

Pikes Peak Respite Services



Newsletter

ISSUE NO.

2

February 2025



As we welcome the month of February, we want to take a moment to express our deepest gratitude to our incredible families and caregivers. This month brings special occasions like **Groundhog Day**, a reminder of the changing seasons, and **Valentine's Day**, a celebration of love and appreciation—both of which reflect the warmth and dedication you bring to our team every day. Your compassion, hard work, and commitment make a meaningful difference in the lives of those we serve. Whether providing care, offering support, or ensuring everything runs smoothly, you are the heart of our mission. Your kindness does not go unnoticed, and we truly appreciate all that you do. Thank you for your resilience, warmth, and the positive impact you bring each day. Wishing you a wonderful February filled with joy and appreciation!

Thank You,
PPRS Admin Team



HOLIDAYS AND OBSERVANCES: 14: VALENTINE'S DAY, 17: PRESIDENTS' DAY

MondayMandala.com

FEBRUARY SOCIAL MEDIA HOLIDAYS 2025 | BLACK HISTORY MONTH

- FEBRUARY 1ST: DARK CHOCOLATE DAY 🍫
- FEBRUARY 2ND: GROUNDHOG DAY
- FEBRUARY 2ND: NATIONAL WEAR RED DAY ❤️
- FEBRUARY 2ND: GRAMMY AWARDS 🎵 #GRAMMYS
- FEBRUARY 4TH: WORLD CANCER DAY 🎗️
- FEBRUARY 6TH: NATIONAL FROZEN YOGURT DAY
- FEBRUARY 9TH: NATIONAL PIZZA DAY 🍕 #NATIONALPIZZADAY
- FEBRUARY 9TH: SUPER BOWL SUNDAY 🏈 #SUPERBOWL
- FEBRUARY 11TH: NATIONAL INVENTOR'S DAY
- FEBRUARY 11TH: SAFER INTERNET DAY 🛡️ #SAFERINTERNETDAY
- FEBRUARY 13TH: WORLD RADIO DAY 📻
- FEBRUARY 14TH: VALENTINE'S DAY 💕 #VALENTINESDAY
- FEBRUARY 16TH: BAFTA AWARDS 🎬 #BAFTA
- FEBRUARY 17TH: RANDOM ACTS OF KINDNESS DAY 😊 #RAKDAY
- FEBRUARY 18TH: NATIONAL DRINK WINE DAY 🍷 #NATIONALDRINKWINEDAY
- FEBRUARY 20TH: LOVE YOUR PET DAY 🐶 🐱 🐰 🐹 #LOVEYOURPETDAY
- FEBRUARY 21ST: INTERNATIONAL MOTHER LANGUAGE DAY
- FEBRUARY 23RD: NATIONAL HOSPITALITY WORKERS APPRECIATION DAY
- FEBRUARY 24TH: WORLD BARTENDER DAY
- FEBRUARY 27TH: NATIONAL RETRO DAY ⬅️ #RETRODAY
- FEBRUARY 28TH: RARE DISEASE DAY
- FEBRUARY 28TH - MARCH 30: RAMADAN 🕌

