

January 2026 | Edition 288

# NEWS



*Photo by Roger Frame*





## *Events at the Clubhouse*

Here in your magnificent Clubhouse, you'll find over 37,000 square feet of event space—ready for weddings, banquets, family events, conferences, parties, and more. From grand to intimate, we host it all with exceptional service. We deeply appreciate the continued support of our residents, which makes everything we do possible.

Contact Jennifer Stoneking to plan your next event:

[jstoneking@heritageeaglebend.com](mailto:jstoneking@heritageeaglebend.com)

720.235.1822







## AN AGE-RESTRICTED COMMUNITY

### MASTER ASSOCIATION BOARD OF DIRECTORS

- President:** Rex Gambrell, 303-913-4912  
Rexgambrell@comcast.net  
**Vice President / Treasurer:** Steve Krebsbach, 303-748-1886  
Hebstevek@gmail.com  
**Director:** Chuck Cullens, 303-472-6584  
Chuckecm2@gmail.com  
**Director:** Robert Foglia, 720-618-1868  
Robert\_foglia@yahoo.com  
**Director:** Steve Gallagher, 732-598-5507  
Stegsg52@gmail.com  
**Director:** Cindy Nelson, 303-919-2441  
Cjnelson@gmail.com  
**Director:** Debbie Strine, 303-506-5610  
Dmstrine@yahoo.com

### HERITAGE EAGLE BEND GOLF CLUB STAFF

- Administrative Office** 720-235-1888
- Gene Blum, General Manager** ext. 121  
GBlum@heritageeaglebend.com
- Jillian Wyatt, Community Manager** ext. 131  
JWyatt@heritageeaglebend.com
- Alison Gulley, Assistant Community Manager** ext. 126  
AGulley@heritageeaglebend.com
- Lori Mitchell, Controller** ext. 124  
LMitchell@heritageeaglebend.com
- Stephanie Balltrip** ext. 125  
SBalltrip@heritageeaglebend.com
- Jen Bruning, Administrative Assistant** ext. 127  
JBruning@heritageeaglebend.com
- Clubhouse** 303-693-7788
- Jason Franke, Director of Golf** ext. 113  
JFranke@heritageeaglebend.com
- Jennifer Stoneking, Dir of Sales & Catering and Clubhouse Services** ext. 122  
JStoneking@heritageeaglebend.com
- John Van Ness, Dir of Food & Beverage** ext. 123  
JVanNess@heritageeaglebend.com
- Tharon Weighill, Executive Chef** ext. 144  
Tweighill@heritageeaglebend.com
- Jeff Lambert, Director of Marketing** ext. 157  
JLambert@heritageeaglebend.com
- Chris Mara, Facility Manager** ext. 146  
CMara@heritageeaglebend.com
- Josh Keim, Welcome Desk Supervisor** ext. 120  
JKeim@heritageeaglebend.com

- Landscape** 720-235-1827
- Hector Rodriguez, Director of Grounds** ext. 154  
HRodriguez@heritageeaglebend.com
- Marty Savage, Director of Agronomy**  
MSavage@heritageeaglebend.com

### HERITAGE EAGLE BEND GOLF CLUB NEWS

is the official publication of Heritage Eagle Bend Master Association, Inc. Published 12 times a year.

**Deadline for submission of articles is the 5th of each month.**

Contact Jillian Wyatt at  
JWyatt@heritageeaglebend.com or 720-235-1831  
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or other copyright holders.

#### CLUBHOUSE

ph 303-693-7788 fax 720-235-1803  
[www.heritageeaglebend.com](http://www.heritageeaglebend.com)

#### GOLF PRO SHOP

ph 303-400-6700 ext 111 and 118

#### WELCOME DESK

[welcomedesk@heritageeaglebend.com](mailto:welcomedesk@heritageeaglebend.com)  
Welcome Desk 303-693-7788  
Ext. 120 and 119

[www.heritageeaglebend.com](http://www.heritageeaglebend.com)

#### UPDATED HOURS

**Welcome Desk Hours**  
Monday – Sunday 7:00am – 8:00pm

**Clubhouse Hours**  
Tuesday – Saturday 7:00am – 9:00pm  
Sunday – Monday 7:00am – 8:00pm

**Administrative Office Hours**  
Monday – Friday 8:00 am – 4:30 pm

#### EAGLE'S NEST HOURS

**Breakfast:**  
Tuesday – Saturday 8:00 am – 11:00 am  
Sunday 8:00 am – 12:00 pm

**Lunch:**  
Tuesday – Saturday 11:00 am – 4:00 pm  
Sunday 12:00 pm – 2:00 pm

**Dinner:**  
Tuesday – Saturday 4:30 pm – 8:00 pm

**Bar:**  
Tuesday – Saturday 8:00 am – 9:00 pm  
Sunday 8:00 am – 4:00 pm

#### MSI

Contact Kristen at  
[KKennedy@msiho.com](mailto:KKennedy@msiho.com) or 720-974-4189  
for Ledgers or Billing info (statements)  
or at [www.msihoa.com](http://www.msihoa.com) to request a status letter  
if you are selling your home.

**IN THIS ISSUE**

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CLUBHOUSE AND STAFF	3
HERITAGE EAGLE BEND GOLF CLUB	4
BOARD ROOM	5
COMMUNITY INFORMATION	9
CLUBS AND GROUPS / SUB-COMMITTEES	11
SPORTS CORNER	18
SERVICE DIRECTORY	21
UPCOMING EVENTS	40

**VISION STATEMENT**  
**HERITAGE EAGLE BEND GOLF CLUB**  
 will be recognized as a premier  
 age-restricted community in Colorado.

**MISSION**  
 Preserve and enhance the value of our community  
 by operating and maintaining  
 our common elements and offering services  
 to standards that support our vision.

Inclusion of any advertisement in this magazine shall not be deemed to be an endorsement of the advertiser by the Master Association.

**UPCOMING MEETINGS**

- .....
- Architectural Advisory Committee**  
Monday, January 19th, at 2:00 pm
  - Facilities & Grounds Committee**  
Thursday, January 8th, at 2:00 pm
  - Financial Advisory Committee**  
Thursday, January 15th, at 2:00 pm
  - Golf Advisory Committee**  
Thursday, January 8th, at 9:00 am
  - Legal & Compliance Committee**  
Monday, January 19th, at 10:00 am
  - Master Board Meeting**  
Thursday, January 22nd, at 2:00 pm
  - Master Board Work Session**  
Wednesday, January 14th, at 2:00 pm

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Please check with Jennifer Stoneking at  
 JStoneking@heritageeaglebend.com  
 or 720-235-1822 for location  
 If you change your meeting time and date, be sure to notify  
 Jillian Wyatt at JWYatt@heritageeaglebend.com

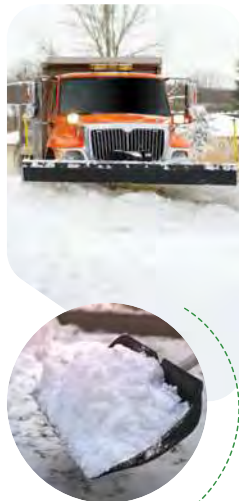
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\*Notices presented in this publication are intended for legal and informational purposes and cannot be used as a platform for particular religious, political or philosophical points of view.

*Management reserves the right to make editorial decisions on content.*



CONTRACT FOR  
 SNOW PUSHING SERVICES  
 NOW AVAILABLE



The 2025-26 Snow Pushing Contract is available by contacting the Welcome Desk at 303-693-7788 or welcomedesk@heritageeaglebend.com, at the Clubhouse, and on the resident side of the website

When paying, please be ready with your credit card or check made payable to Heritage Eagle Bend 720 - 235 - 1827



**President's Message**

*by Rex Gambrell, President of Master Board*

**H**appy New Year. I hope the holidays were enjoyable for everyone.



I would like to thank the entire Heritage Eagle Bend staff for a successful 2025. Financially HEB exceeded its NOI (Net Operating Income) budget. So those funds will be placed into the Working Capital Fund after the 2025 audit is completed sometime in mid-2026.

Now that 2026 is here staff is gearing up alongside of our landscape contractor to get the golf course irrigation, bunkers and tees project started and then subsequently completed by year end assuming the weather cooperates. Work has already started on this project. Irrigation pipe has been delivered throughout several areas on the golf course. Additionally, irrigation heads and associated electronics have also been delivered to HEB. As you know over the past couple of years this project has been discussed in almost every board meeting, in newsletter articles and in the minutes of those past Board meetings. This past December the landscape contractor's crews started fusing main line irrigation pipes on holes #10 and #11. After fusing they began installing those pipes in trenches dug in the native areas. Of course, all of the work so far has been weather permitting. And will continue to be weather permitting throughout the upcoming winter months in 2026.

All in all, this year looks to be an exciting but challenging year with such a major and massive project getting under way.

**SPECIAL RECOGNITION FOR ARLEEN SANDBERG!**



**Board President Rex Gambrell presented Arleen Sandberg with a plaque recognizing her for her years of service on the Master Board.**

**Her contributions to the MBOD and our community will be greatly missed.**

**THANK YOU ARLEEN!**



**General Manager's Message**

*by Gene Blum*

**W**hat an incredible holiday season we enjoyed this December! The clubhouse was alive with joy as we hosted more than 50 banquets and celebrations. It was wonderful to see families return for our Brunch with Santa and to watch how much the kids have grown since last year.



Our annual Resident Holiday Party was another standout moment. One of the most touching highlights came when residents gave our hardworking staff a heartfelt standing ovation - a gesture that truly meant the world to our team.

We wrapped up the season with our signature New Year's Celebration, complete with delicious food, lively dancing, and fantastic live music. Throughout December, we welcomed thousands of guests, and our incredible staff rose to the occasion with the exceptional service that defines HEBGC. I want to personally thank the entire team for their dedication and encourage you to share your appreciation with them when you visit the clubhouse or the Eagle's Nest Restaurant.

