

Pikes Peak Respite Service



ISSUE NO.

12

December 2025

Newsletter



Welcome December

As the year draws to a close and winter wraps the world in its quiet beauty, we're reminded of the power of care and connection. The holidays invite us to slow down, reflect on the moments that shaped our year, and celebrate the many ways we've supported one another.

To our incredible caregivers—thank you for the compassion, dedication, and warmth you bring every day. Your care shines especially bright during this season of giving, bringing comfort and joy to those who need it most.

As we close out the year and welcome a new one, may you find time to rest, recharge, and savor the simple joys of the season. Here's to ending the year with gratitude and beginning the next with hope.

~PPRS Admin Team~



HAPPY Birthday

Kimberly C. – 1st

Raymond D. – 1st

Methal K. – 1st

Riley G. – 4th

Carol S. – 4th

Justin B. – 5th

Lauryn C. – 5th

Sarah P. – 5th

Natalie W. – 5th

Cameron S. – 5th

Anna B. – 6th

Miriam M. – 6th

Clayton P. – 6th

Brenda R. – 6th

Amy S. – 6th

Samantha T. – 6th

Nicholas T. – 6th

Nataya W. – 6th

Rodney S. – 7th

Oyuky M. – 8th

Constance O. – 9th

Williams O. – 9th

Ashley C. – 11th

Briana T. – 11th

Brianna J. – 12th

Bryanna G. – 13th

Julie M. – 13th

Holly W. – 13th

Tekia H. – 14th

Newlene L. – 15th

Kristi J. – 17th

Vanessa M. – 17th

Nathan C. – 18th

Mary P. – 18th

Angeline P. – 18th

Jacob H. – 19th

Vincente H. – 19th

Esther S. – 19th

Wanda F. – 21st

Donna M. – 21st

Simone L. – 23rd

Jessica A. – 24th

James B. – 24th

Brittany M. – 24th

Vicky J. – 26th

Yvonne D. – 27th

Danielle S. – 27th

Namane D. – 28th

Stephanie M. –

29th

Dayvon A. – 30th

Cierra F. – 30th

Calley T. – 31st



1 Year

Autumn H.
Jaime L.
LeeAnn M.
Michael M.
Fatima P.
Renee P.
Amanda R.
Laura S.

2 Years

Dina F.
Donna M.
Daniel R.
Janette T.
Felicia W.
Theresa S.

3 Years

Shari C.

5 Years

Walter J.

6 Years

Hallie K.



⚠ **Community Connector Rate Update — Effective December 15, 2025**
We're making an important update to our Employee Community Connector (CC) pay structure.

❖ **What's Changing (Employees Only):**

- Current: \$30/hr + \$8 stipend, 2-hour minimum
- New Rate: \$31.25/hr
- Stipend removed
- 2-hour minimum removed

- ❖ Contractor CC rates remain unchanged.

These updates help simplify payroll and ensure consistent, competitive compensation for our CC employees.

Thank you for everything you do! ❤

WE ❤️ Caregivers!



Become a Certified Youth Mental Health First Aider!

Join our Youth Mental Health First Aid (YMHFA) course on Thursday, December 11th at 10:00 AM MST (via Zoom)!

YMHFA equips you with the knowledge and confidence to recognize early signs of mental health challenges in young people, offer initial support, and connect them with professional resources. You'll gain practical tools to help create a safe, supportive environment for teens and young adults.

- Official 3-Year Certification upon completion
- Practical strategies for supporting youth well-being
- Led by experienced, caring instructors

⌚ Course Details:

- Start Time: 10:00 AM MST
- Length: 5.5–6 hours (live instructor-led session)
- Includes ~2 hours of self-paced pre-work (must be completed before class) and ~20 minutes of post-work after class

👉 *Participants must be present for the entire instructor-led session to qualify for certification.*

💻 Register today: <https://pikespeakrespireservices.com/ymhfa-class>

💰 Course Fee: \$55

(The payment link is located just below the section where you book your course.)

