



With November's arrival, we extend our heartfelt gratitude to the unsung heroes, the caregivers who tirelessly provide love and support. November is not only a time to express thanks but also to acknowledge the tireless dedication of caregivers like you, who give so selflessly.

Please know that we hold each of you in the highest regard. Your compassion and dedication inspire many. This newsletter is but a small token of our appreciation, but the impact you have on our PPRS community is immeasurable. Thank you for being pillars of strength and support. Our caregiving community thrives because of your unwavering commitment. We appreciate and look forward to continuing this journey of care, compassion, and gratitude together.

As we enter the holiday season, we understand that it can be a time of both celebration and increased stress. We encourage you to take a moment for yourself, find inspiration in our newsletter, and remember that you are not alone on this journey. Whether you're new to caregiving or a seasoned expert, we are here to support you every step of the way.

With warm regards,

Your PPRS Admin Staff

NOVEMBER 2023

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1. World Vegan Day 🥗	2. <u>Día de Muertos</u> (MX) 🕒	3. National Sandwich Day 🥪	4. National Candy Day 🍬
5. <u>Guy Fawkes Night</u> (UK) 💧	6. National Nachos Day 🌮		8. S.T.E.M/ S.T.E.A.M Day	9. World Freedom Day		11. <u>Single's Day</u> (CHIN) / <u>Veterans Day</u> (US) 🇺🇸
12. Diwali 🕯️	13. World Kindness Day ❤️	14. World Diabetes Day 🩺		16. International Day for Tolerance	17. National Hiking Day 🥾	18. International Men's Day 👨
	20. Transgender Day of Remembrance 🏳️	21. National Entrepreneurs Day		23. Thanksgiving 🦃 🙏	24. <u>Black Friday</u> 🛒	25. Small Business Saturday 🏪
26. National Cake Day 🍰	27. <u>Cyber Monday</u> 📄 🛒	28. Giving Tuesday	29. National Lemon Cream Pie 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
mcadenver.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





Chocolate covered Strawberry Turkey's

- Strawberries (washed and dried)
- Melting Chocolate (milk chocolate and white)
 - Pretzel Sticks
 - Mini Marshmallows



www.coloring-pages.info



FALL COLORING PAGES





15 FALL RIDDLES & JOKES for Kids

<p>Q: What do you use to mend a jack-o-lantern?</p> <p>A: A pumpkin patch.</p>	<p>Q: Who won the skeleton beauty contest?</p> <p>A: No body.</p>	<p>Q: Who helps the little pumpkins cross the road to school?</p> <p>A: The Crossing Gourd.</p>	<p>Q: What do you get when you drop a pumpkin?</p> <p>A: Squash.</p>
<p>Q: If money really did grow on trees, what would be everyone's favorite season?</p> <p>A: Fall</p>	<p>The nurse walked into the busy doctor's office and said, "Doctor, the invisible man is here." The doctor replied, "Sorry, I can't see him."</p>	<p>Q: What do you get when you divide the circumference of your jack-o-lantern by its diameter?</p> <p>A: Pumpkin Pi.</p>	<p>Q: What happened when the turkey got in a fight?</p> <p>A: He got the stuffing knocked out of him.</p>
<p>Q: Who lives in the scary Hundred Acre Wood?</p> <p>A: Winnie the Boo.</p>	<p>Q: I'm tall when young, I'm short when old, and every Halloween I stand inside jack-o-lanterns. What am I?</p> <p>A: A candle.</p>	<p>A family of fall leaves were trying to change a light bulb. A squirrel walked by and asked why the bulb wasn't changed yet and the red leaf said, "Because we keep falling."</p>	<p>Q: What did one leaf say to another?</p> <p>A: I'm falling for you.</p>
<p>Q: Why is Dracula so easy to fool?</p> <p>A: He's a sucker.</p>	<p>Q: Why are all Superman costumes so tight?</p> <p>A: They're all size 'S'.</p>	<p>Q: Why do birds fly south in the Fall?</p> <p>A: Because it's too far to walk.</p>	<p>h.h.gregg appliances & electronics</p>  <p>ALL PRO DAD. AllProDad.com</p>



November Activities



NurtureStore

<https://nurturestore.co.uk/wp-content/uploads/2016/10/november-activities-for-children.png>



