

Pikes Peak Respite Service



Newsletter

ISSUE NO.

8

AUGUST 2025



Gearing Up for Growth This August! Still Soaking Up Summer, Ready for What's Next!

Summer vibes meet back-to-school energy! August is the perfect time for new routines, fresh resources, and meaningful connections, and we're here to keep you in the loop with everything happening this month with updates, events, and celebrations.

You're the driving force behind everything we do! As caregivers and mentors, your dedication builds strong bonds of trust and hope with the families we serve.

Your kindness sparks change every day—even in ways that don't always show. With gratitude and hope, we move forward into this season of change—together!

Stay connected and stay inspired! Don't hesitate to reach out. Together, we have the power to create meaningful and lasting impact.

PPRS Admin Team



A Special Message to Our Parent Providers

Hey Amazing Parent Providers! ❤️

We see you. We *are* you. And we know how easy it is to hit that 40-hour cap when you're wearing all the hats—especially when you're also an employee of PPRS.

Here's a **flexible solution** that might help:

🔄 **Become a Parent Provider Contractor!**

As a parent provider, you have the option to transition into a **contractor role**—and the best part?

👉 **No LLC or business liability insurance required!**

This option gives you:

- More flexibility in your weekly hours
- The ability to submit hours **without worrying about overtime limits**
- A smoother experience overall while continuing to support your loved one

📌 *Important Note:* While we can't give tax advice, many parent provider services may qualify as **non-taxable income**—so it could be worth exploring!

If you're curious or want to know more, contact **Brett Seemann:**

✉️ brett.seemann@pikespeakrespiteservices.com

📞 719-205-4862

We're here to support you every step of the way. Thank you for the heart and care you bring to PPRS every single day!





From the Desk of Tiffany H.

Keeping You in the Loop at PPRS!

Hey PPRS Superstars! 🌟

We've had some amazing new providers join us—*welcome aboard!* Whether you're brand new or a seasoned PPRS pro, here's your handy refresher on the DOs ✅ and DON'Ts ❌ to keep everything running smoothly.

🕒 Time is of the Essence!

- **Employees** – You're limited to **40 hours per week**. That's the cap—no exceptions!
- **Contractors** – You're not limited by hours, but please log responsibly.
- **Shift submissions are due at the time of service**. Right away! No waiting around.

🕒 Clock In, Clock Out—Every Time!

Please, please, please don't forget to **clock out** of your shifts!
When one provider forgets, it can **mess things up for everyone** working with that individual.

🕒 Parents receive notifications showing your:

- Time in 🕒
- Time out 🕒
- Visit notes 📝

Be sure to keep things accurate!

Use the **Mobile App** for real-time only.

Need to fix a shift? Head to the portal:

👉 pprs.siriuscare.net

🚗 Transportation Shifts: Know the Difference!



Let's clear up the road rules:

- ✅ **Supported Community Connector (SCC - Adults)**
YES—you *can and should* log **Transportation Shifts**, including **Non-Medical Transportation (NMT)**.
 - ❌ **Community Connector (Youth)**
NO—you do **not log** separate transportation shifts.
These shifts already include an **automatic stipend**—so no need to log extra.
➡ One shift. One log. Done!
 - ⚡ **Non-Medical Transportation is ONLY for SCC**
NMT **cannot be billed under any other service**—not for respite, personal care, or youth services.
SCC only. Period.
-

SCC & CC: Community Engagement Is a Must!

We know movies are fun—but under **Medicaid rules**, they don't count as **community engagement**.

So let's set the record straight:

- **Movies** =  **Not Allowed** under SCC or CC services.
- **Parks** =  **Not Enough** unless there's real interaction.

✓ You *must* leave the home **and engage with other people** in the community.

✓ Think of places and activities that promote socialization, skill-building, or shared experiences.



All individuals receiving **SCC or CC services** must have **meaningful, engaging experiences**—no passive outings or isolated park trips. Let's make every shift count!

Respite Day Services = Contractors Only

Respite Day Services are **NOT allowed** for employees.

Only **contractors** may provide and log these shifts.

Shift Corrections & Support


- Parents may submit shifts up to **48 hours back**.
- If you need a correction:
 -  Email: helpdesk@pikespeakrespiteservices.com
 -  Or use Chat HelpDesk in Sirius Care
- Please allow **24 business hours** for replies.

 **Cut-off for submissions and corrections is 11:59 PM every Sunday.**

Don't miss the deadline!

New Notes System = New Workflow

- *Don't send a week's worth of shifts to Billing Support.*
- All shift submissions and corrections are now **handled by the provider**.
- Be sure to **check the status** of your shifts regularly.
 - ✓ Only **Rejected** shifts can be corrected: pprs.siriuscare.net

Let's keep the momentum going and continue delivering the amazing care PPRS is known for. Thank you for all you do—and for being the heartbeat of this organization! 

With gratitude (and a little sparkle),

Tiffany ✨

Director of Getting Stuff Done & Spreading Good Vibes

Nurse Breanna's Medical Maxims

Sleep Smarter: Your Guide to Better Rest

Getting a good night's sleep isn't just a luxury—it's essential for your physical health, mental clarity, mood, and long-term well-being. If you've been tossing and turning, waking up groggy, or relying on caffeine to get through the day, it might be time to tune up your sleep hygiene.

