

Jun 01 - Aug 14 **Summer Camps at Center for the Arts Evergreen**

Join Center for the Arts Evergreen this summer in our week long summer art camps!!! Camps will run 9:00am-12pm and 1:00-4:00pm, sign up for one or both slots! We will have classes in ceramics, bookart, space, dinosaurs, pastels, claymation, creative writing, mixed media, art across the world, ancient egypt, self-portraits, and so much more!!!

Call 303-674-0056 for more info, or visit www.evergreenarts.org/education.php

Date: June 1, 2015 - August 14, 2015

Time: 09:00 AM - 04:00 PM

Website: <http://www.evergreenarts.org/education.php?cat=1&yr=2015&mon=6>

Location: 32003B Ellingwood Trail Evergreen, Colorado

Contact: Stephanie 303-674-0056 education@evergreenarts.org

Email: education@evergreenarts.org

Date/Time Details: Monday-Friday 9:00-12:00 and/or 1:00-4:00pm June-August

Fees/Admission: \$130- CAE Members \$140- non-member

Jun 22 - Jun 26 **Book Art Class**

Book Art June 22, 2015 - June 26, 2015 Monday- Friday, 9:00am-12:00pm Ages 5-7 Instructor: Sally Davidson-Marovich Course description: Learn to draw, paint, create and have fun while looking at authors that use their art to make their books fun. Seuss, Carle, Curious George, Amelia Bediala and The Magic Tree House are just a few of the authors and books we'll enjoy. Bring your favorite and we'll draw a character out of it. \$130.00 CAE Member \$140.00 Non-Member

Date: June 22, 2015 - June 26, 2015

Time: 09:00 AM - 12:00 PM

Website: <http://www.evergreenarts.org/education.php?cat=1&mon=6&yr=2015>

Location: 32003B Ellingwood Trail Evergreen, CO 80439

Contact: Stephanie Perkins 303-674-0056

Email: education@evergreenarts.org

Date/Time Details: June 22, 2015 - June 26, 2015 Monday- Friday, 9:00am-12:00pm

Fees/Admission: \$130.00 CAE Member \$140.00 Non-Member

Jun 24 **Registration for EPRD Summer Camps**

Evergreen Park & Recreation District offers a large variety of summer camps for children pre-school through high school, at a number of locations!

Camps include Preschool Adventure, Summer Adventure, Special Needs Adventure, Outdoor Adventure, Leader in Training, Sports Camps and Specialty Camps.

Locations include Buchanan Park and Wulf Recreation Centers, Buchanan Ponds, Evergreen Lake House, Beaver Ranch Community Center in Conifer, and off-site.

Camp fees range from \$65-\$200 per week (slightly higher out of District but still a great bargain)..

Learn more and register your child [online here](#) or pick up a camp guide at one of the Rec Centers.

Date: June 24, 2015

Website: <http://en.calameo.com/read/0018639581b8b08bb04f6>

Location: Throughout mountain area

Contact: Todd Sutton, tsutton@eprd.co or 720-880-1218

Email: tsutton@eprd.co

Date/Time Details: June through August

Fees/Admission: Varies

Jun 24 **Art Across the World Class**

Art Across the World June 22, 2015 - June 26, 2015 Monday- Friday, 9:00am-12:00pm Ages 8-13 Instructor: Michelle Silverstein Course description: Ages 8-12 Do you want to travel but don't want to leave town? During this camp students will explore a different country each day and make their own unique pieces of art inspired by the art that originates from each country. Students will travel to Africa, Australia, South America, Europe, and Asia. \$130.00 CAE Member \$140.00 Non-Member

Date: June 24, 2015

Time: 09:00 AM - 12:00 PM

Website: <http://www.evergreenarts.org/education.php?cat=1&mon=6&yr=2015>

Location: 32003B Ellingwood Trail Evergreen, CO 80439

Contact: Stephanie Perkins 303-674-0056

Email: education@evergreenarts.org

Date/Time Details: June 22, 2015 - June 26, 2015 Monday- Friday, 9:00am-12:00pm

Fees/Admission: \$130.00 CAE Member \$140.00 Non-Member

Jun 24

Fun, Funky, and Functional- Hand Building Cups and Saucers Art Class

Fun, Funky, and Functional- Hand Building Cups and Saucers June 22, 2015 - June 26, 2015 Monday- Friday, 9:00am-12:00pm Ages 5-7 Instructor: Sunny Monaco Course description: Exploring the history and importance of cups and saucers. We will explore several different hand building techniques when building these pieces (slab, coil, pinch, and slump mold). Thinking outside of traditional cups and saucers these could be animal shaped, buildings, cars, creatures, vegetable or fruit shaped. Let your imagination soar as you design and create your functional cups and saucers. \$130.00 CAE Member \$140.00 Non-Member

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Contact: Stephanie Perkins 303-674-0056

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Jun 24

Yoga Sculpt with Cathi

Yoga Sculpt is a total body workout, Yoga Sculpt instruction is set to music designed to inspire higher energy movement and to work every major muscle group. Although this is considered to be more fitness based yoga, it is also an empowering and beautiful practice that will push your strength and flexibility to new heights. Yoga Sculpt provides the perfect allover body workout, and can also be used to complement your regular yoga practice. Free weights are added to a power vinyasa flow sequence, creating resistance and intensifying each posture. Strength-training exercises such as squats, lunges, shoulder, chest and back work, bicep curls, triceps extensions and kickbacks are incorporated to build lean muscle mass and boost metabolism. Cardiovascular bursts are interspersed throughout the hour in the form of two-minute plyometric segments. You will notice the results in your body in a relatively short amount of time.

Date: June 24, 2015

Time: 09:30 AM - 10:30 AM

Website: <http://www.taspens.com>

Location: 12424 Big Timber Rd. Conifer, CO 80433

Contact: 303.816.0429

Email: heather@taspens.com

Date/Time Details: Every Wednesday from 9:30-10:30

Fees/Admission: Let Karma be your guide. We suggest a love donation of \$12/class or our great package rates. Don't have a lot of cash flow and still desire to practice...you can also give time, services or energy. Class pricing: First Class: \$6, Drop-in: \$12 Package of 3 - \$33 Package of 6 - \$63 Package of 10 - \$100 Includes your choice of FREE 30 min. Crystal Bed Session (Value \$60) FREE Ion Foot Detox (Value of \$35) * Packages may be used for:Namaste.

Jun 24

Open Studio

EChO's Enrichment Center Art Studio has Open Studio hours on Wednesdays from 10:00am - 12:00pm. Feel free to come during these hours to work on your own special projects. All skill levels are encouraged to participate. Call 303-670-7123 or email jennie@evergreenchristianoutreach.org to sign up or for more information.

Date: June 24, 2015

Time: 10:00 AM - 12:00 PM

Website: <http://www.evergreenchristianoutreach.org>

Location: 3721 N. Evergreen Parkway, Suite 6, 2nd Floor above the EChO Resale Shop

Contact: jennie@evergreenchristianoutreach.org

Email: lori@evergreenchristianoutreach.org

Date/Time Details: Wednesdays, June 3rd, 10th, 17th, and 24th

Fees/Admission: FREE

Jun 24

Beginning Knitting Class

EChO's Enrichment Center Art Studio offers a Beginning Knitting Class on Wednesdays from 1:00pm - 2:30pm. Classes are by donation and open to the community to learn a fun new craft. All skill levels are encouraged to participate. Free supplies provided. Call 303-670-7123 or email jennie@evergreenchristianoutreach.org to sign up or for more information

Date: June 24, 2015

Time: 01:00 PM - 02:30 PM

Website: <http://www.evergreenchristianoutreach.org>

Location: 3721 N. Evergreen Parkway, Suite 6, 2nd Floor above EChO Resale Shop

Contact: jennie@evergreenchristianoutreach.org

Email: lori@evergreenchristianoutreach.org

Date/Time Details: Wednesdays, June 3rd, 10th, 17th, and 24th

Fees/Admission: FREE

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Location: 32003B Ellingwood Trail Evergreen, CO 80439

Contact: Stephanie Perkins 303-674-0056

Email: education@evergreenarts.org

Date/Time Details: June 22, 2015 - June 26, 2015 Monday- Friday, 1:00-4:00pm

Fees/Admission: \$130.00 CAE Member \$140.00 Non-Member

Jun 24

Kinnikinnick Kids: Summer Time at the Ranch

Summer Time at the Ranch Series of Kids' Classes

3:00 –4:00 pm, \$15 per class (\$12 for members) Reservations Requested

Native Americans at the Ranch

June 3, Food Gathering -Take a hike on the Jim and Joe Trail and learn about the native plants and how the Native Americans used them. Grind corn and turn it into delicious fry bread.

June 10, Where's the Beef? -Some say Native Americans made the first jerky (buffalo jerky) thousands of years ago. Come and make some for yourself.