33 Self-Care Ideas

to nurture yourself

- Take a walk
- Read your favourite book
- Workout
- Nap
- Take a bath
- Watch your favourite movie/show/Netflix series
- Go out for brunch
- Buy yourself flowers, a cactus or succulent
- Get a manicure, pedicure or facial
- Journal
- See a show or concert
- Spend time with someone special
- Go to an art gallery or museum
- Meditate
- Sing
- Bake donuts
- Say no
- Shut down technology and take a social media break
- Do something crafty
- Diffuse essential oils or light some candles
- Spend time with animals
- Go to a farmer's market and make a nourishing meal
- Phone/Skype/Facetime a friend
- Play
- Make an awesome playlist and have a dance party
- Enjoy the sunshine/rain/stars
- Make a pot of tea
- Colour
- Go to your favourite coffee shop and have the best warm beverage
- Hang out in nature or near water
- Learn an instrument (or practice that one you used to play)
- Go for a bike ride
- Breathe

dancingthroughlifeblog.com





Jovanni M.	1st		
Chloe R.	6th	Ella O.	14th
Katie G.	7th	Debra M.	17th
Daniel S.	7th	Jenna W.	17th
Doris S.	7th	Valerie D.	18th
Shari C.	9th	Deborah G.	18th
Bianca S.	9th	Madison W.	18th
Ashyrion C.	10th	Mindi M.	19th
Ingrid M.	10th	Loresa S.	20th
Robin E.	12th	Brittini D.	23rd
Alisa T.	12th	Heather R.	24th
Nicole O.	13th	Shelia H.	25th
Nicci J.	14th	Jasmine C.	30th



1 Year

Leena F.
Jerica H.
Karen M.

2 Years

Collette G.

4 Years

Ian H.

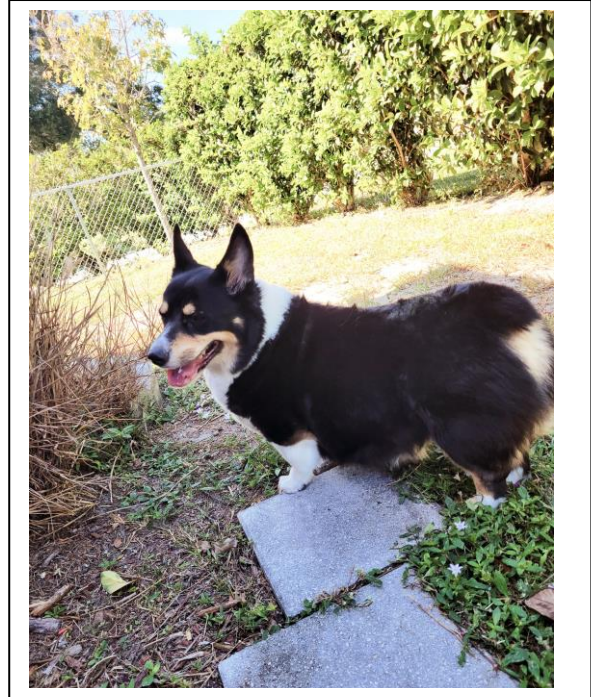
Jessica's Corgi Corner

Danny is doing ok. He has been having a problem with his sight. Cataracts! He is still going to the park.

Providers just 2 things from me. Make sure you are logging into and out of the Sandata system if you need to. Also thank you for all you do!

Have a fantastic Holiday!!

~Jessica



From The Admin Team

Shout out to:

Benjamin Pressnall

&

Jazzamine Jeske

You both always go above and beyond! Thank you for always following company policy. We appreciate all that you do!

PPRS Facebook Page

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

<https://www.facebook.com/PikesPeakRespiteServices>

PPRS NEWSFLASH GROUP

Join our Facebook News flash Group to fill
your schedule!

<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>Paws to Read</p>	<p>Where: 832 Village Center Drive When: Every Wednesday 3:30 PM – 4:30 PM What: Children may practice reading skills by reading to a Canine Good Citizen dog. Cost: Free Admission</p>
<p>Japanese Cultural Festival % Bazaar</p>	<p>Where: University of Colorado Springs, 1420 Austin Bluffs Pkwy When: Nov. 4th, 10am-2pm What: Free entertainment includes taiko drum performance, shakuhachi (Japanese flute), Okinawa music and dance, Yosakoi dance performances with audience participation and karate demonstrations. Cost: Free Admission</p>
<p>Veterans Day Parade</p>	<p>Where: Downtown Colorado Springs, Tejon - Boulder When: November 4th, 10am What: “to honor all veterans and to educate and inspire community awareness while paying tribute to the service and sacrifices veterans have endured in the pursuit of freedom for our country.” Cost: Free Admission</p>
<p>Thanksgiving Cookie Class</p>	<p>Where: 7035 Old Meridian Rd, Peyton CO80831 When: Sat, Nov 18th, 3:30 – 5:30 What: smallbatchcookies@gmail.com (719) 684-6401 Cost: Free Admission</p>
<p>Home Depot Kids Workshop</p>	<p>Where: All Home Depot Locations – see local store for most accurate information When: 1st Saturday of every month 9am-12 noon What: Join us the first Saturday of each month between 9 am – 12 pm for free in-person Kids Workshops. While supplies last. Cost: Free Admission</p>
	<p>Where: When: What: Cost: Free Admission</p>
<p>Colorado Country Christmas Gift Show</p>	<p>Where: Colorado Springs: 3960 Palmer Park Blvd. Colorado Springs, CO 80909 When: Friday, November 10, 2023 What: The 5th annual Colorado Country Christmas continues to grow in number of vendors and shoppers as we look with anticipation to the most magical time of the year. Santa will be there to note your child's wishes and have pictures taken. Strolling carolers welcome you to the show. Holiday music and decorations ring in the holidays as you shop for gifts to thrill every member of your family. FREE parking! FREE pictures with Santa! Children 13 & under admitted FREE! Tickets are good for ALL 3 DAYS! Cost: Free Admission</p>

