





# Kavod Assisted Living at Cherry Creek

## Activity Calendar — MAY 2024



Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p><b>Room Location Guide:</b></p> <p>GR—Gathering Rm (West)            SH —Shul (2nd floor East)            SHC-Shul Classroom (2nd floor East)            HWC-Health Wellness Center (West, top floor)            - Pikes Peak- PP            - Mt. Blue Sky-MBS</p>	<p><b>Color Guide:</b></p> <p><b>Blue = Life Enrichment classes</b>  <b>Green = Life Enrichment Trips</b>  <b>Purple = Health &amp; Wellness classes</b>  <b>Black = Religious or Other classes</b>  <i>*EAST DR refers to dining room in EAST Building at 22 S. Adams St.</i></p>		<p><b>1</b> 9:00 Mountain Balance—Pikes Peak            10:00 Gentle Yoga—Pikes Peak            12:00 Blood Pressure Checks with Legacy—Gym            12:15 “What’s Happening in Assisted Living this month” with Life Enrichment”—GR            1:00 Mahjong Players—SH Lobby            2:00 The Joy of Writing Workshop-SHC            5:00 Painting &amp; Wine with Polly—GR</p>	<p><b>2</b> 8:30 2nd Annual Health &amp; Wellness Conference-HWC            9:00 Tai Chi—Pikes Peak            2:30 Mindfulness Meditation-Mt. Blue Sky            5:00 Cinco de Mayo Concert with One Note Samba Trio—GR</p>	<p><b>3</b> 10:00 Gentle Yoga—Pikes Peak            11:00 Mindfulness Fiber Arts—MBS            12:30 Legacy Strength for Seniors—Pikes Peak            1:30 COW-MOOOBILE ( Ice Cream) -3rd floor Bridge            1:30 pm Jewelry Making Class with Sabina-SHC            6:00 Shabbat Service with Rabbi Steve-SH</p>	<p><b>4</b></p>
<p><b>5</b> 8:30 Celebrate Israel Walk &amp; Festival—trip            12:15 AJNAI Monglian Youth Performance—EAST DR            5:00 Resident Sing Along-DR            6:00 “A Bissel” (A Little) Yiddish—SHC</p>	<p><b>6</b> 9:00 Mountain Balance—Pikes Peak            10:30 Bingo—Pikes Peak            12:00 Lunch &amp; Learn: “Elder Law &amp; Estate Planning Part 2”—Pikes Peak            1:30 Readers Theatre-Pikes Peak            2:30 DPL Bookmobile-WEST Building Gathering Room            3:15 DPL Bookmobile-EAST Building—Shul Classroom            5:15 Sing Along with Christine-GR            5:15 European High Tea and Concert—EAST DR/Bistro</p>	<p><b>7</b> 9:00 Tai Chi—Pikes Peak            10:00 Drop In Tech Help—3rd Floor Bridge            10:00 Bridge Players Club-3rd Floor            12:15 Active Minds “Hawaii”—GR            1:00 Israel Independence Day Celebration with Denver Academy of Torah High School Students—SHC            1:00 Opening Minds through Art-Pikes Peak            2:30 Mindfulness Meditation-Blue Spruce            2:30 Wii Bowling-Pikes Peak            6:30 Cousins Coloring-SHC</p>	<p><b>8</b> 9:00 Mountain Balance—Pikes Peak            10:00 Gentle Yoga—Pikes Peak            10:00 Low Vision Support Group-GR            12:15 Birthday Party Celebration-GR            12:00 Blood Pressure Checks with Legacy—Gym            1:00 Mahjong Players—SH Lobby            2:00 The Joy of Writing Workshop-SHC            2:00 Katie’s Hand Crafts-3rd floor bridge            **4:45 ADL 2024 Governor’s Holocaust Remembrance Program-trip</p>	<p><b>9</b> 9:00 Tai Chi—Pikes Peak            11:00 Special Celebration Mother’s Day of Pampering Event—Pikes Peak/Mt. Blue Sky            12:15 The Jazz Cafe-GR            2:30 Mindfulness Meditation-Mt. Blue Sky            5:00 Dancing to the Oldies—GR            6:30 Senior Prom at the JCC-trip</p>	<p><b>10</b> 10:00 Tri-State Denver Buddhist Temple—Trip            10:00 Gentle Yoga—Pikes Peak            11:00 Mindfulness Fiber Arts—MBS            12:30 Legacy Strength for Seniors—Pikes Peak            1:30 COW-MOOOBILE ( Ice Cream) -3rd floor Bridge</p>	<p><b>11</b> 10:00 Shabbat Services-with Seth Ward - SH</p>
<p><b>12</b> 10:00 Non-Denominational Christian Services with Rev. Dale—Pikes Peak            12:15 Mother’s Day Concert with the “Amelie Trio”—DR            6:00 Understanding Judaism - SHC</p> 	<p><b>13</b> 9:00 Mountain Balance—Pikes Peak            10:30 Bingo—Pikes Peak            12:00 Legacy Speech Therapy Event &amp; Lunch-Pikes Peak            12:15 AL Resident Council—GR            1:30 Readers Theatre-Pikes Peak            5:15 Sing Along with Christine-GR</p>	<p><b>14</b> 9:00 Tai Chi—Pikes Peak            10:00 Gratitude Sharing-GR            1:00 Opening Minds through Art-Pikes Peak  <b>*2:30 Super Target—Trip</b>            2:30 Wii Bowling-Pikes Peak            2:30 Mindfulness Meditation-Blue Spruce            6:30 Cousins Coloring-SHC</p>	<p><b>15</b> 9:00 Mountain Balance-Pikes Pk            10:00 Gentle Yoga—Pikes Peak            12:00 Blood Pressure Checks with Legacy—Gym            12:15 Drumming with Karen-GR            1:00 Active Minds “The Fascinating History of Automobiles”—Pikes Peak            1:00 Mahjong Players—SH Lobby            2:00 The Joy of Writing Workshop-SHC</p>	<p><b>16</b> 9:00 Tai Chi—Pikes Peak            12:15 Create Your Own Memory Board - Session 1—GR            2:30 Mindfulness Meditation-Mt. Blue Sky            6:00 Hooked on Textile Arts with Ariella—*Pikes Peak</p>	<p><b>17</b> 10:00 Gentle Yoga—Pikes Peak            11:00 Mindfulness Fiber Arts—MBS            12:30 Legacy Strength for Seniors—Pikes Peak            1:30 COW-MOOOBILE ( Ice Cream) -3rd floor Bridge            6:00 Shabbat Service with Rabbi Kim—SH</p>	<p><b>18</b></p> <div style="border: 1px solid black; padding: 10px; text-align: center;">  <p>NEXT PAGE</p> </div>

