



## 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)
- 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

*January, the first month of the year.  
A perfect time to start all over again,  
changing energies and deserting old  
moods, new beginnings, new attitudes.  
—Charmaine J. Forde*

HOA Williamsburg II HOA  
@HOA-WilliamsburgIIHOA



venmo

## 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.

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Membership: \$45.00. All residents of Williamsburg II are encouraged to join! Please return this form and a check made payable to Williamsburg II HOA and mail to **Mark Hickman, 10588 W. Roxbury Avenue, Littleton, CO 80127**. Your dues pay for the maintenance of the front entrance, electricity for the lights, Board of Directors insurance and social events that promote community involvement. Your support is greatly appreciated. Thank you!

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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. 6th.

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**Check out our Facebook Group Page at: Williamsburg II.**

**Type this in the group search option to see if you are a member.**

The Williamsburg II HOA newsletter is published monthly by the Williamsburg II Homeowners Association, a non-profit homeowners association. The newsletter is distributed by block workers.

### News Articles

The deadline for news articles is the 12th of the month before the next month's issue. Please email news articles to the editor at [sara.spillan@gmail.com](mailto:sara.spillan@gmail.com). No endorsement of any product or service is implied or stated by its inclusion in the newsletter. **All articles must be approved by the editor for publication, or as space permits.**

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# 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.

## LAKWOOD:

### 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.

## PARKER:

### Parker Ice Trail at Discovery Park, 20115 E. Mainstreet, Parker

**Nov. 28 to Feb. 28.** Located next to Parker's library on Mainstreet, this ice trail is one of the only in the country, according to its website. The rink opens at 11 a.m. on Saturday and Sundays and 5 p.m. on weekdays. It closes at 9 p.m. Monday through Saturday and 7 p.m. on Sundays. The trail is meant to imitate a frozen river or canal. People can buy day passes for \$10 or season passes for \$165, with skate rentals included.

## AURORA:

### The Pond at Southlands, 6100 S. Main St., Aurora

**Nov. 7 to March 1.** This rink is in Aurora's Town Square shopping center and is open seven days a week. The rink is open Monday through Friday from 4 p.m. to 9 p.m. It opens at 11 a.m. Saturday and Sunday and closes at 10 p.m. Saturday and 7 p.m. Sunday. Admission is \$15.50 online and \$14 in person, including skate rentals. The rink is surrounded by the outdoor mall's shops and restaurants.

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# Winter's Work: Rest, Renewal And Resilience In The Garden

When the garden settles under a blanket of snow, it can feel as though everything is lifeless and still. But in reality, winter is not wasted time; it's a season of rest and recovery. Just like people and animals, plants benefit from downtime, and the cold months are essential for their long-term survival.

In winter, many plants enter a state called dormancy, nature's version of sleep. Dormancy is far from passive; it's an active survival strategy refined over millennia. When temperatures drop and daylight wanes, perennials, shrubs, and trees respond by redirecting their energy from leaves and flowers down into their root systems. This strategically allows plants to conserve resources during harsh conditions while preparing for spring's explosive growth.

Winter does more than recharge individual plants – it also benefits the larger ecosystem. Freezing temperatures naturally suppress pests and diseases, keeping populations in check. Cycles of freezing and thawing help break down leaves and organic mat-

ter, thereby enriching the soil. Snow, often called "the poor man's fertilizer," insulates plant roots, adds moisture and slowly releases nitrogen into the ground as it melts. In this way, the cold season is as much about renewal as it is about rest.

Some plants require a certain amount of cold before they can germinate (a process called cold stratification) or flower. Many beloved garden plants, from peonies to fruit trees, require a specific number of "chilling hours" below 45°F to break bud properly come spring. Without this cold period, flowering may be sparse or entirely absent. It's nature's quality control mechanism, ensuring plants don't waste energy blooming during unreliable warm spells that could end in frost damage.

Colorado native plants are masters of winter survival. Species like penstemon, blanket flower and pasque flower have evolved alongside our dramatic temperature swings and intense sun exposure. Their dormancy strategies are finely tuned to our semi-arid climate, where winter moisture slowly percolates into the soil while plants rest. By incorporating natives into your garden, you're working with plants that have perfected the art of thriving through Colorado's challenging winters, emerging each spring with a vigor that comes from generations of adaptation.

For those who love their gardens, winter can feel like a long wait. But it's worth remembering that this downtime is essential. Resist the urge to overprotect perennials from the cold; many need the chill. Instead, embrace winter as nature's way of giving your garden a chance to recharge. While the plants are resting, we can do the same – dreaming, planning and preparing for the vibrant burst of life that spring will bring.

— By Pam Rosendal, Colorado Master Gardener

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## 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.

## 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.

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## The 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.

## Denver Art Museum Free Days

- |                      |                        |
|----------------------|------------------------|
| Tuesday, January 13  | Tuesday, July 14       |
| Tuesday, February 10 | Saturday, August 1     |
| Tuesday, March 10    | Saturday, September 12 |
| Sunday, April 26     | Tuesday, October 13    |
| Tuesday, May 12      | Saturday, November 7   |
| Tuesday, June 9      | Tuesday, December 8    |

## 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.

## Denver Museum Of Nature And Science Free Days

- |                         |                              |
|-------------------------|------------------------------|
| Sunday, January 11      | Thursday, June 19            |
| Sunday, February 1      | Monday, August 24            |
| Monday, February 9      | Tuesday evening, September 1 |
| Friday evening, March 6 | Sunday, October 11           |
| Monday, April 13        | Saturday evening, November 7 |
| Sunday, April 26        | Monday, November 16          |

*Taking care is one way to show your love. Another way is letting people take good care of you when you need it.*

*–Fred Rogers*



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