2025 COLORADO FREE DAYS

Denver Zoo 2300 Steele St. Denver denverzoo.org 1/10, 1/26 2/9 4/6 11/7, 11/15, 11/23 Free Day tickets are only available online. Walk-ups will not be accepted on Free Days.	Clyfford Still Museum 1250 Bannock St. Denver clyffordstillmuseum.org 4/27 6/29 7/27 11/8 (10am-10pm) Free ticket registration opens one week before SCFD Free Day. Reserve in advance.	Denver Botanic Gardens 1007 York St. Denver botanicgardens.org 1/20 2/13 3/10 4/22 6/10 7/3 8/27 11/28 This event will sell out; get tickets in advance. No onsite tickets for sold-out days.
Plains Conservation Center 21901 E. Hampden Ave. Aurora www.uncovercolorado.com 1/16 2/20 3/15 6/12 7/12 8/14 11/15 12/11 This event will sell out; buy tickets in advance. No onsite tickets for sold-out days.	Denver Museum of Nature & Science 2001 Colorado Blvd, Denver dmns.org 1/12 2/2 3/7 4/7 4/27 5/12 6/19 8/25 Ticketscene provides free online ticketing, promotion, and analytics.	Four Mile Historic Park 715 S. Forest St. Denver fourmilepark.org 1/24 2/28 3/28 4/25 5/23 6/27 7/25 8/22 9/26 10/24 11/21 12/19 Free General Admission is from 10am-4pm. Signature events are not included.
Museum of Contemporary Art 1485 Delgany st. Denver mcadenver.org 1/4 2/1 3/1 4/5 5/3 6/7 7/5 8/2 9/6 10/4 11/1 12/6 General admission is available Tuesday-Friday, noon-7 PM, and Saturday-Sunday, 10 AM-5 PM.	Children's Museum 2121 Children's Museum Dr. Denver mychildsmuseum.org 5/16 6/20 7/18 8/15 9/19 Tickets not available for purchase online.	National Parks nps.gov 1/20 4/19 6/19 8/4 9/27 11/11 On Free Days, entrance fees are waived, but some parks require reservations.

AltitudeRealtyCO.com

Valentines RIDDLES!!