June 17, Native American Children Listen to Native American stories, learn about rock art and create your own rock art panel to take home.

Settlers at the Ranch

June 24, Chuck Wagon Cooking -Cook over a camp fire to prepare camp biscuits dripping with honey and stew in a Dutch oven.

July 1, Making Tracks -Study the wildlife that supplied pioneers with meat and the smokehouse that cured the meat for winter. Learn about the tracks the animals leave behind and make your own animal track flip flops.

July 8, Pioneer Children -Listen to stories about pioneer children, play pioneer games and make your own Whirly Gig.

July 15, Tutti-Frutti -No refrigerator, what to do? Dry fruit in the oven and make fruit roll ups or string it into garland for your kitchen too!

July 22, Please Play with Your Food-Dip veggies in yummy dips but also in paint to make stamp art prints.

July 29, 20th Century Children-Listen to stories, play games and use marbles, invented in 1903, to make a necklace for boys or girls.

Date: June 24, 2015

Time: 03:00 PM - 04:00 PM

Website: <http://www.hmpm.org>

Location: Humphrey History Park and Museum

Contact: Humphrey History Park and Museum 620 Soda Creek Road Evergreen, CO 80439 303-674-5429

Email: angela@hmpm.org

Date/Time Details: Wednesdays; 6/3/15-7/29/15 3:00-4:00

Fees/Admission: \$15 per class (\$12 for members)

Jun 25

Ladies' Day Thursday - 1/2 price for ladies on Thursdays @ Cowork Evergreen

Ladies' Day Thursdays

Join us every Thursday in 2015 for 1/2 price entry to Cowork Evergreen and enjoy quality time with your local

businesswomen friends. We look forward to bonding with all our new girlfriends – see you soon!

For special pricing - sign up here: [Ladies Day Special Sign Up](#)

For questions and more info: [CoworkEvergreen.com](#)

- or email: CoworkEvergreen@gmail.com

Date: June 25, 2015

Website: <http://coworkevergreen.com/>

Location: Cowork Evergreen 30706 Bryant Drive #108 Evergreen, CO 80439

Contact: Katy CoworkEvergreen@gmail.com

Email: coworkevergreen@gmail.com

Date/Time Details: Thursdays 9 am - 5 pm

Fees/Admission: \$7.50 Day drop-in

Jun 25 Art Across the World Class

Art Across the World June 22, 2015 - June 26, 2015 Monday- Friday, 9:00am-12:00pm Ages 8-13 Instructor: Michelle Silverstein Course description: Ages 8-12 Do you want to travel but don't want to leave town? During this camp students will explore a different country each day and make their own unique pieces of art inspired by the art that originates from each country. Students will travel to Africa, Australia, South America, Europe, and Asia. \$130.00 CAE Member \$140.00 Non-Member

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Contact: Stephanie Perkins 303-674-0056

Email: education@evergreenarts.org

Date/Time Details: June 22, 2015 - June 26, 2015 Monday- Friday, 9:00am-12:00pm

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Jun 25 Fun, Funky, and Functional- Hand Building Cups and Saucers Art Class

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Contact: Stephanie Perkins 303-674-0056

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Jun 25 Gentle Bhakti Flow Yoga Class with Ananda Thursdays (weekly)

This unique 90 minute class focuses on devotional yoga known as Bhakti. It provides an opportunity to learn more about the spiritual depth of the path of a yogi. The class is a blend of lecture, mantra, asana and meditation. We open with a bhakti story or reading from the great epics such as the Mahabharata, Ramayana, Patanjalis yoga Sutras. Following the dharma talk is a short nada yoga practice, the class will chant together to conclude the seated portion of this practice with Pranayama. The last 45 minutes of the class focuses on a gentle vinyasa asana practice.

Date: June 25, 2015

Time: 09:30 AM - 11:00 AM

Website: <http://www.taspens.com>

Location: 12424 Big Timber Rd. Conifer, CO 80433

Contact: 303-816-0429

Email: info@taspens.com

Date/Time Details: Every Thursday morning from 9:30-10:30am

Fees/Admission: Let Karma be your guide. We suggest a love donation of \$12/class or our great package rates. Class pricing: First Class: \$6, Drop-in: \$12 Package of 3 - \$33 Package of 6 - \$63 Package of 10 - \$100 Includes your choice of FREE 30 min. Crystal Bed Session (Value \$60) FREE Ion Foot Detox (Value of \$35) * Packages may be used for: Yoga Tai Chi Dance Sound Healing Meditations. Don't have a lot of cash flow and still desire to practice...you can also give time, services or energy. Namaste.

Jun 25

Ashtanga Vinyasa Yoga with Becky Potter

Ashtanga Vinyasa Yoga with Becky Potter
Every Thursday
12:00-1:15pm

This is an invigorating, athletic practice that is steeped in tradition. No previous yoga experience is required. The sun salutation is at the heart of the practice, tying breath to movement and bringing vitality and mobility to every part of the body. Interwoven with the sun salutation, we explore a set sequence of poses that we return to in each class. From simple forward folds to complex arm balances and inversions, the goal in the practice is to create alignment in the body that allows comfort and ease. Along the way, students will have opportunities to sweat, to laugh, to stretch, to strengthen, to explore their limits, and to expand their boundaries.

Becky has studied and practiced many styles of yoga over the past decade. In the Ashtanga Vinyasa style, Becky has found her yoga home. She is honored to share the teachings of Ashtanga with students at Taspen's. When she is not teaching yoga, Becky is likely to be hanging out with her kids, gardening, cooking, or reading.

Date: June 25, 2015

Time: 12:00 PM - 01:15 PM

Website: <http://www.taspens.com>

Location: Taspen's Organics and Holistic Wellness Center 12424 Big Timber Drive Conifer, CO 80433

Contact: Phone: (303) 816-0429 Email: info@taspens.com Website: www.taspens.com

Email: info@taspens.com

Date/Time Details: Mondays from 12 - 1:15 pm

Fees/Admission: At Taspen's we believe that yoga is for EVERYONE! Yogic tradition dictates that a student should never have to pay to be instructed BUT the student should never ask to be instructed without first offering a gift. In following with this tradition, we want to offer donation based classes and packages at our studio. The donations fund our studio and Instructors. We have listed a suggested price for our classes/packages. We hope that you will offer what feels right for you! You are always free to give more if you have it to spare, or less if you are unable. We won't refuse anyone because they are struggling with abundance. Let Karma be your guide. We suggest a Love donation of \$12 class or our great package rates. Don't have any money but still desire to practice? You can also give time, services or energy. Class pricing: First Class Special: \$6 Drop-in: \$12 Package of 3: \$33 Package of 6: \$63 Package of 10: \$100 (Includes your choice of: FREE 30 minute Crystal Bed Session (Value of \$60) FREE ION Foot Detox (Value of \$35)

Jun 25

Sewing Workshop

Join other volunteers and community members, grab coffee, and socialize while you sew creative items that can be sold in EChO's Resale Shop. All proceeds go to help our clients in need. EChO Artisans can also produce items to sell on consignment in EChO's Resale Shop. Rotating projects include but are not limited to small and large handbags, quilts, aprons, gift bags & more. Free supplies provided. Call 303-670-7123 or email jennie@evergreenchristianoutreach.org to sign up or for more information.

Date: June 25, 2015

Time: 12:30 PM - 03:30 PM

Website: <http://www.evergreenchristianoutreach.org>

Location: 3721 N. Evergreen Parkway, Suite 6, 2nd Floor above EChO Resale Shop

Contact: jennie@evergreenchristianoutreach.org

Email: lori@evergreenchristianoutreach.org

Date/Time Details: Thursdays, June 4th, 11th, 18th and 25th

Fees/Admission: FREE

Jun 25

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Jun 25

First Ever Dinner and Jazz at Keys on the Green

Benefit for educational outreach by Evergreen Jazz Festival

Rain or Shine!

Entertainment - All Stars for Jazz education!

Musicians: Banjo/Maurie Walker; Base/Roger Johns; Sax/Jack LaForte; Clarinet/John Bredenburg;
Keyboard/RayLeake; Trumpet/Charlie Smith; Trombone/Eric Staffeldt.

Date: June 25, 2015

Time: 06:00 PM - 09:00 PM

Website: <http://www.evergreenjazz.org>

Location: Keys on the Green (upstairs deck)
Buffet dinner - bbq chicken, pulled pork and all the fixin's!
Cash bar

Contact: 303-697-5467 Sandi

Date/Time Details: Thursday, June 25th (6pm-9pm)

Fees/Admission: \$50 per person (\$25 tax deductible)

Jun 26

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Jun 26

Yoga Fusion with Cathi

Yoga Fusion is a mixture of the static postures found in Bikrim based Hot Yoga and Power Vinyasa Yoga classes. This class focuses on attaining and maintaining proper body alignment. Many of the postures are used to develop balance, while at the same time, opening the shoulders, heart, hips and spine. This class is the perfect complement to yoga sculpt.

