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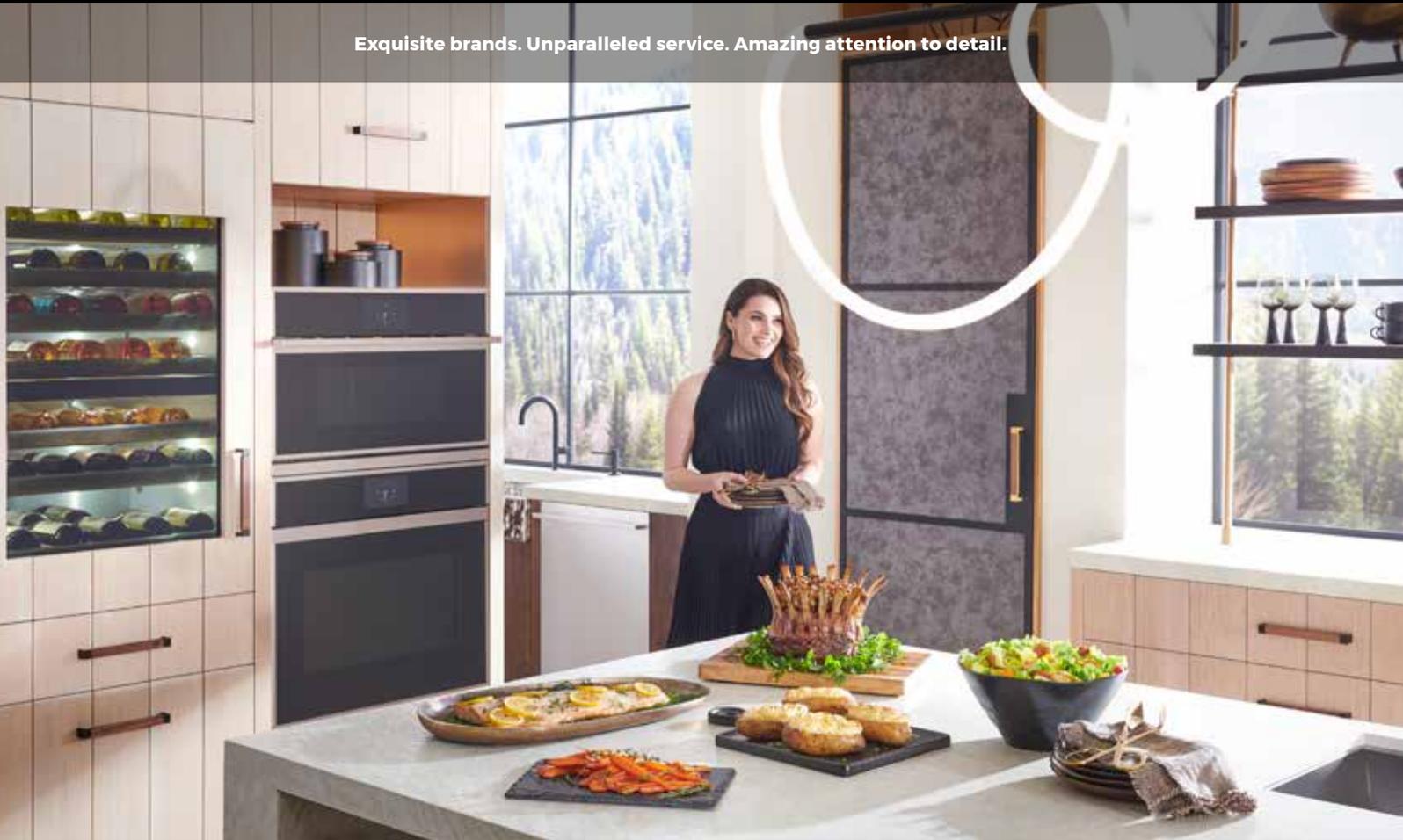


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FEATURED

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Castle Rock's Culinary Scene

Treat your BMW Championship guests to some top-notch local dining. The culinary bounty is especially rich in Castle Rock, only a 15-minute drive from Castle Pines Golf Club. Diverse spots dish burgers, pizza and fried chicken and Cuban, Italian, Mexican, Japanese and Indian cuisines.

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Prepare for Takeoff

These three standout museums in the West masterfully illustrate the history of flight, pioneers in aviation, the sacrifices by those serving in uniform and a look into the future of flight.

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TALK OF THE TOWN

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SO. MUCH. TO. DO.

OOOF. It's that time of year again. Already. Whether you have children heading to elementary school or off to college, the scramble is real. Scrambling to get supplies. Scrambling to shop for back-to-school clothes. Scrambling to get last-minute dentist appointments, haircuts and more. But perhaps the direst scramble is to pack in all the memory-making activities and summer fun before the morning bell rings.

For golf fans, there is, of course, the BMW Championship taking place starting the 20th at Castle Pines Golf Club. If you're planning to attend—and especially if you have guests in town for the event—make a day and night of it by visiting one of the great restaurants just south in Castle Rock (Castle Rock's Culinary Scene, page 30). Perhaps you want to get out of town for a few days before summer turns into back-to-school season. Make it a fun and educational trip to one of the great air and space museums the West offers. Writer Kim McHugh introduces us to the wonder of flight in "Prepare for Takeoff" on page 38. And you won't have to leave town to visit the top contender—Wings Over the Rockies.

Other great features in this issue acquaint you with the Colorado Symphony and its upcoming host of top-notch performances (Colorado Symphony, page 14) or inspire you to make your own music by joining a local choir (Sing and Socialize, page 46). Plus, learn about a good ol' Coloradan who went on to cultivate a famous winery in Napa (Cultivated in Colorado, page 58).

Head out, take in the late-season farmers markets, enjoy the final bites of Colorado's delicious fruits, and do all your end-of-summer scrambling, but don't forget to take a moment to grab your copy of AvidLifestyle and relax before the sun sets on another fabulous Centennial State season.

Happy reading!

Heather Shoning

OOO

AvidLifestyle is a luxury lifestyle magazine serving Denver's south suburbs. And we're excited to add new, experienced writers to our growing list of contributors. Do you have magazine writing experience? Do you know Denver's south suburbs? Can you dig deep for the unique story about the people, places and events that make our community special? If so, we want you! Please email heather@avidlifestyle.com with basic info about yourself and at least three published clips (links are fine).

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COLORADO SYMPHONY

Enriching DENVER'S CULTURAL LANDSCAPE through music and community engagement

By Lexi Reich

Photography By Amanda Tipton

A PILLAR OF DENVER'S cultural scene, the **Colorado Symphony** celebrated the finale of its 100th season with a dazzling lineup of performances and events. This milestone is a celebration of longevity and a testament to the orchestra's evolving artistry.

The journey began on November 6, 1922, when the Civic Symphony Orchestra debuted under Horace Tureman's baton. Fast forward to 1934, in the throes of the Great Depression, the Denver Symphony Orchestra emerged, consolidating the city's musicians and ensuring

fair wages. Helen Marie Black broke barriers as the first female symphony manager in the U.S., leading the orchestra for more than 30 years, including 12 years as an unpaid volunteer. Despite gaining national acclaim, financial struggles in 1989 led to the formation of the Colorado Symphony. The reorganization introduced a collaborative governance model, reflecting a broader mission to engage communities beyond Denver.

Today, attending a Colorado Symphony performance is nothing short of magical. "From the

moment you step into Boettcher Concert Hall, you're enveloped in an atmosphere charged with anticipation and excitement," says Mark Cantrell, Colorado Symphony's president and CEO. "Our orchestra, comprised of some of the most talented musicians in the world, brings an unparalleled level of artistry and passion to each performance. Whether we're playing a timeless Beethoven symphony, a contemporary piece by a living composer or a thrilling film score, every concert offers a unique experience. The sound, the energy and the sheer beauty of the music combine to create

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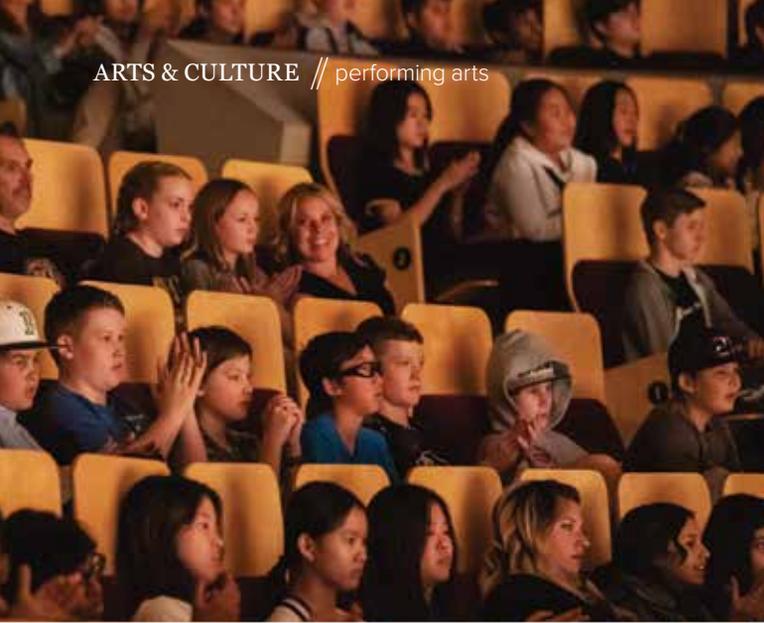


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an unforgettable memory that resonates long after the final note is played.”

The Colorado Symphony has impacted the community through education and partnerships. Programs like “Symphony on the Go” bring live music to schools and underserved areas, inspiring the next generation. Collaborations with local institutions such as the Denver Zoo and Cleo Parker Robinson Dance extend the symphony’s cultural reach. “Our educational programs and community partnerships are at the heart of our mission,” Cantrell emphasizes. “We believe that music has the power to transform lives, and through our collaborations, we are able to extend our reach beyond the concert hall and into the community. These partnerships allow us to create innovative and engaging experiences that connect people with music in new and meaningful ways, fostering a love for the arts and nurturing the next generation of musicians and music lovers.”

This summer, the symphony rocks Red Rocks Amphitheatre with an eclectic mix of artists, including Trevor Hall, Nas, Lake Street Dive, Jason Mraz, Guster, Brandi Carlile and Warren Haynes. On July 13, Boettcher Concert Hall hosted Beethoven and Brews, a delightful blend of classical music and craft beer. August 3 and 4 bring screenings of “The Princess Bride” with live orchestral accompaniment, promising a magical movie experience.

September launches the 2024/25 season with a star-studded roster. Violin virtuoso Itzhak Perlman, singer LeAnn Rimes, pianist Yuja Wang and actor Leslie Odom Jr. are set to grace the stage. The season also features performances of iconic film scores from “Star Wars: The Empire Strikes Back,” “The Nightmare Before Christmas,” “Harry Potter and the Prisoner of Azkaban” and more.

“With the Colorado Symphony, there’s truly something for everyone,” Cantrell adds. “Our 2024/25 season includes performances

alongside renowned artists and symphonic tributes to beloved films and icons. We also have our incredible sixteen classics titles and will screen and perform scores from several beloved films, including ‘How the Grinch Stole Christmas [2000]’ and ‘How to Train Your Dragon,’ along with a symphonic tribute to comedy icon Mel Brooks.”