**What do you call
two birds in
love?**



TWEETHEARTS

**What did the
drum say to the
other drum on
Valentine's Day?**



MY HEART BEATS FOR YOU

**What did the
stamp say to the
envelope on
Valentine's Day?**



I'M STUCK ON YOU

COLORING PAGES

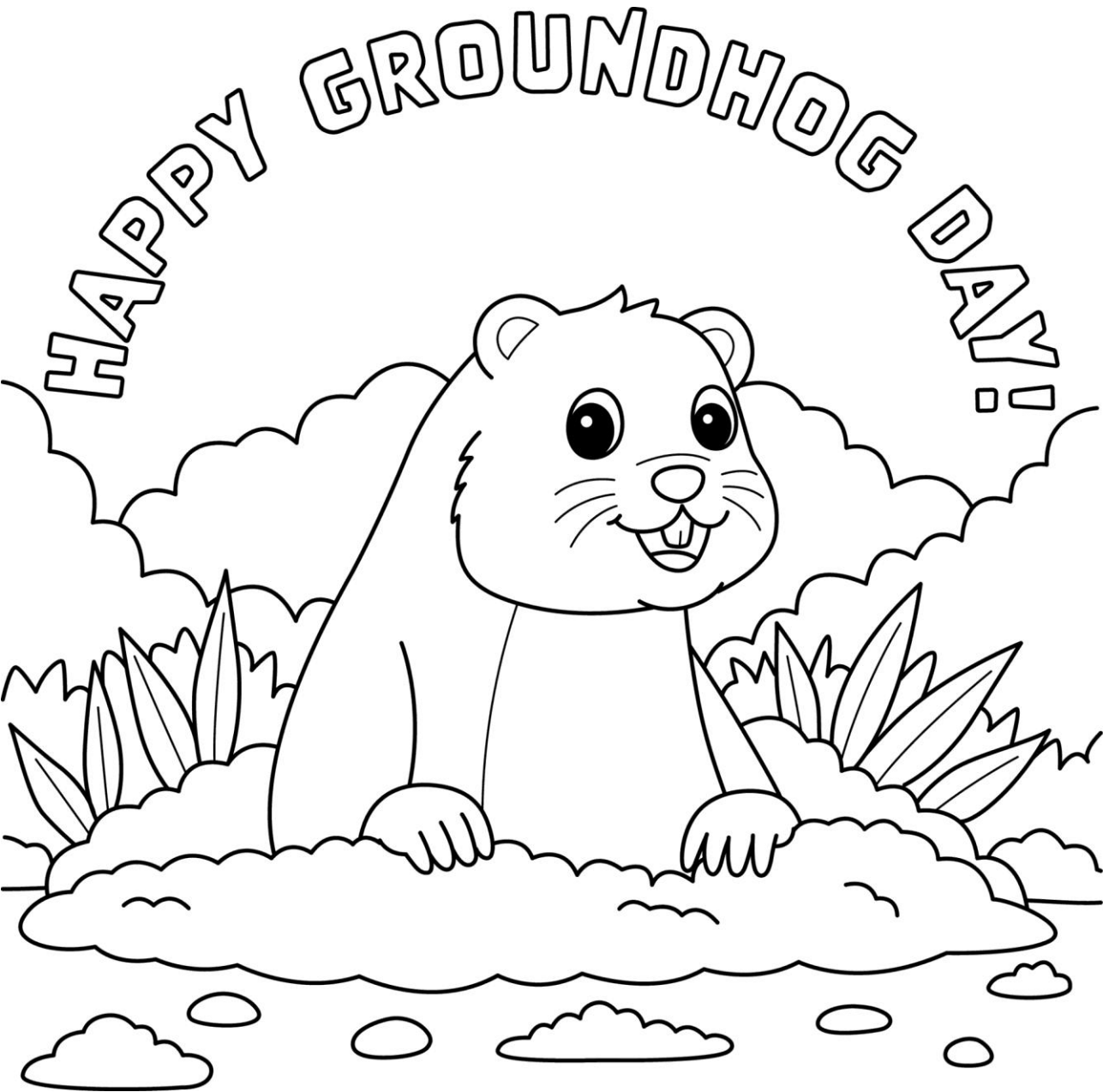


Hello February!



February

1- blue 2- red 3- yellow 4- purple
5- orange 5- green 7- black 8- brown



A Month of Crafts & Kids Activities

February

1  Valentine's Scented Dough	2  Groundhog Day Finger Puppet	3  Breaking Hearts Fine Motor Play	4  Heart by Numbers Craft	5  Foam Heart Tangram Puzzles	6  Rainbow Heart Suncatchers	7  Conversation Heart Baby Play
8  Heart Sensory Collage	9  Valentine's Scrabble Math	10  Hidden Message Valentine's Art	11  Valentine's Cutting Practice	12  Valentine's Math Sensory Bin	13  Valentine's Balance Game	14  Valentine's Day Nature Hike
15  Catapult Science with Candy	16  Snowball Oral Motor Games	17  Snow Process Art	18  Winter Tinker Tray	19  Ball in a Box Boredom Buster	20  Snowflake Frisbee	21  Shapes Snow Truck Craft
22  Green Tea Play Dough	23  Straw Rockets	24  Emotions Discovery Bottles	25  Ice Cube Smash	26  Flashlight Alphabet Hunt	27  Fingerprint Flower Craft	28  Spring Counting Cards
29  Spring Math Game						

Click on the photos to get the full instructions for each activity or craft.

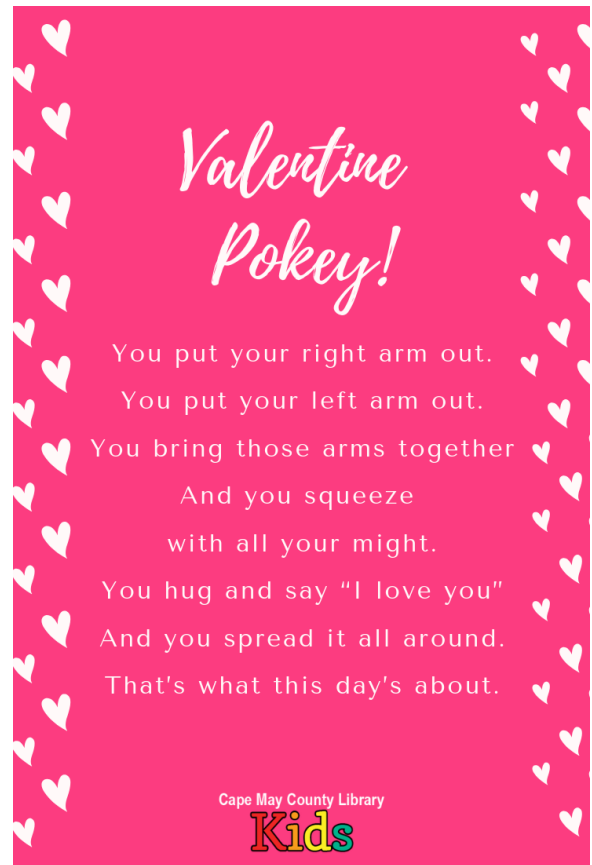
[A Month of Crafts & Kids Activities for February! - Where Imagination Grows](http://www.whereimaginationgrows.com/february-crafts-kids-activities)
<http://bit.ly/2jbSDTW>
<http://www.whereimaginationgrows.com/february-crafts-kids-activities>