# Kavod Assisted Living at Cherry Creek

## Activity Calendar — MAY 2024

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Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p><b>19</b> 10:00 Non-Denominational Christian Services with Rev. Dale—Pikes Peak</p> <p>1:30 Fix it Day</p> <p>12:15 The Last Note Singers Concert—EAST DR</p> <p>1:30 Fix it Day</p> <p>5:00 Classical Piano Concert —GR</p> <p>6:00 "A Bissel" (A Little) Yiddish—SHC</p>	<p><b>20</b> 9:00 Mountain Balance—Pikes Peak</p> <p>9:00 Garden Club ONLY-trip</p> <p>10:30 Bingo—Pikes Peak</p> <p>1:00 Garden Club ONLY-trip</p> <p>1:30 AL Food Committee-GR</p> <p>1:30 Readers Theatre-Pikes Peak</p> <p>2:30 DPL Bookmobile-WEST Building Gathering Room</p> <p>3:15 DPL Bookmobile-EAST Building—Shul Classroom</p> <p>5:15 Sing Along with Christine-GR</p>	<p><b>21</b> 9:00 Tai Chi—Pikes Peak</p> <p>10:00 Bridge Players Club-3rd Floor</p> <p>1:00 Opening Minds through Art-Pikes Peak</p> <p><b>*2:30 King Soopers—trip</b></p> <p>2:30 Wii Bowling-Pikes Peak</p> <p>2:30 Mindfulness Meditation-Blue Spruce</p> <p>6:30 Cousins Coloring-SHC</p>	<p><b>22</b> 9:00 Garden Club ONLY-trip</p> <p>9:00 Mountain Balance—Pikes Peak</p> <p>10:00 Gentle Yoga—Pikes Peak</p> <p>12:00 Blood Pressure Checks with Legacy—Gym</p> <p>1:00 Garden Club ONLY-trip</p> <p>1:00 Mahjong Players—SH Lobby</p> <p>2:00 The Joy of Writing Workshop-SHC</p> <p>5:00 Create Your Own Memory Board - Session 2—GR</p>	<p><b>23</b> 9:00 Tai Chi—Pikes Peak</p> <p>11:30 Life Enrichment Assisted Living Backyard BBQ &amp; Swing Time Dance — Outdoor West Building Top floor Deck</p> <p>2:30 Mindfulness Meditation-Mt. Blue Sky</p> <p>3:00 Coloring with Christy &amp; Refreshments—GR</p>	<p><b>24</b> 10:00 Gentle Yoga—Pikes Peak</p> <p>11:00 Mindfulness Fiber Arts—MBS</p> <p>12:15 Denver Botanic Gardens Sensory Adventures—GR</p> <p>12:30 Legacy Strength for Seniors—Pikes Peak</p> <p>1:30 COW-MOOOBILE ( Ice Cream) -3rd floor Bridge</p>	<p><b>25</b> 10:00 Shabbat Services-with Seth Ward - SH</p>
<p><b>26</b> 10:00 Non-Denominational Christian Services with Rev. Dale—Pikes Peak</p> <p>3:00 Scrapbooking Fun-SHC</p>	<p><b>27</b> Offices Closed for Memorial Day</p> <p>5:15 Victory 3 Memorial Day Concert—EAST DR</p> 	<p><b>28</b> 9:00 Tai Chi—Pikes Peak</p> <p>10:00 Gratitude Sharing-GR</p> <p>1:00 Opening Minds through Art-Pikes Peak</p> <p>12:15 Active Minds "Guide to the Orchestra"—GR</p> <p>2:30 Wii Bowling-Pikes Peak</p> <p>2:30 Mindfulness Meditation-Blue Spruce</p> <p>6:30 Cousins Coloring-SHC</p>	<p><b>29</b> 9:00 Mountain Balance-PP</p> <p>10:00 Gentle Yoga—Pikes Peak</p> <p>12:00 Blood Pressure Checks with Legacy—Gym</p> <p>12:15 Good Vibes &amp; Tunes with Rick—GR</p> <p>1:00 Mahjong Players—SH Lobby</p> <p>2:00 The Joy of Writing Workshop-SHC</p> <p>2:00 Katie's Hand Crafts-3rd Flr brdg</p>	<p><b>30</b> 9:00 Tai Chi—Pikes Peak</p> <p>12:15 The Social Hour with Anna-GR</p> <p>2:30 Mindfulness Meditation—Mt. Blue Sky</p> <p>2:00 Challah Bread Braiding —Pikes Peak</p> <p>5:00 Dancing to the Oldies—GR</p>	<p><b>31</b> 10:00 Gentle Yoga—Pikes Peak</p> <p>11:00 Mindfulness Fiber Arts—MBS</p> <p><b>*11:15 Rodizio Grill, Brazilian Steak-house— trip</b></p> <p>12:30 Legacy Strength for Seniors—Pikes Peak</p> <p>1:30 COW-MOOOBILE ( Ice Cream) -3rd floor Bridge</p> <p>6:00 Resident Led Shabbat Service —SH</p>	
<p><b>Color Guide:</b></p> <p>Blue = Life Enrichment classes</p> <p>Green = Life Enrichment Trips</p> <p>Purple = Health &amp; Wellness classes</p> <p>Black = Religious or Other classes</p> <p>*EAST DR refers to dining room in EAST Building at 22 S. Adams Street</p>	<p><b>Room Location Guide:</b></p> <p>GR—Gathering Rm (West), 1st floor</p> <p>SH —Shul (2nd floor East)</p> <p>SHC-Shul Classroom (2nd floor East)</p> <p>HWC-Health Wellness Center (West, top floor)</p> <p>- Pikes Peak- PP</p> <p>- Mt. Blue Sky-MBS</p>					 <p>PREVIOUS PAGE</p>

MAY 2024

## Connie's CORNER



Hi Everyone,

Spring has sprung and we are excited to bring you many fun and interesting activities, trips, classes and events this month so be sure to read the Voice from cover to cover!

**Join us for our "Life Enrichment "What's Happening in Assisted Living this month" on Wednesday, May 1<sup>st</sup> at 12:15 pm in the Gathering Room.** Bring your suggestions and ideas!

Stay in the know! Be sure to log-in to **Touchtown, now called Uniguest,** for loads of content, videos and announcements, see instructions inside the Voice.

**We have iPads you can borrow from our Lending Library,** feel free to call Susan at 720-382-7849.

**Connie Moore**  
**Director of Life Enrichment**  
**720.382.7813**  
**cmoore@kavodseniorlife.org**

*Be Happy, Healthy, and Active!*



## Assisted Living Backyard BBQ and Swing Time Dancing

**Thursday, May 23 at 11:30 am**  
**Outdoor West Building, on the Deck**

Join us for a delicious backyard BBQ on the Deck with grilled sirloin burgers, quarter pound all beef hot dogs, potato salad, chips, desserts and drinks!



Be sure to wear your dancing shoes, as the **Swing Time Trio** will be there to fill the air with toe tappin tunes!

*We will move inside to Mt. Blue Sky in inclement weather.*

## Welcome New Residents

Jacques Depoyian – 1303 West Building  
Joy Lassegard – 207 West Building  
Martha Sentnor – 302 East Building  
Lyubov Shur – 703 East Building

# From Chaplaincy and Spiritual Services



## **Kehillat Kavod: Kavod's Jewish Community**

Services are held in the Shul, East Building, on the 2<sup>nd</sup> floor.