Invest in your community and your confidence—become someone who makes a difference in the life of a young person! 🌱



Christmas QUIZ

(circle the correct answer)

a. holly b. mistletoe c. wreath	a. ribbons b. pudding c. gingerbread	a. sock b. shoe c. tights	a. snowman b. Santa Claus c. elf
a. lights b. ornaments c. tinsel	a. dwarf b. elf c. kid	a. candy cane b. cracker c. lollipop	a. christmas wreath b. christmas tree c. christmas bush
a. candle b. light c. bulb	a. lights b. ornaments c. tinsel	a. fern b. holly c. ivy	a. candle b. bells c. stars
a. letter b. card c. fax	a. lights b. ornaments c. tinsel	a. chimney b. fireplace c. roof	a. lights b. ornaments c. tinsel

WWW.HOMEMADEHEATHER.COM

Kiwanis Breakfast With Santa

Kiwanis' Gift to the Community!



Free Pancake Breakfast!
Visit with Santa!
Mrs. Claus & Cookies!
Letters to Santa, Crafts, Games
and more!

**Saturday, Dec. 6, 8 a.m. to 11 a.m.
at the Ute Pass Cultural Center!**

Everyone invited!

Everything free!





COMFORT SOUP

INGREDIENTS

- 2 tbsp butter or olive oil
- 1 small onion, diced
- 2 carrots, sliced
- 2 celery stalks, chopped
- 3 cloves garlic, minced
- 6 cups chicken or vegetable broth
- 2 cups cooked shredded chicken (optional)
- 1 cup small pasta or rice
- 1 tsp dried thyme
- Salt & pepper to taste
- Fresh parsley for garnish

INSTRUCTIONS

1. In a large pot, heat butter or oil over medium heat.
2. Add onion, carrots, and celery. Saute until softened, about 5 minutes.
3. Stir in garlic and thyme; cook for 1 minute.
4. Pour in broth and bring to a gentle boil.
5. Add pasta (or rice) and cook until tender.
6. Stir in cooked chicken, season with salt and pepper, and simmer for 5 more minutes.



Serve warm with crusty bread and enjoy the cozy flavors of Christmas!





Winter Bingo

B I N G O







Paper Plate Menorah

Materials:

- **Paper plate**
- **9 small paper or foam rectangles (candles)**
- **1 yellow or orange paper circle (flame) per candle**
- **Glue or tape**
- **Markers or crayons**

Instructions:

1. **Cut the paper plate in half. This will be your menorah base.**
2. **Color or decorate the plate with markers or crayons.**
3. **Glue the 9 candles evenly along the straight edge of the plate. The center candle (shamash) should be slightly taller.**
4. **Glue flames on top of each candle.**
5. **Optional: Add glitter or stickers to make it extra festive!**



December 21

WINTER SOLSTICE

Winter Solstice, or **December Solstice**, is considered the **first day of winter**. It is the shortest day of the year when the Northern Hemisphere of the earth tilts away from the sun. Most years it is on December 21, but it can vary by a few days.

See how many wintery words you can find.

COAT
COCOA
COLD
FROSTY
GLOVES
HAT
HOLIDAY
ICE
ICICLE
MITTENS
SCARF
SHOVEL
SKATE
SKI
SLED
SNOW
SNOWBALL
SNOWMAN

Y	H	J	K	P	L	Y	S	V	G	H	C	X	Z	Q
R	S	Q	T	G	H	J	N	P	Y	T	R	G	Y	Y
Q	C	H	Q	W	X	C	O	A	T	F	G	T	B	H
X	V	C	O	L	D	Z	W	V	X	C	S	Y	T	G
S	G	K	L	V	P	H	M	S	N	O	W	W	Q	C
Z	H	X	D	T	E	V	A	G	R	C	X	H	S	F
C	Q	A	X	Z	G	L	N	F	B	H	K	P	C	R
M	I	T	T	E	N	S	X	H	O	L	I	D	A	Y
L	W	S	D	Q	C	E	S	G	Z	X	Q	G	R	Y
P	G	Y	I	T	L	X	N	Z	L	Y	H	B	F	W
K	F	D	X	C	O	C	O	A	C	O	P	X	C	Q
J	S	K	I	G	E	R	W	X	F	G	V	H	G	X
T	Z	C	C	G	K	L	B	Y	T	S	L	E	D	G
R	I	V	R	P	S	K	A	T	E	G	F	K	S	J
G	X	C	G	F	Y	Q	L	Z	Q	W	C	J	L	K
Y	R	W	Q	Z	X	C	L	G	H	N	Y	J	M	P