Date: June 26, 2015

Time: 09:30 AM - 10:30 AM

Website: <http://www.taspens.com>

Location: 12424 Big Timber Dr. Conifer, CO 80433

Contact: 303.816.0426

Email: heather@taspens.com

Date/Time Details: Every Friday morning from 9:30-10:30am

Fees/Admission: Let Karma be your guide. We suggest a love donation of \$12/class or our great package rates. Don't have a lot of cash flow and still desire to practice...you can also give time, services or energy. Class pricing: First Class: \$6, Drop-in: \$12 Package of 3 - \$33 Package of 6 - \$63 Package of 10 - \$100 Includes your choice of FREE 30 min. Crystal Bed Session (Value \$60) FREE Ion Foot Detox (Value of \$35) * Packages may be used for: Yoga Tai Chi Dance Sound Healing Meditations.

Jun 26

Networking & Job Club

Meet other job seekers over coffee to get advice, support, working on goal setting and more. We

will discuss informal job and networking topics each week.

Date: June 26, 2015

Time: 10:00 AM - 11:00 AM

Website: <http://www.echojobs.org>

Location: 3721 Evergreen Parkway, Suite 6 (2nd Floor) ? above the EChO Resale Shop

Contact: 303-670-7123 Jennie Page

Email: jennie@evergreenchristianoutreach.org

Date/Time Details: Fridays 10am-11am

Fees/Admission: Free

Jun 26

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Jun 26

Last Friday Gallery Walk

Art Galleries are open until 8 pm on the last Friday of the month.

Date: June 26, 2015

Time: 05:00 PM - 08:00 PM

Location: Galleries throughout Evergreen.

Contact: www.evergreenarts.org

Jun 26

Chakra Clearing Guided Meditation with Crystal Singing Bowls and Gongs

IMPORTANT CHANGE PLEASE READ!

If you plan to attend this event please click the 'Get Tickets' button or visit <http://shop.taspens.com/Sound-Healing-Meditation-Reservation-SH1111.htm> to secure your seat in advance as space is limited. If there are not enough registrants this event may be cancelled. If the meditation is cancelled you will receive a full refund and personal notification.

Please join us at your beautiful holistic wellness center on the 2nd & 4th Fridays of the month at 6:30 pm as Ananda leads a guided chakra clearing meditation with the peaceful vibrations of gongs and singing bowls!

~ Investment: \$10, please pay via our website. If you can't afford the fee please feel free to donate what you can for the class and come anyway! ? - be sure to call in advance prior to coming or contact Ananda directly.

~ Please RSVP and feel free to contact Ananda with any questions you may have about the meditation at

* vegananda.wellness@gmail.com

* 720-207-7100.

* Facebook: <https://www.facebook.com/anandasoundhealing?fref=ts>

~Wear comfy clothes and bring a mat, blanket and pillow or whatever you desire to be comfortable as you lay or sit on the floor during the meditation. If you do not have these items there are a few available at the center.

"If we accept that sound is vibration and we know that vibration touches every part of our physical being, then we understand that sound is heard not only through our ears but through every cell in our bodies. One reason sound heals on a physical level is because it so deeply touches and transforms us on the emotional and spiritual planes. Sound can redress imbalances on every level of physiologic functioning and can play a positive role in the treatment of virtually any medical disorder."

Dr. Mitchell Gaynor, director of Medical Oncology and Integrative Medicine, at Cornell Cancer Prevention Center, NY

Tibetan singing bowls have been used throughout history since the time of the Buddha Shakyamuni (560-480 B.C.) Singing bowls create a vibration that stimulates alpha-theta waves in the brain. This state of relaxation connects our subconscious and conscious awareness, it engages both hemispheres of the brain at the same time and improves concentration and memory. Scientific research has found that healing mechanisms of the body increase when the brain is functioning in alpha-theta wave states.

Everything in our universe has a vibration and therefore a sound. These frequencies may be so small or far away that we are unable to physically hear them. All of the cells in your body are constantly vibrating. We can absolutely

communicate with ourselves on a cellular level by understanding this concept. We have all heard the saying 'mind over matter' and have seen the tremendous healing power of the placebo effect. Vibratory input is constantly changing the resonance of our cells – all noise creates physiological changes and impacts the nervous system. You feel physically different depending on the sounds around you: listening to two people having a screaming match, nails on the chalk board, beautiful harp music or peaceful recitations of prayers.

During this meditative experience we will begin by having an introductory talk. We will discuss the chakras and your energy system and reflect on the purposes of each chakra. When the discussion has ended we will begin the journey into sound healing using a variety of Tibetan singing bowls, a crystal bowl and a gong. I will be using bowls that have a dominant tone set to stimulate each individual chakra. This will align your energy body and create a clear and peaceful experience that has a lasting effect of inner peace and awareness.

2014 Meditation Dates-The 2nd & 4th Fridays of each month:

January 10	May 9	September 12
January 24	May 23	September 26
February 14	June 13	October 10
February 28	June 27	October 24
March 14	July 11	November 14
March 28	July 25	November 28
April 11	August 8	December 12
April 25	August 22	December 26

Date: June 26, 2015

Time: 06:30 PM - 07:30 PM

Website: <http://www.taspens.com>

Location: 12424 Big Timber Dr. Conifer, CO 80433

Contact: 303-816-0429

Email: info@taspens.com

Date/Time Details: Every 2nd & 4th Friday of the month

Fees/Admission: Donation Based Yoga? At Taspens we believe that yoga is for EVERYONE! Yogic tradition dictates that a student should never have to pay to be instructed BUT the student should never ask to be instructed without first offering a gift. In following with this tradition, we want to offer donation-based classes and packages at our studio. The donations fund our studio and instructors. We have listed a suggested price for our classes/packages. We hope that you will offer what feels right for you! You are always free to give more if you have it to spare, or less if you are unable. We don't want to refuse anyone because they are struggling with abundance. Let Karma be your guide. We suggest a love donation of \$12/class or our great package rates. Don't have a lot of cash flow and still desire to practice...you can also give time, services or energy. The Shanti Studio at Taspens's Class pricing: First Class: \$6, Drop-in: \$12 Package of 3 - \$33 Package of 6 - \$63 Package of 10 - \$100 Includes your choice of FREE 30 min. Crystal Bed Session (Value \$60) FREE Ion Foot Detox (Value of \$35) * Packages may be used for: Yoga Tai Chi Dance Sound Healing Meditations Gift Certificates/ Private Instruction Available.

Jun 27

Spring and Summer Birds: Mount Falcon Park

By mid- to late-June birds will be just as colorful but somewhat less noisy, as serious nesting has begun. We'll look for different nesting locations and strategies; we'll ask who is at home and who is not; and we'll try to distinguish friends from rivals from enemies. Join our naturalist to learn techniques for identifying, describing, and remembering each bird you see. You will also learn facts about different birds and have your many bird questions answered. Program Details Adults only please. This program will be 2-3 hours long with an option to stay after for a brown bag lunch (not provided). Part of the hike will take place on three trails from the West trailhead of Mount Falcon Park and will be about 2.5 miles round trip. (Meadow trail, Tower trail, and Castle trail) Please wear hiking boots or good, comfortable walking shoes. Dress for the weather. Bring with you binoculars, a bird guide, snacks, and water as needed. You can also bring a lunch if you would like to stay after the program to discuss the results of the day. You will meet the naturalist in the West parking lot of Mount Falcon Park, off Mount Falcon Road, Indian Hills. Additional Information <http://bit.ly/SpringSummerBirdsMTF> Registration for this program is available one month before the date of the program. If you are registering during this time, but space is no longer available, please call Lookout Mountain Nature Center at 720-497-7600 to be placed on a waiting list. Already registered and need to cancel? Have questions about the program? Please give us a call at 720-497-7600 or e-mail lmnc@jeffco.us to let us know! Please include the program title. Office hours are 9am-4pm Tuesday-Sunday, inquiries made after 4pm may not be answered until the following day. LMNC is closed on Mondays.

Date: June 27, 2015

Time: 07:00 AM - 10:00 AM

Website: <http://bit.ly/SpringSummerBirdsMTF>

Location: Mount Falcon Park West 21004 Mount Falcon Road Indian Hills, CO 80454

Contact: 720-497-7600

Email: lmnc@jeffco.us

Date/Time Details: Saturday, June 27, 2015 at 7:00 AM (MDT)

Fees/Admission: Free

Jun 27

StageDoor Theatre- Performing Arts Education Program 2014-15

Registration is open for StageDoor Theatre education classes and seasonal productions for students of all ages and skill levels. Children from Pre-K to 12th grade are invited to participate in balanced programs crafted to teach the fundamentals through more advanced theatre arts skills, all designed to meet age appropriate needs. Join us for

Fun! Friendship! Personal Growth! Visit www.stagedoortheatre.org to read about your opportunities and sign up. Use EARLYBIRD2014 coupon code for a \$50 discount. Offer valid until July 13th.