### **FRIDAY NIGHTS - KABBALAT SHABBAT**

**Friday, May 3  
6 pm - Shul**

Welcome Shabbat with Rabbi Steve

**Friday, May 17  
6 pm - Shul**

Welcome Shabbat with Rabbi Kim

**Friday, May 31  
6 pm - Shul**

Welcome Shabbat, Resident Led

### **SHABBAT MORNING SERVICES WITH**

**Dr. Seth Ward  
10 am - Shul**

**Saturdays, May 11 & 25**



**Every Sunday morning  
(Except 1<sup>st</sup> Sunday of the month)  
10 am in Pikes Peak**

*Join with Rev. Dale Lee and our welcoming non-denominational **Christian faith community** for a wonderful uplifting service and connecting community within our larger community.*

**Sunday, May 12  
10 am - Pikes Peak**  
Led by Reverend Dale

**Sunday May 19  
10 am - Pikes Peak**  
Led by Reverend Dale and  
Steve Miller on piano

**Sunday May 26  
10 am - Pikes Peak**  
**Musical Service and Communion**  
Led by Reverend Dale & Steve Miller on piano

# From Chaplaincy and Spiritual Services



## Mindfulness Practice Group

**\*\*NOW on Tuesdays too!**

**Tuesdays at 2:30 pm  
Blue Spruce**

**Thursdays at 2:30 pm  
Mt. Blue Sky**

**LOOK FOR US ON THE NORTH END OF H&W!** Depending on weather and noise we will meet either on the DECK OUTSIDE, IN MT. BLUE SKY, OR the small conf. room/Blue Spruce. Each location within a few feet of each other.

**(We do not meet during Resident Council meetings on Third Thursdays)**

**Dial-in available as well: 877 230-3480, then enter 2151**

Join us for 30-45 minutes of checking in and supporting our group practice of "Mindfulness," which can be described as "Moment to Moment Nonjudgmental Awareness." We practice to maintain resilience in challenging times, and as Viktor Frankl described, create more space between stimulus and response, which is where freedom truly lies. Increase joy and peace, self-compassion, and the ability to be with what is. All levels welcome. Contact Rabbi Steve with any questions: 720 382-7836, or [sbnadav@kavodseniorlife.org](mailto:sbnadav@kavodseniorlife.org)



**Sunday, May 5 & 19  
6 pm – Shul Classroom**

## **"A Bissel" (A Little) Yiddish with Malka**

Everyone has used a Yiddish word or phrase from time to time. When asked if you speak Yiddish, the common reply is A bissel! Many people understand Yiddish but can't speak it and truthfully, you know more Yiddish than you think. Join fluent Yiddish speaker Malka Amster for an hour of conversation in Yiddish in conjunction with the English language. No experience speaking Yiddish is necessary, but having fun is! A bee gezint!



**Tuesday, May 7  
1 pm – Shul Classroom**

In anticipation and preparation for Yom Haatzmaut, Israel's Independence Day, join the High School students of Denver Academy of Torah, learning and talking about Israel experiences, sharing memories, and discussing the importance of Israel in our lives.

Everyone welcome and light refreshments provided.

## From Chaplaincy and Spiritual Services



**Sunday, May 12  
6 pm – Shul Classroom**

### **Understanding Judaism ☆**

Come learn with master teacher and resident Malka Amster! Jewish customs, ceremonies, rituals and holidays shared in a relevant, fun and enlightening way. A refresher for someone and an introduction for others! All are welcome!



**Be sure to sign up!**

### **Annual ADL Governor's Holocaust Remembrance Program Trip at Temple Emanuel**

Wednesday, May 8  
Kavod van departs at 4:45 pm

**Read more about this van trip in the "UPCOMING TRIPS" section.**



**Yom HaShoah, Holocaust Remembrance Day, is observed on Monday, May 6**



**Yom HaZikaron, honoring Israeli Fallen Soldiers, is observed on Monday, May 13**



**Yom HaAtzmaut, Israeli Independence Day, is observed on Tuesday, May 14**

# Remember

## WE REMEMBER THEM

Almighty One, what are human beings that you take note of them, the children of humanity that you should think of them? A human being is like a momentary breeze, a person's days are but a passing shadow. At dawn, life blossoms and renews itself, at dusk, it withers and dries up. You return a person unto dust. You say: Return, O children of humanity! (From Psalms 144 and 90)



**Allan Bernstein**



**Jackie Greenberg**



**Alice Albin**



**Djabarova Margarita**

**Ina Curtis (no photo available)**



Please thank  
the Life  
Enrichment Team!

# Life Enrichment



**Genny Hale**  
Life Enrichment, Volunteer  
Engagement Coordinator

Connie Moore, Director of Life Enrichment  
Dmitriy Umanskiy, Lead Driver & Program  
Assistant  
Stewart Schoenthal, Temp Trip Assistant  
Susan Schoenthal, Life Enrichment Coordinator  
Genny Hale, Volunteer Engagement Coordinator  
Elizabeth Stanbro, Intergenerational Program  
Coordinator

***(Also known as the "Activities & Volunteer"  
department at Kavod)***

***Did you know*** that the bands that perform around Kavod for various special events and activities are provided by Life Enrichment?

***Did you know*** that all of the Happy Hours, Birthday Parties, Birthday gifts, wine, beer, and snacks are provided by Life Enrichment?

***Did you know*** that **ALL** of the trips scheduled and planned each month are provided by Life Enrichment?

***Did you know*** that Touchtown and the monthly Voice & Calendar come from Life Enrichment?

**Please take a minute when you see this hard working team to thank them for all these things and SO much more!**



**Many thanks again to resident volunteer Ellen Weeks, featured in last month's column.**



## Volunteer Spotlight



**Loretta Boyd**

Dr. Martin Luther King Jr. once said, "Everybody can be great because anybody can serve. You don't have to have a college degree to serve. You don't have to make your subject and verb agree to serve. You only need a heart of grace. A soul generated by love."

That is Kavod resident Loretta Boyd's motto to live by and does she ever! Loretta is incredibly active in volunteering from delivering the Voice Newsletter, to serving on Kavod's Academy of Lifelong Learning Advisory Board, the Senior Loan project and having played a major role in planning last fall's Veteran's Day recognition and celebration.

Loretta is also very active in attending various activities, programs and trips offered at Kavod. Loretta said this wasn't always the case, in that volunteering is relatively new for her. She emphasized that her faith brought her to serve and that serving others fills her with joy and peace. Some other benefits of volunteering that she mentioned include making connections, a sense of belonging, good physical and mental health outcomes, higher self-esteem, and greater empathy for others.

Coming from a military family, Loretta put in countless volunteer hours planning the hugely successful Veteran's Day celebration because she feels strongly that it's important to honor our veterans who have sacrificed so much so that we can enjoy the freedoms and life that we have in the United States. Being on the Kavod Academy of Lifelong Learning Advisory Board she audits classes and trips, and helps in the planning of events at Kavod, which is very valuable input from a resident's perspective. Loretta mentioned that good volunteer traits to have are humility, patience and compassion. All of which Loretta regularly exemplifies. Kavod is so fortunate that Loretta so generously gives of her time and energy.