What Is Sleep Hygiene?

Sleep hygiene refers to the habits and environment that support quality sleep. Just like brushing your teeth keeps your mouth healthy, sleep hygiene helps your brain and body recharge properly every night.

Habits to Improve Sleep

1. Stick to a Sleep Schedule

Go to bed and wake up at the same time every day—even on weekends. This helps regulate your body's internal clock.

2. Create a Bedtime Routine

Wind down with calming activities like reading, gentle stretching, or meditation. Avoid stimulating activities, especially those involving screens.

3. Limit Screen Time at Night

Blue light from phones, tablets, and computers can suppress melatonin, the hormone that makes you sleepy. Power down at least 60 minutes before bed.

4. Keep Your Bedroom Cool, Dark, and Quiet

Your bedroom should be a sleep sanctuary. The optimal temperature for sleep is between 60–67°F (15.5–19.5°C). Keep the room dark with blackout curtains, use earplugs or white noise to block out sound, and choose breathable bedding to maintain comfort throughout the night.

5. Watch Your Intake

Avoid caffeine after 2 PM and skip heavy meals, alcohol, or sugary snacks late at night.

6. Get Morning Sunlight

Exposure to natural light in the morning supports your circadian rhythm and boosts alertness during the day.

Supplements That Support Sleep

- Melatonin

Best for adjusting to time zone changes or occasional insomnia. Take 0.3–1 mg about 30–60 minutes before bed.

- Magnesium

Helps calm the nervous system and relax muscles. Magnesium glycinate or citrate are well-absorbed forms—try 200–400 mg before bed.

- L-Theanine

An amino acid found in green tea that promotes relaxation without drowsiness. 100–200 mg can help quiet the mind at night.

- Valerian Root

A natural sedative herb that may improve sleep quality. Start with 400–600 mg before bedtime.

- GABA

A neurotransmitter that helps calm the brain. Supplementing with 100–250 mg may help ease anxiety and support deeper sleep.



Important Note: Always consult with a healthcare provider before starting any new supplements—especially for children. Dosing may vary based on age, weight, and individual health needs. Be sure to check for any contraindications with current medications or conditions to ensure safe and effective use.



Final Thought

Improving sleep starts with consistent, mindful changes. With better sleep hygiene, smart habits, and natural support, you can reclaim the rest your body and mind deserve.

Sweet dreams! 🌙 ✨



From the Desk of Demetria S.

A Mindful Response Guide for Families of Children with Complex Needs Experiencing Complex Behaviors

Inspired by Jen Lumanlan's "Six Ways to Respond to Your Child's Tantrum" and adapted for Pikes Peak Respite Services families

At Pikes Peak Respite Services, we encourage families and caregivers to remember that what may appear as a "tantrum" to some often has deeper emotional or sensory needs beneath the surface. It's important for caregivers or parents to take a moment to regulate their own emotions first. Once they've found their own calm, they can then offer the same support to the child or youth, helping them regain their sense of balance. This thoughtful, compassionate approach not only supports the emotional well-being of both the caregiver and the child but also creates a more understanding and nurturing environment for everyone involved.

For families with children with complex needs, including developmental, medical, or behavioral challenges, responding to tantrums requires patience, understanding, and specialized approaches. These children often face challenges with emotional regulation, communication, and coping strategies, which can lead to frequent or intense behavioral responses, commonly called tantrums. Here's how families can respond in ways that support their child's needs and incorporate mindfulness strategies for grounding:

1. Acknowledge the Unique Needs

Children with complex needs may have heightened sensitivities to sensory stimuli, physical discomfort, or frustration due to developmental delays or medical conditions.

Understanding the root cause of the behavior (whether it's sensory overload, unmet physical needs, communication struggles, or emotional dysregulation) is crucial. Families may want to consider:

- **Observe triggers:** Be mindful of patterns that precede tantrums—whether it's a specific environment, change in routine, or unaddressed need (hunger, fatigue, etc.).
- **Reframe expectations:** Recognize that their child might need more time to process and regulate emotions, and that their behavior isn't willful but rather a manifestation of their internal struggles.

2. Mindfulness Strategies for Parents and Children

Mindfulness can help both children and parents stay grounded during behaviors. Mindful practices help to shift focus from the overwhelming emotion to the present moment, providing a pathway to emotional regulation.

For Parents:

- **Self-regulation:** Parents or caregivers could practice mindfulness techniques to regulate their own emotions, ensuring they don't mirror the child's distress. This could include:
 - **Deep breathing:** Take slow, deep breaths (inhale for 4 counts, hold for 4 counts, exhale for 6 counts) to stay calm and prevent reacting in frustration.
 - **Body awareness:** Check in with your own body. Notice tension in your shoulders, jaw, or hands, and consciously relax those areas.

- **Mental reframing:** Remind yourself that your child is dysregulated and not trying to hurt you or manipulate you. This helps reduce the emotional weight of the situation.

