

Community Directory

Questions Regarding Stroh Ranch Development Codes, Covenants & Restrictions:

PCMS: 303-224-0004 Bookkeeping Ext. 308 Design Review Ext. 200 Community Inquiries Ext. 500 MON-THURS 7:30 AM - 4:30 PM FRI 7:30 AM - 12:30 PM

Community Website: www.strohranchhoa.com

Architectural Committee

Approval Of New Landscaping, Exterior Paint Colors, Additions To Exterior Of Home, Etc.

PCMS: 303-224-0004 ext. 200

Homeowners' Association Inquiries

& HOA Assessments Stroh Ranch Community Assoc., Inc. 303-224-0004 | Bookkeeping Ext. 308

> Creekside Recreation Center 303-840-1240

Questions Regarding The Creekside Townhomes Association:

Western States Property Services

303-745-2220 | FAX 303-745-3335

Schools:

Douglas County School District: 303-387-0100 Legacy Point Elementary School (PK-5) 303-387-8725 Sagewood Middle School (6-8) 303-387-4300 Ponderosa High School (9-12) 303-387-4000

Water and Sewer Service Parker Water & Sanitation District: 303-841-4627

Snow Removal | Street Damage Town of Parker: 303-840-9546

Advertise in the March issue of On The Go at Stroh Ranch

Deadline to advertise is February 20th

E-mail kerri@porchlink.com for rates and information.



Upcoming Events:

Youth Nite Pool Party!

Join your friends for a pool party on Friday, February 23rd from 6:30 – 8:30pm. Wear your swimsuits and bring a towel. Youth Night is open to all residents, 6th to 8th grade only (each resident may bring a maximum of two non-residents as guests). There will be a lifeguard on duty and the party will be supervised by MaryBeth, Katie and staff so parent presence is



not required. Cost is \$5.00 per person at the door or in advance (credit card only please) and includes pizza, soda, snacks & prizes!!! <u>Remember if a parent or guardian is not picking kids up, you (parent/guardian) must send a signed note to allow them to walk or ride bike home</u>.

Electronic Newsletter Notice

Beginning July 2024, our Stroh Ranch HOA Newsletters will exclusively be accessible in electronic format. To ensure you receive the monthly newsletter & community E-News, please register your account through the CINC Webaxis homeowner portal located at https://pcms.cincwebaxis.com/. You will need your account # to register, which can be found on your welcome letter or most recent assessment billing. The email address used for your account will automatically be in the system to receive community E-News updates. If you would like **an additional** email address registered, please provide your property address and the additional email address to corpoffice@pcms.net. The monthly newsletter can also be found on the community website; www.StrohRanchHOA.com. Announcement coming soon for other social media platforms, so make sure you are signed up soon, so you don't miss out on important community events and updates!

Street Snow Removal Reminder:

As a reminder, the street snow removal is provided by the Town of Parker. Their website can be found at http://www.parkeronline.org/491/Snow-Operations

Also, while it is not required, it would help tremendously for getting out of your driveway if you also shovel the gutter area so the snow and/or melting snow can have somewhere to go instead of building up, creating an issue with getting out of your driveway.

Porch Lights Aglow

The long winter nights and short winter days are upon us again. The long dark nights are the perfect opportunity for the criminal element to strike. The best way to prevent criminal activity is to keep the area well lit. If you are worried about cost, don't be too concerned. Studies show the demand is low at that time of day, so there is only a nominal cost. That makes the porch light a relatively inexpensive way to protect your valuables. There is much more expensive crime fighting equipment out there, but the police even suggest that leaving your light on is the best deterrent to a would be criminal. For the best savings, use a 40 watt, 130 volt bulb. Light also prevents accidents.

Trash Removal Reminder:

The Association has received concerns regarding owners that are either placing their trash out too early and/or owners that do not have their trash properly contained and are placing their trash receptacle and/or bags on the right-of-way sidewalk. As a reminder, all trash bags need to be properly tied and all trash cans should have a lid to help eliminate blowing debris and animal access. Also, we ask that your please do not block the sidewalk access.