The symphony’s innovative spirit and dedication to community engagement ensure it will continue to enrich lives through music for the next century. As the Colorado Symphony celebrates this landmark, it invites the community to support the future of live symphonic music in Colorado. 🦋

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Mindful Eating

Just BE Kitchen pioneers HIGH-PERFORMANCE NUTRITION in the south metro

By Lexi Reich

Photography Courtesy of Just BE Kitchen

THERE'S A BEACON for health-conscious diners seeking gluten- and allergen-free options in Greenwood Village: **Just BE Kitchen**. Founded by Jennifer Peters, the restaurant has rapidly evolved from a simple eatery into a comprehensive wellness brand, with two other locations in downtown Denver and Boulder. Peters' journey from a corporate marketing executive to the owner of a pioneering health-focused restaurant is a testament to her dedication and vision.

The inspiration behind Just BE Kitchen

stems from Peters' personal quest for high-performance nutrition. As a semi-competitive athlete, she discovered the profound impact of an anti-inflammatory diet on her athletic and overall performance. Dissatisfied with the existing dining options, she envisioned a place where wholesome, nutritious food was not only accessible but also delicious.

"While earning my MBA, I pitched the idea of Just BE for a class assignment," Peters recalls. "My professor loved the idea and introduced me to the former CEO of Burger King to act as a

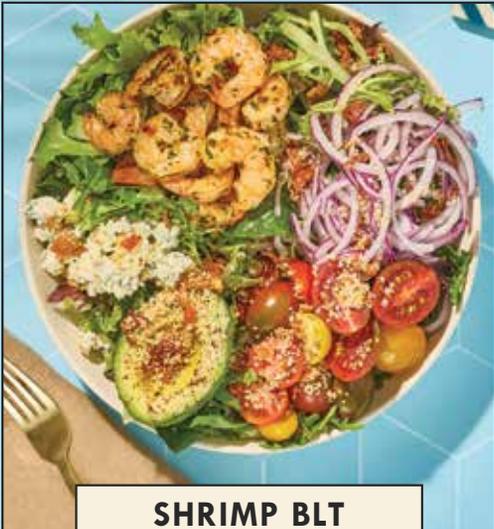
mentor to get my project off the ground. I continued to work as a director in a marketing firm while side-hustling in the evenings to get Just BE Kitchen off the ground."

Chef Jude Romero, the culinary mastermind behind Just BE Kitchen's dishes, emphasizes that healthful eating and culinary creativity are not mutually exclusive. "We really try to break the myth that there is a choice between innovation and healthful eating," Romero says. The menu boasts an array of options, from burritos to chicken and dumplings, all made

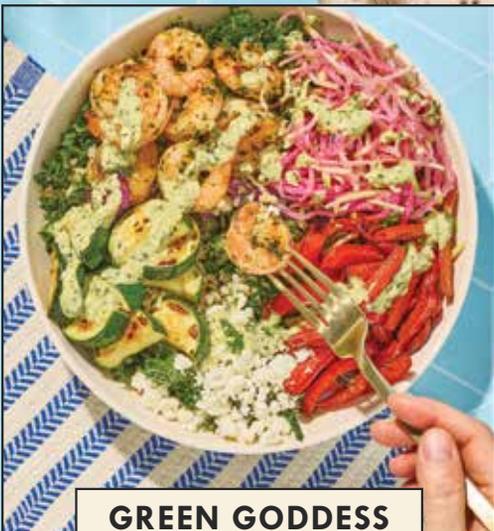
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with better-for-you ingredients that aim not to compromise on flavor or satisfaction. The Moroccan roasted carrot dip with house almond flour crackers and the grilled French toast served with coconut whip are well worth a taste.

The journey to success has not been without its hurdles. Peters recounts a particularly challenging period when her bank changed the terms of her loan, and her head chef left shortly after the restaurant's opening. "I was at a total loss and thought: 'Do I want this enough?' Yes. So, I made it happen anyhow," she shares.

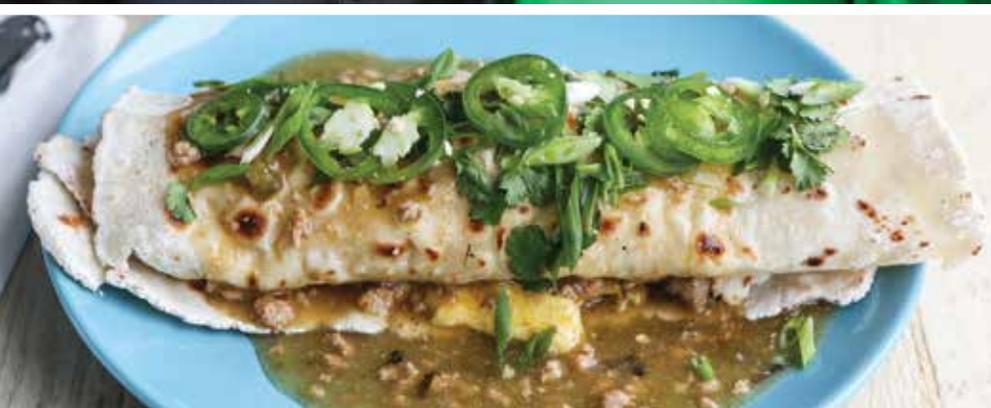
With a vision to expand Just BE Kitchen to more locations, Peters sees the restaurant playing a crucial role in the evolving gluten-free and allergen-free dining scene. "People are wising up to the long-term benefits of eating better, which includes an anti-inflammatory diet and seed oil-free eating. I want Just BE Kitchen to be seen as a pioneer in this space," she says.

The Denver Tech Center location is a strategic move to cater to the south Denver community, with Peters noting the demand from customers in areas like Parker, Colorado Springs and Castle Rock. The space shared with Holidaily Brewing Company at this location further exemplifies the brand's commitment to community.

Just BE Kitchen's loyal allergen community is a cornerstone of its success. The restaurant's extensive "Allergen Hub" and in-store allergen app ensure diners feel safe and informed. Looking ahead, chef Romero teases a new menu introducing seafood protein and an expanded selection of feel-good grains and lean proteins. "Expect some new kinds of desserts coming soon," he hints.

While the restaurant does not extensively work with local farmers due to logistical challenges, Peters expresses a desire to increase these partnerships in the future. "We are talking to a few farmers with slightly larger operations," she says, highlighting a commitment to consistency across all locations.

Just BE Kitchen's evolution from a single restaurant to a multifaceted wellness brand underscores the growing demand for mindful eating. With its healthful cuisine and dedicated customer base, Just BE Kitchen hopes to lead the charge in the gluten-free and allergen-free dining revolution in Colorado.



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Going Green

ENERGY-EFFICIENCY UPGRADES such as insulation and a heating and cooling system will make your home cozy and comfy

By Heather Shoning

PHOTO: SHUTTERSTOCK.COM/FIZKES

COMFORT. It's what we want most in our homes. Beyond cozy furnishings, heirlooms and family photos, there's a different kind of comfort that comes in ways we don't see. It comes from having an energy-efficient home that results in a host of comforts such as better indoor air quality, noise reduction and improved temperature consistency. The one result you will see: more money in your pocket

thanks to lower heating and cooling bills.

Although there can be up-front costs associated with energy-efficient homes, the investment will pay off in comfort spades. Improving your home's energy efficiency involves a variety of approaches, both in terms of design and technology. And, of course, considerations and costs can vary greatly depending on whether you're

retrofitting an existing home or building new.

EXISTING VS. NEW

Remodeling an older home can have its challenges, but if you're going through it, you might as well integrate as many efficiency upgrades as possible. Just know that older homes may have structural limitations that make it difficult to add insulation, improve



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windows or update HVAC systems without significant alterations. Renovations can also reveal hidden problems such as outdated wiring, plumbing issues or even asbestos. As you can imagine, these and other considerations can make the efficiency upgrades more expensive than if you were adding them to a new construction home because they can often involve extensive modifications, repairs and upgrades to existing structures.

Building a new home to be energy efficient is generally easier and often more cost-effective than retrofitting an older home. New homes can be designed and built from the ground up to meet the latest energy-efficiency standards and building codes. This includes advanced insulation, high-efficiency windows and modern HVAC systems. It's also a more streamlined process when the energy-efficient components are integrated into the design process, allowing for optimal orientation, natural lighting and passive heating and cooling solutions. Additionally, when building a new home, it's easier to incorporate renewable energy systems like solar panels, geothermal heating and energy-efficient lighting into the initial design and construction.

Either way, there are many components to consider, and just because the investment might be higher for an existing home, it's comfort you really want. And if you love your home or its location, the cost might be worth staying put.

BIG-TICKET EFFICIENCY OPTIONS

Insulation can be a great place to start if your home needs it. Enhancing insulation in walls, roofs and floors reduces heat loss in colder months and keeps the house cooler when it's hot outside. You're likely familiar with fiberglass, which is an easy and cost-effective option when you have access to open walls. Blown-in insulation comes in fiberglass or cellulose, and is best when you can't—or don't want to—open up the walls. Sealing air leaks is often done hand-in-hand with insulation. You can have them in obvious places such as around doors and windows, but air might be seeping in and out around baseboards, vents and even electric outlets and switches.

Usually a big-ticket item, but also one that can make a big impact on comfort and the beauty of your home is windows. If you're replacing existing windows, you have two installation

choices: inserts or full replacements. Inserts are a good option for when your existing window frames and trim are in good condition and you opt to keep them. Full replacement windows include a new frame and have trim or flanges that cover the areas where the window meets the exterior home finish. Remodel or new construction, you want windows with low-emissivity (low-E) coatings, double or triple glazing, and insulated frames that can significantly reduce heat transfer. Lucky for today's homeowners, energy-efficient windows are the go-to, so they're available in a variety of styles and price points based on the level of efficiency.

Another major energy-efficiency consideration is your home's heating and cooling system. In Denver, the price to heat your home with a furnace system might be significantly lower than in other areas of the country based on natural gas prices. However, if you factor in the environmental costs, you might make a different choice. Heat pumps—or mini split systems—run on electricity but can be highly tailored to your home with individual temperature settings by room for better climate control. An easy addition to your heating and

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cooling system is a smart thermostat that allows you to access the system through an app on your phone, so if you forget to turn the thermostat down before leaving for a long weekend in the mountains, you can log on and make the adjustment. These also allow you to set schedules to run the system more efficiently.

Installing solar panels can generate renewable electricity to power the house, reducing reliance on grid electricity and lowering utility bills. Oftentimes, adding solar to your home adds overall resale value, and there can be incentives and rebates lightening the investment load. Of course, you have to weight the aesthetic component and whether or not you have the space required for a proper solar installation. If you're doing an extensive remodel or building new, your design could incorporate passive solar design principles, such as orienting windows to maximize solar heat gain in winter and shading them in summer, to naturally regulate indoor temperatures.

MORE WAYS TO SAVE

Upping your home's efficiency is best met through the items above, but that doesn't preclude you from making incremental changes that can all add up. Change out incandescent lights. LED bulbs consume significantly less energy than traditional incandescent bulbs

READY TO GO GREEN?