Pueblo

<p>DINOSAURS ON Display</p>	<p>Where: Lamb Library: 2525 South Pueblo Boulevard When: November 1st, all day What: See a scale model of a Velociraptor! Take a selfie! Explore our Dino Display for the month of November!</p> <p>Beautiful displays about Dinosaurs including a scale model of a velociraptor!</p> <p>Cost: Free Admission</p>
<p>Home Depot Kids Workshop</p>	<p>Where: All Home Depot Locations – see local store for most accurate information</p> <p>When: 1st Saturday of every month 9am-12 noon What: Join us the first Saturday of each month between 9 am – 12 pm for free in-person Kids Workshops. While supplies last.</p> <p>Cost: Free Admission</p>
<p>Scavenger Hunt</p>	<p>Where: Greenhorn Valley When: Wednesday’s What: Find all the pictures and receive a prize</p> <p>Cost: Free Admission</p>

Denver Metro

<p>Denver Zoo Free Day</p>	<p>Where: Denver Zoo: 2300 Steele St, Denver, Co 80205 When: 4/9/2023, 10/7/2023, 11/7/2023, 11/12/2023 What: 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>Cost: Free Admission</p>
<p>Free Day at the Denver Art Museum</p>	<p>Where: Denver Art Museum: 100 W. 14th Ave. Pkwy. Denver, CO 80204 When: 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 What: Engage with art, explore onsite activities, and experience exhibitions on view all while enjoying free admission! Advance ticket reservations are encouraged.</p> <p>Cost: Free</p>
<p>Hammonds Factory Candy Tour</p>	<p>Where: Hammond’s Candies 5735 Washington St, Denver CO 80216 When: Recurring weekly on Monday, Tuesday, Wednesday, Thursday, Friday, Saturday What: 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>Mining Museum of Earth Science</p>	<p>Where: Mines Museum of Earth Science 1310 Maple St., Golden, 303-273-3815 When: Open Monday to Saturday, 9 a.m. to 4 p.m. Sunday, 1 p.m. to 4 p.m. What: It has two floors displaying fossils, gemstones, meteorites, minerals and mining artifacts. Cost: Free Admission</p>
<p>Denver Botanic Gardens</p>	<p>Where: 1007 York St. Denver, Colorado 80206 When: 4/22/2023, 6/6/2023, 7/5/2023, 8/15/2023, 11/24/2023 What: 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 Cost: Free Admission</p>
<p>U.S. Mint of Denver</p>	<p>Where: 320 W. Colfax Ave., Denver When: 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 What : FREE tours show every step in the process of turning dull, blank metal slugs into shiny pocket change. Cost: Free Admission</p>
<p>Home Depot Kids Workshop</p>	<p>Where: All Home Depot Locations – see local store for most accurate information When: 1st Saturday of every month 9am-12 noon What: Join us the first Saturday of each month between 9 am – 12 pm for free in-person Kids Workshops. While supplies last. Cost: Free Admission</p>

[Larimer County](#)

<p>Bring your own Project</p>	<p>Where: Council Tree Library Large Meeting Room When: Saturday, November 18, 2023 2:00 PM - 4:00 PM What: Do you have some hand-knits you are working on, or a cross-stitch sampler? Are you crocheting, sewing, beading, embroidering or creating friendship bracelets? Are you stuck on a new skill and want to ask if anyone else knows how to do Japanese short rows? If you want to work on your project and enjoy the company of other crafters while you are at it, come join us at Council Tree Library! This event is drop-in and BYOP (bring-your-own-project). Light refreshments will be provided. Cost: Free Admission</p>
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<p>Tiny Trekkers</p>	<p>Where: Lions Open Space 2425 N. Overland Trail Laporte, CO 80535</p> <p>When:</p> <p>What: 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.</p> <p>Cost: Free Admission</p>

Teller

<p>Florissant Fossil Beds National Monument</p>	<p>Where: 15807 Co Rd, Florissant CO</p> <p>When:</p> <ul style="list-style-type: none"> • January 16: Martin Luther King, Jr. Day • April 22: First day of National Park Week • August 4: Anniversary of the Great American Outdoors Act • September 23: National Public Lands Day • November 11: Veterans Day <p>What: 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>Cost: Free</p>
<p>Parks and Recreation Family Fun Festival</p>	<p>Where: Greenhorn Valley</p> <p>When:</p> <p>What: 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>Cost: Free Admission</p>