The new year is already off to a vibrant start, with our beautiful clubhouse bustling with events. Many of these gatherings come from repeat clients who rebooked after memorable celebrations last year—a true testament to the outstanding experiences we provide. We're delighted to host weddings, banquets, corporate events, and more, and it's been wonderful to meet new clients touring the facility as they plan their special occasions.

We're also excited for the return of our beloved wine experiences, including wine dinners and tastings. Keep an eye on your emails for upcoming announcements - these events are always guest favorites, and we can't wait to share what's planned.

A quick update on restaurant service: Beginning this month, the Eagle's Nest Restaurant will be closed on Mondays and have reduced hours on Sunday. However, the snack window and bar will remain open until 2 p.m. when golf is open.

*I'm truly looking forward to all that 2026 will bring.*

**WISHING EVERYONE  
A HAPPY NEW YEAR -  
AND HERE'S TO ANOTHER YEAR  
OF MEMORABLE MOMENTS AT HEBGC!**



TRADITIONS TALKING BY TRADITIONS EAGLE BEND BOARD MEMBERS

**ANNETTE SAYS -**

Welcome to 2026 - I hope your holidays were wonderful and left you refreshed for a brand-new year. I'm excited about what's ahead as we work together to keep our HEB Traditions Community strong, connected, and full of good energy. Here's to a vibrant and memorable year for all of us!

**FINANCIALS**

The operating results (subject to audit) for October 2025 are complete. The year-to-date net result is an underrun of \$5,366 versus a budgeted shortfall of \$26,978. There have been no major unanticipated expenses so far this year and we feel confident that our operational financials are in good shape. For October 2025 year-to-date reserve net income shows a shortfall of \$368,269 vs budgeted shortfall of \$308,810. Over the last few months, we have paid most of our invoices for both house painting and roof/gutter replacements. We will be on budget for house painting but over budget for roofs/gutters for the full year. We have replaced more roofs than originally expected and will be overrunning that reserve expense for the year.

	Operations			Reserves		
	Actual 2025	Budget 2025	Actual 2024	Actual 2025	Budget 2025	Actual 2024
Total Revenues	\$ 592,518	\$ 593,460	\$ 570,429	\$ 261,115	\$ 263,730	\$ 248,725
Total Expenses	597,883	620,438	630,226	629,384	572,540	382,274
Net Income	\$ (5,366)	\$ (26,978)	\$ (59,797)	\$ (368,269)	\$ (308,810)	\$ (133,549)
Checking Account - US Bank		\$ 94,152	0.00%			
Working Capital Bank Balance and Yield		\$ 20,669	0.53%			
Reserve Fund Bank Balance and Performance		\$ 680,903	2.28%			

**INCOME STATEMENTS  
OCTOBER YEAR TO DATE**

**PROCESS OF SNOW**

We measure in north facing driveways at 3 to 6 locations including the clubhouse parking lot, Heritage Parkway, and at the bottom of East Canyon Place. We average all of the measurements to see if we meet the 3-inch minimum. Depending on the snow depth there will be 8 to 10 shovelers for each of the 3 crews. Call the snow line at 303-343-3063 to learn about plans to push.

**2026 MEETING SCHEDULE**

Mark your calendars for the following Homeowners meetings in the Antero room in 2026.

- JANUARY 12 5:30PM
- APRIL 13 5:30PM
- JULY 13 5:30PM
- SEPTEMBER 21 5:30PM
- OCTOBER 12 Traditions Annual Meeting 5:30pm

Each month the Traditions Board holds a work session meeting on the second Friday of each month (depending on the month, meetings are at 10am or 11am) from January through November. Please contact a board member for more information.

**NEXT MEETING  
JANUARY 12<sup>TH</sup> 2026  
AT 5:30 PM  
IN THE ANTERO ROOM**

**Traditions Hotline  
303.343.4011**

**Village Voice  
by Marie Welch**

**Hotline Number  
303.343.4011**

**HAPPY NEW YEAR FROM YOUR  
VILLAGE EAGLE BEND BOARD OF DIRECTORS!**

Our working session meetings have changed dates this year. We will be meeting on the 4th Wednesday of the month at 4:00 p.m. All residents are invited to attend the working session meetings. The Business Meetings will be held at 5:00 p.m. on the 4th Wednesday in April, July, and October. Please plan to attend these important meetings. All dates are published each month in the newsletter.

Please remember that we are entering our snowiest time of the year. Snow will be pushed at 2" AFTER the snow has stopped! It is important to keep your porch light on during bad weather and remember to NOT put your trash cans near the snow stakes where they can be easily broken when the trash is collected. Also, please do not use any salt-based ice melt. Notify the Hotline of ANY damage within 48 hours of the push or of any water runoff issues pushing rocks into drains, walks, or driveways or down tree limbs due to snow.







**SUMMARY TREASURER'S REPORT • NOVEMBER 2025**

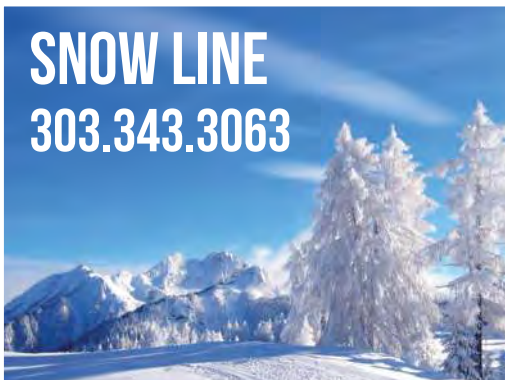
**2025 OPERATIONS INCOME STATEMENT--UNAUDITED  
HERITAGE EAGLE BEND**

	Nov-25	Nov-25			Year to Date		
		2025	2025	2024	2025	2025	2024
		Actual	Budget	Actual	Actual	Budget	Actual
<b>Revenues:</b>							
Cash and Investments	Golf	\$ 124,678	\$ 74,200	\$ 42,107	\$ 2,835,486	\$ 2,673,975	\$ 2,493,487
	Food and beverage	227,125	222,543	203,706	2,321,749	2,418,705	2,282,902
	HOA	296,506	299,440	298,004	3,298,716	3,326,444	3,314,974
	<b>Total revenues</b>	<b>648,310</b>	<b>596,183</b>	<b>543,817</b>	<b>8,455,951</b>	<b>8,419,124</b>	<b>8,091,363</b>
<b>Cost of Sales:</b>							
	Food and beverage	97,126	78,556	71,701	850,652	863,589	801,102
	Golf shop	8,792	11,463	8,669	101,983	101,592	94,742
	<b>Payroll and Benefits</b>	<b>346,027</b>	<b>368,887</b>	<b>368,585</b>	<b>4,057,821</b>	<b>4,196,932</b>	<b>3,850,977</b>
	<b>Other Operating Expenses</b>	<b>250,987</b>	<b>257,720</b>	<b>289,007</b>	<b>3,115,235</b>	<b>3,183,518</b>	<b>3,088,014</b>
	<b>Total Expenses</b>	<b>702,933</b>	<b>716,625</b>	<b>737,963</b>	<b>8,125,691</b>	<b>8,345,631</b>	<b>7,834,834</b>
	<b>Net Operating Income (Loss)</b>	<b>\$ (54,623)</b>	<b>\$ (120,442)</b>	<b>\$ (194,146)</b>	<b>\$ 330,260</b>	<b>\$ 73,494</b>	<b>\$ 256,530</b>

**CASH FLOW AND BALANCES--UNAUDITED**

Heritage Eagle Bend Master Association  
Nov-25

	Operating Fund Unrestricted and Available	Contingency (Restricted)	Litigation Settlement Fund	Capital Improvement Fund	Reserve Fund	Total
Cash and Investments January 1, 2025	1,207,292	834,274	854,722	472,478	4,849,084	8,217,850
Excess(Deficiency) of Revenues Over Expenses	(330,602)	24,911	32,014	303,671	2,532,432	2,562,425
Non-Cash Charges to Income		1,771	1,190	671	17,105	20,737
Change in Working Capital	388,186	-	-	(47,990)	-	340,196
Capital Expenditures					(1,982,918)	(1,982,918)
Repayment of Inter-Fund Loans:						
Principal		48,267	61,519	(166,573)	56,786	(0)
Interest		343	436	(1,182)	403	0
Homeowner Contributed Capital		-	-	102,944		102,944
<b>Net Increase (Decrease) in Cash and Investments</b>	<b>57,584</b>	<b>75,293</b>	<b>95,159</b>	<b>191,541</b>	<b>623,808</b>	<b>1,043,385</b>
Cash and Investments 11/30/2025	1,264,876	909,567	949,880	664,020	5,472,892	9,261,235



**SNOW LINE**  
**303.343.3063**

**PLEASE DRIVE SAFELY!**  
**SPEED LIMIT: 25 MPH**

HELP KEEP OUR COMMUNITY SAFE BY FOLLOWING  
THE POSTED SPEED LIMIT AT ALL TIMES.

WATCH FOR WILDLIFE

DEER AND OTHER WILDLIFE ARE FREQUENTLY SEEN  
THROUGHOUT THE NEIGHBORHOOD.

STAY ALERT, ESPECIALLY DURING EARLY MORNING  
AND EVENING HOURS.

THANK YOU FOR DOING YOUR PART  
TO KEEP OUR COMMUNITY SAFE!



**2026 HOA ASSESSMENT INFORMATION**

As we begin the new year, please take a moment  
to review the 2026 HOA assessment amounts and update your payment  
amounts accordingly.