These organizations and home improvement companies can help! Rebates and more information Energy Smart Colorado. energysmartcolorado.org

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and have a longer lifespan. When replacing appliances like refrigerators, dishwashers and washing machines, look for models with high Energy Star ratings. Insulate your hot water pipes and/or upgrade to an energy-efficient water heater such as a tankless or heat pump style. Finally, look outdoors for ways to make your indoors more comfortable. Planting trees and shrubs strategically around your home can provide natural shading and

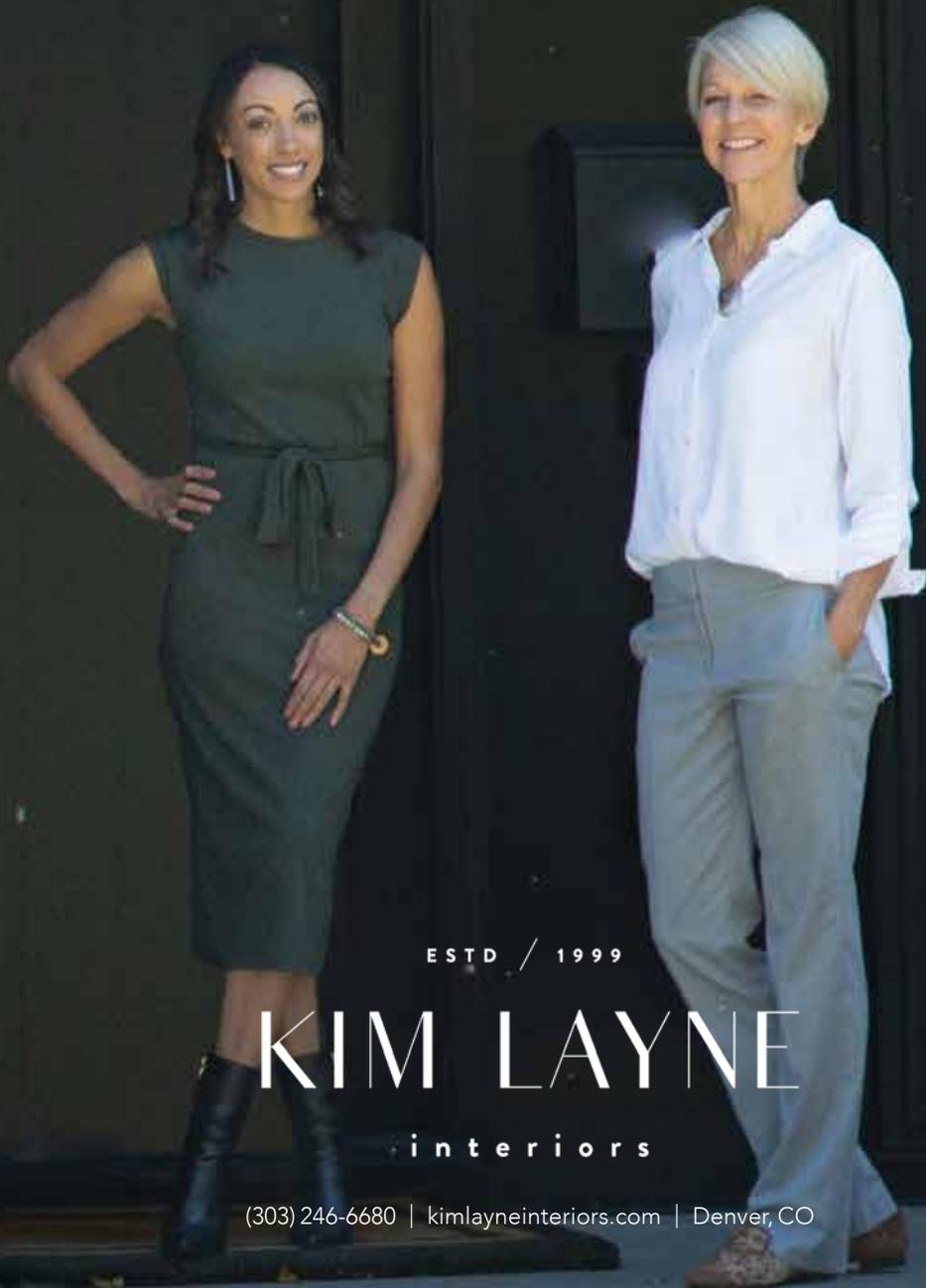
windbreaks, reducing heating and cooling demands. Whether you opt to go all-in on an energy-efficiency upgrade or select small ways to increase efficiency, the ultimate goal is to achieve maximum comfort for you and your family with a healthier and enjoyable living environment.



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Castle



Rock's

Culinary Scene

Treat your BMW Championship guests to some top-notch local dining

By John Lehdorff

THE LAST TIME CASTLE PINES GOLF CLUB hosted a PGA tournament, George W. Bush was president and Tiger Woods ruled the PGA. During The International in 2006, dining options within 20 miles of the course were pretty limited. This time around, when world-class golfers, attendees and dignitaries arrive for August's BMW Championship, they'll find a vastly expanded local restaurant landscape.

The culinary bounty is especially rich in Castle Rock, only a 15-minute drive from the club. Diverse spots dish burgers, pizza and fried chicken and Cuban, Italian, Mexican, Japanese and Indian cuisines. Castle Rock is home to independent restaurants that offer the state on a plate—fine food and drink with an only-in-Colorado accent. >>>

PHOTO: COURTESY OF TRIBE AT RIVERWALK



PHOTO: COURTESY OF TRESTLES COASTAL CUISINE

MODERN WEST

At **Tribe at Riverwalk**, the scratch-made fare is labeled “modern cuisine of the West,” which means the best dishes and seasonings from Napa and Santa Fe to the Rockies.

Diners at this upscale Castle Rock destination can start with big flavor apps like rock shrimp ceviche with pico de gallo and duck leg carnitas with salsa macha, or a thick slab of foie gras.

Colorado-inspired big plates include brown-butter steelhead trout, rack of elk with hunters sauce and pork chops drenched in mead-infused gastrique over creamy polenta. The Southwest shines in Tribe’s fall-apart braised lamb shank under a red chile-honey glaze with black bean puree and spaghetti squash.

Regional entrees range from comfy beef short ribs and spätzle stroganoff to well-spiced al pastor mahi-mahi. Standout sides include sweet potato chorizo hash and tempura-fried asparagus.

Addictive goat cheese brulee is a must along with green chile cheddar cornbread and rosemary-honey butter.

Tribe’s late summer specials will take advantage of Colorado’s prime produce season such as sweet Palisade peaches starring in seasonal desserts. For the big kid at heart, nothing beats the deconstructed s’mores with toasted marshmallow and chocolate.

Tribe’s spacious, aspen tree-lined patio is a relaxed setting for sunset dining and well-crafted cocktails like the Orange Julius margarita or rosemary



PHOTO: COURTESY OF TRIBE AT RIVERWALK

Paloma. Behind the bar is a noteworthy array of whiskeys and hard-to-find tequilas.

Canine family members are not left at the curb. Tribe’s doggy menu offers sweet potatoes with quinoa and black beans, or a Niman Ranch beef patty. And a bowl of water.

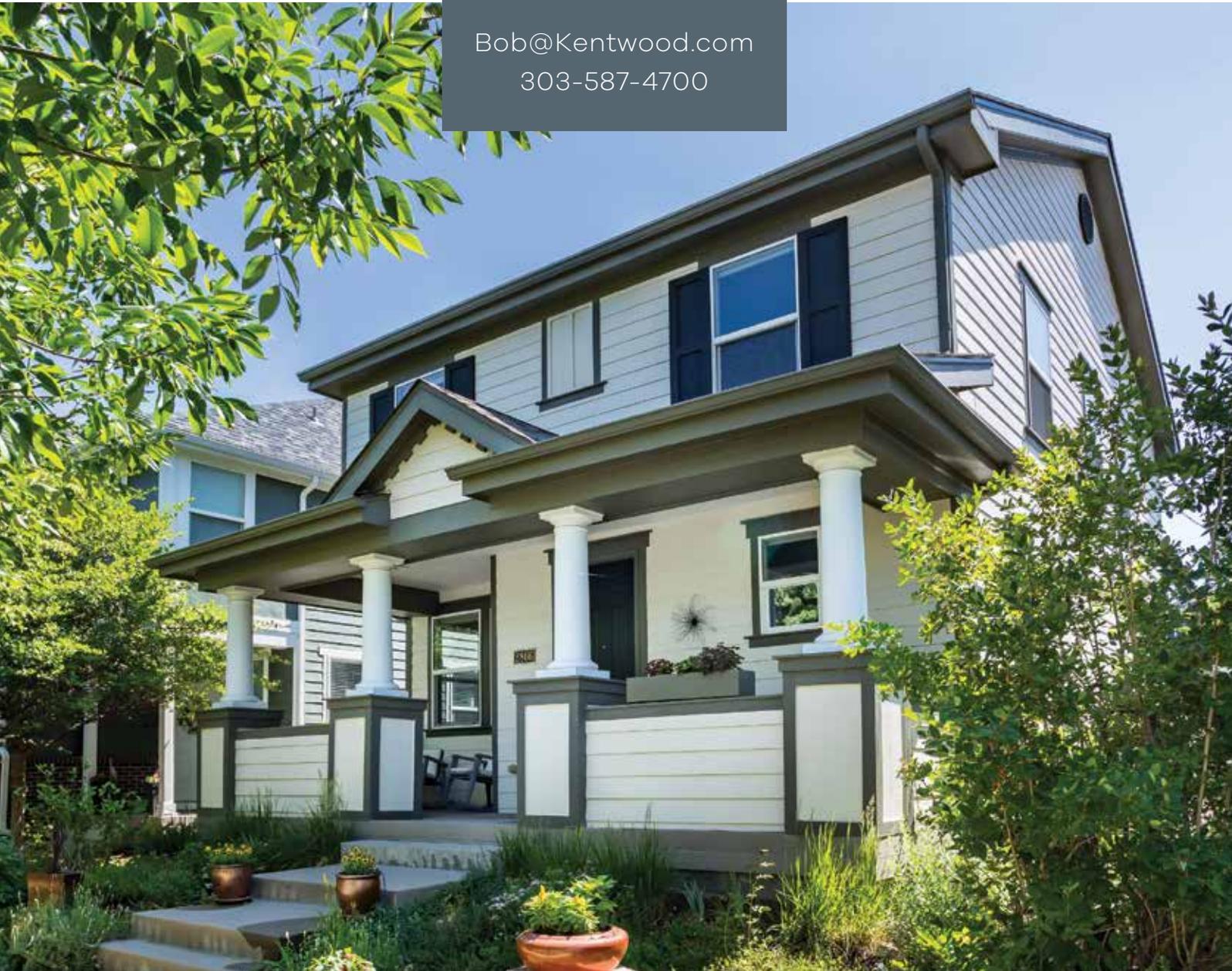
SURF MEETS TURF

Trestles Coastal Cuisine may be situated near the Rocky Mountain foothills, but its chill blue vibe echoes those Southern California coastal spots dishing the best, freshest seafood. Out-of-staters are always surprised to discover that Front Range eateries receive overnighted fresh fish at the same time as many restaurants near the coasts. >>>