Date: June 27, 2015

Time: 08:00 AM - 05:00 PM

Website: <http://www.stagedoortheatre.org>

Location: StageDoor Theatre 25797 Conifer Road Conifer CO 80433

Contact: StageDoor Theatre 303-838-0809

Email: info@stagedoortheatre.org

Date/Time Details: Classes and productions offered from August 2014 to April 2015.

Fees/Admission: Please log on to our website and choose classes and education.

Jun 27 Folk Art: Decoupage

Decoupage with Lynne Milliken Students will learn history, view examples of decoupage and collage techniques and make a piece to take home. Limited to 8 students. Cost: \$75 Reservations Requested

Date: June 27, 2015

Time: 10:00 AM - 03:00 PM

Website: <http://www.hmpm.org>

Location: Humphrey History Park and Museum

Contact: Humphrey History Park and Museum 620 Soda Creek Road Evergreen, CO 80439 303-674-5429

Email: angela@hmpm.org

Date/Time Details: 6/27/15 10AM-3PM

Fees/Admission: Cost: \$75 Reservations Requested

Jun 27 Antique Grove Show-Appraisals

The Jefferson County Historical Society is sponsoring an antique appraisal event by professional appraisers on June 27, 2015. Each party is to bring no more than 5 items and each item appraisal will cost \$5.00. Reservations are encouraged. Proceeds are used to support the Hiwan Homestead Museum programs.

Date: June 27, 2015

Time: 10:00 AM - 04:00 PM

Website: <http://JCHSColorado.org>

Location: Hiwan Homestead Museum and Grove 4208 S. Timbervale Drive Evergreen, Colorado

Contact: Diane Fuchs Jefferson County Historical Society President

Email: hdfuchs@msn.com

Date/Time Details: June 27, 2015 10:00AM-4:00pm

Fees/Admission: No charge for the event.

Jun 27 EGC 50th Anniversary Garden Expo

Sharing 50 years of gardening experience with the foothills/mountains region! Plant Sale, Retail Booths, Informative Displays, Refreshments Available!

Date: June 27, 2015

Time: 10:00 AM - 04:00 PM

Website: <http://www.evergreengardenclub.org>

Location: Evergreen Fire/Rescue Training Center 1802 Bergen Parkway Evergreen, CO 80439

Contact: http://www.evergreengardenclub.org/50th_anniversary_expo.ph

Fees/Admission: Free Admission

Jun 28 StageDoor Theatre- Performing Arts Education Program 2014-15

Registration is open for StageDoor Theatre education classes and seasonal productions for students of all ages and skill levels. Children from Pre-K to 12th grade are invited to participate in balanced programs crafted to teach the fundamentals through more advanced theatre arts skills, all designed to meet age appropriate needs. Join us for Fun! Friendship! Personal Growth! Visit www.stagedoortheatre.org to read about your opportunities and sign up. Use EARLYBIRD2014 coupon code for a \$50 discount. Offer valid until July 13th.

Date: June 28, 2015

Time: 08:00 AM - 05:00 PM

Website: <http://www.stagedoortheatre.org>

Location: StageDoor Theatre 25797 Conifer Road Conifer CO 80433

Contact: StageDoor Theatre 303-838-0809

Email: info@stagedoortheatre.org

Date/Time Details: Classes and productions offered from August 2014 to April 2015.

Fees/Admission: Please log on to our website and choose classes and education.

Jun 28 Botanical Beauties

Stroll with a Native Plant Master along easy trails identifying and naming local plants. Participants will be able to put a name with the plant and discover interesting uses of each plant by wildlife and documented historical uses by humans. Native Plant Masters are certified experts in Colorado's native flora. They have a passion for plants and like to share that knowledge with others. Join us for a walk through the wealth of native wildflowers, grasses, trees,

and shrubs that Jefferson County has to offer. Program Details Ages 10 years to adults. The content of this program is geared more towards adults but kids ages 10 years and older are welcome. You will meet the naturalist in the main parking lot of South Valley Park. The hike will take place on Coyote Song trail (~1 mile). This will be an easy hike with frequent stops to see what is in bloom! Wear sturdy hiking shoes, dress for the weather, and bring water, snacks, sunscreen, etc. as needed. Additional Information <http://bit.ly/BotanicalBeauties> Registration for this program is available one month before the date of the program. If you are registering during this time, but space is no longer available, please call Lookout Mountain Nature Center at 720-497-7600 to be placed on a waiting list. Already registered and need to cancel? Have questions about the program? Please give us a call at 720-497-7600 or e-mail lmnc@jeffco.us to let us know! Please include the program title. Office hours are 9am-4pm Tuesday-Sunday, inquiries made after 4pm may not be answered until the following day. LMNC is closed on Mondays.

Date: June 28, 2015

Time: 09:00 AM - 11:00 AM

Website: <http://bit.ly/BotanicalBeauties>

Location: South Valley Park 90 South Valley Road Littleton, CO 80127

Contact: 720-497-7600

Email: lmnc@jeffco.us

Date/Time Details: Sunday, June 28, 2015 from 9:00 AM to 11:00 AM (MDT)

Fees/Admission: Free

Jun 28 **Outdoor Skills Day**

Come Join Colorado Parks & Wildlife and it's partners for a day of free outdoor recreation, education and fun. You and your family can come and try out fishing and learn all about wildlife.

Kids who complete all Wildlife recreation activities get a free fishing pole and tackle provided by Colorado Parks & Wildlife and the Evergreen Elks Lodge. The Elks Lodge will also provide a fish cleaning station and they can be grilled immediately.

The Evergreen Elks Lodge will be providing a free lunch as well. This is a fun family event and most importantly free!

Date: June 28, 2015

Time: 09:00 AM - 01:00 PM

Location: Evergreen Lake House

Contact: Emilie Thomas 303-674-5591 Ext 11

Email: BPOE2363@evergreenelkslodge.com

Date/Time Details: June 28th, 9:00 am - 2:00 pm

Fees/Admission: Free

Jun 28 **Evergreen Lake Youth Outdoor Skill Day**

Back by popular demand, Colorado Parks & Wildlife is partnering with Evergreen Trout Unlimited, Ducks Unlimited, Rocky Mountain Elf Foundation, Evergreen Elks, Evergreen Audubon Society, USFS, The Blue Quill Angler, Buffalo Bill and many other local partners to provide a fun day in the sun at Evergreen Lake. Come enjoy duck calling, retriever demonstrations, duck decoy set up, trout fishing, fly tying, fly rod casting instruction, shooting, nature walks and all sorts of wildlife recreation. And, free lunch is provided for by the Evergreen Elks! Register online at <http://www.register-ed.com/events/view/59976>.

Date: June 28, 2015

Time: 09:00 AM - 02:00 PM

Website: <http://cpw.state.co.us>

Location: Evergreen Lake in Evergreen, CO

Contact: Jennifer Churchill, 303-291-7234

Email: jennifer.churchill@state.co.us

Date/Time Details: Sunday, June 28 from 9am till 2pm

Fees/Admission: Free!

Jun 28 **Junior Naturalists: A Walk in the Woods**

What could be better than an afternoon hike through the woods! Join our naturalist for a guided hike where he will point out flowers, birds, scat, and anything else we might find along the way. Program Details Ages 6 - 10 years with an adult. There will be an easy 1 mile (or less) hike during this program along Song Bird trail at Reynolds Park. You will meet the naturalist by the kiosk in the main parking lot. Wear good hiking shoes/boots, bring water as needed. Dress for the weather, hats/sunscreen is recommended. We also suggest you bring binoculars and any bird and/or flower identification books you own. Additional Information <http://bit.ly/JrNaturalistsWoodsWalk> Registration for this program is available one month before the date of the program. If you are registering during this time, but space is no longer available, please call Lookout Mountain Nature Center at 720-497-7600 to be placed on a waiting list. Already registered and need to cancel? Have questions about the program? Please give us a call at 720-497-7600 or e-mail lmnc@jeffco.us to let us know! Please include the program title. Office hours are 9am-4pm Tuesday-Sunday, inquiries made after 4pm may not be answered until the following day. LMNC is closed on Mondays.

Date: June 28, 2015

Time: 01:00 PM - 02:30 PM

Website: <http://lmnc@jeffco.us>

Location: Reynolds Park 14070 South Foxton Road Conifer, CO 80433

Contact: 720-497-7600

Email: lmnc@jeffco.us

Date/Time Details: Sunday, June 28, 2015 from 1:00 PM to 2:30 PM (MDT)

Fees/Admission: Free

Jun 28

Music in the Grove

Sunday June 28th 1-4 pm . Local musicians are invited come to the second summer music jam/mini concerts "Music in the Grove" at the Hiwan Heritage Homestead Grove Pavilion. Join in the fun with " **The Wayfaring Musicians and the Brook Forest Friends**" a rocking Evergreen based band know for its special mix of Classic Rock, Up Country Funk and Blues. Area musicians are invited to participate in an open jam, make new friends and celebrate music in Evergreen.

