



The monthly newsletter for the residents of Genesee Village

January 2026

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National Western Stock Show & Rodeo

January 10-25, 2026

Each winter, nearly 700,000 people visit the National Western Stock Show, an extravaganza of about 30 rodeos, 11 horse shows, and countless other attractions just a couple of miles from the heart of Denver. For so many visitors from the increasingly urbanized West, the Stock Show offers a rare window into Western tradition and the incredible importance that agriculture and ranching industries have made to revolutionize our daily lives.

For many other visitors, the National Western Stock Show is a pilgrimage, a gathering of the extended family that sustains and defines the West. Since the first Stock Show in 1906, it has been a place where generations of farmers and ranchers – people whose hard work feeds the rest of us – spend time reuniting with old friends, learning about new approaches and techniques in agriculture and ranching, and doing some business, year after year.

National Clean Off Your Desk Day

January 13 is an opportunity to begin your new year with a clean and organized workspace. Whether your desk is in a private or shared office, cubicle, home or a make-shift desk on the counter, having your workspace uncluttered and organized will help you work more efficiently. A clean workspace improves productivity and inspires us, too. It often gives us a sense of serenity.

Fitness Goals: Setting Up For A Successful Resolution

- **Be Specific & Realistic:** Instead of “get fit,” aim for “walk 15 mins, 3x/week”.
- **Start Small:** Build momentum with achievable mini-goals, like “exercise snacks” throughout the day (stairs, jumping jacks).
- **Find Your Fun:** Choose activities you genuinely enjoy (dancing, hiking, sports) to make it sustainable.
- **Schedule It:** Block out workout times in your calendar like important meetings.

STAYING MOTIVATED

- **Get a Buddy:** An accountability partner or group provides support and consistency.
 - **Track Progress:** Monitor small wins to build confidence and see how far you’ve come.
 - **Reward Yourself:** Celebrate milestones with non-food rewards like new gear or a spa day.
 - **Fuel Your Body:** Ensure you’re eating well and staying hydrated, and don’t forget sleep and rest days.

OVERCOMING OBSTACLES

- **Plan for Setbacks:** Prepare for illness or travel by having backup plans (e.g., hotel gym, walkable area).
 - **Don’t Aim for Perfection:** If you miss a workout, just get back on track with the next one; consistency is key, not a rigid schedule.
- **Focus on Enjoyment:** If exercise feels like a chore, you’re more likely to quit; find joy in the process.

No Spend January

“No Spend January” is a popular financial challenge to cut all non-essential spending for the entire month following the holiday season. The goal is to reset spending habits, save money (often hundreds or thousands of dollars), and focus on essential purchases only.

HOW IT WORKS

The basic principle is to distinguish between “needs” and “wants” and only spend money on necessities.

Essentials (Allowed Spending):

- Rent/mortgage and utilities (electricity, water, etc.)
- Groceries (often with an emphasis on using existing pantry staples)

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No Spend January, *continued from front page*

- Medications and essential toiletries (e.g., body wash, soap)
- Gas for essential travel/commuting
- Paying off existing bills and debt

Non-Essentials (Forbidden Spending):

- Dining out or ordering takeout
- Coffee shops
- New clothing, makeup, or non-essential household decor. Entertainment expenses like movie tickets, concerts, or new books
- Online shopping
- New subscriptions or non-essential services

TIPS FOR SUCCESS

- **Set Clear Goals:** Define your “why” (e.g., building an emergency fund, saving for a vacation, paying off debt) to stay motivated.
- **Plan Ahead:** Create a budget for essentials and make a meal plan using food you already have.
- **Remove Temptations:** Unsubscribe from marketing emails, delete shopping apps, and consider removing saved credit card information from online retailers to add a barrier to impulse buys.
- **Find Free Activities:** Combat boredom by finding free things to do, such as visiting local libraries or museums, hiking, or playing board games.
- **Track Progress:** Monitor your savings to see the tangible results, which can provide a significant boost in motivation.
- The main takeaway is that “No Spend January” is flexible; you set your own realistic rules to challenge yourself and build healthier, more intentional spending habits for the rest of the year.