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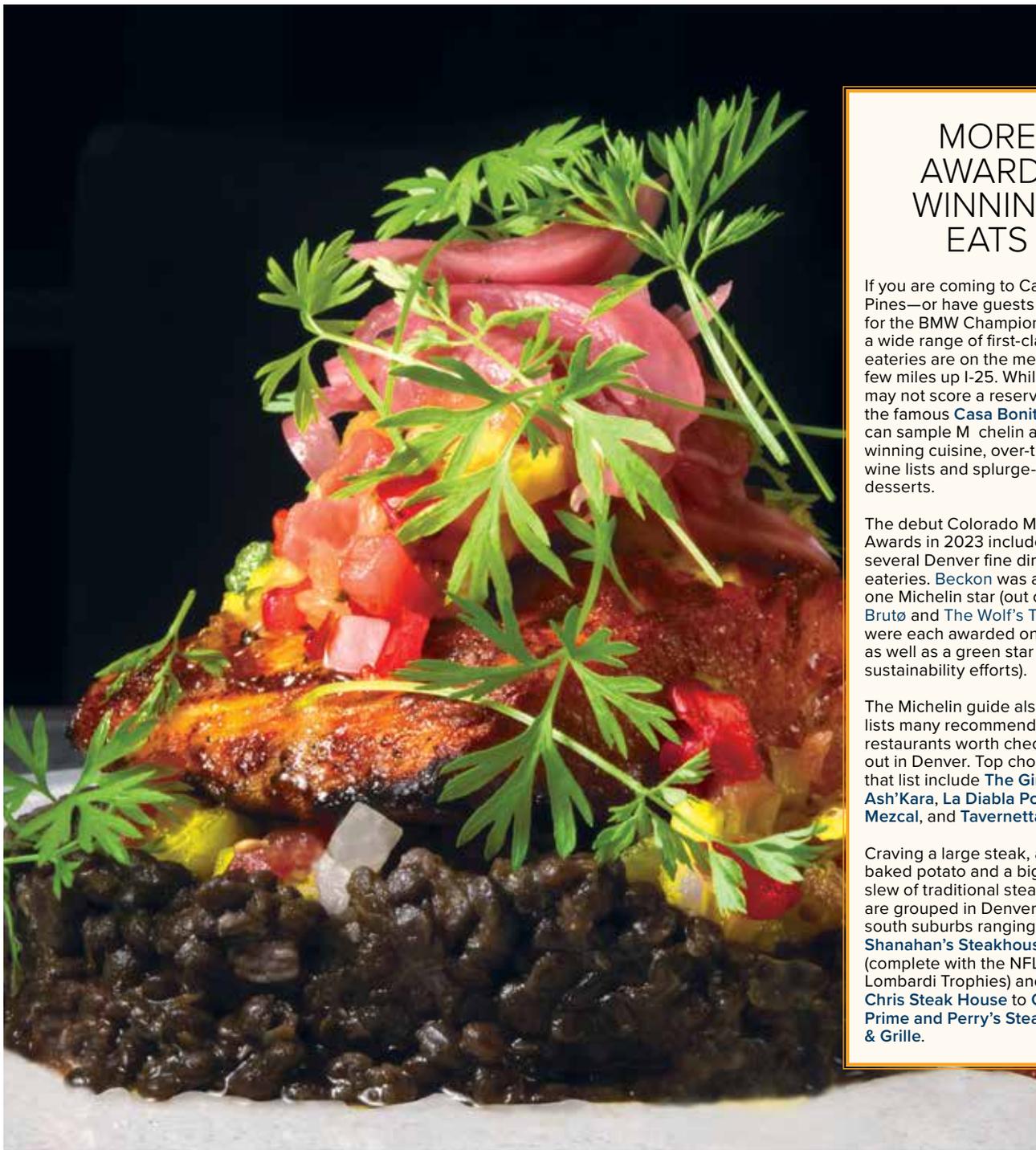


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MORE AWARD-WINNING EATS

If you are coming to Castle Pines—or have guests visiting—for the BMW Championship, a wide range of first-class eateries are on the menu a few miles up I-25. While you may not score a reservation at the famous **Casa Bonita**, you can sample Michelin award-winning cuisine, over-the-top wine lists and splurge-worthy desserts.

The debut Colorado Michelin Awards in 2023 included several Denver fine dining eateries. **Beckon** was awarded one Michelin star (out of three). **Bruto** and **The Wolf's Tailor** were each awarded one star as well as a green star (for their sustainability efforts).

The Michelin guide also lists many recommended restaurants worth checking out in Denver. Top choices on that list include **The Ginger Pig**, **Ash'Kara**, **La Diabla Pozole y Mezcal**, and **Tavernetta**.

Craving a large steak, a giant baked potato and a big red? A slew of traditional steakhouses are grouped in Denver's south suburbs ranging from **Shanahan's Steakhouse** (complete with the NFL coach's Lombardi Trophies) and **Ruth's Chris Steak House to Ocean Prime and Perry's Steakhouse & Grille**.

Owner/chef Jose Espinoza offers an expansive sea-worthy menu including the day's fresh catches in three preparations: macadamia-crust Maui-style, broiled Cali-style with roasted pineapple and sauteed with artichoke hearts and olives in sherry sauce. Trestles' inventive surf-and-turf allows diners to mix and match. Surf's up with lobster tail, crab cakes or sea scallops. Turf choices are filet mignon, rack of lamb or an ostrich steak. (The latter tastes more like beef than chicken.) Turf-and-turf is even allowed.

Dishes ranging from Gruyere grits topped with seafood and baked oysters

prepared five ways to spot-on duck a l'orange can be paired with a large wine list. Choices range from reds like ZD cabernet and Mount Peak Rattlesnake zinfandel to exceptional whites, rosés and Taittinger Champagne. Two wine flights—red and white—are always available.

Save a little room for Trestles' secret weapon. An in-house pastry chef plates smile-producing finales like towering carrot cake layered with jalapeno cream cheese frosting.

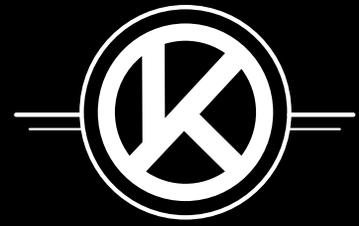
Beyond dinner, this busy, family-run Castle Rock restaurant provides



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House PARTY

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Looking for something a bit more substantial for a group? Call on **Seasoned Cuisine** for a personal chef experience at your next private party. Your personal chef will create a customized menu tailored to your taste and style, using only the freshest ingredients and innovative techniques. You just sit back and enjoy the evening while your chef handles everything from grocery shopping to meal prep and—the best part—cleanup. Plan your event today at seasonedcuisine.com



PHOTO: COURTESY OF DANIELLE'S SCRATCH KITCHEN

breakfast (with a breakfast happy hour) and lunch daily. Weekend brunch must-tastes include The Hangtown Fry (with oysters and bacon) and fried chicken and waffles with house-made vanilla syrup.

A NEW YORK ITALIAN ACCENT

Anyone who has enjoyed meals at East Coast urban bistros will feel right at home at **Danielle's Scratch Kitchen**. Opened in 2015 by New Yorkers Dan and Vincent Pizarra, this Castle Rock destination is a classic American grille with an Italian accent and the kind of familial service that elevates the experience.

Set in a modern, casual dining area, comfort fills the menu, *not* chef-y modern experiments. Lovable appetizers include burrata, baked brie, and classic calamari with fried cherry peppers, marinara and lemon aioli. A towering Romaine wedge salad is blanketed with bacon and gorgonzola.

The people's choice entrees range from salmon piccata and T-bone Berkshire pork chops to Southern fried chicken with bourbon gravy, potatoes and green beans. The exceptional vadouvan halibut is served over butternut squash risotto with basil pesto and blistered tomatoes. Diners looking for a house favorite may want to order Danielle's bestselling chicken Parm with linguine, tomatoes and pecorino Romano.

For a grand finale, pose an Instagram-worthy smoked old fashioned next to the scrumptious dark-chocolate brownie with vanilla bean ice cream.

John Lehdorff hosts Radio Nibbles on KGNU-FM.



PHOTO: COURTESY OF DANIELLE'S SCRATCH KITCHEN

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Castle Rock
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PREPARE FOR TAKEOFF

Three AIR & SPACE MUSEUMS showcase aviation's past, present and future

By Kim D. McHugh

MOVIES "TOP GUN: MAVERICK," "The Right Stuff," "Amelia," "The Aviator" and ten "Star Wars" films highlight our affinity for aviation and outer space. If your interest extends beyond the big screen, turn a family vacation into a personal flight exploration by visiting one or more of America's air and space museums. These three standout museums in the West masterfully illustrate the history of flight, pioneers in aviation, the sacrifices by those serving in uniform and a look into the future of flight.

WINGS OVER THE ROCKIES AIR & SPACE MUSEUM

Are you a "Star Wars" fan? This venue has a replica of an X-Wing Starfighter, the one flown by Luke Skywalker. It is among the more than 50 aircraft located in Hangar 1 of the former Lowry Air Force Base.

The museum's aircraft collection spans from the early days of flight to WWII and Vietnam, to space exploration, including exhibits on the Titan Missile Program and Colorado's

more than 60 astronauts. Also under Wings Over the Rockies careful watch, more aviation knowledge is shared at the Boeing Blue Sky Aviation Gallery at Centennial Airport. It is described as an interactive aviation center with its focus is on inspiring the next generation of aviation enthusiasts.

There you'll learn that Boeing estimates that the aviation industry will need more than two million new personnel (pilots, mechanics, air traffic controllers, flight attendants) over



PHOTO BY KIM D. MCHUGH



PHOTO BY KIM D. MCHUGH



PHOTO: BY SHUTTERSTOCK.COM/STEVE CUKROV

the coming years. Curious about flying? Buy time in the Redbird FMX. An FAA-approved simulator, it allows you to take an incredibly realistic 10-minute “flight” piloting a Cessna 182. A FlyThisSim TouchTrainer and Redbird Xwind simulator provide additional options to get a sense of flight.

PALM SPRINGS AIR MUSEUM

“An aviation museum is a place to learn how to dream,” says Lt. Col. Harry Ziegler (U.S.M.C. Ret.). He goes on to note the library has two 3D flight simulators and five simulators for flying fighter aircraft. More than 1,150 WWII veterans’ oral histories have been captured and 5,000 movies are available to check out. “These pilots became the heroes of our time, and their daring and fearlessness sparked the imagination of millions of children,” he says.

With more than 12,700 volumes (including the books and DVDs), the library is a sensational resource for aviation history. In the Korea/Vietnam hanger is a poignant display—one honoring MIA/POW/KIA veterans. Nearly



PHOTO: BY KIM D. MCHUGH

*“An aviation museum
is a place to learn
how to dream.”*

— Lt. Col. Harry Ziegler (U.S.M.C. Ret.)

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600 bracelets and the Vietnam Remembrance Wall, including a photo of the late senator and decorated aviator, John McCain, gives visitors a sense of the hardships associated with war.

