



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.

Tuesday, September 28
6 p.m.
MD Board Meeting
Ranch House
[Meeting Agenda](#)

Thursday, September 30
10:15 a.m.
Story Time
Ranch House

Thursday, October 7
10:15 a.m.
Story Time
Ranch House

Monday, October 11
6:30 p.m.
Community Planning Committee
Ranch House

Tuesday, October 12
6 p.m.
Open Space Committee
Dakota Lodge

Wednesday, October 13
6 p.m.
Valley Parkway Improvement Meeting
Virtual
[Meeting Details](#)

Thursday, October 14
7:30 a.m.
Architectural Committee Meeting
Ranch House

Thursday, October 14
10:15 a.m.
Story Time
Ranch House

Tuesday, October 19
6 p.m.
MA Board Meeting
Ranch House

Wednesday, October 20
4:30 p.m.
Covenant Committee Meeting
Ranch House

Thursday, October 21
10:15 a.m.
Story Time
Ranch House

Friday, October 22
5:30 p.m.
Halloween Event
Ranch House
[Event Information](#)

Dates and times are subject to change, especially in regard to COVID-19 updates.

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

Ken-Caryl Ranch e-News

September 27, 2021

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 or 303-979-1876, ext. 108.

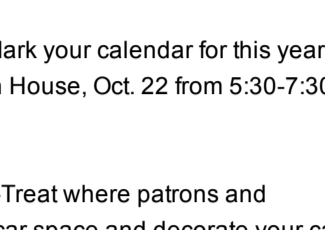


Jeffco to Hold a Second Public Meeting About Valley Parkway Improvements

Jefferson County Transportation & Engineering finished soliciting public input on future improvements of Valley Parkway from South Valley Road to Ken Caryl Avenue. Valley Parkway will be repaved during the summer of 2022. Due to the number of resident concerns along this roadway, the county will host two public meetings to solicit input on improvements such as crossings, intersections and general transportation operations. The first meeting was in July, and the next meeting will be held online on Oct. 13 at 6 p.m. For more information, please click on the button below.

[Meeting Information](#)

Mark Your Calendars for the Halloween BooBash!



Calling all boys and ghouls! Mark your calendar for this year's Halloween event at the Ranch House, Oct. 22 from 5:30-7:30 p.m.

We will be holding a Trunk-or-Treat where patrons and businesses can register for a car space and decorate your car for some trick-or-treating fun! Prizes will be awarded for the best decorated car! Bring your kids for a safe way to trick-or-treat from trunk-to-trunk in a family-festive atmosphere! Stay tuned - more details will be posted to the Special Events page on our website as they become available!

This event will also feature hot chocolate, a costume parade and horse-drawn wagon rides! Many thanks to our generous event sponsors, Platinum Sponsor Rob Stewart with State Farm and Gold Sponsor Susan Kuits with Blue Sage Dental.

Volunteers Needed!

We are looking for volunteers to help with our upcoming holiday events. Please contact Kate McDonald katem@kcranch.org for more information!

[Special Events](#)



Tennis, or Pickleball, Anyone?

Here's the latest news and information from Ken-Caryl Ranch Tennis and Pickleball:

Lights out at the Community Center: Outdoor nighttime tennis is now only available at the Ranch House courts. The Ranch House lights are operated on push-button timers.

Fall Adult and Junior Tennis: The next session of Adult and Junior tennis classes begins the week of Oct. 18. Stay tuned - registration opens on Monday, Oct. 11 at 8 a.m. Class schedules will be posted on our website the week of Oct. 4.

Pickleball Mixers: Mark your calendars for the next Pickleball mixer on Saturday, Oct. 16 from 6-8 p.m. Online registration opens on Monday, Oct. 11 at 8 a.m.

Questions? Contact Tennis Supervisor Robert Campbell at robertc@kcranch.org or 303-979-2233, ext. 202.

Helpful Links

- [Board Contact Info, Meeting Agendas and Minutes](#)
- [Committee & Task Force Agendas & Minutes](#)
- [Register for Classes](#)
- [Home Improvements](#)
- [KC Fitness Center](#)

Murphy Gulch Fire Documented in a New Historical Society Video



Residents who hike, bike or ride on the Ken-Caryl trails may encounter the sight of fallen logs, dead trees and stumps tattooed with burn scars. These are remnants of a forest fire that, in September of 1978, devoured thousands of acres in the foothills of the Ken-Caryl Valley. This fire has been documented in a 15-minute video produced by the Historical Society. To view this video, please click on the button below.

