



KEN-CARYL RANCH



## Ken-Caryl Ranch e-News

August 28, 2023

*The Ken-Caryl Ranch e-News is emailed to subscribers every Monday (Tuesday if Monday is a holiday). To submit an item for the e-News, contact Allison Hefner at [allisonh@kcranch.org](mailto:allisonh@kcranch.org) or 303-979-1876, ext. 108.*



## Labor Day Facility Closures & Community Center Pool Hours

Please note that the Ranch House and the Community Center will be closed for the Labor Day holiday on Sept. 4.

The Ranch House and Bradford pools are closed for the season. However, the Community Center Pool will be open on Monday-Friday from 4:30-7 p.m., Saturday and Sunday from 10 a.m. - 7 p.m. and on Labor Day from 10 a.m. - 7 p.m. The Community Center Pool officially closes for the season following the Labor Day holiday.

## Labor Day Trash Delay

This is a reminder from the Ken-Caryl Ranch trash service provider, Waste Connections, that Labor Day is

an observed holiday. All trash and recycling service the week of Labor Day will be delayed one day.



WASTE CONNECTIONS INC.  
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## Budget Town Hall and Joint Study Session on Sept. 5

Hear ye, hear ye! Budget planning for 2024 is underway! Share your ideas for the 2024 Master Association and Metropolitan District budgets at the Budget Town Hall and Joint Study Session of the two boards on

Sept. 5 at 6 p.m.!

If you can't attend the Budget Town Hall and would like to make public comment, please submit your email comments, limited to 300 words, to [traciw@kcranch.org](mailto:traciw@kcranch.org) by 12 p.m. the day of the meeting. Email comments will be read aloud at the meeting. This meeting will also be available online or by telephone via Zoom.

Stay tuned! Meeting access details and agenda will be posted online closer to the meeting date. For questions or feedback, please contact Master Association General Manager Brian Yowell at [briany@kcranch.org](mailto:briany@kcranch.org) or Metropolitan District Manager Traci Wieland at [traciw@kcranch.org](mailto:traciw@kcranch.org).

## SLASHing your Fire Risk: SLASH Event and Pick-Up Days in September



Ken-Caryl Ranch is proud to offer an additional three-day SLASH Drop-Off Event as part of ongoing efforts to promote wildfire mitigation. Residents can drop off their SLASH at the Equestrian Center on Sept. 30 from 9 a.m. to 1 p.m. The Ken-Caryl Ranch Metropolitan District Parks Department will be on hand with the chipper. Residents are encouraged, if possible, to drop off their SLASH, but a limited number of curbside pickups will be offered by the Master Association Ranger staff on Thursday, Sept. 28 and Friday, Sept. 29. Curbside pickups must be signed up for in advance, and a signup form will be available online starting Sept. 11 at 9 a.m. on the

dedicated Firewise page of our website, accessible by clicking on the button below.

No reservations are necessary for residents to drop off their SLASH at the Equestrian Center on Sept. 30. Drop-off SLASH at any time during the event.

## Firewise Resources



## Aug. 29 Ageless & Unstoppable: Mindfulness - What is it and How Can it Help Me?

Join us for our final Ageless & Unstoppable program of the 2023 summer season on Tuesday, Aug. 29 from 11 a.m. - 12:30 p.m. at the Ranch House where we will discuss mindfulness. Mindfulness is an intentional focus on the present, on being fully aware of the here and now. It can help to alleviate anxiety, high blood pressure, depression and even chronic pain. Come and learn more about mindfulness and how to incorporate it into your life. Presented by Erica Chase with One Medical Seniors.

Ageless & Unstoppable is generously supported by Platinum Sponsor Kali Hepker with Equity Real Estate. For information on the next, and final program of the 2023 season, please click on the button below.

## Ageless & Unstoppable Series



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## FREE Senior Open Enrollment Seminar on

# Sept. 13



Join us on Sept. 13 from 11 a.m. - 12:30 p.m. at the Ranch House for a Senior Open Enrollment Seminar hosted by One Medical Seniors, where licensed Medicare Broker Tammy Stellar will help attendees navigate the Medicare “maze” by providing essential information about insurance that you need to know before the open enrollment period. This seminar is designed to help you make informed decisions about your healthcare coverage options.

This seminar is FREE, but enrollment is required using the button below. Don't miss out on this chance to prepare for the open enrollment period and ensure that you have the coverage you need. We look forward to seeing you at the Senior Open Enrollment Seminar hosted by One Medical Seniors!