Among the museum's collection is a TBF Avenger bomber, the kind former president George H.W. Bush—WWII's youngest Naval pilot—flew on 58 missions. Equally impressive is the nose art, featuring those drawn by Walt Disney. Ready for takeoff? Book a flight in a PT-17 Stearman biplane (\$395), a T-6 Texan (\$595), a P-51D Mustang (\$2,295) or a T-33 Shooting Star jet (\$4,995).

PIMA AIR & SPACE MUSEUM

How many miles did female aviators log



PHOTO: BY KIM D. MCHUGH

during WWII? In which James Bond movie did the BD-5J Microjet appear? What life saving helicopter is most used by the U.S. Coast Guard? These and other stats are revealed touring this museum, which features more than 350 historical aircraft.

Open since 1976, the 80-acre facility is comprised of six indoor exhibit hangers

showcasing military planes from WWI, WWII, Korea, Vietnam and modern conflicts, as well as civilian aircraft, including the Starr Bumble Bee, designed to earn the distinction of being the world's smallest aircraft with its miniscule 6-foot, 6-inch wingspan.

The museum has more than 100 displays, and audio and video recordings. Quite sobering is

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PHOTO: COURTESY OF WINGS OVER THE ROCKIES

the hanger managed by veterans of the 390th Bomb Group. Home to a restored B-17G Flying Fortress, the wing chronicles camaraderie, bravery and casualties: the 8th Air Force alone lost more than 26,000 men and more than 28,000 became POWs.

A stroll through the Space Gallery provides a look at a full-size mockup of an Apollo capsule, a solar-powered car and the Arizona Aviation Hall of Fame. 🐝

IF YOU GO:

There are air and space museums or aviation exhibits in all 50 states. All welcome families—most have interactive experiences, docent-led tours, special events, educational programs, and several offer ‘warbird’ flights for a fee. Admission fees are very reasonable. Here is a short list.

WINGS OVER THE ROCKIES
Air & Space Museum at Lowry
7711 E. Academy Blvd.
Denver

WOTR Exploration of Flight at
Centennial Airport
13005 Wings Way
Centennial
303.360.5360
wingmuseum.org

PALM SPRINGS AIR MUSEUM
palmsspringsairmuseum.org

PIMA AIR & SPACE MUSEUM
pimaair.org

U.S. ARMY AVIATION MUSEUM
Fort Novosel, AL
armyaviationmuseum.org

THE NATIONAL WW II MUSEUM
New Orleans, LA
nationalww2museum.org

YANKEE AIR MUSEUM
Bellville, MI
yankeearmuseum.org

THE MUSEUM OF FLIGHT
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museumofflight.org

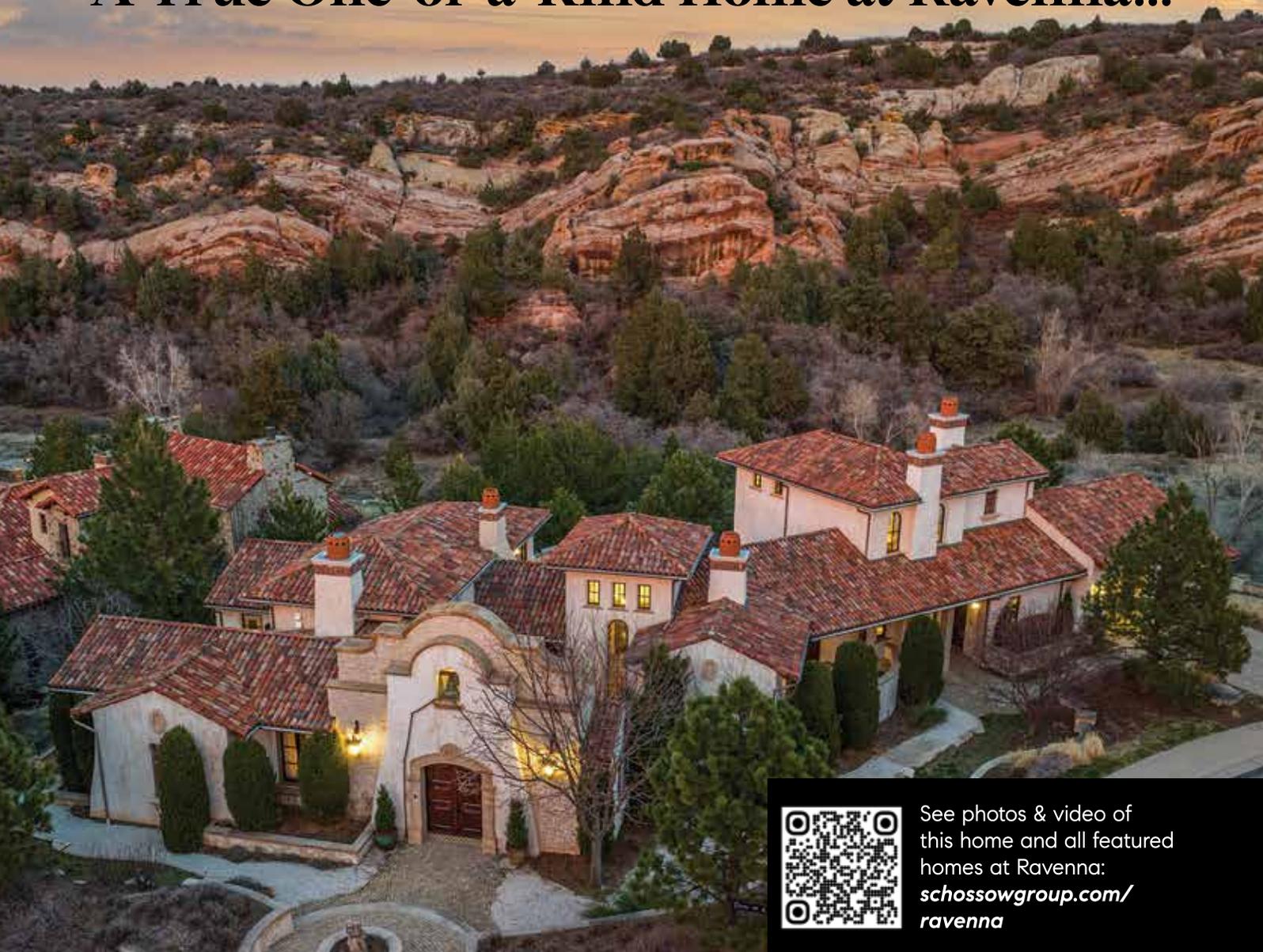
SMITHSONIAN NATIONAL AIR & SPACE MUSEUM
Washington, D.C.
airandspace.si.edu

EAA MUSEUM
Oshkosh, WI
eaa.org/eaa-museum

INTREPID SEA, AIR & SPACE MUSEUM
Pier 86, New York, NY
intrepidmuseum.org

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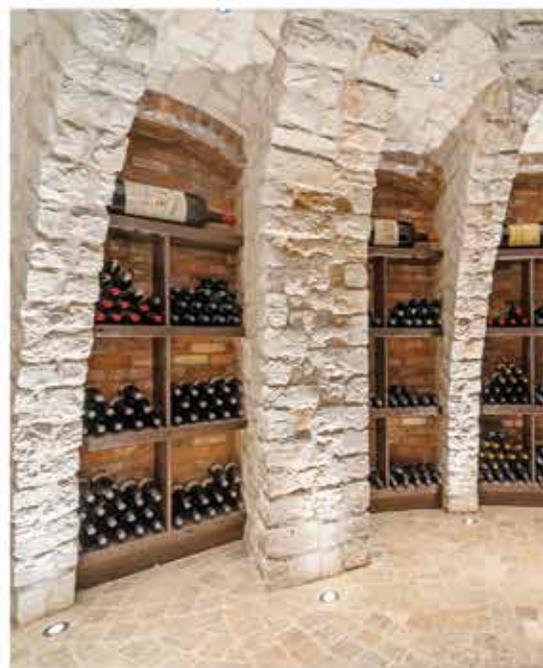
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SING AND SOCIALIZE

LIFT YOUR SPIRITS with the musical community of choir

By Jay McKinney

PHOTO: MUHAWAII - STOCK.ADOBE.COM

DO YOU ROCK OUT to your favorite tunes behind the wheel? The windows are down, a late-summer breeze blows through the car, the steering wheel becomes a makeshift drum set as that catchy song comes on the radio. Maybe you're a shower singer? Perhaps you'd like to take your singing to the stage—join a community choir. Joining a local choir can help you meet new people and make friends with similar interests. It's a great way to feel part of the community. Choirs often explore a wide range of music, from classical to contemporary, which can broaden your musical horizons and appreciation.

Not only is it an enjoyable hobby, but learning and memorizing music can improve cognitive functions such as memory and concentration. Singing is shown to improve mood, reduce stress and increase feelings of well-being. The sense of accomplishment from learning new music and performing can also boost self-esteem.

Anna Kaye, the executive director of local choir **Voices Rock**, felt a bit isolated when she moved to Denver 10 years ago. Until she found the choir. "I walked in, and I don't even remember what they were singing but it was probably

something like 'Fat Bottom Girls,' and a few people had wine in their hands, and people were so welcoming and warm," she says. "I immediately knew I had found a group to help me settle in here. It was the best activity to come across, particularly as a new person in Denver."

Even if you don't have visions of becoming the next Beyoncé, regular practice and instruction can help improve your singing technique and vocal health, and performing on stage with a large group gives you an opportunity to share



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your love of music with an audience, while tempering any stage fright you might have.

So, how do you get started?

First, consider your options. Denver has a host of local choirs including Choir League, The Colorado Choir, The Denver Gay Men's Chorus, Denver Women's Chorus, Cherry Creek Chorale, Sound of the Rockies, Voices Rock, 5280+ Senior Chorales and more. Make sure the choir's music aligns with your interests, and once you find the one that feels right for you, consider the location, schedule and time commitment. Apart from weekly rehearsals, consider the additional time for performances, occasional extra rehearsals and personal practice. Some choirs expect members to attend all rehearsals and performances, while others might be more flexible.

Additionally, some choirs require auditions to assess your vocal range, ability to read music and overall fit. Basic music reading skills can be helpful, though some choirs offer support for those less experienced. Check if the choir you're interested in has specific audition pieces or sight-reading tests. If you're a beginner or prefer a more relaxed environment, look for choirs that don't require auditions.

The **Cherry Creek Chorale**, founded in 1980, has an audition process and members are expected to have musical experience. The choir, which rehearses and performs primarily at the Bethany Lutheran Church in Cherry Hills Village, is celebrating 45 seasons in the community. "What sets us apart and makes us truly special in our forty-fifth season is our unwavering commitment to musical excellence, our passion for creating beautiful harmonies and our dedication to bringing joy to our audiences through the power of music," says Brad Folsom, who does the choir's marketing. Members perform a wide variety of genres including jazz, folk, pop and religious classics.

The Cherry Creek Chorale is directed by Brian Leatherman who also directs **5280+ Senior Chorales**. While the Mile High City is known for the 5280 moniker, the name was used to reflect the target demographic of singers—ages 50 to 80.