For Children:

- **Breathing exercises:** Teach the child simple, accessible breathing techniques. This could involve:
 - **"Blow out the candle":** Have the child pretend to blow out a candle by taking a deep breath in and then slowly exhaling as if blowing out a candle. This simple exercise can help calm their nervous system.
 - **"Belly breathing":** Encourage the child to place their hands on their belly and feel it rise and fall as they breathe in and out. This brings focus to the body and promotes calmness.
- **Grounding techniques:** Grounding exercises help children reconnect to their body and the present moment during a tantrum:
 - **5-4-3-2-1:** Ask the child to name five things they can see, four things they can touch, three things they can hear, two things they can smell, and one thing they can taste. This can help shift focus away from overwhelming emotions and onto sensory experiences.
 - **Weighted objects:** If appropriate, allow the child to hug or hold something with weight, such as a soft blanket, stuffed animal, or weighted vest, which can provide comfort and stability during emotional moments.
 - **Safe space:** Create a "calm corner" or "safe space" where the child can go during intense emotional moments. This space should include sensory-friendly items, such as soft lighting, calming music, or fidget toys, that help them feel secure and self-regulate.

3. Non-verbal Communication and Empathy

For children with complex needs, verbal communication may be limited, especially during behaviors. It's important to stay emotionally attuned and offer comfort in non-verbal ways.

- **Physical presence:** Sometimes, just being near your child can provide emotional support. Avoid overwhelming them with too much talking, and instead, offer quiet, reassuring presence.
- **Gentle touch:** If the child is comfortable with it, offering a gentle hand on their back or holding their hand can provide comfort during the distress phase of a tantrum. Respect boundaries, as some children may resist touch when they are in a heightened emotional state.

4. Create Predictable Routines and Transitions

For many children with special needs, unpredictability can lead to anxiety, frustration, and emotional outbursts. To minimize triggers:

- **Establish routines:** Create clear and consistent routines for daily activities. When routines are predictable, it can help reduce anxiety and prevent tantrums.
- **Use visual schedules:** If the child has limited language skills, a visual schedule with pictures or symbols can help them understand what to expect during the day, including transitions between activities. Providing a visual countdown for transitions (e.g., "5 more minutes") can also help them prepare.

5. Empathy and Validation

During or after a tantrum, it's important to validate the child's feelings, even if the behavior is difficult to handle. This can help them feel heard and understood, reducing future emotional outbursts.

- **Reflect feelings:** Use simple phrases to reflect what you think the child is feeling. For example, "It looks like you're feeling frustrated because we have to leave the park," or "I can see you're really upset right now."
- **Offer choices:** Once the child has calmed down, offer them options to help them regain a sense of control. "Do you want to sit in the chair or the couch while we talk?" or "Would you like to use your breathing exercise or go to the calm corner?"

6. Collaborate with Therapists or Specialists

Families can benefit from working with specialists such as behavioral therapists, occupational therapists, or psychologists who can provide personalized strategies to help manage tantrums. These professionals can:

- **Teach specific coping skills** tailored to the child's individual needs, such as using a communication device or developing a sensory diet.
- **Provide behavior analysis** to identify specific triggers and reinforce positive behaviors.
- **Support emotional regulation** strategies such as mindfulness, sensory integration, and relaxation techniques.

7. Practice Patience and Self-Care

Lastly, it's important for parents or caregivers to consider practicing self-care. Caring for a child with complex needs can be emotionally and physically exhausting. At Pikes Peak Respite Services, we recognize the value of respite care as a key part of self-care for caregivers. Respite care provides families and caregivers with much-needed breaks, allowing them to recharge and return with renewed energy to better support their child. Setting aside regular time for yourself, whether through respite care, quiet breaks, exercising, or connecting with a support network, can help you stay grounded and better equipped to support your child.

By integrating these mindful practices and understanding the emotional and sensory needs of their child, families can help children with complex needs navigate difficult emotional moments and create a calm, supportive environment for both the child and the caregiver. This approach fosters a deeper connection with your child while also promoting emotional resilience for both the child and the caregiver. If you are overwhelmed, or need additional assistance with behaviors, or self-care strategies, please reach out to us, at Pikes Peak Respite Services.

*In addition, we offer **telehealth appointments** with our Clinical Director, **Janell LaJoie**, MA, LAC, LPCC, NCC, who provides compassionate guidance and clinical insight for families navigating these challenges. Please don't hesitate to reach out—we're here to walk this journey with you. Janell may be reached at (719) 205-9171 or by email at J.lajoie@pikespeakrespiteservices.com*



August Birthdays

1st – Amber B.
1st – Anthony L.
2nd – Renee P.
2nd – David R.
2nd – Felicia W.
3rd – Shane B.
3rd – Elisia G.
3rd – Daniel R.
4th – Irene D.
4th – Melissa L.
4th – Karen M.
6th – Rian M.
7th – Jaime M.
7th – Jaime M.

8th – Jordyn P.
10th – Jennifer M.
10th – Benjamin P.
12th – Brandy B.
13th – Karen T.
15th – Robyn S.
16th – Michael R.
17th – Cleo B.
17th – Deborah C.
17th – Theresa H.
17th – Mandy H.
18th – Lisa A.
18th – Stephen D.
18th – Anne G.
19th – Jessica S.

