Pikes Peak Respite Service

ISSUE NO.



MAY 2025



Newsletter



Welcome to the May edition of the Pikes Peak Respite Services
Newsletter! As we head toward summer, we are excited to
continue growing and improving together. This month, we
shine a special spotlight on the amazing work of our caregivers
and the strong bonds we've built with the families we serve.
Your dedication inspires us every day, and we are committed
to supporting you with new resources, events, and opportunities
to connect and thrive. Thank you for being an essential part
of our vibrant community.

Let's continue making a difference, together.

PPRS Admin Team



Robert H. – 1st

Alicia W. – 2nd

Robert G. - 3rd

James L. – 3rd

Kathryn A. – 4th

Maria Lena K. – 5th

Jennifer G. – 8th

Lisa R. – 8th

Jennifer G. – 8th

Sheree A. – 10th

Alicia D. – 11th

Bailey H. – 11th

Tricia J. – 11th

Joel H. – 12th

Kara M. – 12th

Mirelia C. – 13th

Michael Y. – 14th

Ping C. – 16th

Lonnie P. – 16th

Marquise P. – 16th

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Georgialee H. – 17th

Joshua P. – 17th

Andrea A. – 18th

Lei Lani B. – 18th

Jasmaine C. – 18th

Reese J. - 18th

Susan K. – 21st

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KeAndria N. – 22nd

Breanna K. – 23rd

Franklin S. – 23rd

Amari M. – 25th

Heidi Kate F. – 27th

Natalie W. – 27th

Melissa J. – 28th

Stacey B. – 29th

Nicole B. – 29th

Amanda P. – 30th



Thank you for your commitment and dedication. We are honored to have you as part of the Pikes Peak Respite Services family.

Let's continue making a difference, together.

1 Year

Kathryn A. Margarita B. Maria C. Ana D. Marlee E. Mary H.

2 Years

Priscilla A. Vilma M. Sarah S.

3 Years

Jadecinie H Samantha T.

5 Years

Angeligue R.

From the Desk of Tiffany H.

🚀 Exciting News for Our Amazing Providers! 🚀

Goal-Based Services - Quick Recap! Goal-Based Services are all about helping our clients crush their goals! Each visit should be tied back to the goals on their service plans. Just keep your notes short, sweet, and focused on what matters most: their progress!

- What Needs to Be in Your Visit Notes?
 - Goal Focus: Which goal did you work on?
 - Activities/Interventions: What awesome things did you do together?
 - Client Response: How did your client rock it (or struggle that's OK too!)?
 - Next Steps: What's coming up next?
 - Date, Time, Duration: Always include the basics!
- ➢ Big Changes Are Coming! Guess what?! Visit notes are about to get WAY easier! We're rolling out a new, simplified format very soon. Be on the lookout for updates we'll send details through email AND the Sirius Care app. You won't miss it!
- New Notifications Stay in the Know! A brand new notification system is coming to the Sirius Care app (and web browser)! You'll start getting real-time alerts and reminders to help you stay organized and in-the-loop.
- Make sure you're checking your shift submission status in Sirius Care! It will show you which shifts have been approved and which have been rejected. Staying on top of this will keep everything running smoothly for you!
- Shift Communication and Fixes If you have any questions or issues with your shifts, please send all communications and fixes to helpdesk@pikespeakrespiteservices.com.

We're here to help you out quickly and efficiently!

- Need Help with Visit Notes? Try Free ChatGPT!
 - 1. Go to https://chat.openai.com/ and sign up for a free account.
 - 2. Tell ChatGPT what your visit was about like "Visit focused on improving social skills with role-playing and discussion. Client participated enthusiastically."
 - 3. Copy, tweak, and personalize the note to fit your client perfectly.
- Thank you for being the heart of what we do! We can't wait to roll out these changes to make your job easier and more fun!

Caring for Yourself While Caring for Others Self-Management Strategies for Families Navigating Complex Needs

From Demetria S.

