



The monthly newsletter for the residents of Genesee Village

New Year's Resolutions For Building a Healthy, Happy Life

For many people, the start of a new year marks an opportunity to reflect on their life, and think about where they would like to be in the future. And while New Year resolutions may get a bad rap for encouraging unrealistic goals or placing pressure on us, they can also be a great starting point to prioritize your health and wellness on your own terms. That may look like embracing totally attainable goals that don't focus so much on an overhaul of your current life, but more so make room for slowly adapting new routines and habits that will make you feel great about yourself.

Starting small could look like making an effort to reset your sleep schedule and prioritizing having a bedtime. Or it may start with your home, beginning to organize one room at a time, first focusing on your closet and later getting to your kitchen. Still, it could be as simple as taking control of your thoughts and incorporating inspiring quotes and daily affirmations into your morning routine. In any case, the achievable resolutions below aim to relieve stress, minimize anxiety (not add to it) and improve your overall well-being. Even if the path to reinventing yourself starts off a little rocky, you can always get back on track at any time throughout the year. Remember 2024 is your year, so treat yourself like it! Here are some examples:

- Start a gratitude journal
- Make time for family
- Build a better budget
- Practice mindfulness
- Cook something new each week
- Read more books
- Create a cleaning schedule you'll stick to
- Commit to a healthier sleep routine
- Join a club
- Learn to love vegetables
- Become a plant owner
- Take the stairs

—<https://www.goodhousekeeping.com/>

January 2024

Vol. 08 No. 01 • Circulation: 355

How To Travel On Snow

Skiing: With over 30 ski areas to choose from in Colorado, there is truly terrain for every kind of skier and snowboarder. All levels and budgets can be accommodated. There are smaller slopes perfect for learning the craft, and big giant playgrounds that keep everyone in your group entertained for days.

Cross Country Skiing: Downhill isn't the only way to enjoy skiing in the Rocky Mountains. Nordic skiing, more often referred to as cross country skiing, is fantastic across the state. There are Nordic centers near all the favorite ski towns and resorts, plus endless miles of trails in the national forests to peruse on your own accord.

Snowshoeing: Most of the aforementioned Nordic centers in Colorado provide access to snowshoers on their multi-use trails. Many will even have snowshoe rentals available, as do many ski resorts. It's not uncommon for ski areas to allow snowshoeing on some of their cat trails (greens), or even have separate trails completely for these winter hikers.

Snowbiking: When written as one word, snowbiking technically implies no motor. A Snowbike® is a registered trademark that's used to glide down the slopes, similar to downhill skiing. You can rent snowbikes at a few places locally, and there are even some ski resorts that allow them on their chairlifts, such as Breckenridge Ski Resort. You then ride down the mountain as you would on your skis or snowboard, except your sitting down on a Snowbike®.

Snow Biking: When snow biking is written as two words, it implies it has a motor. These are sort of like snowmobiles and are used in a similar fashion. There are some snow biking competitions and you could use them in the backcountry (uphill, downhill, on the flats) the same as you would a snowmobile. This version is not a registered trademark and technically needs a space between them, snow bike, however, you still might see it improperly referred to as a snowbike with one word.

Fat Biking: These are bicycles with fat tires and thick treads that are suitable for riding on packed snow. They are becoming more popular in mountain towns, and you can often see someone riding along for fun or transportation. There are even competitions held. There are some shops in select towns that will rent you a fat bike to use for a fun day off the ski slopes.

Snowkiting: Snowkiting is very similar to kiteboarding on water. However, you'll use skis or a snowboard instead of a surfboard. It's simpler to master kiteboarding since snow supplies less friction than water. Do note that snowkiting lessons do require you already have a snow kite and harness available. Many people attempt snowkiting on frozen lakes, such as Lake Dillon in Summit County. An advantage is that this skill can be later applied to kiteboarding on the water during the warmer, summer weather.

—<https://www.uncovercolorado.com/>



Free Days and Nights At The Denver Museum of Nature & Science

Satisfy your science curiosity during our SCFD Free Days and Free Nights. No need to reserve your Free Day or Free Night ticket ahead of time online. Walk up anytime during Free Days or Free Nights and gain access to the Wildlife Halls or our permanent exhibitions. A separate ticket is required if you'd like to visit the planetarium or our brand-new Infinity Theater.

2024 Free Days and Nights

- Monday, Jan. 8- Free Day 9 a.m.- 5 p.m.
- Sunday, Jan. 28- Free Day 9 a.m.- 5 p.m.
- Sunday, Feb. 25- Free Day 9 a.m.- 5 p.m.
- Sunday, April 28 - Día del Niño 9 a.m.- 5 p.m.
- Tuesday, June 4- Free Night 5-9 p.m.
- Wednesday, June 19- Juneteenth 9 a.m.- 5 p.m.
- Wednesday, Aug. 21- Free Night 5-9 p.m.
- Tuesday, Sept. 10- Free Night 5-9 p.m.
- Monday, Sept. 30- Free Day 9 a.m. - 5 p.m.
- Sunday, Oct. 20- Out! at the Museum 9 a.m. - 5 p.m.
- Saturday, Nov. 2- Denver Arts Week: Night at the Museums
- Monday, Nov. 18- 9 a.m. - 5 p.m.
- Sunday, Dec. 8- 9 a.m. - 5 p.m.