Bonus: If you lived in the Southern Hemisphere, this would be your first day of summer!

www.fathompublishing.com

WINTER SOLSTICE

WINTER SOLSTICE (DEC. 21)

SUNRISE

7:16 AM
DECEMBER 21

→ 7:20 AM
JANUARY 21

SUNSET

5:39 PM
DECEMBER 21

→ 6:01 PM
JANUARY 21

TODAY

SHORTEST DAY OF THE YEAR

10 HRS 22 MIN

TONIGHT

LONGEST NIGHT OF THE YEAR

13 HRS 38 MIN



WINTER EXERCISE FUN FOR EVERYONE!



Stay active, stay healthy, and have fun this winter!

Day	Warm-Up	Cardio / Fun	Strength	Balance	Cool-Down
Monday	March in place arm circles, neck rolls		Sit-to-stand wall push us	Heel-to-toe walk, ball toss	
Tuesday	Shoulder & ankle circles	Indoor walk or treadmill	Bicep curls seated marching	Stand on one foot with support	
Wednesday	Marching & gentle arm swings	Snowball toss / sled push	Leg lifts seated mar lifts	Simple yoga poses	
Thursday	Arm swings & neck rolls	Dance video follow along	Sit-to-stand wall push-u	Ball toss scarf-toss	
Friday	Shoulder on pencil twists	Balloon or soft ball game	Leg lifts seated marching	Heel-to-toe walk gentle holds	
Sunday	Light marching & arm swings	Free play indoors	Wall push-sit-stand	Simple yoga or balance poses	

Tips for Safe Winter Exercise



Wear layers & non-slip shoes



Take breaks & drink water



Use music, balls, or scarves



Aways supervise outdoor activity



Stay active, stay happy, and enjoy the winter season!

GOOD HOUSEKEEPING

DECLUTTER CHECKLIST

KITCHEN

- Expired foods and spices
- Take-out containers
- Chipped or mismatched dishes

BATHROOMS

- Old medications
- Expired or unwanted toiletries
- Excess packaging from products

BEDROOMS

- Clothing that no longer fits
- Mismatched socks
- Accessories you don't wear

LAUNDRY ROOM

- Unused cleaning supplies
- Out-of-place items

LIVING ROOM

- Old technology and miscellaneous cords
- Games with missing pieces
- Undesirable decor

KIDS' SPACES

- Toys children have outgrown
- Incomplete toy sets
- Damaged books, dried out markers, etc.

■ End of Year Declutter ■

Start the new year feeling lighter, clearer, and more focused by letting go of clutter—physical and mental. Decluttering isn't just about tidying up; it's about creating space for new opportunities, peace, and purpose. Here are some simple ways to refresh your home and mind before the new year begins.

- **One Room at a Time**
Focus on one space at a time. Start small—like a drawer, desk, or closet—and celebrate each completed area.
- **Keep What Brings Joy or Usefulness**
Ask yourself: Do I love this? Do I use this? If the answer is no to both, it's time to let it go.
- **Declutter Digitally**
Don't forget your digital life—delete old emails, organize your files, and back up what matters most.
- **Give Items a Second Life**
Donate gently used items to local shelters or charities. Passing things on can make someone else's year brighter.
- **Set a Timer**
You don't have to spend hours cleaning. Dedicate just 15 minutes a day, and small efforts will add up quickly.
- **Make Space for What Matters**
Less clutter means more room for peace, creativity, and connection as you enter the new year.