Date: June 28, 2015

Time: 01:00 PM - 04:00 PM

Location: Hiwan Heritage Homestead Grove Pavilion

Contact: The "Music in the Grove" series is organized in co-operation with the Hiwan Heritage Museum and the Evergreen Creative District to provide opportunities for talented musicians that Live/Play/Work in and around Evergreen. For more information contact Ron Isaacson 303-957-7369 or visit www.facebook.com/groups/music.evergreen

Date/Time Details: **Sunday June 28th** 1-4 pm

Are you an Evergreen Musician wishing to connect and join in making music other Evergreen Musicians? Come on over to "Music in The Grove" and invite your friends to picnic in the Grove to the great sounds of talented local musicians.

Fees/Admission: Free

Jun 29

Adventures in Creativity Art Class

Adventures in Creativity June 29, 2015 - July 3, 2015 Monday- Friday, 9:00am-12:00pm Ages 8-13 Instructor: Stephanie Block Course description: Paint, doodle, and decoupage out your feelings and get in touch with your creative heart and others. Explore different topics each day through mixed media and paper techniques. We will play with everything from watercolor to shaving cream and we will most definitely get messy! It is all about the feeling of the paint rather than the end product in this safe environment meant for exploration. \$130.00 CAE Member \$140.00 Non-Member

Date: June 29, 2015

Time: 09:00 AM - 12:00 PM

Website: <http://www.evergreenarts.org/education.php?cat=1&mon=6&yr=2015>

Location: 32003B Ellingwood Trail Evergreen, CO 80439

Contact: Stephanie Perkins 303-674-0056

Email: education@evergreenarts.org

Date/Time Details: June 29, 2015 - July 3, 2015 Monday- Friday, 9:00am-12:00pm

Fees/Admission: \$130.00 CAE Member \$140.00 Non-Member

Jun 29

Yoga - Power Vinyasa Flow with Cathi Colas

Power Vinyasa Flow is a rigorous yoga class with demanding strength postures that will have you moving, breathing and sweating! This class focuses on building and engaging your core strength to support you in more advanced postures. Set to energizing music, this class strengthens, balances, detoxifies and exhilarates the body and mind. This will be offered in a non-heated room.

Date: June 29, 2015

Time: 09:30 AM - 10:30 AM

Website: <http://www.taspens.com>

Location: Taspens's Organics and Holistic Wellness Center 12424 Big Timber Drive #3, Conifer, CO 80433

Contact: Phone: (303) 816-0429 Email: info@taspens.com Website: www.taspens.com

Email: info@taspens.com

Date/Time Details: Mondays from 9:30-10:30 am

Fees/Admission: Donation Based Yoga: At Taspens's we believe that yoga is for EVERYONE! Yogic tradition dictates that a student should never have to pay to be instructed BUT the student should never ask to be instructed without first offering a gift. In following with this tradition, we want to offer donation based classes and packages at our studio. The donations fund our studio and Instructors. We have listed a suggested price for our classes/packages. We hope that you will offer what feels right for you! You are always free to give more if you have it to spare, or less if you are unable. We won't refuse anyone because they are struggling with abundance. Let Karma be your guide. We suggest a Love donation of \$12 class or our great package rates. Don't have any money but still desire to practice? You can also give time, services or energy. Class pricing: First Class Special: \$6 Drop-in: \$12 Package of 3: \$33 Package of 6: \$63 Package of 10: \$100 (Includes your choice of: FREE 30 minute Crystal Bed Session (Value of \$60) FREE ION Foot Detox (Value of \$35)

Jun 29

Beginning Sewing Class

EChO's Enrichment Center Art Studio offers a Beginning Sewing Class on Mondays from 10:00am - 12:00pm. Classes are by donation and open to the community to learn a fun new craft. All skill levels are encouraged to participate. Free supplies provided. Call 303-670-7123 or email jennie@evergreenchristianoutreach.org to sign up or for more information.

Date: June 29, 2015

Time: 10:00 AM - 12:00 PM

Location: 3721 N. Evergreen Parkway, Suite 6, 2nd Floor, above the Resale Shop

Contact: jennie@evergreenchristianoutreach.org

Email: lori@evergreenchristianoutreach.org

Date/Time Details: Mondays, June 1st, 8th, 15th, 22nd, and 29th

Fees/Admission: FREE

Jun 29 **Free Workshop for Ethical Wills**

Free Workshop for Ethical Wills

An ethical will, sometimes called an ethical legacy, is a document written to preserve and pass along key wisdom, life lessons and personal meaning. Usually, the person who writes an ethical will is striving to provide loved ones with a snapshot of what has been important in their life. An ethical will is not a legally binding document and is not intended as a way to distribute property or money. However, ethical wills are becoming increasingly important as the population ages and more individuals are becoming pro-active about the end stages of their life. Excellent examples will also be presented.

To register call Life Plan Now.org 303 719 6700 info@lifeplannow.org
On-going dates and locations to meet your needs

Date: June 29, 2015

Time: 12:00 PM - 02:00 PM

Website: <http://www.lifeplannow.org>

Location: to be announced

Contact: Rev. Iris K Barratt

Email: info@lifeplannow.org

Date/Time Details: on-going

Fees/Admission: FREE

Jun 29 **Ashtanga Vinyasa Yoga with Becky Potter**

Ashtanga Vinyasa Yoga with Becky Potter
Every Thursday
12:00-1:15pm

This is an invigorating, athletic practice that is steeped in tradition. No previous yoga experience is required. The sun salutation is at the heart of the practice, tying breath to movement and bringing vitality and mobility to every part of the body. Interwoven with the sun salutation, we explore a set sequence of poses that we return to in each class. From simple forward folds to complex arm balances and inversions, the goal in the practice is to create alignment in the body that allows comfort and ease. Along the way, students will have opportunities to sweat, to laugh, to stretch, to strengthen, to explore their limits, and to expand their boundaries.

Becky has studied and practiced many styles of yoga over the past decade. In the Ashtanga Vinyasa style, Becky has found her yoga home. She is honored to share the teachings of Ashtanga with students at Taspen's. When she is not teaching yoga, Becky is likely to be hanging out with her kids, gardening, cooking, or reading.

Date: June 29, 2015

Time: 12:00 PM - 01:15 PM

Website: <http://www.taspens.com>

Location: Taspen's Organics and Holistic Wellness Center 12424 Big Timber Drive Conifer, CO 80433

Contact: Phone: (303) 816-0429 Email: info@taspens.com Website: www.taspens.com

Email: info@taspens.com

Date/Time Details: Mondays from 12 - 1:15 pm

Fees/Admission: At Taspen's we believe that yoga is for EVERYONE! Yogic tradition dictates that a student should never have to pay to be instructed BUT the student should never ask to be instructed without first offering a gift. In following with this tradition, we want to offer donation based classes and packages at our studio. The donations fund our studio and Instructors. We have listed a suggested price for our classes/packages. We hope that you will offer what feels right for you! You are always free to give more if you have it to spare, or less if you are unable. We won't refuse anyone because they are struggling with abundance. Let Karma be your guide. We suggest a Love donation of \$12 class or our great package rates. Don't have any money but still desire to practice? You can also give time, services or energy. Class pricing: First Class Special: \$6 Drop-in: \$12 Package of 3: \$33 Package of 6: \$63 Package of 10: \$100 (Includes your choice of: FREE 30 minute Crystal Bed Session (Value of \$60) FREE ION Foot Detox (Value of \$35)

Jun 29 **Knitting Workshop**

Join other volunteers and community members, grab coffee, and socialize while you create lovely knitted items that can be sold in EChO's Resale Shop. All proceeds go to help our clients in need. EChO Artisans can also produce

items to sell on consignment in EChO's Resale Shop. Rotating projects include but are not limited to hats, gloves, scarves, washcloths, i-phone & tablet bags, blankets & shawls. Free supplies provided. Call 303-670-7123 or email jennie@evergreenchristianoutreach.org to sign up or for more information.