Stroh Ranch Community Website Info	The Stroh Ranch Commun Www.strohranchho ⊠view/download/prii ⊠GENERAL ASSOCIATION	Da.com <i>(No log in/re</i> NT THE GOVERNING DOCUM	gistration required)	
Step 1: REGISTER @ https:/	://pcms.cincwebaxis.com			Porchlin k
☑VIEW/DOWNLOAD/PRINT THE ☑YOUR HOMEOWNER ACCOUN ☑ARCHITECTURAL REQUEST HIS ☑VIEW YOUR COVENANT VIOLA ☑SUBMIT WORK ORDER REQUE EITHER IN THE COMMON AREAS ☑RECEIVE COMMUNITY E-NEWS	T: ACCOUNT BALANCE AND N TORY AND SUBMIT YOUR AR TION HISTORY AND ADD NOT ESTS FOR MAINTENANCE ITEL OR CLUBHOUSE WITHIN THE	GENERAL ASSOCIATION II MAKE PAYMENTS ON YOU CHITECTURAL REQUESTS ES/UPDATES TO THE COV MS YOU FEEL NEED TO B E COMMUNITY	NFORMATION R ACCOUNT ENANT VIOLATION LISTED E REVIEWED/ADDRESSED	Target your market with neighborhood newsletters! KERRI WAATTS PUBLISHER ADVERTISING SALES
Would you like to advertise in March?	Advertise <i>Advertise</i> <i>Strod</i> Per Issu (Bu	 kerri@porchlink.com www.PorchlinkMedia.com 6525 Gunpark Drive #370-133 Boulder, CO 80301 		
	AD SIZE Business Card	B&W \$80/ISSUE	COLOR \$140/ISSUE	PSTROH MRANCH
FEB 20th	1/6 Page 1/4 Page	\$130/ISSUE \$200/ISSUE	\$195/ISSUE \$265/ISSUE	Member Notification Info Community Legal Name: Stroh Ranch Community Association, Inc. Date Declaration Recorded: March 18,1988
	1/3 Page 1/2 Page Full Page	\$260/ISSUE \$315/ISSUE \$445/ISSUE	\$315/ISSUE \$400/ISSUE \$610/ISSUE	Fiscal Year: January-December Assessment: \$110.00 Semi-annually. Includes: Trash Removal, Newsletter, Covenant Enforcement, Social Activities
PORCHLINK.COM		es and get the 6th		Community Representative: Mark L. Eames, PCAM CAM Lic. No. RM000001261

2024 Board Meeting Schedule

The Stroh Ranch Community Association Board of Directors meeting schedule for 2024 is the 2nd Monday of <u>every</u> <u>other</u> month. The next Board meeting is March 11th, 2024 at 5:30 p.m. via Zoom. Please contact PCMS if you would like confirmation of the meeting location and/or the Zoom meeting log in at corpoffice@pcms.net. You can also visit the Stroh Ranch HOA website at www.strohranchhoa.com for the most up-to-date meeting dates/times.

The Cherry Creek South Metropolitan District #1 (CCSMD#1) Board of Directors meet quarterly at the Creekside Rec Center or via Zoom (TBD). The next Board Meeting is February 28th, 2024 at 8:00 a.m. You can also visit www.CCSMD1.com for the most up-to-date meeting dates/times.

CINC Webaxis Account/E-News Notifications:

Please register your account through the CINC Webaxis homeowner portal located at https://pcms.cincwebaxis.com/. You will need your account # to register which can be found on your welcome letter or most recent assessment billing. This site allows you to see your account information, submit ARC requests, file a concern/complaint and receive updates. The email address used for your account will automatically be in the system to receive community E-News updates. If you would like **an additional** email address registered, please provide your property address and the additional email address to corpoffice@pcms.net. Don't miss out on important community events and updates.

Management Company: PCMS

Centennial, Colorado 80112

Email: corpoffice@pcms.net

Contacts:

requested.

Address: 7208 S. Tucson Way, Suite 125

Office: 303-224-0004, Fax: 303-224-0002

Documents: The Guidelines and Enforcement Policies

can be viewed at the Stroh Ranch website. All other

documents are available by email, fax or mail if

Check Policy: By issuing or providing a check

as payment, you authorize us either to use the

information from your check to make a one-time

electronic funds transfer from your account, or to

process the payment as a check transaction.