21st – Devin P.
22nd – Heather M.
22nd – Adela T.
22nd – Kate W.
23rd – Aaron B.
23rd – Riley N.
23rd – Katie S.
25th – Jaime L.
25th – Janette T.
25th – Jennifer Y.
26th – Abigail S.
27th – Monica W.
27th – Elena Z.
29th – Hosiana B.
31st – Mijonne C.



1 Year

Becca H.

2 Years

Paul H.

Paige T.

Sonya E.

3 Years

Davery J.

Natalie W.

Tina W.

Deborah H.

Jordyn P.

6 Years

Kendra W.

Jeffrey P.

Kylee W.

Alicia C.

Jaime M.

Newlene L.

Krista B.

Adela T.

Lei Lani B.

HAPPY WORK ANNIVERSARY

☀️ **Become a Hero in a Child's Life!** ☀️

Make a difference as a Youth Mentor in Colorado through CHRP Waiver Services.

💙 **Flexible Hours** | 💰 **Paid Support** | 💡 **Life-Changing Impact**

Join Pikes Peak Respite Services today!

www.pikespeakrespiteservices.com



"Mentors help
kids see into
their future."

– Brian Stemmle
Olympian



How Big is My Problem?



EMERGENCY!

- Immediate danger
- Serious injury
- Fire



BIG PROBLEM

- Someone gets hurt
- Being bullied
- Fighting
- You are not safe



MEDIUM PROBLEM

- Someone bothering you
- Spilled something
- Not feeling well
- Friend conflict



SMALL PROBLEM

- Forgetting homework
- Schedule change
- Dropping supplies
- Runny nose
- Need to go to the bathroom
- Forgetting glasses



NO PROBLEM

- Losing a game
- Not getting called on
- Not being first in line
- Getting a problem wrong