For those of you who haven't yet volunteered, I encourage you to do so if you can. It's rewarding and a great way to make new friends. For those who already volunteer, **please remember to turn in your volunteer time sheets to me if you volunteer! The volunteer mailbox is located next to the Gift Shop Kiosk on the 3<sup>rd</sup> floor bridge!** If you have any questions about volunteer opportunities, you can reach me at 720.382.7820 or at [ghale@kavodseniorlife.org](mailto:ghale@kavodseniorlife.org).



**COMMUNITY APPS**

Promote **independence** and **enhance wellness** through an **interactive experience**—right from residents' fingertips.

By way of a **custom app** residents access:

- Resident Directory
- Upcoming Activities
- Service Requests
- Dining Menus

**Life Enrichment is very excited to help you learn about the FREE touchtown Community App!**

**Touchtown is A FREE, innovative way to communicate, connect and stay engaged at Kavod!**

**In case you are new, or haven't heard about Touchtown, contact me for all of the details.**


**Don't forget we have loaner iPads and we can help you download the App and get you started!**

**Please direct all questions to Connie Moore at 720.382.7813**

touchtown

# CONNECT

with us



**GET STARTED BY**

- 1** Searching for Touchtown in your device's app store
- 2** Downloading Community Apps
- 3** Logging in with the username and password provided by your community

**On your smartphone or tablet, go to the apps store and download the FREE touchtown Community Apps, and login in with the following:**

**USER NAME: 4575**

**PASSWORD: 4575**

**On your computer** you can access Community Apps by going to **[www.communityapps.com](http://www.communityapps.com)** and logging in with the same user name and password above.

## TRIPS FROM LIFE ENRICHMENT



***Please call Connie at 720-382-7813 to sign up for this month's trips.***

**For the Assisted Living trips, the Kavod Van will pick you up in front of the WEST building.** Be sure to be in the West Lobby 15 minutes before departure time! ***Signup with Connie at 720-382-7813. Reservations are required.***



**Sunday, May 5**  
**Celebrate Israel Festival**  
**8:30 am – Van trip**

Join us as we attend the **2024 Celebrate Israel Parade & Walk Festival**. ***The first 3 residents that signup will receive a t-shirt!***

- 9:00 am - Registration opens
- 10:00 am - Program begins
- 10:30 am - Live music and festival
- 1:00 pm - Event concludes

Show your solidarity at Am Yisrael Chai Festival: a JEWISHcolorado Celebrate Israel

Event. Historically, Celebrate Israel has been Colorado's largest festival dedicated to the people, culture, and state of Israel. In these uncertain times, Am Yisrael Chai aims to continue to bring together Jewish people and allies from across the Centennial State for music, food, and connection.

We will depart at 1 pm to return to Kavod. ***Signup with Connie at 720-382-7813. Reservations are required.***

***\*\*Please note the Life Enrichment staff will meet you in the West lobby 15 minutes before departure to escort you across the street to the van for this combined Senior Living and Assisted Living trip.***



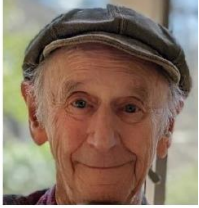
**Wednesday, May 8**  
**4:45 pm – Van Trip**  
**Annual Governor's Holocaust Remembrance Program**

Join us as we attend the 43<sup>rd</sup> Annual Governor's Holocaust Remembrance Program at Temple Emanuel, one of the largest such events in the United States.

The Governor's Holocaust Remembrance Program allows people of all faiths to come together each year to honor Holocaust survivors, remember those who perished, educate the community about this horrible crime against humanity and translate those lessons into contemporary action. The event has been supported by every sitting governor of the State of Colorado since 1981.

## TRIPS FROM LIFE ENRICHMENT

### Annual Governor's Holocaust Remembrance Trip (Continued)



The 2024 Program will feature a conversation with Holocaust Survivor **Manfred "Manny" Lindenbaum** and will recognize the winners of the 2024 "A Tribute to Moral

Courage Student Essay Contest." The program typically features remarks from Governor Jared Polis, a memorial prayer, and the lighting of the Holocaust memorial candelabra.

Approximate return time to Kavod is 7 pm.

***Signup with Connie at 720-382-7813. Reservations are required.***



**Thursday, May 9  
6:30 pm – Van Trip  
Senior Prom at the JCC**



Let's party like it's 1965! It's time to relive your glory days at the second annual "Senior" Prom at the JCC Denver, in the Phillips Social Hall from 7 pm – 9 pm. This event is for all adults over the age of 55. Come with a date, friend, sibling, or just fly solo. The theme this year is "**Old Hollywood**," so be sure to dress in your finest eveningwear that

is fit for the red carpet. Get ready to boogie, enjoy some light nosh, and clink your champagne glasses.

Light food and alcoholic/non-alcoholic beverages are included.

***Signup with Connie at 720-382-7813. Reservations are required.***

***\*\*Please note the Life Enrichment staff will meet you in the West lobby 15 minutes before departure to escort you across the street to the van for this combined Senior Living and Assisted Living trip.***



**Tri-State Denver  
Buddhist Temple**

**Friday, May 10  
10 am –**

**Van trip**

Kavod Senior Life received a generous grant from the **Theodore & Maxine Murnick Family Foundation** to *Build Bridges of Understanding through Religion*. You will have an opportunity to take an "adventure in understanding" to the Tri-State Buddhist Temple in downtown Denver, founded 850 years ago and rooted in the culture of Japanese-Americans and their ancestors.

During this incredible trip you will enjoy a presentation by Reverend Diana Thompson in their very ornate sanctuary to learn about the Temple, its' contents, Buddhism, and the community that has been in Colorado for over a century.

## TRIPS FROM LIFE ENRICHMENT

### Tri-State Buddhist Temple Trip (Continued)

Also enjoy a delicious light lunch of traditional Japanese food, and a video about their religious dance with an opportunity to learn a few dance movements and hear an ancient chant from this religious culture.

There will also be an open conversation with both Reverend Thompson and Rabbi Stephen Booth-Nadav, with time for questions and answers.

Our approximate departure time to return to Kavod is 2 pm.

***\*\*Please note the Life Enrichment staff will meet you in the West lobby 15 minutes before departure to escort you across the street to the van for this combined Senior Living and Assisted Living trip.***

***Signup with Connie at 720-382-7813.  
Reservations are required.***



### ***Super Target Shopping trip Tuesday, May 14***

***\*Depart at 2:30 pm in front  
of West Building***

**Be sure to bring cash or your credit card  
for this shopping trip.**

***Please call Connie at 720-382-7813 to sign up.***



### **\*\*Attention Garden Club Members ONLY!**

### **Garden Club Shopping trip**

**\*May 20 & 22**

***\*Choose ONE date and ONE time ONLY!***

**9 am OR 1 pm - Van Trip**

***This trip is for residents who are  
members of the Garden Club only.***

You will be shopping for your plants for your garden plots. We will provide transportation and assistance to load and unload your plants. **There are 2 trips to choose from**, one at 9 am and another at 1 pm on two different dates (see above).