HEB Master Association (all residences)	\$373.00 monthly
Village Sub-Association (townhomes)	\$315.00 monthly
Traditions Sub-Association (duplexes)	\$237.00 or \$194.00 monthly*

*\*Homes located on E. Kettle Place, S. Buchanan Way, and E. Mineral Place pay individually for their exterior irrigation water, resulting in a \$194/month rate. The remaining Traditions homes pay \$237/month, which includes exterior irrigation water.*

**Payment Reminder:**

Please remember to adjust your payment amount for all 2026 payments with any of the following methods:

- Bill Pay through your personal bank
- Check by Mail: MSI, P.O. Box 173307, Denver, CO 80217-3307
- Online Payments
  - » HEB Master Association <http://heritageeaglebend.frontsteps.com/>
  - » Villages Sub-Association <http://villageeaglebend.frontsteps.com/>
  - » Traditions Sub-Association <http://traditionseaglebend.frontsteps.com/>



## ARE YOU READY TO STEP UP?

### 2026 Master Board of Directors Election – Looking for Candidates!

*Interested Candidates:* The 2026 election for three (3) seats will take place in April. Two terms will be for three (3) years and one term will be for two (2) years. A prospective candidate must own a home in Heritage Eagle Bend Golf Community (and be on the deed) and their HOA account must be/remain current.

Applications will be available at the Administration Building (Not the Clubhouse) or by an email request to Jillian Wyatt, Community Manager, [JWyatt@heritageeaglebend.com](mailto:JWyatt@heritageeaglebend.com)

Candidates may begin submitting their applications, a brief biography (not to exceed 250 words) and a color picture.

*Deadline for submitting applications will be February 20th, 2026.*

Any application received after February 20th, 2026 will not be accepted.

After this date, anyone interested in running would have to be a write-in candidate and will not be in the newsletter, e-blasts, on the ballots etc.

## Traits of Good Board Members

*Do you have what it takes to be a good board member? Chances are you do.*

If you have a mix of some of the following traits and skills, consider running for a seat on the board. We'd love to have you.

**RESPECT.** If you can give others respect and expect it in return, you can help keep board discussions civil, productive and on point. We're looking for people who can lead by consensus, not by command.

**GOOD LISTENING.** People want to be heard. Can you listen to board members and residents with sincere interest? You may have a few ideas of your own, but everyone benefits by sharing and discussing.

**THICK SKIN.** Sometimes, residents—even other board members—can be mean and insulting. Are you good at turning a conversation around and finding out what's really bothering people?

**EGOS ASIDE.** If you can give others credit, the board will operate better as a team.

**AGENDA ASIDE.** Members who come to the board looking to help only themselves are a problem. A board is more productive when members don't have a personal punch list. Are you able to look after the community, not just your own interests? Are you willing to compromise?

**SKILL.** An association is a business. So having board members with accounting, organizational behavior and team building backgrounds can help. Someone with a financial background, for example, might make for a good treasurer.

The ideal board comprises a mix of management styles, professional skills and temperaments. If you know people with some of these traits or relevant skills, ask them if they'd be interested in joining the board. Some people don't think about running for a seat unless asked.

You don't have to know everything when you join, but you should be familiar with the governing documents and the responsibilities of the job. Fellow board members and managers can help you with the transition and train you on board responsibilities, current work, projects and hot issues.

Leaders can come from different places and backgrounds. There's no one mode that fits all. Share your knowledge and passion with the community.

If you're interested in running for the Master Board, please contact Jillian Wyatt at [JWyatt@heritageeaglebend.com](mailto:JWyatt@heritageeaglebend.com)





**CHRISTMAS TREE RECYCLING**

After the holiday season comes to a close, bring your Christmas tree to one of the drop-off sites from Friday, Dec. 26, 2025, through Monday, Jan. 6, 2026, for free recycling.



The tree recycling site locations are:

- Del Mar Park, 12000 E. Sixth Ave. (at Peoria Street in the west parking lot)
- Saddle Rock Golf Course, 21705 E. Arapahoe Road (west of E-470)
- Olympic Park, 15501 E. Yale Ave. (east of Chambers Road)

Please remove all nails, decorations and stands from trees prior to drop-off.

Free mulch is available anytime (while supplies last) at all drop-off locations. Please bring your own truck, bags, shovel and containers.

Call 303.739.7177 for more information.

**WASTE CONNECTIONS INFORMATION**

If you would like to see the new 2026 calendar for Waste Connections please visit their website at <https://www.wasteconnections.com/pickup-schedule/>. There you can enter your address to view and print a schedule. If you need to schedule a large trash pickup service, please call Waste Connections at 303-288-2100.

If you'd like to get on the call list for any change in normal service dates, please call 303-288-2100. Or download the Waste Connections app to receive instant notifications on your phone.

**COMMUNITY SNOW INFORMATION**

*Questions regarding snow pushing?* The all community Snow Line is 303.343.3063. Call this number to get information regarding Traditions, Villages and Single-Family Contracts / Community. This line is updated so you can call it multiple times. Remember that snow pushing does not begin until the snow stops falling before we come and push it.

If you live in a Traditions home, your snow pushing is done by an outside group. Villages also has an outside group. Single-Family Contracted homes, as well as the streets, are handled by HEB. If you have questions regarding Traditions or Villages snow pushing and you have already called the Snow Line above, please do not call the Welcome Desk. Instead, you'll leave a message on the:

**Traditions / Villages Hotline at 303.343.4011.**

If you live in a Single-Family Home and have a Snow Contract and have questions on your service, please call Jen in the Landscaping / Snow office at 720.235.1827.

*Please remember, it is more important than ever to keep your vehicles off the street when it is snowing!*

**HEB SNOW LINE  
303.343.3063**

**SEASONAL DECORATIONS**



Thanks to our residents and staff for the beautiful Holiday Decorations this year. Per the RIGS, please ensure all decorations are removed by January 31, 2026.

Thanks again and best wishes for a wonderful New Year!

**REMINDERS TO HOMEOWNERS REGARDING DRIVEWAY RAMPS & SAFETY CONES**



From the RIGs:

2.26a *Driveway Ramps. Notification is required. It is allowed, with notification to Management, to install a driveway ramp. Any ramp must be professionally manufactured, not assembled lumber or planks.*

*As these ramps can interfere with curb-to-curb street snow pushing, it is preferred that they are removed by November 1st and not re-installed until May 1st. If an owner prefers to leave a ramp in place during snow pushing season, safety cones should be placed on each end when snow is present or expected and removed during clear weather. The property owner is responsible for any damage that occurs due to ramp.*

We are noticing that safety cones are being left out even when the weather is nice, and snow is not expected. Please make sure to bring these cones in when the weather is nice.

If you are, out of town for the majority of winter, we ask that you please bring in the ramps for the winter before you leave. Your cooperation and understanding are much appreciated and helps keep our community looking beautiful and less like a construction zone.



**POOL HOURS: TUESDAY - SATURDAY 7:00 AM - 9:00 PM • SUNDAY & MONDAY 7:00 AM - 8:00 PM**

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
7:00AM-8:00AM							
8:00AM-8:55AM	STU'S AQUACIZE	STU'S AQUACIZE	STU'S AQUACIZE	STU'S AQUACIZE	STU'S AQUACIZE		
8:00AM-8:55AM	DEEP WATER Kathy Thompson		DEEP WATER Kathy Thompson		DEEP WATER Kathy Thompson		
9:00AM-10:00AM	AQUACISE TBA	AQUAFIT Kathy Thompson	AQUACISE Rita Stansberry	AQUAFIT Kathy Thompson	AQUACISE Susan Havel		
10:00AM-10:15AM							
10:15AM-11:30AM	AQUACISE Nancy Zanetti		AQUACISE Joyce Mannix		AQUACISE Susan Hayes		
11:30AM-12:00PM							
12:00PM-12:30PM		WATER		WATER		WATER	
12:30PM-1:00PM		VOLLEYBALL		VOLLEYBALL		VOLLEYBALL	
1:00PM-2:00PM		↓		↓		↓	
2:00PM-3:00PM	KID HOURS	KID HOURS	KID HOURS	KID HOURS		KID HOURS	KID HOURS
3:00PM-4:00PM	↓	↓	↓	↓		↓	↓
4:00PM-5:00PM							
5:00PM-6:00PM				↓			↓
6:00PM-7:00PM							
7:00PM-8:00PM							
8:00PM-9:00PM							

**Preventing Elder Abuse by Bill Weinstein MD**

An elder abuse definition has been adopted by the World Health Organization as “a single, or repeated act, or lack of appropriate action, occurring within any relationship where there is an expectation of trust, which causes harm or distress to an older person.”

The elderly are among society’s most vulnerable people and national statistics reveal elder abuse is present in around 10% in the over-65 population. Older Americans now comprise the fastest growing segment of our population. They may have medical and functional impairments that put them at higher risk of being abused.

Elder abuse is a combination of some of the toughest elements of child abuse and domestic violence. This may include:

- **Physical abuse** when someone causes bodily harm by pushing, hitting or slapping.
- **Emotional abuse**, sometimes called psychological abuse, can include a caregiver saying hurtful words, yelling, threatening, or repeatedly ignoring the older person. Keeping that person from seeing close friends and relatives is another form of emotional abuse.
- **Neglect** occurs when the caregiver does not try to respond to the older person’s needs.
- **Abandonment** is leaving a senior alone without planning for his or her care.
- **Sexual abuse** involves a caregiver forcing an older adult to watch or be part of sexual acts.
- **Financial exploitation** happens when money or belongings are stolen.
- **Healthcare fraud** can be committed by family, friends, doctors, hospital staff, and other healthcare workers.

98% of physicians feel that they have not been educated enough about elder abuse and are frequently unable to identify it. 75% say that they couldn’t put in a report unless they had conclusive evidence of elder abuse. Most reports are submitted by social workers since physicians wait until there is something conclusive.