HAPPY
FEBRUARY

↑
MAY ALL
YOUR WISHES
COME TRUE
↓
THIS MONTH.

*be
happy* ♥





Cupid's Vanilla Berry Smoothie

Prep Time

2minutes minutes

Total Time

2minutes minutes

Servings 2

Calories 104kcal

Cupid's Vanilla Berry Smoothie

Ingredients

- 8 ounces low-fat Vanilla Milk
- ½ cup Fat-Free Plain Yogurt (can substitute with vanilla flavored yogurt for a sweeter smoothie)
- ½ cup frozen red berries (I like a combination of strawberries and raspberries)
- ½ cup ice

Instructions

Place all ingredients in a blender and puree until smooth. Divide between two glasses and serve immediately.

Nutrition

Calories: 104kcal | Carbohydrates: 13g | Protein: 6g | Fat: 3g | Saturated Fat: 2g | Cholesterol: 13mg | Sodium: 78mg | Potassium: 285mg | Fiber: 1g | Sugar: 12g | Vitamin A: 285IU | Vitamin C: 1mg | Calcium: 216mg

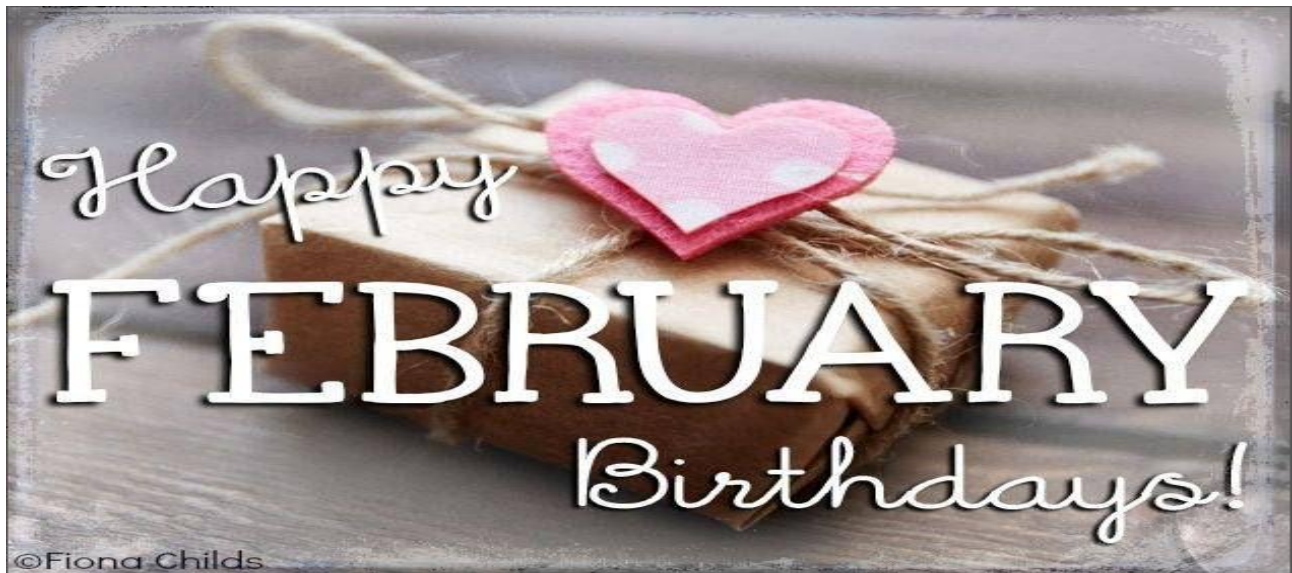




CAREGIVING
is the most
SPECIAL GIFT
we can give
to **ANOTHER**
HUMAN BEING-
you INSPIRE ME!! 