OB PAINTING: \$350 OFF Exterior Painting or \$150 OFF Interior.

A+ BBB Rating. Over 30 years in business. Call today! 303-908-9063.

RE/MAX PROFESSIONALS - JEFF SKOLNICK. SELLING HOMES IN PARKER SINCE 1987. For all your real estate needs, Call "Your Trusted Real Estate Advisor" 303-946-3701 Jeff@JeffSkolnick.com

FREE IN-HOME CUSTOM SPACE DESIGN APPOINTMENTS. The Container Store. Three premium lines for entire home: closets, pantries, offices, media, garages...Contact Becky at rgstoll@containerstore.com.

UNLOCK EXCLUSIVE SAVINGS ON OUR WEBSITE,

MOOREHEATINGAC.COM! Elevate your comfort today – visit us online or call 303-680-5300 to schedule your furnace maintenance/repairs/ installations.

CARPET REPAIR/RE-STRETCHING: "Rug-badger" Wool rug cleaning, carpet & upholstery cleaning. Specials: \$25 off each service provided. Call A Personal Touch 720-344-2870.

KNOTS FLOORING OFFERS QUALITY PRODUCTS AT AFFORDABLE PRICES. Our services include, Carpet, LVT, LVP, Hardwood Floors, engineered hardwoods, and can also restore existing hardwood by sanding and refinish. Call for a free estimate. 720-233-7186

QUALITY AIR DUCT CLEANING: \$150 for 1st 7 vents, \$9 per additional. \$59 Dryer Vents. \$59 Furnace Cleaning. Senior and veteran discounts. Call today: 303-907-1569 www.qualityairductclean.com

PERSONAL SEAMSTRESS: Professional home-based alterations, women's dresses and gowns, home decorations done fast and beautifully. Call SOPHIA 303-805-9299. Address: 16469 Amberstone Way in Stonegate.

THE BEST CLEANERS: Lowest prices in town. Honest people. Free estimate. References available (720) 364-8403.

NEIGHBORHOOD PLUMBER: Licensed and insured master plumber. Repairs, maintenance, and remodels. 40-years experience. Call Vince at 720-266-9845.

AFFORDABLE KITCHEN & BATH DESIGN: Quick and affordable kitchen and bath cabinet refacing. Complete kitchen and bath remodeling. Call today for a free estimate: 720-837-4885 or akbdesign2010@aol.com. Member Team Dave Logan.

A BETTER GARAGE DOOR INC. Garage door and opener repair to full replacements 25 years experience with multiple trucks for a quick response 303-920-2267.

JDOG JUNK REMOVAL: An American and Veteran owned professional junk removal company providing residential and commercial services the Military way with Respect, Integrity and Trust! Contact Hank McClellan centennial@jdog.com, 720.549.0911, jdogsouthdenver.com, book online.

PREMIER APPLIANCE REPAIR + FIREPLACES 720-830-2626 Premier Appliance Repair is a locally family-owned business whose focus is simply quality work and great customer service.

https://premierapplianceco.com/ premier@premierapplianceco.com

DUANYS FIRST, LLC HOME REMODEL & IMPROVEMENT SERVICES: Thinking of repairing or renovating your home? Our team will get it done right the first time...on time! Call DUANYS First: 303-746-1951

PLANNING TO SELL YOUR HOME SOON? JUST NEED SERVICE/REPAIR OF YOUR GAS FIREPLACE? We can help! NOW is a great time to call! Taking care of gas fireplaces 20+ years. Quality Fireplace Solutions 303-945-6535

NEW STORM DOORS FROM \$499+. Includes home delivery, installation, and haul away. Text (720) 257-9524 for a quote link or visit StormDoorGuy.com.

VICTORIA'S HOUSE CLEANING

Paty 720-266-3603

Erica 720-849-6909

We are friendly trustworthy and responsible people who have more than 8 years of experience. References Available.