There is a whole list of red flags, from subtle signs of neglect, soiled clothing and poor nail care, to bruising patterns that could signify physical abuse. Elders may not feel safe, someone may be hurting them, nobody prepares their meals or meets their needs, or someone has taken things that belong to them.

Most physical wounds heal in time. But, any type of mistreatment can leave the abused person feeling fearful and depressed. Sometimes, the victim thinks the abuse is his or her fault. Protective services agencies can suggest support groups and counseling that can help the abused person heal the emotional wounds.

We should make a report and let law enforcement and Adult Protective Services (APS) determine if there is mistreatment going on. We all face the challenge of ageism where we ignore those elderly residents who we fail to see as regularly as before. We assume that they have moved, passed away or simple do not want to participate in community activities. This lack of curiosity for the well being of our neighbors is pervasive and is a reason why we don’t do a better job of identifying elder abuse. Elder abuse will not stop on its own. Someone else needs to step in and help.





## Aquacise

**Monday, Wednesday, Friday • 10:15 am - 11:15 am**

A vigorous but fun class that uses weights to exercise and strengthens your core, joints and muscles. Weights are provided at the pool. Class is held in the outdoor pool after Memorial Day. Call Linda Rydberg with questions 303-770-6939

**Monday - Friday • 7:30 am**

The early bird gets the pool. Join us for an early morning class Monday-Friday At 7:30 AM – 9:00 AM. Class includes full-body stretches followed by low-impact body exercise conditioning and cardio movement. Free swimmers are welcome in the adjacent lanes. HEB resident Stu Joyce leads sessions.

**Monday, Wednesday and Friday • 9:00 am - 10:00 am**

Come join the fun and get a full body aerobic workout at the same time, including new noodle exercises! Our three leaders - Barb Osborn, Susan Havel & Rita Stansberry welcome you! For more info on class or our monthly breakfast contact Rita @ 720-220-4688

## Aquafit

**Tuesday and Thursday 9:00 am - 10:00 am** led by Kathy Thompson

This class spends 20-30 minutes of aerobic activity and 20 minutes of body toning. The last 10 minutes are dedicated to cool down, while allowing you to move at your own pace. Kathy Thompson, a AEA Certified Water Fitness Instructor provides music to the classes, as well as mixing up the workouts.

**Art - HEBGC** For anyone interested in creative arts, please contact Sheryl Hutchings, 303-204-4682 or sahutch@me.com

**Beginning Line Dance NEW TIME! Wednesdays, 11:30am - 12:30pm**

All levels welcome! \$6 per class. First visit FREE.

Contact Jenny Moss at jjenmoss@comcast.net

**Bible Study 1st and 3rd Tuesdays, 6:00pm - 7:30pm**

The Eagle Bend Bible Study meets the first and third Tuesdays of each month from 6:00pm to 7:30pm at the Clubhouse. Topics include books of the Bible and themed studies of Bible person, places, and history.

For more information, please call Jim Baller (303-994-0877), Claudie Read (303-883-8623), or Mary DeHay (303-726-8648).

**Bridge - Duplicate Wednesdays, 5:30 pm**

Meet in the Clubhouse. Contact John Posluszny Cell: 720-454-3969 jpoz4842@msn.com

**Bridge - Ladies' Monday, 12:30 pm to 3:30 pm**

\$1 for prizes. Please call first. We have five tables of regular players and always need substitute. Alice Smith, 303-400-0615 or Carol Larsen, 303-519-5671

**Bridge - Relax and Laugh Tuesday, 8:45 am to 11:00 am - No fees**

This non-competitive bridge group is for those who want to get back to a really fun, thinking game. We meet each week in our Clubhouse.

For information call Linda Rodewald, 303-840-1952 or Julie Berg, 858-216-5302

**Bridge - Partners Thursday, 8:45 am - noon** This club meets each week at the Clubhouse. Each person pays \$1 for that day's prizes. For more information, call Alice Edwards, 720-299-3803 or Cheryl McMann, 303-881-7203.

**Bocce** Check the weekly E-Blast for current information on leagues and events. Leagues run from May – October with a Spring and Fall Session. There are leagues for singles, pairs, men, women, and mixed. All skill levels welcome.

For more information, please contact Sharon Armstrong at 303-947-3222 or sharonarmstrong82@comcast.net

**Car Club 2nd Saturday, 9 am at the Clubhouse**

Informal meeting of guys and girls who enjoy seeing and discussing the cars. Organizers of the HEBGC Summer Car Show. No dues. No rules. Just Fun. For more information contact Gary Mabie, gimabie@hotmail.com, 832-603-9429

**Cardio Rock Tuesdays and Thursdays, 10:00 - 10:45 am, Antero Room**

In this class you will rock, pony, samba, and boogie to great music for an energizing 45 minutes! Uncomplicated footwork and simple choreography will encourage everyone to move to the music at your own level. \$6 drop in. Contact Jenny for more info at jjenmoss@comcast.net.

**Canasta-Hand and Foot**

**1st and 3rd Thursday every month 1:00 – 4:00 pm**

**1:00pm - 4:00pm at the HEB Clubhouse.** Easy card game to learn, drop ins welcome. For more info contact Melissa Bryson 303-952-9249

**Church - Eagle Bend Community**

**Every Sunday at the Clubhouse, 10:00 am** Call Bruce Minor, Pastor, 303-504-3531

**Crazy Quilters 3rd Saturday, 10:00 am - 3:00 pm**

We always welcome new residents. We will be meeting on the 3rd Saturday of each month from 10:00 am to 3:00 pm in the HEBGC Clubhouse Craft Room. Vickie Pervich: 303-771-6342 • vickiepervich@gmail.com

**Cribbage Club Every Tuesday Afternoon 2:30 - 5:00 pm**

Both Tournament cribbage and Social cribbage each Tuesday. \$5 entry fee for prizes for Tournament cribbage. Signup is required. New players are always welcome. For more information, contact Larry Place at 303-617-5419 or lj\_place@msn.com

## Deep Water

**Monday, Wednesday, Friday 8:00 am**

Full-body, zero-impact, aerobics/strengthening workout. Classes take place in the deep end of the indoor pool. Taught by Kathy Thompson, AEA Certified Water Fitness Instructor.

## Garden Club

**3rd Monday, 10 am at the HEBGC Clubhouse**

Enjoy gardening in Colorado! Informative, stimulating agenda to benefit members and our HEB community - special guest speakers, unique tours, lively projects, worthwhile fundraisers. Come join us and experience the social fun in gardening! Maryellen Comeau, 630.890.9100



**Genealogy Club 2nd Monday of the month (except June, July & August), 10 a.m. to Noon at the HEB Clubhouse**

The Genealogy Club offers residents an opportunity to further their understanding of genealogy and family history research through education, mentoring, discussion, and preservation. There are no dues but if there is an outside speaker, a speaker fee will be charged at the door. If you have any questions, please contact us at [hebgenealogyclub@gmail.com](mailto:hebgenealogyclub@gmail.com)

**Mah Jongg Fridays, 12 noon to 3 pm at the Clubhouse**

If you need help, please contact Peggy Calhoun at 303-746-8190

**Pickleball Club (check the HEBGC website under Pickleball)**

Please join us for one of the fastest growing sports in the country. All skill levels from Level 2 to Level 3.5. See our website for current play times, weather permitting year-round. For more information, contact Brent Norgaard at [norgaardbrent@gmail.com](mailto:norgaardbrent@gmail.com)

**Parkinson's Support Group**

**3rd Thursday of each month at 11:00 am, in the HEB Clubhouse.**

Please pass the word that this group is for anyone with Parkinsons, any and all care partners and support friends and family. Our goal is to reach out to the community to help all of the above to better understand and support our Parkinsons community. For more information contact Larry and Mary Lou Cotter - 303-680-8344 [ldcotter@comcast.net](mailto:ldcotter@comcast.net)

**Pinochle Club 2nd and 4th Wednesday, 12:00 pm - 4:00 pm**

Contact Barbara Pedersen, phone 303-690-3451 for more information

**Singles 2nd Thursday, 4:30 pm**

The Singles group has a calendar full of fun group activities and outings. We occasionally have speakers at our meetings and host a Spring and Fall Luncheon that includes entertainment. All HEBGC residents are welcome. Please contact Joani Cravens at [jolycravens@gmail.com](mailto:jolycravens@gmail.com) or 720-837-4036

**Strength Training Tuesdays and Thursdays 4:30pm to 5:30pm and/or Wednesdays 6:15am and Saturdays 7am.** New Directions Personal Training offers group strength training classes at HEB, in the fitness area. Please call or email Stacy Montgomery at 303-898-5945 or [stacy@newdirectionsp.com](mailto:stacy@newdirectionsp.com) for more information. Reaching out to Stacy is encouraged, if you would like to check out the class one day, to avoid any last-minute changes.

**Tennis Club**

**Men - Drop in doubles for all levels Tuesday & Saturday mornings.**

**Women - drop in doubles for all levels Mondays 9-11 am.** Call for current times as they change by the seasons. See emails and gazebo bulletin board for mixers & interclub play. Contact David Peck at 913-579-3218 or Karen Wadleigh at 719-233-9325 for more info.