"These folks are having a great time, singing a wide variety of music and presenting free concerts which are open to the public at a variety of venues," Leatherman says. The 5280+ Senior Chorales main goal is to provide health and wellness benefits through singing and anyone age 50 and over is welcome.

Think you've found the right choir, or trying to decide between more than one? Some choirs allow potential new members to sit in on a rehearsal to get a feel for the group. So, give it test drive—no rolled-down windows or steering wheel drum required.



PHOTO: VISUALPRODUCTION - STOCK.ADOBE.COM

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5280chorales.org

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STRETCH THE LIMITS

INTENTIONAL STRETCHING increases circulation, reduces stress and boosts mental clarity

By Jamie Lynn Miller

Photography Courtesy of StretchLab

THERE ARE MYRIAD BENEFITS to a regular stretching practice, from looser muscles to increased circulation and a notable reduction in stress. And yet, from dedicated athlete to casual walker, carving out time and space to properly stretch rarely tops the to-do list.

“When people have limitations in their movement, it can definitely impede the lifestyle they want to live,” says Andrea Schott, of **StretchLab Cherry Creek**, where assisted stretching activates the science of loosening up.

Stretching oxygenates the body, optimizes blood flow and boosts overall energy. As limbs loosen, so too does tightness in body and mind. In terms of general injury prevention, target the areas of the body most needed for mobility: hamstrings, calves, hip flexors, pelvis and quads. Remember to move that neck side to side, and twist at the waist to warm up your torso.

Some types of stretches are a slow, prolonged burn—the longer the hold, the greater the

benefit. “Yin yoga–type stretches help release physical tension,” says **Heather Ardley**, a contract physical therapist who helps patients across the Front Range. “When the fascia, or connective tissue, is strengthened, the results are phenomenal.” Also known as low-load, long-duration stretching—holding a stretch more than one to two minutes—yin-type stretches yield big results. “When you’re holding in that passive position, it’s very therapeutic,” Ardley says. >>>



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FOR YIN-YOGA, TRY:

BUTTERFLY POSE: This is a good example of yin-like stretching. Sit on the ground with knees wide open, soles of the feet pressed together. Hold and breathe into pose, pressing lightly onto the legs to further the sensation.

For pre-workout routines, dynamic stretches help the body warm-up for increased activity. By heating up the muscles and decreasing stiffness, dynamic stretches ramp up the body for increased movement. Mainstay dynamic stretches include arm circles and lunges.

FOR DYNAMIC, TRY:

ARM CIRCLES: Start with feet shoulder-width apart, arms in a T perpendicular to the body. Rotate straightened arms in small, focused circles. Increase circle size, forward and back, to loosen up the triceps. Try two rounds of 10 rotations as a base layer routine.

LUNGES: Tighten the core, take a large step forward with either leg. Bend that leg—thigh parallel to the floor, shin vertical—and sink your weight into your heel. Hold; feel the goodness; switch legs.

In contrast, post-workout stretches are static. Static stretches are held for up to a minute, moving the body toward stillness and easing tired muscles. Try these more stationary stresses to decompress after a good workout:

FOR STATIC, TRY:

TOE TOUCHES: Start with legs straight, toes forward and feet a few inches apart. Activating the core, bend from the hips and try to touch your toes. Continue to find that length for 30 to 60 seconds.

HAMSTRING STRETCH: Sit on the floor with legs straight in front of you, then work the hands toward the toes. Go as far down as possible (the burning sensation will show you your limit) and hold for 30 seconds. The hamstring stretch is a mainstay of injury prevention, as it keeps the anterior leg muscles limber.

To augment your practice and access hard-to-reach muscles, many turn to assisted stretching facilities. Moving through an initial sequence to determine tightness and asymmetry, StretchLab's flexologists can develop a personalized plan for each client's alignment. "No two bodies are the same," Schott says. "Each individual needs specific attention."



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stretchlab.com/location/cherrycreek



TIPS FOR OVERALL HEALTH AND MOVEMENT:

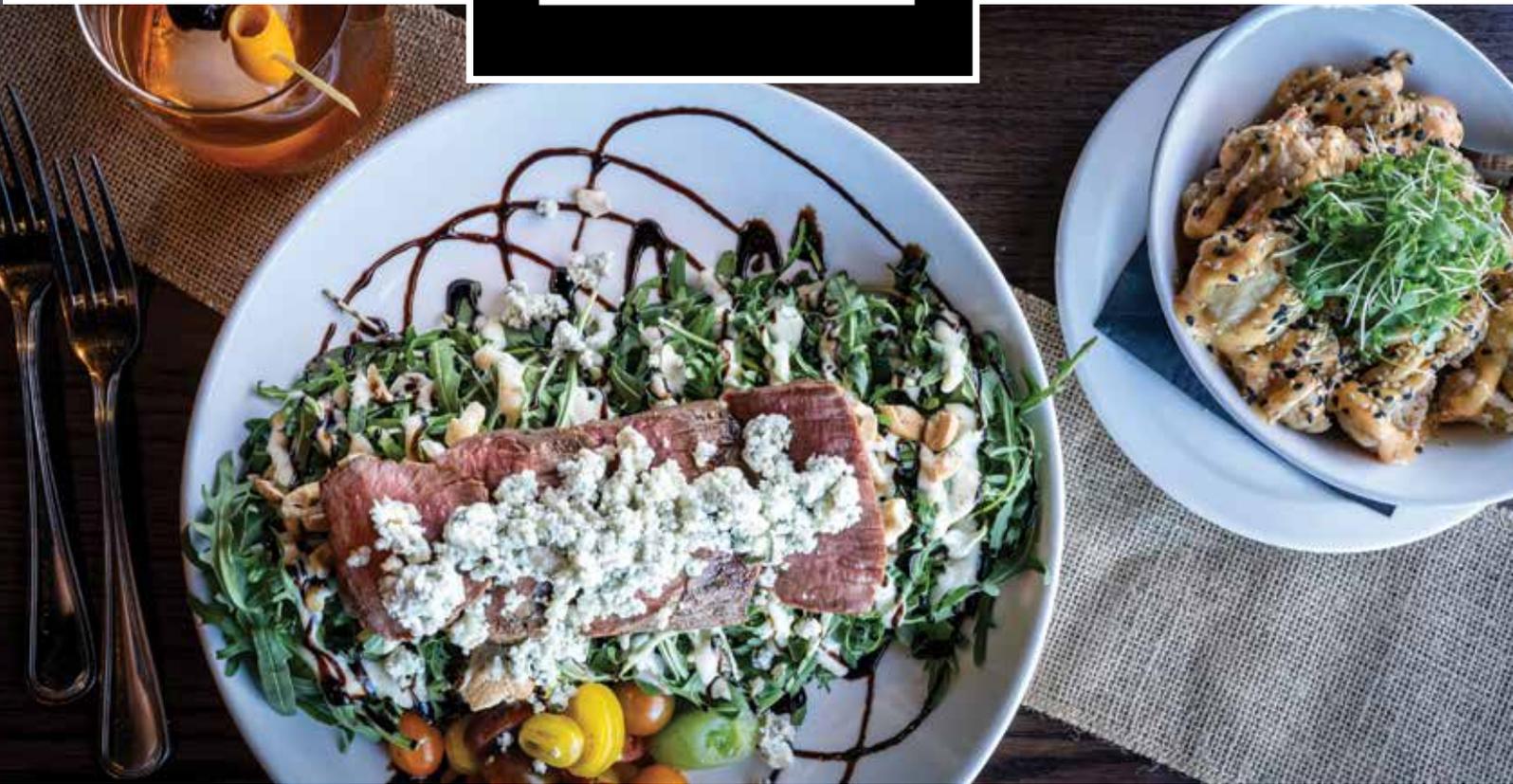
- **MOVE YOUR BODY** on a daily basis, whether it's stretching, cardio, strength training or a gentle walk. Daily movement helps with overall health maintenance.
- **STAND-UP DESKS** are a great way to maximize computer time. Otherwise, break up long periods of sitting with a walk around the block or through your office space.
- **STAY HYDRATED!** Proper hydration improves overall health, from digestion to energy boosts to helping with allergies. Shoot for at least 8 glasses a day (64 ounces of water) to benefit your body and brain.



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FASHION ICONS: Past & Present

BREAKING BARRIERS and making lasting impressions

By Amanda Lacey

FASHION ICON: *an influential person who introduces new styles which spread throughout fashion culture and become part of the fashion landscape. They initiate a new style which others may follow.*

While some may not take fashion too seriously, others take a dive in the deep end and use the opportunity as the ultimate display of self-expression. Who are these people you ask? These icons were influencers before there were “influencers,” and each has cast a lasting impression on the fashion industry.



PHOTO: BY SHUTTERSTOCK.COM/PHOTOFIRES



PHOTO: BY SHUTTERSTOCK.COM/TATIANA HARDIE

DAVID BOWIE

Possessing talent and glamour, Bowie used theatrical and eccentric elements like no other. Known for creating alter-egos and reinventing himself left and right, he inspired others to follow suit and feel a sense of freedom (and pride) in self-expression. With sequined bodysuits, feather boas, makeup and more, Bowie proclaimed the limit does not exist.



PHOTO: BY SHUTTERSTOCK.COM/DEO GRACIA CAHYADI

PRINCESS DIANA

While some of her noteworthy everyday ensembles are currently making a comeback (think collegiate sweatshirt paired with cycling shorts), there's no arguing the late Princess Diana and her style never left our minds. Throughout her time in the public eye, she displayed a style evolution every step of the way. In her early days sporting '80s styles and perfectly preppy looks, she moved on without any difficulty stepping up to aristocratic attire, and then onto more mature (and often jaw dropping) options.

AUDREY HEPBURN

The ultimate leader in elegance and sophistication. Images of Hepburn in *Breakfast at Tiffany's* and *Roman Holiday* are forever classics with lasting impressions in our mind, but she also effortlessly carried her style off camera. When you think of little black dress, you think of Hepburn.

A muse to Hubert de Givenchy, she made us not only audibly gasp at the sight of but also yearn for every dress she frolicked around in.



PHOTO: BY SHUTTERSTOCK.COM/IULIA STEPASHOVA

JACKIE O

First Lady, fashion icon, the list goes on. Her outfits were always impeccable, and she knew exactly how to accessorize—signature pillbox hat, classic Gucci bag and oversized round sunglasses. And it continued beyond her presidential looks. Onassis never failed to present a perfectly polished look whether in a billowy maxi dress or perfectly pressed oxford and trousers.



PHOTO: BY SHUTTERSTOCK.COM/LOREDANA SANGIULIANO

ZENDAYA

Open any magazine and you'll find her on the best dressed list. Think classic elegance with modern-day touches. Not to mention creating capsule collections for major designers (Tommy Hilfiger) and being a brand ambassador (Valentino) to top it all off.

PHOTO: BY SHUTTERSTOCK.COM/LEV RADIN



HARRY STYLES

Boy next door turned haute couture aficionado. Styles quickly turned heads after opting for gender neutral options, sporting a pearl necklace and statement suits accompanied by sweater-vests and exaggerated collars underneath. Stylist on hand or not, Styles breaks boundaries by mixing masculine and feminine silhouettes and inspiring others to use his art of dressing as a blueprint of their very own.