**No cost for transportation, but you must sign-up at the Front Reception window in the East building.**

## TRIPS FROM LIFE ENRICHMENT



### ***King Soopers Shopping trip*** **Tuesday, May 21**

\*Depart at **2:30 pm** in front  
of **West** Building

**Be sure to bring cash or your credit  
card for this shopping trip.**

***Please call Connie at 720-382-7813 to  
sign up.***



### **Friday, May 31** **11:15 am - Van Trip**

Join us for an exciting and delicious lunch at America's first Brazilian Steakhouse! Inspired by the Southern part of Brazil, Rodizio Grill offers over a dozen rotisserie grilled meats, perfectly seasoned and carved tableside by Rodizio Gauchos.

Also enjoy their famous gourmet salad bar, authentic Brazilian sides, specialty

desserts and an experience like nowhere else!

Our approximate return time to Kavod is 2 pm.

***Signup with Connie at 720-382-7813.***  
**Reservations are required.**

## Assisted Living Activities



**Mondays**

**Piano Sing Along  
with Christine**

**5:15 pm - Gathering Room**

Join Christine on the piano right after dinner to sing and reminisce with favorite old songs.



**Wednesday, May 1**

**12:15 pm - Gathering Room**

**What's Happening this month  
with Life Enrichment**

Join Susan from Life Enrichment to hear about this month's classes, events and trips! **Enjoy some delicious cookies!**

Bring your ideas and suggestions for any new things you would like to do or places you would like to go!



**Wednesday, May 1**

**Painting & Wine with Polly**

**5 pm - Gathering Room**

Join your friends and neighbors for a fun evening of painting and wine! **No cost**, professional instructor, all materials, wine and laughter are provided!



**Thursday, May 2**

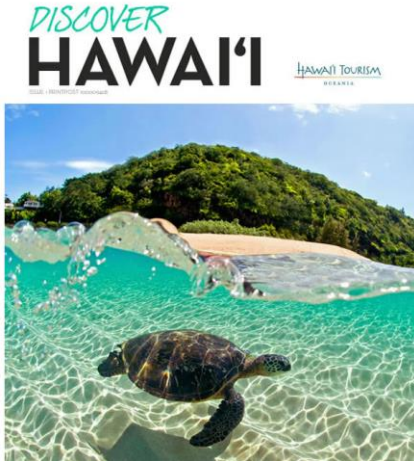
**5 pm - Gathering Room**

**Cinco de Mayo Concert  
with "One Note Samba Trio"-**

Celebrate Cinco de Mayo in the main dining room with the talented "One Note Samba Trio" of Denver!



## Assisted Living Activities



**Tuesday, May 7**  
**12:15 pm – Gathering Room**

### “Discover Hawaii”

Join Active Minds as we explore the history and culture of the United States’ Pacific paradise.

First settled by Polynesian sailors 1000 years ago, the Hawaiian Islands developed a unique culture that flourished in relative isolation for centuries. Hawaii became the 50th state in 1959. Hawaii has most recently been in the news with erupting volcanoes and devastating wildfires.



**Wednesday, May 8**  
**12:15 pm – Gathering Room**

### Birthday Celebration & Concert

Enjoy a fun afternoon of music, dessert and dancing! If you have a birthday this month you will receive your birthday gift at this party. **Everyone welcome, come even if it's not your birthday to celebrate with your friends and neighbors!**



### East Building

Erica Abarbanell  
Nora Barnett  
Rose Burns  
Zinaida Elicheva  
Jonathan Harding  
Olga Jirnov  
Jean Johnson  
Marla Kahhan  
Mayya Kogan  
Tamara Krioukovskaia  
Neal Levin  
Roza Nisnevich  
Tatyana Pavlushkina  
Janice Rubin  
Maria Siliezar  
Yevheniia Vyshnevetska  
Debra Wilson

## Assisted Living Activities



**Thursday, May 9  
12:15 pm – Gathering Room**

### *The Jazz Cafe*

Enjoy some lunchtime Jazz tunes with Kavod's favorite Jazz Band! Feel free to bring a sack lunch and join your friends and neighbors in the Gathering Room in the West building for a fun hour of jazz music.

#### **South Building**

Nancy Bane  
Svetlana Bardina  
Alexandra NicGriogair  
Galina Noskova  
Svitlana Yavorska  
Nina Zhymanova

#### **West Building**

Dee Anderegg  
Lucille Askay  
Mikhail Borisov  
Judith Brodsky  
Maria De Aragao  
Juana Dominguez  
Constanta Muresan  
Marilyn Porter  
Barbara Roby  
Nicholas Rousis  
Jane Ryan  
Sydney Teibel  
Phyllis Winslow



**Thursdays, May 9 & 30  
5 pm – Gathering Room**

### **Dancing to the Oldies**

Join your friends and neighbors twice a month after dinner for a fun hour of toe tappin tunes and dancing to the oldies!

## Assisted Living Activities



**Tuesdays , May 14 & 28  
10 am – Gathering Room**

### **Gratitude Sharing with Susan**

***Gratitude makes for a positive attitude!***

Listen to speakers share about happiness, and delve into a variety of tasks to explore gratitude in new ways. We will discuss things we are grateful for, in addition to reading positive stories together.

You will also be invited to share your daily thoughts on gratitude with a **gratitude journal**, provided at no cost to you.



**Wednesday, May 15  
12:15 pm – Gathering Room**

### ***Drumming with Karen***

Join us right after lunch for a NEW fun and stimulating activity!

**Drumming has many benefits! Here are just a few:**

- Improves cognitive function, reduces stress and anxiety, boosts mood, improves physical health and promotes social interaction



## SPRINGTIME *Mother's Day* CONCERT

**Sunday, May 12**

**12:15 pm – Gathering Room**

### *Mother's Day Celebration Concert*

Happy Mother's Day! Join your friends and neighbors for a lovely hour of music by **"The Amelie Trio"**.



**Monday, May 13**

**12:15 pm – Gathering Room**

### **Assisted Living Resident Council**

Join Christy Martinez, Director of Assisted Living, for the Assisted Living Resident Council Meeting. Bring your ideas and suggestions, your voice matters.

## Assisted Living Activities



**Thursday, May 16**

**12:15 pm - Gathering Room**

### **Create Your Own Memory Board**

Join us for a wonderful new project where you can create your own memory board!

We will have 3 sessions of this project over the next two months.

**\*\*Thursday, May 16 at 12:15 pm, In this first session we will bring the supplies** for you to look over and choose what you would like to use on your poster board. We will keep all your supplies together in a bag or folder with your name on them, so that you have easy access to them at the next session.

**\*\*Thursday, May 22 at 5 pm, In the second session,** please bring pictures or memorabilia you would like on your board. You will begin decorating your board and we will help you glue and secure items on your board to get ready for the Show and Reception.

**\*\*Thursday, June 6 at 5 pm,** In the third session, we will have a Show & Reception to display your boards and you can invite family and friends!



### **Assisted Living Backyard BBQ and Swing Time Dancing**

**Thursday, May 23 at 11:30 am  
Outdoor West Building, on the Deck**

Join us for a delicious backyard BBQ on the Deck with grilled sirloin burgers, quarter pound all beef hot dogs, potato salad, chips, desserts and drinks!



