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## THE GATHERING PLACE,

our crown jewel of human connection, brings neighbors together—to hang out by a gorgeous swimming pool, launch kayaks or canoes for a paddle, take a yoga class, or host anything from graduation celebrations and weddings to family barbecues and community events.

FAUNA

*Dragonfly*

Dragonflies can reach speeds of up to 30 mph, pivot 360 degrees, and fly upside down and backwards.

### THE GATHERING PLACE:

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#### FITNESS AND AQUATICS FEED THE SPIRIT

Most every doctor, trainer and fitness aficionado will agree: Humans are more efficient and happier when they eat plenty of fruits and vegetables and workout regularly. The benefits of stretching and somewhat anaerobic workouts like Pilates should not be missed. You may think that Pilates' storied "core" benefits outweigh yoga's mindfulness and relaxation training. That's not always true: "You can find a great yoga teacher who can teach you more about your core than a given Pilates instructor and a wonderful Pilates teacher who imbues a class with mindfulness and stretching more than a Pilates teacher," said Jennifer DeLuca, owner of BodyTonic Pilates Gymnasium in Brooklyn.

Other fun fitness activities slated at The Gathering Place include swim lessons for

kids; or just cruising around on all of the paths, on foot or on your bikes, taking in amazing mountain views.

Many people realize enhanced well-being while walking near a body of water or taking part in water activities. If you are one of them, The Gathering Place's "Lake Ann" aquatic choices such as kayaking, canoeing, paddle-boarding — even paddleboard yoga — will be just what you need to unwind after a busy week or busy day. Quiet times near "Lake Ann" in the gazebo overlooking the pond and the beach frontage access allow for peaceful solitary meanderings or heart-to-hearts in the heart of nature with friends and family.

#### COMMUNITY COUNTS

Other homes may offer amenities for your physical spaces — that special fireplace or gourmet kitchens come

to mind. At The Farm, they've got wonderful floor plans and options for you to include these amazing features in the functional and fun areas of your home. But your spirit and social needs might suffer in another neighborhood. Many new homeowners report a sense of loneliness and disconnectedness when they're first moving into a new home, especially from several states away.

Planned activities for like-minded people at The Gathering Place let you be as involved as you want to be, with no pressure but a lot of pleasurable interactions sure to ensue. For example, the Triple Crown Event Room can be separated into three smaller rooms, so you can have your son's birthday party in one while others host book club or Bunko games. The

great outdoor spaces will make your summers a breeze, with your kids running happily among their school friends and you and your partner relaxing poolside, well within earshot. The Winner's Circle Courtyard and Jockey Club Patio may also host one of your fanciest private events — a bar mitzvah, baptism or wedding come to mind.

Dennis Waitley said, "The greatest gifts you can give your children are the roots of responsibility and the wings of independence." At The Farm, they've built the community to foster just the right amount of independence while helping kids learn what it means to live in a responsible, supportive community.

#### HOBBIES HELP US GROW

Did you know not all stress is bad?

"Eustress" describes that excited feeling you get when you're looking forward to something coming up. The excitement and joy of learning a new skill or losing yourself in a well-loved hobby can actually lower blood pressure and help you become more resilient when faced with the ups and downs of modern life. At The Gathering Place, you will be able to learn guitar; take art classes; learn line dancing; tabata; or gardening. Kids can join T-Ball and many other sports; join a fishing club; take art classes; and play during ping-pong tournaments. Everyone in the family will garner the benefits of "whole person" living at The Farm's The Gathering Place — making your lives more enjoyable and creating memories together for a richer, fuller life. ■



## Partner organizations break ground for 2020 St. Jude Dream Home

### NEWSWIRE

Covington Homes and its trade partners have broken ground for the 2020 Dream Home to benefit the St. Jude Children's Research Hospital. This is the fifth Dream Home Covington Homes has built in Southern Colorado. Covington Homes continues to build the Colorado Springs St. Jude Dream Home at zero cost. This means that all of the proceeds from the ticket sales of the Dream Home go directly to St. Jude Children's Research Hospital. Covington Homes, St. Jude American Lebanese Syrian Associated Charities (ALSAC) and Environmental Sites Assessments (ESA) together with its trade partners have done an amazing job in supporting St. Jude's lifesaving mission and have helped to raise over \$3.5 million dollars in the past four years to fight childhood cancer and other life-threatening diseases.

The St. Jude Dream Home gives the Covington Homes team and its trade partners the incredible opportunity to go to work each day and make a difference in the life of a child. The St. Jude Dream Home is also a reminder that we should

all strive to make each day better than the last one.

Once again, this year's St. Jude Dream home is in the spectacular community of Banning Lewis Ranch. The beautiful wide-open, main level master floor plan, the Sequoia, will win you over with its amazing and spectacular soaring ceilings, granite and quartz countertops, beautiful Brizo fixtures, top-of-the-line Bosch appliances and luxurious Shaw flooring. With incredible upgrades, beautiful finishes, impeccable interior design, and a value of over \$540,000—the winner of this Dream Home will have won a treasure! Stayed tuned for more updates on construction as well as the chance to win this year's Dream Home in 2020.

You could win a home and help fight childhood cancer. For more information about the Colorado Springs Dream Home visit Covington Home's website at [covingtonhomesco.com/stjude-dreamhome.html](http://covingtonhomesco.com/stjude-dreamhome.html) or visit the St. Jude Children's Research Hospital: Rocky Mountain Facebook page at [www.facebook.com/stjudedenver/](http://www.facebook.com/stjudedenver/). ■