 SENIOR SHOWER PROJECT

Caring
Always there
Ready to give their all
Encouraging
Gracious
Incredible
Valuable
Exceptional
Respectable



Jay Q.	1st	Cassandra H.	18th
Jeffrey P.	1st	Richard O.	19th
Makayla M.	2nd	Angelo S.	20th
Saraya R.	2nd	Cynthia C.	20th
Leena F.	3rd	Hillary L.	21st
Chelsea A.	4th	Cleide B.	22nd
Kristen B.	4th	Angela M.	23rd
Tylor G.	4th	Judy B.	24th
Myriam H.	5th	Brooke C.	25th
Gabriella H.	6th	Richard L.	25th
Kiah N.	8th	Amanda R.	25th
Meosha H.	9th	Debra E.	26th
EmilyCole R.	11th	Nathan S.	26th
Theresa S.	12th	Rebecca C.	27th
Dolores D.	15th	Isabella D.	27th
Margarita B.	16th	Maria N.	27th
Antjuan B.	16th	Davery J.	28th



1 Year

Rebecca L.
Michael M.
Kara M.
Ashley N.
Lisa N.
Stephen D.
David F.

Michelle K.
Amanda P.
Bryan R.
Tanea Z.
Chuan Y.
Lisa L.

2 Years

Angelo S.
Skylar H.

3 Years

MariaLena K.

4 Years

Shelia H.

5 Years

Kelly H.
Doris S.
Karen T.

6 Years

Angela M.

7 Years

Robyn S.

From The Admin Team

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)**

**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/>

February events and activities!

Arvada Events

Discovery Play!



Where: Arvada library | 7525 W. 57th Ave. Arvada CO 80002

When: Saturday February 1st 9:15am-10:15am

What: Join us for some hands-on fun! Strengthen your child's STEAM (Science, Technology, Engineering, Art, and Math) skills in this self-paced program. Enjoy quality time while you learn and discover together with interactive activities.

Teen hang out



Where: Standley Lake Library | 8485 Kipling St. Arvada CO 80005

When: Wednesday, February 5th 4:00pm-5:00pm

What: Hang out, do homework, make something, play games, eat snacks and relieve stress. Watch your favorite shows and share your favorite music with other teens. Activities vary each month, and DIYs and snacks are provided.

Highlife Rhythms: A Celebration!



Where: Standley Lake Library | 8485 Kipling St. Arvada CO 80005

When: Tuesday, February 11th 4:00pm-5:00pm

What: Experience a lively celebration of a rhythm from Ghana and Nigeria, said to be over 500 years old! In this immersive workshop, you'll learn from Bob Hall, a seasoned instructor from the Arvada Center for Arts and Humanities. Explore this traditional rhythm as you work in small groups, playing instruments like drums, bells, rhythm sticks and shaker gourds. Come feel the joy of West African music and culture as we learn and perform together!

Recommended for School age children, tweens, and teens

Teen After Hours: Palentine's Day Game Night



Where: Express library West Arvada | 14455 W. 64th Ave, Unit O Arvada CO 80004

When: Friday, February 14th 6:00pm-8:00pm

What: Grab a pal or come make new ones as we kick off Palentine's Day with board games, pizza and epic fun! Forget the roses and chocolates – this night is all about celebrating the amazing friendships that make our lives so much sweeter.

This event is for teens ages 12 – 18.

Registration is required:

<https://jeffcolibrary.bibliocommons.com/events/6785efa8de0d01f3611bbfe5>

Winterfest 2025!!

Where: Olde Town Square 5726 Olde Wadsworth Blvd

When: Saturday, February 22nd 11:00am-4:00pm

What: You are invited to experience Winterfest, a free outdoor multi-cultural celebration in Olde Town Arvada!!