Be sure to wear your dancing shoes, as the **Swing Time Trio** will be there to fill the air with toe tappin tunes!

*We will move inside to Mt. Blue Sky in inclement weather.*

## ***Assisted Living Activities***



### DENVER BOTANIC GARDENS

**Friday, May 24**

**12:15 pm – Gathering Room**

**Denver Botanic Gardens *presents***

***Sensory Adventures at Kavod:***

***“Garden Pollinators”***

**Denver Botanic Gardens comes to you!** A horticultural therapist will work with us to create nature-based experiences that take place right here at Kavod. Each program will be different and designed to fulfill participant goals while providing an enriching and engaging opportunity.

**This month our fun activity is  
“Garden Pollinators”**



**Tuesday, May 28**

**12:15 pm – Gathering Room**

**“Guide to the Orchestra:  
Auxiliary Instruments”**

**Join Active Minds as we get to know these unique instruments, in part by listening to music written by Bach, Stravinsky, and Holst.**

Explore the four main sections of a symphony orchestra sections: strings, woodwinds, brass, and percussion. Discover how each section has its less common auxiliary instruments, including the English horn, alto flute, and Wagner tuba.

## ***Assisted Living Activities***



**Wednesday, May 29**

**Good Vibes & Tunes with Rick**

**12:15 pm – Gathering Room**

Enjoy some good vibes and tunes with Rick Weingarten and his Vibraphone right after lunch! Rick is a Kavod favorite and has been coming to Kavod to entertain for many years.

JOIN US FOR  
***Social  
Hour***

**Thursday, May 30**

**12:15 pm – Gathering Room**

**The Social Hour with Anna**

The Social Hour is a group led by your Care Coordinator, Anna. This is a chance to connect with each other, share stories, discuss topics of interest, and engage in other fun activities together. Please join us for conversation, connection, and fun!

## ***GENERAL CLASSES & EVENTS***



**Bingo!**

**Mondays**

**(No Bingo on May 27)**

**10:30 am – Pikes Peak Room**

Enjoy a stimulating hour of fun and good brain exercise! No cost, win fun prizes and Kavod Kash!



**Cousins Coloring Group**

**Tuesdays**

**6:30 pm – Shul Classroom**

**Cousins Coloring Group is back!** Join the host resident Diane Devine for a fun and relaxing evening of adult coloring and a great social hour.

## GENERAL CLASSES & EVENTS



**Tuesdays**

### **Opening Minds through Art 1 pm – Pikes Peak**

Opening Minds through Art (OMA) is in session! Enjoy “failure-free” art with a student volunteer art partner from Regis University. All materials provided. ***Please reach out to Elizabeth, Life Enrichment Intergenerational Coordinator at 303.476.0185 or email [estanbro@kavodseniorlife.org](mailto:estanbro@kavodseniorlife.org)***, to see if there are open spots or if you have any questions.



**Tuesdays**

### **In-Wii bowling**

**2:30 pm – Pikes Peak Room**

***\*\*Wii bowlers, please do not enter Pikes Peak before 2:30 pm as this interrupts the class in session before Wii bowling, thanks!***

Join your friends and neighbors for a fun afternoon of ***Wii bowling!***

**Beginners welcome!** We will teach you if you've never played before.



### **Bridge Players Club**

**1<sup>st</sup> and 3<sup>rd</sup> Tuesdays**

**10 am - 3<sup>rd</sup> Floor Bridge**

***Bridge on the Bridge!*** Have you ever wanted to play bridge? Watch seasoned bridge players and learn how it's played. They can teach you the in's and out's of bidding and how to play a game that never gets old.

“Bridge not only stimulates the brain, but research has shown that regular bridge playing improves reasoning skills and long- and short-term memory.

You'll feel the neurons firing not only while you play, but long after too!



### **Mahjong Players**

**Wednesdays at 1:00 pm – SH Lobby**

*\*Moved to Lobby outside Shul Classroom*

Play Mahjong alongside experienced players. **Call Susan if you are interested in playing at 720-382-7849.**

## GENERAL CLASSES & EVENTS



### **Katie's Hand Crafts** **2<sup>nd</sup> & 4<sup>th</sup> Wednesdays** **2 pm - 3<sup>rd</sup> Floor Bridge**

This group is for beginners and seasoned knitters, crocheters or anyone who would like to learn a new skill in hand work. We can teach making socks, Lock latch hooking, racket knitting, and embroidery. Come join anytime, even to just sit and visit.



### **Fridays** **1:30 pm - 3<sup>rd</sup> Floor Bridge** **Cow-moobile (ice cream)**

Resident group will be on the Bridge at 1 pm to 3 pm selling ice cream treats.



### **Reader's Theatre returns!** **Mondays**

(No class on last Monday in May due to Memorial Day closing)

### **1:30 pm - Pikes Peak** **Kavod Player's Readers** **Theatre**

We are excited to let you know that the Kavod Player's Readers Theatre is back!

Join instructor **Renee Bergstrom** each Monday for some fun and dramatic inspiration with your friends and neighbors! Andrew is very excited to meet the Kavod Players group and brings a lot of acting, directing and playwriting experience.

Whether you've been onstage a hundred times or never in your life, this class will encourage positive creative expression and provide you with a supportive group of like-minded artists. ***No experience required and all levels of ability welcome.***

Readers Theatre is an easy, no-pressure way to participate in the performing arts. Actors carry binders and read from their scripts onstage. This means there's no memorization required! Stage movement is dependent upon each actor's comfort-level and abilities.

Everyone welcome!



## GENERAL CLASSES & EVENTS



### Drop In Tech Help!

Every 1<sup>st</sup> Tuesday of the Month

10 am – Noon

3<sup>rd</sup> Floor Bridge

Join Emily from the Denver Public Library for some tech help!

Bring your own device, iPad, laptop, cell phone, etc., and she will help you.



### No Fused Glass Art Workshop in May,

Melissa will be back in June!



Friday, May 3

1:30 pm – Shul Classroom

Create your own jewelry with Kavod volunteer, Sabina Zhornitsky. Participants will design and make beautiful easy to wear jewelry. Sabina is bilingual in English and Russian and enjoys sharing her talents. **All materials are supplied.**



### The Joy of Writing Workshop

Topic for May: Playwriting Playground

Wednesdays

2 pm - Shul Classroom

Join us to put the “play” in playwriting! This fun and affirming workshop will explore how to write for the stage: describe a setting to be realized in three dimensions, craft dialogue to be spoken aloud, and learn a system for using elements of “space” and “time” to engage an audience. Appropriate for all levels of experience and physical abilities.



Instructor Mare Trevathan is a professional director, writer, actor, aspiring gardener, animal enthusiast, compulsive upcycler and recent kidney donor. Among her favorite

teaching experiences is "Refresh": a collaboration with architect Shubrah Raje and students in Ahmedabad, India creating performances inspired by buildings. Narrator of 850+ audiobooks, Mare teaches Voice Acting at the Denver Center for the Performing Arts.

