardens - Garden Area**  
hudsongardens.org

**Colorado Sports Hall of Fame**  
coloradosports.org

**Peterson Air & Space Museum**  
petemuseum.org

**CU Art Museum**  
colorado.edu

**Lookout Mountain**  
jeffco.us

**CU Museum of Natural History**  
cumuseum.colorado.edu

**Aurora History Museum**  
auroragov.org

**Golden History Museum**  
goldenhistory.org

**Mines Museum of Earth Sciences**  
mines.edu

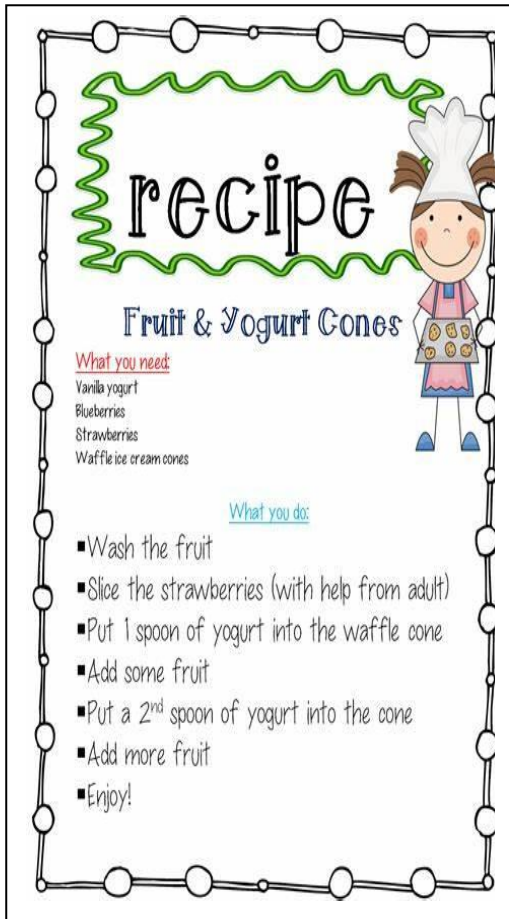
**Museum of Contemporary Art**  
1485 Delgany St, Denver  
303.298.7554  
mcdenver.org

Jan. 7	May 6	Sep. 2
Feb. 4	Jun. 3	Oct. 7
Mar. 4	Jul. 1	Nov. 7
Apr. 1	Aug. 5	Dec. 2

visit → WESTandMAINHOMES.COM

*\*dates subject to change, verify with organization before visiting*





**recipe**

**Fruit & Yogurt Cones**

What you need:  
Vanilla yogurt  
Blueberries  
Strawberries  
Waffle ice cream cones

What you do:

- Wash the fruit
- Slice the strawberries (with help from adult)
- Put 1 spoon of yogurt into the waffle cone.
- Add some fruit
- Put a 2<sup>nd</sup> spoon of yogurt into the cone
- Add more fruit
- Enjoy!



**September**



**September is the month  
When summer turns to fall.**

**Vacation time is over,  
It's back to school for all.**

**So even though I'm sad,  
How fast the summer ends,**

**I'm really glad I have the chance  
To meet and make new friends.**





<https://www.pinterest.com/pin/september-crafts-weekend-links-from-howtohomeschoolmychildcom--523262050447128726/>





Jade M.	2nd	McKenna R.	21st
Mindy P.	3rd	Calista H.	23rd
Viorica C.	5th	Jacqueline	23rd
Vanessa M.	5th	Priscilla L.	25th
Claire W.	5th	Sabina R.	25th
Joel S.	9th	Sonja B.	27th
Maria L.	10th	Haley B.	27th
Talia M.	13th	Ruth M.	27th
Sonya E.	16th	Ramon P.	28th
Skylar H.	17th	Mariah R.	29th
Alexander C.	21st	Michael C.	30th
Carson J.	21st		



### 1 Year

Brittni D.  
Deborah G.  
Ashley H.  
Annetta L.  
Oyuky M.  
Talia M.