Date: June 29, 2015

Time: 01:00 PM - 03:00 PM

Location: 3721 N. Evergreen Parkway, Suite 6, 2nd Floor, above the Resale Shop

Contact: jennie@evergreenchristianoutreach.org

Email: lori@evergreenchristianoutreach.org

Date/Time Details: Mondays, June 1st, 8th, 15th, 22nd, and 29th

Fees/Admission: FREE

Jun 29

Art Journaling Adventures

Art Journaling Adventures (12-18 years old) June 29, 2015 - July 3, 2015 Monday- Friday, 1:00-4:00pm All levels
Instructor: Stephanie Block Course description: Come discover yourself and create a journal you don't just have to write in! In an age taken over by social media and technology we are hardly ever with our own selves and our thoughts! Ground yourself in who you are, surround yourself with a network of friends, learn about life, your inner self and be with your feelings. Find a healthy place to express your emotions and desires through a wide variety of media and decorative paper techniques. This is a mixed media project based inside a journal. You will hold a haven in your hands to explore your identity and get in touch with your feelings. Please bring a spiral bound journal specifically made for art journaling or mixed media. These have heavier water color type paper for painting and are available at most art supply stores. If you have any questions regarding your book or supplies don't hesitate to call your instructor. \$130.00 CAE Member \$140.00 Non-Member

Date: June 29, 2015

Time: 01:00 PM - 04:00 PM

Website: <http://www.evergreenarts.org/education.php?cat=1&mon=6&yr=2015>

Location: 32003B Ellingwood Trail Evergreen, CO 80439

Contact: Stephanie Perkins 303-674-0056

Email: education@evergreenarts.org

Date/Time Details: June 29, 2015 - July 3, 2015 Monday- Friday, 1:00-4:00pm

Fees/Admission: \$130.00 CAE Member \$140.00 Non-Member

Jun 29

Hiwan Charity Golf Tournament

The Evergreen Elks Lodge will be once again be hosting it's Annual Charity Fundraising Golf Tournament at Hiwan Golf Course in Evergreen on June 29th, shotgun start @ 1:15 pm.

It will be a four person scramble at \$125.00 per person, with golf, cart and lunch included. Lunch will be served starting at 11:00 am.

For further information or if you would be interested in sponsoring this event for advertising, please contact Jim Mitchell at 303-638-5180 or Butch Thomas at 303-550-5131.

Date: June 29, 2015

Time: 01:15 PM - 06:00 PM

Location: Hiwan Golf Course

Contact: Jim Mitchell 303-618-5180 Butch Thomas 303-550-5131

Email: BPOE2363@evergreenelkslodge.com

Date/Time Details: 6/29/15 at 1:15 pm

Fees/Admission: \$125.00 per person, four person scramble

Jun 30

Evergreen Vision & Learning Center Summer Fun

Evergreen Vision & Learning Center Summer Fun

Keep your child's skills sharp throughout the summer!!

Math Camps and Book Clubs

Dates: June 23rd, 30th and July 7th, 14th, 21st and 28th.

(303) 638.4045

www.evandlc.com

Date: June 30, 2015

Website: <http://www.evandlc.com>

Location: 1232 Bergen Parkway Suite 103 Evergreen, CO. 80439

Contact: (303) 638.4045

Email: manager@evergreenvision.com

Date/Time Details: Dates: June 23rd, 30th and July 7th, 14th, 21st and 28th.

Jun 30

Early Morning Edition Leads Group

Value

Compare the value of print advertising to word of mouth advertising. Most people are more comfortable doing business with individuals known to them or their friends. This is a great way to increase your word of mouth advertising and develop repeat business.

Great Referrals

A good referral offers the opportunity to do business with someone who is known to be in the market to buy your product or service. Referrals are not guaranteed sales; however they offer an opportunity to meet face to face with someone who is already interested in your product or service. Referrals build on your existing prospecting efforts. This expanded network is a great opportunity to add to your database of potential business.

Get Involved

The chamber leads groups are a good way to get involved with other local business people and members can provide access to clients you would not otherwise be able to contact. Also, members have the opportunity to advertise what specials, opportunities, and products or services they have to offer. Leads groups are a great way to create new business and generate new leads! Join one of our great leads groups today!

Date: June 30, 2015

Time: 07:30 AM - 08:30 AM

Website: <http://>

Location: Locations Vary

Contact: Clell Routson, 303.250.0929

Email: clell@rdleadership.com

Date/Time Details: 7:30a-8:30a

Fees/Admission: Chamber Members pay only \$40 annually for Leads Group membership

Jun 30

Adventures in Creativity Art Class

Adventures in Creativity June 29, 2015 - July 3, 2015 Monday- Friday, 9:00am-12:00pm Ages 8-13 Instructor: Stephanie Block Course description: Paint, doodle, and decoupage out your feelings and get in touch with your creative heart and others. Explore different topics each day through mixed media and paper techniques. We will play with everything from watercolor to shaving cream and we will most definitely get messy! It is all about the feeling of the paint rather than the end product in this safe environment meant for exploration. \$130.00 CAE Member \$140.00 Non-Member

Date: June 30, 2015

Time: 09:00 AM - 12:00 PM

Website: <http://www.evergreenarts.org/education.php?cat=1&mon=6&yr=2015>

Location: 32003B Ellingwood Trail Evergreen, CO 80439

Contact: Stephanie Perkins 303-674-0056

Email: education@evergreenarts.org

Date/Time Details: June 29, 2015 - July 3, 2015 Monday- Friday, 9:00am-12:00pm

Fees/Admission: \$130.00 CAE Member \$140.00 Non-Member

Jun 30

Ashtanga Yoga with Becky

Ashtanga Vinyasa Yoga with Becky Potter
Every Tuesday
9:30-10:45am

This is an invigorating, athletic practice that is steeped in tradition. No previous yoga experience is required. The sun salutation is at the heart of the practice, tying breath to movement and bringing vitality and mobility to every part of the body. Interwoven with the sun salutation, we explore a set sequence of poses that we return to in each class. From simple forward folds to complex arm balances and inversions, the goal in the practice is to create alignment in

the body that allows comfort and ease. Along the way, students will have opportunities to sweat, to laugh, to stretch, to strengthen, to explore their limits, and to expand their boundaries.

Becky has studied and practiced many styles of yoga over the past decade. In the Ashtanga Vinyasa style, Becky has found her yoga home. She is honored to share the teachings of Ashtanga with students at Taspens. When she is not teaching yoga, Becky is likely to be hanging out with her kids, gardening, cooking, or reading.

Date: June 30, 2015

Time: 09:30 AM - 10:45 AM

Website: <http://www.taspens.com>

Location: 12424 Big Timber Dr. Conifer, CO 80433

Contact: Call 303.816.0429 or email info@taspens.com for more information.

Email: heather@taspens.com

Date/Time Details: every Tuesday 9:30-10:45am

Fees/Admission: Donation Based Yoga? At Taspens we believe that yoga is for EVERYONE! Yogic tradition dictates that a student should never have to pay to be instructed BUT the student should never ask to be instructed without first offering a gift. In following with this tradition, we want to offer donation-based classes and packages at our studio. The donations fund our studio and instructors. We have listed a suggested price for our classes/packages. We hope that you will offer what feels right for you! You are always free to give more if you have it to spare, or less if you are unable. We don't want to refuse anyone because they are struggling with abundance. Let Karma be your guide. We suggest a love donation of \$12/class or our great package rates. Don't have a lot of cash flow and still desire to practice...you can also give time, services or energy. Namaste. The Shiva Studio at Taspens Class pricing: First Class: \$6, Drop-in: \$12 Package of 3 - \$33 Package of 6 - \$63 Package of 10 - \$100 Includes your choice of FREE 30 min. Crystal Bed Session (Value \$60) FREE Ion Foot Detox (Value of \$35) * Packages may be used for: Yoga Tai Chi Dance Sound Healing Meditations. Gift Certificates/ Private Instruction Available.

Jun 30

Computer Resource Lab - Tech Time

Date: June 30, 2015

Time: 10:00 AM - 12:00 PM

Website: <http://www.evergreenchristianoutreach.org>

Location: 3721 Evergreen Parkway, Suite 6 Evergreen, CO 80439

Contact: Jennie @ 303-670-7123

Email: jennie@evergreenchristianoutreach.org

Date/Time Details: 10am-12pm

Fees/Admission: FREE

Jun 30

Mosaic Planters & Vases

EChO's Enrichment Center Art Studio offers an exciting Tile Mosaic Planter & Vases Class on Tuesdays from 10:00am - 12:00pm. Classes are by donation and open to the community to learn a fun new craft. All skill levels are encouraged to participate. Free supplies provided. Call 303-670-7123 or email jennie@evergreenchristianoutreach.org to sign up or for more information

Date: June 30, 2015

Time: 10:00 AM - 12:00 PM

Location: 3721 N. Evergreen Parkway, Suite 6, 2nd Floor above the EChO Resale Shop

Contact: jennie@evergreenchristianoutreach.org

Email: lori@evergreenchristianoutreach.org

Date/Time Details: Tuesdays, June 2nd, 9th, 16th, 23rd, and 30th

Fees/Admission: FREE

Jun 30

Colorado Outdoor Markets - Evergreen

Date: June 30, 2015

Time: 10:00 AM - 02:00 PM

Website: <http://www.coloradooutdoormarkets.com/>

Location: **The Bergen Village Shopping Center.** This location is 3 minutes (3 miles) after exiting I-70.

Location: I-70 to the Evergreen Parkway continue on highway 74 -left on Bergen Parkway. Turn left at the first light which will be Sugar Bush. Go straight forward to the Bergen Village Shopping Center.