LANDMARK PAINTING:

Locally owned and insured. Your neighborhood painter for over 30 years. Interior and Exterior

(303) 680-4060

www.denverlandmarkpainting.com

CLASSIFIED ADVERTISING

Rates per issue for 25 words, \$.50 per a	additional word	# of Homes
Stonegate	\$35	4,600
Stroh Ranch	\$25	2,400
Pradera	\$25	550
ALL OF Parker	\$75	7,550
Blackstone	\$25	1,306
Tollgate Crossing	\$25	1,500
Tallyn's Reach	\$35	2,037
Saddle Rock North	\$25	663
Saddle Rock East/South	\$25	1,566
Murphy Creek	\$20	1,400
The Farm	\$10	1,500
ALL OF Aurora	\$155	9,972
Willow Creek 1, 2, & 3	\$35	1,629
Foxridge	\$25	1,000
Hunters Hill	\$10	275
ALL OF Centennial	\$60	2,904
Sapphire Pointe	\$15	800
Founders Village	\$15	2,200
ALL OF Castle Rock	\$25	3,000
Colliers Hill, ERIE	\$25	1,545



Brighten Up Those Long Winter Days With A Cheerful, Blooming Houseplant!

Winter is settling in with snow and cold, summer temperatures and outdoor gardening are still months away, and you are missing your beautiful flowers – what are your options to bring that beauty inside?

If you are like me, you cannot wait to get back outside, put your hands into the soil and start growing things. Unfortunately, our Colorado climate allows a shortened growing season at best. However, I find that a few flowering indoor houseplants quench that thirst for beautiful blooms until summer comes.

Among the plants that bloom and thrive indoors are begonia, kalanchoe, orchid, cyclamen, the peace lily, and others. And these plants are usually quite easy to find – they can often be found at your local grocery store's floral department or a big box retailer's gardening section. For a greater selection and more varieties, check out a local nursery.

Let's focus on a couple of easy-to-grow blooming indoor plants (and one that's a bit more challenging) that can really liven up your home this winter. These houseplants also have interesting leaves that you can appreciate on their own merits. As foliage plants they will always look good, and any blooms you receive will be a bonus.

First off, consider the petite and compact African violet. I remember my mother and grandmother grew these for years – they even had some plants for decades! There is something about their delicate, old-fashioned purple, pink, and white blooms that is just irresistible. They are also known for their thick dark green and fuzzy leaves.

African violets flower almost continuously and will flourish if kept in bright, warm, and humid conditions. They don't require full sun, and actually prefer the indirect light from a window facing east or west. If you have only exposure to southern light, consider shading the plant somewhat with sheers or thin curtains. For best blooms, aim for 10-14 hours of sunlight a day.

These small charmers do not require much water, so water only when the soil is dry. Try watering from the bottom by putting the plant's pot (which should have drainage holes) on a shallow saucer of water. Let the plant absorb the moisture for a few hours and then remove it from the saucer and drain.

Next up is an easy-care bloomer - the Christmas cactus, named for the holiday during which it typically flowers. You may have received one of these exotic-looking plants as a gift over the holidays. It is an excellent choice for decorating your interior and will look equally great in a hanging planter or on a table. A relative of the cacti family, this plant features long-segmented "arms" or branches that spill over the pot. The beautiful blooms at the end of these arms flower at different times of the year depending on the variety of the plant.

Blooms on a Christmas cactus can range from yellow, salmon, pink, fuchsia, red, or white, or combinations of those colors – so many options! The plant will flower for four to six weeks at a time, and should be placed it in an indirect, bright location. The ideal spot would be near a north or east window, getting at least 8 hours of dappled sunlight a day.

When the top third of soil is dry to the touch, water a Christmas cactus thoroughly. Make sure the water drains completely out of the bottom of the pot - they do not like "wet feet." Too much water can lead to root rot, or even plant death.

If you are up for a true growing challenge, consider the striking and especially fragrant gardenia plant. The glossy green leaves are beautiful on their own, but when coupled with its zesty-scented white blooms, you'll be sold on this plant! I have grown several over the past 20 years and while they do need more attention, the effort has been most rewarding.