PHOTO: BY SHUTTERSTOCK.COM/FREDERIC LEGRAND - COMEO



MELANIA TRUMP

Long before becoming FLOTUS, Melania Trump was setting the style bar high as a fashion model starting when she was 16. She started her career in Milan and Paris before moving to the U.S. in 1996 to model in Manhattan. Her First Lady signature looks included sharp silhouettes, statement coats and luxe accessories such as Birkin handbags. >>>



PHOTO: BY SHUTTERSTOCK.COM/LEV RADIN

LADY GAGA

Known to wear multiple looks on one red carpet from couture gowns to sequin-embellished bodysuits, Gaga does it all. When Gaga has a vision in mind, she fully commits and executes it. From meat dress to hand-carved headdress and iconic nine-inch, lace-up platform heels, challenging restrictive social norms has never looked so good.



PHOTO: BY SHUTTERSTOCK.COM/JOCI SAMPAIO



PHOTO: BY SHUTTERSTOCK.COM/ANDREA RAFFIN

RIHANNA

The ultimate leader in elegance and sophistication. Having an eye for spotting trends in advance and showcasing them either on the streets of New York City or at the Met Gala, Rihanna's influence is undeniable and not to mention unapologetic. This is exactly why the Council of Fashion Designers of America (CFDA) named her the 2024 Fashion Icon of the Year, joining big names such as Lenny Kravitz and Serene Williams.



PHOTO: BY SHUTTERSTOCK.COM/LOREDANA SANGIULIANO

GRACE JONES

Two words: tuxedo blazer. Not afraid to take things to the next level with her androgynous style, Jones has always stood out as a one-of-a-kind. Her oversized, layered, colorful, over-the-top outfits topped off by beautifully bold makeup instantly made her the embodiment of avant-garde. 

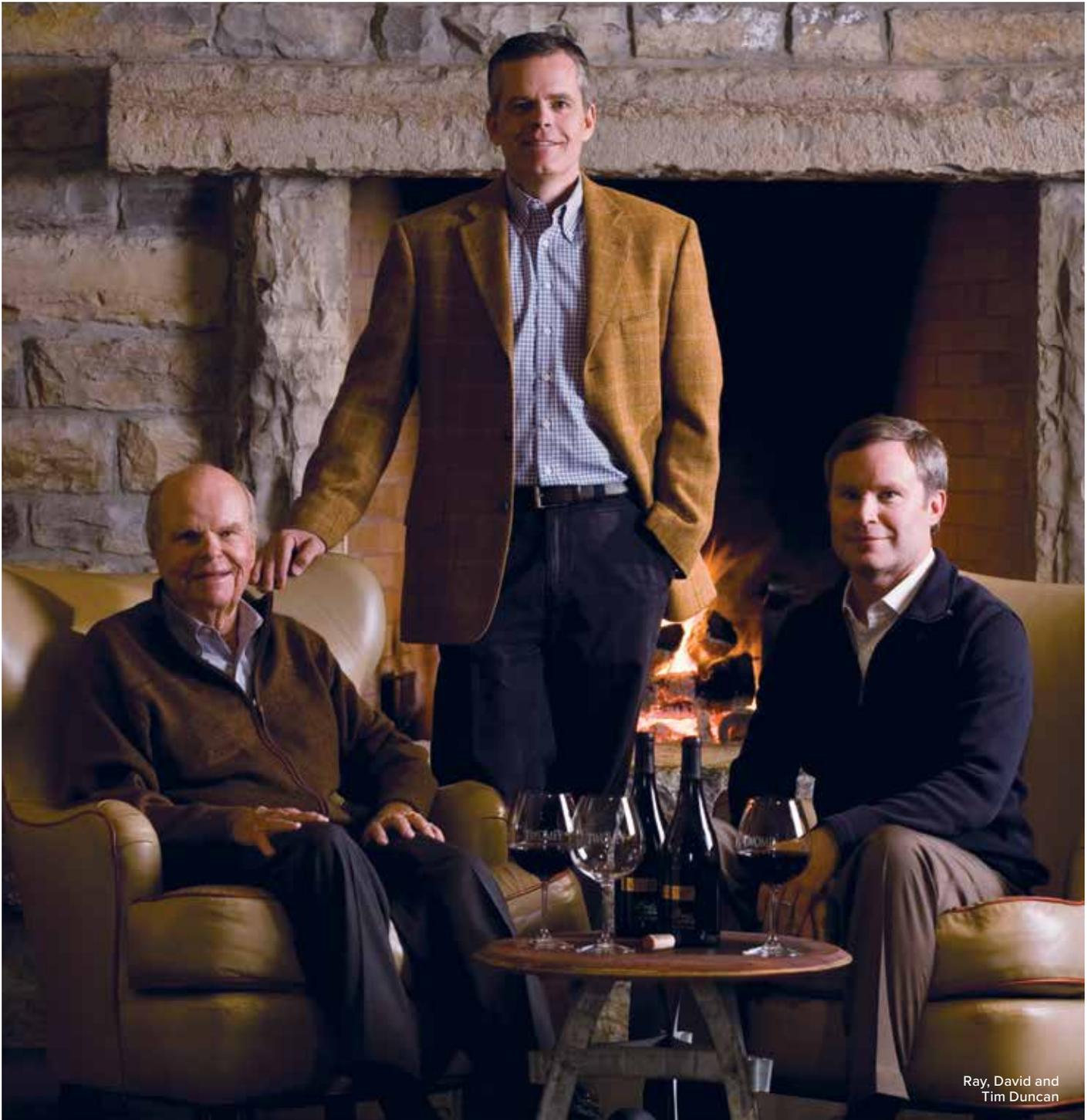


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TRUMARKHOMES



Cultivated in Colorado

RAY DUNCAN grows his Centennial State legacy in California vineyards

By Lexi Reich

Photography Courtesy of Silver Oak Cellars

IMAGINE A JOURNEY that begins with oil fields in Colorado and culminates in the sun-drenched vineyards of Napa Valley, producing some of the most celebrated cabernet sauvignon in the world. This is the story of Raymond Twomey Duncan, known as Ray Duncan, the visionary founder of Silver Oak Cellars, whose entrepreneurial spirit and love for the land forged a legacy that his family continues to honor and expand.

Originally involved in oil entrepreneurship in Colorado, Ray Duncan, alongside his friend and winemaker Justin Meyer, established Silver Oak Cellars in a modest dairy barn in Napa Valley. Their venture focused on producing premium cabernet sauvignon aged exclusively in American oak barrels, a decision that set Silver Oak apart and laid the foundation for its celebrated quality. The debut vintage of 1,000 cases in 1972 was just the beginning, with Silver Oak quickly gaining prominence on restaurant wine lists across the nation.



After choosing Daniel Baron to succeed him as winemaker in 1994, Meyer retired in 2001 and sold his share of Silver Oak to the Duncan family. Today, Ray Duncan's sons David and Tim continue to uphold their father's vision, steering the winery with the same dedication and innovative spirit.

But the journey wasn't without its trials. A devastating fire in 2006 razed Silver Oak's historic Oakville winery. Undeterred, Ray Duncan and his team rebuilt, creating the world's first LEED Platinum-certified winery for existing buildings. This commitment to sustainability was further exemplified by the brand's Alexander Valley winery, also achieving LEED Platinum status. Under CEO David Duncan's leadership, Silver Oak is now a pioneer in sustainable viticulture, striving towards net-zero water and energy use across its 400 acres of vineyards.

While vacationing in Colorado, David Duncan reflected on his late father's legacy during a phone interview. "I had the opportunity to write my vision for Silver Oak in 1994 while at the University

of Denver," he shares. "Eight years later, Ray said, 'Go do it.'"

David Duncan cherishes his early memories in Colorado, especially summers spent in Durango during the development of Purgatory Ski Resort. "My dad was the founder of Purgatory Ski Resort. It opened in 1965, about three or four weeks after I was born," he recalls. "My dad and I were both skiers, hunters, fishermen and Colorado boys at heart." In fact, Ray Duncan served as chairman of the board for Colorado Ski Country USA and was honored with induction into the Colorado Ski and Snowboard Hall of Fame in 2006.

David Duncan shared how his father's entrepreneurial spirit and love for the land have guided his leadership at Silver Oak. "All his entrepreneurial ideas were in Mother Nature-related businesses," he shares. "He started the ski area, started a winery, was in ranching. He was also very generous, and we carry on a lot of philanthropy for our community in Napa and other causes around the country."

As for future goals, David Duncan highlighted the upcoming release of their 2020 Alexander Valley vintage and the launch of a new brand called Prince Hill from Oregon, which will feature chardonnay and pinot noir. This marks the Duncan family's first official chardonnay, set to debut in September.

Ray Duncan's love for the land was palpable and his passion for growing grapes led the family into the wine business, as he had a keen eye for properties suitable for planting vineyards, grazing buffalo or skiing. "We used to own a beautiful ranch in northern Colorado called Diamond Tail," David Duncan says. "Dad was never happier than driving around in his Jeep or riding a horse. He had a love of the land and was passionate about using it to its best purpose."

SILVER OAK CELLARS
silveroak.com



AUGUST

For more local events, visit avidlifestyle.com

Ongoing Through November

NORMA TELL & SAZÓN SIX

Norma Tell & SaZón Six will be appearing the first Friday of every month through November at Heather Gardens' Rendezvous Restaurant & Patio. SaZón Six performs a tasteful repertoire of jazz, Latin beats, and American standards. Norma Tell sings in English, Spanish and Portuguese, thus highlighting the international flavor of SaZón. Featuring a split menu from 4:30–8 p.m. and music from 6:30–9:30 p.m. No cover charge. **AURORA**, rendezvousrestaurantandgolf.com



August 4

HONEY FESTIVAL

Mark your calendars for the buzzworthy return of the 17th annual Honey Festival. From 8:00 a.m. to 1:00 p.m. at O'Brien Park, visitors can indulge in a fun-filled event aimed at raising awareness and appreciation for the humble honeybee through an array of educational and entertaining activities. The festival will welcome between 20 and 25 vendors, local beekeepers and beekeeping organizations who will showcase their wares and share their knowledge on all things bees! In addition, attendees can look forward to a kids hive, music and artistic displays. To enhance the educational aspect of the festival, all vendors will be required to offer an interactive and educational activity. **PARKER**, parkerarts.org



August 4

YOGA IN THE PARK

Yoga means "union" and when practiced outside, you can experience union with nature, humanity and the universe. Being outside deepens the experience in many ways and helps you focus awareness, breathe deeply and practice stillness. Join these free classes at the amphitheater at Philip S. Miller Park on Sunday mornings to find a deeper meaning in your yoga workout. Led by the town's Parks and Recreation Department, each week a different format is featured including yoga foundations, hatha, flow to yin, elemental and yin yoga. **PHILIP S. MILLER PARK**, crgov.com/SummerFitness