[Murphy Gulch Fire Video](#)



KCRMA Rangers to Host Give-away Day, Oct. 2!

The Ken-Caryl Ranch Park Rangers, along with volunteer patrollers, will be hosting a second give-away day at the Massey Draw / Colorow Trail intersection from 9 a.m. to 1 p.m. on Saturday, Oct. 2! This is a great way to stop by and say hello to your volunteer patrollers and pick up free gear! KCR bandanas, dog waste bags, bells for bikes and snacks will be available! There will also be a water bowl for your thirsty pup! Looking forward to seeing you there!

TRX is Back in October!



TRX (Total Resistance) Suspension training is back and being offered twice during the month of October at the Community Center! Day and evening fee-based classes available! Classes commence on Thursday mornings, Oct. 7 - Oct. 28 from 9:15-10:15 a.m. and Tuesday nights from Oct. 5 - Oct. 26 from 5:30-6:30 p.m.

Space is limited to 12, so make sure to secure your spot! Register online by clicking on the button below!

[Registration](#)



Now Enrolling for our Knitting for All Levels Course!

Get comfy cozy this fall by enrolling in our Knitting for All Levels course, which is geared toward everyone, regardless of skill level. If you're brand new to knitting, this is a great place to start. If you've completed the Knitting for Everyone class, keep your skills sharp with some fun Holiday Knits that will challenge you.

For more information and to register, click on the button below.

[Registration](#)

Save the Date for the KC Fitness Open House, Nov. 6!



Mark your calendar and plan on joining us for the 2021 Fitness Center Open House, Nov. 6! Meet our instructors, tour our facilities, and enjoy contests, music, demos, and discover the wide variety of classes and fitness options sure to appeal to all fitness fanatics!

To kick things off in anticipation of this event, each week leading up to the Open House, we will be shining the spotlight on our classes and incredible instructors in the e-news! First up, Yoga! KC Fitness currently offers Hatha Yoga and Stretch & Restore classes.

Hatha Yoga explores the relationship between body, breath and movement. This class combines posture with breath and focuses on alignment, balance, breath awareness, strengthening and stretching. The posture series will differ from week to week.

Stretch & Restore provides movement and postures to wake up the body and then follows with stretching to rejuvenate, release tension, increase range of motion and improve flexibility. All skill levels welcome!

Read on to meet our wonderful instructors! For more information and to register, please click on the button below.

[Information/Registration](#)



Staff Spotlight: Meet Yoga Instructor Maegan Miro

Maegan Miro

"Yoga filled in a lot of missing pieces in my physical and mental health," said Maegan. "Initially, I did not really like yoga until I had that one special teacher. Once that happened, my life forever changed for the better with yoga at the center. I feel very close and connected to all of my KCR students. I thrive to be that 'one special teacher' that helps other people have yoga in their life. I hope my students walk away from class feeling fulfilled, challenged and alive."

Staff Spotlight: Meet Yoga Instructor Gwen Klebba



Gwen Klebba

"I love seeing the same faces each week and watching the growth among each yogi," said Gwen. "Yoga builds a community - when people show up weekly, they become invested in those around them. Yoga can also be a personal journey but there's no denying that a positive energy is felt in the room from all those who attend. Everyone is at a different point in their yoga journey and it is fun to see how each person shows up for themselves."



Staff Spotlight: Meet Yoga Instructor Kim Severa

Kim Severa

"What I love about yoga and instructing is helping students experience the ability to move in ways they thought weren't possible and to let go of expectations physically and mentally," said Kim. "My style of yoga is Hatha. I tend to change up class each week. We restore, flow and have a safe and fun class. Residents should come to the Open House to learn about what is offered at KC. It's a wonderful facility and an easy commute!"

MA Board Meeting Summary



On Sept. 21, the MA Board met for its monthly meeting. Please click on the button below for a summary of that meeting.

[MA Board Summary](#)