While often seen as a larger shrub framing a home's exterior in southern regions of the U.S., the gardenia can also thrive as indoor houseplants in our region. Shoot for six to eight hours of indirect sunlight each day, always protected from the harsh midday sun. Too much direct sunlight will cause the leaves to yellow or burn. An area that receives morning sun and late afternoon shade is optimal.

Gardenias are very sensitive plants. Find a location you like and don't move it too often, which can stress the plant and make it lose its leaves, flowers, or buds.

Water your gardenia when the soil is dry. If the soil still feels damp, do not water. This is a good rule of thumb for most houseplants. Overwatering can lead to root rot, less blooms, or browning of leaves. Consider using a soil moisture reader for indoor plants, which helps to determine if the plant needs water. This is especially important in winter, when houseplants typically require less moisture. Always use room temperature water to avoid shocking the plant.

Lastly, as with many other indoor flowering plants, keep in mind that gardenias need humidity to grow well especially when the drying heat of indoor furnaces kick in. If your indoor environment is too dry, try setting out a few shallow dishes of water around your plant to increase humidity, get a plant mister and mist the leaves a few times a week, or run a house humidifier. This will help your plants stay healthy and encourage more blooms.

Your interior spaces can be brightened considerably this winter with the addition of a flowering houseplant (or two). They are not too difficult to grow and the result is very satisfying. With the shorter amounts of daylight now and more cold weather ahead, enjoying a plant in full bloom just might be what carries you through until summer!



African Violets



Christmas Cactus



Gardenias

HBS 2024 Trash Recycling Schedule | 720-791-6999 | www.hbstrash.com

February: 2/13/2024 | 2/27/2024 March: 3/12/2024 | 3/26/2024 April: 4/9/2024 | 4/23/2024 May: 5/7/2024 | 5/21/2024 June: 6/5/2024 | 6/18/2024 July: 7/2/2024 | 7/16/2024 | 7/30/2024

RECYCLING GUIDELINES: For the health and safety of our workers, please make sure all recyclable materials in your curbside bins are washed out and clean and follow the below guidelines.

ACCEPTABLE ITEMS

What items CAN be recycled?

Paper

- Mixed paperNewspapers, magazines, catalogs
- Cardboard
- Cardboa
 Cartons
- Paperboard
- Phonebooks & paperback books

Plastics

- Rigid plastic
- Bottles and containers
- Plastics #1-7

Metals

- Aluminum cans, foil, pie plates
- Steel cansLoose metal jar lids & bottle caps

Glass

 We are now accepting clean and washed out glass in your curbside recycling bin.

Please

- Empty and rinse all containers
 Place recyclables loose a
- Place recyclables loose and unbagged in your curbside recycling container
- Flatten all cardboard/paperboard boxes
 Place your recycling container 4ft from parked cars & other obstacles

What items CAN NOT be recycled? Please DO NOT place the following items in your recycling container: NO GARBAGE | NO PLASTIC BAGS

NOT ACCEPTABLE ITEMS

- NO PLASTIC FILM | NO STYROFOAM® NO PLASTIC BAGS OR FILM: We cannot accept plastic bags. Plastic bags can be
- recycled at most local grocery stores. NO NON-RECYCLABLE PLASTICS: We
- accept plastics #1-7. Some plastics that are not recyclable: Styrofoam, hard plastic items including toys, plastic chairs, flower pots, PVC pipes & any other plastics that are not listed in these guidelines.
- NO LIQUIDS OR FOOD RESIDUE: Please completely empty and rinse out all containers before recycling.
- NO CERAMICS OR OTHER GLASS PRODUCTS: Do not place glass, ceramics, china, dishes, mirrors, light bulbs, Pyrex, porcelain, or window glass in your recycling container.
- NO SCRAP METAL: No scrap metal items of any size.
- NO ELECTRONICS
- NO HAZARDOUS WASTE: No hazardous waste such as oil-based paint, automotive fluids, car batteries, fertilizers or pesticides. Latex paint recycling locations can be found on PaintCare.ore.

Call ahead for special pickups: 720-791-6999 (i.e. furniture, construction/remodel, excess, etc).