August 1

DENVER BURGER BATTLE

This food-focused event has one simple goal: to determine the BEST burger in Colorado. More than 20 Colorado restaurants throw down their champion burger (some even off-menu) in the hopes to win one of the coveted People's Choice or Judge's Choice awards. A team of burger experts and enthusiasts carefully vet and hand select each competing burger, so guests have the chance to taste and vote from an impressive, curated bracket of local restaurants. Will a perfect original cheeseburger reign supreme, or will a new burger concept rise? All bites and sips are included in your ticket! **DENVER**, denverburgerbattle.com



August 3 | Wheels of Dreams

Join AvidLifestyle and Colorado AvidGolfer for a fun-filled evening of hope and compassion at the 4th Annual Wheels of Dreams Charity Event at Hangar Club on Saturday, August 3 at 6:00 p.m. Immerse yourself in an evening of interactive experiences and great music throughout the club while enjoying exquisite food and drink in the comfort of custom-curated lounges by some of Denver's top interior designers! Additionally, along with a silent auction, there will be opportunities to win great prizes. Join us and together we can give children who are battling long-term and life-threatening illnesses an opportunity of hope. Tickets available now. All proceeds benefit the Bags of Fun charity organization dedicated to helping these children. Wheels of Dreams Charity Experience has raised more than \$238,000. **HANGAR CLUB, DENVER**. Visit: bit.ly/wheelsofdreams2024



SCAN HERE:



August 6

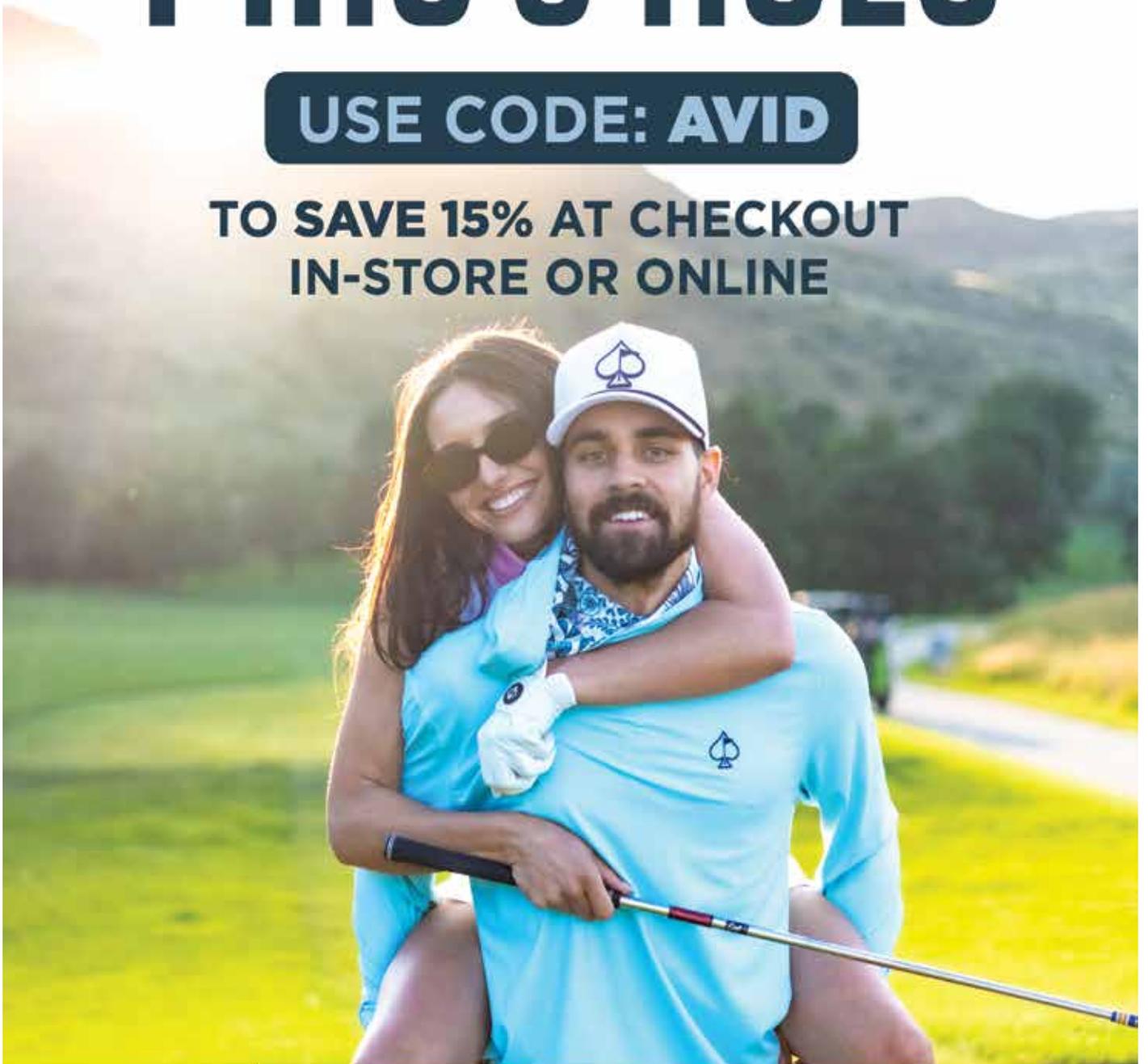
CONCERTS AT THE CRESCENT

Time to gather your friends, family and a picnic dinner to enjoy exciting evenings of fun and entertainment for all ages. August 6 is The Long Run. Park opens at 5 p.m.; entertainment begins at 6 p.m. Be sure to bring a lawn chair and/or blanket. **GREENWOOD VILLAGE**, concertsatthecrescent.com >>>

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August 7, 14, 21, 28

JAZZ IN THE PARK

Each Wednesday in August local musicians gather in Festival Park to entertain locals and visitors in Downtown Castle Rock. This event is a low-key, pop-up style event that is intentionally paired down. There will be no stage, no vendors, no food trucks and no alcohol served in order to create a relaxing laid-back vibe. Smalltown simplicity at its finest. While no food service will be available, this presents a great opportunity to try one of the many downtown restaurants and spend an evening exploring the scene. From upscale table service to fast-casual sandwich shops, there's something for everyone. **CASTLE ROCK, downtowncastlerock.com**

August 8–25

2024 DENVER PARADE OF HOMES

Gather design inspiration for your own home at annual tour, this year including homes in Thornton, Denver and Littleton. The tour can be taken at your own pace, either virtually or in-person. Check out the stunning lineup of homes online; you can search by location, builder, price range and more.

VARIOUS LOCATIONS, paradeofhomesdenver.com



PHOTO: BY RYAN COX PHOTOGRAPHY

August 8–11

VAIL WINE CLASSIC

Explore all that the Vail Wine Classic has to offer. Sip wines from the West Coast to France with 100+ wineries featured at the Grand Tasting. Immerse yourself in the world of wine during expertly paired dinners and lunches throughout the weekend. The adventure continues with paired wine hikes and lifestyle events. Elevate your wine knowledge during classroom-style seminars hosted by winemakers and sommeliers. Full schedule of events available online. **VAIL, vailwineclassic.com/schedule**

August 10

CENTENNIAL UNDER THE STARS

It's the biggest summer party in Centennial, a family favorite for 18 years! This community event is a perfect blend of summer—enjoy the late afternoon sun and the evening stars swaying to the sounds of local live music and enjoying tasty local fare. This event is a fantastic summer celebration for all ages; 5–9 p.m. **CENTENNIAL CENTER PARK, centennialco.gov**

August 10–11

SMASH FINE ARTS FESTIVAL

The summer Smash Fine Arts Festival returns in Cherry Creek North on Fillmore Plaza. This festival features top-shelf national artists, fine catering, and live violin, piano, and acoustic guitar music both days of the weekend. An experience that is sure to delight the exquisite artisan in you. **CHERRY CREEK NORTH, smashinthefineartsfestival.com**



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August 10

TEQUILA AND TACOS

Savor a sun-soaked Saturday of tequila and taco delights with Highlands Ranch Community Association and Davidsons Beer, Wine & Spirits. Get ready for unlimited sampling of tequila, margaritas and other tequila-based cocktails. Ticket price includes unlimited half-ounce samples of tequila and one plate of food (additional food will be available for purchase). Must be 21+ to attend. No infants or children. IDs are mandatory and will be checked. Advance tickets must be purchased online. If not sold out, tickets will be available at the door.

HIGHLANDS RANCH, hrcaonline.org

August 17

SOUND HEALING: THE POWER OF SOUND

This class will focus on sound as a healing force through cross-cultural perspectives. Students will learn about meditation and sound bathing with the use of various musical instruments. Breathing techniques and body movements for healing will also be explored. Students will investigate how sound can be used in everyday life to release stress and to calm the body and mind.

DENVER ART MUSEUM, denverartmuseum.org

August 17

SUMMER MOVIE NIGHT

Get ready for bounce castles and face painting starting at 6:30 p.m., then settle in for a movie under the stars at John Meade Park in Cherry Hills Village. You'll also find snacks, ice cream and activities for the whole family. The newly refurbished park features a play area with an observation tower, a tree climber, a boardwalk through the wetlands and fishing piers at two ponds.

JOHN MEADE PARK, cherryhillsvillage.com

August 19

FILM ON THE ROCKS

Watch "Mad Max: Fury Road," under the stars and on the big screen. This event features live entertainment before the film and plenty of concessions to snack on. Doors open at 6:30 p.m. and films typically start around dusk. This event goes on no matter the weather, so bring layers and anything else you might need if Mother Nature throws a curveball abruptly.

RED ROCKS, denverfilm.org

August 22-24

BRECKENRIDGE WINE CLASSIC

Love wine? The Breckenridge Wine Classic is your perfect event. This festival offers a variety of activities, from wine tastings and seminars to outdoor adventures and fine dining experiences. Not to mention the Grand Tasting features hundreds of wines to taste from different regions, varietals and producers!

BRECKENRIDGE, breckenridgewineclassic.com



PHOTO: BY JULIE DUNN

August 24

COLORADO WINE WALK

Blanchard Family Wines is excited to host a Colorado Wine Walk, a celebration of the Centennial State wine industry featuring 12 award-winning Front Range and Western Slope wineries. Held in the Dairy Block Alley, the Grand Tasting session will take place from 7-10 p.m. Tickets include unlimited samples, a commemorative glass, canvas wine tote, live music and mingling with winemakers. VIP options also available.

DENVER, coloradowinewalk.com

August 20-25

2024 BMW CHAMPIONSHIP

Castle Pines Golf Club will host the BMW Championship on Aug. 20-25, 2024. Don't miss your chance to see the top 50 players in the world compete in the penultimate event of the PGA TOUR's FedExCup Playoffs. All venues are unreserved general admission. All patrons, including children, must have a ticket to access each hospitality venue. Ticket prices may fluctuate based on demand at any time.

CASTLE PINES GOLF CLUB, bmwchampionship.com/tickets



PHOTO: BY JIM DELITTLE

August 25

AFFORDABLE ARTS FESTIVAL

For those looking to purchase artwork that won't break the bank, Littleton's Affordable Arts Festival is the perfect event for you. Boasting more than 165 local and national artists selling thousands of pieces for \$150 or less, these works aren't small by any means. In addition, all ticket proceeds go to the Arapahoe Community College Foundation to fund scholarships.

LITTLETON, affordableartsfestival.com

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