■ **Remember:** Decluttering isn't about perfection—it's about progress. Make space for joy, calm, and the things (and people) that truly matter in 2025!

“The secret of getting ahead is getting started.” Mark Twain

Start small, and the clutter will vanish one step at a time.



Event Schedule

December 2025

Arvada

Kids Club: VEX Robotics

Where: 10200 W. 20th Ave Lakewood CO 80215

When: Tuesday,, December 2nd 3:30pm-5:00pm

What: Discover something new every Tuesday with our after-school adventures! Kids in kindergarten through fifth grade can dive into hands-on fun with crafts, STEM projects, and more. This week's theme, VEX Robotics, brings learning to life as kids build and explore real robots while developing creativity, teamwork, and problem-solving skills.



The Dickens Christmas Experience



Where: 6750 Carr St Arvada, CO 80004

When: Saturday December 6th 10:30am-4:30pm

What: Step into the spirit of the season at the 3rd Annual Dickens Christmas Experience! This festive community celebration at Arvada United Methodist Church brings holiday cheer for all ages — with live music, children's crafts, theatrical performances, photos with Victorian Santa, a local artisan market, and plenty of holiday treats. Free to attend and open to everyone, it's a joyful way to connect, celebrate, and give back this Christmas season.



Teens After Hours: Harry Potter Yule Ball



Where: 7706 W. Bowles Ave. Littleton CO 80123

When: Friday December 5th 6:00pm-8:00pm

What: Witches, wizards, and all other magical beings are invited to attend the Yule Ball! Get sorted into your Hogwarts House, participate in magical crafts and activities, mingle with fellow fans, and dance the afternoon away. Costumes and cosplay are encouraged. Ages 12-18, magical & non-magical beings are welcome.

Registration is required.



PPRS

Library for All

Where: 1800 Harlan St. Edgewater CO 80214

When: Thursday, December 11th 12pm

What: We extend a warm welcome to adults with disabilities and their caregivers, inviting them to join in crafting, gaming, guest speakers, music, and more. Our programs are thoughtfully tailored to the unique interests and abilities of each participant.

Leatherworking Workshop

Where: 5000 County Road 73 Evergreen CO 80439



When: Saturday, December 27, 2:00PM – 4:00PM

What: Learn the basics of leatherworking with a workshop at the library. All classes are beginner friendly, so no experience is necessary. The program is designed for adults, registration required.

Colorado Springs

Festival of Lights Family Fun Day

Where: Colorado Springs Pioneers Museum, 215 S. Tejon Street, Colorado Springs, CO 80903

When: Saturday, December 6, 10:00am - 2:00pm

What: Celebrate the season at the Colorado Springs Pioneers Museum's FREE holiday celebration! Enjoy music, crafts, face painting, special guests Anna and Elsa, the Slimrail Train Display, letters to Santa, and hands-on activities with local organizations. Warm up with complimentary hot chocolate and cookies as this beloved 40-year tradition brings festive cheer to the Pikes Peak community.



Idea Lab: Fairy Tale Science

Where: 8010 Severy Rd. Cascade, CO 80809

When: Saturday, December 6, 10:00am - 2:00pm



What: Can you build a house that will survive the Big Bad Wolf huffing and puffing? Come to this hands-on Three Little Pigs challenge to find out. Ages 5-12.

Teen Dungeons & Dragons

Where: 1175 Chapel Hills Dr. Colorado Springs, CO 80920

When: Tuesday, December 2nd, 9th and, the 16th @ 5:30pm-7:45pm

What: Join your fellow teens in an adventure in the world's greatest role-playing game, Dungeons & Dragons! New players and veterans alike are welcome to participate. Seats are limited to 20 each week. Registration is required.