•

Complaint Procedure

Who May Submit Complaints? Complaints regarding alleged violations of the Covenants, Design Guidelines or Rules and Regulations may be reported by members of the Board of Directors, members of the Community or the Association's Manager.

How Complaints Should be Submitted: Complaints by a member of the community shall be in writing and must include a contact name and email address or phone number in case there is an inquiry from the Board or management office regarding the complaint submitted. Anonymous complaints will not be accepted. Your name and contact information will not be provided to the person you have made a complaint about; it is only needed for the management team. The member must have observed the alleged violation and shall contain the nature of the alleged violation, the location of the alleged violation and the date it was observed, photos are very helpful. A complaint may also be submitted by any member of the Board of Directors or by the Association Manager after a walk through or inspection of the Community.

You may send your concerns to PCMS via email at support@pcms.net or via fax at 303-224-0002.









Application Review Procedure of the Architectural Committee (AC): In order to try and improve the current homeowner architectural request submittal procedure, our AC has established a process for the receipt, review and response of all design review requests. The AC will schedule and convene meetings as necessary to review homeowner applications submitted to the management company, PCMS based upon the following schedule: a) owner applications with all required additional documentation received by the first Friday of the month will be reviewed by the AC for response to the owner by the third Friday of the month; b) owner applications with all required additional documentation received by the third Friday of the month will be reviewed by the first Friday of the month. These schedules are subject to change by the AC. Questions regarding submitting architectural or design review plans? Please note the e-mail address has been created for all design review requests and inquiries regarding the submittal process at designreview@pcms. net. If you have any questions regarding the process for submitting a plan or would like to submit your plan via e-mail, please do so at this address or contact Andrea Huskey: 303-224-0004 ext. 200.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Creekside Rec Center is CASHLESS All purchases will need to be made with a debit/credit card. Stay posted through CRC E-News. If you don't get the CRC E-News, please sign up by sending your email address to: corpoffice@ pcms.net			1 Barre-Pilates 9:15 AM	2 Water Aerobics 8:30 AM Pi-Yo 9:15 AM	3 Water Aerobics 7:45 AM Pilates 9:00 AM	
5 Water Aerobics 8:30 AM Water Aerobics 5:30 PM	6 Cardio Strength Combo 9:15 AM Chair Yoga 10:30 AM	7 Water Aerobics 8:30 AM Zumba Toning 9:15 AM Water Aerobics 5:30 PM	8 Barre-Pilates 9:15 AM	9 Water Aerobics 8:30 AM Pi-Yo 9:15 AM	10 Water Aerobics 7:45 AM Pilates 9:00 AM	11
12 Water Aerobics 8:30 AM Water Aerobics 5:30 PM	13 Cardio Strength Combo 9:15 AM Chair Yoga 10:30 AM	14 Water Aerobics 8:30 AM Zumba Toning 9:15 AM Water Aerobics 5:30 PM	15 Barre-Pilates 9:15 AM	16 Water Aerobics 8:30 AM Pi-Yo 9:15 AM	17 Water Aerobics 7:45 AM Pilates 9:00 AM	18
19 Water Aerobics 8:30 AM Water Aerobics 5:30 PM	20 Cardio Strength Combo 9:15 AM Chair Yoga 10:30 AM	21 Water Aerobics 8:30 AM Zumba Toning 9:15 AM Water Aerobics 5:30 PM	22 Barre-Pilates 9:15 AM	23 Water Aerobics 8:30 AM Pi-Yo 9:15 AM	24 Water Aerobics 7:45 AM Pilates 9:00 AM	25
26 Water Aerobics 8:30 AM Water Aerobics 5:30 PM	27 Cardio Strength Combo 9:15 AM Chair Yoga 10:30 AM	28 Water Aerobics 8:30 AM Zumba Toning 9:15 AM Water Aerobics 5:30 PM	28 Barre-Pilates 9:15 AM	Monday through Friday 7am – 9pm Saturday 7am – 7pm Sunday 9am – 7pm Indoor Pool opens when Rec Center opens Pool closes ½ hour before the Recreation Center close.		