Winterfest continues to highlight the variety of cultures in the community allowing attendees to learn, and enjoy diverse arts, culture, and entertainment. There will be multiple cultural performances, live ice sculpting and a number of vendors and food to explore!

This year's festivities will feature several free activities and performances that are suitable for all ages, including:

- Live cultural performances, including dragon and lion dances by the Colorado Asian Cultural Heritage Center
- Art demonstrations Kids activities hosted in collaboration with Jefferson County Public Library
- Ice sculpting
- Craft vendors and food trucks

Where to park for Winterfest

Parking in lots and on the street in Olde Town for the festival will be limited, so we encourage everyone to park in the Olde Town parking hub or to use alternative modes of transportation.

Denver Events

Bowlero and Cars



Where: Bowlero | 2530 E County Line Rd, Highlands Ranch, CO 80126

When: Monday, February 3rd 5pm-7pm

What: Family friendly event. This is a great car meet to go to! Tons of cool cars and fun in the sun! Also, you get to go bowling at Bowlero! Limited free game coupons will be handed out.

Black History Month Book Buzz



Where: Virginia Village Branch Library | 1500 S Dahlia St Denver CO 80222

When: Saturday February, 8th 12:00pm-1:00pm

What: We'll explore books about various aspects of the Black experience, both historically and today. Ideal for ages 13-18.

This is a free event we are excited to explore and learn together!

Denver Botanic Free day!



Where: Denver Botanic gardens | 1007 York St. Denver, CO 80206

When: Thursday February 13th 9:00am-2:30pm

What: Free Days occur throughout the year, thanks to funding from the Scientific and Cultural Facilities District (SCFD).

This event will sell out; please get your tickets in advance. No onsite tickets available for sold out days. Free Days are for regular Gardens hours only and do not include ticketed events.

Tickets will be available three months at a time (on a rolling basis) and the tickets will be released on the 1st of the month.

Arts and Crafts for Kids



Where: Denver Public Library – Multiple Locations

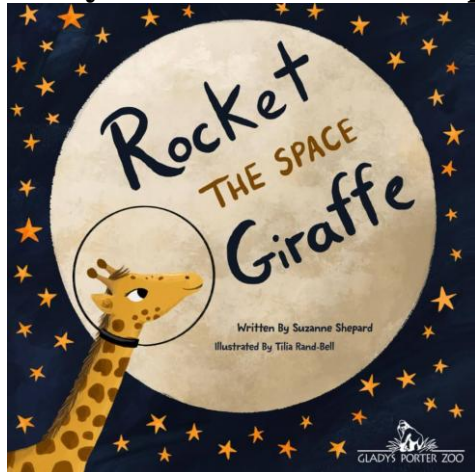
When: Tuesday, February 18th

- **10:30am-11:00am** – Ross-University Hills Branch Library- 4310 E. Amherst Ave, Denver 80222
- **3:30pm-4:30pm** – Eugene Field Branch Library- 810 S. University Blvd. Denver 80209

What: Young children will immerse themselves in play-based, exploratory art experiences that encourage creativity. We'll share a book and talk about simple art concepts before we create. This class is ideal for ages 2 – 7. Please be on time and dress for mess! Limit 30 children. No registration required.

El Paso Events

Story Time: Rocket the Space Giraffe



Where: Space Foundation Discovery Center / Area 52 | 4425 Arrowswest Drive
Colorado Springs, CO 80907

When: Tuesday February 4th 9:30am-10:30am

What: Enjoy an interactive story time for your little one in our Science on a Sphere® theater. After the story, stay for a craft where we will be making a lunar zoo.

- Book: *Rocket the Space Giraffe* by Suzanne Shepard
- Recommended for children 2-5 years old
- Free Admission

Sensory Story Time



Where: East Library | 5550 N. Union Blvd Colorado Springs, CO 80918

When: Thursday, February 6th 4:00pm-4:30pm

What: Join us for an interactive storytime designed to include children with learning and sensory differences. Ideal for children ages 3 – 12 and their parents or caregivers. All abilities are welcome. Registration required.