Enraged
Terrified
Furious
Hysterical
Angry
Out of Control

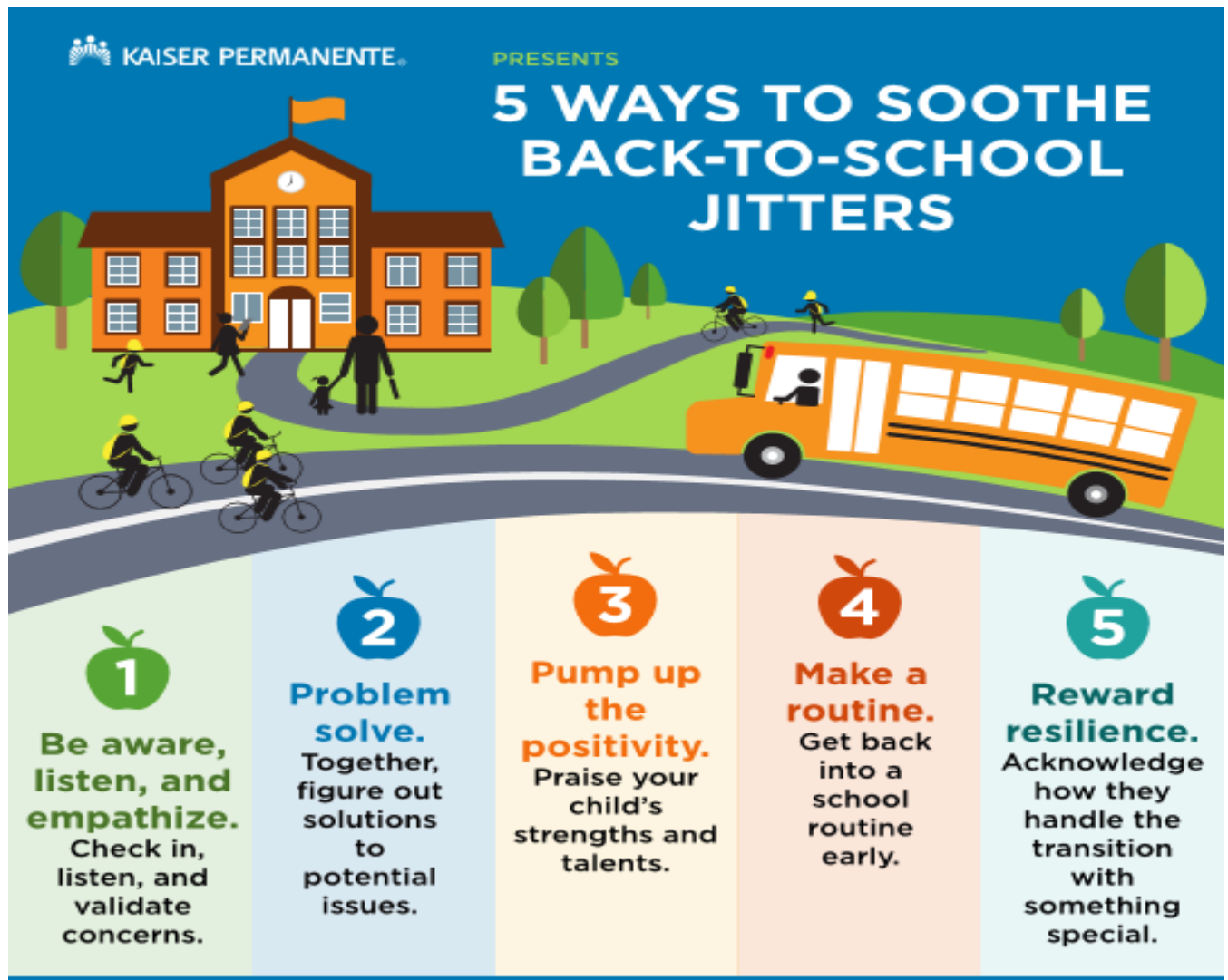
Mad
Upset
Scared
Anxious
Sad

Irritated
Nervous
Frustrated
Sad
Worried
Hurt

Uncomfortable
Embarrassed
Disappointed
Unhappy
Annoyed

Happy
Calm
Relaxed
Okay
Content
Fine





KAISER PERMANENTE PRESENTS

5 WAYS TO SOOTHE BACK-TO-SCHOOL JITTERS

- 1** **Be aware, listen, and empathize.**
Check in, listen, and validate concerns.
- 2** **Problem solve.**
Together, figure out solutions to potential issues.
- 3** **Pump up the positivity.**
Praise your child's strengths and talents.
- 4** **Make a routine.**
Get back into a school routine early.
- 5** **Reward resilience.**
Acknowledge how they handle the transition with something special.





The Arc Ball: 70's Disco Edition

Friday, August 8th | 6:00 PM – 9:00 PM

DoubleTree by Hilton Hotel, Colorado Springs 1775 E Cheyenne Mountain Blvd, Colorado Springs, CO 80906

Get ready to boogie the night away as we kick off The Arc Pikes Peak Region's 70th

Anniversary with a dazzling 70's Disco Party! ✨

Break out your bell bottoms, sequins, and platform shoes—this is your chance to shine under the disco ball! Join us for an unforgettable evening of music, dancing, and celebration, specially designed for adults with intellectual and developmental disabilities (IDD), ages 18 and up.

Event Highlights:

- Groovy 70's music and dancing all night long
- A *Best Dressed* contest with a prize for one lucky disco king or queen
- Light appetizers will be served – please eat dinner beforehand

Dress Code:

Come dressed in your best 70's or disco-themed outfit! Think vibrant patterns, tie-dye, flared pants, shiny fabrics, and all things funkadelic. **Check out arc Thrift stores for an outfit- they have so many good options!

Who Can Attend?

This event is for adults 18+ with IDD. Let's make it a night to remember—filled with joy, connection, and disco fever!

Tickets: \$7 for members of The Arc Pikes Peak Region or \$10 for non-members.

***DISCLAIMER:* When you are checking out, Zeffy (this ticketing platform) will ask for a donation to fund their platform. This donation DOES NOT go to The Arc Pikes Peak Region. If you do not want to donate, simply click "other" and type 0.**



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 6/10
2/13 7/3
3/10 8/27
4/22 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 7/12
2/20 8/14
3/15 11/15
6/12 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 4/27
2/2 5/12
3/7 6/19
4/7 8/25

TicketScene provides free online ticketing,
promotion, and analytics.

Four Mile Historic Park
715 S. Forest St. Denver
fourmilepark.org

1/24 5/23 9/26
2/28 6/27 10/24
3/28 7/25 11/21
4/25 8/22 12/19

Free General Admission is from 10am-4pm.
Signature events are not included.

Museum of Contemporary Art
1485 Delgany st. Denver
mcadenvr.org

1/4 5/3 9/6
2/1 6/7 10/4
3/1 7/5 11/1
4/5 8/2 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 8/15
6/20 9/19
7/18

Tickets not available for purchase online.

National Parks
nps.gov

1/20 8/4
4/19 9/27
6/19 11/11

On Free Days, entrance fees are waived, but
some parks require reservations.

AltitudeRealtyCO.com





Adult Music Social Hour (18 years and over)

Express Yourself Through Music!

Join us for a fun, welcoming music-based group where creativity and connection come alive! Whether you're tapping a drum, singing a favorite song, or moving to the beat-this is your space to shine!

WHAT TO EXPECT:

- Play a variety of instruments
- Sing familiar and new songs
- Practice relaxation with music, movement & breath
- Make new friends
- Express yourself through rhythm & sound
- Let the music move you-come join the rhythm!

WHEN:

Every 3rd Friday of the Month
10:00am-11:00am

See Dates on the Back of the Flyer

***Spots are limited and fill up fast, so be sure to register soon!**

(For people 18+ with IDD. Limited to 8 participants)



**For More Information or to register
email Francisca at :**

Francisca@thearcppr.org or
call (719) 355-8481



**August 15th, September 19th, October 17th,
November 21st, December 19th**






COOKING AND NUTRITION SOCIAL FOR ADULTS WITH DISABILITIES



The Arc.
Pikes Peak Region

Calling all nutrition enthusiasts and aspiring chefs! Join us for an unforgettable culinary experience that will elevate your understanding of the ways food can nourish our bodies and learn to make simple, healthy, and delicious meals!