National Dress Up Your Pet Day

National Dress Up Your Pet Day on January 14th provides a special day to celebrate with your pet and show off their fashion style. Pets do become part of one’s family. Whether you take a visit to the groomer or take it a step further and dress up in matching outfits, be sure your pet companion is safe and comfortable.

Teen Services

Hire a teen from our neighborhood to help out with household chores. Teens are available for Babysitting, Pet and House Sitting, Lawn Care and Snow Removal.

Parent Contact:

Email us if you would like to add your teen.

To add your teen’s name, please email **Newsletter Connections** at info@newsletterconnections.com and include the following information: the **neighborhood you live in**, your age, parent email or phone number and the categories you would like included. Categories: **(B)** Babysitting; **(*)** Red Cross Cert for CPR; **(L)** Lawn care; **(S)** Snow removal; **(P)** Pet & House sitting. No recommendation or endorsement of any of the names on this list is implied or stated by the HOA board or Newsletter Connections.

Village of Genesee

Property Management: 4 Seasons Management Group

Property Manager: Beau McMahan
hello@4shoa.com

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303-952-4004 • Website: 222.4SHOA.com

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.

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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. 5th.

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 5th. Residents placing ads to sell household items are not charged a fee.

The 12-12-12 Rule

The 12-12-12 rule is a simple decluttering method where you find 12 items to throw away, 12 to donate, and 12 to relocate to their proper homes. This approach helps tackle clutter in a manageable way by providing clear goals, and it can be used to refresh a specific area, like a closet or cabinet, or adapted to larger spaces. How to use the 12-12-12 rule:

- Pick 12 to throw away: Find items that are broken, expired, or no longer useful.
- Pick 12 to donate: Select things you no longer need but are in good condition and could benefit someone else, like gently used clothes, books, or toys.
- Pick 12 to relocate: Find misplaced items that belong in another room and return them to their proper place.

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**Our February deadline
is January 15th.**

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- **The Trust Factor:** Local print publications are valued sources of community news and events. Aligning your business with this trusted medium instantly boosts your own credibility and reputation.
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- **You Can't Click Away From Print:** A physical newsletter sits on coffee tables, gets pinned to refrigerators, and is shared among family members. Your ad stays visible for days, not seconds.

Where To Ice Skate Around Denver This Winter

DENVER:

McGregor Skate Ice Rink, 1901 Wazee St., Denver

Nov. 28 to Jan. 25. The only option to skate downtown this year is at the McGregor Square plaza, near Coors Field. Admission is \$15 for adults and \$9 for children, including skate rentals.

LAKESWOOD:

The Rink at Belmar, 439 S. Teller St, Lakewood

Nov. 21 to Jan. 4. The Rink at Belmar is in Lakewood's shopping district. Admission is \$12 for adults and \$10 for kids, including skate rentals. There also are winter wagon rides around Belmar, which depart from the plaza where the rink is located. "Drinks Around the Rink" will offer beverages for sale from Great Divide Brewery & Roadhouse, Little India, Tstreet and Wasabi Sushi Bar. The rink opens at 4 p.m. on weekdays and noon on Saturday and Sunday. Closing times vary and can be found on their website.

ARVADA:

Skating in the Square, Olde Town Square at 57th and Olde Wadsworth Blvd., Arvada

Nov. 26 to Jan. 29. The skating rink in Olde Town Arvada is open seven days a week and you can skate under the lights of the Olde Town Tree. The rink opens at 4 p.m. Mon-Fri and 11 a.m. on Saturday and Sunday. The closing times vary, as well as the holiday hours, and can be found on the website. Admission plus skate rentals costs \$10 for adults and \$7 for kids 11 and under.

EVERGREEN:

Evergreen Lake, 29612 Upper Bear Creek Rd., Evergreen

Evergreen Parks and Recreation is offering ice skating and other winter activities at Evergreen Lake. It costs \$15 per person, or \$20 with skate rental. Children 4 and under are free, or rent the whole rink for \$150 per hour. Annual passes cost \$200. The rinks may close due to weather.

—<https://denverite.com>

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or any questions, please let us know.

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