Sensory accommodations: The Service Desk can provide sensory accommodation items such as fidget toys or noise-reducing headphones for you or your child to use while in the Library. If these will benefit your Library experience, please ask about our Sensory Accommodations Kit!

Registration for this event will close on February 6th at 4pm

Register Here: <https://ppld.librarymarket.com/event/sensory-storytime-455380>

Colorado College Tigers vs Austin College.



Where: 44 W Cache la Poudre ST Colorado Springs, CO 80903

When: Friday February 7th 5:30pm-7:30pm

What: Come out and support your Colorado College Tigers Women's Basketball team as they take on Austin College! Don't miss this opportunity for you and your family to be a part of the excitement and energy your Tigers always bring to the court!

We hope to see you there for an unforgettable night of team spirit and great college basketball!

Free Admission!

Idea Lab: Self Portrait



Where: Old Colorado City Library | 2418 W Pikes Peak Ave. Colorado Springs, CO 80904

When: Tuesday, February 18th 4:00pm-5:00pm

What: Combine recycled hardware and a wooden plaque to create a unique self-portrait! Recommended for Ages 5 - 12. Registration required.

Registration for this event will be open February 1st @ 9:00am- February 18th @3pm

Register here: <https://ppld.librarymarket.com/event/idea-lab-self-portrait-452505>

Fort Collins Events

All Ages Story Time



Where: Council Tree Library | 2733 Council Tree Ave. Fort Collins, CO 80525

When: Saturday February 8th 10:00am-10:30am

What: Have fun and grow early literacy skills with stories, songs, rhymes, and play. Storytime supports reading readiness while celebrating the diversity among people and cultures.

This storytime is for children of all ages and their caregivers.

Loveland Sweetheart Festival



Where: Downtown Loveland | New Foundry Plaza, Downtown Loveland, CO 80537

When: February 14th & 15th

What: Bring the family or your sweetheart for FREE fun in the Sweetheart City, including a day full of LIVE ice sculpting, fire and art demonstrations, musical and dance performances on our community stage and our romantic headliners Spinphony at the Historic Rialto Theater. The Sweetheart Festival is an extension of Loveland's 77+ year history as the nation's Sweetheart City. There is something for everyone – families, couples and chocolate, running, art, and MUCH MORE!

February 1-16

Visitors can walk through this free beautiful love-themed light display set to some of your favorite love-songs with a backdrop set against illuminated African stone sculptures.

Cupcakes for Palentines



Where: Teen activity Center | 212 W Mountain Ave, Fort Collins, Co 80521

When: Saturday February 15th 3:00pm-4:00pm

What: Come decorate cupcakes and sweet treats as we celebrate hanging out with our pals!

Looking for a space to have fun? Hang out at one of the coolest locations exclusively for teens. Every month the Old Town Library teen librarian brings interesting activities and engaging crafts over to the Teen Activity Center. Join us to create something awesome and spend time with peers.

Please make sure to check the **TAC212** website for information and liability forms. Intended for ages 13-18.

Messy Me

Where: Old Town Library | 201 Peterson St, Fort Collins, CO 80524

When: Monday, February 24th 10:00am-10:45am

What: Messy fun for curious babies and toddlers as they learn and explore through process art. Enjoy stories, songs, and art making for 12 months to 3 years old. Children will have the opportunity to explore materials in a variety of textures, shapes, and sizes with caregiver guidance and will develop their fine motor skills, stimulate their senses, and exercise their creativity along the way. It's all about the process, not the product. Don't forget to dress for the mess! Free event!

Register here:

<https://poudrelibraries.librarycalendar.com/event/messy-me-8965>

Pueblo

Story Time at the Y

Where: 3200 Spaulding Ave Pueblo, CO 81008

When: Monday February 3rd 10:00am-10:30am

What: Join us for a preschool story time as we read about These story times will now be held inside the library. Please check in to story time at the main service desk. For children ages 3 and up and their parent or caregiver. Stories come alive with books, puppets, rhymes, and songs! This program is designed to support early literacy skills in preschoolers, while encouraging them to love books at an early age.