COST: FREE

WHO: ADULTS WITH DISABILITIES AND THEIR LOVED ONES

WHERE: 12 N. MEADE AVE

TIME: EACH CLASS WILL BE FROM 4:30 – 7:00 PM

| | | | |
|-------------------------|--------------------------------|------------------------|------------------------|
| Monday May 12th | Summer Break- No June Group | Monday July 14th | Monday August 11th |
| Monday September 8th | Monday October 6th | Monday November 3rd | Monday December 8th |



RSVP BY CALLING OR TEXTING 719-434-4123
OR
EMAIL DARYL@THEARCPPR.ORG





"COOKING IS A CARING AND NURTURING ACT. IT'S KIND OF THE ULTIMATE GIFT FOR SOMEONE, TO COOK FOR THEM." -CURTIS STONE, CHEF



AUGUST 2025



| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|-----------------------------|--------------------------|--------------------------------------|----------------------------------|--------------------------|---------------------------|---|
| | | | | | 1 🌐 World Wide Web World | 2 |
| 3 🍉 National Watermelon Day | 4 | 5 | 6 | 7 | 8 🐱 International Cat Day | 9 Indigenous Peoples Day 📖 Book Lovers Day |
| 10 | 11 👤 Son & Daughter Day | 12 #YouthDay International Youth Day | 13 International Lefthanders Day | 14 | 15 😊 Relaxation Day | 16 |
| 17 | 18 🌮 National Fajita Day | 19 📷 World Photography Day | 20 | 21 👴 Senior Citizens Day | 22 | 23 |
| 24 | 25 | 26 👩 Women's Equality Day | 27 | 28 | 29 | 30 |
| 31 🍷 Eat Outside Day | | | | | | |








August Word Search

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

BIKING

POPSICLES

SUMMER

POOL

SNOW CONE

ICE CREAM

READING

RELAX

LEMONADE

FRIENDS

TRAVEL

FUN

Arvada Event Schedule August 2025

Arvada Marketplace Kid's Club: Dino Discovery

Where: 7450b West 52nd Avenue #suite 200 Arvada, CO 80002
in the court yard next to first watch

When: Wednesday August 6th 10 AM-11:15 AM

What: Roar into action at our Dino Discovery event! Come Face to Face with a baby T-Rex and a Avaceratops (3 Horn) and uncover the mysteries in our Dino Dig Site Little paleontologists will uncover fossils, learn about dinosaurs, and enjoy fun, dino-themed games. With interactive activities that let kids "dig" for their own fossils, this is one event any dino-loving child will never forget!

RSVP Here: <https://www.eventbrite.com/e/summer-kids-club-at-arvada-marketplace-tickets-1363660779099>



Teens after hour: Friday Flicks

Where: 8485 Kipling St Arvada, CO | Standley lake Library

When: Friday August 8th Starting at 6PM

What: Invite your friends, wear comfy jammies and cozy up with blankets and squishies! Oh, and did we mention we have snacks? This program is exclusively for teens in grades 6 - 12th. Movies are rated PG-13 or lower. Movie Line-up: August 8 - Minecraft Movie, September 12 - Despicable Me, 4 October 10 - Five Nights at Freddy's, November 14 - M3gan 2.0, and December 12 - Jumanji (2017)



Hobby Board Gaming at LUKI Brewery

Where: 14715 W 64th Ave Unit A & B Arvada, CO

When: Sunday August 3rd 12:00pm-8:00pm Reoccurring on Sundays

What: What's better than a chill Sunday afternoon deep dive into a crunchy board game? Or maybe keeping it light with a series of easy to play, but deep on strategy game? Hobby board gamers get excited because every Sunday at noon we bring heavier games to the taproom. Check out the meetup group "Sunday Games at LUKI Brewery" for details, and to signup to let us know you're coming!



Library for All: Interactive Program for Adults with Disabilities

Where: 8485 Kipling St. Arvada CO 80005

When: Tuesday, August 12, 1:00PM – 2:00PM

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.

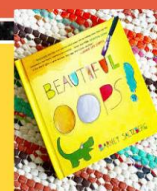
A Beautiful Oops!

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

When: Thursday, August 28 4:00pm-5:00pm

What: Hooray for mistakes! In this workshop, students learn to let go of perfection and celebrate their creativity with every "oops". Students get the chance to listen to the story Beautiful Oops! and use a variety of art materials to make their own masterpieces, utilizing 'accidents' like torn paper and spilled paint as creative inspiration. (Grades ECE-1st)

Suitable for: Preschoolers- School Age



Colorado Springs

Summer Jam Community Block Party

Where: Hillside Community Center
925 S Institute St, Colorado Springs, CO

When: Saturday, August 9th, 10:00 AM – 4:00 PM

What: Get ready for the biggest community celebration of the year! Summer Jam is a free, family-friendly event packed with high-energy sports challenges, arts & crafts, face painting, relay races, and tons of prizes. Enjoy live music, special guests, giveaways, and free food throughout the day. Don't miss the Annual Backpack Giveaway with school supplies for students!



Drop In Watercolor

Where: 230 S. Main St. Fountain, CO 80817- Fountain Library

When: Tuesday August 19 3:30pm-5:00pm

What: Come to Fountain Library to experiment with watercolors at this fun and informal drop-in session! No registration is necessary and all skill levels welcome. We'll supply the brushes, paint, and paper; just bring yourself! A volunteer will be on hand to help and inspire. Ages 9 and up. Ages 9-11 must be accompanied by an adult.