**Wanderlust HEB Travel Club**

The first meeting of the New Year will be January 29, 2026 @ 5:15 pm in the Humboldt Room. Please join us to dine together and continue the travel conversations in the Shavano immediately following the meeting. We will hear from Jerry and Deb Petris about their 5 week trip to Spain this past fall and from Greg Duggan about their December trip to Panama and the upcoming Switzerland by Rail Adventure. Thank you to Don and Cathy Roberts (National Parks) and John Krueger and Joan Daley (Rhine River Cruise) for the November presentations. Please RSVP so we can set up the room and let the restaurant know numbers. Patti Turner, Facilitator, 303-349-1178, [HardarsonTurner@gmail.com](mailto:HardarsonTurner@gmail.com)

**Water Volleyball Tuesday, Thursday and Saturday Noon - 2:00pm**

If you're interested in having fun and getting a good workout, then please join us at Water Volleyball. No swimming is required and we welcome all skill levels. For more information, please contact

Larry Greenberg, [larryhardwk@yahoo.com](mailto:larryhardwk@yahoo.com), (303) 594-5466

Karen Nerger, [klnerger@gmail.com](mailto:klnerger@gmail.com), (303) 229-2277

Tom Cooper, [tomcoop417@gmail.com](mailto:tomcoop417@gmail.com), (714) 401-6426

**Watercolor and Beyond**

**Monday 1:00 pm - 4:00 pm**

For all those interested in painting in watercolor and exploring other media, meets every Monday. For more information, please contact Sheryl Hutchings, 303-204-4682 or [sahutch@me.com](mailto:sahutch@me.com)



### CAL News!! by Cindy Born-Mylo

Happy New Year everyone!!! CAL is starting off 2026 with our kickoff on January 6 at 10:00 a.m. when you can hear the facilitators describe their courses and then, at 11:00 a.m. registration begins!



This Winter/Spring Term we have 18 classes for you to learn from. Everything from art to Colorado history to games. Visit [calheb.org](http://calheb.org) and click on the tab **2026 Winter/Spring Courses** for a list of dates and times. Scroll down to see all the course descriptions.

#### REGISTRATION TIPS:

Click on the 2026 *Registration Instructions* on our website for how to register, but here are a few tips:

- Only after registration opens can you register for classes or make changes to your account.
- Registration opens at 11 a.m.
- You will need your **PASSWORD** to register as well as a credit card.
- If you need to change your credit card, you can only change it after registration opens.
- The quickest and easiest way to register is to login on your own device at home.
- The help desk will open right at 11.
- You will need your **PASSWORD** at the help desk.
- There will be a second help desk open on January 8 at 2 p.m. at the Clubhouse. You will need your password.

#### CAL COURSE NEWS

CAL is looking for an AI or Computer person who would like to teach a technology course. If you would like to help out HEB by teaching a class in these areas, please contact Francie at [curriculumcal@calforheb.com](mailto:curriculumcal@calforheb.com). She would love to hear from you.

#### WEBSITE NEWS

You can find what's happening at CAL on our website. You can find out about the CAL courses for this term, instructions on registering, as well as what PopUps are being offered. Check out our calendar page for more information.

#### POPU CORNER

Darrah has three PopUp classes for you this month –  
*Calligraphy* on Jan 14, at 1 p.m.  
*Curling* on Jan 26 at 2:00 p.m.  
*Learning about Dementia* on Jan 30 at 10 a.m.



**MORE INFORMATION IS ON CAL'S WEBSITE AT CALHEB.ORG.**

**RSVP TO [POPUPS@CALFORHEB.COM](mailto:POPUPS@CALFORHEB.COM).  
YOU CAN ALSO RSVP RIGHT FROM THE WEBSITE.  
JUST CLICK THE RSVP FOR A POPUP CLASS BUTTON.**

### PASSPORT FOR THE ARTS

Please see listed below some dates and times for upcoming shows.

#### 2026 Dates

Water for Elephants • February 22nd - 1:00 pm  
\$91.53 Money Due by January 6th

The Music Man • March 1st - 1:00 pm  
\$81.36 Money Due by January 20th

Phantom Of the Opera • March 29th - 1:00 pm  
\$107.35 Money Due by February 10th

Hell's Kitchen • April 26th - 1:00 pm  
\$101.70 Money Due by March 1st

Hadestown • May 10th - 1:00 pm  
\$101.70 Money Due by April 1st

MJ • May 17th - 1:00 pm  
\$145.77 Money Due by April 5th

Harry Potter and the Cursed Child • June 14th  
\$157.07 Money Due by May 1st

The Sound of Music • August 2nd - 1:00 pm  
\$101.70 Money Due by June 15th

Beetlejuice • August 9th - 1:00 pm  
\$101.70 Money Due by June 22nd

Monty Pythons Spamalot • August 23rd - 1:00 pm  
\$91.53 Money Due by July 1st

The Outsiders • September 27th - 1:00 pm  
\$107.35 Money Due by August 10th

Please let me know if you have any questions.

Please sign up at the Welcome Desk and bring your check at that time made out to DCPA.

Thank you,  
Donna Musciano  
[Donna.Musciano@gmail.com](mailto:Donna.Musciano@gmail.com)  
303.570.4287



**HEBGC Genealogy Club News!!**  
by *Cindy Born-Mylo*

**H**appy New Year from the Genealogy Club!! We hope you had a great holiday season and hopefully you were able to pass on a few family stories to the younger generations.



We are celebrating the birth of our nation this year. Watch the newsletter and eblasts for our presentations.

However, for our January 12, 2026 meeting at 10:00 a.m. at the Clubhouse we are going to focus on a new genealogy tool – Artificial Intelligence or AI. The Genealogy world is using this new tool in everything from finding DNA and record matches in online databases to transcribing and translating documents. Our January presentation will have Mark Ribideau explaining AI and telling us how we can use this new tool in our research.

Mark has presented to our club several times before. He is a seasoned professional genealogist with over three decades of hands-on experience, specializing in complex European and New World research problems. His work is characterized by a rigorous, source-driven methodology and a pioneering approach to incorporating modern technology into historical research.

*This presentation will be available in-person or via Zoom. Cost is \$10.*

**SAVE THE DATE**

Our February 8 meeting will be a presentation on the history of the U.S. military and what records are available. More details to follow.

*If there are any questions, please contact us at [hebgenealogyclub@gmail.com](mailto:hebgenealogyclub@gmail.com). The Genealogy Club is open to all HEB residents and meets the 2nd Monday of every month at 10:00 a.m. until noon at the HEB Clubhouse.*

**HEB Garden Club by Karon Sorensen**



**A**s we begin a new year, we want to thank our club President Maryellen for her many continued years of service.

Stepping down, Cindy Brewer, our treasurer, will now be serving as membership chair. She has served many years collecting our money, and we appreciate her service. Replacing her is Lynn Nelson.

We will continue to have Sandra Maxwell as our secretary taking our notes, and Paula Peterson handling hospitality. I, Karon Sorensen, will continue to be second chair.

We are looking forward to 2026 for a year of wonderful new programs, thanks to Liz Folk, our new program chair, and we thank Kate McTigue for her past years as program chair.

Our year ended with our annual enjoyable luncheon held at our Clubhouse, where 30 members attended.

Photos are of a couple of arrangements made at our meeting to adorn our holiday tables at home.

*For questions, please contact Maryellen Comeau, [marycomeau@aol.com](mailto:marycomeau@aol.com)*



**Billiard's Club News by Marty Patten**

**HAPPY NEW YEAR AND WELCOME TO 2026!!!**

**H**opefully your New Year's resolutions included playing more pool, so why not come join us in playing pool on Monday and Thursday afternoons in the HEB Billiards room. Billiards Club members play pool every week, so come on over!! We would really like to expand our membership and start having various competitions again. Please join us to play, regardless of your skill level. All are welcome!

The regularly scheduled dates and times set for open men's play, for billiards club members, are currently Monday and Thursday afternoons from 1 to 5 pm. We can have 8 or more players at a time in the Billiards Room, so we can have members playing on both pool tables, with 4 at a time playing on each table. We can also schedule additional days and times or even

evening times if there is enough interest. If we can get more participation and enough interest, we would again like to host pool tournaments and playoffs.

If you would like to join the Billiards Club, dues are \$10/year, but are suspended for all members until we resume full normal operations in 2026. Women are also encouraged to join and in the past there has been a regularly scheduled women's pool playing session on Tuesday afternoons from 2 to 5 pm. It is also possible to set up times for couples play, again if interested.

*If you want to join the Billiards Club, or if you have any questions, please contact Marty Patten @ (303) 690-5971. Your feedback on when to schedule reserved times for play is appreciated.*

## Eagle Book Club

Meets the third Thursday of the month at 7 pm  
in the HEBGC Clubhouse.  
Mary Ann Tarr - 720-318-7706

January 15, 2026 James  
by Percival Everett  
Fiction

The novel is the retelling of  
The Adventures of Huckleberry  
Finn from the perspective of  
Jim and his relationship with  
Huck Finn.



February 19, 2026 Violeta  
by Isabel Wilkerson  
Non-Fiction

The epic story of Violeta del Valle, a woman whose life  
spans 100 years and bears witness to the greatest upheavals  
of the 20th century, including the Spanish flu and the Great  
Depression.

March 19, 2026 Heaven and Earth Grocery Store  
by James McBride Mystery

A murder mystery of workers in Pottstown, Pennsylvania dig  
up a skeleton while digging for a well. The community of  
Jewish Immigrants, African Americans, and Christians bond  
together to solve the crime.

April 16, 2026 Listen for the Lie  
by Amy Tintera Mystery

When a crime podcast about the death of her best friend  
brings Lucy back home, she is forced to confront her memories  
to clear her name. This is a gripping whodunnit story.

May 21, 2026 The Lion Women of Tehran  
by Marjan Kamali Historical Fiction

Set in the backdrop of revolutionary Tehran, Iran, is a  
mesmerizing tale of love and courage, and a sweeping  
exploration of how profoundly we are shaped by those we  
meet when we are young.

June 18, 2026 Something of Value  
by Robert Ruark Historical Fiction

The novel, published in 1955, is set against the backdrop of  
the Mau insurrection in Kenya during the 1950 era. It follows  
the intertwined lives of two characters whose friendship is  
tested as the political and social tensions of the time escalate  
into violence and conflict.

