PERMACULTURE GARDEN HIGHLIGHT

The first of these edible permaculture landscapes was constructed in May in the courtyard area of Aria Apartments. The garden is open to everyone in the Cultivate Health area to enjoy and to harvest from as they wish! There are lots of exciting plants that can be used in a variety of ways in your home. These are currant plants that can be eaten off the bush or used to make jams and jellies. We have culinary herbs planted such as basil, parsley, rosemary and oregano. You will also find comfrey, bee balm and other herbs that can be used to make simple teas with a variety of medicinal properties.

Contact Damien Thompson for more information: 720.839.8103

SEED SAVING

Oct. 10, 10 a.m. - noon
Sister Gardens
2861 W. 52nd Ave., Denver
Sliding Scale $10 - $30 - No one turned away.
Teacher: Brian Darby from the Botanic Gardens
Please RSVP to Candice at candice@urbiculutreccommunityfarms.org

COMMUNITY FARM STAND (LAST DAY IS OCT. 22)

Every Thursday from 5 – 7 p.m. and every Saturday from 9 a.m. - noon
Sister Gardens, 2861 W. 52nd Ave., Denver
Contact: Karen Seed at karen@urbiculturecommunityfarms.org
If you have any questions or comments please email Karen Seed at karen@urbiculturecommunityfarms.org.

VOLUNTEER OPPORTUNITIES

Sister Gardens open volunteer board
Sister Gardens, 2861 W. 52nd Ave., Denver. Collectively, the Aria production gardens are named “Sister Gardens” in honor of the Sisters of St. Francis who formerly lived on the land and operated fruit orchards there.
Wednesdays – 8 a.m. - noon
Every Thursday from 5 – 7 p.m. and volunteers get free veggies!
Fridays – 8 a.m. - noon
Saturdays – 6 a.m. - 9 a.m. (Harvesting for the farm stand volunteers get free veggies)
For more information contact Karen at karen@urbiculturecommunityfarms.org

OTHER CURRENT VOLUNTEER OPPORTUNITIES:

- Community bike ride leaders
- Community walk leaders
- Teach a health-related class in Regis Neighborhood Space
- Help with requesting donations such as yoga mats and a store for our new space
- Interpreting Spanish/English at events or classes
- What other talents and skills do you have that you would like to offer?
For more information contact Linnea Bjorkman at lbjorkman@regis.edu or 303.458.3548

DONATIONS NEEDED FOR CULTIVATE HEALTH – REGIS NEIGHBORHOOD SPACE

Regis Neighborhood Space will be opening soon in Regis Square with yoga, Zumba, nutrition and other health/wellness classes. Here are a few of the items we need:

- Sound system with hookups for iPods/iPhones (anything from your old boom box to a full sound system with speakers)
- 20 yoga mats
- 40 yoga blocks
- 20 yoga straps
- 20 padded non-folding chairs | storage for supplies | extension cords | indoor broom/dustpan | bathroom cleaning supplies system with speakers) | 20 yoga mats | 40 yoga blocks | 20 yoga straps | 20 padded non-folding chairs | storage for supplies | extension cords | indoor broom/dustpan | bathroom cleaning supplies

WHAT ELSE DO YOU HAVE THAT YOU THINK WOULD BE USEFUL TO US?

For more information on donations please email Karen Seed at karen@urbiculturecommunityfarms.org.

CULTIVATE HEALTH IS IN THE NEWS:

Thank you, WalkDenver, for partnering with us in this walkability study of the Cultivate Health Service area. Check out this article, and contact Linnea if you are interested in getting involved with this (or any) Cultivate Health project! 303.458.3548, lbjorkman@regis.edu

WHAT WE’VE BEEN UP TO:

On Sept. 4 we hosted a City Cycling Class with Bicycle Colorado. Everyone left inspired and confident to hit the road on two wheels. Email Linnea at lbjorkman@regis.edu if you are interested in future opportunities!

HAPPENING IN OUR COMMUNITY:

Aria CoHousing Open House
The Aria Cohousing Community is forming and actively recruiting members
Oct. 18, 1-3 p.m.
2861 W. 52nd Ave., Denver CO 80221
From 52nd Avenue, enter the drive to the north between Eliot and Elm Streets
RSVP to Mariel at mariel@urbanventuresllc.com
CALC Data Captains and Photo Voices
The Denver Community Active Living Coalition is looking for data captains and PhotoVoices participant interested in leading WalkShop (walking workshop) neighborhood assessments around schools and recreation centers? As a data captain, you will lead a group of volunteers in learning and surveying walkability, bikability, and transit throughout Denver. Cultivate Health’s healthy living coordinator, Linnea Bjorkman, submitted a photo for the PhotoVoices project which was chosen as the photo of the month for September. Email Gilbert for more information: kayla.gilbert@denvergov.org

Federal Boulevard Improvements
Would you like to express your opinions about improvements to Federal Boulevard? Take this Healthy Communities survey!

Aria Site Beautification
Aria Denver, a unique redevelopment project located at 52nd Avenue and Federal Boulevard in northwest Denver, is looking for a site beautification specialist. Performs routine site walks three times a week (Mondays, Wednesdays and Fridays – weather permitting) and ensures the site is free of trash and debris. Individual is expected to work on his or her own initiative. Pay is $9 per hour for a total of six hours. Call: 303.446.0761

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District One Constituent Forums 6:30 - 8 p.m.
Tuesday, Oct. 6, at Riverside Baptist Church, 2401 Akcott Street.
Wednesday, Oct. 7, at Lake Middle School, 1820 Lowell Blvd.
Tuesday, Oct. 27, at North High School – Paul Sandoval Lecture Hall, 2060 Spain Blvd.
Wednesday, Oct. 28, at Denver Police District 1 – Community Room, 1311 W. 48th Ave.

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