Ashley M.  
Rachael R.  
Kary T.  
Perla V.

### 2 Years

Aaron C.  
Georgiale H.  
Heather R.

### 3 Years

Ciara M.

### 4 Years

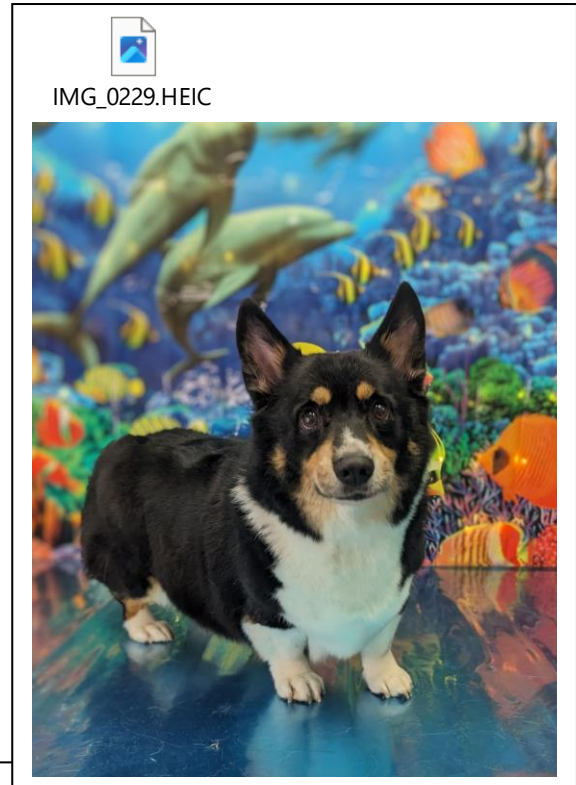
Olive S.

## Jessica's Corgi Corner

Danny is entered in the 1st Annual Florida Corgi Derby on September 16th. Danny will be racing with other corgis in the Tampa Bay area! He's representing Colorado of course. proceeds go to the Tampa Bay humane society! Pics and hopefully a video to come!!

Keep up the great work providers we couldn't do it without you!!

~Jessica



## Shout Out From The Admin Team

**Jacob Harder!**

**He is doing an amazing job supporting our kiddos on the CHRP waiver.**



**PPRS Facebook Page**

For the most up to date news and Events  
like our Facebook Page

**[https://www.facebook.com/PikesPeak  
RespiteServices](https://www.facebook.com/PikesPeakRespiteServices)**

**PPRS NEWSFLASH GROUP**

Join our Facebook News flash Group to fill  
your schedule!

[https://www.facebook.com/groups/1568239  
36506856](https://www.facebook.com/groups/156823936506856)

We love to see you!  
Stop by our office and say hi!

**If you know of any events that would be of interest to our Providers and Families  
Let us know!!!**

PPRS is always on the lookout for things for our Providers and Families to do.

We keep a close eye on upcoming events in the areas we serve.

Many times we find out about events a few days or a week before they happen, and  
always post them to our Facebook Page!

Please like and share our Facebook Page to receive up to the minute news!

Here is a list of a few great places to look for events!