Date/Time Details: **The Tuesday Evergreen Farmers' Market:**

Tuesdays- June 2nd - September 29th 10:00am-2:00pm

Jun 30

Sewing Workshop

Join other volunteers and community members, grab coffee, and socialize while you sew creative items that can be sold in EChO's Resale Shop. All proceeds go to help our clients in need. EChO Artisans can also produce items to

sell on consignment in EChO's Resale Shop. Rotating projects include but are not limited to small and large handbags, quilts, aprons, gift bags & more. Free supplies provided. Call 303-670-7123 or email jennie@evergreenchristianoutreach.org to sign up or for more information.

Date: June 30, 2015

Time: 12:30 PM - 02:30 PM

Website: <http://www.evergreenchristianoutreach.org>

Location: 3721 N. Evergreen Parkway, Suite 6, 2nd Floor above EChO Resale Shop

Contact: jennie@evergreenchristianoutreach.org

Email: lori@evergreenchristianoutreach.org

Date/Time Details: Tuesdays, June 2nd, 9th, 16th, 23rd and 30th

Fees/Admission: FREE

Jun 30

Art Journaling Adventures

Art Journaling Adventures (12-18 years old) June 29, 2015 - July 3, 2015 Monday- Friday, 1:00-4:00pm All levels
Instructor: Stephanie Block Course description: Come discover yourself and create a journal you don't just have to write in! In an age taken over by social media and technology we are hardly ever with our own selves and our thoughts! Ground yourself in who you are, surround yourself with a network of friends, learn about life, your inner self and be with your feelings. Find a healthy place to express your emotions and desires through a wide variety of media and decorative paper techniques. This is a mixed media project based inside a journal. You will hold a haven in your hands to explore your identity and get in touch with your feelings. Please bring a spiral bound journal specifically made for art journaling or mixed media. These have heavier water color type paper for painting and are available at most art supply stores. If you have any questions regarding your book or supplies don't hesitate to call your instructor. \$130.00 CAE Member \$140.00 Non-Member

Date: June 30, 2015

Time: 01:00 PM - 04:00 PM

Website: <http://www.evergreenarts.org/education.php?cat=1&mon=6&yr=2015>

Location: 32003B Ellingwood Trail Evergreen, CO 80439

Contact: Stephanie Perkins 303-674-0056

Email: education@evergreenarts.org

Date/Time Details: June 29, 2015 - July 3, 2015 Monday- Friday, 1:00-4:00pm

Fees/Admission: \$130.00 CAE Member \$140.00 Non-Member

Jun 30

Kids in the Kitchen with Robyn Johnson

This June, Robyn is offering a four week healthy cooking class series for kids ages 7-12. Chefs will explore new foods, make a variety of snacks and foods, and learn the benefits of healthy choices.

To register, call Robyn at [303-818-0896](tel:303-818-0896) or email at babykalehealth@gmail.com.

Limit 8 Chefs

Sibling Discount Available

Robyn Johnson of Baby Kale Health is a Certified Family Health Coach on a mission to help busy mamas and families eat healthier, become inspired and find balance in their unique lives. She is determined to teach both parents and kids, even toddlers, that eating healthy and taking care of your body, mind and spirit is the lifeline for a happy life.

Learn more at www.babykalehealth.com or chat with Robyn at [303.818.0896](tel:303.818.0896)

Date: June 30, 2015

Time: 03:30 PM - 04:30 PM

Website: <http://www.taspens.com>

Location: Taspens's Organics and Holistic Wellness Center 12424 Big Timber Drive #3 Conifer, Co 80433

Contact: Taspens's Organics & Holistic Wellness Center Website: <http://www.taspens.com> Email: info@taspens.com

Email: info@taspens.com

Date/Time Details: Tuesdays, June 9th, 16th, 23rd, and 30th 3:30 - 4:30 pm

Fees/Admission: \$70 for a 4 week session Sibling Discount Available

Jun 30

Yoga-Align & Flow with Laurie Love

Align and Flow Yoga

A slow-medium paced flow class with longer holds focusing on alignment principles to get deeper into mind-body connection. This class is inspired by various elements of Power, Vinyasa, Forrest, Tantra, Anusara, and Sridaiva. Inversions, partner poses, chanting, and pranayama will also be explored. This class is perfect for those who like to have fun while practicing, and may make you sweat! ;)

About Laurie:

Laurie began practicing yoga in 2006, and in November, 2010 received her 200 hour yoga certification from Karma Yoga Center in Denver, Colorado. Laurie found yoga while on a quest for attaining optimal health, and fell in love at

first savasana. She looks at yoga as a holistic health method practiced to heal and balance the mind, body, and spirit. Creating a unique yogic journey in every class, her inspiration is derived primarily from her many teachers, chakra healing, astrology, yoga philosophy, and of course her students. Laurie teaches an alignment-based vinyasa practice, incorporating pranayama (breath work), meditation, chanting, and challenging asanas sometimes including core work, inversions, and partner poses. Her passion is inspiring students to find their edge, explore outside of their comfort zone, and take their practice off their mats and into the world!

Laurie has continued her education throughout the years with a plethora of alignment, inversion, meditation, anatomy, adjustment and other various yoga workshops. Additionally, she has a solid personal practice she's held for nine years. Her inspiration is derived from a combination of many yogic traditions including Tantra, Forrest, Anusara, Sridaiva, and Power. Some of the teachers who inspire and motivate her are Cheryl Deer, Ian Maxwell, Crystal Hinton, Carrie Varela, Stacey Swerer, Matthew Dolezal, Mike Matsumara, Shiva Rea, John Friend, and many more.

Private Lessons:

Laurie is also available for private lessons and classes. Private yoga lessons are highly recommended for beginning yoga students who would like consultation and guidance on their practice and to build confidence for practicing yoga in a group setting; anyone who desires to relieve and heal injury or chronic pain; or yoga practitioners who would like to take their practice to the next level. All private lessons are geared directly towards fulfilling students' needs and goals, and students will be provided with invaluable practical information on how to heal and balance the body, mind, and spirit through physical movement, breath work, and meditation. Please feel free to contact Laurie with any questions regarding your yoga goals.

www.taspens.com
303-816-0429
info@taspens.com

Date: June 30, 2015

Time: 06:30 PM - 07:30 PM

Website: <http://www.taspens.com>

Location: Taspen's Organics & Holistic Wellness Center 12424 Big Timber Dr. Conifer, CO 80433

Contact: Taspen's Organics & Holistic Wellness Center Website: <http://www.taspens.com> Email: info@taspens.com Phone: 303-816-0429

Email: info@taspens.com

Date/Time Details: Every Tuesday, 6:30-7:30pm

Fees/Admission: Donation Based Yoga? At Taspen's we believe that yoga is for EVERYONE! Yogic tradition dictates that a student should never have to pay to be instructed BUT the student should never ask to be instructed without first offering a gift. In following with this tradition, we want to offer donation-based classes and packages at our studio. The donations fund our studio and instructors. We have listed a suggested price for our classes/packages. We hope that you will offer what feels right for you! You are always free to give more if you have it to spare, or less if you are unable. We don't want to refuse anyone because they are struggling with abundance. Let Karma be your guide. We suggest a love donation of \$12/class or our great package rates. Don't have a lot of cash flow and still desire to practice...you can also give time, services or energy. The Shanti Studio at Taspen's Class pricing: First Class: \$6, Drop-in: \$12 Package of 3 - \$33 Package of 6 - \$63 Package of 10 - \$100 Includes your choice of FREE 30 min. Crystal Bed Session (Value \$60) FREE Ion Foot Detox (Value of \$35) Packages may be used for: Yoga Tai Chi Dance Sound Healing Meditations ~Gift Certificates/ Private Instruction Available~

Jul 01 **Registration for EPRD Summer Camps**

Evergreen Park & Recreation District offers a large variety of summer camps for children pre-school through high school, at a number of locations!

Camps include Preschool Adventure, Summer Adventure, Special Needs Adventure, Outdoor Adventure, Leader in Training, Sports Camps and Specialty Camps.

Locations include Buchanan Park and Wulf Recreation Centers, Buchanan Ponds, Evergreen Lake House, Beaver Ranch Community Center in Conifer, and off-site.

Camp fees range from \$65-\$200 per week (slightly higher out of District but still a great bargain)..

Learn more and register your child [online here](#) or pick up a camp guide at one of the Rec Centers.

Date: July 1, 2015

Website: <http://en.calameo.com/read/0018639581b8b08bb04f6>

Location: Throughout mountain area

Contact: Todd Sutton, tsutton@eprd.co or 720-880-1218

Email: tsutton@eprd.co

Date/Time Details: June through August

Fees/Admission: Varies

Jul 01 **Women 2 Women Leads Group**

Come and join this new group where women come together to share ideas, thoughts, and leads.