Inspired by "What Is Self-Management? Strategies to Build It" by Leonardo Capita, The Muse (April 4, 2025)

At Pikes Peak Respite Services, we understand how emotionally and physically demanding it can be to care for a loved one with complex behavioral or medical needs. Families often juggle appointments, behaviors, responsibilities, and paperwork—while trying to stay afloat emotionally. You're not alone in this.

One powerful, compassionate approach is called self-management. It's not about perfection or pushing yourself harder—it's about finding small ways to care for yourself so that you can continue showing up for your family with love, clarity, and steadiness.

What Is Self-Management?

Self-management is the ability to guide your emotions, actions, and energy in a way that supports your daily life, your goals, and your family's well-being. It's about noticing when you're reaching your limit—and having strategies ready that help you reset, recover, and keep moving forward.

This concept was explored beautifully by Leonardo Capita in his article on *The Muse*, where he describes self-management as "your personal GPS" for staying focused and grounded—even during stress and uncertainty.

🍀 Strategies That May Help Families

Here are a few gentle, real-life ways to bring self-management into your day, especially if you're a caregiver at risk of burnout:

Set One Small Goal Per Day

Example: "I will stretch for five minutes after I get my child on the bus," or "Today I will make a doctor's appointment for myself that I've been putting off."

Tiny goals restore a sense of control and progress when life feels overwhelming.

Pair Habits with Routines

Example: While brushing your teeth, say one kind thing to yourself. While making your child's lunch, play calming music that soothes you too.

These micro-moments help ground your nervous system without adding to your to-do list.

Use Visual Tools

Example: A dry-erase board in the kitchen listing each day's 3 key priorities (appointments, meds, self-checks). A visual schedule can also help children anticipate transitions—reducing conflict and stress.

These tools make it easier to delegate tasks, track routines, and feel less mentally cluttered.

• Make Space for Regulating Moments

Example: Keep a calming item (a smooth stone, essential oil roller, or stress ball) in your bag or pocket. When things get tough, excuse yourself to the bathroom and breathe deeply while holding it. Or: set a 10-minute timer in the afternoon just for you to sit on the porch, stretch, or scroll in

These are not luxuries—they're maintenance.

· Celebrate Tiny Wins

Example: You stayed calm through a tantrum. You prepped one dinner ahead. You reached out to a friend or said no to something that was too much.

Write it down, text someone, or tell your reflection, "I did that." Self-acknowledgement boosts resilience more than we realize.

Support Self-Management for Your Loved One, Too
Self-management isn't just for caregivers—it's a skill you can gently model and
build alongside your child, teen, or adult loved one. For example, if your child
struggles with transitions, use a "first/then" visual card to help them anticipate
what's coming: "First homework, then snack." If your teen with anxiety gets
overwhelmed, invite them to co-create a calm-down kit with items they choose
(like headphones, fidgets, or calming scents). For adults with developmental
disabilities, try setting a shared timer for 10-minute tasks and celebrating when
it rings. These small supports build trust, independence, and shared routines—
and reduce stress for everyone involved.

Remember:

Self-management isn't about controlling everything. It's about creating rhythms, tools, and support that help you feel more in control—even when life feels unpredictable.

Capita reminds us that self-management grows with practice, not pressure. "The key is awareness and intentionality," he writes.

And we couldn't agree more. With gratitude and support, Pikes Peak Respite Services

Inspired by: Leonardo Capita, "What Is Self-Management? Strategies to Build It,"

The Muse, April 4, 2025



"Taking care of yourself doesn't mean "me first," it means "me too." - L.R. Knost

Take a break and focus on you! See how many self-care activities you can complete this month!