<https://www.coloradosprings.com/events/#/>

<https://www.pueblo.us/2801/Events>

<https://www.denver.org/events/>

<https://www.fcgov.com/events/>

<https://www.peakradar.com/categories/free-events/>

<https://www.visitcos.com/events/>

<https://ppld.librarymarket.com/>

<http://pueblolibrary.libnet.info/events?et=Kits2Go>

<https://www.denver.org/events/free-events/>

<https://www.larimer.gov/events>

<https://poudrelibraries.evanced.info/signup/>

El Paso

<p><b>Paws to Read</b></p>	<p><b>Where:</b> 832 Village Center Drive  <b>When:</b> Every Wednesday 3:30 PM – 4:30 PM  <b>What:</b> Children may practice reading skills by reading to a Canine Good Citizen dog.  <b>Cost:</b> Free Admission</p>
<p><b>Fox Run Concerts in the Park</b></p>	<p><b>Where:</b> Fox Run Regional Park, Colorado Springs  <b>When:</b> Sep 7, 2023 at 06:00 pm - 08:00 pm (Thu)  <b>What:</b> Concerts in the Park is returning for another exciting series of live music in one of your favorite regional parks. Rock, country, bluegrass, jazz and more – we have it all this summer. Come enjoy food trucks, bring your lawn chairs or blanket, and bring the family out to enjoy the summer nights with some great outdoor entertainment.  <b>Cost:</b> Free Admission</p>
<p><b>Colorado Springs Labor Day Lift Off</b></p>	<p><b>Where:</b> Memorial Park  <b>When:</b> September 2<sup>nd</sup> – 4<sup>th</sup>                  Starting every morning at 7 am, though it’s recommended to arrive at 6:30 am, visitors can watch as the balloons ascend into the sky in mass. On Saturday and Sunday nights, enjoy the Lift and Glow event, where all the balloons at Labor Day Lift Off illuminate the park.   <b>What:</b> A colorful event that will have you looking toward the sky, Colorado Spring’s Labor Day Lift Off is great for the entire family. Taking place over 3 days, guests can watch approximately 65 hot air balloons float around the city. With live music, food vendors, and team skydiving demonstrations by the USAF, there will be plenty of activities to keep you entertained.   <b>Cost:</b> Free Admission</p>
<p><b>Music in the Park</b></p>	<p><b>Where:</b> 2408 West Colorado Avenue  <b>When:</b> Every Tuesday June – October. 6pm – 8pm.  <b>What:</b> Music in the Park  <b>Cost:</b> Free Admission</p>
<p><b>Home Depot Kids Workshop</b></p>	<p><b>Where:</b> All Home Depot Locations – see local store for most accurate information  <b>When:</b> 1<sup>st</sup> Saturday of every month 9am-12 noon  <b>What:</b> Join us the first Saturday of each month between 9 am – 12 pm for free in-person Kids Workshops. While supplies last.   <b>Cost:</b> Free Admission</p>
<p><b>Falcon Harvest Festival</b></p>	<p><b>Where:</b> Falcon High School, Peyton CO  <b>When:</b> September 23<sup>rd</sup> 11am – 5pm  <b>What:</b> Second Annual <b>Falcon Harvest Festival</b>, with 160 vendors! Shop locally owned small businesses, let the kids enjoy circus artists, let them get out their energy on multiple bounce houses, calm them with the petting zoo and explore all the other adventures we have planned for the kiddos, while you enjoy music, and food from our varies food trucks.   <b>Cost:</b> Free Admission</p>

<b>Cool Science Carnival Day</b>	<p><b>Where:</b> UCCS, 1420 Austin Bluffs Pkwy, Colorado Springs, CO 80918</p> <p><b>When:</b> Saturday, Sep. 30, 2023 10am-4pm</p> <p><b>What:</b> Enjoy big science shows, laboratory tours and dozens of cool hands-on STEAM (Science, Technology, Engineering, Art &amp; Math) activities for kids K-8th (but fun for all ages).</p> <p>Kickoff event for the 16-day Colorado Springs Cool Science Festival featuring 60+ different events for all ages! More information at <a href="http://www.coolscience.org/cool-science-carnival-day.html">www.coolscience.org/cool-science-carnival-day.html</a></p> <p><b>Cost:</b> Free Admission</p>
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**Pueblo**