Art For Older Adults

Where: 2418 W. Pikes Peak Ave. Colorado Springs, CO 80904

When: Thursday, December 18 2:00pm-3:00pm

What: Art for Older Adults inspires a sense of self-reliance for older adults. Each month seniors can produce high-quality art projects that respect their wealth of life experiences, skills, and innate capacity to create. All supplies will be provided. Registration required.



Cocoa Blend Workshop

Where: 1821 S. Academy Blvd. Colorado Springs, CO 80916

When: Wednesday, December 17 4:00pm-5:00pm

What: Learn about and experiment with different types of cocoa and other ingredients to create personalized cocoa blends. Take your custom blends home to enjoy yourself or create a special gift for a friend. Registration required.

Ages 18+



Denver Art Works! Preschool Arts & Crafts

Where: 4310 E Amherst Ave, Denver, CO 80222

When: Tuesday, December 2, 10:30 am - 11:30 am

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 2-5. Please be on time and dress for mess! Limit 30 children. No registration required.





Lakewood Lights

Where: 801 S Yarrow St Lakewood, CO

When: December 5th 5:00pm-8:30pm

What: Gather your friends, family and neighbors for this annual celebration! Join us for a lighting ceremony, then enjoy a stroll among the light displays, listen to festive live music and warm up with hot cocoa. Meet with jolly old Santa Claus or craft an ornament to commemorate this happy holiday.



2nd Saturdays at CSU Spur

Where: 4777 National Western Drive Denver, CO 80216

When: Saturday December 13th, 10:00 AM to 2:00 PM

What: Enjoy free, family-friendly fun each month—watch veterinarians in action, explore hands-on science activities, play in kid-friendly mock labs, try cooking activities, get messy at the stream table, enjoy VR (ages 9+), tour the rooftop greenhouse, and more!



Teen Trivia

Where: 10 W. Fourteenth Ave. Pkwy. 80204

When: Wednesday, December 17, 3:30 pm - 4:00 pm

What: Come for trivia and stay for the community. We provide a safe and fun after-school environment for teens to compete in Jeopardy style questions. This month's categories are: Unusual plants, Same first and last letter, fashion history, 9 Letter words, and the WWE. Team up with friends or fly solo. Winner gets a free book!



Kwanzaa Vision and Dream Boarding

Where: 2401 Welton St, Denver, CO 80205

When: Friday, December 19, 2:00 pm - 3:30 pm

What: Come learn about the principles of Kwanzaa and create your personal vision for the new year with intention, as artist Jawana Norris leads us through vision board creation. All supplies provided. No registration required. Free parking and snacks. 18+



Fort Collins**Not Your Grandma's Bingo**

Where: 163 W Mountain Ave, Fort Collins, CO 80524

When: Recurring weekly on Tuesday December 2nd, 9th, 16th, 23rd, and the 30th. Starting at 7pm.

What: Join us at Slyce's Speak Cheesy Lounge for free bingo hosted by the fabulous Berlin Blush! Enjoy five exciting rounds for five chances to win prizes like pizza, beer, or cocktails. Be sure to check our social media for any scheduling updates. 18+

**Snack and Craft**

Where: 2733 Council Tree Ave Fort Collins, CO 80525

When: Wednesday, December 3rd and 10th, 3:00pm–5:00pm

What: Swing by for snacks, chill vibes, and something new to try every Wednesday. The week of the 3rd week we'll be making trinket dishes and other projects using clay. the week of the 10th we'll be learn how to finger knit, no experience needed. You're welcome to arrive anytime during the program. Open to middle and high school students ages 11 to 18.