_

WEATHER SCHOOL CLOSURE: ALL CLASSES (AM/PM): If Douglas County Schools are CLOSED due to weather; all classes are CANCELLED, including swim lessons.

SCHOOL DELAYED START TIMES: Water Aerobics (ALL): Class times as usual

All other classes start one hour later than usual schedule:

Tuesday AM Classes: Cardio @ 10:15, Chair Yoga @ 11:30

- Wednesday AM Class: Zumba Toning @ 10:15
- Thursday AM Class: Barre-Pilates @ 10:15
- Friday AM Class: Pilates/Yoga @ 10:15
- All evening classes: Class time as usual

*Saturday classes: Decision will be made that day; please call between 7 and 7:30am

<u>Tennis/Pickleball Procedures</u>: If you wish to use the racquetball or outdoor courts, please SCAN THE QR CODE which can be found at the front entry at the rec center. Reservations may be made up to two hours in advance through the QR Code in lobby or by using this link creeksidereccenter.as.me. If you are playing in twilight hours, see the front desk to turn on the court lights. Lights will automatically go off at 9:15pm.

ACCESS SYSTEM IS IN PLACE through Rocky Mountain Registry: Access the recreation center with your phone; or fobs are available @ \$25 each for those who prefer. Please contact the office for more information.

<u>Guest Policy</u>: Guests are permitted at the rec center. 2 guests per household at no charge. \$3 fee per each additional guest up to a maximum of 5 guests per day. Payment by credit card only.

<u>Weight Room Etiquette</u>: Residents, please respect our homeowner's policy that no children under the age of 13 years are to be in or using the weight room. All children 13 to 17 years of age <u>must</u> be accompanied by an adult resident if they have <u>not</u> done a youth orientation. Any questions please see the front desk.

Youth Orientation: Teens ages 13 to 17 are eligible to use the Recreation Center unaccompanied only after attending Youth Orientation. Email katle@frontrangerecreation.com to schedule an orientation. The date will be scheduled based on the teens and management availability. <u>Each</u> teen must have a current doctor's note or physical release. Teens are not permitted to bring guests into the Recreation Center by themselves. nd of Pilates and ballet movements with dia and strength training.

_

Thursday 9:15 am - 10:15 am

Cardio/Strength Combos

Barre-Pilates Fusion:

Variety of cardio activity and toning combined with strength training techniques to work the entire body. **Tuesday 9:15 - 10:15 am**

Pilates

An exercise regimen that elongates and strengthens the muscles.

> Friday (Pi-Yo) 9:15 - 10:15 am Saturday 9 - 10 am

> > **Chair Yoga**

Gentle movements using a chair and bar... no floor work. **Tuesday 10:30-11:30 am**

Zumba TONING

"Dance" with EXTRA emphasis on sculpting and definition. Wed 9:15 am-10:15 am

Water Aerobics

Continuous cardio w/ buoys and noodles added for resistance training.

Monday, Wednesday & Friday: 8:30- 9:30 am Monday & Wednesday: 5:30 - 6:30 pm Saturday Morning: 7:45 am to 8:45 am

<u>Personal Training</u>: Contact the front office or stop by the center for info.

Parent-Tot Swim Class: Arrange Group Classes by calling the front office.

<u>Adult&Children Private/Semi-Private Swim</u>: Lessons offered all year. Contact the front office.

Karate for Kids (actually ALL ages)! @ Creekside: Tuesdays and Thursdays

- Tiny Tigers: (Ages 3-6) at 5 PM
- Karate For Kids: (Ages 7-10) at 5:30 PM
- Teens & Adults (Ages 11- Up) at 6:15 PM
- Adult Special Needs Mondays & Wednesdays

4:00-4:45 PM For more information or register: Call (303) 841-

2145, or go to www.karate4kids.com, and sign up.



ON THE GO AT STROH RANCH

Stroh Ranch Teen Services = Updated February 2024

To add your name please contact: corpoffice@pcms.net.