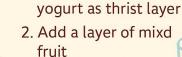
READ A BOOK	MEDITATE	ENJOY NATURE	UNPLUG FOR AN HOUR	TAKE A WALK
CALL A FRIEND	WRITE IN A JOURNAL	FREE SPACE	DO SOMETHING CREATIVE	LISTEN TO MUSIC
GET SOME SLEEP	PRACTICE YOGA	HAVE A TREAT	SPEND TIME OUTDOORS	DECLUTTER A SPACE
SAY NO	TAKE DEEP BREATHS	MAKE A NICE MEAL	LIGHT A CANDLE	POSITIVE SELF-TALK
WATCH A FAVORITE MOVIE	GO TO BED EARLY	DRINK WATER	START A NEW HOBBY	WRITE A GRATITUDE LIST

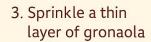
Easy Snack Recipe of the Month Springtime Fruit & Yogurt Parfaits



Ingredients:

- 1 cup strawberries, chopped
- 1 cup blueberries
- 2 cup diced mango
- 2 cups vanilla yogurt (or any flavor)
- 1/2 cup granola (honey

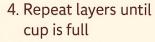




Instructions:

1. In a clear cup or bowl,

add a sppooful of



6. Enjoy immediately or refrigerate for

freiritavorite fruits and toppings



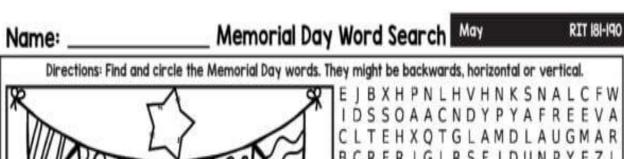




Before looking at your picky eater as the problem ask, "What is it about the food that's the problem?"

-Dr. Kay Toomey







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America fallen
anthem flags
Arlington flowers
cemetery honor
ceremony medal
crosses military

parade patriotic salute service tribute veterans

© Rhoda Design Studio 2024







🞉 CINCO DE MAYO PAPER SOMBRERO

IT'S COLOFFUL, FESTIVE, AND TAKES LESS THAN 15 MINUTES!

Materials:

- Paper plates
- Paper bowls (small, like snack size)
 - Crayons, markers, or paint
 - Glue or tape
 - Scissors (optional)
 - Instructions:
 - 1. Decorate the Plate
- Take a paper plate and color it with bright patterns: zigzags, dots, stripes use lots of reds, greens, and yellows!
 - 2. Decorate the Bowl
 - Color the outside of the small paper bowl to match or contrast with your plate design.
 - 3. Attach the Bowl to the Plate
 - Turn the bowl upside down and glue or tape it in the center of the plate. This creates the shape of a sombrero.
 - 4. Add Details (Optional)
 - Glue pom-poms around the edge of the plate to make it even cuter.
- If you want, punch two small holes on opposite sides and tie string through them to actually wear your sombrero!





Happy Mother's Day! 🕰

This Mother's Day, we celebrate all the incredible moms out there – whether you're a mom, a stepmom, a grandmother, or someone who has been a motherly figure!

Take this time to reflect on the ways that love, support, and care have shaped your journey and the journeys of those around you. Whether you're spending the day with family, pampering yourself, or enjoying a moment of peace, you deserve all the love and appreciation the world has to offer.



May social Media Holidays 2025 | Asian Pacific American Heritage Month & Mental Health Awareness Month

MAY	TUE	WED	THUR	FHT	FRIT	MAY
		1 Labour Day	2 National Fitness Day #FitnessDay	3 Star Wars Day #MayThe4thBe WithYou	4 Cinco de Mayo ■ ■ #CincoDeMayo	5 Minc Gala #CincodeMayo
6 National Day (IAT) #FitnessDay	7 National Smail BusDay Small BusinessDay	8 National Small Business Day #Smal BusinessDay	9 Motiers / Day (US) #Mothers	10 International Nurse's Day	11 Vesak Day #VesakDay	12 International Nurse's Day #NursesDay
13 International Day of Families	15 National P Love a Tree Day	16 National Love a Tree Day	16 Eurovision Song Contest Finale	17 Eurovision Song Contest Finale ≪ ■ #ESC2024	18 International Museums Day	19 Victoria Day #VictoriaDay
21 Scavenger Hunt Day	24 National Wine Day	25 National Wine Day	28 Memorial Day ≡ #MemorialDay	24 National Flip Flop Day	25 Scavenger Hunt Day	30 National Creativity Day





Phamaly Theatre Company is celebrating more than three decades of inclusive theatre, continuing its legacy as the longest-running disability theatre in the nation.