July 16, 2026 The Last Palace  
by Norman Eisen Non-fiction

The sweeping narrative about the last hundred years of  
turbulent European history, as seen through the lives of four  
remarkable people whose residence was the US Ambassador's  
in Prague.

## “DINNER-FOR-SIX”

REGISTRATION CLOSING JANUARY 15, 2026

Looking for new activities for the new year? Give some  
thought to enrolling in our community-wide DINNER-  
FOR-SIX group. This is a chance to meet other residents  
in the comfort of our own homes. This will be the Winter/  
Spring session and it's a great opportunity for many of our  
new residents to jump in to meet new neighbors. This  
activity is open to the entire community. WE WELCOME  
ALL SINGLES!!

Here's how it works:

- Winter/Spring session: **February through May 2026**
- Summer/Fall session: **July through October 2025**

This will allow four months for scheduling **three** dinner  
parties. Groups will be assigned in January 2026. There are  
*two options* for enrollment:

1. Be assigned to a **regular** group of six; or
2. Enroll as a **substitute** to be called on when  
there's a vacancy.

Each group of six will schedule three dinner parties, with  
**one couple or grouping of singles** hosting **ONE** dinner.  
These are **NOT** meant to be gourmet, *all-day-in-the-kitchen*  
dinners. Easy menus, cookouts or even take-out are all  
acceptable. The others will fill in with appetizer, salad or  
dessert – whatever the host requests. The focus is on new  
relationships, not stressful entertaining.

If you would like to participate in the Winter/Spring  
schedule, please send an e-mail to: [Junegoddardcolorado@gmail.com](mailto:Junegoddardcolorado@gmail.com). Please include your name, address, cell phone, email address, district number, and whether you are enrolling to be part of a group or enrolling as a substitute.

**Sign up NO LATER THAN January 15, 2026.**

**Please note:** All **CURRENT** participants need to *re-enroll*  
in this revamped group. Please e-mail me with all required  
information. THANKS.





### The Chavurah

The HEBGC Chavurah invites you to join our Circle of Friends, a Jewish-oriented social group here at HEBGC. The word Chavurah is a Hebrew word which means "circle of friends." We welcome anyone interested in participating in traditional and social Jewish activities.

Some of the planned activities are a Chanukah Party, Passover Seder, attend plays, a summer BBQ, and other events which please our members. We also lend support to our members during times when they need care, help, and comfort through difficult times. Currently we meet monthly.

*For further information, please contact:*  
*Jerry Lassow 720-379-7429 Chairperson*  
*Donna Musciano Vice Chairperson 303-663-7472*  
*Natalie Lassow Secretary 720-379-7429*  
*Stan Sachs Treasurer 661-717-6558*



**2025 TEXAS HOLD'EM**  
 January 7 & 21  
 Time is 6 pm – 9 pm • BUY IN \$20

Come a few minutes early to set up.  
 To Rebuy, you must be out of chips.  
 Please come on time, you get an extra chip  
 and be able to play.  
 Rebuy's until the Break, Around 7:30.

Looking forward to enjoying the evening.  
 Any questions, you can email or call.  
 Phyllis Matthews • 303-941-2074  
 phyllismatthews3@comcast.net

### Fun and Friendship in Beautiful Fall Weather with EB Singles *by Joani Cravens*

Singles spent time at St. Nick's Christmas Shop with lunch afterwards at Alfonso's on Santa Fe. The weather was wonderful, and we came home with delightful holiday gifts. The Singles Christmas dinner is coming up along with Crafts, Color and Chat and Bunco Buddies. Then we'll have time for friends and families during the holidays while we wait for the arrival of 2026 and introduction of new activities.

EB Singles is open to all HEB residents regardless of marital status. Check the EB Singles binder at the HEB Welcome Desk for the latest activities.

*Contact Joani Cravens at jolycravens@gmail.com for more information on EB Singles.*



### VETERAN'S COFFEE

MEETS THE THIRD FRIDAY  
 EACH MONTH AT 9 AM  
 HUMBOLDT ROOM



## Painters Celebrate the Season with Artistic Flare *by Sheryl Hutchings*

As the sun set on 2025 and dawned on a new year, HEB's Watercolor and Beyond artists were busy styling beautiful creations with an emphasis on something new. Some experimented with new techniques; some tackled new styles; some chose unusual subject matter; some attempted a new and different perspective on the ordinary. Whatever fresh beginning each painter chose to embrace, all who submitted paintings approached their work with renewed resolve and an ongoing love of beauty.

- A New Dawn *acrylic on canvas by Sharon Gregory*
- Old Blue Door *watercolor by Karon Sorensen*
- Bear and Fish *watercolor by Sue Ficca*
- Bright and Bold World *watercolor by Roxanne O'Rourke*
- Casting Shadows *watercolor by Elaine Tsumura*
- Hiking Moab *mixed media by Cindy Tinkham-Shepherd*
- Message from Ranch Canary *collage and acrylic by ?*
- Sunburst *mixed media by Sheryl Hutchings*
- Window Reflection *oil by Christina Davis*
- Old Lake Dillon *acrylic by Rosemary Melnick*



A New Dawn



Old Blue Door



Hiking Moab



Casting Shadows



Bright and Bold World



Bear and Fish



Sunburst



Window Reflection



Message from Ranch Canary



Old Lake Dillon

*If you are new to HEB and have questions about the HEB Art Club, please contact Sheryl Hutchings at [sabutch@me.com](mailto:sabutch@me.com), and she will send you a general information document that explains everything you might want to know.*

### Bible Study

Come join a community of Christian believers who want to learn more about the Bible and Biblical topics in an atmosphere of friendship. Our next meeting will be Tuesday, September 16th from 6:00 to 7:30 PM at the Heritage Eagle Bend Clubhouse. We will discuss the life of the Apostle Paul. The Apostle Paul was an arch-enemy of Christianity, who amazingly became the greatest Christian missionary of all times. He authored more books of the Bible than anyone else and is called the "Apostle to the Gentiles."

For more information, please call Jim Baller (303-994-0877), Claudia Read (303-883-8623), or Mary DeHay (303-726-8648)





**JOIN THE  
BLACK HAWK TRIPS!**



**FUN, FRIENDSHIP, AND ADVENTURE AWAIT**

Monthly trips to this historic old town promise great memories and enjoyment. Although the 2026 trip schedule is not yet available (as of press time), the January date will be announced in the weekly eblast as soon as it is available.

*To Join the Fun:*

Registration fee is \$30 per person, to be paid at least 7 days prior to the trip. Special pricing is available for clubs and groups of 4 or more who are new to our Black Hawk trips. So don't miss out on this great opportunity to save while experiencing all the fun!

To reserve your spot, contact Syble Revard by email to [syblejane2@gmail.com](mailto:syblejane2@gmail.com) or phone or text 303-917-4095.

**WE LOOK FORWARD TO SEEING YOU  
ON OUR NEXT ADVENTURE TO BLACK HAWK.**



**Car Club**

2nd Saturday, 9am at the Clubhouse

2026 New Time:

Please note the new time of **10AM** for 2026. *We will not have a meeting in January or February but will restart the 2026 Car Club meetings at 10AM on March 14.*

Informal meeting of guys and girls who enjoy seeing and discussing cars. No dues, no rules, just fun.

For more information, contact Gary Mabie at "[gjmabie@hotmail.com](mailto:gjmabie@hotmail.com)" or call him at 832-603-9429.



John Kofel's 2007 Chevrolet Corvette

**HEB Music Club**



Regular monthly meetings will be held at the HEB Clubhouse on the second Wednesday of each month.

Our first meeting of 2026 will be held January 14 at 6:30 PM in the Pikes Peak and Windom rooms.

Our presentation that evening will be a talk by Carl Anderson: "What is it like playing with a Symphony Orchestra? My adventures with conductors and players."

**MARK YOUR CALENDAR:**

**Hootenanny!**

*Music Club invites you to join our community sing-along to folk and pop music...*

**January 22, 2026 • 6:30-8:30 PM**  
*Antero Ballroom*

Tickets \$10, available Jan 6 at the front desk at the Clubhouse. *All proceeds will go to benefit the Parker Task Force...*

*The Parker Task Force for Human Services is dedicated to providing individuals and families in our community with food, limited financial assistance and other support services to help them become self-sufficient.*

**NEXT AARP  
DRIVER SAFETY CLASS  
JANUARY 10th  
FROM 8:45AM TO 1:00PM**



This course is founded on research-based adult safe driving strategies that will help keep you and others safe on the road. You will refresh your driving skills and your knowledge of the rules—and hazards—of the road, reduce your chances of receiving a traffic violation or getting into an accident, and understand the effects of medication on driving. To keep one's driver safety discount on your auto insurance policy, this class must be taken every three years. Cost: \$20 for AARP members or \$25 otherwise; make checks payable to AARP.

**Call the Welcome Desk to Register  
Please pay by check or money order  
made out to AARP**

**Website: [www.aarpdriversafety.org](http://www.aarpdriversafety.org)  
United Healthcare no longer applies.**

## PICKLEBALL

WE'RE TURNING THE CORNER INTO A BRAND-NEW YEAR, AND YOUR LEADERSHIP TEAM IS EXCITED TO ROLL OUT A FUN, FRESH, AND COMMUNITY-FOCUSED 2026 SEASON OF PICKLEBALL!

### Season Kick-Off – Coming in March

We'll be hosting an Open House this March to welcome all HEB residents. If Pickleball is new to you—or you just want to learn more—this is your chance! Dates and times TBD



### Training – 2026 Pickleball Training Overview

We're launching the Pickleball Training Academy, designed to elevate every player's skills and confidence. Our goals include:

- Providing more structured skills & drills training
- Building camaraderie, confidence and a sense of belonging for all players.
- Teaching the how, why, where, and when behind skills and strategies
- Offering 4-session Boot Camps for new players
- Hosting monthly 6-court drill sessions
- Running targeted Skill Clinics for Levels 2.5 and up
- Giving players the opportunity to video record and review their play
- Offering instruction on the ball machine and other training aids

### Tournaments

#### Get ready for two great competitions in 2026!

- May: All-Levels Round Robin Tournament
  - September: Tournament of Champions
- Final formats and dates will be announced in early spring.