Teen Services Update: If you have previously registered your teenager for the Teen Services listing in the newsletter publication and your teen is no longer interested in having their name listed or has moved out of the community, please send an email to corpoffice@pcms.net and request that your teens name be removed from the list. The Association has received a few calls indicating that they have tried calling several of the teens listed and were told they are now at college or moved, etc.

NAME	PHONE	BABY SITTER	RED CROSS / AMERICAN HEART CERTIFIED	PET SITTER	HOUSE SITTER	A LAWN CARE	CHORES	SNOW SHOVELER	DOG WALKER
Brady Archuleta	720-935-8068			0	0				Ø
Jamisen Brogan	303-862-2755				0		0	0	0
Aiden Byrne	720-683-8287	Ø	0	0	0				
Owen Castillo	303-332-5434					Ø	0		0
Cameryn Clay	720-905-6788	Ø	0	0			Ø		Ø
Tyler Clay	720-284-7353	•		Ø		ø		Ø	Ø
Faith Collins	303-805-0158			Ø					
Ryan Cummings	720-810-2031			0	I	ø	Ø	Ø	
Raena Cummings	720-810-9357			0	ø				
Jasmine Dieken	303-805-3566	Ø	0	0	ø				
Parker Duval, 14	720-288-6493			0	I	ø	Ø		
Malia Elardo	951-525-0676	Ø	0						
Alyssa Gieling	720-660-0016	Ø							
Ellie Glick	303-915-9808	I	Ø						
Owen Glick	303-915-9808			0	Ø	Ø	0	Ø	0
Lance Hampton	720-645-9009			0	0			0	0
Ashley Irvine	720-272-9705		•		violin I	essons		•	
Jacob Johnson	720-380-1100			Ø	0	Ø		0	Ø
Lily Johnston	412-445-6736	0	0	0					0
Sophia Jones	303-257-7757	0	0	0					0
Keona Lewis	720-229-5616	0		0	0				0
Jamisen Marchand	303-585-0409	0	0						
Keira Marshall	720-822-1324	0	0	0	0		0		0
Isabelle McGuire	303-877-8751	I	0		1			1	
Genevieve Oslick	303-993-4371	I	0	0	1			1	
Katherine Pfaff	303-356-9472	I	0	0	1			1	Ø
Alexis Premo	303-594-4099	Ø	0	0	9		Ø		
Savannah Premo	720-480-8790	Ø	S	0	9		0		
Garrett Reece, 17	303-829-4218			0	9			Ø	0
Kaitlin Reece, 15	303-829-4218			0	9				0
Julia Reinfeld	720-280-4094	0	Ø		0				
Rihanna Richardson	720-869-2905	0		0	Ø				0
Audrey Sarra	720-693-6831	0	S						
Brady Schuerman	303-841-3232							0	
Jenna Smith	303-909-7010	0	0	0	0		0		
Colin Stamper	785-317-2246					Ø	0	Ø	
Luke Stamper	720-495-0956					0	0	 O 	
Kiera Tueller	720-724-0229	0	0						
Titan Tueller	720-701-0664	0	0	0	Ø	•	0	Ø	0
Regan Weber	303-807-8510	0	0						
Lindsay Werner	303-862-7990	O	O	0	Ø				
Joe White	303-525-8973	 O 	-	0	©				
Causha Withey	720-883-1231	O		0	0		0	O	

Notice: On The Go At Stroh Ranch assumes no responsibility accuracy or completeness of the information contained not recommend or sanction any advertisement. Oversight and newsletter. The publisher reserves the right to refuse are given serious consideration

 Notice:
 On the Go Af Stroh Ranch assumes no responsibility
 Contraction of a vertising is officials or agents.
 The accuracy or completeness of the information contained
 Information on contained
 Information and advertising is officials or agents.
 The accuracy or completeness of the information contained
 Information and advertising is officials or agents.
 The accuracy or completeness of the information contained
 Information and advertising is officials or agents.
 The accuracy or completeness of the information contained
 Information and advertising is officials or agents.
 The field officials or agents.
 The field officials or agents.
 The field official o



New Year! New Home? Call Me! 303-898-8164

www.maggipritchard.com • maggi@maggipritchard.com

ouncil of Residential Specialists The Proven Path To Success