<b>Chile &amp; Frijoles Festival</b>	<p><b>Where:</b> Historic Downtown Pueblo/Union Avenue</p> <p><b>When:</b> Fri-Sun, September 22-24, 2023</p> <p><b>What:</b> The event features live entertainment, street vendors, cooking competitions, and chilies, chilies, chilies! Held downtown along Union Avenue, the festival draws Pueblo residents as well as people from across the state and around the nation.</p> <p><b>Cost:</b> \$6 Gate Admission Free admission for children 12 and under and Military with valid ID</p>
<b>Home Depot Kids Workshop</b>	<p><b>Where:</b> All Home Depot Locations – see local store for most accurate information</p> <p><b>When:</b> 1<sup>st</sup> Saturday of every month 9am-12 noon</p> <p><b>What:</b> Join us the first Saturday of each month between 9 am – 12 pm for free in-person Kids Workshops. While supplies last.</p> <p><b>Cost:</b> Free Admission</p>
	<p><b>Where:</b></p> <p><b>When:</b></p> <p><b>What:</b></p> <p><b>Cost:</b> Free Admission</p>
<b>Home Family Friday! Crafts and Activities</b>	<p><b>Where:</b> Greenhorn Valley</p> <p><b>When:</b> September 1<sup>st</sup>, 8<sup>th</sup>, 15<sup>th</sup>, 22<sup>nd</sup>, and 29<sup>th</sup></p> <p><b>What:</b> Every Friday morning, families are invited to the library for crafts, games, or another activity. All ages welcome, guardian participation is recommended. Supplies are provided but are limited.</p> <p><b>Cost:</b> Free Admission</p>



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Denver Metro

<b>Denver Zoo Free Day</b>	<p><b>Where:</b> Denver Zoo: 2300 Steele St, Denver, Co 80205</p> <p><b>When:</b> 4/9/2023, 10/7/2023, 11/7/2023, 11/12/2023</p> <p><b>What:</b> limited number of tickets for each Free Day, using an online lottery system. Follow steps at the website to enter the lottery for 5 free tickets.</p> <p><u>Denver Zoo Free Days</u></p> <p><b>Cost:</b> Free Admission</p>
<b>Free Day at the Denver Art Museum</b>	<p><b>Where:</b> Denver Art Museum: 100 W. 14<sup>th</sup> Ave. Pkwy. Denver, CO 80204</p> <p><b>When:</b> 4/11/2023, 4/30/2023, 5/9/2023, 5/14/2023, 6/13/2023, 7/11/2023, 7/30/2023, 8/8/2023, 9/9/2023, 9/12/2023, 10/10/2023, 11/4/2023, 11/14/2023, 12/12/2023</p> <p><b>What:</b> Engage with art, explore onsite activities, and experience exhibitions on view all while enjoying free admission! Advance ticket reservations are encouraged.</p> <p><b>Cost:</b> Free</p>
<b>Hammonds Factory Candy Tour</b>	<p><b>Where:</b> Hammond’s Candies 5735 Washington St, Denver CO 80216</p> <p><b>When:</b> Recurring weekly on Monday, Tuesday, Wednesday, Thursday, Friday, Saturday</p> <p><b>What:</b> Bring your curiosity and your sweet tooth for a complimentary tour of our factory. Thousands of kids and kids at heart visit us every year to watch as their favorite treats are pulled, twisted, shaped and packaged by hand</p> <p><b>Cost:</b> Free Admission</p>
<b>Mining Museum of Earth Science</b>	<p><b>Where:</b> Mines Museum of Earth Science 1310 Maple St., Golden, 303-273-3815</p> <p><b>When:</b> Open Monday to Saturday, 9 a.m. to 4 p.m. Sunday, 1 p.m. to 4 p.m.</p> <p><b>What:</b> It has two floors displaying fossils, gemstones, meteorites, minerals and mining artifacts.</p> <p><b>Cost:</b> Free Admission</p>
<b>Denver Botanic Gardens</b>	<p><b>Where:</b> 1007 York St. Denver, Colorado 80206</p> <p><b>When:</b> 4/22/2023, 6/6/2023, 7/5/2023, 8/15/2023, 11/24/2023</p> <p><b>What:</b> Free Days occur throughout the year, thanks to funding from the Scientific and Cultural Facilities District (SCFD). Advanced online registration is required to ensure that we can accommodate people safely given ongoing COVID-19 concerns. Free Days are for regular Gardens hours only and do not include ticketed events</p> <p><b>Cost:</b> Free Admission</p>
<b>U.S. Mint of Denver</b>	<p><b>Where:</b> 320 W. Colfax Ave., Denver</p> <p><b>When:</b> Guided tours are offered at 8 a.m., 9:30 a.m., 12:30 p.m., 2 p.m. and 3:30 p.m. Monday through Thursday</p> <p><b>What :</b> FREE tours show every step in the process of turning dull, blank metal slugs into shiny pocket change.</p> <p><b>Cost:</b> Free Admission</p>