### Leagues

#### Gear up for some NEW level league play in 2026!

- Ladder league format with 4-player round robins each week by level. Top scorers move up a court, low scorers move down a court within same level. 6-week sessions of fun and friendly competition.

### Social Events

We extend our heartfelt thanks to **Nikki Rainbolt**, as our Social Events Coordinator, for her creative and inspiring designs for our 2025. Please join us in welcoming **Gerri Rudig**, our new Social Coordinator! Gerri is already crafting a fresh lineup of off-court entertainment and is looking for members interested in helping plan this year's events. If you love bringing people together, she'd love to have you on her team.

### Court Reserve Updates

We're also making a few improvements to Court Reserve to simplify registration and dues payments. More details will be shared as we get closer to rollout.

### Always Improving

We're continually reviewing programs and guidelines to keep our club running smoothly, and we always welcome your ideas. **Your enthusiasm helps shape a community built on friendship, fitness, and the joy of Pickleball!** –Your Leadership Team

### Ladies 9 Hole by Karen Watson

#### HELLO 2026!!

*Cheers to a new year  
and another chance for us to get it right.*

*Remember:*

**“Snowball Social”  
January 15, 2026  
3-5 PM  
Liz Folk's home**

Your personal invitation will be sent by email. Every member is welcome. There will be laughter, time to catch up with golf buddies, delicious food, and a variety of libations. Hope to see you there.

The leadership team continues to meet and plan for the upcoming 2026 season. You can sign up at “HEB Back to Golf” night in early March. If you're a new resident looking to play in a league in 2026, a new golfer looking to join a league, or can't commit to 18 holes then we are the league for you. We play Thursday mornings beginning around 7:30-8:00 AM. Play is finished in approximately 2 hours allowing members time to have breakfast with teammates.

**HOPE TO SEE YOU AT  
“HEB BACK TO GOLF” NIGHT.**



**Tennis Club**  
by David Peck

I hope everyone had a great Christmas and New Year celebration. 2026 has arrived and we plan to make the most of it! The HEB tennis club played a lot in November and hopefully will also in December and January. We are excited to start another year and hope to continue our growth from the last 2 years. We have raised our annual dues to \$20 to help cover our cost. The ball machine has been renovated and is working well again. Much thanks goes to Bob Bretall and George Garcia for working on this machine.



This month our feature member is Chuck Svatos. Chuck started playing with the HEB tennis club in March 2025 and is a long-time tennis player. Chuck has lived in HEB for about 5 years now. He started playing tennis as a child and strung tennis racquets at the Colorado Racquet club. Chuck played a lot of tennis in college and league play at the Colorado Athletic Club. Chuck has been a lifelong resident of Colorado and graduated from Metro State University. In addition to tennis Chuck sails a 24-foot Catalina sailboat at Cherry Creek reservoir. As he says it involves "going nowhere slowly at great expense". He retired from United Airlines ramp service in 2020 and currently has a watch battery replacement service for retirement and assisted living facilities. Needless to say, Chuck is a very interesting guy, and we are so glad he joined our club. Chuck has brought all of our tennis levels up.

TIMES	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8:00 AM		WOMEN'S DOUBLES	INTERMEDIATE/ADVANCED DOUBLES	WOMEN'S DOUBLES	ROUND ROBIN COMPETITIVE DOUBLES		INTERMEDIATE/ADVANCED DOUBLES
9:00 AM		WOMEN'S DOUBLES	INTERMEDIATE/ADVANCED DOUBLES	WOMEN'S DOUBLES	ROUND ROBIN COMPETITIVE DOUBLES		INTERMEDIATE/ADVANCED DOUBLES
10:00 AM		WOMEN'S DOUBLES	INTERMEDIATE/ADVANCED DOUBLES	WOMEN'S DOUBLES	ROUND ROBIN COMPETITIVE DOUBLES		INTERMEDIATE/ADVANCED DOUBLES
11:00 AM		WOMEN'S DOUBLES	INTERMEDIATE/ADVANCED DOUBLES	WOMEN'S DOUBLES	ROUND ROBIN COMPETITIVE DOUBLES		INTERMEDIATE/ADVANCED DOUBLES
NOON		WOMEN'S DOUBLES	INTERMEDIATE/ADVANCED DOUBLES	WOMEN'S DOUBLES	ROUND ROBIN COMPETITIVE DOUBLES		INTERMEDIATE/ADVANCED DOUBLES
6:00 PM				MIXED DOUBLES			
7:00 PM				MIXED DOUBLES			
8:00 PM				MIXED DOUBLES			
9:00 PM				MIXED DOUBLES			

Start times are subject to change per the season.  
The tennis ball machine on court #2 can be reserved during non-scheduled times. Contact David Peck for the combinations.  
All other times are available for tennis reservations.

Please contact me if you have any questions about the tennis program here at HEB.

**Golf Shop Corner** by Jason Franke, PGA Director of Golf

I hope you all enjoyed the holiday season and are getting excited for the new golf season! Planning is already underway for a great 2026 and we hope to have some great Winter weather so we can get out on the course soon.

2026 Annual Passes and Rounds Packages will be on sale in the Golf Shop in early January! Visit our website or call the Golf Shop to see what options are best to satisfy your golf itch for the year!

Reminder...if you plan on using a private cart on the golf course, you need to provide us proof of insurance and we'll

get you a 2026 sticker to display on your cart. Thank you for your attention to this!

We will be selling our HEB Ace Card again this year in February! Please keep an eye out for more information regarding this spectacular offer that sells out quickly every year!

Thank you all for your support of the Heritage Eagle Bend Golf Operations. If you need anything or have questions or concerns, please contact Jason Franke at (303) 400-6700 or [jfranke@heritageeaglebend.com](mailto:jfranke@heritageeaglebend.com).

## Chair Yoga by Sylvia Schuller

Our sit and stand yoga class meets in the HEB clubhouse every Monday and Wednesday from 10:00-11:00 a.m. This low impact one-hour class is great for balance and joints. It's enjoyable to exercise with HEB friends and neighbors and a great place to socialize and make new friends.

Last year, we started a new tradition. We called it HEB Chair Yoga Halloween Fun Sock Day. This year, on Wednesday, October 29th, we arrived to yoga class in our fun socks to celebrate Halloween and friendship.

When we gathered around in a circle to show off our socks, it drew remarks such as "oh how cute", "where did you find those", "we're wearing the same socks"! Needless to say, there was laughter and camaraderie. It brought our members closer together by giving us something to share, someone to laugh with and making new unforgettable memories.

Credit goes to Tony Yates, who introduced us last year to his huge selection of colorful fun socks, which in turn created our tradition of celebrating fun sock day.

Our new motto for 2025 was "motion is lotion". We can all use a little lotion for our joints. Come check out our chair yoga class. It's good for you!

[sylvia.m.schuller@gmail.com](mailto:sylvia.m.schuller@gmail.com)



HAPPY NEW YEAR

## Women's Golf Association

What a wonderful year for the WGA in 2025! We had several new golfers that joined our league, many golfers improved their game substantially, and many more stayed the same, but all enjoyed the sunshine, the friendly competition, the camaraderie, and the game of golf. For the first time ever we enjoyed The Diamond Eagle Classic, a 2 day tournament, similar to the men's Golden Eagle Classic. This was a great event that lots of women in our league and many women from outside of our league participated in. We look forward to enjoying that again in 2026. We celebrated the end of the year with our holiday party the first week of December, and as usual the generosity of the women in the league was amazing. Just under \$1000 was donated by the women to contribute to the Parker Task Force, an organization dedicated to providing individuals and families in our community with food, limited financial assistance and other support services to help them become self-sufficient.







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*For all your DIA transport needs. Door to door.  
 Hours of Operation: 24/7. HEB Resident since 2004.*

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 Door to door curbside pick-up and drop off, 24/7. Fully Licensed &  
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*24/7 furnace, heat pump and air conditioning installation, repair and  
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 Call or go online to [www.Mrappliance.com](http://www.Mrappliance.com) to schedule. HEB residents  
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*Premium automotive detailing services. We are mobile and we come to you.  
 Locally owned and provide quality detailing services at competitive prices.  
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*Custom cabinets and millwork designed to improve your interior space.  
 Refacing, new drawers, doors, countertops, shelves, install new sinks and  
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**New Small Group Activities in January**

**Ladies' Bible Study** begins on Monday, January 12, 2026. We will be studying "Ten Women of the Bible: One by One They Changed the World" by Max Lucado. We meet on the 2nd and 3rd Mondays of the month from 9:30 a.m. to 11:00 a.m., through May 2026.

**All Church Bible Study on Unshakable Hope:**

**Building Our Lives on the Promises of God** by Max Lucado. The study will start on January 28, meeting on the second and fourth Wednesdays of the month, with dessert and conversation at 6 p.m., and the study at 6:30 p.m.

*For more information about these activities, please contact the church office, 303.504.3531*

LISTEN TO OUR SERVICES AT [www.eaglebendchurch.org](http://www.eaglebendchurch.org) Click the media button to find the links.

Visit our Website: <http://eaglebendcc.org/>

**CELEBRATING OUR 19<sup>th</sup> YEAR AT HERITAGE EAGLE BEND**









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### DOGGIE TESTIMONIAL:

*\*Wagging tail, jumping with excitement, howling in joy\*  
Can only be interpreted to mean: "Best. Day. Ever."  
- Nala*

### HUMAN TESTIMONIAL:

Hike Doggie Denver East has truly been a game changer for our sweet rescue pup, Nala. As a full-time business owner with a high-energy dog, finding the right outlet for her was essential-and this team has exceeded every expectation. The hikes have given Nala the perfect combination of exercise, enrichment, and routine. We've seen such a positive shift in her confidence and overall happiness since joining their pack.