This May, in collaboration with Kelly Hunter of <u>Flute Theatre</u>, Phamaly Theatre Company will present

Pericles, an interactive heartfelt and playful experience

An Adaptive Show for People with Cognitive Disabilities.

Every autistic child should have the opportunity to experience the magic of the Flute Theatre. Special Needs Teacher London UK

The production uses Kelly Hunter's <u>Hunter Heartbeat Method</u>, providing a unique and engaging experience for participants and audience members welcoming all types of cognitive disabilities. The Hunter Heartbeat Method is a series of sensory games created for autistic people to play. These are playful games of humanity that need only the human voice and body and another person to play with. The games are derived from Shakespeare's poetic exploration of how it feels to be alive.

This work is transformative and extremely beautiful. The tender exchange of love and humanity is at the heart of Flute Theatre. I am always changed. Sifiso Mazibuko. Actor

We are currently seeking audience members and participants with cognitive disabilities at all levels of impact, all ages, and all backgrounds to **join us** for these performances! A maximum of fifteen autistic participants come to each show and every performance is adapted according to their specific needs.

Always wanted to try acting but never found the proper accommodations or accessibility?

Join us in creating the story of adventure, loss, and resumption in a new and interactive way!

When it comes to caring for and loving a person with autism, Flute is an island in an ocean of chaos. Sister of autistic participant.

For more info, or to purchase tickets now, go to our website at: https://phamaly.org/show/pericles/

Have any questions or want more information? Reach out to grace@phamaly.org for anything you need!

TELLER COUNTY, CO //////////// TEA CUP PLANTERS

What: Join us for a charming and relaxing crafting session where you'll turn a beautiful teacup into a unique planter. Whether you're looking to add a little greenery to your space or craft a perfect gift, this is the perfect way to spend some creative time. Space is

limited — please call 719-748-3939 to reserve your spot! 18+

Where: 334 Circle Dr Florissant, Colorado 80816 When: Saturday, May 17th 10am---2:00pm

END OF SCHOOL BBQ

What: Come out and join our area's first responder community for free BBQ, drinks and games as we kick off the summer! you don't want to miss this family fun!

Where: 200 N. Park St, Woodland Park, CO 80863

When: May 22nd 2:00pm-4:00pm

FISHING MEETUP

What: Today is all about fishing! Join CPW and Trout Unlimited volunteers for fishing at Dragonfly Pond. No teaching will be done, this is simply a time for people to get together, swap tips and enjoy the sport. Bring a lunch to eat and chat before the TU seminar at 12:30 (info below). *A fishing license is required to fish at the park for ages 16+. Meet at Dragonfly Pond. A park pass is required to access the park. Passes can be purchased for \$10 at the Visitor Center from 9am-4pm.

Where: Mueller State Park 21045 CO-67 Divide, CO 80814

When: Saturday, May 24 · 9am - 11:30am

DINNER PARTY- FOOD AND FELLOWSHIP

What: You're Invited! Come enjoy a free homemade pasta dinner with fresh desserts, good company, and warm conversation. Whether you're new or a familiar face, there's a seat just for you! Kids are welcome—we'll have fun activities just for them!

It's all made with love, completely free, and open to everyone. Come for the food, stay for the community. We'd love to meet you and share what's happening at our church.

Where: 721 Gold Hill Place South Woodland Park, CO 80863 | Remnant Seed Gospel

Ministries

When: Saturday, May 24 · 10am - 12pm

COMMUNITY ACCESS DAY

What: Enjoy Blooms at the Buell for Community Access Day with free admission to both the Buell Children's Museum and the Helen Thatcher White Galleries! Throughout the day, take part in fun craft activities like flower pot painting, Mother's Day card making, a scavenger hunt for a chance to win a family membership, and yard games (weather permitting).

Get your free tickets here: https://my.sdc-arts.org/admission/1309

Where: 210 N Santa Fe Ave, Pueblo, CO 81003

When: Saturday May 10th 10:00am-4PM



What: Calling all crafters ages 18 and up! Bring your friends and neighbors and join us for a cozy, creative morning every Tuesday in the adult area. Complete with plenty of comfy chairs! Whether you're knitting, painting, scrapbooking, or simply looking to enjoy some conversation while you craft, everyone is welcome. Bring your project, your creativity, and

your good vibes!