Calling all writers, at all levels of writing experience. Come join our weekly workshops to express yourself, try out new writing techniques, and share your work!

We welcome writers of all levels of experience!

## GENERAL CLASSES & EVENTS



**Sunday, May 5**  
**12:15 pm – EAST BUILDING Dining Room**



In celebration of Asian Pacific American Heritage Month, please welcome the **ANJAI Mongolian Morin Khuur Ensemble**, consisting of children and adults. Morin Khuur is a traditional Mongolian musical instrument, translated as Horse headed fiddle. This incredible instrument not only has a beautiful sound, but also has played an important role in Mongolian history of nomadic Mongolians with beautiful songs, praises, and folk tales from century to century and generation to generations.

**Don't miss this opportunity to see these incredible performers!**

## GENERAL CLASSES & EVENTS



**Monday, May 6  
Noon – Pikes Peak**

### **Life Enrichment's Lunch & Learn: "Elder Law, Part 2"**

Debra Schuster is back this month for **Part 2 of Elder Law & Estate Planning!**

Please join us for lunch that includes sandwiches, chips and a drink, and an engaging second session with attorney Debra K. Schuster as she continues the discussion about estate planning and elder law.

Learn about what legal mechanisms to have in place for family and loved ones. Also, learn about your rights and resources available.

No cost or signup, just drop in!

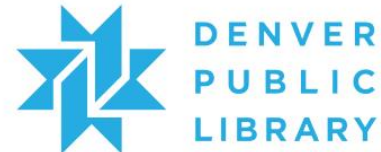


**Tuesday, May 7  
1 pm – Shul Classroom**

In anticipation and preparation for Yom Haatzmaut, Israel's Independence Day, join

the High School students of Denver Academy of Torah, learning and talking about Israel experiences, sharing memories, and discussing the importance of Israel in our lives.

Everyone welcome and light refreshments provided.



**Monday, May 6 & 20**

### **Denver Public Library Bookmobile**

We are excited to let you know that the Bookmobile will set up in both the West Building and the East Building when they are at Kavod. ***Below are the times for each location:***

**2:30 pm – 3:10 pm**

**West Building, 1<sup>st</sup> floor Gathering Room**

**3:15 pm – 4 pm**

**East Building, 2<sup>nd</sup> floor Shul Classroom**

The Bookmobile sets up at each location so you can checkout and return books. Call 720-865-1112 or email [mobile-services@denverlibrary.org](mailto:mobile-services@denverlibrary.org) with questions or to place items on hold.

## GENERAL CLASSES & EVENTS



**Monday, May 6**  
**5:15 pm – EAST BUILDING**  
**Bistro/Dining Room**

### *European High Tea & Concert*

Join us after dinner for a lovely European High Tea and concert with the Gypsy Mandolin Trio. You will be served a variety of European teas and desserts.



### **Kavod Low Vision Education & Peer Support Group**

**Wednesday, May 8**  
**10 am – Gathering Room**  
**(West Building, first floor)**

**\*\*NO Call-in option, In-person ONLY!**

Join us for a presentation from Aging and Disability Resource Center: Services, nutrition, and how to get connected. Learn about adaptive skills, technology, and resources for living with low vision from peers, guest speakers, and the Facilitator, Alexia Diaz, Beyond Vision Skills Trainer, 720-263-0429.



### **Mother's Day of Pampering**

#### **Spa Day Event**

**Thursday, May 9**

**11 am – 1 pm**

**Pikes Peak & Mt. Blue Sky**

**Calling all ladies!** Enjoy a lovely day of pampering with a choice of spa stations that include:

- Haircuts by Renee, **\*Pay with tips/gratuities & come with freshly washed and dry hair**
- Hand Massages & Nail Painting by Christy and Anjelica
- Chair Massages by Legacy
- Loving Hands Massages by Melanie
- Facials by Claire
- Esthetician Services by Rachel
- Caricature's by Jane

You will also be treated to a **delicious lunch** of finger sandwiches, desserts, and a wine bar! **We will have a drawing to receive special spa gift bags, MUST BE PRESENT TO WIN!**

## GENERAL CLASSES & EVENTS



### The Fascinating History of Automobiles

Wednesday, May 15  
1 pm - Pikes Peak Room

From the hand cranked Model T that came in any color you want as long as it's black, to modern cars that have more circuits and chips than most computers, the automobile has a rich and still evolving history. Join Active Minds as we tell the story of the invention that replaced the horse and buggy. Along the way, we'll take a look at mass production, labor, environmental impacts, and the introduction of self-driving cars.



Thursday, May 16  
6 pm - \*Pikes Peak

**Hooked on Textile Arts with Ariella**  
Please join Ariella Booth-Nadav for a fun social circle of knitting, crocheting and other textile arts. Supplies will be available to use for those who don't already have their own to bring. You can bring your own projects or if you're new to knitting and crocheting, Ariella can teach you the fundamentals to get started. Beginners and everyone welcome!  
***\*This month we will meet in Pikes Peak!***



Sunday, May 19  
12:15 pm - EAST Building  
Dining room

**The Last Note Singers**  
***"Singing is a joy, and a healing power"***

Enjoy a lovely hour of a cappella singing by this grassroots community choir who has been bringing musical joy to Denver since 1978.

## GENERAL CLASSES & EVENTS



### Fix-it day!

**Sunday, May 19**  
**1:30 pm – 3:30 pm**  
**By Appointment Only**

- **Need some help with a small project in your apartment?**
- **Fill out the Form that was in this Voice and turn in to the Front Desk in the East Office by Monday, May 6!**
- **Or Call Genny at 720.382.7820 to get an appointment!**

Kavod is very fortunate this month to be collaborating with volunteers from **Optum** for a Fix it Day at Kavod. Residents can request help with small projects such as: hanging pictures or curtains, organizing shelves, setting up televisions, assembling easy to assemble furniture, and other small handyman jobs.



**Sunday, May 19**  
**5 pm – Gathering**

### Piano Concert

Enjoy a wonderful evening of music in the Gathering Room with a performance from twelve year old Meir Neustadt who will be debuting in his first concert here at Kavod.

Meir is a seventh grade student attending the Denver School of the Arts Middle School. He has been playing piano for five and a half years. Meier will be playing classical musical from the various eras of classical music. We hope to see you there!



### Scrapbooking Fun

**Sunday, May 26**  
**3 pm – Shul Classroom**

Scrapping our family history and your genealogy history. You do not need to be an expert! You can start any time. This is an opportunity to get that box of photos organized and displayed. We have acquired lots of new paper, stickers, and other supplies. Scrapbook not provided. (Do not buy until later). Call Katie at 630.292.6226 for further information.

## **GENERAL CLASSES & EVENTS**



**Monday, May 27**

**5:15 pm – EAST BUILDING**

**Dining Room**

### **Memorial Day Celebration**

***With “The Victory Three”***

Enjoy a patriotic concert by The Victory Three singing trio, songs from the most popular American musical acts of the 1940s!