What means the most to us, though, is how kind and attentive the staff has been. They've taken the time to understand Nala's personality, check in on her comfort level, and make sure she always feels safe and supported. It's rare to find a group of people who care for your dog as if she were their own, but that's exactly what we've found here.

We're incredibly grateful for Hike Doggie Denver East-their services have not only helped Nala thrive, but have given our family peace of mind and a much-needed balance. Highly recommended!

- Christina K., Aurora, CO







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#### What is Ultra Low NOx (ULN)?

NOx is an abbreviation for nitrogen Oxide - a collection of greenhouse gasses that impact the environment. These gasses are released when fuel is burned at high heat like in an engine or gas furnace. Ultra-Low NOx refers to emission limits on nitrogen oxide, which cannot exceed 14 ng/J. In effort to lower greenhouse gas emissions, some areas are regulating the nitrous oxide (NOx) emissions of residential gas furnaces.

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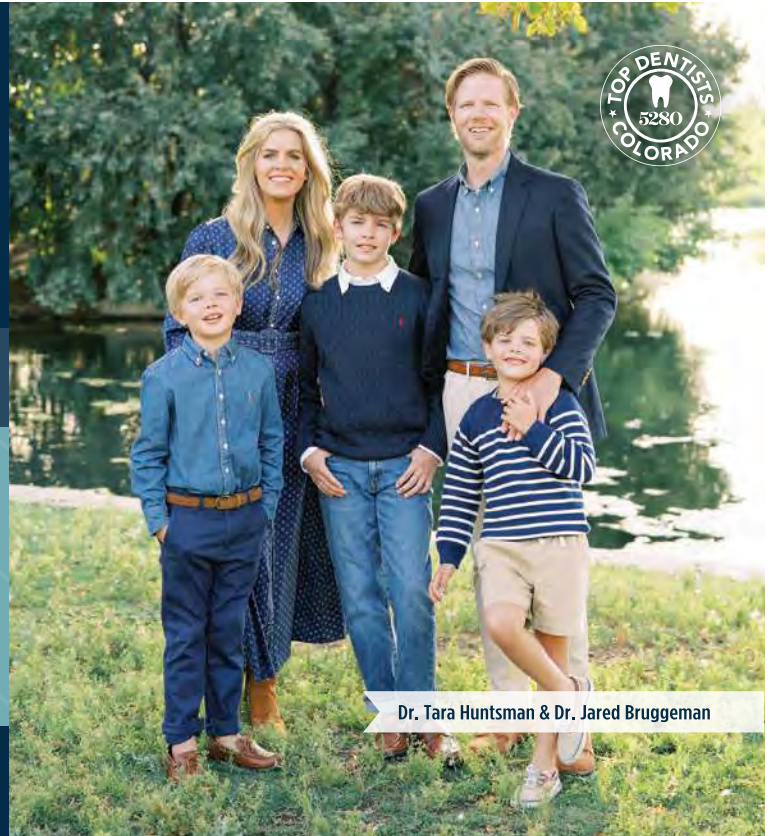
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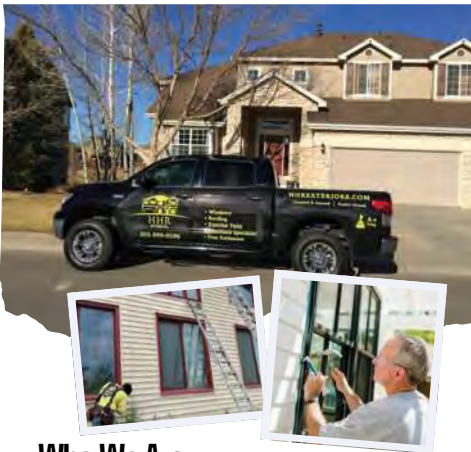
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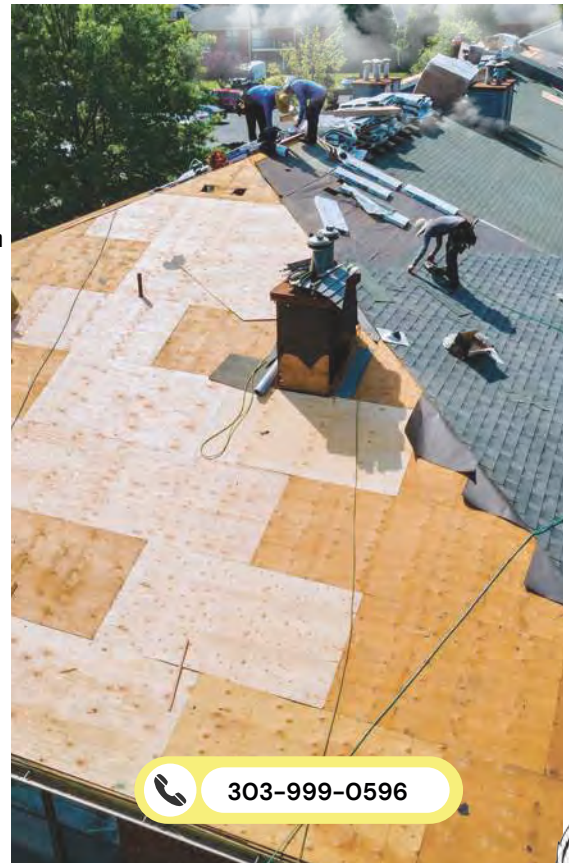
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**\*Heritage Eagle Bend Sales Stats For 2025**

Single Family: 36 Homes Sold / Average Sales Price \$752,501 / Average Days on Market 56

Duplex: 23 Homes Sold / Average Sales Price \$637,090 / Average Days on Market 44

Townhome: 16 Homes Sold / Average Sales Price \$483,791 / Average Days on Market 36

**If you would like more specific information, please email or call me.**

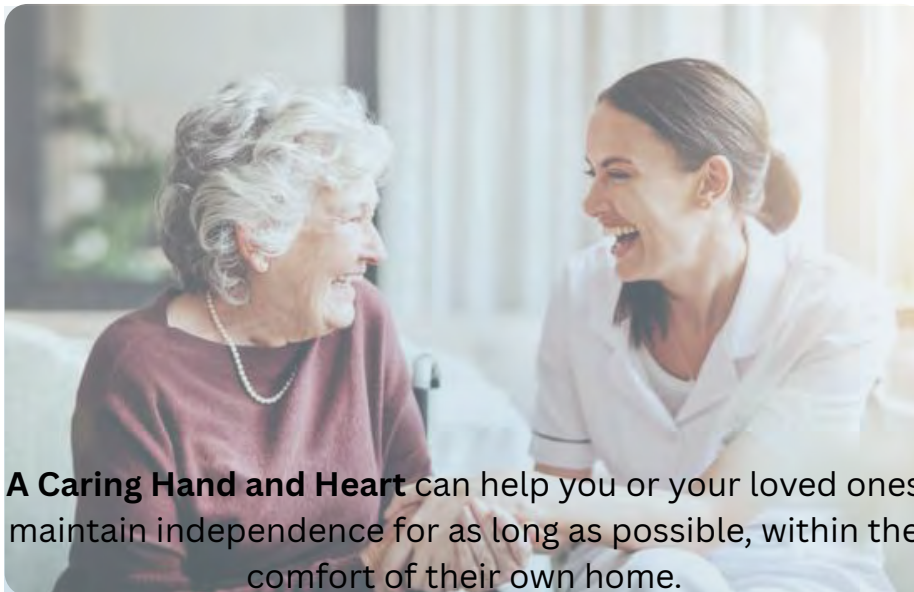
\*Based on information from Metrolist, Inc. for the period of 1/1/25 to 12/8/25. NOTE: This representation is based in whole or in part on data supplied by Metrolist, Inc. Metrolist, Inc. does not guarantee nor is in any way responsible for its accuracy. Data maintained by Metrolist, Inc. may not reflect all real estate activity in the market.

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**Annette McCreddie**  
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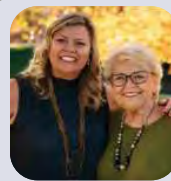
# Heritage Eagle Bend Market Update

November 1, 2025 to December 8, 2025

	Average Sales Price	Average Days on Market	Homes Sold
Single Family	\$600,975	56	4
Paired Homes	\$594,600	77	4
Townhomes	0	0	0

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**Traditions Board Contact Information (for emergencies only)**

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Debra Schaefer, <i>Painting</i>	303-641-9739	wditot@comcast.net
Bob Janky, <i>Irrigation</i>	303-564-1104	bobjanky4@gmail.com

Please be sure to notify the Admin Bldg by contacting Alison Gulley at [AGulley@heritageeaglebend.com](mailto:AGulley@heritageeaglebend.com) or 720-235-1827 for any changes to your contact information

**Village Board Contact Information (for emergencies only)**

<b>Village Board Hotline:</b>	<b>303-343-4011</b>	
Terry Pearson	831-676-7307	terrypvillages@gmail.com
Becky Hollenshead	510-541-3095	ggmom013@aol.com
Steven Salg	303-669-0779	ssalg@comcast.net
Marie Welch	303-229-1264	mariewelch7@gmail.com
David Risley	607-725-7205	rupertrisley03@outlook.com
Marcia Johnson	303-949-1404	marciamay1949@gmail.com
Susan Warneke	402-860-2500	warneke.sa@gmail.com

Hotline Number  
Traditions & Village  
303.343.4011

**Heritage Eagle Bend Master Association, Inc.**

**23155 East Heritage Parkway**

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*by Christine Rupprecht*