Where: 1300 jerry Murphy Rd Pueblo, CO 81001

When: Tuesday May 20th 10:00am-12:00pm

TELLER COUNTY, CO

SPILL THE TEA

What: Grab a donut, sip on something warm, and spill the tea! This laid-back hangout is the perfect spot to catch up with friends or meet someone new. Whether you're here for the snacks, the laughs, or the convo, everyone's welcome. Join us in the Teen Room on the first Saturday of every month for good vibes, hot drinks, and sweet treats.

Open to ages 12–18 (Grades 6–12).

Where: 218 E Midland Ave, Woodland Park, CO 80863

When: Saturday, May 3rd 10am-11:00am

MOTHER'S DAY PHOTOS

What: Join us for free family or kid portraits in honor of Mother's Day. Capture beautiful

memories with your loved ones — we can't wait to celebrate with you!

Where: 218 E Midland Ave, Woodland Park, CO 80863

When: Friday May 9th 5:00pm-6:00pm



CHAIR FLOW YOGA

What: Nurture yourself in this slow-flow afternoon yoga session. This is a prop-assisted session to make yoga practice accessible and equitable for all. No prior knowledge is required. Please wear loose clothing. We will use assisting props like chairs, blocks, and blankets. Mats and props will be provided. This class is for adults 18+, Registration is required-Registration will open May 9th!

Register on the Poudre libraries website, in person at any library, or by calling our Answer Center at 970-221-6740.

Where: 201 Peterson St, Fort Collins, Co 80524- Large meeting Room

When: Friday, May 23rd 4:00pm-5:00pm

PUEBLO, CO

KNEE HIGH NATURE HOUR

What: Calling all preschoolers! Join us at the River Campus of the Nature and Wildlife Discovery Center for an hour of outdoor fun, including gentle hikes, crafts, stories, and more all themed around TREES this month! Free parking , outside event, Space is limited register

Here: https://www.hikeandlearn.org/event-calendar Where: 5200 Nature Center Rd, Pueblo, CO 81003

When: Friday May 2nd 12pm-1pm

CINCO DE MAYO CELEBRATION

What: Celebrate culture, community and tradition at this vibrant festival featuring live Folkorico dancers, an authentic Mariachi band, delicious food trucks, a beer garden, sponsor/ vender booths and activates for the whole family!

Where: 61 E. Civic Center Dr, Pueblo, CO 81007

When: Saturday May 3rd 4pm-9:00pm

What: It's time to team up and dodge foam darts in one of our most beloved family events! The Mom & Son Nerf War invites moms and sons ages 5–13 for epic battles on the ballfield. Nerf darts and safety goggles are provided, along with snacks and a keepsake gift for Mom. Just bring your Nerf blaster (no Rival or high-powered guns). Bonus: Dads can join as

volunteer referees! (Fees 0-5\$)

Register here: https://www.pueblowestmetro.us/219/Annual-Events

Where: Lovell Park, Ballfeild #1 |

When: Saturday May 10th 12:30pm-2:00pm-3:15pm

AROUND THE WORLD: A MELODY LIVING TASTING OF RUSSIA

What: Experience the flavors of Russia at Melody Living in Colorado Springs! Enjoy delicious global cuisine from our gourmet chef, warm hospitality, and a fun evening of laughter, culture, and connection with fellow active adults 62+. Don't miss this unforgettable culinary journey! RSVP by May 28 to: sebastian.gonzalez@melodyliving.com www.melodylivingcos.com • (719)-900-1540

Where: 7570 Tutt Boulevard Colorado Springs, CO 80924

When: Thursday, May 29 · 4 - 5pm



BILINGUAL STORY TIME

What: Join Ms. Claudeth for stories, music, fingerplays, and fun in English and Spanish! Suggested for children ages 0-5 and their caregivers. In the Storytime room on Thursdays

Where: 300 N. Adams Loveland, CO 80537 | Loveland Public Library

When: Every Thursday 11am-11:30am

BINGO NIGHT

What: Join us for Free Bingo Night—a fun, fast-paced evening of friendly competition and exciting prizes! Play for your chance to win themed goodies, Breckenridge Brewery swag, gift cards, and surprise giveaways. No cost to play—just bring your game face and some good vibes!