Clay Exploration: Jewelry Dish

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

When: Thursday, August 7th, and 21st, 4:00pm–6:00pm

What: Join us at the Sand Creek Library Makerspace for a two-part clay class! In session one, shape your project; in session two (Thu., August 21), glaze it. Take home your finished jewelry dish at the end of the month.

All supplies provided. Open to ages 9+, but children 9–11 must attend with an adult.

Note: Registration includes both class dates.

Alternate session available: Thu., August 14 & Thu., August 28 (same project). Please register for only one session per month.



Teen Anime Club

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

When: Monday August 11th, 4:30pm-6:00pm

What: Love Anime? Come hang out with other teens that share your passion! Some anime shown may be rated PG-13 or TV-14. Cosplay is welcome! Ages 13 - 18.



Labor Day Lift Off

Where: 1605 E. Pikes Peak Ave | Colorado Springs, CO | 80910

When: August 30th-September 1st 6:00AM-11:00AM - August 30th

What: The Colorado Springs Labor Day Lift Off is a vibrant, family-friendly hot air balloon festival featuring breathtaking dawn balloon launches, evening balloon glows, live entertainment, food vendors, and interactive activities. Pilots from across the country create a stunning spectacle set against the Rocky Mountains, celebrating both ballooning and community spirit. **The event is free to attend; parking and food/activities at the event may come at a price.**



Teller

National Night Out

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

When: Tuesday, August 5, | 5:00 PM – 8:00 PM

What: This nationwide community-building event promotes strong police-community relationships and neighborhood spirit. Join us for an evening of games, safety demonstrations, Snow Cones, fun activities for the whole family, and plenty of food and good conversation with Woodland Park's first responders and neighbors.



Accessible Gaming

Where: 218 East Midland Avenue Woodland Park, Colorado

When: Friday, August 8th ,
Teens-12:30pm-2pm | Adults- 2pm-3:30pm

What: Become familiar and comfortable with the use of accessible gaming devices including Xbox Series S, Nintendo Switch and PlayStation 5 adaptive controllers designed for those with varying degrees of mobility. Games for low vision and blind individuals are also available.



25th Annual Touch-A-Truck

Where: Meadow Wood Sports Complex, 2000 Evergreen Heights Dr, Woodland Park.

When: Wednesday, August 13th. | 10:00AM – 12:00 PM

What: Kids of all ages are invited to climb, crawl, and explore over 20 big trucks and emergency vehicles! Vehicles you can expect to experience are Fire Engines, Ambulance, Helicopter, JTLV, Dump Trucks, Snowplow, Street Sweeper, Police Car, Backhoe, School Buses and more. Don't miss this hands-on, family-friendly event that puts kids in the driver's seat! *Please wear noise cancelling headphones or earplugs if you are noise sensitive.



Fiber Arts Club

Where: Meadow Wood Sports Complex, 2000 Evergreen Heights Dr, Woodland Park.

When: Wednesday, August 20th. | 1:00PM – 3:00 PM

What: All are invited to join this club of fiber artists! Some of these arts include crochet, knitting, felting, needle point, sewing, macrame and more! 3rd Wednesday of each month from 1-3pm at Woodland Park Public Library in the Colorado room. Contact Becky at beckyw@rampartlibrarydistrict.org if you have questions.



Back to School Neon Karaoke

Where: 218 East Midland Avenue Woodland Park, Colorado

When: Friday, August 22th. | 4:30PM – 6:00 PM

What: Join us for a black lit, neon party with karaoke, pizza and more!
For grades 6-12th



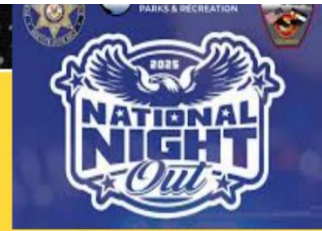
Pueblo

National Night Out

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

When: Tuesday, August 5, | 5:00 PM – 8:00 PM

What: This nationwide community-building event promotes strong police-community relationships and neighborhood spirit. Join us for an evening of games, safety demonstrations, fun activities for the whole family, and plenty of food and good conversation with Pueblo West's first responders and neighbors.



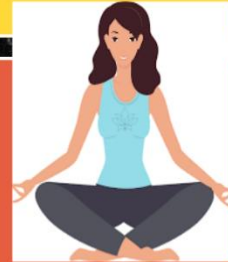
Yoga with Ashley

Where: 4801 Cibola Dr, Colorado City, Co 81019

When: Thursday August 14th 7:00pm-8:00pm

What: Join Ashley for a slow yoga flow, appropriate for all level yogis. Class is for ages 18+

In this class, modifications will be provided. No physical adjustments will be made, only verbal cues and demonstrations. Class environment is low stress, open to ALL. If you have any questions or concerns, feel free to contact the instructor. * Note, the instructor is not a medical provider and no medical advice will be given*



Riverfest 2025

Where: Pueblo Dodge Gateway Plaza | E Riverwalk Pl.
Pueblo, CO 81003

When: Saturday, August 16th 2:00pm-10:00pm

What: Join us this August at the Pueblo Riverwalk for Riverfest 2025. A free, action-packed celebration of extreme sports, live music, and family fun!

