# LEGEND OF COLORADO SPRINGS

## **COMMUNITY EVENTS**



Beauty and the Board: Create a Classic Charcuterie Jun. 14, 2023 2:30 PM

A beautiful charcuterie board is the perfect centerpiece to any party, gathering, or meal. The secret to a successful charcuterie? It's not as hard as it looks! Join Chef Carl at Legend of Colorado Springs to learn how to create a stunning charcuterie board with a few seasonal ingredients and pantry staples. Leave with your creation and a new party trick to add to your hosting talents. RSVP to save a seat at this demonstration, as well as your ingredients for your own board.



How To Preserve Your Financial Legacy Jul. 13, 2023 2:00 PM Jul. 13, 2023 6:00 PM

Do you have a plan for preserving your financial legacy? Are you protecting your beneficiaries and prepared to transfer your wealth to the next generation in the most tax-efficient and secure method possible? Having a carefully crafted plan in place ensures your intentions will be honored and prevents unnecessary stress for your loved ones. Guest Speaker: Paul A. Gamache CLTCr, RICPr, BFAe, Finacial Consultant, Peak Legacy Group.



Alzheimer's Fundraiser Carnival Aug. 31, 2023 3:00- 6:00 PM
We're proud to have Legend of Colorado Springs have a team in the
Walk to End Alzheimer's! To support our efforts to help find a cure,
we're putting the FUN in fundraiser and hosting a Fun Fair. For a
suggested donation of \$20, you'll enjoy carnival games, carnival
foods, and lots of new friends. Come one, come all! RSVP to save
your seat under the big top.



Valentine's Sweetheart Movie FEB. 14, 2024 2:00PM

We can't help but celebrate love this month and are inviting you and your sweetheart to enjoy delicious hors d'oeuvres and a romantic movie at Legend of Colorado Springs. Remind yourself how lucky you are to have your person to love. RSVP so we can save you and your

#### sweetie two seats. Feature Presentation: The Notebook



Sock Hop Mar. 27, 2024 3:30 PM

Join us for some Fabulous Fifties Fun! Tap your toes to the sounds of The Moldy Figs, Colorado Springs' premier swing band. Live Music, 50s Diner Favorites, and Swing Dancers!



A New Recipe for Healthy Aging MAY. 23, 2024 1:00 PM Cookies, pies, and cakes are all delicious but now's the time to kick

the extra sugar to the curb and get a new start on the right plate.

Join the team from EmpowerMe Wellness to learn about some delicious and healthy recipes to add to your regular menu rotation.

Equal parts comforting, seasonal, and nutritious, you'll leave with plenty of new ideas to inspire you.



Perk Up Your Flower Beds: A Tidy New Spring Garden Jun 18, 2024 10:00 AM

The key to a beautiful garden from spring to fall? Planning it out. We're daydreaming about what our gardens can be this year. Won't you join us? We'll be talking about what to plant, when to plant, and how to prepare your garden beds for blooms all summer long. RSVP so we can save your spot! Guest Speaker: Don Humphrey, Don's



Luau in Paradise Jul. 12, 2024 3:00 PM

Garden Shop

Say "aloha" to new friends! Join us as we transform Legend of Colorado Springs into a summer paradise complete with fun drinks, music and hula dancing, Hawaiian fare, and a Tiki Bar. Join the fun and dress like you're headed to paradise! It wouldn't be a party without you.



(POSTPONED) Welcome to the Carnival: Benefit Fundraiser To End Alzheimer's Aug. 23, 2024 2:30 - 5:30 PM

Join us for a day of fun at our carnival to benefit the Alzheimer's Association. We'll have food, face painting, games, a DJ, car show, and dunk tank! Have fun and raise money for a great cause! THIS EVENT HAS BEEN POSTPONED — UPDATES WILL FOLLOW



# You May Be Entitled To VA Aid & Attendance Benefits SEP. 26, 2024 4:00 PM

Most Veterans and their partners are unaware of this benefit, which can significantly offset the costs of senior living or home care. We've invited a local VA expert to talk more about eligibility, application, and what the benefits actually entail. All are welcome to attend, so invite your spouse and family members!



#### Monster Mash oct. 26, 2024 2:00 PM

Pull out your favorite Halloween costume, invite your favorite goblins and hop in the car bound for Legend of Colorado Springs! Join us for a spook-tacularly good time dancing to our live DJ and trick-ortreating. It's sure to be a bootiful evening with festive food and drinks. We can't wait to see you there.



# Identifying Dementia and Knowing When to Seek Help DEC. 11, 2024 2:00 PM

Join us for an educational session on dementia and Alzheimer's.

Learn about the signs and symptoms and early recognition. Guest expert RoseMary Jaramillo will explain the disease from the basics and beyond, and she'll give a presentation on 10 Early Signs And Symptoms of Alzheimer's and Dementia. RSVP to save your seat for this important conversation.



### What's Your Legacy? FEB. 26, 2025 10:30 AM

When was the last time you reviewed your estate plan? Having the right documents in place can ensure others follow through on your wishes. The more you know about how to navigate wills, trusts, and other documents, the more empowered you can be to make important decisions. Join us for an important discussion about estate planning led by local expert, Chad Spencer, who is ready to answer your questions.



### Where's Waldo? MAR. 20, 2025 11:30 AM - 1:00 PM

Join Legend of Colorado Springs for a fun and interactive progressive lunch as you explore our residence and meet the incredible team that

#### makes it all feel like home!



Backyard BBQ JUN. 13, 2025 2:30 - 4:30 PM

Join us at Legend of Colorado Springs for a backyard BBQ with delicious food, fun lawn games, and great company.



Tech Confidence: Master the Basics, Embrace the Future Jun. 26, 2025 4:30 PM

Join us for an exploration of top devices and apps to stay connected with friends, family, and your neighborhood. Dive into the world of technology with our engaging and informative class! Whether you're interested in learning email basics, mastering online shopping, or discovering new interests online, we're here to help. Bring the device you have questions about! Refreshments provided.



Discover The Power of Reiki SEP. 04, 2025 2:00 - 3:00 PM
Curious about a natural path to wellness? Join us for an enlightening afternoon with Kent Mathews, MSW as he introduces Reiki—a gentle energy healing technique known to support relaxation, reduce stress, manage pain, and promote overall balance.

With nearly 30 years of experience in caregiving and support services, Kent brings a compassionate and knowledgeable approach to wellbeing. From his time as a Hospice social worker to leading caregiver support programs, his guidance has helped countless individuals through life's challenges.



Paint & Sip - Interactive Painting Class SEP. 20, 2025 3:00 PM
Get creative and express yourself with friends at Legend of Colorado Springs! Join us for an interactive painting class while we enjoy light snacks and beverages. This class is for all levels of artists — beginners are certainly welcome! RSVP to reserve your canvas!