Where: 1020 E Lincoln Ave. Fort Collins, CO 80524 | Breckenridge Brewery

When: Every Thursday 6pm-8:00pm

CIRQUE DU SLAY

What: NoCo Youth Pride Prom's 3rd annual celebration—bigger, bolder, and vampire circus-themed! LGBTQIA+ youth & allies are invited for a night of performances by; Krisa Gonna and Royal Ambrose, a spectacular DJ, karaoke, button making, temporary tattoos, yard games, lots of food, and tarot reading! Join us for the event of the season celebrating queer youth and the end of school! Recommended for teens.

Registration is not required but encouraged as there will be prizes and gift bags. Please use the link below for more information and to register for this event.

https://forms.gle/Jcgjir4pc2qaCRWB9

Where: 408 Mason Ct, Fort Collins, CO 80524

Fort Collins Museum of Discovery When: May 17th 5:00pm-9:00pm

COLORADO SPRINGS, CO

FAMILY FUN DAY

What: Family Fun Day at Fountain Creek Nature Center! This annual event hosts organizations from around the region that engage all ages, but especially kids, in science, art, and nature exploration. Enjoy these activity stations around the Nature Trail with your friends and family. You'll be supporting the Friends of El Paso County Nature Centers while you're here! Active Military families are FREE with their ID! \$5 per person. Children under 2 years old free.

Where: 320 Peppergrass Lane, Fountain, CO

When: Saturday, May 3, 10am-2pm

COOKING AND NUTRITION SOCIAL

What: Join us for an unforgettable culinary experience that will elevate your understanding of the way food can nourish our bodies and learn to make simple, healthy, and delicious meals. This social is free to attend and welcomes adults with disabilities and their loved ones.

Where: 10 N. Meade Ave. Colorado springs, CO 80909

When: Thursday May 15th 4:30pm-7:00pm

NATIONAL SPACE DAY

What: Join the Space Foundation Discovery Center for a free, family-friendly celebration of National Space Day! In partnership with Space Workforce for Tomorrow (SWFT), this exciting community event offers a full day of out-of-thisworld STEM fun—including astronaut meet & greets, hands-on activities, drone and Mars challenges, local author readings, and more. Perfect for explorers of all ages!

Where: 4425 Arrowswest Dr, Colorado Spring, CO 80907

When: Saturday, May 3rd 10:00am-4pm

TEEN PEER GROUP

What: Our teen peer group is for ages 14-18. This is a place for teens to talk about anything and to create and participate in a group in which everyone is included and respected (judgment-free zone). Various topics are offered along with anything the participants need to discuss. Topics vary and center on self-respect, effective communication, responding vs. reacting, self-accountability, friendships, individuality and respect for others, among many others. Snacks and water provided.

Where: 301 E Platte Ave Colorado Spring, CO 80903 When: Tuesdays May 6th, 13th, 20th, and 27th 4pm-5pm

DENVER, CO

COMMUNITY RIDES

What: Join us for This Bi-weekly cycling program welcomes individuals with physical disabilities, their families, volunteers, and community members to enjoy inclusive rides around Washington Park's scenic 2.7-mile loop. This year, we've added an intermediate ride for those looking for a bit more challenge! Bikes are provided, and all riders are welcome—just bring your helmet, comfy clothes, closed-toe shoes, and water gear.

<u>Reminders:</u> Must be able to self-transfer (12"+), wear a helmet, and sign a waiver <u>Pre-registration is required</u>, Bring water, sunscreen, and a positive attitude!

Register: https://adaptiveadventures.app.neoncrm.com/np/clients/adaptiveadventure

s/eventRegistration.jsp?event=96329

Where: 1700 E Louisiana Ave Denver, CO 80210

South Denver High School Parking lot When: May 7th 4:00pm-6:30pm



What: Celebrate Cinco de Mayo at Colorado's largest and longest-running festival! Enjoy live entertainment, cultural fun, delicious food, local vendors, and family-friendly activities all weekend long. Don't miss this vibrant, can't-miss tradition!