**Old Town Mindful Movement Storytime**

Where: 201 Peterson St, Fort Collins, CO 80524

When: Friday, December 5th, 12th and 19th 11:00am-11:30am **PPRS**

What: Connect with stories, music and movement in ways that help lower stress, release energy, promote well-being and strengthen mind and body. Storytime includes a brief playtime at the end for kids and grownups to play, support, and connect with each other. Designed for kids and their caregivers to enjoy together

**Pose & Prose**

Where: 201 Peterson St, Fort Collins, CO 80524

When: Friday, December 19, 4:00pm–5:30pm

What: Nurture both your body and your creative expression in this slow-flow yoga practice that weaves together physical movement combined with various seasonal writing prompts. Registration is required. Register on this website, in person at any library, or by calling our Answer Center at 970-221-6740. 18+



Pueblo**Do NASA Science!**

Where: 100 east Abriendo Ave Pueblo, Co, 81004

When: Monday December 1st, 8th, 15th, and the 22nd. 6:00pm-7:00pm

What: Explore real NASA citizen science projects and make your own discoveries from home! Learn how to identify cloud shapes in the Martian atmosphere, search for signs of extraterrestrial life, spot asteroids around dead stars, and classify distant galaxies. Each session highlights a different space exploration activity that participants can do on their own computer. This series is presented in collaboration with the exhibit Destination Moon.

**Holiday Cultural festival**

Where: 301 N. Union Ave Pueblo, CO 81003

When: December 6th 1:00pm-5:00pm

What: Experience the magic of our Free Holiday Cultural Festival, featuring lively performances, hands-on cultural activities, festive refreshments, and complimentary museum admission. Celebrate the season with creativity, community, and holiday cheer!

**The Great Winter Bake-Off**

Where: 2525 South Pueblo Blvd Pueblo, Co, 81005

When: Tuesday December 9th 5:00pm-6:30pm

What: Join us for a fun and festive no-bake baking workshop where teens and tweens can create delicious treats like chocolate bark, parfaits, and cookie truffles. Enjoy hands-on crafting, decorating, and snacking as you mix and layer your way into the holiday spirit. All supplies are provided. Recommended for ages 9-17.

**Beginner Leather Work Class with Sonya**

Where: 100 East Abriendo Ave Pueblo, CO, 81004

When: Saturday December 6th, Wednesday December 17th 6:00pm-8:00pm

What: Discover the timeless craft of leatherworking in this fun, beginner-friendly class where you'll learn how to cut, punch, and use essential tools while creating your own handmade leather piece. All tools and materials are provided, and no experience is needed. Each session includes a finished project and the skills to keep creating. Individual registration is required. Ages 16 and older, a adult needs to be present for anyone under 18. December 6 - Drawstring Bag project, and December 17 - Traveler's Field Journal.



Teller CO**Wiggle Wednesdays Storytime**

Where: 11122 US-24, Divide, CO 80814

When: Wednesdays (December 3rd, 10th, and 17th) 10:00am-10:45am

What: Come and get your wiggles out at this NEW Story time! Join us for Stories, songs, dancing, and more Every wednesday.

Recommended for Children ages 0-5 yrs old and their caregivers.

**Romantics with Altitude Book Club**

Where: 334 Circle Dr, Florissant, CO 80816

When: December 8th, every 2nd Monday of the month 4PM-5:30PM

What: For the swooners, spice lovers, and everything in between! We read love in every genre & live for happy ever afters. Join us for our meeting!

**Cripple Creek Christmas Parade**

Where: Historic downtown Cripple Creek. The parade runs up Bennett Ave from 5th Street and ends at the Aspen Mine Center.

When: Saturday, December 13, 2025, at 12:00 PM. Parade line-up begins at 11:30 AM on E Carr by the Train Depot.

What: Join us for the Gold Camp Country Christmas Parade, a beloved holiday tradition celebrating the charm and nostalgia of the season. Enjoy festive floats, holiday spirit, and a special Santa meet and greet at the Aspen Mine Center.

**Holidays Around the world**

Where: 218 E Midland Ave Woodland Park, Co 80863

When: Saturday December 20th, 10:00am-12:00pm

What: Join us as we travel the globe participating in unique holiday celebrations! Experience other cultures and learn how the world participate in the winter hold. Enjoy food drinks and learn something new. All ages welcome!





PPRS Facebook Page

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

<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.pueblo.us/DocumentCenter/View/21015/Program-Guide?bId=>

<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

<https://coloradosprings.gov/>