****Please call to confirm your visit to the group prior to attending!**

Date: July 1, 2015

Time: 09:00 AM - 10:00 AM

Location: Currently meeting at Stagecoach Sports Grill. Please call Colleen Wilkinson to verify location and meeting dates before attending.

Contact: Colleen Wilkinson (303) 526-2729

Email: crwilkinson123@msn.com

Date/Time Details: the 1st and 3rd Wednesday of every month, 9-10a at Stagecoach Sports Grill

Fees/Admission: \$45 per year

Jul 01 **Adventures in Creativity Art Class**

Adventures in Creativity June 29, 2015 - July 3, 2015 Monday- Friday, 9:00am-12:00pm Ages 8-13 Instructor: Stephanie Block Course description: Paint, doodle, and decoupage out your feelings and get in touch with your creative heart and others. Explore different topics each day through mixed media and paper techniques. We will play with everything from watercolor to shaving cream and we will most definitely get messy! It is all about the feeling of the paint rather than the end product in this safe environment meant for exploration. \$130.00 CAE Member \$140.00 Non-Member

Date: July 1, 2015

Time: 09:00 AM - 12:00 PM

Website: <http://www.evergreenarts.org/education.php?cat=1&mon=6&yr=2015>

Location: 32003B Ellingwood Trail Evergreen, CO 80439

Contact: Stephanie Perkins 303-674-0056

Email: education@evergreenarts.org

Date/Time Details: June 29, 2015 - July 3, 2015 Monday- Friday, 9:00am-12:00pm

Fees/Admission: \$130.00 CAE Member \$140.00 Non-Member

Jul 01 **Yoga Sculpt with Cathi**

Yoga Sculpt is a total body workout, Yoga Sculpt instruction is set to music designed to inspire higher energy movement and to work every major muscle group. Although this is considered to be more fitness based yoga, it is also an empowering and beautiful practice that will push your strength and flexibility to new heights. Yoga Sculpt provides the perfect allover body workout, and can also be used to complement your regular yoga practice. Free weights are added to a power vinyasa flow sequence, creating resistance and intensifying each posture. Strength-training exercises such as squats, lunges, shoulder, chest and back work, bicep curls, triceps extensions and kickbacks are incorporated to build lean muscle mass and boost metabolism. Cardiovascular bursts are interspersed throughout the hour in the form of two-minute plyometric segments. You will notice the results in your body in a relatively short amount of time.

Date: July 1, 2015

Time: 09:30 AM - 10:30 AM

Website: <http://www.taspens.com>

Location: 12424 Big Timber Rd. Conifer, CO 80433

Contact: 303.816.0429

Email: heather@taspens.com

Date/Time Details: Every Wednesday from 9:30-10:30

Fees/Admission: Let Karma be your guide. We suggest a love donation of \$12/class or our great package rates. Don't have a lot of cash flow and still desire to practice...you can also give time, services or energy. Class pricing: First Class: \$6, Drop-in: \$12 Package of 3 - \$33 Package of 6 - \$63 Package of 10 - \$100 Includes your choice of FREE 30 min. Crystal Bed Session (Value \$60) FREE Ion Foot Detox (Value of \$35) * Packages may be used for:Namaste.

Jul 01 **Art Journaling Adventures**

Art Journaling Adventures (12-18 years old) June 29, 2015 - July 3, 2015 Monday- Friday, 1:00-4:00pm All levels Instructor: Stephanie Block Course description: Come discover yourself and create a journal you don't just have to write in! In an age taken over by social media and technology we are hardly ever with our own selves and our thoughts! Ground yourself in who you are, surround yourself with a network of friends, learn about life, your inner self and be with your feelings. Find a healthy place to express your emotions and desires through a wide variety of media and decorative paper techniques. This is a mixed media project based inside a journal. You will hold a haven in your hands to explore your identity and get in touch with your feelings. Please bring a spiral bound journal specifically made for art journaling or mixed media. These have heavier water color type paper for painting and are available at most art supply stores. If you have any questions regarding your book or supplies don't hesitate to call your instructor. \$130.00 CAE Member \$140.00 Non-Member

Date: July 1, 2015

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Website: <http://www.evergreenarts.org/education.php?cat=1&mon=6&yr=2015>

Location: 32003B Ellingwood Trail Evergreen, CO 80439

Contact: Stephanie Perkins 303-674-0056

Email: education@evergreenarts.org

Date/Time Details: June 29, 2015 - July 3, 2015 Monday- Friday, 1:00-4:00pm

Fees/Admission: \$130.00 CAE Member \$140.00 Non-Member

Jul 01

Kinnikinnick Kids: Summer Time at the Ranch

Summer Time at the Ranch Series of Kids' Classes

3:00 –4:00 pm, \$15 per class (\$12 for members) Reservations Requested

Native Americans at the Ranch

June 3, Food Gathering -Take a hike on the Jim and Joe Trail and learn about the native plants and how the Native Americans used them. Grind corn and turn it into delicious fry bread.

June 10, Where's the Beef? -Some say Native Americans made the first jerky (buffalo jerky) thousands of years ago. Come and make some for yourself.

June 17, Native American Children Listen to Native American stories, learn about rock art and create your own rock art panel to take home.

Settlers at the Ranch

June 24, Chuck Wagon Cooking -Cook over a camp fire to prepare camp biscuits dripping with honey and stew in a Dutch oven.

July 1, Making Tracks -Study the wildlife that supplied pioneers with meat and the smokehouse that cured the meat for winter. Learn about the tracks the animals leave behind and make your own animal track flip flops.

July 8, Pioneer Children -Listen to stories about pioneer children, play pioneer games and make your own Whirly Gig.

July 15, Tutti-Frutti -No refrigerator, what to do? Dry fruit in the oven and make fruit roll ups or string it into garland for your kitchen too!

July 22, Please Play with Your Food-Dip veggies in yummy dips but also in paint to make stamp art prints.

July 29, 20th Century Children-Listen to stories, play games and use marbles, invented in 1903, to make a necklace for boys or girls.

Date: July 1, 2015

Time: 03:00 PM - 04:00 PM

Website: <http://www.hmpm.org>

Location: Humphrey History Park and Museum

Contact: Humphrey History Park and Museum 620 Soda Creek Road Evergreen, CO 80439 303-674-5429

Email: angela@hmpm.org

Date/Time Details: Wednesdays; 6/3/15-7/29/15 3:00-4:00

Fees/Admission: \$15 per class (\$12 for members)

Jul 01

Evergreen Lake Summer Concert Series

Evergreen Lake, the centerpiece of this mountain community, is home to a free concert series on Wednesday nights throughout the summer. The open-air concerts, with the rustic log-hewn Lake House as a backdrop, run from 5-10 pm every other week, featuring a variety of music from local students to rock to jazz.

Families and friends come to the Lake bearing picnic baskets, foldable chairs and blankets, or buy food and drink from a number of local vendors, while enjoying the music and watching the sun set.

The concerts are put on by Evergreen Lake Presents.

Evergreen Lake Park, 29612 Upper Bear Creek Road, Evergreen, CO 80439

Date: July 1, 2015

Time: 05:00 PM - 09:00 PM

Website: <http://www.evergreenrecreation.com>

Location: Evergreen Lake Park, 29612 Upper Bear Creek Road, Evergreen, CO 80439

Contact: Lisa Hamm-Greenawalt, 720-880-1020

Email: info@eprd.co

Date/Time Details: July 1, 5-9 pm

Fees/Admission: Free

Jul 01

2015 Evergreen Summer Concert Series #3

The 2015 EPRD Summer Concert Series presents its 3rd concert of the season: Rastasaurus, with Mumblin'

Cousins at Evergreen Lake Park.

Free concerts run every other Wednesday from 5-9 PM. Lake parking is limited, with 50 VIP spots available for \$15 each or discounted rate when you purchase the entire series. (Call 720-880-1300 to reserve.) Attendees are encouraged to carpool and/or park at a satellite lot (Wulf Rec Center or Christ the King Church) and take a free shuttle.

Learn more about the bands at rastasaurus.com/ and <https://www.facebook.com/mumblincousins>.

The rest of the schedule:

July 15 -- Bon Tee Cajun Band, with the Kicked To The Curb Duo

July 29 -- Harpeth Rising, with the Kort McCumber Duo

Aug. 12 -- Dakota Blonde, with Owen Kortz And Friends

Aug. 26 -- Tunisia, with Megan Burt and The Cure For Love

Learn more at evergreenlakepresents.com.

Date: July 1, 2015

Time: 05:00 PM - 09:00 PM

Website: <http://evergreenlakepresents.com/>

Location: Evergreen Lake House, 29612 Upper Bear Creek Rd, Evergreen, Colorado 80439

Contact: 303.385.7827

Email: info@eprd.co

Date/Time Details: July 1, 5-9 PM

Fees/Admission: FREE

Report generated Wed, June 17, 2015 5:35:2 PM