Wakeboarding • Motocross • Jet Skis • Enduro Racing • BYOB Race

Live Music • Food Trucks • Vendors • Athlete Meet & Greet

Free admission • Family-friendly • Nonstop thrills



Board Game Bash

Where: Lamb Library Large meeting room | 2525 South Pueblo Blvd Pueblo, Co, 81005

When: Tuesday August 26th 5:00pm-6:30pm

What: Board Game Bash is on! Join us for a fun-filled evening of snacks, games, and great company. Play your favorite board games, from timeless classics to exciting new finds. Whether you're a seasoned pro or just in it for the laughs. All skill levels are welcome! Teens and tweens ages 9–17 can head downstairs at Lamb for a craft and a snack. Come for the games, stay for the good vibes!



Fort Collins

Campfire with Full Moon Hike

Where: Spring Mesa Rd, Fort Collins, CO 80526

When: August 8th 7:30pm-9:30pm

What: Spend a cozy evening at Coyote Ridge Natural Area with stories, s'mores, and a moonlit hike. The hike is about a mile to the cabin to meet your guide and settle in by the campfire for a family-friendly program all about the moon's effects on Earth. After a fun and informative talk, enjoy a Full Moon Hike led by naturalist Karen Colombo. The round-trip hike is about 2 miles with moderate hills, so dress in layers, wear sturdy shoes, and bring water, insect repellent, and a flashlight for the return. Registration is required, all programs and activities are free with a valid state park pass. Daily passes are \$7.00 per vehicle or \$3.00 per person for those who walk or bike into the park. People of all abilities are welcome to attend, and accommodation requests can be made during registration. 10yrs+ welcomed 10-17yrs old need a caregiver accompanying them. Register here: <https://engage.fcgov.com/ActivityRegistration/ee55f6bb-c9dc-4184-8a3b-97fb59b45316>



All ages Story Time

Where: Council Tree Library large meeting Room | 2733 Council Tree Ave, Fort Collins, CO 80525

When: Saturday August 9th, 10am-10:30 am

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 typically geared towards children 0-5 and their caregivers.



Peach Festival!

Where: Civic Center Park

When: August 16th 11:00am-7:00pm

What: Get ready for a day of live music, food, drinks, and all things peach at the Fort Collins Peach Festival! Enjoy performances from local bands, delicious bites from food trucks, refreshing drinks from local vendors, and a variety of street and business booths. Don't miss the peach-themed treats like pie, ice cream, and fresh peaches—available while supplies last. The festival is held at Civic Center Park and welcomes well-behaved, leashed dogs. Entry is \$10 for adults and free for kids under 12. Come for the peaches, stay for the fun!



Paint Pour Art for Teens and Adults

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

When: Friday August 22nd 4:30pm -5:30pm

What: Create a colorful paint-pour masterpiece—no art skills needed! This fun, hands-on activity is for ages 12 and up, and registration is required. Finished canvases will be available for pickup at Council Tree Library starting Wednesday at 9 a.m.



Denver

Back To School Fest!

Where: National Western Center, 4797 National Western Dr., Denver, 80216

When: Saturday August 2nd 10:00am-2pm

What: Join us for Denver's Back To School Fest, a high-energy day of celebration, resources, and community as we launch into the new school year! This exciting event is packed with free backpacks, school supplies, health and vaccination clinics, haircuts, entertainment, games, community resources, a job fair, and more. No registration needed — everyone is welcome. Come celebrate our students and families in style!

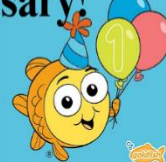


Goldfish Swim school Wash Park- 1-Year Anniversary!

Where: 300 East Alameda Avenue #B Denver, CO 80209

When: Saturday August 9th 2pm-4pm - Doors open at 1:45pm

What: Join us for a splashing good time. Dive into the fun with games, activities, and giveaways. Meet our friendly staff and learn about our swim programs. Take advantage of the excitement of our 1-Year Anniversary celebration as a family! Two Family Swim Times! (Reservation required to reserve your swim space), Lobby Games and Activities, Raffle Prizes, And Much MORE! Register here: <https://www.eventbrite.com/e/goldfish-swim-school-wash-park-1-year-anniversary-party-tickets-1511274375339?aff=ebdssbdestsearch>



Older Adult & Youth Breakfast

Where: Green Valley Ranch Recreation Center | 4890 Argonne Way, Denver, Colorado, 80249

When: Sat, August 16th 10:00 am to 12:00

What: Join Councilmember Gilmore for our Annual Older adult and Youth Breakfast. We will enjoy Breakfast & Music to Celebrate Youth and Our Older Adults. This event is free

Register Here: <https://allevents.in/denver/older-adult-and-youth-breakfast/100001412676897629>



Wash Park Community Cycling

Where: 1700 E Louisiana Ave Denver, CO 80210 | South Denver High School Parking Lot

When: Wednesday 27th 4:00pm-6:30pm

What: Join us twice a month for a fun and inclusive community cycling event at Washington Park. Open to individuals with physical disabilities, their families, support members, volunteers, and community partners, this program offers access to a 2.7-mile loop for all skill levels, plus a new intermediate ride. Bikes are available on-site through our cycling trailer. Come prepared with comfortable clothing, closed-toe shoes, and your riding gear—plus water, sunscreen, and a hat.

Register here: <https://adaptiveadventures.org/>





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.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