<p><b>Home Depot Kids Workshop</b></p>	<p><b>Where:</b> All Home Depot Locations – see local store for most accurate information  <b>When:</b> 1<sup>st</sup> Saturday of every month 9am-12 noon  <b>What:</b> Join us the first Saturday of each month between 9 am – 12 pm for free in-person Kids Workshops. While supplies last.  <b>Cost:</b> Free Admission</p>
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Larimer County

<p><b>Larimer County Farmers Market</b></p>	<p><b>Where:</b> Fort Collins                  200 W. Oak Street  <b>When:</b> Every Saturday from 9:00 AM to 1:00 PM until October 28th  <b>What:</b> Farmers market  <b>Cost:</b> Free Admission</p>
<p><b>Hero Fest/Emergency Prep and Safety Fair</b></p>	<p><b>Where:</b> Front Range Village Shopping Center, next to Urban Air  <b>When:</b> September 23 @ 10am-2pm  <b>What:</b> Hero Fest/Emergency Prep and Safety Fair  <b>Cost:</b> Free Admission</p>
<p><b>Tiny Trekkers</b></p>	<p><b>Where:</b> Lions Open Space                  2425 N. Overland Trail                  Laporte, CO 80535  <b>When:</b>  <b>What:</b> Bring your 2–5-year-old for a morning filled with nature exploration, stories, and connection with our amazing natural world. A parent or guardian must accompany the child for this program. Registration is required but the program is free. Please call Natural Resources main desk at (970) 619-4564 or 4570 the night before or day of program to cancel or inquire about availability.  <b>Cost:</b> Free Admission</p>

Teller

<p><b>Florissant Fossil Beds National Monument</b></p>	<p><b>Where:</b> 15807 Co Rd, Florissant CO</p> <p><b>When:</b></p> <ul style="list-style-type: none"> <li>• January 16: Martin Luther King, Jr. Day</li> <li>• April 22: First day of National Park Week</li> <li>• August 4: Anniversary of the Great American Outdoors Act</li> <li>• September 23: National Public Lands Day</li> <li>• November 11: Veterans Day</li> </ul> <p><b>What:</b> Come experience the national parks! All National Park Service sites that charge an entrance fee will offer free admission to everyone. Mark your calendar for these entrance fee-free dates in 2023</p>
	<p><b>Cost:</b> Free</p>
<p><b>Parks and Recreation Family Fun Festival</b></p>	<p><b>Where:</b> Greenhorn Valley</p> <p><b>When:</b> September 1<sup>st</sup>, 8<sup>th</sup>, 15<sup>th</sup>, 22<sup>nd</sup>, and 29<sup>th</sup></p> <p><b>What:</b> Every Friday morning, families are invited to the library for crafts, games, or another activity. All ages welcome, guardian participation is recommended. Supplies are provided but are limited.</p> <p><b>Cost:</b> Free Admission</p>
<p><b>Cruise Above The Clouds</b></p>	<p><b>Where:</b> Memorial Park, 220 Park Street, Woodland Park, CO 80866</p> <p><b>When:</b> Sept 9<sup>th</sup> 8am-3pm</p> <p><b>What:</b> This Annual Cruise Above the Clouds presented by Phil Long Family of Dealerships. Hundreds of Custom and Classic Vehicles descend on Memorial Park for a fun filled day of automotive excellence, great food and old time rock and roll. For over 30 years providing financial support to Teller County Non-Profits. <a href="https://cruiseabovetheclouds.com/">https://cruiseabovetheclouds.com/</a></p> <p><b>Cost:</b> Free</p>