Tea Time Adventure!



Where: Rawlings Library (Main Branch) | 100 East Abriendo ave Pueblo CO, 81004

When: Saturday February 8th 10:00am-1:00pm

What:

Tea Time Adventures is a fun and Cozy table-top roleplaying system that is the perfect way to spend an afternoon hanging out as woodland creatures in a small village with a little mystery to solve. There will be prebuilt characters for those who aren't sure about building one themselves, but if you would like to create a character for this session, please email catie.blickhahn@pueblolibrary.org to coordinate creating your character to ensure it will work in the game. This system is family friendly and non-violent with lots of cuteness and coziness to explore! There will be tea and treats to enjoy during the game, of course!

All ages are welcome, but younger children should be accompanied by a parent to help on their adventure (and with math).

Registration is required:

<https://pueblolibrary.libnet.info/event/12627478>

Valentines day Celebration and Movie!



Where: Giodone Library| 24655 US Hwy 50E (BUS) Pueblo, CO 81006

When: Friday, February 14th 11:00am-1:00pm

What: Take a trip to Elemental City this Valentine's Day! Join us for a screening of Disney's Elemental while creating your own Valentine's Day masterpiece. In the *Large Community Room*. All ages are welcome, but younger children should be accompanied by a parent.

Music & Movement Story Time

Where: Greenhorn Valley community room| 4801 Cibola Dr Colorado City, Co 81019

When: Wednesday, February 19th 11:00am-12:00pm

What: Join us at the library for Music & Movement story time! Each story time involves songs, an activity break, two reading segments and a craft or coloring pages. Perfect for infants and preschoolers to encourage early literacy skills!



Teller Events

Woodland Park Playgroup



Where: The Community Partnership Family Resource Center| 701 Goldhill Place Woodland Park, CO 80863
& Cripple Creek Parks and Recreation | 128 E Bennett Ave, Cripple Creek CO

When: Tuesdays, Wednesdays in Woodland Park and Fridays in Cripple Creek from 10:00am to 11:30am

What: When families arrive there are several areas set up they can move through (we change the areas to support the theme of each session).

Areas include arts and crafts, sensory activities, early literacy, and a play area.

The last half hour we transition into group clean up followed by Snack Time combined with Story Time that is tied in with the theme of the day. We end our session with circle time singing with Music and Motion. Recommended for Babies and Toddlers.

You can find the Play groups Schedule Here:

<https://cpteller.org/events/playgroup-431-891-382-981/>

Teen Movie Day



Where: Woodland Park Library | 218 E Midland Ave woodland park, CO 80863

When: Saturday, February 15th 12:00pm-2:00pm

What: Come watch The Broken Hearts Gallery and enjoy some popcorn with us in the teen room recommended for grades 6th-12th bring a friend or come on your own ! Movie is Rated PG-13.

Cripple Creek Ice Festival

Where: Bennett Ave Cripple Creek, CO 80813

When: the 2025 Cripple Creek Ice Festival, which will be held February 15th through the 23rd. daily 10:00 a.m. - 5:00 p.m

What: As always, this event is free and open to the general public. Carvers will be working throughout the event on their sculptures. Vendor booths and ice carving will take place every day (except Tuesday, February 18) including President's Day for the duration of the festival. The vendor and activities will happen between 10:00 a.m. and 5:00 p.m. Dress warm and enjoy this incredible event.

Bennett Avenue will be closed from 2nd St. to 3rd St. and 4th St. to 5th St. from February 11th through the 24th for all vehicle traffic.

Fireside Fairytales Storytime

Where: Woodland Park Library | 218 E Midland Ave woodland park, CO 80863

When: Thursday February 27th 5:45pm-6:30pm

What: Join us for an evening fireside storytime, complete with hot chocolate and light refreshments. Wear PJs, bring a stuffed friend, and get cozy for a story reading!

All ages welcome younger children need to be accompanied by parent or caregiver.