Where: 101 W 14th Ave, Denver, CO 80202.

When: May 3-4th 10am-8pm both days

Discovery Walks

What: Stroll with librarian Elizabeth and discuss exercise. We'll meet at the Hampden Heights Park sign on S. Dayton Street just north of Girard Avenue. Park on the street. For adults 50+. No registration required. Check denlib.org/discoverwalks for weather cancellations.

Where: 3301 S Clinton St, Denver, CO 80231 When: Monday, May 5th 9:30am-10:30am

LEVITT'S FREE CONCERTS

What: Kick off summer with DUPB's MusicFest featuring Jeremy Zucker and Arlie at Levitt Pavilion! This free, all-ages concert opens the Levitt summer series—RSVP to grab a spot on the lawn. Bring blankets, lawn chairs, sealed drinks, snacks, and enjoy a fun, inclusive evening of live music under the stars!

Where: 1380 W Florida Ave, Denver, CO

When: Fri, May 30, 5:30 PM Doors, 7:00 PM Show

ARVADA, CO

LIBRARY FOR ALL

What: The library is more than a collection of books – it's a place where everyone can learn, play and create! We welcome adults with disabilities and their caregivers to make crafts, create art, play games, explore the library and enjoy music, Story Times and guest speakers. Each program is thoughtfully tailored to suit our audience's unique interests and abilities.

Where: 7706 W. Bowles Ave. Littleton CO 80123

When: Thursday May 1st 1:00pm-2:00pm

DISCOVERY PLAY

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. Great for babies through preschoolers and their caregivers.

Where: 7525 W. 57th Ave. Arvada CO 80002 **When:** Saturday May 3rd 9:15am-10:15am

MAY FLOWERS PAPER CRAFT

What: Make a beautiful and unique bouquet of tissue paper flowers perfect for a Mother's Day gift or brightening up a room! Suitable for school age to 60+

ls it your first time visiting the Express Library? Go to https://jeffcolibrary.org/express-lib-

reg/ to register for access!

Where: 14455 W. 64th Ave. unit O Arvada CO 80004

When: Saturday May 10th 11:00am-1:00pm

CREATE SPACE HANGOUT

What: Love anime? Ever wanted to bring your own characters to life? Join us for a digital painting workshop, where we'll dive into the basics of creating anime-style art using Procreate! Whether you're a total newbie or already sketching your favorite characters, this is the perfect space to level up your skills while hanging out, snacking, and vibing with fellow anime fans.! Ages 12-18 only. Spots are limited, so register quickly!

Where: 555 S. Allison Parkway Lakewood CO 80226 | Belmar meeting room

When: Monday may 19th, 2:00pm-4:30pm

PPRS.

MAY 2025

EVENTS SCHEDULE

GET OUTSIDE AND EXPLORE:

Trailability Program:

Bear Creek and Fountain Creek Nature Centers utilizes "Terrain Hoppers" or off-road mobility vehicles that allow members of the El Paso County community and visiting guests with disabilities to experience trails previously inaccessible to them. The 1-3-mile trails will take participants through the varying foothills and wetlands habitats, accompanied by their friends and family as well as a Nature Center volunteer or staff member. Participation in the Trailability Program is completely free! Registration is required.

Where: Fountain Creek: 320 Peppergrass Ln, Fountain, CO

80817

Bear Creek: 245 Bear Creek Rd, Colorado Spring, CO 80906

When: Saturday, May 1st- October 31st

Register here:

https://communityservices.elpasoco.com/parks-and-



PPRS Facebook Page

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

https://www.facebook.com/PikesPeak RespiteServices

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.pueblo.us/DocumentCenter/View/21015/Program-Guide?bidId=

https://www.coloradosprings.com/events/#!/

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

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

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

https://www.fcgov.com/recreation/special-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/

https://denverlibrary.org/events

fcgov.com/recreation