[Enroll Today!](#)

❖ **one medical** seniors

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## August Metropolitan District Board Meeting Recording

Did you miss the latest Ken-Caryl Ranch Metropolitan District Board meeting? Then check out the recording on our YouTube channel linked below! In an effort to make the District Board meetings more accessible and convenient for residents, staff began recording the meetings in June and will continue on a trial basis. After the trial period, the Board will assess the usage and determine next steps. What do you think of the meeting recordings? Send your feedback to [victoriad@kcranch.org](mailto:victoriad@kcranch.org).

[August Board Meeting Recording](#)

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## Fall Fitness Center Classes, New Hours and Open House

# This Fall!



Have fun and get fit this fall at the Ken-Caryl Fitness Center! The Fitness Center will kick off the fall season with an Open House on Saturday, Sept. 23 from 9 a.m. – 12 p.m.! Check out the NEW cardio pieces and learn how to use our NEW cardio equipment and get to know our Fitness Center staff! This event will also include a FREE Zumba class, complimentary body composition analysis, complimentary Stretch Therapy by BodyWork by RERE, complimentary snacks and energy drinks by Daily Blend, free giveaways and MORE!

***The Fitness Facility is also excited to announce Sunday hours starting Oct. 1! The facility will be open from 9 a.m. – 1 p.m. to help you achieve your fitness goals all week long!***

In addition, Ken-Caryl Fitness has several FREE and fee-based activities coming in the fall to delight all ages and fitness levels! Free classes include Yoga in the Park, Adult Jazz Funk and Introductory Fascianator Method Rolling Class! Fee-based classes include Barre Above, TRX, Guided Meditation for Stress Relief and Resiliency, and a Creative Movement Dance class for kids ages 3-5 years. All classes require pre-registration and are available on our website. For class details and to register, please click on the button below.

[Fitness Classes](#)



## FREE Introduction to Zen Practice and Philosophy Course

Learn about Zen meditation techniques and build an understanding of Zen-philosophical foundations and core teaching in our FREE Introduction to Zen Practice and Philosophy course on Sept. 13 from 11 a.m. - 12:30 p.m. at the Community Center. Each of the six classes will include a meditation, teachings, and discussion. Zen offers a spiritual path for making every day more peaceful and fulfilling. Zen is not a religion and is practiced by millions of people who may identify as Christian, Muslim, Jewish, or one of many other religions. This course is led by Gary

Kahn, a Zen practitioner for the last 20 years and Dharma Teacher in the international Kwan Um School of Zen.

This class is FREE; however, enrollment is required. For more information and to secure your spot, please click on the button below.

**Enroll Today!**

## Calendar

Meeting agendas are available online for [Committees](#), the [MA Board](#) and the [MD Board](#) and will be linked in the e-news calendar once posted.



### Upcoming Meetings and Events

[Ageless & Unstoppable](#) - Aug. 29 at 11 a.m. / Ranch House

[End of Summer Tennis Bash](#) - Sept. 2 at 10 a.m. / Community Center

Labor Day - Sept. 4 / Ranch House and Community Center Closed

MA/MD Joint Study Session & Budget Town Hall - Sept. 5 at 6 p.m. / Ranch House



### Committee/Task Force Meetings Ranch House and Dakota Lodge

There are no upcoming meetings this week.



### Babytime/Storytime Ranch House 9:30 a.m. & 10:15 a.m.

Aug. 31  
Sept. 7

\*Information regarding virtual meetings will be communicated as information becomes available. Please see the [Online Calendar](#) for the most current information.

## Helpful Links

[Board Contact Info, Meeting Agendas and Minutes](#)

[Committee & Task Force Agendas & Minutes](#)

[Register for Classes](#)

[Weekly Trails Report](#)

[Home Improvements](#)

[KC Fitness Center](#)

[Community Park Master Plan](#)

[www.ken-caryl-ranch.org](http://www.ken-caryl-ranch.org)

**Ranch House**, 7676 S. Continental Divide Rd. Littleton, CO 80127, 303-979-1876

**Community Center**, 1 Club Dr. Littleton, CO 80127, 303-979-2233

**Dakota Lodge**, 14422 W. Ken-Caryl Ave. Littleton CO 80127, 303-979-1876

**Equestrian Center**, 303-979-4500

**Park Rangers**, 303-979-1876, ext. 170

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