### **Challah Braiding**

**Thursday, May 30**

**2 pm – Pikes Peak**

Enjoy a fun afternoon of creating Challah braids! Each attendee will braid dough for one full-size Challah bread. Learn different styles of Challah braiding and take your braided loaf home with you to bake fresh for Shabbat! For Assisted Living residents who attend, the instructor will bake your loaves of Challah for you. No cost and all materials provided.



### **Maria Droste Counseling Center Intern Update**

*The internships for Eric and Scarlet are wrapping up early this month, in addition, will our six-year partnership with Maria Droste's internship program. Maria Droste Counseling Center has reallocated their interns for next year to the school system only due to grant funding. We are currently seeking a new counseling agency to collaborate with in the future. In the meantime, if you are interested in one-on-one therapy we have great referrals for in-person or virtual. Please reach out to your care coordinator if interested..*

### **Telephone Buddy**

If you would like to visit with someone, are lonely, or feeling isolated and want someone to check on you one to two times per week, please call 303-333-3482 and request a telephone buddy! Great opportunity to develop new friendships and companions.

### **Groceries**

If you need support in ordering groceries please leave a message at 720.382.7838. Reminder if you order on your own to make sure that they deliver it to your door! *\*If you receive groceries that are not yours, please call or bring them to the front desk. If not claimed the groceries will be placed on the 5<sup>th</sup> floor of the East building.\**

### **Access-a-Ride Application Support**

*Are you having difficulty taking the bus, understanding stops, etc.?*

**Access- a-Ride** provides local charter bus transportation in the Denver metro area for people with disabilities.

**To qualify you must** - Be unable to get to/from a bus stop, on/ off a lift-equipped bus on your own, or have a disability that prohibits you from riding the bus independently.

**\*\*If you are interested in applying - call for 720.382.7838!**

### **H&W Center Class Offerings for May 2024**

#### **Mondays and Wednesdays**

**9am – HWC/Pikes Peak**

**Mountain Balance**

This is a health and fitness program with a concentration on strengthening balance skills. The exercises are available for seated or standing with support (ALL levels are encouraged to attend). The program will include assessments if desired so you can track your improvement.

#### **Wednesdays and Fridays**

**10am – HWC/Pikes Peak**

**Gentle Yoga**

Join Buffy and Regina – from Mile High Fitness, as she guides you through a session filled with stretching, breathing and being present with your amazing self!

*All levels are welcome for chair or mat use. Hope to see you there!*





**Tuesdays and Thursdays**  
**9am – HWC/Pikes Peak**  
**Tai Chi with Eric** *\*all levels\**

**Health Benefits of Tai Chi:**

- Improves lower body and leg strength
- Enhances mental capacity and concentration
- Reduces blood pressure
- Helps with arthritis pain

**Wednesdays**  
**12pm – Gym**  
**Blood Pressure Checks with Legacy**

Stop by the H&W Center's gym for a FREE blood pressure check!

**Fridays**  
**11am – HWC/Mt Blue Sky**  
**Mindfulness Fiber Arts**

Learn about mindfulness, create art and learn about how beneficial they are when combined! Whether you are an experienced artist, meditator, or have no previous experience, this practice is for you! **Art includes; Drawing, Slow Stitching, Weaving**

**Fridays**  
**1230pm — HWC/Pikes Peak**  
**Strength Training for Seniors with Legacy**

*Did you know strength training not only builds strength, but...*

- *Improves balance*
- *Helps you sleep better*
- *May help prevent dementia, other degenerative*

Join a Legacy staff member as they lead the group through all levels strength training.

**Wednesday, May 1<sup>st</sup>**  
**8 am-3 pm – Health and Wellness Center**  
**Kavod's Second Annual Health Conference**

Join for one or all of the events Kavod is offering to highlight services and activities available at Kavod! The day will kick off with breakfast with CU provider, Dr Mandy Peng!!

We will have special classes offered for balance, nutrition, movement, English classes, art classes and more! Breakfast, lunch and refreshments will be available. If interested please sign up at the front desk!



**Monday, May 13<sup>th</sup>**  
**12pm - HWC/Pikes Peak**  
**Legacy Celebration for Better Speech +**  
**Hearing Month!**

*Do you find yourself forgetting about appointments?*  
*Misplacing your keys?*  
*Can't remember why you walked into another room?*  
*Having difficulty swallowing or notice you cough after drinking/eating?*  
*Want to get your brain health in tip-top shape?*  
*Speech therapy can help you!*

Join the Legacy team **on May 13th at 12:00 PM** in Pikes Peak to celebrate and learn more about Speech Therapy services with Legacy, including how we can help with memory, cognition, communication, and swallowing disorders. Come prepared with questions about speech, language, and hearing and learn how we can help **you!**

*\*Boxed lunches, refreshments, and snacks provided!\**



***H&W Health Providers; if interested in an appointment please call 720.382.7838.***

Services by Appointment Only	Frequency	Location
1-on-1 Mental Health Counseling	By appointment only; call your care coordinator for a referral	Blue Spruce or Evergreen
Audiology	Scheduled as needed	Health Services Area
Chiropractic/Acupuncture	2 <sup>nd</sup> Tuesday/4 <sup>th</sup> Friday; by appointment only	Health Services Area
CU Geriatric Medicine Clinic	NOW TAKING NEW PATIENTS; call #720.382.7800 for an appointment	Health Services Area
Dermatology	1 <sup>st</sup> Friday; by appointment only	Health Services Area
Optometry Clinic	3 <sup>rd</sup> Friday; by appointment only	Health Services Area
Podiatry Clinic	2 <sup>nd</sup> Friday; by appointment only	Health Services Area
Dental Clinic	Scheduled as needed	Health Services Area
VNA Nail Clinic	3 <sup>rd</sup> Tuesday every 3 months; by appointment only	Health Services Area



May is  
**Better  
Speech &  
Hearing  
Month!**

*Do you find yourself forgetting about appointments?*

*Misplacing your keys?*

*Can't remember why you walked into another room?*

*Having difficulty swallowing or notice you cough after drinking/eating?*

*Want to get your brain health in tip-top shape?*

*Speech therapy can help you!*

Join us in **Pikes Peak (HW) on Monday, May 13th from 12 pm – 1 pm** to celebrate and learn more about Speech Therapy services with Legacy, including how we can help with memory, cognition, communication, and swallowing disorders. Come prepared with questions about speech, language, and hearing and learn how we can help **you!**

***\*Lunch will be provided!\****

**Give us a call or visit us in the Health and Wellness Center any time!**

**303-321-2452**



## **March Gifts**

### **ACTIVITIES**

Sandra Kolesnikova

### **BISTRO**

Jay Mactas, In Honor of Tracy Kapaun

### **GARDENS**

Colorado Garden Foundation

### **GENERAL**

Evelyn Dean-Olmsted

Deanie Andersen, In Honor of Tracy Kapaun

Garrett Barter

Robert Coffee

Amelia Dorn

David & Linda Fogel

Marty & Beth Gold, In Memory of Sara

Behmoaras, z'll

Cassandra Perlmutter, In Memory of Sara

Behmoaras, z'll

### **HEALTH & WELLNESS**

Sandra Kolesnikova

### **SHUL**

Raisa Kaufman,

Sandra Kolesnikova