—<https://www.dmns.org/visit/events-and-activities/free-days-and-free-nights/>

Welcome, winter. Your late dawns and chilled breath make me lazy, but I love you nonetheless.

— Terri Guillemets

Village of Genesee

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News Articles

The deadline for news articles is the 15th of the month before the next month's issue. Please email news articles to gary@garymanes.com. No endorsement of any product or service is implied or stated by its inclusion in the newsletter.

Appearance of an advertisement in this publication does not constitute a recommendation or endorsement by the publisher or the association of the goods or services offered therein. The opinions expressed in this newsletter are those of the individual authors and not of the Board of Directors of your association or the publisher. Neither the Board, publisher nor the authors intend to provide any professional service or opinion through this publication.

Advertise in this Newsletter!

The deadline for advertisements is the 15th of the month for the next month's issue, except for the Jan. issue which is Dec. 6th.

Newsletter Connections: 303-979-7499 or
info@newsletterconnections.com



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Classified ads are \$4.00/line (about 40 characters/line). Contact Newsletter Connections at 303-979-7499 or info@newsletterconnections.com to place an ad. To view our display ad prices, visit our website at NewsletterConnections.com. The deadline for placing a classified or display ad is the 15th of the month for the next month's issue (i.e., 15th of Sept. for Oct. issue), except the January issue, which has a deadline of December 7th. Residents placing ads to sell household items are not charged a fee.

Friday Night Films

Skip the Theater and enjoy Friday Night Nature Films Fireside at South Platte Nature Center. Nature based films are carefully chosen and include a variety of entertaining topics. All are beautifully filmed, most are award winning. Donation suggested for refreshments.

- American Eagles - 01/19/24
 - Magic of the Snow Owl - 02/16/24
- <https://register.ssprd.org>

Dog Friendly Shopping

Aspen Grove stores with Dog Friendly Decal welcome you and your leashed furry shopping buddy. When you shop with your furry pup, don't forget to share your experience and tag us when you're posting on social media. #aspengrovelovesdogs

PUPPY LOVE: February 1st through 28th. Dog and cat food donation drive to support Colorado Pet Pantry
 —<https://aspengrovecenter.com>

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Light Up The New Year

Ring in the new year with us as the Hudson Gardens exhibit transforms into the Light Up the New Year show that includes vibrant displays, a laser garden, and upbeat music. Join your friends and family and immerse yourself in the colorful nautilus forest, color cubes, mesmerizing sphere and more.

Dated Tickets are valid for single admission to Light Up the New Year at Hudson Gardens on the date reserved.

- Adults: \$20 Seniors (65+): \$18 Child (ages 3-12): \$15
- 2024 Light Up the New Year Dates: Jan. 2-28
- Doors open at 5:00 p.m.. The last entry is at 8:45 p.m.
- Tickets valid between 5:00-8:45 p.m.
- Lights out at 9:30 p.m.

Free Entrance Days In The National Parks

Come experience the national parks! On six days in 2024, all National Park Service sites that charge an entrance fee will offer free admission to everyone. Mark your calendar for these entrance fee-free dates in 2024:

- January 15: Birthday of Martin Luther King, Jr.
- April 20: First day of National Park Week
- June 19: Juneteenth National Independence Day
- August 4: Anniversary Great American Outdoors Act
- September 28: National Public Lands Day
- November 11: Veterans Day

—<https://www.nps.gov/planyourvisit/fee-free-parks.htm>

The National Western Stock Show & Rodeo

January 6–21, 2024, nationalwestern.com

Celebrate Denver’s rich cowtown roots with a cherished Colorado tradition since 1906. Held every January at the National Western Complex, it’s the nation’s premier livestock, rodeo and horse show, serving agricultural producers and consumers throughout the world. Enjoy rodeos featuring top-notch bull riders, horse shows, livestock competitions and auctions. And don’t miss acres of shopping at Colorado’s largest Western trade show.

Ouray Ice Festival

Thursday-Sunday, January 18–21, Ouray Ice Park

Celebrating its 29th anniversary in 2024, the Ouray Ice Festival is one of the more popular winter events in Colorado, both for participants and spectators. Watch as the tiny mountain town of Ouray becomes a climbing mecca for those looking to test their skills at climbing the jagged ice walls of Ouray Ice Park.

Breckenridge International Snow Sculpture Championships

Breckenridge’s International Snow Sculpture Championships is a world-renowned snow sculpting competition where teams from around the world descend on Breckenridge, Colorado to hand-carve 25-ton blocks of snow into enormous, intricate works of art. Artists are only allowed to use hand tools, creativity and inspiration to bring their ideas to life. No power tools allowed! Teams sculpt countless hours across five days (totaling around 94 hours), resulting in a temporary outdoor art gallery in historic downtown Breckenridge! Join us at the 2024 International Snow Sculpture Championships.

Sculpting Week: January 22-26

Viewing Week: January 26-31

–<https://gobreck.com>

“SPECIALIZING IN THE GENESEE AREA”



Enjoy your Genesee Newsletter!
If you have anything to contribute
or any questions, please let us know.

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