

LEGEND OF COLORADO SPRINGS

COMMUNITY EVENTS



Super Bowl Drive Thru FEB. 03, 2022 11:00AM-1:00PM

We're celebrating America's biggest football game with a free tailgate dinner to-go. Stop by Legend of Colorado Springs, show your team spirit and take home your favorite game day food.



Yoga, Meditation & You FEB. 24, 2022 10:00AM

Join us as we learn more about the benefits of yoga and meditation, as well as how to incorporate it into our daily routines, from local instructor Kristen Embrey. We'll even learn a few techniques and poses together.



Yoga, Meditation & You FEB. 24, 2022 2:00PM

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Saint Patrick's Day Party MAR. 15, 2022 2:00-3:30PM

Come celebrate the luck of the Irish and a bit o' blarney with your friends at Legend of Colorado Springs. Wear your green and enjoy fun, food and music to make your St. Patrick's Day a blast! On the Menu Corned Beef & Cabbage Sandwich • Guinness Themed Dessert



Spring Cleaning: Learn The Right Way To Rightsize APR. 12, 2022 10:00-11:30AM

From the time you set up your first home, life has been a steady stream of acquiring possessions. Maybe you're ready to turn the tide. But after years of acquiring stuff, it's hard to know where to start. Join us for a discussion on a simplified approach to rightsizing. You'll leave with great tips and suggestions on knowing what to keep and what to give away (and what to throw away!).



10 Signs of Dementia: Is it Alzheimer's or Dementia? APR. 27, 2022 10:00AM

Does your loved one have Alzheimer's or is it normal signs of aging? Join us for an educational seminar on Alzheimer's and dementia, learn what the differences are and understand the symptoms.



Mother's Day Tea MAY. 05, 2022 10:00-11:30AM

Calling all mothers, favorite aunties, and other women who have mothered their residence. We are ready to celebrate you and all of your contributions at our Mother's Day Tea. Join us for fun games, fond reflections, delicious tea sandwiches and petit fours. Sit back, relax, and let us take care of all the details so we can celebrate you properly.